

# MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

JULY 2016

## KIDZ CORNER

### DATES TO REMEMBER:

#### Vacation Bible School

First United Methodist Church of Dunedin

Get excited! This summer, we'll be traveling to Egypt for Vacation Bible School on July 18 – 22!

Free sack lunches will be provided Monday through Thursday, and then pizza on Friday! Each day runs from 9AM through 11:30 a.m., with Friday ending at 1 p.m.

NEW this year – children will check in at the sanctuary. VBS activities will be held on the church campus located at 421 Main Street, Dunedin 34698.

You can register online at [www.mzumc.net](http://www.mzumc.net)

#### Kids Activities

Drums - Every Tuesday @ 6:00PM.

Dance - Summer Schedule will be posted.

Bible Study - Every Wednesday (Dinner @ 6PM, Class @ 6:30PM)

#### *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.



CHURCH SABBATICAL MONTH

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# Church Women United

## MOMENTS OF SILENCE ARE NOT ENOUGH

The hatred-filled massacre in Orlando on June 12, 2016, claimed 49 lives and left even more injured and in critical condition. But as unspeakable acts of gun violence become the new normal in America, we can't allow our political leaders to respond with hollow promises.

In the wake of the horrific massacre in Orlando, politicians across the country have offered their response: Prayers, moments of silence, and promises for action.

But what has no one offered? A clear plan for stopping these tragedies from happening.

We can no longer afford silence and inaction.

"We have to decide if (This) is the kind of Country we want to be.  
To actively do nothing is a decision as well"  
President Obama.

Let us make this the 'Last Shooting'.  
Make Your Voice Heard! This will be especially important as the election approaches.

**Kathy Rollock, Ecumenical Action Coordinator, Church Women United**  
**President, Mt. Zion United Methodist Women**

## Color of the Month



### The color for the month of July is YELLOW!

Let us show our support for those children suffering with Ewing's Sarcoma.

#### Ewing's Sarcoma

Ewing's sarcoma is a primary bone cancer that affects mainly children and adolescents. It's one of a group of cancers known collectively as the Ewing sarcoma family of tumors -- ESFT or sometimes just EFT. It's the second most common bone cancer in children, but it's also relatively uncommon. It accounts for only 1% of all childhood cancers. Although it can occur at any age, it very rarely occurs in adults over the age of 30.

Because many illnesses can cause the same symptoms as Ewing's sarcoma, it's sometimes missed in its early stages. But early diagnosis and treatment is important. If found early enough, before it spreads to multiple organs, Ewing's sarcoma can be treated successfully in 50% to 75% of cases.

With children out of school for the Summer, let's keep them safe from the Zika virus also!

# Living it Up!



The Living it up Ministry visited Tarpon Springs on June 24 for our monthly lunch outing. This was an especially great treat since we visited Sweet L's bakery. Sweet L's is owned and operated by our very own Loretta Mitchell. Loretta is the daughter of Mt. Zion member, Marie Rutledge, sister of Rose Rutledge, niece of Geleater Rutledge and other family members who are also MTZ members.

Loretta provide a delicious lunch, beverage and of course her world famous desserts. After our delicious lunch she also provided some fun and fellowship with prizes for Living it up members. Our outing also included a trip along the docks and other famous streets in Tarpon Springs.

We want to thank Loretta Mitchell, owner of Sweet L's for her graciousness and hospitality and we are putting her on notice now. We shall return.



**Gloria Campbell and Tyna Middleton**  
Co-Chairs- Senior Ministry

## SUMMER SIZZLE 'LIVING IT UP' CALENDAR

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.

# Men's Health Fair

Thank you to everyone who came out to the Health Fair on June 25, 2016. It was very informative. Information was given on Stroke, Diabetes, and Prostate issues. Mr. Charles Montana also taught us how to meditate, which helps to relieve stress and leads to a healthier you. There were also information sessions on different ministries such as Uncommon Touch and Next Level

Special thanks to our Presenters; to Morton Plant Faith Community for Blood Pressure checks and to Mrs. Campbell from Advantage Insurance Solutions for sponsoring lunch.

Special thanks to all of you for getting involved in wanting to know more about diseases which can impact your overall wellbeing, and to develop a Healthy Lifestyle.



## Birthday's & Anniversaries

**Birthdays:** Rev. Michael Frazier, Sr., & Sis. Wynter Wright: 7/2; Sis. Krystal Campbell: 7/9; Bro. Noah Frazier: 7/10; Sis. Rasha Okuboye: 7/11; Sis. Ameris Filer: 7/12; Sis. Betty Perry: 7/28

**Anniversaries:** Bro. & Sis Calvin Royal, Jr.: 7/2; Bro. & Sis. Charles Montana: 7/14; Rev. & Mrs. Michael Frazier, Sr. 7/7; Bro. & Sis. Phillip Faison: 7/18; Bro. Gary Coney: 7/20

## 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?
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**Just leave your name, e-mail and phone # at the welcome center and we'll contact you.**

## ANNOUNCEMENTS

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

**Line Dance Classes - Thursday's @ 6:30PM**

Come out and learn the latest line dance with Sis. Brenda Dixon. This is a great way to get the blood flowing and maybe even shed some pounds.

**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](http://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](http://www.mzumc.net)

Rev. Michael A. Frazier, Sr.