THE ZION TRUMPET

Greater Mount Zion African Methodist Episcopal Church
1045 16th Street South, St. Petersburg, FL 33705
727-894-1393

November 01, 2026

welcome back

Rev. Clarence and Sister Andrea Williams

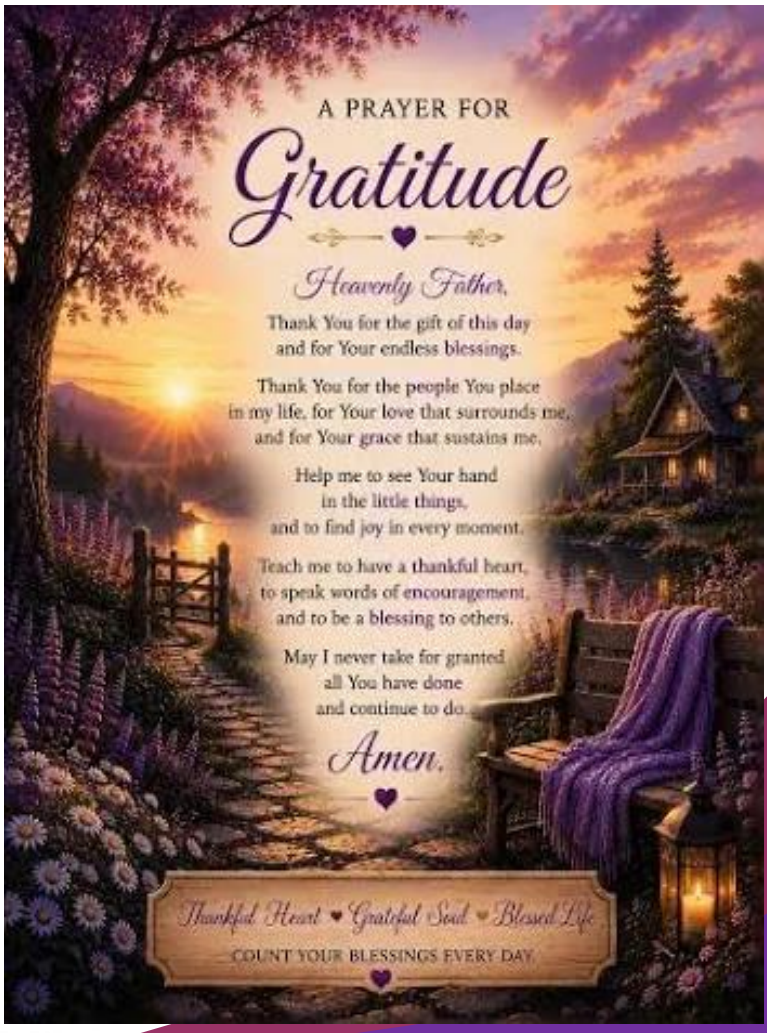
Thank you to our Ministerial Team:

Rev. Keturah Pittman, Assistant Pastor

Rev. Dr. Kenneth Irby, Associate Pastor

Rev. Dr. Sherrisse Bryant, Youth Pastor

Rev. Ira Whitson



Trivia Answer for October 2026

His name was Jacob but was changed to Israel after he wrestled with a divine being (Genesis 32:28). Jesus will reign over Israel forever. See Luke 1:33

Trivia Question for October 2026

The angel said to Mary that Jesus would "reign over the house" of which Old Testament character?

Trivia Question for November 2026

Who announced to Zachariah that his wife would bear a child to be named John (the Baptist)?

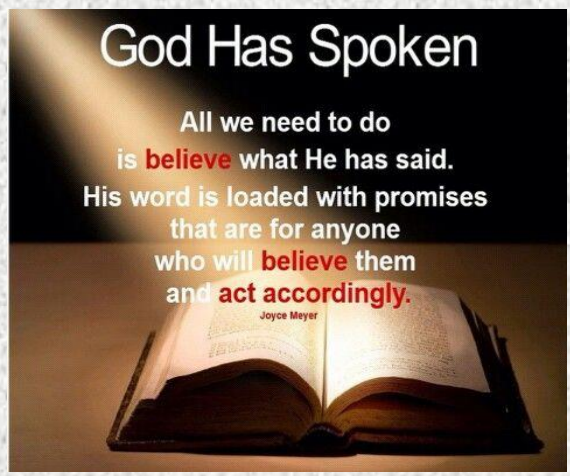
On-line Streaming

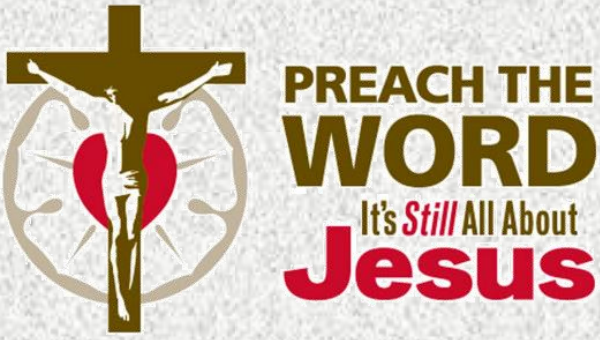
October 4th
Rev. Clarence A. Williams
Acts 1:4-5
"When the Conductor Comes"

October 11th
Rev. Clarence A. Williams
Genesis 2:7
"The Human Element"

October 18th
Rev. Clarence A. Williams
1 Peter 4:12
"Our Daily Struggle"

October 25th
Rev. Dr. Sherrisse Bryant
Psalm 30:5 / Ecclesiastes 3:1
"Embracing Your Season"





From The Pastor's Desk

Pay Attention

Decision making is probably the single most important thing in our life. I recently read an article that had statistics of a company who asked people how long it took them to make decisions, 91% said less than five minutes. The important ones take a little longer, two hours.

This is why pressure sales are so effective. The salesman knows if you have time to think about it, chances are you won't buy it. Once he hooks you with his silver tongue and the looks and smell of his new product, then comes the fine print. One of the politicians recently said of one bill offer in Congress, "the devil is in the details." This is very true.

We need to always read the fine print. Contracts are legally binding. The small print is just as binding as the bold print. It's not emphasized because they want you to ignore it. They want you to sign the dotted line and read the fine print later. This is true in our spiritual life also. The devil wants to deceive you; he does not want you to pay attention. If you read the fine print, you may discover his schemes. Believers ought to make informed decisions. *The only way you can accomplish this is by reading the fine print.*

Prayer Of The Day

Dear God, help me to be attentive.
Equip me to make sound decisions.
Give me the wisdom to read the fine print. AMEN

The Word For Today

"Be very careful, then, how you live – not as unwise but as wise,
Making the most of every opportunity, because the days are evil.
*Therefore do not be foo*lish, but understand what the *the Lord's will is."*
Ephesians 5:15-16

Pulmonary Hypertension

Pulmonary hypertension (PH) is a type of high blood pressure that affects the arteries in the lungs and the heart's right side.

What Happens in the Body?
In pulmonary hypertension, the tiny arteries in the lungs narrow, thicken, or stiffen. As a result, blood has a harder time flowing through, raising blood pressure in the lungs. To overcome this resistance, the right side of the heart must work much harder to pump blood, which can eventually lead to an enlarged heart and heart failure.

Common Symptoms
In its early stages, pulmonary hypertension may not cause noticeable symptoms. As the condition progresses, symptoms become more apparent, typically including:

- ✓ **Shortness of Breath (dyspnea)** – initially during exertion and eventually even at rest.
- ✓ **Fatigue** and tiredness
- ✓ **Dizziness** or fainting spells (syncope)
- ✓ **Chest pain** or pressure
- ✓ **Swelling (edema)** in the ankles, feet, legs, or abdomen
- ✓ **Racing pulse or heart palpitations**

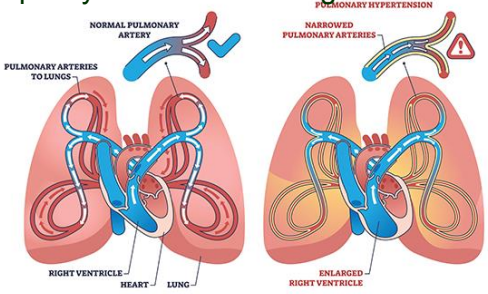
The Five Main Groups of PH based on the underlying cause:

1. Pulmonary Arterial Hypertension (PAH): often genetic or caused by connective tissue diseases, certain drugs, or unknown factors where the arteries themselves narrow.
2. PH Caused by Left Heart Disease: the most common type, triggered by left-sided heart failure or value problems.
3. PH Caused by Lung Diseases / Hypoxia: linked to chronic conditions like COPD, pulmonary fibrosis, or sleep apnea.
4. PH Caused by Blood Clots: caused by chronic blood clots (chronic thromboembolic PH) blocking or narrowing the pulmonary arteries.
5. PH Caused by Other Unclear Conditions: associated with blood disorders, metabolic disorders, or other systemic conditions.

Treatment Options
While many forms of pulmonary hypertension cannot be completely cured, modern treatments can significantly improve symptoms, slow disease progression, and enhance quality of life. Management plans depend heavily on the underlying cause and may include:

- ✓ Targeted Medications: specialized drugs like pulmonary vasodilators (e.g., PDE5 inhibitors like sildenafil, endothelin receptor antagonists, and prostacyclin analogs) help relax and open up lung arteries.
- ✓ Supportive Therapies: Diuretics (water pills) to manage fluid buildup, blood thinners to prevent clots and supplemental oxygen therapy.
- ✓ Procedures or Surgery: for specific types (like Group 4), procedures such as pulmonary thromboendarterectomy or ballon pulmonary angioplasty can clear blockages. In advance cases, a lung or heart-lung transplant may be considered.

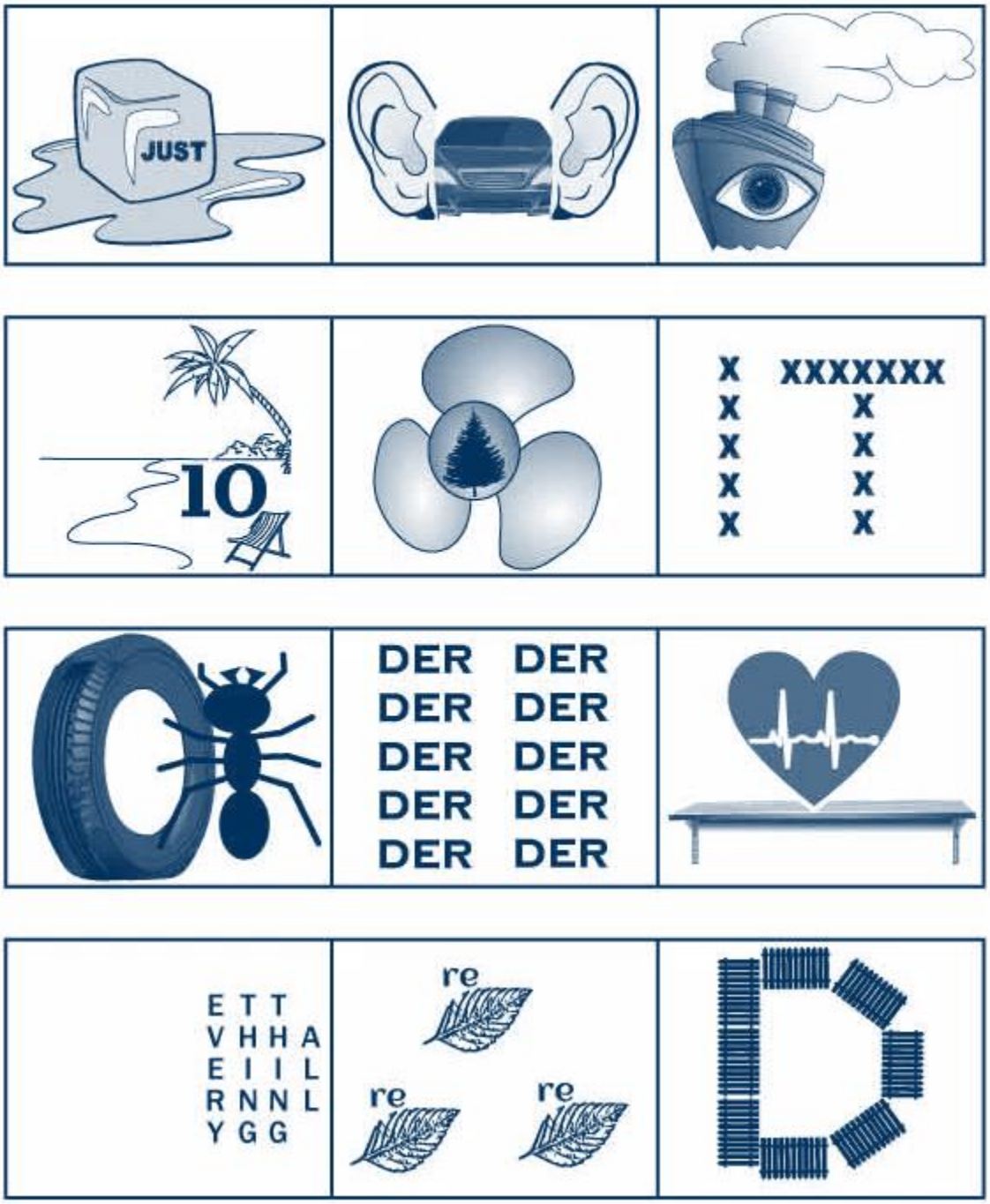
The Health and Wellness Ministry



Time to PLAY!

It's Rebus Time Again!

Enjoy



11/02 Katrice Carter
11/02 Eileen Green
11/02 Chrystal Melvin
11/02 Markiesha Pennywell
11/02 Kenny Williams
11/03 Marjorie Brown
11/03 Shanika Gaddy
11/04 Antione Douse
11/05 Saevionh Smith
11/05 Michael Thomas, Sr.
11/06 Bryant Adams
11/06 Lynn Marshall
11/06 Anthony Selmon
11/06 Robinsky Wynn
11/07 Sheryl Henderson
11/07 Tamia Kennedy
11/08 Ruthie Davis
11/08 Austin Hunter
11/08 Chance Jackson
11/08 Angelia Mosley
11/08 Adrian Ross
11/09 Calvin Glasscock
11/09 Charlisha Jenkins
11/09 Jackie Latimore
11/09 Vinson Melvin, Jr.
11/09 Stacy Neal
11/09 Colbert Talbert
11/09 Corey Talbert
11/09 Michele Taylor
11/10 Steven Capehart
11/11 Cedric Cuffie
11/11 Jawan George
11/11 Jocelyn Fisher
11/11 Maurice Long
11/11 Allen Waddell
11/12 Dexter Adams
11/12 Jamal Cooper
11/12 Calen Harrell
11/12 Danny Thompson
11/12 Alphonso Turner
11/12 Darryl Wright, Sr.
11/13 Sister Eva Williams
11/13 Darian Register
11/13 Dorian Register
11/13 Rhonda Thompson
11/14 Jeane' Bryant
11/14 Tracey Davis
11/14 Andretta Kirkland
11/14 Alyshia Pringle
11/15 Debra Carter
11/15 Keisha Courtney
11/15 McArthur Harris
11/15 Tessie McGriff Kirnes
11/15 Eric Paul Reed
11/15 Samira Ruffin
11/16 Jarvis Evers
11/16 Jaquoya Green
11/16 Deborah Johnson
11/16 Deneen Luster
11/16 Latessa Thompson
11/17 Joeline Eason
11/17 Sheryl Henderson
11/17 Austin Johnson
11/17 Damarius Wright
11/18 Rodrick Crawford
11/18 Lucille Evers
11/18 Tawanda Jackson
11/18 Betty Marshall
11/18 Brittney Oliver
11/18 Anisah Pierce
11/18 Courtney Poole
11/19 Kayla Scott
11/19 Antorrio Williams
11/20 Erica Simpson
11/20 Angela Wilson
11/21 Keyanna Clemons
11/21 Aisha Harris
11/21 Bruce Jelks
11/21 Charrisse McGrew
11/21 Ronald Teal
11/22 Nellie Lumpkin
11/22 Avery Mathis
11/22 Equilla Churches Moore
11/23 Jayden Alleyne
11/23 Mark Bryant
11/23 Yashica Canida
11/23 Arkeithiona Gaines
11/23 Cheetaia Louch
11/23 Tina Small
11/24 Toya Cannon
11/24 Amylia Collins
11/25 Deon Baker
11/25 Madison Bell
11/25 Kenard Davis
11/25 Kajiva Davis
11/26 Evelyn Reed
11/27 Cassandra Edwards
11/27 Flenard Edwards

11/27 Valerie Griffin
11/27 Quanton Hope
11/27 Shirley Kicklighter Morgan
11/27 Syrena Thompson
11/27 Donald Williams
11/28 Elijah Gilbert, Jr.
11/28 Makayla Mitchell
11/28 Ronald Nelson
11/28 Walter Patterson
11/28 Devenia Roberts
11/29 Artez Lucas
11/29 Zoey Mack
11/29 Dontae Nolton
11/30 Nyquel Alexander
11/30 Zy'Kiria Johnson

To Patricia Keys, the entire Keys and Wynn Family, our Greater Mt. Zion Family and all other Family Members on the loss of our Beloved Member:

Brother James Keys, Jr.

Sister Barbara Keys	1750 16th Street South, Unit 35279
Sister Kay Keys	3201 Burlington Avenue North, #405
Sister Daisy Powell	2350 9th Avenue South, Apt. 102
Sister Edna Stevens	2400 23rd Street South
Sister Jasmine Walker	1955 29th Street South
Rev. Ira Whitson	1660 31st Street South

Nursing Homes and Rehabilitation Centers

Ms. Valerie Griffin	Laurellwood Care Center, *3127 57th Avenue North, #10*
Mr. Eugene “Geno” Harrell	Angel Care Rehab Center, *4300 31st Street South, Room 22*
Brother Herbert Keys	Menorah Life, *255 59th Street North*

Ms. Stephanie Cummings

Every Sunday - 8:30 - 9:30 am

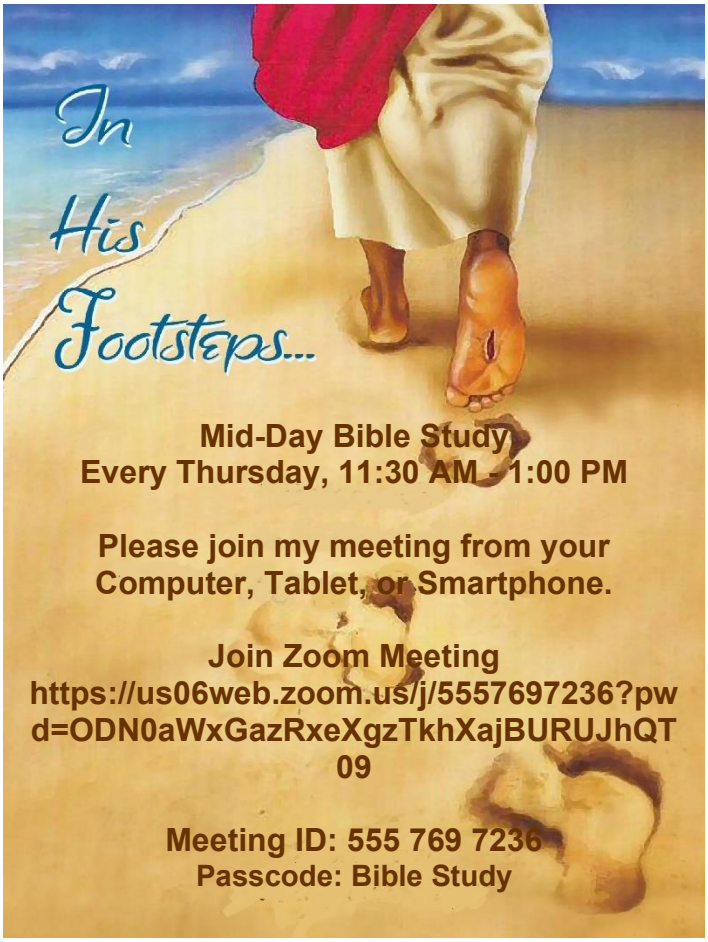
Senior Women's Class - Rhonda Ryan
Number: 1-978-990-5076
Access Code: 7777943#

Progressive Women's Class
Monique Brown and Rosalind Macon
Number: 540-792-0189
Access Code: 375083#

Men's Class
Brother Al Turner
Number: 848-220-3100
Access Code: 104516#

Youth Class – Rev. Dr. Sherrisse Bryant
Streaming at: greatermtzioname.org

Please Join Us!



Church News
LATEST UPDATES

Upcoming Meetings

Please see the November Calendar for all meetings and rehearsals dates

Thank you

On the Road

Please join Rev. Clarence A. Williams as he travels to

Mt. Olive AME Church
Fort Myers, FL

The Rev. Dr. James C. Givens, Pastor

Sunday, November 15, 2026

Bus will leave the Church at: **1 pm**
$20 donation per seat.

Please see Sister Bessie Kirnes

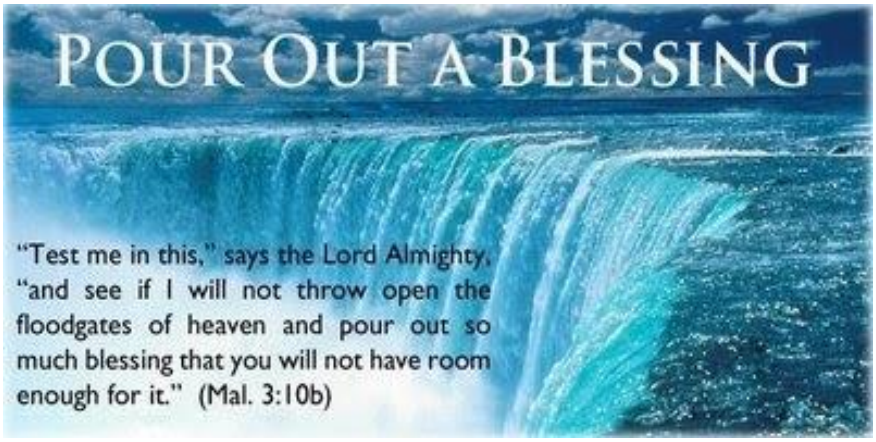
Thank you

Trustees on Duty for the Month of November 2026

ALL Trustees Are on DUTY

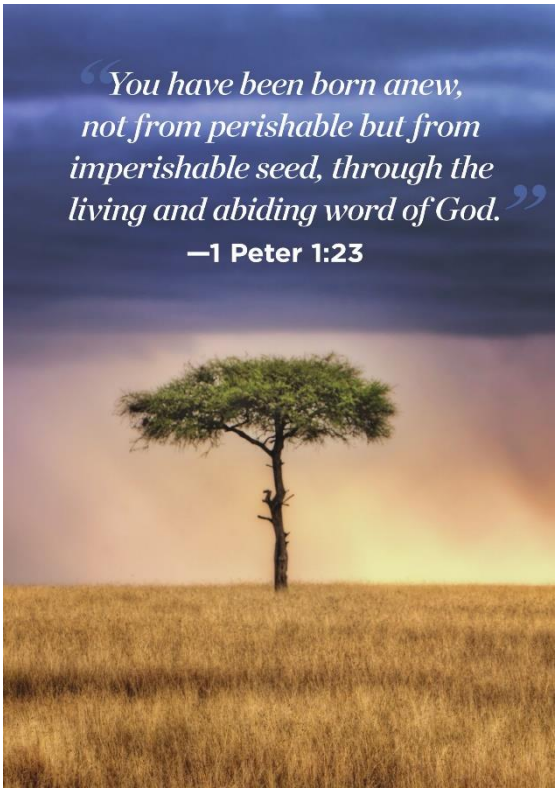
Please make contact with any member of the Board of Trustees if you need information about building use, activities on the grounds, or any other concerns. If you need further direction or have questions or concerns, please call me Dorothy H. Williams, Vice-Chair of the Board of Trustees. My phone number is listed on Page 15.

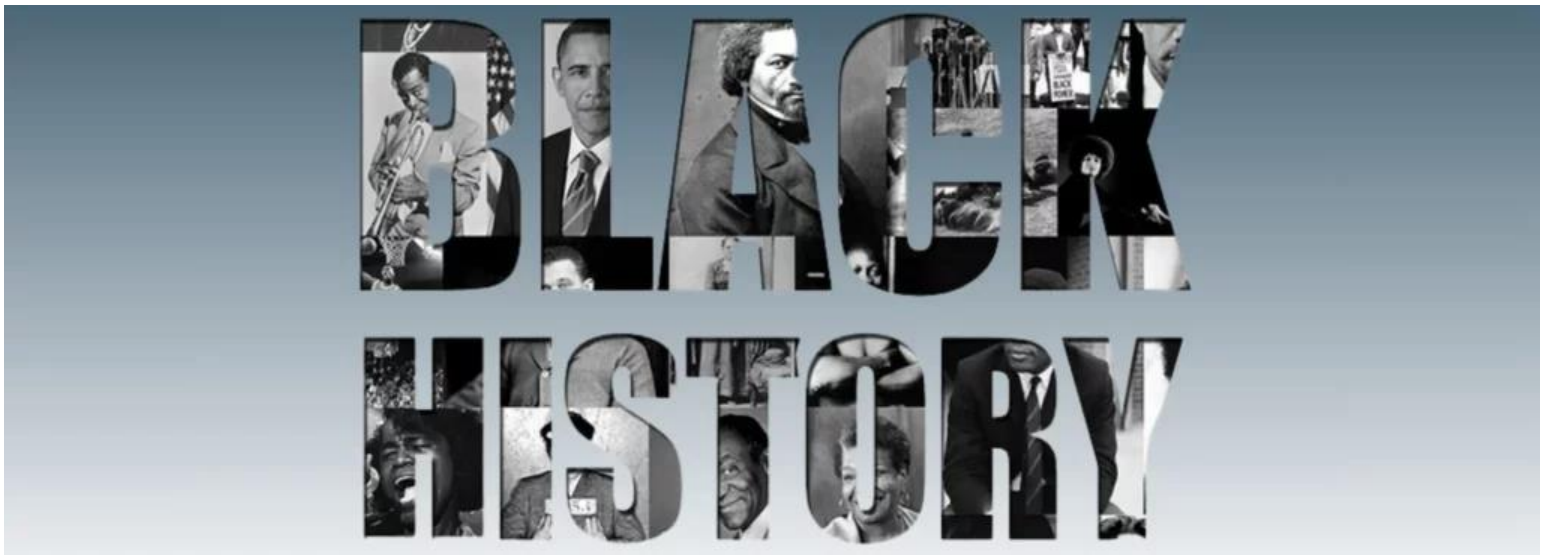
Thank you,
Mrs. Dorothy Harrell Williams



Bible Discovery

11/01 Speak, for Your Servant Is Listening
1 Samuel 3:8-20
11/02 Bask in God's Eternal Glory
Revelation 21:1-4, 19-27
11/03 The Glory of the Lord
Ezekiel 10:1-7
11/04 God's Glory Leaves the Temple
Ezekiel 10:15-19, 11:22-25
11/05 We Reap What We Sow
Galatians 6:1-10
11/06 Rejoice in God's Glory
1 Samuel 6:13-18
11/07 God's Judgment Is Sure
2 Corinthians 5:1-10
11/08 When All Is Lost
1 Samuel 4:12-22
11/09 Though We Sin, God is Patient
2 Peter 3:9-13
11/10 Avoid Worldly Entanglements
Colossians 2:8-15
11/11 The Lord Gives You Victory
Deuteronomy 20:1-9
11/12 Remain Steadfast Under Trial
James 1:1-12
11/13 God Hears and Rescues
Psalm 34:15-22
11/14 God Will Hear and Forgive
2 Chronicles 7:12-16
11/15 Cry to God for Deliverance
1 Samuel 7:3-11, 15-17
11/16 Blessings of a Righteous Ruler
Proverbs 29;1-14
11/17 God Deposes and Sets Up Kings
Daniel 2:16-22
11/18 Anointed for God's Service
Luke 4:14-21
11/19 God Rejects Saul
1 Samuel 15:10-23
11/20 God's Righteous Servant
Matthew 12:14-21
11/21 Do Not Judge by Appearances
John 7:14-24
11/22 God Looks on the Heart
1 Samuel 16:4-13
11/23 God Defends the Chosen King
Psalm 2
11/24 Heir of God's Promises to David
Acts 13:21-24, 32-39
11/25 A Deliverer Out of Zion
Romans 11:23-29
11/26 God's City Stands Forever
Isaiah 33:15-22
11/27 The Lord Has Chosen Zion
Psalm 132:8-18
11/28 From Jerusalem to the Nations
Luke 24:44-49
11/29 God Establishes David's Kingdom
2 Samuel 5:1-12
11/30 A Healthy Mindset
Philippians 4:1-9
12/01 Nations Will See God's Vindication
Isaiah 61:10-62:5
12/02 Righteousness, Peace, and Joy
Romans 14:11-17
12/03 Abounding in Hope
Romans 15:7-13
12/04 The Joy of the Lord
Nehemiah 8:6, 9-12
12/05 God's Salvation Revealed
Psalm 91:7-16
12/06 The Promised Salvation
1 Peter 1:1-12



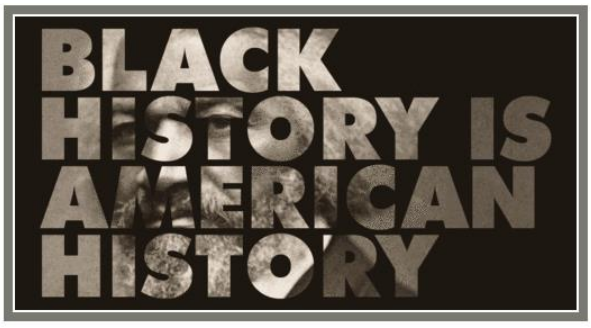


Trivia Questions for the Month

1. What New York City borough is considered the birthplace of hip-hop?
2. What present-day country was hone to the ancient Kingdom of Aksum?
3. What pre-colonial kingdom in modern-day Nigeria is famous for the intricate Benin Bronzes?
4. What name was given to the violent 1965 march from Selma to Montgomery?
5. What all-Black Cavalry unit, formed in 1866, earned the nickname “Buffalo Soldiers?”
6. Which activist collective’s 1977 statement helped introduce the idea of intersectional liberation?
7. Which magazine, founded in 1945, became a cornerstone of Black culture and entertainment coverage?
8. Who was the first Black woman to win an Olympic gold medal, in the 1948 high jump?
9. What tile-based game, popular at cookouts and family reunions, is often played loudly and competitively?
10. What monumental ruins in southern African include soaring stone walls built without mortar?

Black History
Trivia Answers

1. Kwanzaa
2. The Ghana Empire
3. The Songhai Empire
4. Queen Amina
5. The Haitian Revolution
6. Benjamin O. Davis, Sr.
7. Ava DuVernay, for “A Wrinkle in Time.”
8. Virgil Abloh
9. Gladys West
10. Willie O’Ree



Inspirational Moment

COUNT YOUR BLESSINGS!

Count your BLESSINGS
instead of your crosses;
Count your gains instead
of your losses.
Count your joys instead
of your woes;
Count your friends instead
Of your foes.
Count your smiles
Instead of your tears;
Count your courage
Instead of your fears.
Count your full years
Instead of your lean;
Count your kind deeds
Instead of your mean.
Count your health instead
Of your wealth;
Count on GOD
Instead of yourself.

-anonymous

STEWARDSHIP

Managing God's Gifts To Us

Holiday Spending Habits

The holidays are quickly approaching which means it's time to start our holiday shopping! But hold on – are you financially ready? One of the biggest blessings of the holidays is the chance to give to others out of the goodness of our hearts. But if we're not careful, our holiday spending can get out of hand, and then before we know it, we find ourselves scrounging around the bottom of our wallets. It can be difficult to strike a balance between generosity and wise spending. We want to reflect Christ's selflessness. But while Jesus may have commended the widow putting the last of her money in the officer box at the temple, He hasn't called us to wreak havoc on our finances just so we can get our family and friends the latest gadgets. Before we start shopping, let's look at some of the principles the Bible teaches us on giving with the right mind and heart.

It Is Better to Give Than to Receive - We should want to be a blessing to others, especially at a time of year that comes with a mix of both good and bad emotions. As we round out a year of hard work, many of us are compelled to give to our loved ones as a gesture of appreciation and love. This is a good heart to have and is affirmed by the apostle Paul in the book of Acts: *"And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: 'It is more blessed to give than to receive'"* (Acts 20:35 NLT). While these words of Jesus aren't recorded in the gospels (the books of Matthew, Mark, Luke, and John), they were powerful enough to Jesus's disciples that the saying was passed down to new converts, including Paul. Jesus' ministry was centered around service others without expecting anything in return (Matthew 20:28). When it comes to giving to God, He has called us to be cheerful givers, not giving out of compulsion (2 Corinthians 9:7), but out of the abundance of our hearts (Luke 6:45). In a similar manner, when we give to others, it should be done with joy, not because we feel we have to, but from an overflow of gratitude and contentment in the Lord's provision.

Being Good Stewards - First Corinthians 4:2 equates good stewardship to faithfulness. What does this practically look like with our finances? It looks like taking into account both the immediate outcomes of our generosity *and* the long-term implications. While we may want to bring sparks of happiness through gift giving, we also must be mindful of other responsibilities we have that can be affected – rent, bills, paying off debt. Though we should never worry about having enough (Matthew 6), we're also called to honor God in the ways we use our money (Proverbs 3:9-10). Faithful stewardship calls us to be mindful of both the now and later. As you prepare to fill your shopping carts, take into account what other buckets are being affected. Assess the area in which you have margin to pull from, and then safeguard the ones that don't. Your future self will thank you for our present faithfulness.

Don't Be a Love of Money - The practice of stewardship is about being faithful, not amassing mounds of wealth. Look at the exhortation from the author of Hebrews: *"Don't love money, be satisfied with what you have. For God has said, 'I will never fail you. I will never abandon you'"* (13:5 NLT). While we protect our finances, we have to watch out for the creeping in of a love of money – what the Bible tells us is the root of all evil (1 Timothy 6:10). Money isn't bad, but putting too much emphasis on it can quickly lead us down a treacherous path. When we let money become our master (Matthew 6:24), all of our decisions are filtered through saving or earning another dollar. All of our financial decisions need to be made with the foundational understanding that God is our Provider, and that the use of our wealth (money or otherwise) should bring Him glory. Don't lose sight of this, or you'll quickly find that the gift becomes more valuable than the Giver.

-part two next month.

MEMBER HIGHLIGHTS

Do You Own a Business?

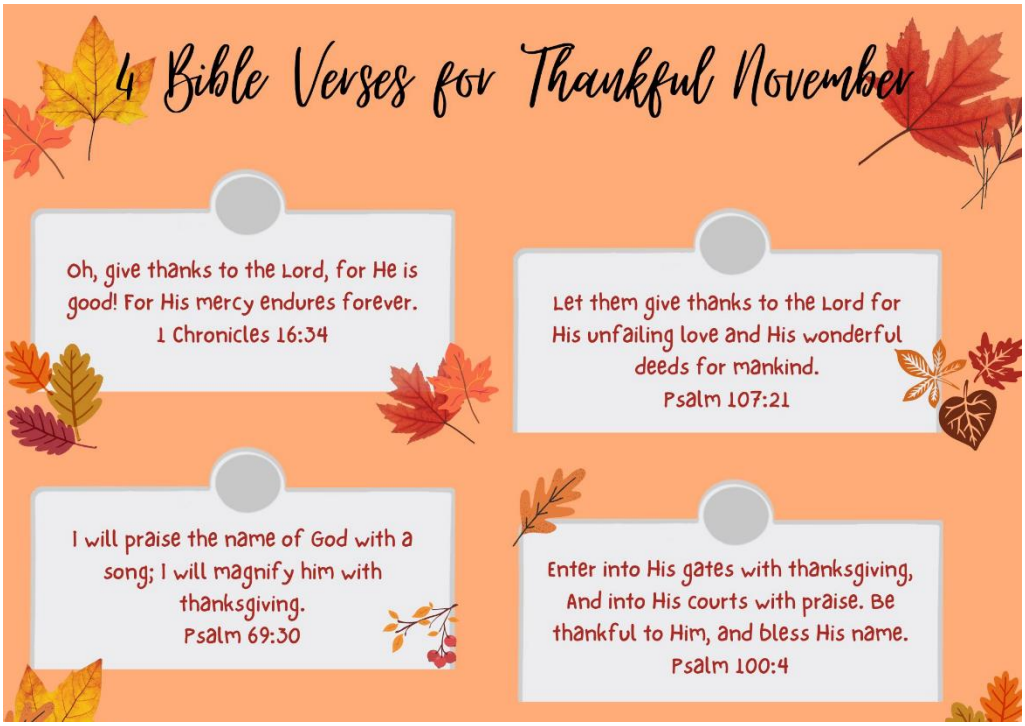
Beginning January 2026, we will highlight your business in The Zion Trumpet to get your information out to the Community and Members. Please turn in your information by the 15th of each month.

Thank you, and we are looking forward to patronizing all the "Businesses" that will be advertising with us.

The Office Staff

Our new page will be highlighting both children and adults. If there is an accomplishment, recognition, award or business you would like to have highlighted, please submit it to the Church Office on or before the 15th of each month.

Thank you



Contact Information

Daniel Reed, Acting Pro Tem – Board of Stewards	727-244-6451
Dorothy H. Williams, Trustee Board Vice Chairman	727-599-5127
Rev. Keturah Pittman, Clergy	727-215-0407
Rev. Dr. Kenneth Irby, Clergy	727-244-1302
Rev. Ira Whitson, Clergy	727-768-6178
Rev. Dr. Sherrisse Bryant, Youth Minister	727-608-7695
Dr. Donna Pringle, Health & Wellness	727-215-1512
Malory Williams, Male Chorus	727-687-6384
Patricia Needom, Class Leaders	727-896-1085
Felicia Pizana, Women's Ministry Chair	727-452-1405
Al and Courtney Gwyn, Couples' Ministry	727-564-7393
Shirley Kicklighter Morgan, Lay President	727-815-6563
Valarie Lee, O.L. Nicks WMS President	727-851-5339
Ariel Snead, YPD Director	727-220-6491
Donna Butler, Kitchen Manager	727-599-4215
Dozier Harrell, Sons of Allen President, Janitorial	727-656-0302
James Butler, Janitorial	727-906-1200
Bessie Kirnes, Administrative Assistant and Director, Board of Christian Education	727-433-2533
Mable Gibson, Church School Superintendent	727-867-2562

GET CONNECTED
STAY INFORMED

Important Telephone Numbers

Cross and Anvil Human Services, Inc.

1207 7th Avenue South
St. Petersburg, FL 33705
Phone: 727-821-0284
Fax: 727-821-0004

Office Hours: 10 AM - 2 PM
Monday - Friday

Greater Mt. Zion A.M.E. Church

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

Office Hours:
Helen Evans - MWF - 9 AM - 1:00 PM
Verna Thompson TTHF - 9 AM –1 00 PM

All Members:

Please contact the Church Office to update or check that your contact information is correct with the Church listing.

Your attention in this important matter is greatly appreciated.

Thank you,
The Office Staff

Deonte and Trisch Mixon
Calvin and Angelia Mosley
Julian and Monica Vann
Frank and Cassandra Williams