

THE MONTHLY

DOVE

FEB 2024



ST. PAUL A.M.E. ZION'S E-NEWSLETTER

JANUARY'S HIGHLIGHTS!

ENERGIZING START TO 2024: ST. PAUL LIGHTS UP WITH SPIRITUAL EMPHASIS WEEK AND *IMPACTFUL* REVIVAL

St. Paul AME Zion Church is set to make waves with the theme "Getting Ready for IMPACT; Let Your Little Light Shine," and what a kickoff it's been! We dove into the excitement with a spirited Spiritual Emphasis Week from January 8 - 10.

Enthusiastic members and dynamic guests delivered powerful messages filled with encouragement and inspiration. Rev. Brenda Underwood led the charge, making Spiritual Emphasis Week 2024 another dynamic experience bringing together our congregation and community.

But wait, there's more! The energy kept flowing with a two-day revival featuring the charismatic Rev. George Walker, Jr., pastor of St. Mark A.M.E. Zion Church in East Chicago, IN. Nights filled with powerful sermons were capped off with delicious meals and heartwarming fellowship.

Missed the excitement in person? No worries! Tune in to our YouTube or Facebook channels to catch all the action. St. Paul AME Zion Church invites you to join the upbeat journey of inspiration as we light up the year with positivity and IMPACT!



Rev. George W. C. Walker, Jr., delivering a powerful word at 2-day revival.



St. Paul member, Lolita Rodgers is all smiles at Spiritual Emphasis Week

 [Follow us on Facebook](#)

 [Watch us on Youtube](#)

 [Follow us on Instagram Here](#)

Emergency? Dial JESUS-911! Find your rescue in His Word.

EMERGENCY

Bible Numbers

FEARFUL?
READ ISAIAH 41:10

LONLEY?
READ PSALM 23

ANXIOUS?
READ PHIL. 4: 4-9

WEAK?
PSALM 18: 1 - 29



JANUARY'S HIGHLIGHTS CONT.

GLITTER, GOALS, AND GOOD VIBES

WOMEN'S MINISTRY THROWS EPIC VISION BOARD BASH!

Hold on to your glue sticks because the St. Paul Women's Ministry spent an afternoon turning dreams into reality at the ultimate Vision Board Party!

Laughter echoed through the church halls on January 27, as ladies swapped scissors, stickers, and stories, creating vision boards that screamed #Goals. From travel fantasies to career dreams, the room buzzed with excitement and positivity. Who knew that cutting and pasting could be so empowering? The Women's Vision Board Party wasn't just an artsy soirée; it was a dream-chasing extravaganza that left everyone inspired and ready to tackle their aspirations head-on.

Here's to sisterhood, sparkle, and smashing those goals, one glittery vision board at a time!



CARING HANDS, WARM HEARTS

MEN'S MINISTRY JOINS FORCES WITH DETROIT CRU FOR HOMELESS CARE PACKAGES!



In a powerful display of community spirit, the Men's Ministry collaborated with Detroit Cru, a valued community partner, to assemble care packages for the homeless.

This dynamic partnership saw the church halls buzzing with enthusiasm as volunteers from both groups worked side by side, packing essentials like warm blankets, hygiene kits, and non-perishable food items.

The collaboration not only strengthened the bonds within the church community but also extended a helping hand to those in need. As the care packages took shape, it was evident that this joint effort was more than just assembling items – it was an act of compassion and a testament to the collective power of kindness.



Featured Ministry - Health & Wellness

February is **Heart Health Month!**

Throughout the month of February, join us in raising awareness about cardiovascular health, emphasizing the importance of healthy lifestyle choices, regular exercise, and mindful nutrition. Let's come together to promote heart-conscious living, fostering a community committed to the well-being of our hearts and those we care about.



Did You Know?

Men and women experience different heart attack symptoms?



Women may have subtler heart attack symptoms, such as chest discomfort, pain in arms, back, neck, jaw, or stomach, shortness of breath, and nausea. Men usually experience chest pain, discomfort, and pressure, along with symptoms in the arms, neck, back, and jaw, as well as shortness of breath, sweating, and heartburn-like discomfort.

What is heart failure?

Heart failure is a long-term condition where the heart struggles to pump enough blood to meet the body's needs for oxygen and nutrients.

At first, the heart tries to cope by getting bigger, building more muscle, and beating faster. At the same time, the body tightens blood vessels and holds onto salt and water to help the heart. While these actions may hide the issue temporarily, they don't fix the real problem.

As heart failure continues, these coping mechanisms stop working well, causing symptoms like tiredness and difficulty breathing. Regular checkups, a balanced diet, exercise, and staying hydrated are crucial for a healthy heart and can help prevent or manage heart failure.

Source: American Heart Association

How the normal heart works

The heart is a strong pump that's a bit larger than a fist. Its job is to pump the right amount of blood to all parts of the body in a process called circulation.

Imagine the heart having four rooms: two upper ones called atria (singular: atrium) and two lower ones called ventricles. The right atrium receives oxygen-depleted blood from the body, sends it to the right ventricle, which then sends it to the lungs for oxygen. The oxygen-rich blood goes from the lungs to the left atrium, then to the left ventricle, which pumps it to the rest of the body.

In order for the heart to work well, these four rooms need to beat in an organized way. A healthy heart is really good at pumping blood to keep everything flowing smoothly.

Join the Senior Exercise Class!

Monday & Wednesdays
12:30 - 1:30 p.m.
via ZOOM



[Click HERE to join class](#)

Meeting ID: 861 1492 3560

Passcode: 037927

or Dial by your location: +1 301 715 8592

Featured Ministry - Health & Wellness Ministry cont.

Almond Crescent Cookies

INGREDIENTS:

- 1 stick salted butter, softened (1/2 cup)
- 1/3 cup of applesauce (make sure there's no additional sugar added)
- 2 tbsp. of maple syrup
- 1/2 tsp vanilla extract
- 1 tsp almond extract
- 2 cups of gluten-free flour (can use almond, oat, coconut, or a blend of gluten-free flours)
- 1/3 cup sliced almonds, crushed up

INSTRUCTIONS: Preheat oven to 350°F. Mix ingredients, shape dough into 12 crescent balls, and bake for 15 minutes. Optional: Add chocolate chunk before baking or dip in melted chocolate for extra flavor. Cool before serving.



Member of the Month - Mrs. Lucy H. Maddox

How long have you been a member of St. Paul, Ms. Maddox? -

I have been a proud member since July 12, 1956.

Could you share a funny or heartwarming moment you've experienced at church? - I graduated from the only African American business college in Alabama with a close friend. After she moved to Detroit for better opportunities, I joined her a year later following my marriage, promising to join the same church she was attending. Despite initially having a letter from another church, it was addressed to St. Paul AMEZ, Dr. Ardrey. Despite the confusion, I cherish every moment since joining this church!

What's your favorite scripture? - "Be kind and compassionate to one another, forgiving each other, just as in Christ God has forgiven you."
- Ephesians 4:32.

And your favorite hymn/gospel song? - I have several! 'I Won't Complain', 'He Looked Beyond My Faults', and 'I Must Tell Jesus'

What are your favorite hobbies? - Traveling!

Any fun facts about yourself that most people at the church might not know? - Well, when I was younger, I saw an ad in the paper offering a ticket to the Holy Land for \$399. I wondered if I could save up that amount. Now, I've been to the Holy Land three times, each trip totaling more than \$399. On one of those journeys, I sailed down the Sea of Galilee in the Jesus boat. On one of those trips, I was rebaptized in the River Jordan. God is truly able!



NEW MEMBERS CLASS

Learn about the foundation of our faith, connect with our church family, and explore all we have to offer!

St. Paul A.M.E. Zion Church
11359 Dexter Ave., Detroit, MI 48206

February 17, 2024
11 a.m.
Room #3

All members welcome!



Discussion Topics:

- Dues
- Stoles
- Planned Outreach
- Self-Care



The Detroit Western Michigan District Virtual Life Members Council Meeting

Saturday, March 2, 2024

at 11:00 a.m. EST

Zoom ID: 8021024012
Meeting ID: 8021024012
Call in Number: 1-312-626-6799

Zoom link will be emailed to Local Life Member Chairs and Presidents closer to date.

Ms. Patricia Clemons, District Life Members Chair
Mrs. Patricia Peterson, District President



DETROIT WESTERN MICHIGAN DISTRICT MINISTERIAL ALLIANCE

St. Paul A.M.E. Zion Church Women's Ministry upcoming events

March 15, 2024
THE COLOR PURPLE PAJAMA PARTY

March 16, 2024
MUSICAL BRUNCH

March 17, 2024
WOMEN'S DAY

more information to follow

Lady LaTonya L. Jarrett, Women's Ministry Director
Rev. Todd N. Jarrett, Pastor

Ash WEDNESDAY

February 14, 2024 | 7:00 p.m.

Service held in person at:
John Wesley A.M.E. Zion Church
28001 Evergreen
Southfield, MI 48076

Join us Virtually on the Detroit Western Michigan District Facebook Page! **LIVE**



Rev. David A. Williams, 2nd Vice President
Rev. Orea H. Peterson Jr., President
Rev. Dwight L. Gutridge, Presiding Elder

Rev. Ronda Libbett, Preacher
Associate Minister,
St. Luke A.M.E. Zion Church

25 YEARS OF MINISTRY Celebration



Save the Date
Honoring
Rev. Dwight L. Gutridge

Saturday, March 16th
6:00-9:00pm

Location and Ticket information to come

The African Methodist Episcopal Zion Church
Women's Home and Overseas Missionary Society
Detroit Western Michigan District

The Second Mile Observance 2024
FEBRUARY 10 | 11:30am
(Zoom Information will be emailed and posted on social media platforms)

Mary Gaither Meeks
Agape Virtual Luncheon
Quadrennial Theme:

REACHING THE MASSES IN AN EVER-CHANGING WORLD: THE JOURNEY CONTINUES WITH:

self-care and wellness



Lady Mia Gutridge
Speaker

Mrs. LaTonya L. Jarrett, Second Mile Chairperson
Mrs. Patricia Peterson, District President
Rev. Todd N. Jarrett, Host Pastor
Rev. Dwight L. Gutridge, Presiding Elder
Mrs. Golenia A. Frencher, Missionary Supervisor
Bishop Michael A. Frencher, Sr., Presiding Prelate

Admission **\$10**
INCLUDES BOTH CLASSES

Looking for a fun way to exercise and fellowship? If so, this class is for you!

HUSTLE DANCE CLASS

Third Saturday of each month
(Beginning January 20, 2024)

1pm-2pm-Beginner
2pm-3pm-Int/Adv

Steve "Silk" Sturkey | Instructor
St. Paul A.M.E. Zion Church
11359 Dexter Ave.
(Entrance on Dexter Ave.)
Detroit, Michigan

LaTonya L. Jarrett, Women's Ministry Director
Rev. Todd N. Jarrett, Pastor

BLACK HISTORY MONTH

Discover some trivia spanning various topics that will inspire you to explore beyond Black History Month! Share these interesting nuggets with friends and family for some fun conversations. Happy exploring!

★ 206 ★
BILLION

Annual revenues generated by the 3.12 million Black-owned businesses in the United States.

3.2 Million

Black civilian military veterans in the United States nationwide in 2019



Inventions

Thank black inventors for mashed potatoes, disposable syringes, and automatic elevator doors!



Music

Renowned singer and jazz pianist Nat King Cole was the first Black American to host a TV show: NBC's *The Nat King Cole Show*.



Policy

In July 1777, Vermont became the first colony to ban slavery.

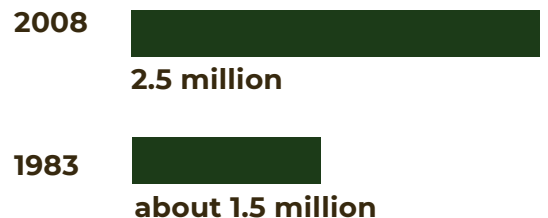


Countries like Canada and Ireland have started to celebrate Black History Month!



The month of February was chosen to coincide with the birthdays of Abraham Lincoln and Frederick Douglas.

Number of Black College Students



MOVIE ICONS!

Chadwick Boseman gained global recognition for portraying Black Panther in the Marvel Cinematic Universe (MCU). He was the first black actor to lead an MCU film.



Hattie McDaniel was the first African American to win an Academy Award, receiving the Best Supporting Actress Oscar for her role in *"Gone with the Wind"*.



The Amistad Revolt:

In 1839, enslaved Africans aboard the Amistad ship rebelled against their captors, leading to a landmark court case that ultimately granted them freedom



THE SHEPHERD'S SCROLL: INSIGHTS FROM PASTOR JARRETT

Greetings St. Paul!



Happy 2024! As we embark on this new year's journey together, I am filled with gratitude and excitement for the incredible efforts we've undertaken thus far!

Our commitment to making a positive impact in the lives of those around us, has truly been a move of God. Kicking off the year with great enthusiasm under the theme, "*Getting Ready for IMPACT; Let Your Little Light Shine*", gave us a jolt of spiritual energy like never before!

It's a powerful reminder that as followers of Jesus Christ, we are called to shine brightly, illuminating the world with love, kindness, and the transformative power of the Gospel.

***"IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN."* MATTHEW 5:16 (NIV)**

Let us embrace this call to action wholeheartedly, knowing that our efforts ripple out into our communities, bringing hope and healing to those who need it most.

Also, I am thrilled to share that our church is moving in a great direction towards greater efficiency in technology, communication, outreach, and branding. These advancements will enable us to better connect with one another, reach out to our community, and share the message of God's love with even more people, stay tuned!

As always St. Paul, as we navigate the challenges and joys of life together, let us remember 1 Peter 4:8 (NIV), "*Above all, love each other deeply, because love covers over a multitude of sins.*" Let us love one another, praying for each other's well-being and encouraging each other in our faith journeys. And let us never forget to let our **little lights shine brightly**, guiding others towards the love and grace of our Savior.

May the love of Christ dwell richly within us, overflowing into every interaction and every endeavor. Together, let us be beacons of hope and agents of change in our community and beyond. Thank you St. Paul!

And oh yeah... **GO BLUE!** - Rev. Jarrett

