

MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

March 2017

KIDZ CORNER

The children and youth have started practicing for Easter every Wednesdays @ 6:30PM and Fridays @ 6:00PM.

The Easter program will consist of songs, dance, recitations and a multi generational play. To help or participate in the Easter Program contact Sis. Tyna Middleton or Sis. Kim Brown.

The Children & Youth have a lot of activities planned for this year. We need your help, if you would like to volunteer please contact Sis. Lydia Royal or Sis. Kim Brown.

The Children & Youth did an excellent job on Sunday, February 26th as they led the service. They blessed us with drumming, singing, dancing and an inspiring message about black history. We even had our oldest child of the congregation at 95 years young bless us with his rendition of "Old Man River"



Uncommon Touch

8:00AM-8:45AM

Church Service

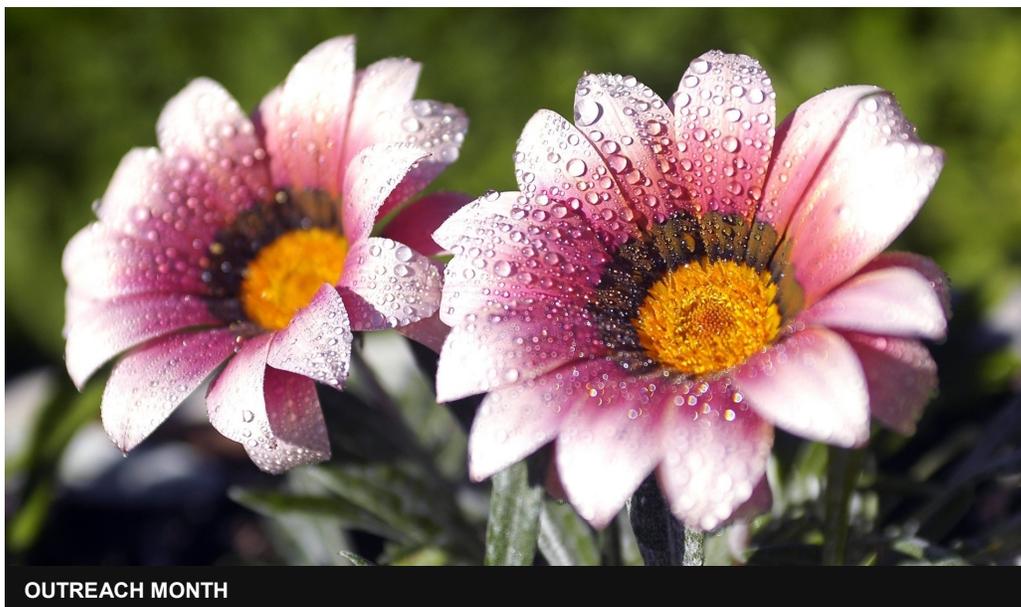
9:30AM

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.



OUTREACH MONTH

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United Methodist Women

“Living in Fear”

There are those who would use any means necessary as a cover to exercise hostility against the undocumented immigrant population. They would round up and remove anyone who is different in appearance, culture, or religious belief. We believe that judging others based on that is un-American. There is no room for this intolerance. Instead, we should celebrate individuality in all its various forms.

Some of us forget or choose to ignore our 240-year history as a nation of immigrants from all walks of life. And while we are pondering the right questions about American identity and values, our answer is absolutely wrong. Welcoming others not only represents the best of American values, but it also defines the core of what has made our country the great place it is, and has been.

Love, not hate, is the solution.

Kathy Rollock- Ecumenical Action Chair- Church Women United

President- Mt. Zion United Methodist Women.



Health & Wellness



THE COLOR OF THE MONTH IS **GREEN**:

THE COLOR FOR THE MONTH OF MARCH IS GREEN

March is National Nutrition Month, when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthy eating..

Food provides the energy and nutrients you need to be healthy.

Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water.

Healthy eating is not hard.

The key is to this is:

Know your portion size

Eat a variety of foods, including vegetables, fruits, and whole-grain products

Eat lean meats, poultry, fish, beans, and low-fat dairy products

Drink lots of water

Limit salt, sugar, alcohol, saturated fat, and trans-fats in your diet.

Submitted by the Health and Wellness Team

Audrey Lyttle, Chair

Ministry Updates

LUNCH PALS:

We now have 3 trained Lunch Pals (Rowland Johnson, Marlinda Neal and Lydia Royal), but we need more. Want to get involved? Below is the training schedule for the next few months.

Please register in advance. To register, call the Office of Strategic Partnerships, Family & Community Relations: 727-588-5050 or email Michelle Roberge at robergem@pcsb.org



March	April	May
<p>Tuesday, 03/07/2017 12:00 p.m. to 1:00 p.m. PCS Administration Building 301 Fourth Street, SW, Room E111 Largo, FL</p>	<p>Thursday, 04/06/2017 12:00 p.m. to 1:00 p.m. PCS Administration Building 301 Fourth Street, SW, Room E111 Largo, FL</p>	<p>Tuesday, 05/09/2017 12:00 p.m. to 1:00 p.m. PCS Administration Building 301 Fourth Street, SW, Room E111 Largo, FL</p>
<p>Tuesday, 03/14/2017 4:00 p.m. to 6:00 p.m. Wells Fargo Room 12090 Starkey Road Largo, FL</p>	<p>Wednesday, 04/12/ 2017 3:00 p.m. to 5:00 p.m. City of St. Pete Water Resource Building, Conf. Rm. 1650 Third Ave., North St. Petersburg, FL</p>	<p>Wednesday, 05/17/2016 8:00 a.m. to 10:00 a.m. City of St. Pete Water Resource Building, Conf. Rm. 1650 Third Ave., North St. Petersburg, FL</p>
<p>Wednesday, 03/15/2017 8:00 a.m. to 10:00 a.m. City of St. Pete Water Resource Building, Conf. Rm. 1650 Third Ave., North St. Petersburg, FL</p>	<p>Thursday, 04/13/2017 4:00 p.m. to 5:30 p.m. Wells Fargo Room 12090 Starkey Road Largo, FL</p>	<p>Thursday, 05/18/2017 11:30 a.m. to 1:00 p.m. Wells Fargo Room 12090 Starkey Road Largo, FL</p>
<p>Thursday, 03/16/2017 11:30 a.m. to 1:00 p.m. Wells Fargo Room 12090 Starkey Road Largo, FL</p>	<p>Tuesday, 04/18/2017 4:00 p.m. to 6:00 p.m. Wells Fargo Room 12090 Starkey</p>	<p>Tuesday, 05/23/2017 4:00 p.m. to 6:00 p.m. Wells Fargo Room 12090</p>



Everyone's Children

Lillian Kate

Each of us must come to care about everyone else's children. We must recognize that the welfare of our children and grandchild is intimately linked to the welfare of all other people's children. After all, when one of our children needs some lifesaving surgery, someone else's child will perform it. IF one of our children is threatened or harmed by violence, someone else child will be responsible for the violent act. The good life for our own children can be secured only if the good life is also secure for all other people's children.

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

Finance Corner

MT. ZION CASH FLOW - JANUARY

Contributions	\$14,099.89
Operation Expenses	<u>\$15,479.77</u>
Operating Loss of	(\$546.55)

Thank you to all for your support and contributions to help meet our 2016 obligations. We are in a new year now and we need everyone's participation to help meet our 2017 ministry obligations. We look forward to your 2017 contributions as we grow and move to our new worship home.

ANNOUNCEMENTS

Easter Practice - Wednesdays & Fridays

Kids Easter practice will be held every Wednesday @ 6:30PM and play/recitation practice will be held every Friday @ 6PM.

Gospel Concert - Saturday, March 25, 2017 @ Palm Harbor UMC @ 6:30PMPM

Come and support the Mt. Zion Choir as they sing praise to his name @ the Palm Harbor UMC Gospel Concert.

Church Business Directory

Mt. Zion is starting a business directory. It will be for church member and regular attendees that have a business or a service to provide. It will be displayed on our church website. To get registered for this directory please fill out a form at the welcome table.

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

We are always looking for photographer for the newsletter. Please see Sis. Kim Brown if you would like to be an official photographer for the newsletter and our website.

Check out our website - www.mzumc.net

Contact Us

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

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Clearwater, FL 33755

(727) 447-0064

mtzion@tampabay.rr.com

Visit us on the web at
www.mzumc.net

Rev. Michael A. Frazier, Sr.