

# **THE VOICE OF LOMAX**

## **ANNOUNCEMENTS FOR THE WEEK OF MARCH 31, 2019**

**THE FLORAL MINISTRY:** The flowers on the altar today are in loving memory of Elizabeth Louise Pope. Flowers bloom as a symbol of Life and Loved remembered. *Missing you Always, Forgetting you NEVER.* Love, your daughter *Michelle Lee Gaskins*

**EASTER LILIES:** If you are interested in purchasing Easter Lilies there is a sign up sheet for the plants in the vestibule. The cost of the plants is \$18.

**2019 LENTEN PREACHING SERIES:** Join us during the Lenten season as we "**Journey to the Cross**" each Wednesday at 7 pm with the following confirmed preachers:

- Wednesday, April 3: Rev. Dr. Frances "Toni" Draper, Freedom Temple AME Zion Church
- Wednesday, April 10: Rev. Andre' Greene, Varick Memorial AME Zion Church

**LOMAX MEMBERSHIP CONFERENCE ASSESSMENTS:** As we approach the end of the conference year, we are encouraging members who have yet to pay your annual assessment dues of \$350.00 (General Claims of \$265.00 and Quarterly Conference dues of \$85.00) to do so. It is important for each member to do their best to pay their assessments in order that Lomax may meet its church obligations. You may satisfy this obligation through your church envelope, Givelify or your class leader. Thank you in advance for your support.

*Ruthy Brown*

**PLEASE JOIN CLASS #5** for refreshments immediately after today's worship service as they celebrate Ms. Martha Mazyck's 89<sup>th</sup> birthday. *Ms. Gloria Camp*

**WASHINGTON DISTRICT 5TH SUNDAY FELLOWSHIP:** This service will take place today, Sunday, March 31, 2019, at 3 p.m. at Contee AME Zion Church, 903 Division Avenue, N.E., Washington, DC 20019. The guest preacher will be Rev. Jerret Fite, pastor of New Mt. Olivet AME Zion Church, Rock Hill, SC. All ministers and district officers are expected to attend. Lomax members are encouraged to attend.

**MISSIONARY UPDATE:** The Parent Body of WH&OMS will meet Saturday, April 6, 2019 at 11:00 a.m. Please join us for fellowship, discussion and a short presentation on "Personal Commitment". All missionaries are invited to attend; refreshments will be served.

**BUILDING A HEALTHY KINGDOM ONE MAN AT A TIME, ALL MEN:** Please join us as the Lomax Health Ministry, in conjunction with the Men of Varick Ministry, host a Men's Health Fair on Saturday April 6, 2019 starting at 8:30 a.m. Numerous health topics will be discussed. So come out and bring with you family, friends, and/or coworkers for free information. The men's group with the largest number of registered participants will receive a gift of recognition.

## *The Voice of Lomax*

**WASHINGTON DISTRICT SUMMIT:** The Washington District Summit/Conference will take place April 12-13, 2019, at Union Wesley AME Zion Church in Washington, DC. Ministers, district officers, as well as representatives from Lomax's Trustee Board, Steward Board, Lay Council and Missionary Society are expected to register and attend. Registration forms have been sent out via email and are available in the church office. **Please submit all registration forms by Wednesday, April 3. Please note: On Saturday, April 13<sup>th</sup>, Lomax is asked to support DaJuan Green, who will be the speaker for the closing worship service, and Lomax's Children's Choir, who will provide music.**

**BAPTISM:** The sacrament of Baptism will be administered on Palm Sunday, April 14, 2019. The names of all candidates for Baptism (adult, youth, child or infant) should be submitted to the church office by Friday, April 5. Baptism class will be held on Thursday, April 11 or a mutually agreeable date.

**CHRISTIAN EDUCATION DEPARTMENT ACE MEMBERSHIPS:** Current and interested members of the Assembly of Christian Educators (ACE) it is time to pay your dues. ACE annual dues are \$15.00, permanent membership is \$300. (Membership applications were emailed out this week.) Stoles are \$40 for those desiring to be stoled at Annual Conference. All checks should be made payable to Lomax. Please submit your payments and/or applications to Veronica Riley or Rev. Tina Nelson by Sunday, April 14<sup>th</sup>. Thank you.

**VARICKS CHILDREN** will be celebrating "*The Cross*" Saturday, April 20<sup>th</sup>, 11 a.m. until 1:00 p.m.  
*Rev. Wanda Polite*

**FY 19/20 BUDGET INPUT:** The Finance/Budget Committee is in the process for preparing the FY 19/20 Proposed Annual Church Budget. Request that all Clubs, Boards and ministries submit your budget requests by Sunday, April 21, 2019, with a brief statement on how the funds will be used to support your mission. Your questions regarding this topic may be directed to Sis. Ruthy Brown.

**DID YOU KNOW?** A food pantry is available at Lomax for those who may need assistance in this regard. For additional information on this topic please talk to Mrs. Gloria H. Camp.

**HEALTH MINISTRY:** National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. **Key Messages:**

1. Discover the benefits of a healthy eating style.
2. Choose foods and drinks that are good for your health.
3. Include a variety of healthful foods from all of the food groups on a regular basis.
4. Select healthier options when eating away from home.
5. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
6. Keep it simple. Eating right doesn't have to be complicated.
7. Make food safety part of your everyday routine.
8. Help to reduce food waste by considering the foods you have on hand before buying more at the store.
9. Find activities that you enjoy and be physically active most days of the week.
10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.