

JANUARY

FEBRUARY



ST. JAMES AME ZION CHURCH | 2023 NEWSLETTER

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San Mateo, CA 94401
650-343-1712
www.stjamesanmateo.org
stjamesamezchurch@gmail.com

WHAT'S HAPPENING AND WHAT'S NEW

Trustee of the Month
Sis. Linda Gentry

JANUARY BIRTHDAYS



Sis. Emily Rayray 1/4
Bro. Matthew Clinton 1/5
Bro. Harry Olson 1/11
Sis. Olivier Flewellen 1/27
Sis. Lindsay Bussey 1/30

FEBRUARY BIRTHDAYS



Bro. Jaiden Liggins 2/2
Sis. Rhonda Rochon Smith 2/4
Bro. Eric Brewer 2/4
Sis. Saunja Porter-Townsend 2/18
Sis. Linda Gentry 2/20

MISSION

Our mission is to bring people to Christ by taking Christ to people.

VISION

We strive to be a church that is Christ centered, culturally relevant and community focused.

MOTTO

The church is not the building, it's the people. So come and be the church with us.

FROM THE PASTOR'S DESK



THE LITURGICAL CALENDAR: A Teaching Moment

The liturgical calendar spans the life of Christ in a single year - from anticipation (Advent) to hope (Christmas), to transcendence (Epiphany), to lament (Lent), to redemption (Easter), to the birth of the church (Pentecost), and through long, numbered days (Ordinary Time - the time after Epiphany), back to Advent.

The exact dates of Lent depend on the date for Easter Sunday. Easter is the first Sunday after the first full moon after March 21. Because the date for Easter moves between March 22 and April 25, the length of the Season after Epiphany and the Season after Pentecost varies. The Easter season is 50 days long and goes through the Day of Pentecost. The Season after Pentecost begins immediately after Pentecost Sunday and continues to the beginning of Advent. This season is known as Ordinary Time.

In the life of Zion Methodism, we adhere to the seasons of **Advent** (four Sundays before Christmas Day), **Christmastide** (one or two Sundays between Christmas Day and the Day of Epiphany), **Epiphany** (five to eight Sundays from January 6 to the Sunday before Ash Wednesday), **Lent** (six Sundays between Ash

Wednesday and Easter Sunday), **Eastertide** (seven Sundays beginning with Easter to the Sunday before Pentecost), **Pentecost**, and **Kingdomtide** (twelve to fifteen Sundays between the first Sunday of September and the first Sunday in Advent).

The color of the paraments (altar cloths) correspond to the Christian Season. Purple is used for Lent and Advent because they are periods of preparation and repentance. White represents the feasts of Christmas Day and Christmastide, Epiphany Sunday, Easter Season, Trinity Sunday and for first Sunday, our celebration of the Lord's Supper. Red represents the Season of Pentecost and green is used to symbolize Kingdomtide.

(Courtesy of The Book of Worship, AME Zion Church, 1996)

(Courtesy of "A Dictionary for United Methodists, Abingdon Press, umc.org)

EXCITING NEW STJ FEATURE : YOU VERSION BIBLE



We're happy to announce a new feature that's available to the St. James Family. We have a YouVersion Bible application! In addition to linking your own account, please share the STJ Bible app with your friends, family and coworkers. If you're already a user on the cell phone Bible application, linking to our page is easy. If you're not a user yet, you'll definitely want to download the app and begin using it. We will be doing reading plans together on various topics, and continuing to grow individually and as a church family.

Here is the QR CODE:



All you have to do is: (1) click on the link above, (2) hit the “set church” button, (3) click on “everyone” and (4) confirm. Nothing on your end changes, your account simply links your app to the church YouVersion so you’ll be able to connect with the church online throughout the week. Please take a moment and get connected! Thanks in advance for joining the STJ YouVersion family.

THE NATION GOES RED IN FEBRUARY



National Wear Red Day® – Friday, February 3, 2023

On the first Friday of every February, which is designated as American Heart Month, the nation comes together, igniting a wave of red from coast to coast. From landmarks to news anchors and neighborhoods to online communities; this annual groundswell unites millions of people for a common goal: the eradication of heart disease and stroke.

American Heart Month, a federally designated event, is an ideal time to remind Americans to

focus on their hearts and encourage them to get their families, friends and communities involved.

-The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

-The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

-While American Heart Month is a federally designated month in the United States, it’s important to realize that cardiovascular disease knows no borders.

CELEBRATING BLACK HISTORY MONTH IN CALIFORNIA



Since its inception in 1970, Black History Month has been a celebratory reminder of trailblazers and events that have broken barriers in the history of African diaspora. In honor of the special month, we encourage you to explore these sometimes lesser-known California tours, businesses, and stories that have played a momentous role in U.S. history and Black culture.

The Sugg House in Tuolumne County

Listed on the National Register of Historic Places in Tuolumne County, the Sugg House was built and owned by former slaves, William and Elizabeth Sugg, whose family occupied the seven-bedroom house for 125 years. The Sugg’s along with roughly 5,000 African Americans were an integral part of the

Gold Rush community with an estimated 500 thought to have mined in the Tuolumne County area.

San Francisco's Museum of the African Diaspora

San Francisco's Museum of the African Diaspora (MoAD), a contemporary art museum, celebrates Black cultures, ignites challenging conversations, and inspires learning through the global lens of the African Diaspora. Virtual exhibitions and events are currently available for guests to experience.

Napa Valley's First and Only Black-Owned Estate Winery

As one of the region's most well-regarded zinfandel producers, Brown Estate in Downtown Napa is the first and only Black-owned estate winery in the region. Purchased in 1980 by the Brown family, the abandoned ranch was rehabilitated to include viniferous grapes which Brown Estate farmed and sold to local winemakers for a decade.

Sequoia National Park's First African American Superintendent

Sequoia National Park Superintendent Colonel Charles Young was the first African American national park superintendent and leader of the famed Buffalo Soldiers. Under his command, Young's men were responsible for building the infrastructure of the park including the road to the giant forest. A portion of Highway 198 just outside the park has been renamed in his honor.

Visit Visalia: Home to Colonel Allensworth Historic State Park

In 1908, Colonel Allen Allensworth and a group of African American families founded, financed and governed an all-Black farming community now known as Colonel Allensworth Historic State Park. Explore the seven restored and reconstructed buildings, including the colonel's house, a schoolhouse, Baptist church and library, as well as artifacts and photographs.

Santa Barbara's First Female-Owned Vineyard

Founded in 1997 by Iris Rideau of Black-Creole descent from New Orleans, Rideau

Vineyard holds the title of being the first Black female-owned winery in the United States. For 20 years, Iris owned and operated the winery where 9,000 bottles of her favorite Rhône style wines were produced annually. The winery was sold in 2016, but Rideau Vineyard continues to produce some of the best varietals in the Santa Ynez region.

Destination Crenshaw: A Los Angeles Art and Culture Experience

As one of the largest Black communities west of the Mississippi River, Destination Crenshaw is an unprecedented Los Angeles community-led project that will celebrate over 200 years of Black activism in the city. Debuting in 2021, the 1.3-mile open-air museum will create community gathering spaces surrounded by over 100 Black public artworks that will serve as cultural landmarks and cement L.A.'s role in creating a Black Renaissance.

San Luis Obispo's Community Activist, Maxine Lloyd Lewis

Maxine Lloyd Lewis is best known for her work as an activist in San Luis Obispo. Born in 1926, Lewis founded an organization focused on serving Thanksgiving dinners to the disadvantaged. She was quoted saying "give them a flower while they live — not when they are dead." In 2020, more than 40 years after her passing, the City of SLO honored Lewis with a 20-by-20 foot chalk portrait with flowers surrounding her.

San Diego's Celebrated Martin Luther King Jr. Promenade

Alongside San Diego's Harbor Boulevard, the Martin Luther King Jr. Promenade is a 12-acre linear park commemorating Dr. King's life. Several sculptures and 30 plaques tell of his legacy and inspiring words. Of the most notable sculptures is Breaking the Chains by Melvin Edwards, a tall metal monument dedicated to the fight for civil rights.

Balboa Park's Worldbeat Cultural Center

The WorldBeat Center in Balboa Park is a non-profit arts organization devoted to celebrating the African diaspora and Indigenous world

cultures from art exhibits and concerts to outdoor festivals and virtual events.

Source: www.visitcalifornia.com

EAT SEASONALLY

FEBRUARY

EAT SEASONAL
WITH AHEALTHYLIFEFORME.COM

BRUSSELS SPROUTS
BROCCOLI
CAULIFLOWER
FENNEL
GRAPEFRUIT
GREENS
LEEKs
LEMONS
ORANGES
PARSNIPS
POTATOES
RADISHES
SUNCHOKES
TANGELOS
TANGERINES
TURNIPS
WINTER SQUASH



A
HEALTHY LIFE
FORME

AN EVERYDAY HEALTH INFOGRAM

7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:

- Live smoke-free.** If you smoke, quit.
- Monitor your blood pressure.** Keep your numbers below 120/80 mm Hg.
- Maintain a healthy weight.** Target a body mass index (BMI) of less than 25.
- Watch your cholesterol.** Strive for a total cholesterol less than 200 mg/dL.
- Control your blood sugar.** Aim for a fasting blood glucose less than 100 mg/dL.
- Get active.** Log 150 minutes of moderate intensity activity - like brisk walking - per week (or 75 minutes of vigorous-intensity activity).
- Eat a heart-healthy diet.** Make vegetables and fruits, whole grains, and fish mealtime staples. Limit sodium, saturated fat, and added sugar.

Source: American Heart Association

everyday HEALTH

SAN MATEO POLICE DEPARTMENT

Protect the vulnerable person in your life and register them today!



Being lost can be confusing, scary, and upsetting. For someone who has Alzheimer's, autism, dementia, a developmental disability, or an intellectual disability, it can be **DANGEROUS.**

Ask yourself, if there was an emergency would my loved one be able to communicate with first responders?

If you have any doubt, consider enrolling your loved one in

San Mateo Police Department's PROJECT GUARDIAN

(Vulnerable Persons Registry)

This registry is a free, voluntary, and confidential database offered, managed, and maintained by the San Mateo Police Department. It will provide quick access to critical information about a registered person in the event of an emergency.

To learn more about the program or to register your loved one, scan this QR code, or visit www.cityofsanmateo.org/Project-Guardian



**San Mateo Police Department's
Project Guardian**
(*Vulnerable Persons Registry)

To register online, you must provide the following for the person being registered:

- Name
- Date of Birth
- Physical Description
- Diagnosis
- Languages Spoken
- Photo of Person

You can also provide additional, helpful information.

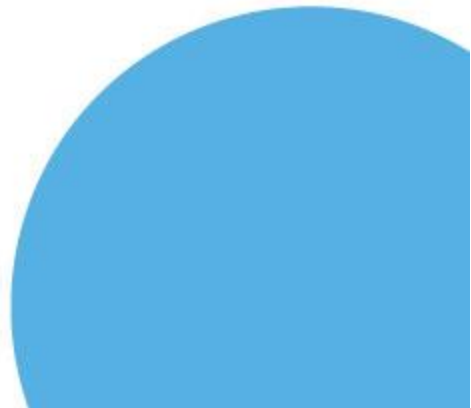
Once the information is entered into the system, you will receive an email confirmation. After enrollment, SMPD will send a sticker for placement at the residence to let officers know someone who lives there is registered with **Project Guardian**.

Share this information with anyone you think would benefit from this helpful new program.

**Vulnerable person must be a San Mateo resident.*







San Mateo Police Department
200 Franklin Parkway
San Mateo, California 94403
www.sanmateopolice.org
(650) 522.7700



Love Word Search

1 Corinthians 13:4-8

Find the hidden words.



K Y D S N G E G I P B E E E H
U P A E M L G A A V E A B O N
W R T V Q F P R R J A T P W E
U E I E Z J R B R Z R E O P Z
U N R I G H T E O U S N E S S
N E B L B Q P P G F M H C J K
N S Q E K E R S A V P P R P X
E J E B C O P T N C M L C X Q
R N S C V O N E T N X J J T C
D P D O I E M D E R E F F U S
Y N K U I O R I J E A L O U S
R E I T R D J O N F L C G V K
D R A K F E Z E A G X M K O F
Z P Y Z D A S R R R L S R A W
Q T K X B W R E V E N Y Y C N

Is **PATIENT**

Is **KIND**

Is Not **JEALOUS**

Does Not **BRAG**

Is Not **ARROGANT**

Does Not Act **UNBECOMINGLY**

Does Not Seek Its **OWN**

Is Not **PROVOKED**

Does Not Take Into Account A
Wrong **SUFFERED**

Does Not Rejoice In
UNRIGHTEOUSNESS

REJOICES With The Truth

BEARS All Things

BELIEVES All Things

HOPES All Things

ENDURES All Things

WORSHIP WITH US



Sunday Service

On site at 11:00
following COVID-19 protocols

Facebook Live

www.facebook.com/stjamesanmateo

Instagram Live

@stjamesamezchurch

Phone Audio

Call-In Number **1-669-900-9128**

or via Zoom

Meeting ID: 871 8884 0303

Passcode: 670043

Wednesday Night Bible Study

7:00p.m.-8:00 p.m.

Call-In Number **1-669-900-9128**

or via Zoom

Meeting ID: 871 8884 0303

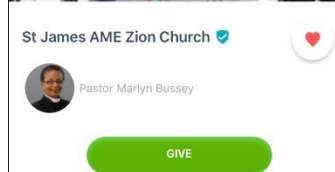
Passcode: 670043

A REMINDER FOR THOSE ATTENDING IN PERSON WORSHIP:

Please, please, please refrain from watching the sermon on your phone, iPad or other electronic device while worshipping in the sanctuary. There is a limited amount of bandwidth for streaming the service. Every device that is in operation in the sanctuary draws on that bandwidth and slows down the internet connection and the streaming capacity. Please help the tech team provide the best

possible delivery of the worship service to everyone by enjoying the worship experience live. Thank you so much for your cooperation and assistance.


TITHES AND OFFERINGS



Tithes & offerings can also be mailed to the church

Text Give to:
650-800-6925



 **Cash App**
\$stjamesanmateo

PIC•COLLAGE

WE WANT TO HEAR FROM YOU

- If you would like to accept Jesus Christ as your Lord and Savior
- If you have a prayer request
- If you would like to join St James AME Zion Church as a physical or e-member:
Please contact us directly at:
stjamesamezchurch@gmail.com

STAY CONNECTED

Website:

www.stjamesanmateo.org

Facebook:

www.facebook.com/stjamesanmateo

Instagram:

www.instagram.com/stjamesamezchurch/

Twitter:

www.twitter.com/stjamesamez

JANUARY & FEBRUARY PRAYER LIST



St. James AME Zion Church family, Pastor Marlyn Bussey and family, Board of Bishops, Bishop Brian Thompson, Sr. and family, The AME Zion Church, the upcoming denominational meetings in Los Angeles, Stephanie Page and family, Marie Davis and family, Sis. Jean Wilson and family, Sis. Evelyn Neely, Joe and Diane, Michael and Ann Wasson, the Boss family, Sis. Charlotte McAfee, Kyle Parker, Jr., Sis. Linda Clayton, the Lax family, those grieving losses, the people of Ukraine, the homeless and hurting; those fighting sickness, safety for houses of faith, educators, students, the unemployed; students and educators, victims of gun violence, front line and essential workers, those traveling; the incarcerated; the lonely, those feeling as though they have no hope, all those who are blessed by the Care Portal Ministry, the children nourished by the Breakfast Tree Ministry. Congress, President Biden and his administration. Pray for those enduring extreme weather conditions. Finally, let us pray for all those we interceded for on Sunday morning and throughout the week.