

The Voice of Lomax

ANNOUNCEMENTS FOR THE WEEK OF MARCH 3, 2019

THE FLORAL MINISTRY The flowers on the altar today are in loving memory of Mrs. Virginia T. Wright whose birthday would have been celebrated March 6th. Love and miss you dearly. From your loving daughter,
Ms. Jean Wright

Givelify..... We have launched the program at Lomax, and it is now available as an option for your giving. Feel free to visit the Givelify website at Givelify.com and watch the demonstration video that shows you all about how to make and track donations. You also may contact Bro. Tommy Baugh or Sis. LaVonne Stewart for additional information.

Also, your 2018 Giving Statements are available and may be obtained from a member of the Steward Board in the rear of the sanctuary following today's worship service.

Lomax AME Zion Church Board of Stewards

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:

- Ash Wednesday, March 6: Rev. Dr. Evalina Huggins, Baltimore District
- Wednesday, March 13: Pastor Nelson will be preaching at Mt. Olive Baptist Church
- Wednesday, March 20: Rev. Mark Thomas, Contee AME Zion Church
- Wednesday, March 27: Rev. Dr. Timothy Freeman, Trinity AME Zion Church
- Wednesday, April 3: Rev. Dr. Frances "Toni" Draper, Freedom Temple AME Zion Church
- Wednesday, April 10: Rev. Mark 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.
Sis. Ruthy Brown

CLASS MEETING: Mrs. Mary V. Still will meet with Class #2, Sunday, March 17th immediately following the morning worship service. Class #2 members, please plan to attend. *Mrs. Mary Still*

INCLEMENT WEATHER NOTICE: In the event of inclement weather, check your email as well as Lomax's website for updates. You may also call 703.979.3738 for information.

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WOMEN'S MINISTRY UPDATE: The Women's Ministry will be having its first Book Discussion on March 23, 2019, from 12-2 pm, at the home of Rev. Dr. Monica Hargrove. Please see Dr. Hargrove for her home address. Ladies, you are encouraged to get a copy of "Becoming" by Michelle Obama and start reading. We look forward to a great time of sharing. *Rev. Tina Nelson and Sis. Jean Wright*

SAVE THE DATE: The Washington Summit will take place April 12-13, 2019. As a point of clarification, the Washington Summit is what Lomax knows as the Washington District Conference. More information on this event will be provided at a later date.

BUDS of PROMISE: The Buds of Promise request your support of the Penny Brigade endeavor as we collect funds that will assist in the support of overseas missionary efforts. Please use your church envelope or the Penny Brigade bottle in the vestibule to make donations. Ms. Wanda Williams can provide additional information as needed. *Wanda Williams*

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.