

# MT. ZION NEWS



Mt. Zion United Methodist Church Newsletter

JUNE 2017

## KIDZ CORNER

On May 28th we celebrated our Children, Youth, & Young Adults for their accomplishments for the 2016 - 2017 school year.

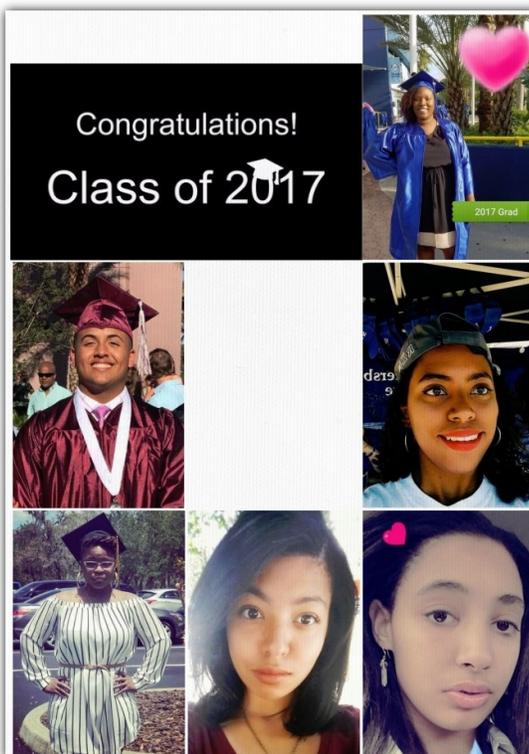
We recognized over 35 student, 6 of them being graduates. To our graduates may God continue to bless you with abundant success in your careers and as you continue school.

### High School:

Ramon Rodriguez (Javier)  
Dynasty Willis

### College:

Alisa Dixon  
Kabre Hooks  
Alexis Braswell  
Skylar Braswell



### *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.*



FAMILY MONTH

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# Community Corner

## 10 Easy Summer Tips for Parents/Grandparents

### 1. Read. Read. Read

Summer reading should be FUN reading! Help your child read ANYTHING AND EVERYTHING that interests him or her.

### 2. Have fun with numbers

Find creative ways to practice math: ask your child to help you tally the bill at the grocery store, calculate time, or follow a recipe.

### 3. Turn off the TV! Turn off the screens!

A little bit of screen time is ok - but too much screen time is not healthy.

### 4. Make Art!

Kids love art projects of every kind - but they rarely have enough time during the school year to draw and paint and construct as much as they'd like.

### 5. Experiment! Do Science!

Watch an ice cube melt. Grow grass. Play with magnets. Collect rocks. Collect leaves. Summer is a great time to experiment with science.

### 6. Eat healthy.

It's ok to eat ice cream on a hot summer day - just not only ice cream. Kids need help eating healthy. Without the structure of the school day, some kids tend to eat tons of junk food during the summer.

### 7. Get outside. Take a hike. Play in the sun. Go for a bike ride or run. Visit a park.

Some children experience unhealthy levels of weight gain during the summer months because they get less exercise when schools are closed.

### 8. Go to a museum – again and again.

For every child with an interest, there is a museum with a special collection. Insects? Space travel? The ocean? Art? History? Find a museum and visit it - whether in person or online.

### 9. Read a poem.

Google "funny poems for children" and see which ones your child enjoys. Read them aloud. Memorize a line or two. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words means and what it means.

### 10. Go to sleep!

Keep a bedtime routine. It's ok for your child to stay up a bit later in the summer but it's still very important to maintain a regular bedtime and routine. For example, if you read a bedtime story to your child during the school year, then read a bedtime story during the summer.



# United Methodist Women

## “The Right Education”

Education is a fundamental human right and essential for the exercise of all other human rights. It promotes individual freedom and empowerment and yields important development benefits. Yet millions of children and adults remain deprived of educational opportunities, many as a result of poverty.



Education is a powerful tool by which economically and socially marginalized adults and children can lift themselves out of poverty and participate fully as citizens. It is for governments to fulfill their obligations both legal and political in regard to providing education for all of good quality and to implement and monitor more effectively education strategies.

Normative instruments of the United Nations lay down international legal obligations for the right to education. These instruments promote and develop the right of every person to enjoy access to education of good quality, without discrimination or exclusion.

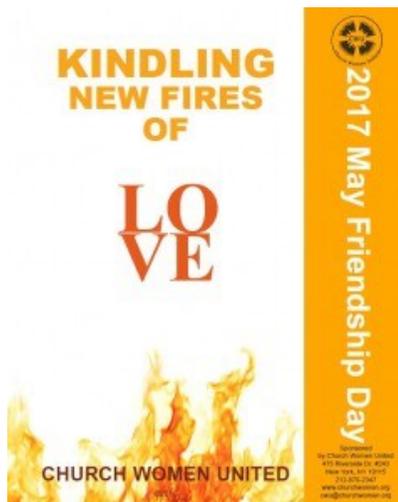
Church Women United is committed to strengthening the links between education and health, reflecting growing local and international recognition that a more comprehensive approach to school health and coordinated action across sectors is needed.

May Friendship Day Celebration at Skycrest UMC on May 5, 2017.

Here are some picture from the event as the Church Women United celebrated friendship day.

**Theme:**

**“Kindling New Fires of LOVE”.**



## Birthdays

**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

# Health & Wellness



THE COLOR OF THE MONTH IS **PURPLE** TO SUPPORT THOSE SUFFERING FROM ALZHEIMER'S DISEASE.

Alzheimer's disease usually progresses gradually, lasting two to 20 years, with an average of seven years in the United States. Scientists now know that Alzheimer's disease exists in a person's body long before symptoms appear. Researchers call this the pre-clinical/pre-symptomatic stage. Once symptoms do appear, they increase in severity as a person with Alzheimer's moves from the earliest to the final stages of the disease.

In general, it may be time to seek evaluation by a qualified physician if the memory loss or other symptom for you or a loved one:

- Increases in frequency or severity
- Interferes with daily activities (such as employment tasks or family chores)
- Makes an impression on friends and family

Submitted by the Health and Wellness Team  
Audrey Lyttle, Chair

## ANNOUNCEMENTS

### New Pastor for Mt. Zion

Rev. Frazier will be heading to Gainesville to pastor Mt. Pleasant UMC, this is a great opportunity for him and his family. As he moves on we will be welcoming Rev. Louis J. Telcy a great pastor who will lead Mt. Zion into our next phase of ministry. He is an Elder in the United Methodist Church currently serving at Asbury UMC in New Port Richey, FL. He has a degree from Duke Seminary, he is married to Marie Claudie Telcy and they have 5 children. His first Sunday will be July 2, 2017, let us welcome with open arms Rev. Louis Telcy and his family.

### Community Events/Announcements

Please check the bulletin board out front for community announcements.

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

We are always looking for photographers 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](http://www.mzumc.net)

### Contact Us

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

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Rev. Michael A. Frazier, Sr.