

MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

SEPTEMBER 2016

KIDZ CORNER

CHILDREN & YOUTH

PRAISE DANCE:

Practice for the praise Dancers will be on Sundays @ 11:00AM in the Choir Room.

BUCKET DRUMS:

Bucket Drummers will practice every other Tuesday @ 6PM for the next few months.

September 13, 2016
September 27, 2016
October 11, 2016
October 25, 2016

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.



EVANGELISM MONTH

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Men of Mt. Z

On Saturday, August 6, 2016 the Men of Mt. Zion hosted a car wash from 8AM - 12PM. This was an opportunity for the men to bond and form a positive relationship with the youth, especially the young men. We had youth of all ages come out to help with the project. Thank you to those who came out to get your car washed and made a donation. We would like to also thank all of the men who participated.



The men will be taking the kids to the Ray's game on Tuesday, September 6th.

Please see Bro. Calvin Royal (727-631-7760) if you would like for your child to participate.

Stay tuned for the next event.



Member Spotlight



Budding Young Artist

Miss Kyla Brown had her artwork displayed at the St. Petersburg Museum of History.

She was part of the Creative Clay Summer Camp - The theme was Art Around the World. Keep a look out for her next piece. You may even be able to get a signed copy.



Church Women United

“WHAT IS HUMAN TRAFFICKING?”

Human Trafficking is a form of modern day slavery it is the second largest criminal industry in the world after the sale of illegal arms. The United States and other global countries are under the threat from Human Trafficking.

Victims of trafficking can be found in all types of establishments and locations, in trailers, on the streets and on farms. However, the most common sites with trafficked individuals are sweatshops in the garment industries, domestic work and entertainment. More mainstream sites are food processing, health care and contract cleaning.

We think that something like this only exist elsewhere and not in our back yard, traffickers take advantage of the most vulnerable – migrants, indigenous people and children with false promises forcing them into contact slavery, forced labor.

United Methodist Women adopted a resolution on Human Trafficking in 2012.
Our local contact person:

Giselle Rodriguez
State Outreach Coordinator
Pinellas/Pasco CLC Representative
Florida Coalition against Human Trafficking
Clearwater, FL 33764



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

Health & Wellness

What is sickle cell anemia?

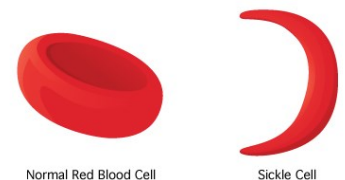
Sickle cell anemia is an inherited blood disorder in which there are insufficient normal red blood cells needed to transport enough oxygen in the body. In this condition, the red blood cells lose their normal flexibility and round shape, becoming rigid and sickle-like, thus disrupting blood flow.

What are the symptoms of sickle cell anemia?

Swollen hands and feet; episodes of intense pain in the chest, abdomen, joints or bones; and frequent infections are some of the leading symptoms of sickle cell anemia. Because the disease causes the body to have a shortage of red blood cells, it is also characterized by chronic fatigue. I

What does sickle cell anemia look like under the microscope?

Under the microscope, red blood cells from a patient with sickle cell anemia are sickle-shaped, meaning that they look like crescents. Normally, red blood cells are shaped like doughnuts without holes, or biconcave disks.



How do you treat sickle cell disease?

Stem cell transplants, blood transfusions, supplemental oxygen and various medications are used to treat sickle cell disease, states Mayo Clinic. Infections are a risk for people with sickle cell disease, so regular use of antibiotics and vaccinations are often used to prevent this complication. Other frequently used medications are pain relievers and hydroxyurea, which causes the body to produce fetal hemoglobin but increases the risks of infection.

Birthday's & Anniversaries

Birthdays: Sis. Julia Evans: 9/4; Sis. Chaunty Howard & Sis. Justamona Mack: 9/8; Bro. Freeman Middleton: 9/12; Sis. Melanie Robinson: 9/14; Sis. Kathy Rollock: 9/15; Sis. Gwendolyn Jones: 9/20; Bro. Christopher Shaw: 9/23; Sis. Danielle Johnson: 9/25; 9/26; Bro. Trason Williams: 9/28; Sis. Mia Kauffman: 9/29

Anniversary: Bro. and Sis. Wilbert Ferguson: 9/17

FINANCE

Ministry Area Chairpersons,

Please complete the Budget Information Sheet for 2016. This information is extremely important to help us formulate our 2016 church budget. Return this form to Bill Campbell or place in the Finance Chair mailbox by October 13, 2015.

Thanks for your immediate attention to this matter. If you have any questions feel free to contact me at (727)581-8408 or Cell (727) 430-0183.

Bill Campbell, Finance Chair

ANNOUNCEMENTS

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.

A Latin Evening - Friday, September 16, 2016 @ 6PM - Mt. Zion UCM - FREE

Join us for this exciting evening dancing to sweet salsa music while tasting exotic food and drinks. Look forward to enjoying the performance by the Rungo Dance Group.

Church Conference - TBA

We will have a Church Conference soon to vote on our new location. Please stay tuned for the upcoming date.

Charge Conference - Sunday, October 9, 2016 @ 7PM - Mt. Zion UMC

This will be a joint Charge Conference with Mt. Zion/McCabe. Our new District Superintendent Rev. Dr. Candace M. Lewis will be presiding.

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.