

# MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

NOVEMBER 2016

## KIDZ CORNER

Christmas is quickly approaching. Please see the dates below for the Children & Youth Activities:

### **Christmas Program**

Sunday, December 18, 2016 @ 9:30 AM

### **Christmas Practice**

Wednesdays & Fridays @ 6:30 PM

### **Dance Practice**

Sundays after church

### **Bucket Drum Practice**

Tuesdays @ 6:00 PM

### ***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.*



THANKSGIVING MONTH

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# United Methodist Women

## WHAT IS DOMESTIC VIOLENCE

Anyone can be a victim of violence of domestic violence. There is NO “typical victim”. Victims of domestic violence comes from all walks of life, varying age groups, all education levels, all cultures, all ethnicities, all religions and all lifestyles.

Victims of domestic do not bring violence upon themselves, they do not always lack self-confidence, nor are they just as abusive as the abuser. Violence in relationships occurs when one person feels entitled to power and control over their partner and chooses to use abuse to gain and maintain that control.

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence. Although physical assaults may occur only occasionally they instill fear of future violent attacks and allow the abuser to control the victim’s life and circumstances.

No One is Exempt.

The Haven of RCS – Domestic Violence in Clearwater Hotline# 727-442-4128



**Kathy Rollock, Ecumenical Action Chair, Church Women United**

**President, Mt. Zion United Methodist Women**

## Health & Wellness



**THE RIBBON COLOR OF THE MONTH IS BLUE!**

**Diabetes is a serious disease that afflicts people of all ages.**

There are 2 types of diabetes, type 1 and type 2 diabetes, and each one affects people in different ways. People who have diabetes have to take many precautions in order to keep their insulin levels in check. This helps them avoid serious health issues, such as potential blindness, shock, poor circulation, and other types of reactions that can occur from poorly treated diabetes

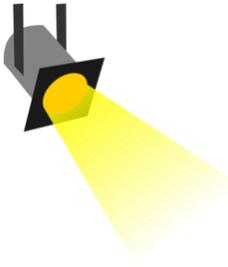
### **Juvenile Diabetes:**

Some people get diabetes in ways they cannot control. Juvenile diabetes, for example, is not caused by lifestyle issues.

### **Type 2 Diabetes:**

Type 2 diabetes is often referred to as a lifestyle disease, because of how healthy a person lives their life is often an attribute to whether they will acquire this type of diabetes or not. While weight is often the largest diabetes cause of type 2 diabetes, high blood pressure and a sedentary lifestyle can also be to blame. Luckily, type 2 diabetes is basically curable, meaning that a person can take better care of their body so they no longer have to take insulin. Type 2 diabetes is often associated with older individuals and people who also suffer from heart disease. While many causes of diabetes can be prevented, some causes are just the way the body is made, and the sooner a diabetes type can be diagnosed, the sooner a person can get back to normal health and take the measures they need to take care of themselves successfully.

# Member Spotlight



Sis. Gloria Campbell is the recipient of the South St. Pete CRA Grant.

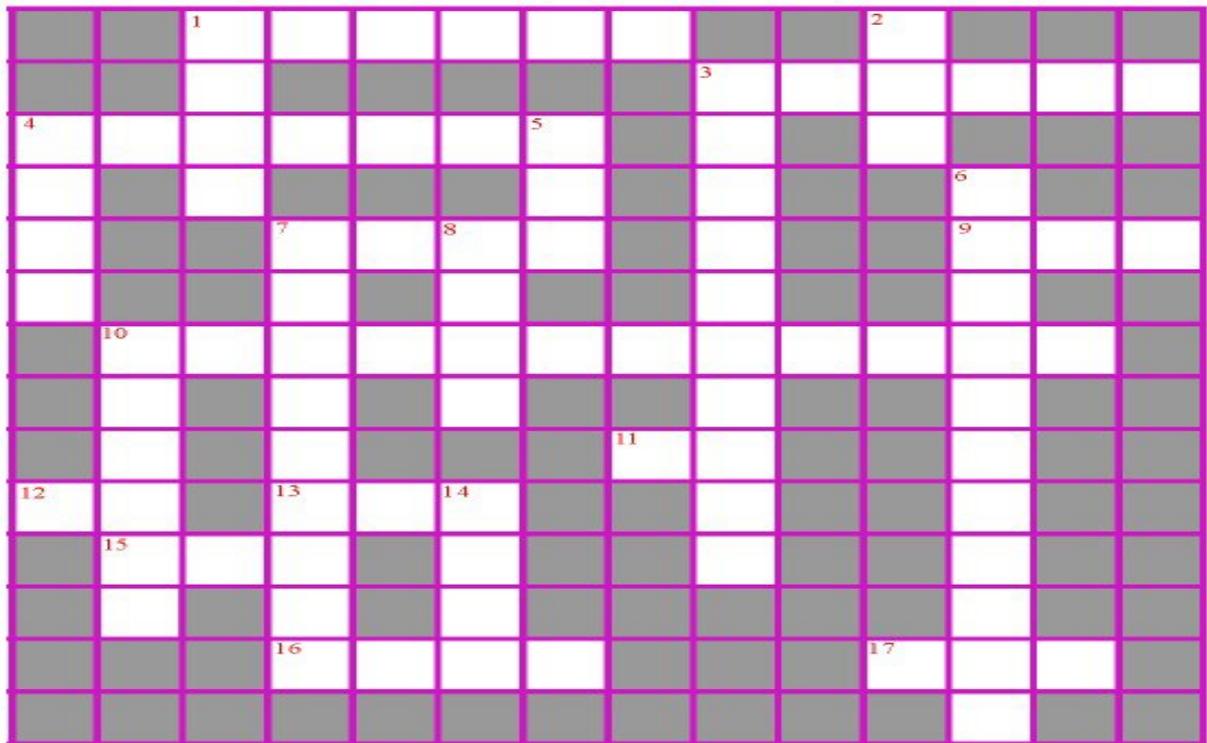
She is the owner of Advantage Insurance Solutions Agency in St. Petersburg , Fl. She will use the money to revitalize her building to better serve the community.

You can watch the YouTube Video : <https://youtu.be/uLAtGuGJJcs>



# Thanksgiving Crossword

*Thanksgiving Traditions*



**Across**

- 1 What a mum is
- 3 How we talk to God
- 4 One of the first group of people to celebrate Thanksgiving
- 7 Vegetable of the harvest
- 9 Topper
- 10 Holiday of this puzzle
- 11 Opposite of down
- 12 Like yes
- 13 What you do to thanksgiving dinner
- 15 What you listen with or what 7 across grows on
- 16 Sweet potatoe's other name
- 17 Mo. of this holiday

**Down**

- 1 Season of Thanks
- 2 What horses eat or what you might ride on in autumn
- 3 Popular dessert on this day
- 4 Odd shaped fruit
- 5 Adam
- 6 Purpose of this day
- 7 Fruit of the day
- 8 Leaf sweeper
- 10 Bird of the day
- 14 A group working together



Answer key is at the Welcome table

## Birthday's & Anniversaries

**Birthdays:** Alaysia M. Kelly: 11/1; Sis. Geleater Rutledge: 11/02; Janettee Perry: 11/4; Sis. Melissa Jones: 11/6; Sis. Cassidy Gordon, 11/9; Bro. Ira Bush: 11/10; Sis. Clarethia Davis & Bro. Ryan Young: 11/14; Bro. Starling Middleton: 11/16; Sis. Cednihya Patterson & Sis. Alisa Dixon: 11/18; Bro. Dave Myers: 11/20

**Anniversaries:** Bro. Rashad & Sis. Kim Brown: 11/5; Bro. Rowland & Sis. Deborah Johnson: 11/24

## FINANCE

### PLEDGE CARDS

Please turn in your pledge cards by Sunday, November 13, 2016. If you get them in on time you will be entered into a drawing for one of five - \$10 gift cards.

**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.

### DS Installation Celebration - Sunday, November 13th @ 3:00 PM @ Palm Harbor UMC

Come and celebrate the installation of our new District Superintendent Rev. Dr. Candace Lewis.

### Thanksgiving Basket Donations bring by Sunday, November 20th

Please bring can goods and non-perishable items for the Thanksgiving baskets.

### United Methodist Women Annual Christmas Party - Saturday, December 10, 2016 (2 PM - 6 PM)

Enjoy Christmas games, lots of food, giveaways, music and special surprises.

### Christmas Day Dinner - Sunday, December 25, 2016 @ 11:30 AM

Help us serve those less fortunate on Christmas Day. We will have toys for kids, gifts for everyone, blankets, jackets, clothes, & shoes.

### 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.

**Mt. Zion UMC**  
1625 Union St.  
Clearwater, FL 33755

(727) 447-0064

[mtzion@tampabay.rr.com](mailto:mtzion@tampabay.rr.com)

Visit us on the web at  
[www.mzumc.net](http://www.mzumc.net)

Rev. Michael A. Frazier, Sr.