



WHAT'S HAPPENING AND WHAT'S NEW

Trustee of the Month
Bro. Kamal Hubbard

FEBRUARY & MARCH 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
- Bro. Lewis Clinton, Jr. 3/2
- Sis. Anika Hurt Hausner 3/2
- Sis. Joy Higgins 3/4
- Sis. Aundrea Smith 3/7
- Sis. Dorris Nutting 3/22

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

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: STJ 2024 RESET



Every now and then, organizations hit a plateau. When this happens, it feels like

a stalled car: still operational but clunking its way along rather than riding smoothly. The same is true for the church. When churches reach plateaus, operational shifts are necessary to keep the church moving forward. St. James is about to shift.

There will be several new things happening at St. James as a result of a “Reset” members’ meeting we had recently. The meeting generated great conversation and suggestions as well as excitement and enthusiasm for our new direction.

The major area of strength of the St. James ministry is our strong culture. The culture of the church is one that is unapologetically committed to consistent biblical teaching, fervent intercessory prayer, social justice advocacy and responding to the needs of our neighbors. We are a friendly, multi-ethnic community that at the same time, remains true to our ancient roots as a historically Black Church .

In order to use this strength to foster growth, over the next 6 months, we will:

- Actively invite the unchurched to worship with us
- Do a better job of tooting our own horn about all we do. We are the best kept secret in the county.
- Recognize the accomplishments of all cultures since our church is diverse
- Participate in 2x2 projects, ie. everyone commits to doing 2 things each week to promote the church such as liking and sharing social media posts, telling two people about your church, directing people to the website and the FB and IG pages, etc .
- Create a QR code and postcard we can give to people who are interested in attending church or who want to find out more about our church.
- Utilize 1st Sunday as the monthly invitation day since we have the birthday celebration as well. It’s a good evangelistic tool.
- Look for places to advertise the church so our name can be known in the community even more broadly.
- Create videos featuring our scholarship recipients
- Request videos or testimonials from schools we have supported
- Find out how to tap into traveling nurses community at Mills- Peninsula so we can create a pipeline from there to the church.
- Connect with the football coach at CSM to create a pipeline for the players from there to the church using events, activity and food as a draw.
- Use flyers for advertisement as well as online advertisement
- Get the church listed in the visitors guide that’s available in area .
- Start using TikTok to promote what we are doing. That will reach our missing demographic of 18-30 year olds.
- Provide transportation to church.
- Investigate Tide’s Loads of Hope mobile laundry so students can wash their clothes for free.

- Make 30 second videos from our regarding “your why”: why you choose to worship at STJ; what drew you here, what keeps you here, how you think joining this community of believers will benefit others.
- Make sure visitors know we are approved to park at the King Center, despite the signage to the contrary.
- Borrow some best marketing practices from University AME Zion Church and some high visibility strategies from Island United Church.

This is a LOT I realize. But, as the various strategies are initiated, let’s all work together as we always have to build a stronger St. James for now and for future generations as well!

The STJ 2024 RESET is LOADING!!

VOTE FOR HOPE: NEW BEGINNINGS HOUSING PROJECT

New Beginnings will serve as a beacon of hope for vulnerable youth aging out of foster care in the heart of our North Central neighborhood. Our neighborhood was redlined and is still grappling with resource disparities, this project represents a tangible investment in our Equity Priority Communities that have been neglected for far too long.

New Beginnings will comprise five units that will serve as a safe haven for young adults on the brink of independence who often face disproportionately high risks of homelessness. These units will offer a chance for stability, growth, and empowerment.

This achievement wouldn't have been possible without the dedication and vision of **Rev. Dr. Marlyn Bussey**, whose unwavering commitment to social justice paved the way for New Beginnings. As Pastor at St. James AME Zion Church, Rev. Dr. Bussey exemplifies the spirit of resilience and community empowerment. Her leadership serves as a reminder that during Black History Month and beyond, #blackexcellence shines bright in San Mateo and beyond.

There's no better way to commemorate #BlackHistoryMonth than by acknowledging and supporting the remarkable contributions of our black leaders in San Mateo who are shaping history in our community.

This article is shared via Councilwoman Amourance Lee's website www.amourancelee.com

MARCH HEALTH FOCUS



March is National Colorectal Cancer Awareness Month! During this important month The Colorectal Cancer Alliance urgeS everyone to visit [getscreened.org](https://www.getscreened.org) to learn more about colorectal cancer symptoms, risk factors, screening options. You can also help the Alliance raise awareness of this disease by visiting [ccalliance.org/march](https://www.ccalliance.org/march).

An estimated 153,020 people in the U.S. will be diagnosed with colorectal cancer and 52,550 will die from it this year, according to the American Cancer Society. Colorectal cancer is a term that includes colon cancer and rectal cancer. Colorectal cancer is the second deadliest and fourth most common form of cancer in the U.S. Most colorectal cancers develop in people above age 50, but more than one in 10 diagnoses are in younger people. In fact, cases of young-onset colorectal cancer are rising.

But there is some good news! Colorectal cancer is one of the most preventable cancers and is highly treatable when detected early. Most people should begin getting screened for colorectal

cancer at age 45, according to national guidelines. People at higher risk, including those with symptoms, a family history of colorectal cancer, and certain inherited genetic syndromes like Lynch Syndrome may need to get checked earlier. Everyone should speak with their healthcare provider about when and how to get checked.

The Alliance also provides a free screening recommendation based on your individual risk factors at [quiz.getscreened.org](https://www.quiz.getscreened.org).

To help prevent colorectal cancer or catch it early, when it's most treatable, the Alliance recommends the following tips:

- **Know the risk factors and practice prevention:** More than half of colorectal cancers in the U.S. are associated with lifestyle risk factors that can be changed. So, exercise regularly, maintain a healthy weight, don't smoke, drink alcohol in moderation, and eat a diet rich in fruits, vegetables, whole-grain fiber, and calcium. Family history of colorectal cancer, certain inherited genetic syndromes, chronic inflammatory bowel diseases, and type 2 diabetes are also risk factors.
- **Watch for symptoms and take action:** Colorectal cancer can develop silently, so there may be no symptoms until it has advanced to later, and more deadly, stages. That's why it's critical to get

screened for this disease.

Symptoms to look for include a change in bowel habits, rectal bleeding, abdominal discomfort, weakness and/or fatigue, and unexplained weight loss. If you experience these symptoms, speak with a healthcare provider immediately.

- **Get screened:** Screening can prevent colorectal cancer through the detection and removal of precancerous growths called polyps. Screening can also detect cancer at an early stage, when treatment is usually more successful. People at average risk should start screening at age 45, and those at higher risk may need to get checked earlier. The Alliance offers a free screening recommendation based on personal risk at quiz.getscreened.org.
- **Spread awareness:** To help spread education and awareness, the Alliance encourages everyone to share about

#ColorectalCancerAwarenessMonth on social media.

This month, let's join together and spread awareness about colorectal cancer and encourage our loved ones to get screened. By doing so, we can help prevent this disease and save lives. Remember, colorectal cancer is highly preventable, and the Alliance is determined to end this disease within our lifetime.

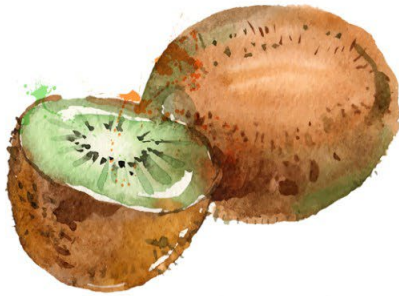


EAT SEASONALLY

MARCH

EAT SEASONAL
WITH AHEALTHYLIFEFORME.COM

ARTICHOKE
ASPARAGUS
AVOCADOS
BROCCOLI
BRUSSELS SPROUTS
CAULIFLOWER
CHICORY
LETTUCE GREENS
KIWI
LEEKs
LEMON
LIME
MUSHROOMS
ORANGES
PARSNIPS
PEAS
RADISHES



HEALTHY LIFE
FOR ME

“Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment’s hesitation.”

—Catherine Doherty

WOULD YOU LIKE THE DIGITAL VERSION OF OUR NEWSLETTER?

STAY IN TOUCH & JOIN THE EMAIL LIST

SCAN THE QR CODE AND REQUEST
TO JOIN



WORSHIP WITH US



Sunday Service

On site at 11:00
following COVID-19 protocols

Facebook Live
www.facebook.com/stjamesanmateo

Instagram Live
[@stjamesamezchurch](https://www.instagram.com/stjamesamezchurch)

Phone Audio
via Zoom
Meeting ID: 871 8884 0303
Passcode: 670043

Wednesday Night Bible Study
7:00p.m.-8:00 p.m.

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

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/stjamesame

Sunday Morning

Health Corner

Women and Heart Health

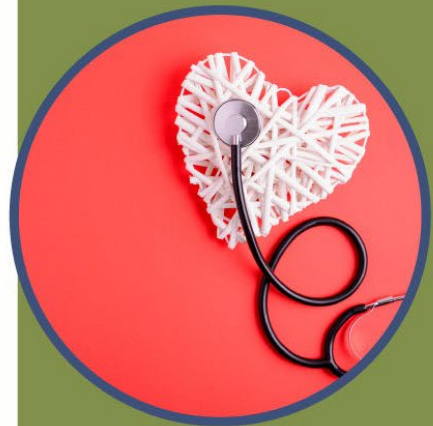
Nearly 60% of Black women over age 20 have heart disease. Most don't know it. Ultimately, heart disease will kill more than 50,000 Black women this year.

The causes include lack of information, ignorance of family health history, smoking, bad diet, and not enough physical activity.

Also, recent studies suggest that Black people who experience racism in employment, housing and interactions with police may be at 26% higher risk.

Eliminating racism is not within our control, but we can take steps to protect our heart health:

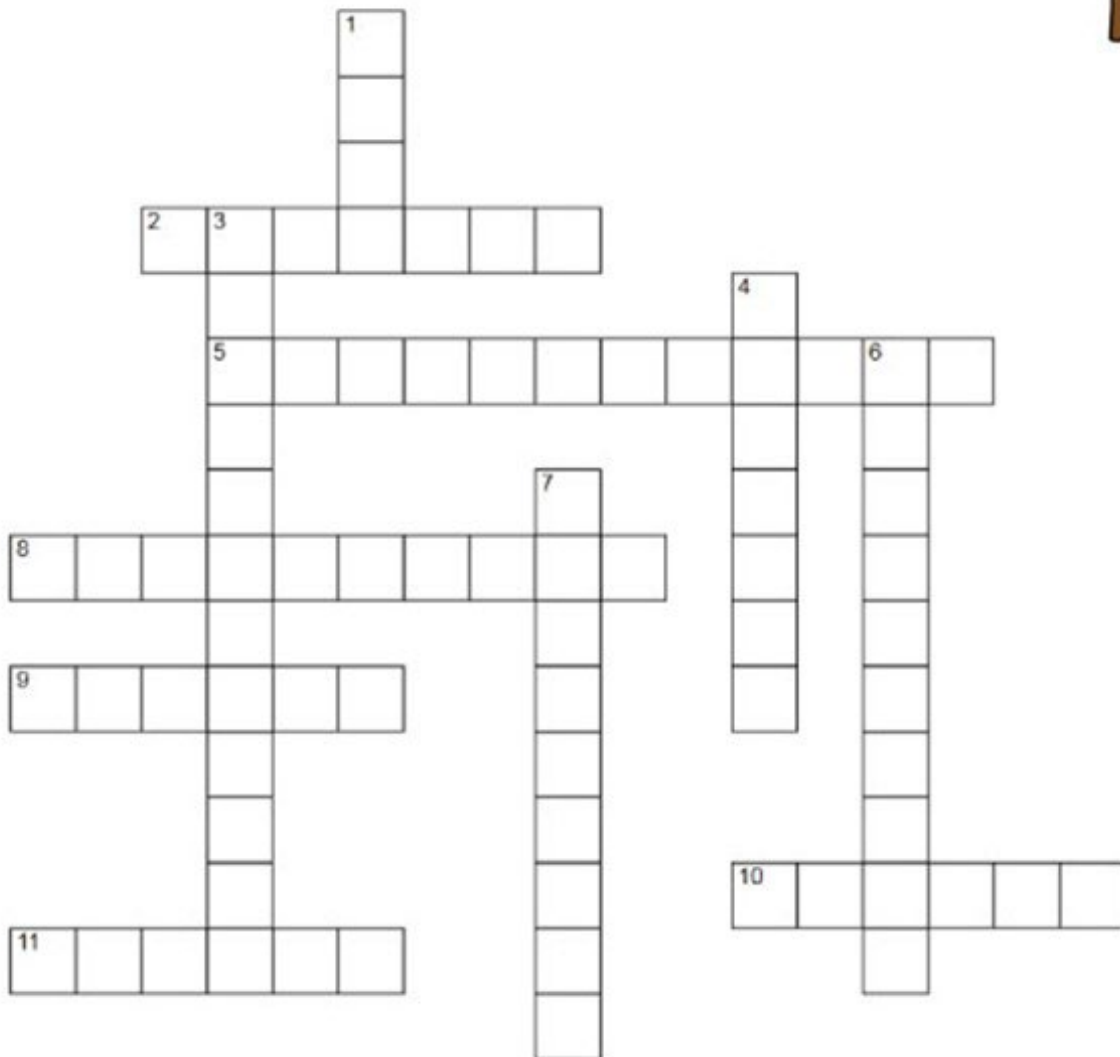
- Screen for cholesterol and blood pressure levels
- Reduce intake of salt and sodium
- Increase daily physical activity



THE
BALM
IN
GILEAD
INC.

balmingilead.org

Lenten Crossword



ACROSS

- 2 Restricting the food that we eat
- 5 The last day of Lent
- 8 The day *Jesus* was crucified
- 9 On Ash Wednesday when you get your ashes: " _____ and know the Gospel"
- 10 Mini-feast days or days you do not have to fast or sacrifice during Lent
- 11 Talking to God or the saints

DOWN

- 1 The 40 Day period of preparation before Easter
- 3 The first day of Lent
- 4 One day a week during Lent when we fast and pray extra
- 6 Giving of ourselves, money, time, or materials for those less fortunate
- 7 Offering/ giving up something 'good' on earth to focus on our relationship with God

ACROSS 2. fasting 5. Holy Saturday 8. Good Friday 9. repent 10. Sunday 11. prayer DOWN 1. Lent 3. Ash Wednesday 4. Fridays 6. almsgiving 7. sacrifice

More ways to connect!

St. James is now on the YouVersion Bible App!

Join us as we explore selected reading plans that will allow you to dig deeper and grow stronger in your faith formation.

Scan the QR code on the graphic below to get connected with us! ↘



St. James AME Zion Church

✓ My Church

M

Pastor
Rev. Dr. Marlyn Bussey



Address
825 Monte Diablo Avenue, San
Mateo, CA, USA



More Info



MARCH PRAYER LIST



St. James Church family, Pastor Marlyn Bussey and family, Board of Bishops, Bishop Brian Thompson, Sr. and family, Bishop George Crenshaw, Rev. Rhonda Davis, Bro. DeMarcus, Rev. Jacquie Day, Sis. Page and family, Rev. Kristi Dunham, Rev. Nailah Hubbard. Sis. Marie Davis and family, Sis. Jean Wilson and family, Sis. Evelyn Neely, Sis. Pearl Rochon, Rev. Kristi Denham, Sis. Charlotte McAfee, Kyle Parker, Jr., Sis. Marcella Gehlhar, Sis. Nancy Compagno, Bro. Harry Olson, Jr., Sis. Linda Clayton, Ada Lax, Bro. Jamal Smith, Sis. Imaya. Our college students: Matthew Clinton, Drea Smith and Anika Hausner. Those grieving losses, those dealing with severe weather conditions all over the world, those dealing with the continual tragedy of gun violence, those caught in the crossfire of political power struggles, violence and death across the globe, the homeless and hurting. Those afflicted by sickness, safety for houses of faith, the unemployed; students and educators, those with housing and food insecurity, essential workers, those traveling. Approval of the New Beginnings Housing Project, Carrie Dubois, the incarcerated; the lonely, those feeling as though they have no hope. Approval of the OES Security Grant. All those who are blessed by the Care Portal Ministry, the children nourished by the Breakfast Tree Ministry. Congress, President Biden and his administration. The work of the Juvenile Justice Commission of San Mateo County, Supervisor Noelia Corzo, Mayor Amourance Lee. Finally, let us pray for all those we intercede for on Sunday mornings and throughout the week and those whose names are added to our prayer wall each Sunday.