

# MT ZION NEWS

Mt. Zion United Methodist Church Newsletter

NOVEMBER 2018

This month we celebrate ninety-nine years of ministry as a church! All praises be to God for the long, rich history behind us and the bright future ahead of us. Mt. Zion began as the result of two groups of God--loving, African Americans moving to Clearwater in the early 1900's. They had no church building, but that did not stop them. Those faithful disciples knew that the church was not a building, but rather they themselves were the church. Not only did they not have a building, but they were faced with the harsh reality of racial segregation.

The Clearwater Public Library was for white patrons only from its founding in 1911 until 1950. For decades, Black families in Clearwater had to live in certain neighborhoods. They were barred from downtown restaurants, movie houses, and the beach. Schools were not fully integrated until 1971. But segregation did not stop the pioneers of Mt. Zion from being and doing what God had called them to be and do! Many of the first church buildings were constructed by the members of Mt. Zion. Because of ministry over the years, we have become known as a vessel of hope for the community.

Our work is not done. Our story is still unfolding. God still has God's hands on us. This year's anniversary theme is "99 Years: Now Is Our Time." Abraham was ninety-nine years old when the promises of God began to be fulfilled in his life. It is never too late for God to do something new, something fresh in our lives. We anticipate that this year will be a turning point in the history of Mt. Zion. God says, "Behold, I will do a new thing; now it shall spring forth" (Isaiah 43:19, KJV). Be ready, open, and willing to participate in what God is doing in this next phase of ministry.

Anticipating God's new thing,

Pastor Lee



THANKSGIVING MONTH

**Join us every Sunday  
for:**

**Uncommon Touch  
Breakfast**

8:00 AM-8:45 AM

**Sunday School**

9:00 AM

**Church Service**

10:00 AM

## In This Issue

- Pastor Message
- Community Family Fun Night
- Health & Wellness
- Activate
- History
- Church Women United
- Birthdays/Anniversaries
- Announcements

# Community Family Fun Night

Saturday October 26, 2018 @ Buccaneer Football Field

We thank all the Mt Zion volunteers who helped make the event possible.



## Health & Wellness

### THE RIBBON COLOR OF THE MONTH IS GREY



**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.

#### Type 1 Diabetes

Type 1 diabetes is insulin dependent and is a chronic condition in which the pancreas produces little or no insulin. Type 1 diabetes has no cure. Healthy eating habits and exercise help control insulin levels but the Type 1 diabetic will continue to remain dependent on insulin shots.

#### Type 2 Diabetes:

Type 2 diabetes is also a chronic condition in which the body either resists the effects of insulin or doesn't produce enough insulin to maintain a normal glucose level. There is no cure for type 2 diabetes but it can be managed by eating well, exercising and maintaining a healthy weight eliminating the need for medication.

#### Symptoms of both Type 1 and Type 2

- Increased thirst
- Fatigue
- Weight loss
- Frequent urination
- Blurred vision
- Increased hunger
- Slow healing sores

Audrey Lyttle

Health & Wellness Chair

## Activate Training

Members of Mt Zion attended the Activate Training for church missions on Saturday, October 6 at McCabe UMC.



### "This Month in History"



1941: President Franklin D. Roosevelt sign a bill proclaiming the fourth Thursday in November as the official Thanksgiving holiday.

1954: The U.S. Maine Corps Memorial is dedicated in Arlington, Va. The Monument depicts the raising of the American flag at the 1945 Battle of Iwo Jima.

1984: Fred Rogers, of the children's TV series "Mister Rogers' Neighborhood" presents one of his sweaters to the Smithsonian's National Museum of American History.

## Church Women United



### What – is - Domestic – Violence

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

Victims of domestic violence 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



# Birthdays and Anniversaries to Celebrate This Month



**Birthdays:** Alaysia M. Kelly: 11/1; Sis. Janettee Perry: 11/4; Sis. Melissa Jones: 11/6;  
Bro. Starling Middleton: 11/16; Sis. Jasmine Blair : 11/19

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

## ANNOUNCEMENTS

### Turkey Give-A-Way

We are blessed to be able to provide a turkey for anyone who needs one. They will be distributed on November 19th starting at 11:00 am in the Fellowship Hall. Sides will also be provided.



### Final days to cast a ballot

Early Voting Ends Nov. 4

Polls open 7 a.m.-7 p.m.  
Election Day, Nov. 6

VOTE PINELLAS 2018



### Special Meetings

Charge Conference—Monday, Nov. 5, 6:30 pm @ First Clearwater

Vision Team Meeting—Monday, Nov. 12, 6:00 pm

### Regular Events

Bucket Drums—Tuesday, 6:00 pm

Dinner and Bible Study—Wednesday, 6:00 pm

Line Dance Classes - Thursday, 6:30PM

Living-It-Up Senior Ministry—Friday, 11:00 am

### Contact Us

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

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