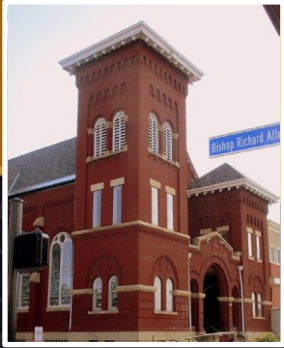


The Historic St Paul African Methodist Episcopal Church

639 East Long Street | Columbus Ohio 43215 | 614-228-4113

office@stpaulamecolumbusohio.org

Rev. Morné E Meyer, MDiv., Senior Pastor



March 13 — March 18, 2023



REVIVE RESTORE REBUILD

IN CASE YOU MISSED IT

[*online*](#)
[WORSHIP SERVICE](#)

[CLICK HERE](#)

[MID WEEK](#)
[MOTIVATION BY](#)
[REV. M](#)

[CLICK HERE](#)

ST. PAUL HOSPITALITY
MINISTRY



Invite you to a continental

Breakfast



Sundays @ 8:15 a.m.
Before Church School



St. Paul Annex
628 E. long St., Columbus OH

Flowers on the Altar are back!

Available Dates:

March , 12, 19,

April 16, 23, 30

May 7, 21, 28

Cost is \$30.00

Contact Church office
@614.228.4113 or via email:
Reverend639@gmail.com



Reading Day

Autopsy of a Deceased Church

12 WAYS TO KEEP YOURS ALIVE

Thom S. Rainer

Monday
MARCH 13, 2023
@6:30

Church Meetings and Gatherings

Tuesday, March 14th:

Bible Study @ 3:00 p.m. via zoom

Wednesday, March 15th:

BOCE Board Meeting @ 6:30 p.m. via zoom

Men's Ministry @6:30 p.m. in person

Thursday, March 16th:

Scholarship Committee @6:00 p.m. via zoom

Male Chorus practice@6:30 p.m. in person

Friday, March 17th:

10 minutes of prayer @ 10:00 a.m.

Via zoom

Saturday, March 18th:

Boy Scouts @ 11 a.m. (undercroft)

Mental Health Workshop @ 1:30 p.m. (Annex)



**WE NEED
YOU**

Mental Wellness Workshop

Your Feelings Are Your Friends

Mindfulness

Boundaries

Self-Care

Register on Eventbrite

March 18, 2023

1:30-3:00 PM

St. Paul AME Annex
639 E. Long Street, Columbus, OH
43213

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American
Heart
Association.

PLEASE JOIN US!

Hands-Only CPR Training

More than 350,000 people will experience an out-of-hospital cardiac arrest this year. Learn how you can be the difference and save someone's life! Join the American Heart Association to learn the critical life-saving skill of Hands-Only CPR in just a few minutes.* Also learn the warning signs of a heart attack and the difference between a heart attack and cardiac arrest.

Saturday, March 25, 2023 | 10AM-11AM

St. Paul AME Church

639 E Long St. | Columbus, OH 43215

Learn the two simple steps:



Questions

cchughesculp@gmail.com, 6142867033

*This is an educational event and will not provide a CPR course completion card.

The Historic St. Paul AME Church
Columbus, Ohio

200th Year Anniversary
Celebratory Kick-Off
with

Baritone, Eric McKeever

Presented By The Women's Chorale

Easter Saturday April 8, 2023 @ 5PM

St. Paul AME: 639 E Long Street Columbus, Ohio

Free will offering



ST. PAUL A.M.E. CHURCH
COLUMBUS, OH

SENIOR PASTOR
Rev. Morné E Meyer, MDiv

www.ericmckeeverbaritone.com



"Changing Season - Unchanging God" Lamentations 3:22-23

THE HISTORIC ST. PAUL AME CHURCH



Anniversary



SAVE THE DATE
August 12-13, 2023

Saturday August 12, 2023 Homecoming in Jefferson Park
Sunday August 13, 2023 Anniversary Worship Experience

Rev. Morne'E Meyer, MDiv Senior Pastor

Connectional Lay Organization Scholarship Opportunities

The Following Scholarship opportunities are now available:

The Joseph C. McKinney Scholarship

Application deadline 03 25 2023

The J.D. Williams Scholarship

Application deadline 03 25 2023

The Jayme Coleman Williams Scholarship

Application deadline April 16, 2023

Submissions must be to Kimberly Gordan Brooks by the deadline dates.

Application packets can be picked up from the Church office or email request for packet to Reverend639@gmail.com.





Cheryl A. Boyce Health Science Education Scholarship

ACADEMIC YEAR 2022-2023

ABOUT US:

The Ohio Federation for Health Equity and Social Justice is a nonprofit organization incorporated in Ohio. It is principally made up of agencies, organizations, and individuals concerned about minority and multicultural health, health equity, social justice, and the elimination of health disparities in racial/ethnic populations. Cheryl A. Boyce was co-founder of the Ohio Federation for Health Equity and Social Justice. Before this, she served as the Executive Director of the Ohio Commission on Minority Health from its inception in 1986 through late 2010. She earned a B.S. in Health Education from Southern Illinois University at Carbondale and an M.S. in Health Planning and Administration from the University of Cincinnati.

In her honor, the Cheryl A. Boyce Health Science Education Scholarship was created for eligible underrepresented high school students of Asian, Black, Latino or Native American race or ethnicity who seek to achieve an undergraduate degree in health sciences.

Health Sciences can include health education, nursing, biology, chemistry, allied health, public health, sports medicine, dentistry, occupational therapy, physical therapy, respiratory therapy, public health, hospital administration, and medical dietetics.

AWARD COMPONENT:

The Scholarship Committee award is **up to four (4) individual awards at \$1,000.00 per academic year** for a high school senior.

CRITERIA (see application for full criteria details):

- Students must reside and attend a high school in the State of Ohio
- Eligible under-represented high school students of Asian, Native American, Black, and Latino race/ethnicity
- Must be a graduating high school senior for the 2022 - 2023 school year
- 2.0 Minimum GPA overall or progression towards un-weighted GPA of 2.0 over the course of four semesters
- Official high school transcript
- Provide evidence of a minimum ten (10) hours community service
- Acceptance letter from college/university starting Fall 2023 or Winter 2024
- Essay from one of the four topics listed in application
- Two typewritten Letters of recommendation, one from a school official such as an administrator, guidance counselor or teacher and one from a person in the community
- Complete a face-to-face panel interview of the applicant with the review committee

APPLICATION TIMELINE (subject to change):

- Applications Open: February 13, 2023
- Application Due Date: March 27, 2023 by 5:00pm EST
- Application Review/Score Period: April 3 - 14, 2023
- Face-to-Face Zoom Interview: Week of April 24, 2023
- Final Awardee Selection: Week of May 1, 2023
- Awardee Notification: Week of May 8, 2023 by email/telephone
- Scholarship Award Ceremony: May 24, 2023 at 6:30pm (Virtual event)

APPLICATION SUBMISSION:

All applications must be submitted electronically at bit.ly/2023cabhealthsciencescholarship by 5:00pm on March 27, 2023

If you have questions, please send email to cabhealthsciencescholarship@gmail.com.

JOIN US FOR THIS VIRTUAL EVENT

Saturday, March 25, 2023
11:00am EST



12th Annual HICKS HARRIS FERGUSON Multiple Myeloma Symposium

PRESENTS A NATIONWIDE PREMIERE

The 12th Annual Hicks Harris Ferguson Multiple Myeloma Symposium and Paris Films, LLC will premiere a nationwide virtual screening of the documentary

STRONG.
LIVING WITH MULTIPLE MYELOMA

Like many adult men, Paris thought he was invincible and had a major wakeup call in October 2019 when he was diagnosed with multiple myeloma. When he was diagnosed, Paris was a healthy 40-year-old who exercised, ate well, and maintained a healthy lifestyle.

From moments after his diagnosis to learning how to walk again, cameras documented Paris' journey through the trials and tribulations – detailing the excruciating process through it all.

STRONG. LIVING WITH MULTIPLE MYELOMA documentary serves to provide everybody with a powerful and inspirational story from a unique, up-close and personal perspective.

**PLEASE JOIN US FOR THIS EXCLUSIVE PREMIERE WITH A
PANEL DISCUSSION FOLLOWING THE SCREENING.**



Presenting Sponsor

**PRE-REGISTRATION IS REQUIRED AT:
[HTTPS://BIT.LY/12THANNUALHHFMMS](https://bit.ly/12thannualhhfmms)**

✉ hhfsymposium@gmail.com

🌐 www.ohiofederationfortheequity.org



From the Health Concerns Committee

Multiple Myeloma (MM) Awareness

Multiple Myeloma (MM) is a blood plasma cancer usually found in older adults. MM is more common in men than women. On average, Black Americans are diagnosed at the age of 66, but it's possible to be diagnosed at an even younger age. In people under the age of 50, MM is 3x more common in Black Americans compared to White Americans. Insufficient community awareness about MM, as well as reduced access to healthcare, likely play a role in the higher number of diagnoses in Black people. These communities are also underrepresented in clinical trials.

At first, the plasma cells reproduce in the bone marrow of the spine. From there, they enter the bloodstream and travel to bone marrow in other parts of the body. They collect in the bone marrow and the hard, outer part of the bones. As this progression happens, the plasma cells can cause multiple tumors.

MM causes many symptoms, but bone pain often is the first symptom people notice. It often occurs in the back, the hips, and sometimes the skull. Some patients may experience pain that is worse at night, which disrupts their sleep. Other symptoms include: Weakness in your arms and legs and/or a sensation of numbness in your arms and legs. MM can affect the bones in your spine, causing them to collapse and press on your spinal cord. When you have MM, your bones may easily break.



Exposure to toxic chemicals, atomic radiation, anything that interferes with the immune system, or infection with cancer-causing viruses, may potentially be linked to the developing MM. This disease is more likely in people who come into contact with chlorinated solvents such as 1,1,1-Trichloroethane (TCA), Trichloroethylene (TCE), Methylene chloride (DCM), Perchloroethylene (PCE).

Women who use or have used prednisone, insulin, or gout medication have an increased risk of MM. While veterans do not know all of the disabilities that may arise due to exposure to contaminated water, one of the most prevalent illnesses is MM.

Infection is a major complication in patients with MM. The risk of infection is due to a multifactorial immunodeficiency caused by the disease itself and the treatment regimens given during the different phases of therapy.

Stress can be a very destructive force when it comes to MM. Stress really disrupts the immune system and MM is a cancer of the immune system. In addition, the stress hormone noradrenaline (the "flight" hormone, versus adrenaline, the "fight" hormone) can actually trigger cancer cell growth directly.

Often, MM causes no symptoms until it reaches an advanced stage. MM might cause vague symptoms that at first seem to be caused by other diseases. Sometimes, MM is found early when a routine blood test shows an abnormally high amount of protein in the blood. A bone marrow biopsy is required to confirm the diagnosis of MM. A needle is inserted into the bone marrow space to remove a small sliver of bone marrow. Hematopathologists examine the tissue under a microscope to determine if there are myeloma cells in the bone marrow.

A biography of Queen Elizabeth II revealed that the monarch was suffering from bone marrow cancer before her death at her summer residence, Balmoral Castle, Aberdeen Shire, Scotland on September 8, 2022, at the age of 96 after a reign of 70 years.

Written by Ellen Banks

HELP ST. PAUL IN A NEW WAY



St. Paul AME is proud to announce a partnership with ShopRaise, an innovative and simple way to turn your everyday shopping at over 1,000 participating retailers into support for our cause.

ShopRaise is an easy way to make philanthropy part of your online purchases. From groceries and apparel to technology and travel – a percentage of almost everything you buy goes to support our cause. The best thing is the program is free, you do not pay any more for the items you buy, and you get access to all the best coupons and deals.

Please help us support and promote our program by doing these 3 simple things:

- Click the link below to get the ShopRaise app
- Use tools in the mobile app to share it with family and friends
- Shop online to support and help us reach our fundraising goals

Click the link below to get started. With your help, we can make a difference in the lives of the community we serve!

DEPLOYED to the CROSS

An original stage play by Phyllis Mack

APRIL
22
SATURDAY

STARTS @ 7PM
WIGWAM EVENT CENTER THEATER
10190 Blacklick Eastern Rd,
Pickerington, OH, 43147

DOORS OPEN 6:30PM

Bro. Jerry March and Rev.
Trina McBroom are
participating in this event



FINANCIAL PLANNING ACADEMY

JUNE 26-30, 2023

Do you know a high school student interested in spending a week on campus at **The Ohio State University**?

Apply today! This summer program is offered to rising high school sophomores, juniors, and seniors. Participants will receive education and training in the core areas of personal financial management and learn about opportunities in the financial planning industry

- Spend a week at Ohio State University
- Learn valuable skills for your future career
- Discover the field of financial planning
- **\$150 per camper:** includes all meals and activities!



**FINANCIAL PLANNING
ACADEMY**

FUNDED BY CHARLES SCHWAB FOUNDATION



Learn More
Here

Online Bible Study

**TUESDAY
AFTERNOON
3:00 PM**



Dial-in number (312) 626 6799
Meeting ID: 336-206-2587
Join Us Weekly

*Spiritual motivation
for the week*

Meeting ID# 833 7676 1269
Passcode: 534412
Dial in number 9292056099

**10 MIN
with
JESUS**

*Fridays@10:00
a.m. via zoom*

ST. PAUL AME CHURCH COLUMBUS, OHIO

Join Us!



*Mid Week
Motivation*

EVERY WEDNESDAY

*Rev. M
Senior Pastor*

Watch Us Online f @stpaulcolumbus

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HERE**

**AME SUNDAY SCHOOL UNION
RODERICK D. BELIN, PUBLISHER
SUNDAYS @ 9:00 AM**

Liberating
FAITH STUDIES

CHURCH SCHOOL AT HOME

Rev. Momé E Meyer, MDiv

**TEXT OR E-MAIL
YOUR PRAYER
REQUEST**

**to
(937) 708-9411
RevM.Stpaul@gmail.com
ANY DAY OR TIME OF THE
WEEK**



**PASTOR'S
PRAYER
LINE**

prayer

ST. PAUL AME CHURCH COLUMBUS

Women's Ministry

A.R.I.S.E.

Sister 2 Sister

Every *Meets*
2nd WEDNESDAY

Empowerment
Enrichment
Sisterhood
Self-care
Fellowship

2nd WEDNESDAY of each month @ 6:30 P.M.

Ministry Leader: Melva Williams | Senior Pastor: Rev. Morné E Meyer, MDiv

ST. PAUL AME CHURCH, COLUMBUS

MEN'S MINISTRY

EMPOWERING THE NEXT GENERATION OF GIANTS

MEN MENS
MINISTRY

WE MEET EVERY
3rd Wednesday

*Creating a Safe Space for Men
to Fellowship, Share and Connect*

3rd WEDNESDAY of each month @ 6:30 PM

Ministry Leader: Spencer Harris | Rev. Morné E. Meyer Mdiv. – Sr. Pastor

Sick and Shut-In

Matthew 25:36 "... I was sick, and you visited me...."



Ms. Mary Archie	2877 East Broad Street #B (43209)
Mr. Timothy Britford	5000 Birch Grove Dr., Groveport (43125)
Mrs. Wanda Brown	1124 Erickson Avenue (43227)
Ms. Shirley Hawkins	2487 Glendalough St. Canal Winchester (43110)
Mrs. Chris Hudson	8646 Maisch St., Blacklick (43004)
Mr. Seth Love	5353 Cleveland Avenue (43231)
Mrs. Cleo Mason	2765 Floribunda, Columbus 43209
Mrs. Marilyn Rutledge	1424 Kenwick Rd. (43209)
Ms. Sue Soriano	

SEND A KIND THOUGHT AND WORD OF ENCOURAGEMENT



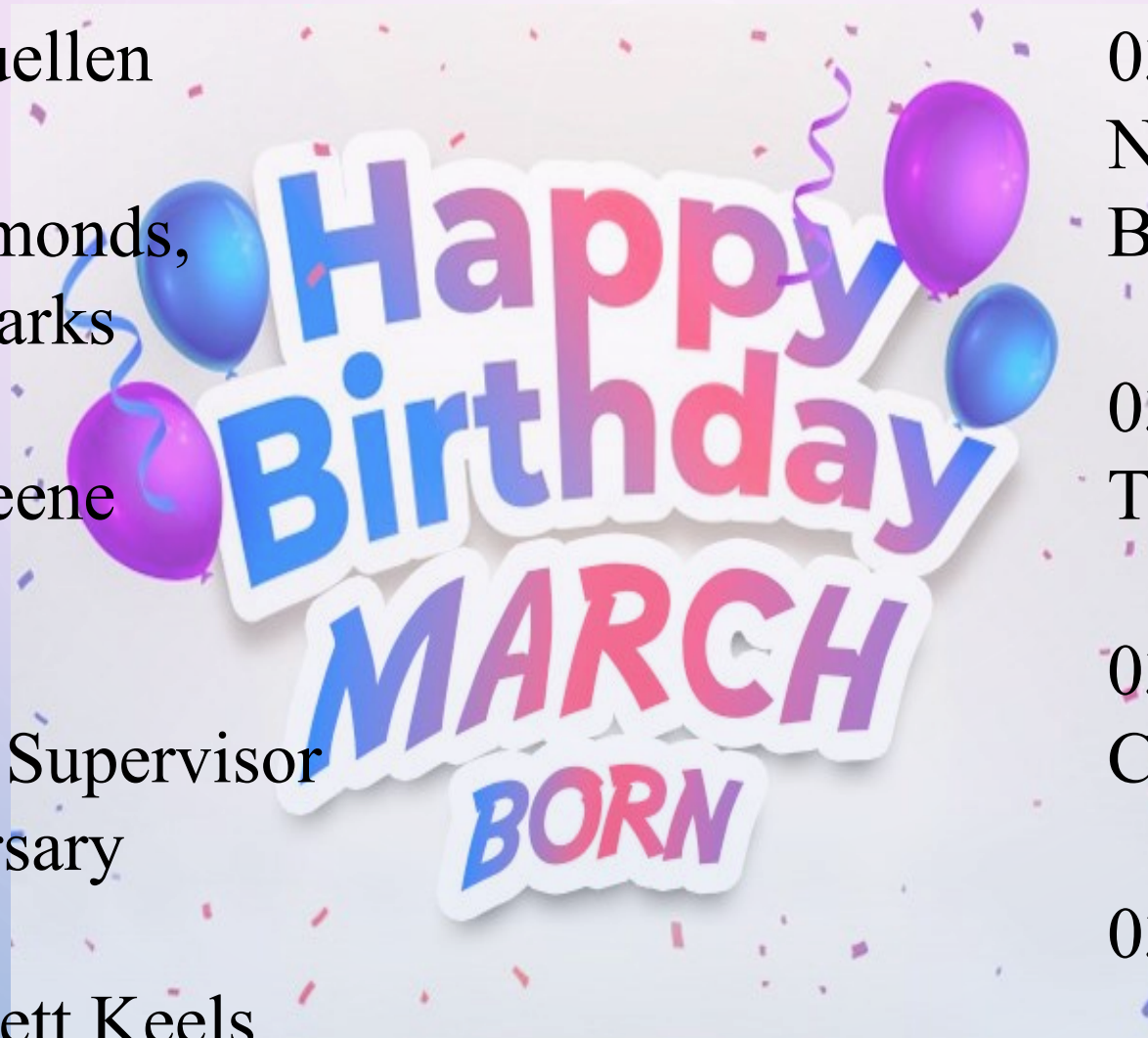
03.01 Melanie Fluellen

03.04 Maxine Edmonds,
Dr. Rena Lacey-Parks

03.06 Barbara Greene
Jayla Usher

03.12 Bishop and Supervisor
McCloud Anniversary

03.13 Nancy Garrett Keels



03.19 Ralph Smithers,
Noelle Harris,
Brittany Barnes

03.24 Donald Holliman,
Tasha Yarbrough

03.28 Sharmaine
Cowans

03.31 Barbara Clark

