Volume 6, Issue 6
April 01, 2012



CHURC

EPISCOPAL

ETHODIST

Σ

AFRICAN

NOIZ

. ⊢ ∑

ATER

ш 22

he Zion Trumpet

Falm Sunday

is the start of Holy Week, which ends on Easter Sunday. The biblical account of Palm Sunday (also known as Passion Sunday) can be found in Matthew 21:1-11; Mark 11:1-11;



Luke 19:28-44; John 12:12-19. This day celebrates the triumphal entry of Jesus Christ into Jerusalem, the week before His death and resurrection. We celebrate this day today:

Sunday, April 1, 2012 both Services.

Join us as we celebrate these other services:



Friday, April 6, 2012 7:00 pm



Sunday, April 8, 2012-6:30 am



Sunday, April 8, 2012—11:00 am



Pastor's Message	Page 3
Black History Moments	Page 4
Inspirational Moment	Page 5
Church School	Page 6
Church School	Page 7
Health and Wellness	Page 8
Healthy Recipe	Page 9
Happenings at Mt. Zion	Page 10-11
Birthdays / Welcome	Page 12
Sick and Shut In / Condolences	Page 13
Children's Church	Page 14
Annual Conference / The Preached Word	Page 15
Commission on Stewardship and Finance	Page 16
Business Corner	Page 17
Trustee News / Applause	Page 18
Church Calendar	Page 19

Something The Government Can Do For The Church

A minister was asked by a politician, "Name something the government can do to help the Church."

The minister replied, "Quit making one dollar bills."



Trivia Question for March

The first chapter of Hebrews related Jesus as being greater than what?



Answer:

Hebrews 1:4-14 tells us that Jesus is greater than angels.



Trivia Question for April

What should a person never say when they are tempted?



An Easter Meditation

"...Jesus Christ has abolished death and brought life and immortality to light through the gospel." 2 Timothy 1:10

In the Glorious Easter story
A troubled world can find
Blessed reassurance
And enduring peace of mind—
For though we grow discouraged
In this world we're living in,
There is comfort just in knowing
That God triumphed over sin,
For our Savior's resurrection
Was God's way of telling men
That in Christ we are eternal
And in Him we live again—
And to know life is unending
And God's love is endless, too,
Makes our daily tasks and burdens

So much easier to do,

And our earthly trials and problems

Are but guideposts on the way

To the love and life eternal

That God promised Easter Day.





April 03, 1961	Entertainer Eddie Murphy is born.
April 05, 1856	Educator Booker T. Washington is born.
April 10, 1943	Tennis great Arthur Ashe is born.
April 12, 1966	Emmett Ashford becomes first Black major league umpire.
April 15, 1889	Human and civil rights leader Asa Philip Randolph is born.
April 20, 1914	Musician and bandleader Lionel Hampton is born.
April 21, 1906	First Black woman to earn C.P.A. credential Mary T. Washington is born.
April 23, 1856	Inventor Granville T. Woods is born.
April 26, 1886	Blues musician Gertrude "Ma" Rainey is born.
April 28, 1962	First Black admiral in the U.S. Navy Samuel L. Gravely is born.

Spotlight on a Great African American



Elizabeth "Bessie" Coleman. (January 26, 1892—April 30, 1926) an American civil aviator, the first female African-American pilot and the first to hold an international pilot license. She was born in Atlanta, Texas, the tenth of thirteen children to sharecroppers George and Susan Coleman. At the age of 18, she enrolled in the Oklahoma Colored Agricultural and Normal University She became known as "Queen Bess" a highly popular "barnstorming" stunt flier. Primarily, she flew Curtiss JN-4 "Jenny" biplanes and army surplus aircraft left over from the war. Her first appearance in an American airshow was September 3, 1922, at an event hon-

oring veterans of the all-black 369th Infantry Regiment of World War I.

Page 4 THE ZION TRUMPET



10 Scriptures to Pray on the Road

There have been several accidents in the last couple of weeks. Here are some tips to help with this from Sister Edna Stevens.

Talk with the Lord while traveling on the road! When you see the following road signs, be prompted to pray these Scriptures:



Lord, I'll trust You in these uncertain days ...

Romans 8:28, "And we know that for those who love God all things work together for good, for those who are called according to His purpose."



Lord, who do I need to come along side to help?

1 Thessalonians 5:14, "And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all."

Lord, thank You for this way of escape...



1 Corinthians 10:13, "Wo temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation He will also pro-

vide the way of escape, that you may be able to endure it.

Lord, Thank You for working on me...



Ephesians 2:10. "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in



Lord, what would please You in this decision?

James 1:5, "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given to him."



Lord, help me be alert to the strategies of my enemy...

1 Peter 5:8, "Be watchful! Your adversary, the devil prowls around like a roaring lion, seeking someone to devour.



YIELD

Lord, thank You for what's ahead...

Philippians 3:13-14. "Forgetting what lies behind and straining forward to what lies ahead, I

press on toward the goal for the prize of the upward call of God in Christ Jesus



Lord, thank You for showing me the way...

Acts 4:12, "And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved."



Thank You, Lord, for forgiving my sins...

Micah 7:15, "You will cast all our sins into the depths of the sea."



Lord, I got off track, but I'm coming back to

Hosea 6:1, Come, let us return to the Lord. . .



04/01 "Are You the King?" John 18:28-38

04/02 To Save Sinners Like Me 1 Timothy 1:12-17

04/03 Judgment of Jesus John 19:4-16

04/04 "We Have a Law" Leviticus 24:10-16

04/05 Crucifixion of Jesus John 19:17-25

04/06 "Father, into Your Hands" Psalm 31:1-5

04/07 Burial of Jesus John 19:38-42

04/08 Resurrection of Jesus John 20:1-10, 19, 20

04/09 Building the Temple 1 Chronicles 28:1-10

04/10 The Lord Has Chosen Zion Psalm 132:1-14

04/11 Keeping the Passover 2 Chronicles 30:1-9

04/12 The House of the Lord Psalm 122

04/13 My Father's House Luke 2:41-51

04/14 Zeal for God's House Psalm 69:6-15

04/15 Cleansing the Temple John 2:13-22

04/16 Planted by Streams of Water Psalm 1

04/17 Longing for God Psalm 42 04/18 The Water of Life Revelation 22:10-17

04/19 The Samaritans' Heresy 2 Kings 17:26-34

04/20 Worshiping What You Do Not Know John 4:16-22

04/21 Fields Ripe for Harvest John 4:35-42

04/22 "Come and See" John 4:7-15, 23-26, 28-30

04/23 Hope for the Future Isaiah 29:17-21

04/24 Separating Light from Darkness Genesis 1:14-19

04/25 Light for the Journey Exodus 13:17-22

04/26 The Blind Questioning Blindness John 9:18-23

04/27 Teaching the Unteachable John 9:24-34

04/28 Seeing but not Seeing John 9:35-41

04/29 The Light of the World John 9:1-17

04/30 Feeding the Hungry John 6:1-15

05/01 Walking on Water John 6:16-21

05/02 Giving Eternal Life John 6:36-40

05/03 Offering Living Bread John 6:41-51

05/04 The Life-giving Spirit John 6:60-65

05/05 To Whom Can We Go? John 6:66-71

05/06 The True Bread of Heaven John 6:22-35



Get YOUR study on!

This month continues our spring quarter's study into our Personal Savior Jesus Christ.

4/1 Jesus Testifies To The Truth

How do you "hear" Christ's voice?

John 18:37

4/8 Jesus Lives!

How does evidence of the resurrection lead one to faith in Jesus?

John 20:20

4/15 Temple Is Cleansed

How can you submit to Jesus?

John 2:16

4/22 Samaritan Woman Finds Living Water

Thank God that Jesus, the Messiah, is for everyone.

John 4:14

4/29 Blind Man Receives Sight

How significant is it to have sight again?

John 9:16



Church School Staff

•	***************************************
Superintendent	Alyshia Keys-Harris
Assistant Supt.	DeJuan Patrick
Beginners	Shuronda Hill
	Barbara Smith
Primary	Dawn Bannister
	Verna Thompson
Juniors	Valerie Lee
Intermediates	Shirley Morgan
Seniors	Cheryle Harrell
Young Adults	Wilma Lancaster
	Monique Brown
Progressive	

Karen Stanford

Mable Gibson

Robert Boyd

Women

Men

Adult Women

Church School Highlights

Welcome to Greater Mt. Zion's Church School Page. Here you will find great information on what to look forward to *this* month in your Church School class.

April Calendar of Events

4/8 Easter Program

4/29 Zion Store

Behold, children are a heritage from the LORD, the fruit of the womb a reward. Psalm 127:3

PARENTS!! A Few Words On Why You Should Bring Your Children To Church School.

Children ultimately belong to God. They are bountiful gifts presented to parents by God to be raised in a manner that honors God.

- 1. **Send the right message:** Making Church School a priority shows your kids that God's Word really does matter more than pillow-time.
- 2. **Friends**: In Church School, your child will build positive friendships with their peers by discovering God's Word together.
- 3. **Systematic Bible Learning:** Our curriculum is designed to give a broad foundation, so children will understand how all the parts of Scripture point to Christ.
- 4. **Big Reward For a Small Invest- ment:** If you're already coming to Church, just come a little earlier. That one change will equal over 800 hours of additional Christian teaching before your child graduates.
- Adult Bible Fellowship: While the children enjoy their class, you can fellowship with other adults in your own Bible study group.
- 6. **You'll Be On Time:** Families who come to Church School always get to worship on time. It's the easiest way to avoid being late.

The Zion Store

If you are interested in financially supporting this amazing tool for spiritual growth please leave your financial donations with either of our Superintendents.

Special Thank you to:

Sister Monique Brown

For your financial blessings.

SHOWING UP AND SHOWING OUT!

Overall high averages for the month of March.

Highest Youth Attendance

Tie Between All Classes

Highest Adult Attendance

Adult Women

Highest Youth Offering

Primary

Highest Adult Offering

Tie Between Adult Women

and Progressive Women



SHAPEA tompkrow REGISTER and VOTE

Voter Registration Offered at Zion

The **third Sunday** of each month (**April 15, 2012**) has been designated as Voter Registration Sunday. You may register to vote, change your address, change party affiliation, etc.

Did you know your address on the Supervisor's of Elections Roll must match your identification?

Please do not give them any reason to question your eligibility. **Check**

you paperwork NOW!!

Also, if you did not vote in the last two Presidential elections, (2004 and 2008), you must complete a new form. Stop by the Wellness Office.

Thank you,
Sister Anna Herring
Commissioner
Health and Wellness

Vintage Speakers

April 11, 2012
State of Florida
Department of Elderly Affairs
Ombudsman Division

May 09, 2012
May 16, 2012
Peggy Macaluso
Program Specialist
Alzheimer's Association

Topic: How to maintain a healthy brain and symptoms of the disease. **On May 16th,** the specialist will return to administer memory screenings to selected members.





to get your blood pressure checked every second Sunday after 7:30 am worship.

Thank you.

APRIL IS NATIONAL MINORITY HEALTH AND STRESS AWARNESS MONTH



Heart Healthy Recipes

Tomato Basil Chicken

Serves 4

Ingredients

- 8 oz. uncooked whole wheat fettuccine
- 2 teaspoons olive or vegetable oil
- 1 medium onion, finely chopped (1/2 cup)
- 1 clove garlic, finely chopped
- 3 medium tomatoes, chopped (2 1/2 cups)
- 2 cups cubed cooked chicken or turkey breast
- 3 tablespoons chopped fresh or 1 teaspoon dried basil leaves
- 1/2 teaspoon salt
- 1/8 teaspoon red pepper sauce



Cook and drain fettuccine as directed on package. Cover to keep warm. Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat. Cook onion and garlic in oil, stirring occasionally, until onion is crisp-tender. Stir in remaining ingredients except fettuccine, reduce heat to medium. Cover, cook about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft. Serve over fettuccine.

Nutrition Information:

- Calories 360
- Trans Fat 0q),
- (Dietary Fiber 6g,

Percent Daily Value*:

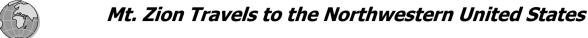
- Vitamin A 20 %;
- Vitamin C 15 %;
- Calcium 6 %;
- Iron 15 %;

(Calories from Fat 60) Cholesterol 55mg; Sugars 5g), Total Fat 6g Sodium 540mg; Protein 30g; (Saturated Fat 1 1/2g, Total Carbohydrate 47g

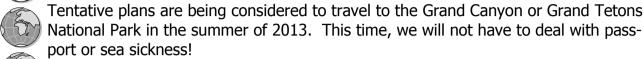


Happenings at Mt. Zion A.M.E. Church











We need to determine interest in order to obtain group rates for travel and lodging. Payment arrangements will be available.



The sign up sheet is located on the board in the Fellowship Hall. Questions, see Sister Anna Herring or Sister Ruth Davis.



Thank you, Sister Anna Herring







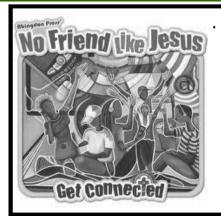


Saturday, April 7th 10—12 (noon)



Car Wash Saturday, April 14th 9am—1 pm

Talent Night will be held on **Friday, April 20th, 6:30 pm**. All of God's children got talent, so show up and show yours. Sign up in the Fellowship Hall or see a YAC member. We are looking for soloists, group singers, liturgical dancers, instrumentalists, clean comedy, etc. Bring your best and please be "decent and in order."



Vacation Bible School
July 16 -19, 2012
6:30 PM Nightly



Fellowship of the Rings



"Therefore a man will leave his father and his mother, and will cling to his wife: and they will be one flesh." Genesis 2:24

Fellowship of the Rings Ministry will be hosting our **FIRST (1ST)**

Married Couples Workshop

Registration Fee: \$40 per couple Theme: "Becoming One"

Presenters: Rev & Mrs. Mark Crutcher, Orlando Florida

April 27 -28, 2012

Greater Mt. Zion A. M.E Church

Wishing all the April Couples' a Happy Anniversary

Marriage Tip for April: "Love"

We are encouraging all couples to come and be a part of this Ministry.

O.L. Nicks Missionary Society

• Next meeting will be **Thursday, April 12th, 6:30 pm.**

WMS would like to thank everyone that donated clothes to our clothes give-away on Tuesday, March 27th. Many

families were helped.

We also would like to thank everyone who participated in our Annual Tea. The Area Season Tea will be held on

Saturday, April 28th, 3:00 pm at Mt. Olive, Clearwater. Contact Sister Valarie Lee for further information.

Attention High School Seniors!

Applications for scholarships are available, please see Sister Mable Gibson if you are interested in applying at this time.



Mother's Day Luncheon

May 12, 2012

11:00 AM — 1:00 PM

at

Greater Mt. Zion A.M.E. Church

Fellowship Hall

Donation: \$10.00

.04/01 Kesha Clark 04/01 Antonia Swain 04/02 V. Louise Mack 04/02 Gwen Woods 04/02 Marvin Butler 04/02 Ebony Harrell 04/03 Cassandra Jackson 04/03 Inez Bynum 04/04 James Davis 04/04 Curtis Dawson, Sr. -04/04 Frederick Davis 04/04 Keontae Mosley 04/05 Priscilla Alexander 04/06 Samuel Bonev 04/06 Tommie Keys 04/06 Dorothy "Dot" Harrell 04/06 Elisha Gilbert 04/07 Linda Thompson 04/08 Edna Dawson 04/08 Latasha Gilbert *04/08 Curtis Dawson, Jr. 04/09 Willie Brown, Sr. 04/09 Michael Crawford 04/09 Chris Davis 04/09 Latedra Everett 04/10 Vincent Cole 04/10 Ashley Pickens 04/11 Jacqueline Mitchell 04/11 Floyd Crawford 04/12 Untilla Davis 04/12 Donovan Brown 04/15 Kadijah Ervin 04/16 Gregory Keys 04/16 Jamy'ya Washington 04/16 Henry Jackson 04/17 Patricia Whitaker

04/19 Tikki Davis 04/19 Antonio Wilson 04/20 Dorothy Walker 04/20 Javonda Bryant 04/21 Calvin Butler 04/21 Sampson Canfall 04/21 Dennis Williams 04/21 Candice Mells 04/22 Pierce Bryant 04/22 Robert Green 04/22 Malik Brown May this day 04/23 Charlie Jenkins bring you all the things 04/23 Kristen Gibson that make you smile! 04/23 Nikisha Jno-Baptiste 04/23 Felicia Pizana 04/23 Amber Bannister-Akins 04/24 Willie Mae Davis 04/24 Ophelia Wilson 04/24 Patricia Daniels 04/24 Herman Williams, Jr. 04/25 M.C. Jordan 04/25 Alicia Johnson 04/26 Tangerae Brown 04/26 Tiffany Lene' Williams 04/27 Calvin Ward 04/27 O'shen Allen 04/28 Latricia Harrell 04/29 Michael Bivens 04/29 Marvin Poe, Jr. 04/29 Melissa Smith 04/30 Cassandra Bellamy 04/30 Alfreda McClendon

04/18 Omega Adams 04/18 Angela Butler



04/17 Shekerra Rose

Ruthie Davis
James Jackson
Thomas Lawrence



04/30 Walter Butler

04/30 Shamoya Hedley



Our prayers go out to:

Debborah, Dwayne and family on the death of your brother and uncle

Brother Tyrone Armond Howard

Sister Willie Mae, Rodney and family on the death of your sister and aunt

Sister Betty Gaskin Jordon

Cheryle, Dozier and family members on the death of your sister **Sister Patricia "Minnie Pettis" Williams**

Linda Churches and Quatrell Williams and family members on the death of your father / grandfather

Brother Robert Churches

Please keep the family of **Sister Mary Stokes** in prayer as she passed away on Tuesday, January 31, 2012 in Erie, Pennsylvania.

Sick & Shut-In

God Healed Me "



Sister Ethel Eva Brother Herbert Jo

Brother Herbert Johnson (prayer only)

Sister Sylvia Johnson Brother Amos Keys

Sister Daisy Powell

Sister Shirley Stubbins
Sister Mable Thomas

Brother Charles Wilcher

1534 14th Street South

3244 B 38th Way South

At Home

2567 26th Avenue South

3474 15th Avenue South

1934 17th Street South

2129 Walton Street South

2520 21st Street South



Nursing and Rehabilitation Centers

Sister Inez Bynum
Brother Bobby Jackson

Brother Lawrence Powell Sister Ophelia Wilson

Sister Ruby Wysinger (prayer only)

Apollo Nursing and Rehab Pinellas Point Rehab Ctr #22B Pinellas Point Rehab Ctr #28

Coquina Key Rehab 435 42nd Avenue South

Allegro at College Park 4600 54th Avenue South

Hospital

Sister Jackie Thomas

St. Anthony's, Room 521, B



Youth Church - March 2012



In March, we spent time in the Old Testament. The younger children learned about creation, Noah and the ark, Abraham and Sarah having a baby and we had fun craft activities to go along with the lessons.

The older children focused on the first five books of the Bible, "The Law". We learned how to look up scriptures. We used an atlas to find some of the towns and regions mentioned in the Bible. We discussed Joseph's life and the fact that everything that happened to him early in life looked bad but in the end it was all a part of God's plan and so it worked out for good. And then, we looked at the 10 commandments.



We finished the last week by looking at the Holy Week and everything that Jesus went through during that week. Through our studies in March, while looking at Joseph's life and 'Jesus' final week, we realized that sometimes what looks like it is bad can be God "working all things together for the good of those who love Him".



every Tuesday, from 6-8 pm, we specialize in math tutoring. All ages are welcome.

Tutors are needed to assist with this very important Ministry. Please See brother Elijah Gilbert Jr., or Sister Mable Gibson if you would like to volunteer. Our youth need your help.

Thank you, Brother Elijah Gilbert, Jr.

Great is the Lord and greatly to be praised!

Greater Mt. Zion Officers, Members, Friends and Community...Get Ready, Get Ready Get Ready! as we prepare to take off as host of the upcoming **72**nd **Session of the West Coast Annual Conference** to be held at 1045 16th Street South, October 6-12, 2012.

Get on board and buckle up as we embark on this journey. We are asking one and all to ride with us. We need your time, talent, commitment, input, support and participation as a vital part of this venture at our church, Greater Mt. Zion AME.

As a Church body, we know that the Lord is great; He can and will do great things with us and through us if we are humble and trust Him. We prayerfully request that you join in as we take flight at Zion; moving the West Coast Annual Conference to higher heights as we set the stage for the next level. We have done it before and look ahead eagerly with much anticipation and excitement, as we do it all over again, bigger and better than before.

We are Mt. Zion, a first class C*hurch*, blessed to have a first class *Pastor*, Rev. Clarence A. Williams, who shepherds first class *members* determined to provide first class *service*. We need all of you to take the journey with us as we land...on task, on target, friendly, all functioning host of this 72nd Session of the West Coast Annual Conference.

Remember: There is no experience like a Greater Mt. Zion experience! Because we are a

TEAM..... *T*ogether *E*veryone *A*chieves *M*ore

Make plans to join us!

The Preached Word

March 04th

7:30—Rev. Clarence Williams 1 Peter 5:10-11 The Best Is Yet To Come 11:00—Rev. Clarence Williams Song of Solomon 2:1-6, 15-16 My Mutual Delight

March 11th

In The Way

7:30—P.E. Jerome Denmark Matthew 8:27 What Manner of Man Is This? **11:00**—Rev. Clarence Williams Galatians 5:7

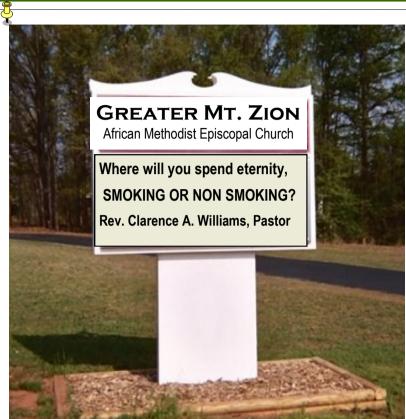
March 18th

7:30—Rev. Clarence Williams Numbers 21:9 How To Deal with Snakes **11:00**—Rev. Clarence Williams Psalms 34:11 An Experienced Teacher

March 25th

7:30—Rev. Robert Boyd
2 Timothy 2:18-19
We Will Be Sure
11:00—Rev. Clarence Williams
Titus 2:11-15
Boom!

Commission on Stewardship and Finance



Church Sign Update

It's here—our new sign.

Thank you for your faithfulness, commitment and blessing us. We hope all of you that made the sacrifice are very pleased and enjoy looking at our new addition. We feel it was well worth the wait.

Thank you to Sister Terri Murph and Brother Pierce Bryant for your tireless efforts to make it become a reality. We certainly appreciate all your hard work.

Thank you Mt. Zion for being the caring and concerned CHURCH that you are. Sister Williams and I greatly appreciate you and your commit-

Church Anniversary Update:

Our sincere apologies to Sister Verbenia Wells and Sister Valarie Lee for the error made in our not reporting your contributions. We thank you very much for your donations,

Sister Valarie Lee \$100.00 Sister Verbenia Wells \$100.00 Brother Jimmy Pritchett \$62.00



The Greater Mt. Zion Business Corner is a public service for our Church family. This is a blessing for you and the congregation. Members, please place your business card in the offering basket, give it to an Usher or email your information to

helen@greatermtzioname.org.

It is free advertisement, please take advantage of it and allow our Church Family to bless you through their support of your business.











Trustee News

Thank you

To everyone who came out to do cleaning, repaired and painted on **Saturday, March 31st** at our Annual Clean Up Day. Thank you for your dedication and hard work. We appreciate all you did to make this clean-up a huge success. Thank you, Brother Stanley Wright and The Board of Trustees.





Parking Lot/Building Security CALLING ALL MEN!

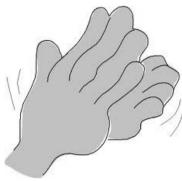
Do you have a desire to help your fellow members have a safe and joyous worship experience?

Join Greater Mt. Zion's Security detail to insure that all is safe around our building, parking lots during worship services and other activities. You can sign up in the Fellowship Hall or see Brother Stanley Wright.

Let's join the Men in Black Green!







Applause! Applause! Applause!

The 1st Baptist Church Choir, 60 voices strong, orchestra and Music Directors, Rev. Greg Crane and Rev. Alberto Bent tickled the ears of a very large audience on Sunday evening here at the Church. A variety of hymns, Anthems, African American Spirituals were beautifully arranged and presented.

Kudos to Dr. Royal Colbert for bringing such a fine choir and we are looking forward to the continued concerts in the near future.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
PALA		Tutoring 6 pm Prayer Meeting 6 pm	Vintage 11 am Bible Study 6 pm Youth Bible Study	Drama Rehearsal 6 pm	Good Friday Wor- ship Service 7 pm	Easter Egg Hunt 10 am Funeral Service
SUNDAY			6 pm Steward Board Meeting 7:00 pm		-	11 am Iverta Beasley
Constitution			Meeting 7:00 pin			Easter Program 3 pm
8	9	10	11	12	13	14
Easter Sunrise Ser- vice 6:30 am		Tutoring 6 pm Prayer Meeting 6	Vintage 11 am Bible Study 6 pm	Drama Rehearsal 6 pm		YAC Car Wash 9am
Easter Services		pm	Youth Bible Study			YPD Meeting 3 pm
11 am		Class Leaders	Trustee Board	WMS Meeting 6:30		Dedication of
Fellowship of the Rings Breakfast		Meeting 6:30 pm	Meeting 7:00 pm	pm		St. Mark A.M.E. 12 pm (noon)
15	16	17	18	19	20	21
Church Conference after 11:00 service		Tutoring 6 pm Prayer Meeting 6 pm	Vintage 11 am Bible Study 6 pm Youth Bible Study 6 pm	Drama Rehearsal 6 pm Pastor's Aide Board 6:30 pm Youth Choir Rehearsal 6 pm	YAC Talent Night 6:30 pm	Greeters and Ushers Workshop 10 am SOA Mtg. 8:30 am Women's Ministry meeting 10 am Fellowship of the
	District Reviva	, St. James, Clearwater, 7 pm nightly	ar, 7 pm nightly	וופמוטמו ס טווי		Rings 4 pm
22	23	24	25	26	27	28
Lake City Connec- tion Breakfast		Tutoring 6 pm Prayer Meeting 6	Vintage 11 am Bible Study 6 pm	Drama Rehearsal 6 pm	Couples Workshop 5 pm	Couples Workshop 8 am
Concert – 4 pm		þm	Youth Bible Study 6		-	
UCF Gospel Choir, Orlando			pm			
29	30					
Pastor and congregation, St. James A.M.E., Palmetto. 4 pm						

GREATER MT. ZION AFRICAN METHODIST EPISCOPAL CHURCH

1045 16th Street South St. Petersburg, FL 33705

Phone: 727-894-1393 Fax: 727-827-4707 E-mail: helen@greatermtzioname.org

Were on the WEB www.greatermtzioname.org

In spite of everything that was done to me, in spite of the adversity and the bitter moments,



Water before bedtime...

About 90% of heart attacks occur early in the morning and it can be minimized if one takes a glass or two of water, **NOT** grog or beer, before retiring in the evening. I know water is important, but I never knew about special times to drink it. Did you know that drinking water at the correct time maximizes its effectiveness on the human body?

- Two (2) glasses of water after waking up helps activate internal organs.
- One (1) glass of water 30 minutes before a meal helps digestion.
- One (1) glass of water before taking a bath helps lower blood pressure.
- One (1) glass of water before going to bed avoids stroke or heart attack.
- from Brother Pierce Bryant

The Drama Ministry

Presents:



Come see Satanas and his Boards Members: Hell, Death, Superbia, Avarita, Luzuria, Invidia, Gula, Ira and Acedia proclaim victory over **CHRIST** - or will they?

Admission free, wing baskets available for a small donation.

