

John Wesley

A.M.E. Zion Church

"The National Church of Methodism"

Celebrates



REV. DR. CHRISTOPHER L. ZACHARIAS
PASTOR

Rev. Dr. Rita J. Colbert
Presiding Elder of the Washington District

Mrs. Devieta Moore
Missionary Supervisor

The Right Reverend Dr. W. Darin Moore
Presiding Prelate of the Mid-Atlantic Episcopal District

JWDC.org #JWDC

History of Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the central role of blacks in U.S. history. The event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

Origins of Black History Month

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

Sunday Morning Worship

FEBRUARY 3, 2019

OPENING SONG

"This Little Light of Mine" P.677

CALL TO WORSHIP

THE INVOCATION (CHORAL RESPONSE)

AFFIRMATION OF FAITH

JOHN WESLEY NEWS

BLACK HISTORY MOMENT: SENTIMENT ON SEGREGATION

Mr. Earl Simmons

ANTHEM

SCRIPTURE LESSON

"I've Been Boked" arr. Hall Johnson

OLD TESTAMENT — MALACHI 3:1-4

NEW TESTAMENT — LUKE 2:22-40

GIVING TO GOD

PRAYERS TO GOD

HYMN OF PREPARATION

"Hold On"

THE WORD OF GOD

GIVE YOUR LIFE TO CHRIST

"Amazing Grace, How Sweet the Sound" p.501

HOLY COMMUNION

JOIN GOD'S CHURCH

CLOSING SONG

"Lift Every Voice and Sing" p.653

BENEDICTION

Did You Know?

The NAACP was founded on February 12, 1909, the centennial anniversary of the birth of Abraham Lincoln.



BLACK HISTORY FACT

Dr. Charles R. Drew (1904–1950) was a heart surgeon who invented blood transfusions, blood storage, and brought his blood storage concept to the Red Cross.

”

CHARLES R. DREW

Doctor



She Was the
Richest Black
Girl in the World
and It's a Shame
We Barely Know
Her Name

Did you know?

Sarah Rector—By the age of 10, she became the richest Black child in America. She received a land grant from the Creek Nation as part of reparations. Soon after, oil was discovered on her property. By 1912, the revenue from this oil was \$371,000 per year (roughly \$6.5 million today). Despite various attempts to steal her land and fortune, Sarah resisted. She went on to attend Tuskegee University and eventually settled in Kansas City, Missouri where her mansion still stands.

Healthy Heart

Wear Red to raise awareness about cardiovascular disease and save lives.

“The biggest part of living healthy comes down to simply making healthy choices. While you can’t change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.”

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

“A loved one dies from cardiovascular disease every 38 seconds”

Below are symptoms to watch for:

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH with or without chest discomfort.

OTHER SIGNS may include breaking out in a cold sweat, nausea or lightheadedness.

How to stay healthy:

Choose to be physically active.

Why is physical activity so important for health and wellbeing?

1. It's a natural mood lifter.
2. It keeps you physically fit and able.
3. It keeps the doctors away.

Being more active can help you:

1. Lower your blood pressure
2. Boost your levels of good cholesterol
3. Improve blood flow (circulation)
4. Keep your weight under control
5. Prevent bone loss that can lead to osteoporosis



Begin your healthy lifestyle journey with **Go Red Get Fit!**

<https://www.heart.org/>

Health and Wellness Ministry

Restoration and Recovery

MEMBERS IN NURSING HOMES & HOSPITALS

- James Baskins, Jo Bean Assisted Living, Accokeek, MD
- Michelle Cash – Doctor’s Cmty Rehab & Patient Ctr – Lanham, MD
 - Annie Coleman – Doctor’s Hospital – Lanham, MD
- Genevieve Eaddy – Loving Heart Assisted Living Home, Bowie, MD
 - Willie Duff – Georgetown University – Washington DC
 - Johnsie Lucas – Lisner Home, Washington, DC
 - Hilda Lee – Serenity Nursing & Rehab Center, Sthrn Ave., SE
 - Lillie Simmons – Assisted Living – Madison, FL

MEMBERS AT HOME

Mary F. Allen	Roscoe Atcherson	Dorothy Atkins	Annie Coleman
Rudolph Harris	Mary Harvell	Ruth Jones	Claudine Hudson
Peggy Maye	Beatrice McCabe	Matilda Nedab	William Outlaw
Carrie Williams	Linda Russ	Carolyn Thompson	

Flowers are adorning the altar today to celebrate the birthday of **REV. FRANCINA FERGUSON!** She is our queen and a beloved sister of this body of Zion all of her life. She started her pursuit in the pastoral ministry under the late Rev. Dr. E. Franklin Jackson who became her adopted father.

Love and appreciation to Almighty GOD for her and the services she gives to the GOD’s children and to JWC Family.

HAPPY BIRTHDAY & LOVE!

E. Franklin Jackson Memorial Flower Club

Happy Birthday to a God-fearing and faithful husband, father, brother, uncle and friend, **JOHN E. WILSON**, who is gratefully and joyously celebrating another year of life. **John** turned 86 years young on yesterday, February 2nd. Flowers are also placed on the altar to celebrate **John** and this occasion.



All Praises and Honor to GOD!

Peggy, Donna, Angela, John Philip & Richard, the Grandchildren and the Wilson family

Rev. Dr. Christopher L. Zacharias, Pastor

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Upcoming Worship

Sunday School – 9am Sunday Morning Worship 10:00am

Children's Church (1st & 3rd Sundays)

Online Bible Study –Tuesdays 7:30pm

Call in 415.723.5427 (no pin needed)

Wednesdays ~ 12 Noon @ church

Wednesdays ~ 12 Noon – Home of Dr. Helen Carter

Wednesdays ~ 6pm – Home of Clennie & Barbara Murphy

Wednesdays ~ 7pm – Home of Joseph/Sandy Hemby

Thursdays – 5:30am-5:45am – Intercessory Prayer

Call In (515) 604-9869 Access Code 912560

AFRICAN METHODIST EPISCOPAL ZION CHURCH

THE YOUNG PEOPLE--ADULT QUARTERLY

SECOND QUARTER 2018-2019 DECEMBER – 2018, JANUARY, FEBRUARY - 2019

THEME: OUR LOVE FOR GOD

UNIT II: LOVING GOD BY TRUSTING CHRIST

Date: February 3, 2019

Lesson 10 – Eyes on The Prize

Devotional Reading: 1 Corinthians 15:50-58

Background Scripture: Philippians 3:1-16

Lesson Scripture: Philippians 3:7-14

Daily Readings: (Mon.): Romans 2:25-29 (Tue.): Mark 7:24-30 (Wed.): Cor.
11:21b-30: (Thu.): Phil. 3:1-6 (Fri.): Phi. 3:17-4:1 (Sat.): Phil. 4:2-9 (Sun.): Phil.
3:7-14

AFFIRMATION: I will seek to value my relationship with Christ above all other facets of my identity.

VERSES OF THE WEEK: Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus, Phil. 3:13-14

LESSON SCRIPTURE: Philippians 3:7-14

Dr. E. Dewey Wiseman (Ewiseman3@aol.com), prepared this Sunday Church School Lesson Overview based on The A.M.E. Zion Church's The Young-People Adult Quarterly, Dr. Brenda G. Smith, General Secretary, Christian Education Department.