

MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

MARCH 2016

KIDZ CORNER

The Children & Youth Department will have their Easter program, March 27, 2016. Easter Sunday during morning service.

There will be practices every Friday @ 6:30PM. Additional practices will be communicated as needed.

There is still time if your child would like a part in the program. Please see Sis. Tyna Middleton, Sis. Deborah Johnson, Sis. Lola Young, or Bro. Charles Montana if you would like to participate.

The Drummers and Praise Dances will minister at the United Methodist Women's Prayer breakfast on Saturday, April 2 @ 9:00AM. Come out and support the kids and the United Methodist Women.

Uncommon Touch

8:00AM-8:45AM

Church Service

9:30AM

Sunday School

11:00AM

Family Bible Study/Dinner

Wednesdays @ 6:00PM

"Mt. Zion United Methodist Church will be a vessel of hope for the community..."

- Rev. Michael A. Frazier, Sr.

Bucket Drum Practice has moved to 6:00PM on Tuesdays



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National Nutritional Month for Children

March is National Nutritional month for Children.



The color for the month of March is Green.

Children tend to mimic their parents' behavior, and more often, their mistakes. Teaching children healthy eating habits at an early age will keep them from having to change bad habits later. Eating is something we do throughout the day and often as a family. You've probably heard that breakfast is the most important meal of the day and the USDA agrees. Eating breakfast improves attention span, concentration and learning ability. A healthy breakfast of whole grains, fruit and low-fat dairy products is a great way to start the day.

If there is no junk food in the house, then no one can feel guilty about eating a few cookies or a handful of chips. Groceries should include fresh fruits and vegetables, whole grain breads and crackers, low-fat cheese and little to no processed sugars to make it easy for children to make healthy selections for lunches and snacks.

Other tips for keeping your child's diet on track include:

- ◆ Introduce fun, new things such as smoothies
- ◆ Think green
- ◆ Teach your children to read nutrition labels so they can spot foods high in fat or sugar
- ◆ Make daily exercise a family activity by taking walks, going to the park after school or playing outdoor games

The Food Pyramid has recently been reformatted to something we often see when we eat - a plate. The USDA recommends balancing your plate with fruit, vegetables, grains and protein. Parents should also pay attention to the level of sodium in certain foods.

Adapted from an article by Baycare. Submitted by the Health and Wellness Team.

Salty Service Team

Notes and insights as gleaned from Sunday's Congregational Vitality -101

1. Are we taking a business approach with our head, or a Spiritual approach with our heart?
2. Who are we? – Find ways to discover – have conversations about our ministry.
3. Find out what other people are saying about us, and if negative, find ways to improve.
4. Find out how to make our Church one of the 15% most vital churches in the conference.
5. Think about getting structure out of the way – break down the walls and be missionaries to our community.
6. The football doesn't move, until the team moves the scrum (think Rugby)

Audrey Lyttle – Salty Service chairperson.

Minority Business Fair



On February 21, 2016 we had our annual Minority Business Fair. We had 6 businesses that came to support the fair.

EJ Creations
Erma Johnson
Handmade Jewelry
727-442-9139
etj1@verizon.net

Traci Lynn Jewelry
Crystal Cook
cookalexsr@yahoo.com

Benzer Pharmacy
727-724-4171
www.benzerpharmacy.com/

Roberts Yards & Cars
Robert Allman
727-315-2040

State Farm - Bill Campbell
Auto, Health, Life & Home
727-581-8408
www.statefarm.com/agent/US/FL/Largo/Bill-Campbell

Cruises & Tours Unlimited
Gloria Campbell
727-434-0072
gloriafunvacations@outlook.com
Call or email to book your vacation today!



Living it Up!



The Senior "Living it Up" Ministry is gearing up for an exciting 2016. Our first outing will be Wednesday March 9, 2016. We will be heading to see the new movie "Risen" 10:30 am at Regal Cinemas Largo Mall.

"Risen," is about a Roman soldier searching for the resurrected Christ in the 40 days following the crucifixion, it is an old-fashioned Biblical spectacular with fresh blood in its veins. The film is distributed by Affirm Films some of their other films include "The War Room" and "Heaven is for Real"

Our outing will be complete with lunch at Golden Corral.

The calendar of events for April thru June will include : April a visit to the Holy Land in Orlando, FL. May planting gardens and nursing home visits for our sick and shut in's and June will be our month of sharing.

Stay tuned for another exciting summer and other "Living it Up" events.

A special thanks to our phone tree coordinator- Ms. Jessie Lapread for all ways keeping our group informed.

Birthday's & Anniversaries

Birthdays: Birthdays: Sis. Annette Faison & Sis. Marlinda Neal, 3/4; Sis. Treasure Montana & Sis. Frances Bogans, 3/6; Bro. Michael Frazier, II: 3/8; Bro. Sol Montana, 3/10; Sis. Eva Frazier; Bro. Billy Ferguson, 3/16; Sis. Sylvia Goss, 3/18; Bro. Marcellus Young, 3/19; Sis. Louisa Ward, 3/20; Bro. E. J. Robinson, 3/21; Sis. Vanessa Frazier & Bro. Charles Montana, 3/27

Anniversaries: Bro. & Sis. Ronald E. Mack, 3/9

United Methodist Women Prayer Breakfast

THEME: 'RECEIVE CHILDREN, RECEIVE ME'.



April 2, 2016

Time: 9.00 AM

Mt. Zion United Methodist Church

1 625 Union Street, Clearwater, FL 33756

RSVP: Kathy Rollock or Audrey Lyttle

727-812-5639/727-232-0125

Breakfast to follow.

ANNOUNCEMENTS

Royal Blue with Methodist Church Log Shirts

Shirts are being ordered again. Please Sis. Lola Young for an order form. Forms and Money are due Today!

Easter Program, Sunday, March 27, 2016 - Sunday Morning Service @ 9AM

TD Jakes Leadership Conference April 21-23, 2016. Money is Due April 4th

SAVE THE DATE - Community Picnic/Movie Night (McCabe), April 16, 2016

Mt. Zion Photographers Needed

We are in need of a few photographers for Mt. Zion events and ministries. If you would like to volunteer please see Sis. Kim Brown

Stay Up To Date on All Church Events

Text "mtzevents" to 555888 and you will receive text messages about events.

Check out the church website for events and updates.

www.mzumc.net

Mt. Zion UMC - "A Vessel of Hope for the Community"

Contact Us

Give us a call for more information about our service, events and ministries.

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Visit us on the web at
www.mzumc.net

Rev. Michael A. Frazier, Sr.