Greater Mt. Zion A.M.E. Church

June 3, 2018 Volume 6, Issue 6







# To All The Gentlemen Of Greater Mt. Zion!

# **Father's Day Blessings**



Faithful, to God and Family.

Able, to discern God's will in trying Times.

Thankful, for all the joys and trials of Life.

**H**appy, no matter what the Circumstances.

**≰**nthusiastic, about a life lived with Purpose.

Righteous, Rock Solid in Heart, from a Growing Relationship with Jesus.

For these things and so many more we Praise God for our Fathers, this Father's day and Always.

Rev. Clarence A. Williams and Sister Andrea Williams Would like to wish all the MEN a Happy Father's Day

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### **Special Points of Interest**

Pinellas County Schools College Planning Boot Camp with Mychal Wynn June 10, 1:30 PM

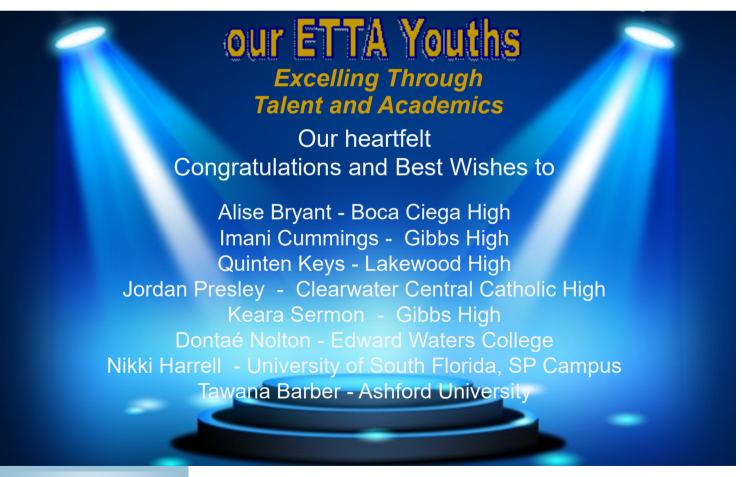
The Lay Organization
Jessie K. Wells Luncheon
June 16, 11 AM

Board of Christian Education Graduation Program June 17, 10 AM Ability
is what you're capable of doing.

Notivation
determines what you do.

Attitude
determines how well you do it.

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Patricia Needom, Class Leaders	727-896-1085					
Constance Shaw, Minister of Music	727-678-1921					
Rodney Davis, Male Chorus	727-327-5496					
Chauntea Kirnes, Youth Choir	727-710-1620					
Gary / Karen Stanford, Couples Ministry	727-784-7360					
Shirley Morgan, Lay President	727-815-6563					
Patricia Smith-Johnson, WMS	727-459-8584					
Verna Thompson YPD	727-348-8509					
Rosalind Macon Women's Ministry	727-492-6186					
Donna Butler, Kitchen Manager	727-599-4215					
Dozier Harrell, Janitorial	727-656-0302					
Frederick Robinson, Sons of Allen	727-563-6054					
Mable Gibson, Church Clerk	727-867-2562					





06/01 The Father and I Are Working John 5:9-18

06/02 Deliver Justice for the Oppressed Psalm 10:12-18

06/03 Meet Human Need on the Sabbath Matthew 12:1-14

06/04 Rehearse the Deeds of the Lord Psalm 78:1-8

06/05 God's Tree of Justice for All Ezekiel 17:22-24

06/06 Jesus Affirmed as Son of Man Matthew 16:13-20

06/07 Jesus Disbelieved in Hometown Matthew 13:54-58

06/08 Will the Son of Man Find Faith? Luke 18:1-8

06/09 Parable of the Weeds Explained Matthew 13:34-43

06/10 Defer Judgment Matthew 13:24-33

06/11 Wash Away Your Evil Ways Isaiah 1:12-17

06/12 Let Justice Roll like Water Amos 5:18-24

06/13 Honor Your Father and Mother Exodus 20:12, Deuteronomy 5:16

06/14 The Spirit Gives Life 2 Corinthians 3:1-6

06/15 Call No One Profane or Unclean Acts 10:23-33

06/16 What Defiles Comes from the Heart Mark 7:14-23

06/17 Treat Your Parents Justly Matthew 15:1-9

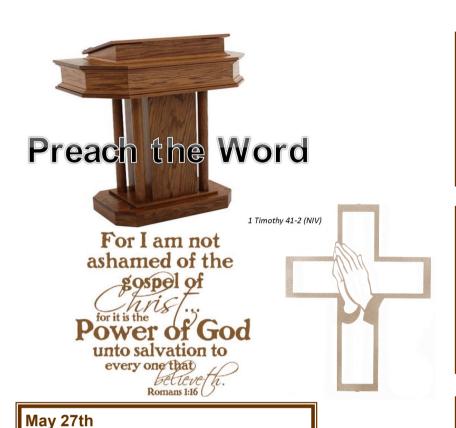
06/18 The Folly of Riches Psalm 49:1-4, 16-20

06/19 Result of Oppressing the Poor Proverbs 22:1-2, 7-9, 16

06/20 Oppressors and Righteous Receive Justice James 5:1-5

06/21 Blessed Are the Poor Luke 6:20-26 06/22 Two Responses to the Light John 3:16-21 06/23 Entry into the Kingdom of Heaven Matthew 19:23-30 06/24 Lazarus Cannot Help the Rich Man Luke 16:19-31 06/25 Joseph Forgives His Brothers Genesis 50:15-21 06/26 Future Forgiveness 2 Chronicles 7:12-16 06/27 Forgiving and Consoling the Offender 2 Corinthians 2:5-11 06/28 Forgive Each Other's Complaints Colossians 3:12-17 06/29 Keep Forgiving Each Other Luke 17:1-4 06/30 God's Forgiveness Depends on Us Matthew 6:9-15 07/01 Offer Mercy and Forgiveness Freely Matthew 18:21-35





## May 6th

7:30—Rev. Clarence Williams Genesis 24:1-24 "A Serious Steward" 10:00—Rev. Clarence Williams Genesis 24:9-27 "The Serious Steward. Part 2"

# May 12th "Happy Mother's Day"

7:30—Rev. Clarence Williams
2 Kings 4:21-37

"Six Lessons From a Shunamite Mother"
11:00—Rev. Watson Haynes
John 19:25

"Just Mama"

## May 20th

**7:30**—Rev. Dr. Sherrisse Bryant Mathew 5:14-16 "Let Your Light Shine" **11:00**—Rev. Robert Boyd 1 Thessalonians 4:1-9 "A Godly Walk"



7:30 — Rev. Dr. John Green

Turner Theological Seminary, Atlanta, GA

11:00—Rev. Clarence Williams

"Making the Days Count"

Psalm 90:12

Ephesians 4:3-6

"AG Connection"

# Trivia Question for May

What reference to Jesus appeared three times in the first sentence of the book of John?

# Trivia Answer for Mav

John 1:1, tells us that Jesus is King. The one and only true King. Think about it.

## **Trivia Question for June**

What happened after Jesus taught that His flesh and blood were to be eaten and drunk in order to obtain eternal life?



# **Following The Right Plan**

"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."

Matthew 7:24



In today's verse, Jesus refers to a builder who was described as wise because he not only heard the words of Jesus, but he also acted upon them. If you read further in the passage, you read about another man Jesus described as foolish because he heard the words of the Master architect but built his house (symbolic of his life) on the unstable sand of his own plans. The message is simple: we all build our lives according to some plan - and when we ignore His plan, our houses (lives) ultimately fall.

One of the tragic things for many Christians is that they set goals to achieve but they aren't Jesus' goals. Many go the wrong way because they have never consulted Him about the direction for their lives. Others actually do consult Him, but when they are not satisfied with His plan, they go their own way instead. Both methods have the same results. Building on the unstable sand of their own thinking invites Satan's storms of destruction, and they never accomplish what Jesus had in mind for them.

Are you confident that you are building your life according to the rock solid plan God has for you? Or have you gone your own way, asking Him to bless you? Do you consult God about the doors that are opening in your life? This process of following His plan is sometimes long, but it never fails. It takes wisdom and discernment. But if your commitment is to follow God's plan for your life, He will never leave you in the dark about it. Praise God now that He has a specific plan for your life. Ask Him to purify you so you may be able to follow His plan precisely. Ask Him to prepare those around you for the direction He is leading you. Now pray for courage to follow His plan.

God has a plan for your life that will bring prosperity and success to every area—so start following it today!

We would like to wish our Men a Happy Father's Day.

Pastor Clarence and Sister Andrea Williams





# **Cleaning House**

Last week I threw out worrying, it was getting old and in the way. It kept me from being me; I couldn't do things God's way.

I threw out a book on **MY PAST** (Didn't have time to read it anyway). Replaced it with **NEW GOALS**, started reading it today.

I threw out hate and bad memories, (Remember how I treasured them so)?

Got me a **NEW PHILOSPHY** too, threw out the one from long ago. Brought in some new books too, called **I CAN, I WILL, and I MUST**. Threw out I might, I think and I ought. WOW, you should've seen the dust.

I ran across an OLD FRIEND I hadn't talked to in a while. His name is **GOD** the Father, and I really like His style. He helped me to do some cleaning and added some things Himself.

Like **PRAYER**, **HOPE**, **FAITH** and **LOVE**. Yes...I placed them right on the shelf. I picked up this special thing and placed it at the front door. I FOUND IT - its called **PEACE**. Nothing gets me down anymore.

Yes, I've got my house looking nice. Looks good around the place. For things like Worry and Trouble, there just isn't any space.

It's good to do a little house cleaning, Get rid of the things on the shelf.

It sure makes things brighter; maybe you should **TRY IT YOURSELF. BE BLESSED AND BE A BLESSING TO SOMEONE ELSE!!!** 

"May the Lord open the windows of heaven and pour you out a blessing that you will not have room enough to receive it all." Malachi 3:10

"May the Lord bless you exceedingly abundantly above all you could ever hope for." Philippians 4:19

"I can do all things through Christ which strengthen me." Philippians 4:13

—Author Unknown

06/01 Donald Thompkins, Sr

06/01 Larvary Copeland

06/01 Ruth Clark

06/02 Terry Patterson

06/02 Sahmoia Newton

06/03 Katrena Pugh-Ferrell

06/03 Regina Dudley

06/03 Y'Varryl Mitchell

06/04 Rene Spaights

06/04 Frederick Robinson

06/04 Camron Cotman

06/04 Debbie Arnold

06/05 Gale Blackwell

06/05 Bernice Gould

06/05 Charles David

06/05 Michael Keys

06/06 Tawanda Barber

06/06 Calvin Moslev

06/06 Marie Royster

06/07 Ernarde Banks

06/08 Barbara Wynn

06/08 Joan Broughton

06/08 Lidaysha Williams

06/08 Dakarri Evans

06/09 Darrell Thompson

06/09 Eric Ofosu

06/09 Marguis Dorn

06/09 Titus Ofosu

06/10 Azaria Jackson

06/10 Helen Rhymes Ferguson

06/11 Jerry Oliver

06/11 Erika McNeal

06/11 Erik McNeal

06/11 Patrick Wiggins

06/12 Ladie Williams

06/13 Garritt Thompson

06/13 Anitra Hall Milton

06/13 ShaJuan Pullian

06/13 LaJuan Pullian

06/14 Aubrey Smith

06/15 Anthony Wynn

06/15 June Brown

06/16 Bridgett Flournoy

06/16 Tarra Ofosu

06/17 Lakeshia Roger

06/18 Darryl Mitchell

06/18 Brendasha Rembert

06/19 Earline Williams



If your were born in June...
Your characteristics show you are Inquisitive, Clever, Adaptable, Lively and Communicative

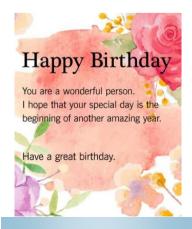
Birthstone:
Pearl
Symbolizes
Purity and Nobility



Birth Flower: Rose Means Passion and Beauty



06/19 Kelvin Davis 06/19 Jeguoia Williams 06/19 Allaina Smith 06/20 Anthony Ceabrooks 06/20 Paul E. McNealy 06/20 Yolanda W. Wynn 06/20 Anthony Butler 06/20 Jessie Gamble 06/20 Nadina Dedic 06/21 Daydrian Alexander 06/21 Albert Williams 06/21 Tabatha Young 06/21 Jakevia Malone 06/22 Vanessa Taylor 06/23 Bridgett Moore 06/23 Javonte Wade 06/24 Richard Love 06/24 Mamie Crawford 06/24 Katie Harrell 06/24 Sarah Brown 06/24 Tonya Mitchell 06/25 Lena McKennley 06/26 Patricia Hayes 06/26 Quanyse Gaddy 06/27 Jeffrey Wright 06/27 Shabrea Reaves 06/27 Emersen Jackson 06/28 Anthony Smith 06/28 Sarah Culler 06/28 Uriah Jenkins 06/28 Jacoby Green 06/29 Christina Brown 06/29 Xavier Gwyn 06/29 Jaheil Randall



06/30 Broderick Fields

# Happenings at the Z

**Prayer Line** 

Monday thru Friday 6 am

1-302-202-1110 Access Code: 356251

All Men are invited to join us to

start



# Ladies Are you in need of PRAYER?

The Women's Ministry has a Prayer Conference Line. You can call every Monday-Wednesday and Friday at 7:00 am.

Number: 641-552-9161

Access Code: 375083

Please join us!





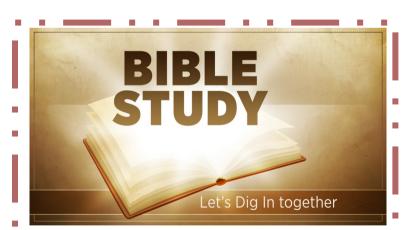


Trustees and Stewards on Duty for the Month of June

Lula Love Orlando Pizana Frederick Robinson Tison Stone

(Please make sure your event, activity, rehearsals (Choir and Dance), are listed on the monthly calendar so we can adequately provide coverage for the building).

Thank you, Kelvin Davis, Pro-Tem Trustee Board



Join us in Bible Study as we begin our lessons on:

"Giving to God"

Hope to see you here every Wednesday, 6 pm.

Thank you,

Rev. Clarence A. Williams

# NEWS and ANNOUNCEMENTS



### **ANNOUNCEMENT**

Would you like to place something in the Trumpet? If so, ALL information MUST be submitted to the Church Office by the 15th of the month. This will ensure that it will appear in the next issue of the Trumpet. If you would like your

If you would like your announcement to be on the screen for Sunday, the information MUST

BE in the office on Wednesday before it

is to be announced.

Thank you,

# **Homeless Shelter in Need**

Personal hygiene items are being collected for residents of My Place in Recovery Shelter. One of there facilities is located in our neighborhood.



Items are needed for both male and female (soap, deodorant, toothpaste, toothbrush, razors, shaving cream, etc. Your donations can be placed in the gray bin in the Fellowship Hall. Your contribution is appreciated.

Thank You, Anna Herring, Social Action Commissioner



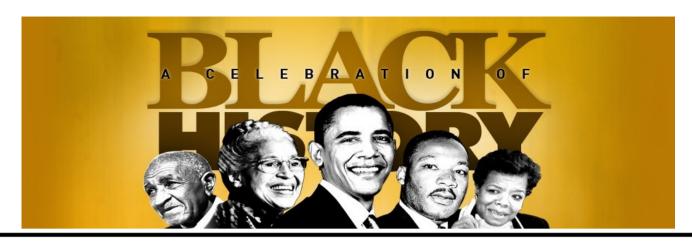
# Father's Day Word Search



F	D	В	D	Т	1	Χ	Y	В	0	J	С	R	В	F
С	Α	Α	D	Α	Т	Р	Т	U	S	U	Ε	Т	R	R
F	Α	Т	D	R	Е	D	Т	Ε	D	Н	Н	1	Е	L
R	Α	R	Н	D	Α	R	$\overline{}$	D	С	G	Ε	K	Н	1
Е	Т	Т	1	Ε	Υ	С	L	Α	Α	N	R	Α	U	S
S	1	Κ	Н	N	R	Е	Ε	R	D	0	J	R	G	Т
Т	Ε	1	1	Е	G	Т	D	Q	W	D	Q	М	L	Ε
L	Q	0	٧	L	R	E	Н	R	0	М	F	0	В	N
S	٧	Z	Α	Х	Ν	S	Р	Ε	Ε	S	Ν	Ε	Р	Ε
R	L	Р	Ε	Ε	Т	Н	D	R	L	W	S	Κ	М	R
٧	Α	Ν	R	N	Α	Z	М	Α	Ε	Р	Α	S	-1	R
Р	U	٧	Ε	Р	Z	٧	Ε	С	Υ	S	Ε	R	1	W
J	Х	R	Р	0	Α	Р	W	Ν	Α	М	Ε	R	D	K
Р	Α	Υ	Υ	Е	S	1	R	Р	R	U	S	Ν	Т	Н
Р	G	Ε	Ν	Е	R	0	U	S	Х	D	W	U	Т	S

Dad's are #1!

CARD	HAPPY	PARENT
CARING	HELPER	PRESENT
CUDDLE	HUG	READ
DADDY	JOB	REST
FATHER	JUNE	REWARD
FATHERS DAY	KISS	SURPRISE
FRIEND	LISTENER	TEACHER
GARDENER	MAN	TIE
GENEROUS	PAPA	WORKER



June 01, 1843

Abolitionist and feminist **Sojourner Truth** begins anti-slavery crusade in the south. She was born Isabella (Belle) Baumfree in slavery 1797 in New York. She escaped with her infant daughter to freedom in 1826. After going to court to recover her son, in 1828 she became the first black woman to win such a case against a white man. She gave herself the name Sojourner Truth in 1843 after she became convinced that God had called her to leave the city and go into the countryside "testifying the hope that was in her."

June 03, 1904

Originator of blood plasma bank Charles Drew is born.

June 06, 1939

Children's Rights crusader Marian Wright Edelman is born.

June 10, 1895

First Black actress to win an Academy Award Hattie McDaniel is born.

June 12, 1963

Civil rights activist **Medger Evers** is assassinated. He (July 2, 1925—June 12, 1963) was a Civil Rights Activist in Mississippi and the state's Field Secretary of the NAACP. A World War II veteran and graduate of Alcorn Agricultural and Mechanical College, he worked to overturn segregation at the University of Mississippi.



June 15, 1877

First Black graduate of West Point Henry Flipper is born.

June 18, 1966

Samuel Nabrit becomes first Black to serve on Atomic Energy Commission.

June 22, 1937

Joe Louis becomes World Heavyweight Boxing Champion.

June 23, 1940

Olympic athlete Wilma Rudolph is born.

June 24, 1896

**Booker T. Washington** becomes the first Black to receive an honorary degree from Harvard University. Born 1856, he was an American Education, Author, Orator, and Advisor to Presidents of the United States. He was born into slavery and became the leading voice of the former slaves and their descendants. In 1881 he became the leader of Tuskegee Normal and Industrial Institute (now Tuskegee University) in Alabama. This school was founded for



**June 29, 1886** Photographer James Van Der Zee is born.

the higher education of African Americans.

June 30, 1917

Chanteuse Lena Horne is born.





# **Living the Total Body Diet Lifestyle**

# What is it?

The **Total Body Diet** is about adding beneficial foods, creating new behaviors and fostering a sense of responsibility to improve the quality of your life.

# The Principles:

- 1) Balance your diet with foods from all food groups to sustain health, energy, and well-being.
- 2) Get active every day with an enjoyable movement. This can include walking, jogging, biking, hiking, swimming, stair climbing, yoga, or tai chi.
- 3) Make your mental health a priority by fostering a positive attitude. Your mind plays a large role in your health and your relationship to what and how you eat and drink.

# The Twelve Total Body Wellness Rules to Live By:

- 1) Set one realistic health and wellness goal TODAY.
- 2) Color your plate by planning at least one meatless meal a day into your week (think colorful veggies).
- 3) Pamper and fuel your brain with fruits, vegetables, and whole grains plus beneficial fats from nuts, seeds, fish, and avocado.
- 4) Keep your pantry, fridge, and freezer free of foods with lots of added sugar, solid fat, and salt.
- 5) Add healthy foods into your day such as veggies, whole grains, fat-free or low-fat dairy products, and lean proteins.
- 6) Stay hydrated by drinking water instead of sugary drinks.
- 7) Make physical activity a regular part of the day.
- 8) Factor in dietary fiber with vegetables, fruits, whole grains, nuts, seeds, and beans.
- 9) Sit less today.
- 10) Take at least 20 minutes to eat your breakfast, lunch, and dinner.
- 11) Forge ahead—don't let a bump in the road of your healthy lifestyle get you down.
- 12) Make time for restful sleep. Aim for 7 to 9 hours every night.

-from Valarie Lee

# Commission on Stewardship and Finance

# **Ways to Survive Hard Economic Times**

Prices for food and gas creep up. Wages and work hours start being reduced...It goes on. Americans face several conditions today that are sending many to food banks and soup kitchens for the first time in their lives, simply because they can't afford both food for their families and the cost of living in the modern world. Here are some tips to survive:

- Start Living Frugally the first step to getting control of your money is to look at the things you purchase each week, making a list of each and every item (food, beverages, etc.), and then crossing out every thing that you could actually survive without. If you look at your bank statement for the previous month, you may see a handful of purchases for \$3 \$10 at your local gas station and convenience stores. For some of you, this may easily add up to \$100 \$150 per month. "Convenience" is the drain on your wallet in this case. Stop buying food and convenience beverages on the go. Just Stop. Money saved: \$100 \$150.
- Stop Going Out you must be willing to make a few sacrifices. But really there is life outside of the social scene, the weekend bars and nightclubs or restaurant outings that drain wallets of \$100—\$200 every weekend. Some of you in some states may be spending even more in casinos. So how do you redirect this energy that drives you every week to head out with your friends? Choosing a new hobby is a great way to redirect this energy. Fitness, for example, and the many reasons to be fit. Many people who pursue fitness in fact willingly choose to forsake going out for the sake of trimming body fat and getting their health in order. Or there's also this: Life in the great outdoors.
- The Groceries You Buy your local grocery store down the street may have higher prices than a bigger store like Wal-Mart or even Target. Big box stores in the business of selling groceries nowadays are saving families money.
- The Food You Eat we've had it ingrained into our heads that a healthy adult needs 2400 calories a day approximately. You know what? There's a good chance that if you live off 1000 1200 calories a day, you could be in the best health of your life. Think about what's being said here. You can save a lot of money on a typical grocery bill by cutting calories and ridding your daily diet of junk foods. If you have a sugar tooth, at the least discipline yourself to go Monday Friday without the treats, leaving them as a small reward (keyword is small) on the weekends. Most Americans who embrace this for the first time are going to start saving money money that adds up week after week. You will also lose weight and keep it off, especially with a moderate exercise program.
- Buy Clothes at Thrift Stores do you want to save money? Do you need to save money? Stop shopping at the expensive malls and other stores for your wears.
- Stop Spending Money this is the obvious step to take. Often though, we simply can't stop spending money. There's always something else that pops up. But look what happens when you simply run out of money. You stop spending. Purchases you felt compelled to make suddenly get delayed or put off or forgotten completely. STOP don't reach for the phone and call the first person that comes to mind to borrow money. Get creative and figure out ways to live your life without that money that you have become so driven by all your life. Learning how to live frugally today can help you be better prepared mentally for living during a time of severe economic hardship, and that might be in the months or years just head. Figure that out now so you'll be better ready to survive when it happens.

-by Mark Lawrence

# Sick & Shut In

Sharing biblical principles with the sick, their family members and friends by showing love, sharing their burdens and addressing their needs.

Sister Betty Covington Bouey **Brother Johnny Dallas** Sister Patricia Daniels

Sister Dezra Flournoy-Hudson

Sister Sallie Johnson Sister Sylvia Johnson Sister Patricia Landers Sister Louise Mack Sister Bertha Sorev Ms. Jasmine Walker **Brother Marcus Wvnn** Sister Sherrisse Wynn

1458 15th Street South 3126 1/2 Oaklev Avenue 1391 63rd Avenue South 2012 69th Avenue South 1230 40th Street South

1035 Arlington Avenue North #307

933 Alcazar Way South 684 59th Avenue South 2456 16th Avenue South 1955 29th Street South 2456 16th Avenue South 2523 28th Street South

# **Nursing Homes and Rehabilitation Centers**

Sister Ethel Eva

Sister Jessie Gamble

Brother Eugene "Geno" Harrell

Sister Betty Jordan

**Brother Quentin Keys** 

Sister Valerie Griffin

Sister Darlene Dudley Sister Bertha Searcy

Sister Addie Bryant

**Brother Wilson Bryant** 

Gulf View Health Care Center

3636 10th Avenue North

Alpine Nursing Home,

3456 21st Avenue South

Earet Cove.

550 62nd Street South. Bed 18B

Arbor Oaks Assistant Living

1701 68th Street North

Shores Acres Rehabilitation,

4500 Indianapolis St. N.E.

Springwood Facility

4602 N. Gate Court, Room 205C, Sarasota

Westminster Shores Westminster Shores 125 56th Avenue South

# Hospital

St. Anthony's Hospital, E307

Palms of Pasadena, Room 301



**Our Sincere Condolences and Deepest Sympathy** 

Constance and Vincent Shaw, Dontae and Quindon Nolton and all other Family Members on the loss of your Mother / Grandmother:

Missionary Lena Mae Leonard-Tarpley



Patricia Daniels, Sally Johnson, Lucile Evers, Mary Murph and all other Family Members on the loss of our Brother / Cousin

Mr. Robert Randolph



The Lord

is near to All who

call on

Him

Psalm 145:18











Greater Mt. Zion A.M.E. Church

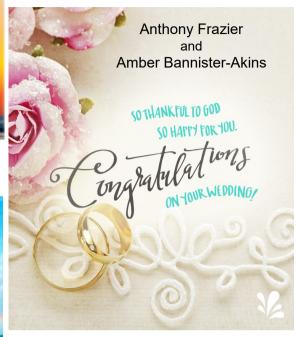
1045 16th Street South St. Petersburg, FL 33705 Phone: 727-894-1393 Fax: 727-827-4707

E-mail: helen@greatermtzioname.org











Beginning Sunday, June 3, 2018 and each Sunday through July 29, 2018 we will have only **ONE** worship service beginning at 10 AM.

Church School will begin at 9:00 AM.