

MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

JUNE 2016

KIDZ CORNER

From the Children & Youth:

Happy Father's day to all of the Mt. Zion Fathers.

My Hero

My hero is the quiet type,
No marching bands, no media hype,
But through my eyes it's plain to see,
A hero, God has sent to me.

With gentle strength and quiet pride,
All self-concern is set aside,
To reach out to his fellow man,
And be there with a helping hand.

Heroes are a rarity,
A blessing to humanity.
With all they give and all they do,
I'll bet the thing you never knew,
My hero has always been you.

~Anonymous

Happy
Father's
Day

FAMILY MONTH

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.

In This Issue

- Kidz Corner
- Color of the Month
- Salty Service
- Living It Up
- Member Spotlight
- Birthday's & Anniversaries
- Announcements

Kidz Corner

The kids will be out for the summer this week. Summer Activities for Mt. Zion Children & Youth:

- ◆ Small group Bible Study on Wednesday nights. They will finish up their Father's day project this Wednesday, June 8th @ 6PM.
- ◆ Praise Dance every Monday @ 5:45PM
- ◆ Drums Every Tuesday @ 6PM
- ◆ Vacation Bible School - July 18 - July 22 (Partnering with First UMC - Dunedin)

Color of the Month

THE COLOR FOR JUNE IS **BLUE** HONORING MEN'S HEALTH.

Macho men are less likely than women to visit a doctor, and more likely to request male physicians when they do make an appointment, researchers say.

But these "tough guys" tend to downplay their symptoms in front of male doctors because of a perceived need to keep up a strong front when interacting with men, according to three recent studies. The results can be dangerous.

"These studies highlight the theory about why masculinity is, generally, linked to poor health outcomes for men,"

"Men who really buy into this cultural script that they need to be tough and brave -- that if they don't act in a certain way they could lose their masculinity (or) 'man-card' (or) status -- are less likely to seek preventative care, and delay care in the face of illness and injury,". Excerpt taken from Men's Health Magazine.

Because of the above, the Health and Wellness Team at Mt. Zion, along with other volunteers will be hosting a 'Men's Health Fair on June 25th from 10:00 a.m. – 1:00 p.m. Please invite your fathers, brothers, uncles, sons and/or any man you know 20 and above.

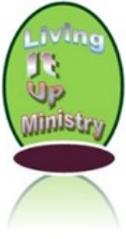
~ Health & Wellness Team

Salty Service

WHO OR WHAT IS A SALTY SERVANT

- If you Intentionally cultivate relationships for purposes of easing the emotional or spiritual needs of others.
- If you feed the hungry, clothe the naked, help someone to read or learn a new language:
- If you speak out against racial, cultural or religious discrimination:
- If you make time in your busy schedules to serve others week after week:
- If you intentionally cultivate your neighbor's friendship to tell him about God's love, or pray with someone who needs prayer:
- Then you are a Salty Servant.
- If you know that you have the qualities of what it takes to be a Salty Servant to our church and community, then, the Team needs you. Why not join us?
- Just leave your name, e-mail and phone # at the welcome center and we'll contact you.

Living it Up!



Mission: To give members the opportunity to interact with others, gain additional knowledge and promote fun and fellowship.

SUMMER SIZZLE 'LIVING IT UP' CALENDAR

June 16 11:00am-1:00pm (Tarpon Springs) Sweet L

June 24 11:00am-1:00pm **Movie and Lunch**

June 30 11:00am-1:00pm **Mediation and Fun - Mt. Zion UMC**

July 14 11:00am-1:00pm **Clearwater Marina- Visit Hope and Winter**

July 22 11:00am-1:00pm **Movie and Lunch**

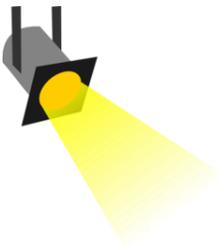
July 28 11:00am-1:00pm **Lunch and Learn Mt. Zion UMC**

August 11 11:00-1:00pm **Sunken Gardens -St. Petersburg**

August 19 11:00am-1:00pm **Movie and Lunch**

*Events and times are subject to change.

Member Spotlight



Bro. Chris Cruder's Daughter; Ashley Cruder was in an article in the Denver Urban Spectrum about her tenure as a Flyer Track and Field member. The Flyers are a close-knit family of stellar athletes,

and success is engrained in the on and off the track.



Ashley is a current graduate student at Auburn University. In the early 2000s she was coached by Tony Wells after joining the Flyers in the 8th grade. Cruder is not your typical runner. At 4'11" she barely reaches the shoulders of some of her competitors. "Tony always enforced it's not the size of the dog but the fight in the dog. Throughout my tenure as a Flyer, I was a four-time High School All-American, 2006 Nike Indoor National 60M champion, 2007 Colorado State Champion (100M, 4x100M, and 4x200M), Eaglecrest record holder (100M, 4x100M, and 4x200M). I still currently hold the Colorado School of Mines Steinhauser Fieldhouse 60M record and am ranked #13 on the US All-time list for girls high school 60M," says Cruder. Not only is she a phenomenal athlete she also has earned two bachelor degrees from Auburn in communications and political science.

This is only an exert taken from the full article. To read the entire article visit - www.denverurbanspectrum.com/articles/141957

Birthday's & Anniversaries

Birthdays: Sis. Betty Ferguson: 6/5; Shauntiel Bennett: 6/9; Sis. Kreesade Taylor & Sis. Andrea Perry: 6/11; Sis. Kishar Taylor: 6/15; Sis. Ruth Middleton: 6/21; Rev. Wayne Tiggett: 6/25; Bro. Gary Kramer : 6/26; Bro. Phillip Faison: 6/29

Anniversaries: Bro. Kenneth & Sis. Andrea Perry: 06/1 and Bro. William "Bill" Campbell & Sis. Gloria Campbell: 6/10

FINANCE CORNER

In an effort to accurately record your Tithes and Giving's for your year end giving statement, we are asking you start using your assigned envelope number.

Each person that gives on a regular basis is assigned an envelope number. This will also help when handwriting is illegible and names are missing.

A list with names and envelope number will be placed in several locations in the sanctuary and in the Fellowship hall. This number will also be on your quarterly giving statement.

Thank you for using your assigned envelope number. This will assist in making sure you are credited for your giving.

~ Finance Committee

ANNOUNCEMENTS

Thursday - Saturday, June 16 - 18, 2016 - Orlando, FL
Florida Annual Conference

Sunday, June 19, 2016 - Father's Day

Saturday, June 25, 2016 @ 10AM
Men's Community Health Fair

SAVE THE DATE - Sunday, July 3, 2016 @ 9:30AM
1st Summer Breeze Service @ Clearwater Beach (WEAR ALL WHITE)

SAVE THE DATE - Monday - Friday, July 18 - 22, 2016 @ 9:00AM
Vacation Bible School

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

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.