

**May 7, 2023**  
**ANNOUNCEMENTS & PASTORAL OBSERVATIONS**

**1. PASTOR'S APPRECIATION PROGRAM:** Please join the Lomax Board of Stewards on Sunday, May 21, 2023, as we Honor and Thank Rev. Dr. Adrian V. Nelson II and his family for their dedicated service here at Lomax. The service will take place immediately following the morning worship service in the lower church parking lot. We believe the Bible is clear in encouraging us to show our love and appreciation to our Pastor and his family. If you would like to show your love with a monetary gift, a special "love offering" will be collected and presented to him on that Sunday. See any member of the Board of Stewards if you have any questions. We hope to see you on Sunday, May 21<sup>st</sup> for this very special day!

**2. Virtual Fitness "FUN" Workout:** Join the Fitness class on Saturdays at 8:30 am for a "FUN" condensed workout. Bring your water, towel, mat, stretch bands, weights and "Smiles". The line will open at 8:15 am. See you on Saturday, Donna V. Gainey and the CREW!!! Zoom participation information is as follows:

Join Zoom Meeting <https://us02web.zoom.us/j/82471371758>  
Meeting ID: 824 7137 1758.

**3. Sunday School:** For now, please note that Sunday School will continue to be held via Zoom each Sunday. As a trial period, on 1<sup>st</sup> and 3<sup>rd</sup> Sunday, Sunday School will be hybrid, taking place both virtually and in-person from the Boardroom. You may participate in Sunday School, beginning at 9:30 am, by Zoom as follows:

Join via Zoom: <https://us02web.zoom.us/j/89311232668>  
Meeting ID: 893 1123 2668

Dial-In Information: 301-715-8592 or 1-646-931-3860  
Meeting ID: 893 1123 2268

**4. Sunday Worship: Please join us and invite someone to worship with us this Sunday at 11 am.** Sunday's bulletin and the Prayer and Bereaved List are attached. Virtual worship may be accessed as follows: Lomax's Facebook page at <https://www.facebook.com/lomaxamezionchurch/> or website using the Lomax Live tab at <https://www.lomaxchurchva.com/lomax-live/>.

**5. News from the Pews/Lay Council:**

LET'S SUPPORT ALLEYNE ON FRIENDS & FAMILY DAY...Sunday, May 7th at 11:00am and/or 4:00pm Services. From Chester Ransome, Alleyne Lay Council/President -- (A Flyer is attached.)

"We know that Sunday the 7th is Communion Sunday, however, if you are not able to make our morning service we cordially invite you to our uplifting afternoon service starting at 4:00pm with a dynamic speaker and explosive choir. And no worries about grabbing anything to eat before coming to our afternoon service because we are serving food prior to the service which you are invited to take part in."

**6. Intercessory Prayer: Intercessory Prayer will not take place this Tuesday, May 9, 2023.** It will resume on Tuesday May 16, 2023 at 6:30 am.

**7. Bible Study:** Bible Study will continue this Wednesday, May 10, 2023, at 7 pm. The Bible Study handout and Zoom participation link will be sent out during the week.

**8. Floral Ministry:** Want to learn to do floral arrangements? Come join the Floral Ministry. We are in need of more hands. We are not asking for perfection, Just a willing hand. If you want to get involved just talk to Darlene Logan, Barbara Ratliff, Donna Gainey or Andrea Peterbark. You may call Andrea at (703) 451-1552

**9. May S.H.A.R.E.:** MAY S.H.A.R.E. orders should be submitted by Saturday, May 13, 2023, email sis. Gloria at [ghc688@gmail.com](mailto:ghc688@gmail.com) or leave a voice message on the food pantry phone line at 703.979.8408. Order payments are due Saturday, May 13, 2023. Distribution day is Saturday, May 20, 2023, during the hours of 11:15 am and 12:30 pm.

**10. Health Ministry:** Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being. A tip sheet for how to help a person with mental illness is attached.

**11. Mother's Day Breakfast:** Lomax mothers, grandmothers, spiritual mothers, aunties, and women, please save the date for Mother's Day Breakfast, Sunday, April 14, 2023, beginning at 9:00 am. This will just be a time of food and fellowship. The RSVP registration link is: <https://forms.gle/XYii8eZfeTn6NYNa9>. This would be wonderful opportunity to invite an unchurched mother/woman in your circle of influence. A flyer is below and attached.

**12. Racial Reconciliation Pilgrimage to Cambridge, Maryland:** Members of Lomax are warmly invited to take part in a pilgrimage to some of these sacred sites on June 3. Transportation to and from Cambridge and during the tour will be by charter bus. We will leave St. Michael's at 8 AM on Saturday morning and return by 5 PM. Participants will need to bring their own bagged lunch. The cost for the day is \$60, but scholarships are available. Please sign up at <https://www.stmichaelsarlington.org/cambridge/> if you are interested in taking part in the pilgrimage, so we can make preliminary reservations. (Lomax members are also asked to provide your name to Chantel, in the office, so that we can know who has registered to participate.)

**13. Women's Home & Overseas Missionary Society (WH&OMS) Corner!!!:** As we prepare for the 194th Philadelphia Baltimore Annual Conference May 25-28, 2023, we ask you to consider Leveling Up to purchase a Life Member Stole as a Matron or Patron. Please pay for your Stole by April 9, 2023, by using the church envelope and indicate Life Members Council Stole. The cost for the Stole is: **Red Stole \$40** and **Purple Stole \$100**. Our goal is to Stole at least 14 during the Missionary Candlelight Service, generally on Friday night. If you have questions or concerns, please contact Wilma Newby, Life Members Council Chairman. Thank you so much.

**14. 2022-2023 Conference Year Assessments:** As we approach the May 31, 2023, end of the FY 2022/2023 conference, we are still encouraging members who haven't paid your annual assessment dues of \$350.00 (General Claims of \$265.00 and Quarterly Conference Dues of \$85.00) to please do so. You may submit your assessments through your church envelope, Givelify, or you may see your Class Leader or Sis. Ruthy Brown. Thank you in Advance!