



~What's Happening At The Met~

March 2020

Metropolitan CME Church—8955 So. Frwy - Houston, TX 77051

713-748-5947—Fax 713-748-2718

Rev. Allen Page, III ~ Senior Pastor



FROM THE PASTOR'S DESK



Greetings My Christians Friends,
 Welcome to the Lenten Season! If you are experiencing 2020 somewhat like I am, this Lenten Season has kind of crept upon your spiritual conscious and caught you off guard. It seems like I am still getting my spiritual footing in this new year, and therefore need some help from the Lord to see my way through. But the reality we are always in need of is the constant help of God. You know, my sisters and brothers, asking for assistance and sharing our personal lives and stories requires a level of humility many of us find difficult. But abiding with God brings us face to face with our humanity, and therefore our need for the help He alone supplies. We know that we need God and one another as we live our daily lives, yet we need not become dependent on one another, but rather on God! David, in Psalm 25, shows us that honestly confessing our impotence opens us to the treasure trove of God's power. Like David, we should admit our sinfulness to God and position ourselves to find assurance in God's love - a love that frees us from our internalized shame. God promises to lead us toward His steadfast love and faithfulness. The Lenten season is a time of penitence, prayer, and fasting - which leads to wonderful transformative power and strength. We can practice these disciplines of faith during these approaching 40 days. When we strive for exposure and openness before God, the Holy Spirit stands ready to empower us to a more healthy and wholesome living, through doing God's will. God delivers us, not only from that which distracts us, but also from any and all self-defeating thinking and actions. When we ask for help, God will hear us. We can trust that God loves, leads and encourages us as we strive to humbly serve the kingdom of God. Welcome to the Lenten Season, don't forget to ask God for help!

Reverend Allen Page, III ~ Senior Pastor

What Is Lent?

Lent 2020 is a six-week period leading up to Easter. Lent begins 46 days before the Saturday of Easter weekend (Easter Sunday falls on Sunday, April 12, 2020), but is only observed Monday-Saturday each week because every Sunday is viewed as a celebration. Therefore, Lent is observed a total of 40 days.

Lenten Brochure



The Lenten Brochure for 2020, "Our Pilgrimage to The Cross" is now available on line at www.Metropolitancme.org. If you have an email address registered in the church's email directory, a copy was emailed to you. A limited number of copies were made for those who do not have computer access. See the pastor,

Susie Stephens or you may call the church office at 713-748-5947 if you are in need of a paper copy.

This brochure is a guide through the Lenten Seasons February 26 through April 12, 2020.



Plan Now for Spirit "Go Red" Sunday

March 15, 2020—10:45 AM

All members and friends are asked to wear "Red" on that day.

Members are also asked to make a special donation of \$250.00 above your regular Tithes and Offerings.

Don't forget to register for the Pound Cake Bake Off! See Llonda Toney for more Information.



You are invited to become a member of the Houston District Monthly Prayer Group as they meet to pray on a Conference Call Prayer Line each First Saturday at 7:14 am. **It's open to everyone.** Call in number **605 472-5783**, and your access code **604403**. For more information call Peggy Robinson.



Fellowship Meal

Doing Our Part
 Sponsored by
The Ministry to Men
A Hot Meal Served to the Seniors and the Homeless

Where: **Metropolitan CME Church**
 Time: **11:00AM—1:00PM**

Please go out and share this exciting news, about what the Lord is doing with the Seniors and Homeless in Sunnyside and the surrounding area
March 14th & Every 2nd Saturday

**Tuscany Village
 Community Outreach Ministry**

Saturday, March 28, 2020
 2:30 PM



Trustees
 Bro. Albert Greer

Trustees on Duty for March

Vernon Johnson 832-418-4713
Henry Durley 713-598-6556



Every Wednesday @ 6:00 prior to Bible Study during Lent

Our Social Media Ministry, led by Jayla Rhodes and Evan Goode, is happy to assist you with your social postings. If you have events or pictures you may contact them at metrocmechurch00@gmail.com



Women's Chorus Rehearsal

Saturday, March 21st & 28th @ 1 PM

For more information contact Minister E. J. Strong or Carolyn Williams

Please bring Non-perishable items for Distribution at Blueridge UMC by **Sunday, March 15th. Sorting will be on Thursday, March 19 @ 5:30**
Distribution March 21,
 See the Ushers for more information or to volunteer.



Most needed Items:
 Breakfast Cereal, Dry Rice, Oatmeal, Pancake Mix, Grits, Beans, Soup, Spaghetti, Canned Meats, Canned Vegetable Canned Fruit, Cornbread Mix, Canned Beans, Peanut Butter and Jellies

BLACK HISTORY MOMENT



January 27, 1894-May 11, 1986

Frederick Douglas "Fritz" Pollard was the first Black head coach in the NFL, one of the first two Black players in the NFL in 1920, and the first Black football player at Brown University. Fritz Pollard's life was a series of first. When Fritz attended Brown University in 1915, he became the first Black football player at Brown. When the team went to the Rose Bowl in 1916, he was the first Black person to play in the Rose Bowl, and the first Black player selected to a backfield position on Walter Camp's All-American team. Fritz joined the Akron Pros in 1919 after serving in World War I.

The Pros joined the newly founded American Professional Football Association (later the NFL) in 1920, where Fritz led the Pros to the first championship. In 1921 Fritz was named co-head coach of the Pros becoming the first Black NFL head coach. In 1923 while playing for the Hammond Pros, he became the first Black quarterback in the league. At the end of the 1926 season all Black players were removed from the league, and never played for NFL again. In 1954 Fritz became the second Black player selected to the College Football Hall of Fame, and in 2005 was inducted posthumously into the Pro Football Hall of Fame.

*Eighth Episcopal District
Presents Annual*
Spring Convocation
March 20-21, 2020
Dallas, Texas



POUND CAKE BAKE OFF



A POUND CAKE BAKE-OFF
Sunday, March 15th
"Stewardess - SPIRIT DAY"
Entry Deadline Mar 8th

DISCIPLES: PURPOSED TO P.R.E.S.S.

HOUSTON DISTRICT
2020 CHURCH SCHOOL YOUTH
AND YOUNG ADULT CONVENTION

PRAISE & WORSHIP | YA FORUM
SCAVENGER HUNT |
FOOD | WORSHOP

SATURDAY, MARCH 14TH, 2020
DOORS OPEN AT 8:30AM
METROPOLITAN CME CHURCH
6955 SOUTH FWY; HOUSTON, TX 77051

Local Missionaries to Host Southeast Texas Region Luncheon



The Missionaries of Metropolitan will be hosting the Southeast Texas Women's Missionary Society Luncheon on Saturday, March 28, 2020. All Missionaries are encouraged to attend and be a part of this event. For more information see our local president, Demetria Williams

March 2020

Women In Ministry

- 1 Holy Communion Sunday
- 2 Missionary Meeting @ 6:30 PM
- 2 Steward Board Meeting @ 7:00 PM
- 2 Trustee Board Meeting @ 7:00 PM
- 4 Bible Study @ 12 Noon & 6:30 PM (Weekly)
- 4 Corporate Prayer @ 6:00 PM—Each Wed. in Lent
- 5 Male Chorus Rehearsal
- 7 Male Chorus Rehearsal
- 8 Daylight Savings Time Begins
- 9 BOCE Meeting @ 6:30 AM
- 10 Sunday School Teachers Meeting 7:00 PM
- 10 TAG-UP Meeting @ 5:30 PM
- 12 Chosen Choir rehearsal
- 14 Sunday Church School Convention
- 14 Kids Choir Rehearsal
- 14 Doing Our Part—MTM Ministry 11:00 AM
- 15 Last Sunday to donate to Food Pantry for March
- 15 Spirit (Go Red) Sunday—10:45 AM
- 16 Official Board/Leadership Training 7:00 PM
- 19 Food Sorting at Blueridge 5:30 PM
- 19 Praise/Worship Rehearsal
- 21 Texas College Alumni 10:00
- 21 Women's Chorus Rehearsal @ 1:00 PM
- 21 Kids Choir Rehearsal
- 18 Church Conference/Leaders Meeting
- 21 Women's Choir Rehearsal @ 1:00 PM
- 21 Tuscany Village (Trustees) 2:30 PM
- 24 TAG-UP Mtg @ 5:30
- 24 Sunday School Teachers Meeting 7:00 pm
- 26 Women's Choir Rehearsal
- 26 Women's Ministry Mtg @ 10:00 AM
- 28 Southeast TX Missionary Luncheon
- 28 Dillard University Alumni Mtg.
- 28 Women's Chorus Rehearsal 1:00 PM
- 29 5th Sunday Missionary Emphasis 10:45 AM

April 2020

- 1 Bible Study (Noon and 6:30 PM Weekly)
- 1 Corporate Prayer 6:00 weekly during Lent
- 4 Stewardess Meeting 10:00 AM
- 5 Holy Communion Sunday—Palm Sunday
- 6 Missionary Meeting @ 6:00 PM
- 6 Steward Board Meeting @ 7:00 PM
- 6 Trustees Meeting @ 7:00 PM
- 11 Men's Ministry Feed the Homeless 11:00 AM
- 12 Easter Sunrise Service 7:00 AM
- 12 Easter Breakfast following Sunrise Services
- 12 Easter Program @ 9:00 AM
- 12 Easter Services @ 10:30 AM
- 13 Board of Christian Education 6:30
- 18 Texas College Alumni 10:00 AM
- 19 Last Sunday to Donate to Food Pantry for April
- 23 Blueridge/MCME Food Pantry sorting @ 5:30
- 25 Blueridge/MCME Food Pantry distrib. 9:00 AM
- 25 Tuscany Village (MTM) @ 2:30 PM
- 25 Anointed Feet of Praise @ 10:30 AM
- 25 Dillard University Alumni 10:00 AM
- 25 Women's Ministry Meeting 10:00 AM



Lavearn Newsome	March 01
Rayon Sadler, Sr.	March 01
John Wills	March 02
Jamie Huger	March 03
Pauline Davis	March 04
Bertrand Simmons	March 04
Naschell Dixon	March 05
Tonya Rhodes	March 05
Marvin Sparks	March 05
Cailon Bolden	March 06
Joshua Mack	March 08
Karson Davis	March 09
Ella Faye Johnson	March 09
Stephen McLemore	March 11
Cameron Smith	March 15
Joe Wilmore	March 16
London Shuler	March 16
Herman Ross	March 17
Jackie McLemore	March 21
Tiffany Barron	March 23
Dameka Moore	March 24
Nikki Myles	March 24
A'manana Tarver	March 24
Virgie Rowe	March 24
Shalando Smith	March 26
Aaron Davis	March 26
Samisha Robinson Davis	March 28
Robin Sweet	March 31

On Friday, March 7, 2020 @ 10:00 AM The Inspired For Excellence Academy will be holding their Annual Black History Program at Metropolitan CME Church. Members of the church and the community are invited to attend.