THE ZION TRUMPET

2nd Quarterly Conference

Wednesday, March 6, 2019
6pm

All Officers must be present!
Thank you, Rev. Clarence A. Williams

 Wednesday, March 6, 2019
7:30 pm

Palm Sunday, April 14, 2019
 thru
Good Friday, April 19, 2019

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SPECIAL POINTS OF INTEREST

• Couples Ministry
  Painting with a Twist,
  Friday, March 8, 2019,
  6:30 pm

• 11th Episcopal District
  Mid-Year, Rosen Centre,
  Orlando, March 14—15,
  2019.

• Sons of Allen Fish Fry,
  Saturday, March 16, 2019,
  9 am

• WMS Men’s of Distinction,
  Saturday, March 16, 2019,
  4 pm

Officers on Duty for March, 2019
  Cornelius Bell
  James Brown
  Pierce Bryant
  Gwendolyn Elliott
Contact Information

Malory Williams, Steward Pro-Tem 727-687-6384  
Kelvin Davis, Trustee Pro-Tem 727-409-8749  
Rev. Robert Boyd, Clergy and  
   Evangelism Ministry 727-698-1368  
Rev. Cherry Chaney, Clergy 561-856-6535  
Rev. Clifford Tyson, Clergy 813-562-8351  
Rev. Ira Whitson, Clergy and  
   11 am Vintage Adult Bible Study 727-768-6178  
Rev. Dr. Sherisse Bryant, Youth Minister 727-608-7695  
Valarie Lee, Health and Wellness 727-851-5339  
Anna Herring, Social Action 727-258-4769  
Elouise Brown, Evangelism Ministry 727-906-7191  
Patricia Needom, Class Leaders 727-896-1085  
Constance Shaw, Minister of Music 727-678-1921  
Rodney Davis, Male Chorus 727-327-5496  
Gary / Karen Stanford, Couples Ministry 727-784-7360  
Shirley Kicklighter Morgan,  
   Lay President 727-815-6563  
Patricia Smith Johnson, WMS 727-459-8584  
Verna Thompson, YPD 727-349-8509  
Rosalind Macon, Women’s Ministry 727-492-6186  
Donna Butler, Kitchen Manager 727-599-4215  
Dozier Harrell, Janitorial 727-856-0302  
Frederick Robinson, Sons of Allen 727-563-6054  
Mable Gibson, Church Clerk 727-867-2562

God didn’t promise: days without pain,  
   laughter without sorrow,  
   nor sun without rain,  
   but he did promise:  
   strength for the day,  
   comfort for the tears,  
   light for the way.

our ET TA Youths  
Excelling Through  
Talent and Academics

Airman 1st Class Rodtavia McCall, 377th Medical Squadron, Medical Logistics  
   Technician stocks medical supplies. She is a team member of the Medical Logistics Flight that won Air Force Global Strike Command Medical Logistics Team of the Year. She and her team members also won the yearly Air Force Global Strike Command Outstanding Medical Home Award.
February 3rd
7:30—Rev. Clarence Williams
Hebrews 10:36
“The Will of God
11:00—Rev. Clarence Williams
Hebrews 10:36
“The Will of God, Part II”

February 10th
7:30—Rev. Clarence Williams
Philippians 4:4-8
“Let’s Get It Right”
11:00—Dr. Yohuru Williams
Dean, College of Arts and Sciences
University of St. Thomas, St. Paul, MN
“The Power of Testimony in History”

February 17th
7:30—Rev. Clarence Williams
1 Corinthians 1:10
“Let’s Stay Together”
11:00—Rev. Clarence Williams
2 Corinthians 13:5
“The Most Difficult Exam”

February 24th
7:30—Sister Constance Shaw
2 Samuel 9:9-13
“Coming Out of LoDebar”
11:00—Dr. Wilmer Leon
Political Scientist and Author
“Reading and Knowledge, the Pathway from Slavery to Freedom”
Frederick Douglas Life and Others

Trivia Question for February
How did Paul refer to himself and the apostles?

Trivia Answer for February
Paul referred to himself and the apostles as we should be “Fools For CHRIST’S Sake.” Read 1 Corinthians 4.

Trivia Question for March
The last enemy that Christ will destroy is what?
03/01 Serving with Love on the Sabbath
   Luke 14:1-6
03/02 The Great Dinner for all Peoples
   Luke 14:15-24
03/03 Humility, the Right Path for Believers
   Luke 14:7-14
03/04 Answering the Lord’s Call
   Mark 4:10-20
03/05 It’s Hard to Enter the Kingdom
   Mark 10:23-31
03/06 Call and Conflict
   Matthew 10:34-39
03/07 The Father Honors Those Who Follow
   John 12:20-26
03/08 Suffering and Knowing Christ Jesus
   Philippians 3:7-16
03/09 Faithful Witness in Suffering
   2 Corinthians 6:1-10
03/10 Cost Counted, Call Answered
   Mark 1:16-20; Luke 14:25-33
03/11 Transformed by Christ
   Ephesians 2:1-10
03/12 God Seeks the Scattered
   Ezekiel 34:11-16
03/13 God’s Compassion
   Hosea 11:1-4, 8, 9
03/14 Calling Sinners to Repent
   Luke 3:12, 13; 5:27-32
03/15 Lost Sheep, Lost Coin
   Luke 15:1-10
03/16 Understanding and Recognition
   Luke 15:25-32
03/17 Forgiven and Reconciled
   Luke 15:11-24
03/18 Laws of Confession and Restitution
   Exodus 22:1-3; Numbers 5:5-7
03/19 Israel’s Commitment
   Deuteronomy 26:16-19
03/20 I Must Proclaim the Good News!
   Luke 4:38-43
03/21 Let the Children Come to Me
   Luke 18:15-17
03/22 Entering the Kingdom of God
   Luke 18:18-30
03/23 Blind Man Blessed
   Luke 18:35-43

03/24 Receiving Salvation, Correcting Injustice
   Luke 19:1-10
03/25 Jethro Hears of Deliverance
   Exodus 18:1-9
03/26 Sustained by God
   Deuteronomy 8:1-11
03/27 God Speaks to Disciples
03/28 Well Pleased
   Matthew 3:11-17
03/29 Tempted in the Wilderness
   Matthew 4:1-11
03/30 Good News and Healing
   Matthew 4:23-25
03/31 Called and Enabled for Ministry
   Matthew 4:12-22
04/01 Jeremiah, Prophet to the Nations
   Jeremiah 1:4-10
04/02 Ananias Welcomes and Baptizes Saul
   Acts 9:10-19
04/03 Paul Called by a Vision
   Acts 16:6-10
04/04 Jesus Sends Out the Twelve
   Mark 6:7-13
04/05 A Great Harvest but Few Workers
   Matthew 9:35-38
04/06 Handling and Surviving Persecution
   Matthew 10:16-25
04/07 Twelve Chosen and Commissioned
   Matthew 10:1-15
Tips For Clean Eating

You’ve probably heard of clean eating, but you may not know what it is exactly or how to go about it, try these tips:

⇒ **Load Up On Fruits and Vegetables**—eating more fruit and vegetables can help significantly reduce your risk for a number of chronic diseases, including high blood pressure, type 2 diabetes, heart disease, obesity and cancer. The fiber in whole produce also helps keep your microbiome (the collection of good bacteria that live in your gut) happy, which can reduce your risk for autoimmune diseases, fight off pathogens and infections and even improve your mood.

⇒ **Go Whole Grain**—the cleanest whole grains are the ones that have been touched the least by processing. Think whole grains that look most like their just-harvested state—quinoa, wild rice, oats. Don’t get duped by “whole=grain” claims on labels though, to eat clean packaged who grains you’re going need to take a closer look at the ingredients. Whole grains should always be the first ingredient, the ingredient list should be short and recognizable, and it should have minimal (if any) added sugar.

⇒ **Eat Less Meat**—more and more research suggests cutting back on meat is healthier for you and the planet. Veganism isn’t a requirement for clean eating though—just eating less meat can help reduce your blood pressure, reduce your risk of heart disease and help keep your weight in check. Plus, eating more plants helps bump up the fiber, healthy fats and vitamins and minerals in your diet.

⇒ **Watch Out for Processed Foods**—keep an eye out for anything with lots of sugar and refined grains, super-long ingredient lists with food you don’t recognize and anything with partially hydrogenated oils. Clean processed foods exist like plain yogurt, cheese, whole-wheat pasta, and packaged baby spinach.

⇒ **Limit Added Sugar and Keep an Eye on Sodium**—the American Heart Association recommends no more than about 6 teaspoons per day for women and 9 teaspoons per day for men of sugar. The Institute of Medicine recommends capping sodium at 2,300 milligrams daily, about one teaspoon of salt.

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**Social Action**

The AME Church’s founding in 1787 represents the first civil rights movement in this country. It is ironic that the “walk out” from St. George’s Methodist Episcopal Church was also in Philadelphia where the constitution of the USA was being shaped and freedom was being debated. The leader was Richard Allen, a clergyman who embraced the basic theology of Methodism but rejected the practice of separatism and discrimination against people of color. The second civil rights movement begun in 1955 was sparked by Mother Rosa Parks, a lifelong AME. Her quiet demur manner masks the strong convictions of this lay woman who took a stand of conscience.

AME Social Action Commission is the social justice arm of the AME Church. It’s work is representative of the ongoing fight for Civil Rights and Social Justice in the world, and ongoing efforts to uplift and education throughout all of our endeavors. Social Action is basic to Ministry in African Methodism.

The Commissioner for this Committee is Anna Herring.

*From AME-Social Action Commission*
### Sick, Shut-In & Prayer List

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sister Addie Bryant</td>
<td>2225 17th Street South</td>
</tr>
<tr>
<td>Sister Brenda Collier</td>
<td>712 46th Avenue North</td>
</tr>
<tr>
<td>Brother Johnny Dallas</td>
<td>3126 1/2 Oakley Avenue</td>
</tr>
<tr>
<td>Sister Patricia Daniels</td>
<td>1391 63rd Avenue South</td>
</tr>
<tr>
<td>Sister Lizzie Donald</td>
<td>2520 21st Street South</td>
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<tr>
<td>Sister Dezra Flournoy-Hudson</td>
<td>2012 69th Avenue South</td>
</tr>
<tr>
<td>Sister Sallie Johnson</td>
<td>1230 40th Street South</td>
</tr>
<tr>
<td>Sister Sylvia Johnson</td>
<td>1035 Arlington Avenue North #307</td>
</tr>
<tr>
<td>Rev. Edward Jones</td>
<td>1909 29th Street South</td>
</tr>
<tr>
<td>Ms. Jasmine Walker</td>
<td>1955 29th Street South</td>
</tr>
<tr>
<td>Brother Marcus Wynn</td>
<td>2456 16th Avenue South</td>
</tr>
<tr>
<td>Sister Sherrisse Wynn</td>
<td>2523 28th Street South</td>
</tr>
<tr>
<td>Sister Ethel Eva</td>
<td>Gulf View Health Care Center, 3636 10th Avenue North</td>
</tr>
<tr>
<td>Sister Jessie Gamble</td>
<td>Alpine Nursing Home, 3456 21st Avenue South</td>
</tr>
<tr>
<td>Brother Eugene “Geno” Harrell</td>
<td>Egret Cove, 550 62nd Street South, Bed 18B</td>
</tr>
<tr>
<td>Ms. Valerie Griffin</td>
<td>Egret Cove, 550 62nd Street South, Bed 306B</td>
</tr>
<tr>
<td>Sister Betty Jordan</td>
<td>Carrington Place, 10501 Roosevelt Blvd</td>
</tr>
<tr>
<td>Brother Quentin Keys</td>
<td>Shores Acres Rehabilitation, 4500 Indianapolis St. N.E.</td>
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<tr>
<td>Sister Darlene Dudley</td>
<td>Westminster Rehab, 1095 Pinellas Point Drive S.</td>
</tr>
<tr>
<td>Sister Dorothy Walker</td>
<td>Bon Secours, 10300 4th Street North</td>
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</tbody>
</table>

### Nursing Homes and Rehabilitation Centers

- Gulf View Health Care Center, 3636 10th Avenue North
- Alpine Nursing Home, 3456 21st Avenue South
- Egret Cove, 550 62nd Street South, Bed 18B
- Egret Cove, 550 62nd Street South, Bed 306B
- Carrington Place, 10501 Roosevelt Blvd
- Shores Acres Rehabilitation, 4500 Indianapolis St. N.E.
- Westminster Rehab, 1095 Pinellas Point Drive S.
- Bon Secours, 10300 4th Street North

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### Our Deepest Condolences

**Alphonso and Bridget Turner and all other Family Members on the loss of your Niece:**

**Miss Marley Harris**

**Chris and Untilla, Kelvin and Rosa, Wilbur and Lynn Davis, Stiffi Davis, James Brown Sr., Michael and Sabrina Thomas and all other Family Members on the loss of your Aunt:**

**Sister Emma Swain-Brown**

**Sister Mable Gibson, Corey Gibson, Jr., Lori Gibson, JoAnn Andrews, March Bell, the Greater Mt. Zion Family and all other Family Members on the loss of your Son, Father, Brother, Nephew and our Beloved Member:**

**Mr. Corey T. Gibson, Sr.**

**Sister Addie Bryant, Margaret Ponder, Charles and Marjorie Buckner, Pierce Bryant, and the Greater Mt. Zion Family and all other Family Members on the loss of your Husband, Father, Brother and our Beloved Member:**

**Brother Wilson Bryant**
Wholly For God

“Whom have I in heaven but Thee?
And there is none upon earth that I desire beside Thee”
Psalm 73:25

Alone with God - this is a lesson of the deepest importance. May we seek grace from God to reach its depths. Then we will learn that there is another lesson of equally deep significance: wholly for God.

As we find that it is not easy to persevere in being alone with God, we begin to see that it is because the other is lacking; we are not “wholly for God.” Because He is the only God, He has a right to demand to have us wholly for Himself. Without this surrender, He cannot make His power known. We read in the Old Testament that His servants Abraham, Moses, Elijah, and David gave themselves wholly and unreservedly to God, so that He could work out His plans through them. It is only the fully surrendered heart that can fully trust God for all He has promised.

This world teaches us that if anyone desires to do a great work, he must give himself wholly to it. This principle is especially true of the love of a mother for her child. She gives herself wholly to the little one whom she loves. Is it not reasonable that the great God of love should have us wholly for Himself? And will we not take the words wholly for God as the keynote for our devotions every morning when we awaken? Just as God gives Himself wholly to us, so does He desire that we give ourselves wholly to Him.

In the inner chamber, let us meditate on these things alone with God, and with earnest desire ask Him by His almighty power to work in us all that is pleasing in His sight.

Wholly for God - what a privilege! What wonderful grace prepares us for it! Wholly for God - separated from men, from work, and from all that might draw us away—what great blessedness as the soul learns what it means, and what God gives with it!

“Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37).

“[They] sought Him with their whole desire; and He was found of them” (2 Chronicles 15:15).

“With my whole heart have I sought Thee” (Psalm 119:10)
The O.L. Nicks Women’s Missionary Society

FASHION SHOW AND DINNER

March 16, 2019
4 pm

Donation - $20.00 (please see any Missionary for tickets)

Thank you, Helen Kimble, Pearl Keys, Janis Smith Co-Chairs

MEN
OF
Distinction

FELLOWSHIP OF THE RINGS
“PAINTING WITH A TWIST”

When: Friday, March 8, 2019
Where: 2527 Central Avenue
       St. Pete, FL 33713
Time: 6:30 pm
Cost: $35 per person

ALL COUPLES ARE WELCOME.
Register online by Sunday, March 3rd at
https://www.paintingwithatwist.com/studio/stpetersburg
Password: MTZIONAME
Interested? Contact Sis. Cassandra Williams at 727-365-8306

Trustees and Stewards
on Duty for the
Month of March

Cornelius Bell
James Brown, Sr.
Pierce Bryant
Gwendolyn Elliott

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.
If your event is NOT LISTED on the calendar, please call the Pro Tem of the Trustee Board,

Mr. Kelvin Davis
Sons of Allen

Saturday, March 16, 2019
9 am - until

We appreciate your support.

Thank you,
Fred Robinson, President

Men’s Prayer Line
Monday thru Friday
6 am
1-302-202-1110
Access Code: 356251

All Men are invited to join us to start your day off right.

Rehearsal Schedule
March 5th Mass Choir
March 12th Male Chorus
March 16th Youth Choir
March 19th Voices of Praise
March 23rd Youth Choir
March 26th Unity Choir

Mrs. Constance T. Shaw
Minister of Music

Ladies
Are you in need of PRAYER?
You can call every Monday-Wednesday and Friday at 7:00 am.
Number: 641-552-9161
Access Code: 375083
Please join us!

SOMETHING, ALL IT TAKES IS JUST ONE PRAYER TO CHANGE EVERYTHING.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 01, 1927</td>
<td>Entertainer and civil rights activist Harry Belafonte is born.</td>
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<tr>
<td>March 03, 1821</td>
<td>Thomas L. Jennings becomes the first Black to receive a patent (it is</td>
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<tr>
<td></td>
<td>for “dry scouring” clothes).</td>
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<td>March 04, 1932</td>
<td>“Empress of African Song” Zensi Miriam Makeba is born.</td>
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<tr>
<td>March 05, 1770</td>
<td>Crispus Attucks is killed in the Boston Massacre and the American</td>
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<td></td>
<td>Revolution begins.</td>
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<td>March 06, 1857</td>
<td>U.S. Supreme Court denies citizenship to Black Americans with The</td>
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<td>Dred Scott Decision.</td>
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<td>March 07, 1917</td>
<td>Prima Ballerina Janet Collins is born.</td>
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<td>March 11, 1959</td>
<td>Lorraine Hansbury’s play, “A Raisin in the Sun” premieres in New</td>
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<td></td>
<td>York City.</td>
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<td>March 13, 1773</td>
<td>Jean Baptist Pointe de Sable found the City of Chicago.</td>
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<tr>
<td>March 14, 1933</td>
<td>Composer and Musician, Quincy Jones is born.</td>
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<td>March 15, 1947</td>
<td>John Lee becomes the first Black Commissioned Officer in the U.S.</td>
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<td></td>
<td>Navy.</td>
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<td>March 17, 1919</td>
<td>Singer and Pianist, Nat “King” Cole is born.</td>
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<tr>
<td>March 20, 1883</td>
<td>Jan Matzelieger receives a patent for the shoe-lasting machine.</td>
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<td>March 21, 1965</td>
<td>Martin Luther King Jr., leads thousands in a march from Selma to</td>
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<td></td>
<td>Montgomery.</td>
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<td>March 22, 1492</td>
<td>Explorer Alonzo Pietre sets sail with Christopher Columbus.</td>
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<tr>
<td>March 23, 1910</td>
<td>The National Urban League is founded.</td>
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<tr>
<td>March 25, 1942</td>
<td>Singer Aretha Franklin is born.</td>
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<tr>
<td>March 26, 1872</td>
<td>Inventor Thomas J. Martin receives a patent for the fire extinguisher.</td>
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<tr>
<td>March 29, 1918</td>
<td>Entertainer Pearl Bailey is born.</td>
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<tr>
<td>March 30, 1827</td>
<td>First Black Newspaper Freedom’s Journal is published in New York.</td>
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<td>March 31, 1878</td>
<td>First Black heavyweight boxing champion, Jack Johnson is born.</td>
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<td>Date</td>
<td>Name</td>
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<tr>
<td>03/02</td>
<td>Darhea Blakely</td>
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<td>03/02</td>
<td>Reggie Reed, Jr.</td>
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<td>03/02</td>
<td>Leon Grant</td>
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<td>03/02</td>
<td>Steven Walker</td>
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<td>03/02</td>
<td>Ja'Niyah Clark</td>
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<td>03/02</td>
<td>Deidre Morgan</td>
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<td>03/02</td>
<td>Keisha Patrick</td>
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<td>03/02</td>
<td>Thomas Lawrence</td>
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<td>03/03</td>
<td>Sequoia Bilal</td>
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<td>03/03</td>
<td>Nicole B. Spears</td>
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<td>03/03</td>
<td>Markeisha Battles</td>
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<td>03/05</td>
<td>Maxine Salter</td>
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<td>03/05</td>
<td>Joe Newton</td>
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<td>03/05</td>
<td>Labria Ware</td>
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<td>03/06</td>
<td>Janice Howard</td>
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<td>03/06</td>
<td>Dimetric Q. Williams</td>
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<td>03/06</td>
<td>Danny James</td>
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<td>03/06</td>
<td>John Gilbert</td>
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<td>03/06</td>
<td>Johntae Gwyn</td>
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<td>03/07</td>
<td>Willie Peak</td>
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<td>03/07</td>
<td>Victoria Giles</td>
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<td>03/08</td>
<td>Donald Baker</td>
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<td>03/08</td>
<td>Melody Jones</td>
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<td>03/09</td>
<td>James Butler</td>
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<td>03/09</td>
<td>Clara Clark</td>
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<td>03/09</td>
<td>Gregory Ervin</td>
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<td>03/09</td>
<td>Rafael Lowe</td>
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<td>03/09</td>
<td>Sabrina Thomas</td>
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<td>03/09</td>
<td>Willie Williams, Jr.</td>
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<td>03/10</td>
<td>Barbara Smith</td>
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<td>03/10</td>
<td>Giovonte Powell, Jr.</td>
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<td>03/11</td>
<td>Cynthia Millhouse</td>
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<td>03/11</td>
<td>Shanikka Wynn</td>
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<td>03/12</td>
<td>Henrietta Johnson</td>
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<td>03/12</td>
<td>Lori Sisler</td>
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<td>03/12</td>
<td>Joanna Keys</td>
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<td>03/12</td>
<td>Erica Burnett</td>
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<td>03/12</td>
<td>Andrew Harris</td>
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<td>03/12</td>
<td>Tamika McMurray</td>
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<td>03/13</td>
<td>Belinda Gonzalez</td>
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<td>03/13</td>
<td>Ruby Dee Coleman</td>
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<td>03/13</td>
<td>Ashia Holmes</td>
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<td>03/14</td>
<td>Helen Evans</td>
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<tr>
<td>03/14</td>
<td>Willie Searcy</td>
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<td>03/14</td>
<td>Phillip Haywood, Jr.</td>
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<td>03/15</td>
<td>Mable Thomas</td>
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<td>03/15</td>
<td>Andre Sermon</td>
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<td>03/17</td>
<td>Frank Wells</td>
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<td>03/18</td>
<td>D'aye Alexander</td>
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<td>03/18</td>
<td>Trinesha Davis</td>
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<td>03/18</td>
<td>Angela Kilpatrick</td>
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<td>03/18</td>
<td>Latroy Killens</td>
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<td>03/19</td>
<td>Angelina Williams</td>
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<td>03/19</td>
<td>D'Ayez Alexander</td>
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<td>03/20</td>
<td>Caira Jenkins</td>
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<tr>
<td>03/21</td>
<td>DeShawn Blue</td>
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<tr>
<td>03/21</td>
<td>Cojuana Mitchell</td>
</tr>
<tr>
<td>03/21</td>
<td>Samara Cooper</td>
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<td>Daroni Watson</td>
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<td>Zicari Gibbons</td>
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<td>03/31</td>
<td>Willie Smith</td>
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If you were born in March...

Your characteristics show you are Romantic, Generous, Receptive, Honest and Affectionate.

Birthstone: Bloodstone or Aquamarine Symbolizes Happiness and Courage.

Birth Flower: Jonquil (aka Daffodil or Narcissus) Means Friendship and Domestic Happiness.

Wishing You Happiness to welcome each morning.
Wishing you Laughter to make your heart sing.
Wishing you Friendship, Sharing and Caring.
All of the Joy your birthday can bring.
Month of: February 2019
Teachers: Mrs. Latasha Gilbert, Ms. Karen Davis and Mrs. Allicia Miller
Assistants: Bree Wilson and Christian Davis
Lesson: LOVE

**Week 1: The Fruit of the Spirit:**

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”
Galatians 5:22-23 (NIV)

**Week 2: Happy Valentine’s Day Lesson: “Love never fails.”**

“Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.
1 Corinthians 13:8 (NIV)

**Week 3: God wants us to Love our Parents:**

“Whatsoever you do, do it all for the glory of God.”
1 Corinthians 10:31b (NIV)

**Week 4: Love your Neighbor:**

“The whole law is fulfilled by obeying this one command. ‘Love your neighbor as you love yourself.’”
Galatians 5:14 (NIV)

*Approximately 20 students per week in attendance*
Vegetables Word Search

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the 24 vegetable-related words.

Word List
- brussels sprouts
- potato
- cucumber
- pumpkin
- lettuce
- alliace
- parsley
- artichoke
- pepper
- asparagus
- thubarb
- avocado
- carrot
- broccoli
- radish
- cabbage
- beans
- cauliflower
- spinach
- celery
- zucchini
- com
- yam
- pea

Y A M B R O C C O L I R B A G
C A U L I F L O W E R D Q L P
C U C U M B E R N Z T T C F A
Y Y N S P I N A C H S J O A R
Z R O A E C A B B A G E R L S
M Z O R A D I S H M V B N F L
K A A S P A R A G U S G X A E
R F A Q M B P U M P K I N Y Y
B R U S S E L S S P R O U T S
C Q O P N A L E T T U C E L M
E K G O S N A R T I C H O K E
L O U T I S R H U B A R B D T
E B F A L Y Z U C C H I N I H
R J Y T C A R R O T T N E F F
Y A V O C A D O G P E P P E R
“Road Rage”

Two cars were waiting at a stoplight. The light turned green, but the man in the first car didn’t notice it. A woman in the car behind him is watching traffic pass around them. The woman is going ballistic inside her car, pounding on her steering wheel and yelling at the man to move. The man doesn’t move. The light turns yellow and the woman begins to blow the horn, flips him off, and screams profanities at the man. He finally looks up, sees the yellow light and accelerates through the intersection just as the light turns red.

The woman is beside herself, fussing, cussing, screaming in frustration as she misses her chance to get through the intersection. As she is still in mid-rant, she hears a tap on her window and looks up into the barrel of a gun held by a very serious looking policeman. The policeman tells her to shut off her car while keeping both hands in sight. She complies; speechless at what is happening with her. After she shuts off the engine, the policeman orders her to exit her car with her hands up. She gets out of the car and he orders her to turn and place her hands on her car. She turns, places her hands on the car roof and quickly is cuffed and hustled into the patrol car. She is too bewildered by the chain of events to ask any questions and is driven to the police station where she is fingerprinted, photographed, searched, booked and placed in a cell.

After a couple of hours, a policeman approaches the cell and opens the door for her. She is escorted back to the booking desk where the original officer is waiting with her personal effects. He hands her the bag containing her things, and says, "I'm really sorry for this mistake. But you see I pulled up behind your car while you were blowing your horn, flipping the guy off in front of you, and cussing a blue streak at him. Then I noticed the "Choose Life" license plate holder, the "What Would Jesus Do" bumper sticker, the "Follow Me to Sunday School" bumper sticker, and the chrome plated Christian fish emblem on the trunk. So, naturally, after observing your behavior, I assumed you had STOLEN the car.

Moral of this story: What is your behavior saying to others? Are you living the life of a Christian or do your actions speak louder than words?

What would Jesus Do?
How To Be A Good Steward

1. **Realize That God Owns It All**—it can be easy to forget that God created the world we live in and us as well. He created the air we breathe, the sun that warms the earth, and plants and animals for food. He is the one that gave us our brains to think, he placed different gifts and skills in each one of us and gave us each unique personalities. It is only because of His great mercy that He doesn’t just prove to me how dependent I am on Him when I start to think I really accomplished something on my own ;). As we understand that, “the earth is the Lord’s and everything in it,” (Psalm 24:1) we can see that we are merely temporary possessors (or stewards) of things He owns. We are born with nothing and we take nothing with us when we leave. It all just gets passed on to someone else. The amazing thing is that we have the opportunity to “store up for ourselves treasures in heaven” by giving some of those items that we temporarily posses down here.

2. **Stewards Can Only Serve One Master**

   “No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other.” (Matthew 6:24)

   I have found from my own life that my decisions about money reflect who I am serving. At the most stingy and greedy moments of my life, it was painfully evident who my master was. I tried to convince myself that I was serving God, but in truth my decisions were made on their financial impact rather than on my faith in God. It’s one of those areas that we will all have room to grow in. I remember patting myself on the back after an act of generosity that I was proud of, only to be shown, moments later, of two other areas of my life that I was being greedy in. It’s humbling, but it is also encouraging to know that we will never “arrive” and that God doesn’t expect that of us. He know our weaknesses and our strengths. He knows what we are capable of and while I earnestly want to please Him, I am so thankful for his forgiveness when I mess up.

3. **Use Resources Wisely**—as stewards we have a responsibility to use what we have been given wisely. Just like in the parable of the talents, it is up to us how we use what we have been given. We can choose to bury it like the “lazy” steward or we can make more from what we have been given like the “good” stewards. As far as managing our finances go, there is a tricky balance between not being wasteful like Jesus talks about in John 6:12 and not living with a poverty mindset. It is easy to fall towards one of the extremes, and it is challenging to walk in the balance. That balance is what we should be seeking in the practical areas of being stewards of our finances. The great thing is that as we prove ourselves faithful in small things we will be given more and bigger things to be stewards over.

   “His master replied, “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!” Matthew 25:21-22
Greetings and Blessings…

History teaches us valuable lessons of our past and present. When we hear those lessons and relate them to the individuals that were honored during our Black History Month by the Black History Committee, we feel blessed to have known some of them and supported them. There were struggles and still are struggles, but the kindness of others made a difference and it helped them to persevere.

We should all strive to make a difference. It does not have to be opening a business, it can be something very simple. A simple smile that goes out to a child or stranger, holding the door open for someone behind you, or just being kind could mean so much.

It does not cost anything to be kind, but it can really make a difference in the lives of others and may help change our world. Let us all try to help make that difference, just by being KIND.