



Spottswood African Methodist Episcopal Zion Church
 25 Crestwood Lane
 New Britain, CT 06053
 Phone: 860-223-8554 • Fax: 860-229-9635



"Dare to dream the impossible; all things are possible, only believe."

From The Pastor

- Rev. Charles F. Tillett, Jr.

Greetings in the name of He who gave of himself for the redemption of humanity, Jesus the Christ.

The month of January is significant in African American communities and communities throughout the nation as preparations are underway to celebrate the birthday of Civil Rights icon, Dr. Martin Luther King, Jr. My own reflections of Dr. King lead me to a sermon he preached entitled "The Drum Major's Instinct". The latter portion of the sermon focuses on how Dr. King desired to be remembered. In spite of numerous awards, accomplishments and popularity, Dr. King wanted to be remembered as someone who faithfully served his God and humanity. He diligently fought on behalf of those denied justice and equality. In the sermon he referred to himself as a "Drum Major for Justice", one who attempted to level the playing field of society with a goal of securing equality for all.

As we remember and celebrate the life and legacy of Dr. King, we're aware that equality and justice remain elusive for many. Though progress has been achieved and we thank God for what has occurred, the dream continues to be a dream in many communities throughout the nation. We therefore have the responsibility of upholding the mandate of Christ to ensure fairness and equal access for all. Let us renew our commitment to God and to the service of the present age in the development and implementation of community oriented ministries. The words of a familiar gospel tune, "If I can help somebody as I pass

along the way, my living will not be in vain", echoes in the legacy of those who stood in the gap to ensure the success and upward mobility of future generations. May God continue to bless our efforts in serving humanity.

In the Lord's Service-



Celebrating Rev. Dr. Martin Luther King, Jr.

The Rev. Dr. Martin Luther King, Jr. (January 15, 1929 - April 4, 1968) was a pioneer for racial equality in America. He was blessed with a tremendous vision, great wisdom and a burning desire to see evil repressed in every aspect of American life. He was not only a dynamic leader and spokesperson for racial freedom and equality for African Americans, but was arguably the most influential humanitarian of the twentieth century. His non-violent approach of civil disobedient protest became a model for effecting social change. Even after his death, Dr. King's vision and foresight continues to drive America towards equal opportunity for all.

Reflections Of Dr. King

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident that all men are created equal'."

"We will speed the day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing ...Free at last, Free at last, Thank God Almighty, I'm free at last."

"Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illumines it"

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

IN THE WORD **On Mission to the World**

When you accept God's invitation to have a unique and special relationship with Him, you are in partnership with him. God has added you to a body of believers. Together we are the body of Christ in our community. As head of our church, Christ himself is guiding and working through us to accomplish the will of the Father. The Spirit that bonds us to our local church also bonds us to all believers. God's people from every local body of Christ are part of God's Kingdom. Christians are kingdom people, and Christ Himself is the eternal King over His kingdom. In this partnership with Christ as King, you become involved in His mission to reconcile a lost world to God. To be related to Christ is to be mission with Him.



Jesus said, "As the Father has sent me, I am sending you" (John 20:21)

Every congregation is a world mission center... Anytime God has access to a body of believers, He can touch the world through us.

Youth **Corner**



Test Your Knowledge!

1. What year was Martin Luther King, Jr. Assassinated?
 - a)1960
 - b)1963
 - c)1968
 - d)1973
2. Which president signed the first major civil rights act of this century?
 - a)John F. Kennedy
 - b)Lyndon B. Johnson
 - c)Richard M. Nixon
 - d)Ronald Reagan
3. What was the name of King's first book?
 - a)Stride Toward Freedom
 - b)Dreamer
 - c)Why We Can't Wait
 - d)We Shall Overcome
4. Where did King deliver his "I Have a Dream" speech?
 - a)At Ebenezer Baptist Church
 - b)In front of the Atlanta City Hall
 - c)At the Lincoln Memorial
 - d)At the Nobel Prize ceremony
5. What year was the Martin Luther King Jr. national Holiday first observed?
 - a)1969
 - b)1973
 - c)1980
 - d)1986

(Answers on page 3)

Homework Got You Down? Help is on the way!



Spottswood A.M.E. Zion Church will begin its first Homework Help session January 12th.

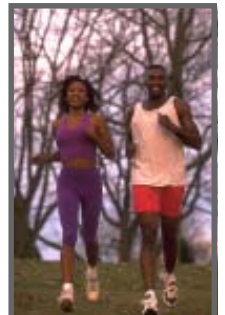
Tutoring times: 5:30 PM- 6:45 PM (Monday and Wednesday)

Contact Mrs. Renee Knight (860.827.0668) for additional information.



Wellness- New Sights for the New Year!

It's the start of a new year and you are probably considering getting into shape. If you think you are too busy with work, family and all the other pressures in your life, listen up! 30 Minutes of moderate physical activity on most days of the week can greatly improve your health. Just moving any part of your body for a short period can make you healthier! So let's get moving...



Did You Know?

January is National Glaucoma Awareness Month

Over 3 million people have glaucoma, a leading cause of blindness in the United States. Individuals at high risk for glaucoma include Blacks over age 40, everyone over 60 and people with family history of glaucoma. People at high risk for glaucoma should receive a dilated eye exam at least every two years.

What is glaucoma?

Glaucoma is a series of eye diseases where the pressure inside the eye may or may not be elevated. If untreated, vision loss or blindness may occur. The most common form of the disease is open-angle glaucoma.

Studies show that glaucoma is ...

- three (3) to four times more likely to occur in Blacks than in Whites
- six (6) times more likely to cause blindness in Blacks than in Whites and
- fifteen (15) times more likely to cause blindness in Blacks between the ages of 45-64 than in Whites of the same age group.

What can you do to protect your vision?

It has been shown that early detection and treatment of glaucoma is the best way to control the disease. So, if you fall into one of the high-risk groups for the disease, make sure to have your eyes examined through dilated pupils at least every two years by an eye care professional. For more information on glaucoma, you may contact National Eye Institute, National Institute of Health- www.nei.nih.gov.

Suggested Reading

The Measure of a Man
by Rev. Dr. Martin Luther King, Jr.



Eloquent and passionate, reasoned and sensitive, this pair of meditations by the revered civil-rights leader contains the theological roots of his political and social philosophy of nonviolent activism.

Answers from Youth Corner:
1.) 1968 2) Ronald Reagan 3) "Stride Toward Freedom" 4) At the Lincoln Memorial 5) 1986 (the first legislation for the holiday had been proposed almost 18 years earlier)

What's Happening.....



January, 2004

24th - Health Ministry - 10:30-12:00 noon

26th - Men's Ministry - 6:30 PM

February, 2004

16th -Training Institute-Walters Memorial A.M.E. Zion, Bridgeport- 9:30 AM

21st -Women of Zion Monthly Fellowship 10:00-12:00 noon

25th- Ash Wednesday

29th-WOZ 5th Sunday Service - "Can I Get a Witness?" 4:00 PM

29th- Rush Memorial Trustee's Day - 4:00 PM
Guest Speaker: Rev. Charles Tillett, Jr.



Inspiration Station

What Would Jesus Do?

Lord, throughout this day, as I try to follow you
Let this be my rule to live by

WHAT WOULD JESUS DO?

When a friend or loved one ask me for a moment or two
May I think of one thing only:

WHAT WOULD JESUS DO?

In all my dealings, help me to be honest, fair and true
To measure each decision by:

WHAT WOULD JESUS DO?

When I'm feeling troubled - and I turn in prayer to you
Give me wisdom to decide:

WHAT WOULD JESUS DO?

Then when the day is ended, may I resolve anew
To guide tomorrow by the motto:

WHAT WOULD JESUS DO?

Author unknown

Website/Newsletter Committee
25 Crestwood Lane
New Britain, CT 06053

Copyright 2003 - Prepared by Spottswood A.M.E.
Zion Church website/newsletter committee.
Newsletter design by: Yvonne McIlwain
For additional copies please contact us at
phone/860-223-8554 or fax/860-229-9635 or
visit us at www.spottswoodamezion.org

Please mail subscription requests to:
Spottswood A.M.E. Zion Church
25 Crestwood Lane
New Britain, CT 06053

Or visit us online at www.spottswoodamezion.org

Please add me to your newsletter mailing list.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

email _____