

The Voice of Lomax

ANNOUNCEMENTS FOR THE WEEK OF APRIL 14, 2019

THE FLORAL MINISTRY: The flowers on the altar today are in loving memory of Rev. Verlan Evans and Madgerine Diggs Evans. Faithful and loving parents and grandparents. You are truly missed but not forgotten.
Veronica Riley

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 today, Sunday, April 14th. Thank you.

2019 HOLY WEEK SCHEDULE: Join us during Holy Week as follows:

- Thursday, April 18: 7 pm “Maundy Thursday” Movie (*The Color of the Cross*) at Lomax.
- Friday, April 19: Noon “Good Friday” community service at Mt. Olive Baptist Church.
- Friday, April 19: 7 pm “Seven Last Sayings” service jointly with Alleyne at Lomax Church.
- Saturday, April 20: 11 am – 1 pm, “The Cross” celebrated by Varick’s Children.
- Sunday, April 21: Easter/Resurrection Sunday
 - 6 am Sunrise service jointly with St. John’s Baptist at Lomax Church.
 - 7 am Breakfast at Lomax
 - 9:30 am Lomax Sunday School Easter Play
 - 11 am Lomax regular worship

THE LOMAX “GENERATION NEXT” young adults will perform the Easter Skit, “The Un-Passionate Christ... What if?”, on Easter Sunday morning, April 21st, during the Sunday School hour, 9:30 – 10:30am. All are welcome to also join us for Sunrise service at 6:00 am and breakfast at 7:00 am.. Please come out and support this ministry sponsored by the Young Adult Class of the Sunday School Department and the Christian Education Department.

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.

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WOMEN'S DAY/WEEKEND 2019: Join the women of Lomax as we observe Women's Day on May 5, 2019. This year's theme is: "A New Heart & A New Spirit," based upon Ezekiel 36:26-28. The guest preacher will be the Rev. Janet Habersham of Reid Temple AME Church, Glen Dale, MD. More details about Women's Day/Weekend will be provided soon.

BOARD OF STEWARDS: The Lomax Board of Stewards will be hosting a "Silent Auction" on Sunday, May 5, 2019 from 9:00 a.m. until 2:00 [p.m.in](#) the Fellowship Hall. All items go to the highest bidder at auction. Please come to see the vast but also enticing selection of items to bid on. For additional information please contact Ms. Donna V. Gainey or Ms. Stephanie Gaskill

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*

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: Looking for a way to make your children healthier? Whether it is apple juice, Hi-C, or Capri Sun, excessive juice consumption can negatively affect your child's health. Juice and its high sugar content leads to tooth decay and excess weight gain. Excess weight gain from juice in childhood has been linked to childhood obesity and thus obesity in adulthood (along with obesity related health complications). Consider eliminating juice all together and instead offer your children actual whole fruit! If your child does drink juice, ensure that it is 100% juice and that they minimize the amount that they consume on a daily basis.

Based on the American Academy of Pediatrics juice guidelines:

- Ages less than one year old, should have ZERO juice
- Ages 1 - 3 years old, should have less than 4 ounces a day
- Ages 4 - 6 years old, should have less than 6 ounces a day
- Ages 7- 18 years old, should have less than 8 ounces a day

Dr. Itohan Otasowie, MD, FAAP - Board Certified Pediatrician