

The Spire

July 2021

Welcome Home

A WORD FROM OUR PASTOR AND TEACHER



Time to Come Home

“O give thanks to the LORD, for he is good; for his steadfast love endures forever.” 1 Chronicles 16:34

After more than 14 months in exile from our public worship services here at Mt Zion, I am excited to announce that we will begin public worship again on July 11, 2021, at 11:00 am. Our journey over the past year has been an arduous one. It has had twists and turns that none of us could have predicted. But God!!!! Our awesome, wonderful, and amazing God has proven, once more and again, that the church of Jesus Christ will stand, and nothing shall prevail against it. The hymn writer said, “Through many dangers toils and snares, I (we) have already come, 'Twas grace that brought me (us) safe thus far, and grace will lead me (us) home.

As we prepare for our re-opening, there are some important things of which we need to be aware. First and foremost, please open and read all communications coming from Mt. Zion during this season, including emails, Weekly Updates and mailed letters. This information will be especially vital for each of us to be knowledgeable regarding procedures and protocols that will be maintained at Mt. Zion as we come back together. Second, I am asking that all of us would exhibit and embody a spirit of cooperation and obedience when it comes to the protocols and instructions. These protocols and instructions will be shared with you through communications from the church as well as from ushers, security, and staff while you are on the Mt. Zion campus. Our Re-Opening Committee, co-chaired by the Board of Deacons Co-Chairperson, Deacon Renee Taylor and Director of Worship Arts, Brother Darnell Epps, has done an extraordinary job of planning and preparing for the safe and secure re-opening of our public worship services. The Committee has paid attention to every detail possible to enable all of

us to worship together again and worship God in spirit and in truth. Third, the protocols that we have put in place are not permanent. They will change as our nation heals from the pandemic that has impacted us and the world. When we deem that masks are no longer needed, we will change the protocol for wearing masks. When it is sure that social distancing is no longer necessary, we will relax that protocol. For right now, however, masks and social distancing will be strictly observed when we are inside Mt. Zion buildings. This is for all of our protection and benefit. Your cooperation is most appreciated.

We are extremely grateful for the many blessings that God has showered upon us during this season. We were blessed to receive a technology grant from the Living Water Association, of the Ohio Conference, UCC, to enable us to upgrade our technology, sound and broadcast capabilities. We have also been the recipient of a grant from the Greater Cleveland Food Bank, to replace several of the large appliances in the kitchen. As the result of a generous gift from our member Patsy Harris, we will be able to entirely replace the stair treads on the steps to the Social Hall. We are also grateful for the consistent generosity of our church family, and members of our virtual congregation who have given faithfully throughout our season of recess. For all of these gifts we give God the glory.

Finally, and perhaps most importantly, as you come home to worship at Mt. Zion, I ask that you come, not expecting to find everything the same as you left it. This will not be the case. Please come with an expectation of newness. Come prepared to embrace the new place to which God has brought us. Come with an attitude of contentment like the Apostle Paul, who taught us with these words from Philippians 4:11b-13..., “For I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. I can do all things through him who strengthens me.” Let us take these words and allow them to be our guide in this Season of New Beginnings!

In Faith and Anticipation,

Rev. Paul

In the know at Mt. Zion...

July 1 @ 4pm

**DRIVE-THROUGH
PRODUCE GIVEAWAY**
Parking Lot

July 11 @ 11a.m.

REOPENING OF CHURCH
Sanctuary

July 11 - 18

GENERAL SYNOD 33
Virtual Event
Registration Required

July 22 @ 7pm

CHURCH COUNCIL MEETING
Via Zoom

July 26 @ 6pm

UNFURL YACHT CLUB EVENT
Lakeside Yacht Club
Registration Required

Please remember to check your emails for the Mt. Zion Weekly Update. If you have your email address, you will receive all electronic communication from Mt. Zion.

If you don't see your weekly correspondence, please check your junk or spam folder, and also the promotion tab. You may always contact Lady Kim at mtzioncleveland.com. Thank you.

The Spire is a monthly publication of Mt. Zion Congregational Church United Church of Christ
10723 Magnolia Drive
Cleveland, OH 44106
216.791.5760

www.mtzioncleveland.com
The deadline for articles and advertisements is on the 16th of each month.

Please email your materials to:
kimmesadler@gmail.com

Rev. Paul Hobson Sadler, Sr.,
Senior Pastor and Publisher

Kim Martin Sadler,
Editor and Writer

Joyce Shinn & Donaldson Hill
Contributing Photographers

For advertisements, please email Lady Sadler for the Fee Schedule.

AT MT. ZION

Returning to In-Person Worship

Adapted from Religious News Service

Returning to in-person worship on July 11 will be a blessing to those who missed communal worship in the space affectional known as, "My church home." The Re-Opening Committee and other church leaders are looking forward to welcoming everyone back home.

Over the weeks and months ahead, the church will work to follow all guidelines from the CDC and government officials. Here are things you can do to help:

- 1. Keep updated on the latest information about COVID-19 and its variants.** We will provide any information we receive in the Weekly Update, but please stay knowledgeable.
- 2. Stay home if you are concerned about the risks.** If you are in the high risk category, you should plan to continue viewing worship virtually.
- 3. Strive for unity amid different views.** Some members will have



varying opinions on the reopening process. Help to nurture unity during the stages of reopening.

- 4. Take a mask and hand sanitizer with you.** These are items that will be available at Mt. Zion, however, you should always carry these essentials.
- 5. Maintain social distancing in the parking lot, building areas and sanctuary.** As much as we are looking forward to seeing each other, we ask that you continue to follow all precautions to stay safe.
- 6. Try to forgo physical contact.** Avoid greeting with a hug, kiss or handshake. Wave and/or send air kisses to others.
- 7. Notify church staff of symptoms.** If you or others in your family show COVID-19 symptoms after attending in-person worship, please let us know.
- 8. Be patient.** Reopening is complex and we are all learning a new way of being.

Rev. Dr. Otis Moss Receives CBL's 2021 Trailblazer Award

"No one operates alone. There are always dynamic forces known and unknown at work when you are trying to do something of value and of service."
Rev. Dr. Otis Moss, Jr.



Rev. Otis & Mrs. Edwina Moss

Rev. Dr. Otis Moss, Jr., received the 2021 CBL Trailblazer Tribute. On a lovely summer day, Rev. and Mrs. Moss, and the CBL Steering Committee met at the Lakeside Yacht Club to present the award. Rev. Paul had the honor of interviewing Dr. Moss. The interview was shared during the virtual event held on June 25. In addition to Dr. Moss receiving the award, nine students received scholarships to pursue degrees in their field of study.

The next CBL event will be "Unfurl" at the Lakeside Yacht Club on Monday, July 26 at 6 p.m. Additional information will be in the Mt. Zion Weekly Update.



CBL Steering Committee with the Mosses

"We must focus on education for liberation. It must begin from the womb and never cease.... It must also be a kind of curriculum that intentionally brings love, truth, justice and, ultimately, reconciliation."
Rev. Dr. Otis Moss, Jr.



Mt. Zion Members in the Spotlight

Congratulations to Carson Burrows, the son of Grady and Melissa Burrows. Carson graduated from the eighth grade at Hawken School. He will enter high school in the fall.

Carson was honored as one of the commencement speakers at his graduation.



The Burrows Family



Martine Wilson

Martine Wilson, daughter of Stephen and Sonali Wilson, was honored in Crain's Cleveland Magazine as one of "20 in Their Twenties."

Martine is an Associate Attorney at Thompson Hine. Martine is an associate in the Business Litigation practice group. She focuses on a variety of commercial litigation matters in a wide mix of industries, including banking, commercial real estate, manufacturing, asbestos, and white-collar defense.

Martine also actively participates in the firm's pro bono practice.

Rev. Paul was invited to speak at the closing worship service of St. Ignatius' Diversity, Equity and Inclusion. Mt. Zion's Praise Team was invited to sing.



L-R, Calvin Singleton, Jr., Alphonso McDuffie, Father Ray Guiao, Deacon Verona Gardner, Jacquelyn Lee-Ivey

Sick and Shut-Ins

Please remember our sick and shut-in with your prayers

Deacons Rudolph and Evelyn Bacchus

18221 Euclid Avenue, Apt. 206
Cleveland, OH 44112

Deacon Betty Barnett

13415 Shaker Blvd., Suite 9G4
Shaker Heights, OH 44120

Deacon Mollietta Dorsey

Pleasant Lake Villa
7260 Ridge Road
Cleveland, OH 44129

Ms. Candace Fritz

1515 E. 108th Street
Cleveland, OH 44106

Mrs. Geneva Green

25900 Euclid Avenue, #910-A
Euclid, OH 44132

Deacon William (Rudy) Marshall, Jr.

987 Pembroke Road
Cleveland Heights, OH 444210

Mrs. Marguerite Parries

Paramount Senior Living
15435 Bagley Road
Middleburg Heights, OH 44130

Ms. Narihsha Smith

6099 Ridgeway Drive
Bedford Heights, OH 44146

Mr. Val Ramone Watson

19517 Sunset
Warrensville Heights, OH 44122

Mr. George Whitehead

Windsor Assisted Living
23311 Harvard Road
Beachwood, OH 44122

Spotlighting a Mt. Zion Ministry

Food Addicts in Recovery Anonymous (FA)

Adapted from foodaddicts.org

In 2009, Clover Elliot asked Rev. Paul if Mt. Zion would consider a new ministry that would benefit African Americans who struggled with obesity. Knowing the statistics of African Americans suffering with high blood pressure, diabetes and other chronic diseases attributed to obesity, Rev. Paul agreed. For over 10 years, FA has been an ongoing ministry at Mt. Zion. This ministry has helped people throughout Cleveland lose weight and control their addiction by abstaining from flour and sugar.

Mt. Zion's FA gathering is held every Tuesday at 6 p.m. via Zoom. Since the pandemic, Mt. Zion also supports a Thursday FA Zoom gathering for members who attended meetings at Lee Road Baptist Church. If you want to learn more about FA, visit foodaddicts.org. You can also speak with Lady Kim who is a member of FA. Below is information from FA's website that will provide more information about this valuable ministry.

What is FA?

Food Addicts in Recovery Anonymous (FA), a program based on the Twelve Steps of Alcoholics Anonymous (AA), is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

How did FA get started?

FA was formally organized in 1998, although it began as part of another twelve-step program in the early 1980s. Some FA members have been continuously abstinent since that time.

Does the program really work?

Many FA members tried other solutions to get help with food addiction, including years of diets or exercise. FA™ offers a long-term answer. Abstinent members find freedom from addiction and maintain healthy weights. The number of people with years of unbroken abstinence continues to grow.

Can a person be addicted to food?

Addiction is a dependence upon a habit-forming substance or behavior,

regardless of the consequences or the strength of a person's desire to abstain. It is characterized by intense craving, increasing need, and the disease's negative impact on the lives of addicts and those who love them.

Most people are familiar with the concept of alcoholism and drug addiction, but the idea that certain foods and quantities of foods can be addictive is only slowly gaining acceptance. Carl Lowe, Jr., MD, a fellow of the American College of Surgeons and a member of the American Society for Metabolic and Bariatric Surgery, stated that "undeniably, food addiction is real. I see it every day." Food addiction tends to remain unrecognized because of the focus on symptoms rather than their underlying cause – addiction.

What are the symptoms of food addiction?

Some of the symptoms of food addiction include:

Overeating (bingeing or grazing)

Purging (bulimia)

Under eating

Obesity (and related problems such as diabetes, heart disease, and sleep apnea)

Compulsive exercise and/or dieting

Obsession with food or weight

Depression, shame, isolation, and hopelessness related to food, weight, or body image.

United Black Christians Presents A Conversation with

AMBASSADOR ANDREW YOUNG



THE UNITED BLACK CHRISTIANS
Free Synod Optional Event

OUR SOULS LOOK BACK
"PAST...PRESENT...FUTURE"
AMBASSADOR, REV.
ANDREW J. YOUNG

All issues in the Civil Rights Movement, struggle and
Address to the late Rev. Dr. Martin Luther King Jr.
Former U.S. Ambassador to the United Nations
Monday July 12, 2021
5:30pm-7:30pm ET



Registration to General Synod
is required to attend this event.
Register by going to generalsynod.org.

The CBL Unfurl Annual Sunset Yacht Club Event



SAVE THE
DATE

Lakeside Yacht Club
Special Sunset Event
July 26, 2021
6:00 pm



Unfurl



NEW CONFERENCE CALL NUMBER

301-715-8592

Meeting ID 811 2627 5894

Passcode 964614

Mt. Zion Congregational Church, UCC
Women's Fellowship

**BOUNTIFUL HARVEST
DRIVE-THROUGH
PRODUCE GIVEAWAY**

Every 1st Thursday of the Month
July 1, August 5,
September 2, October 7
4 P.M.

REV. PAUL HOBSON SADLER, SR., PASTOR
10723 Magnolia Drive
Cleveland, OH 44106
216.791.5760
mtzioncleveland.com

Christian
BUSINESS LEAGUE

6th Annual Mike Shinn Memorial Golf Outing

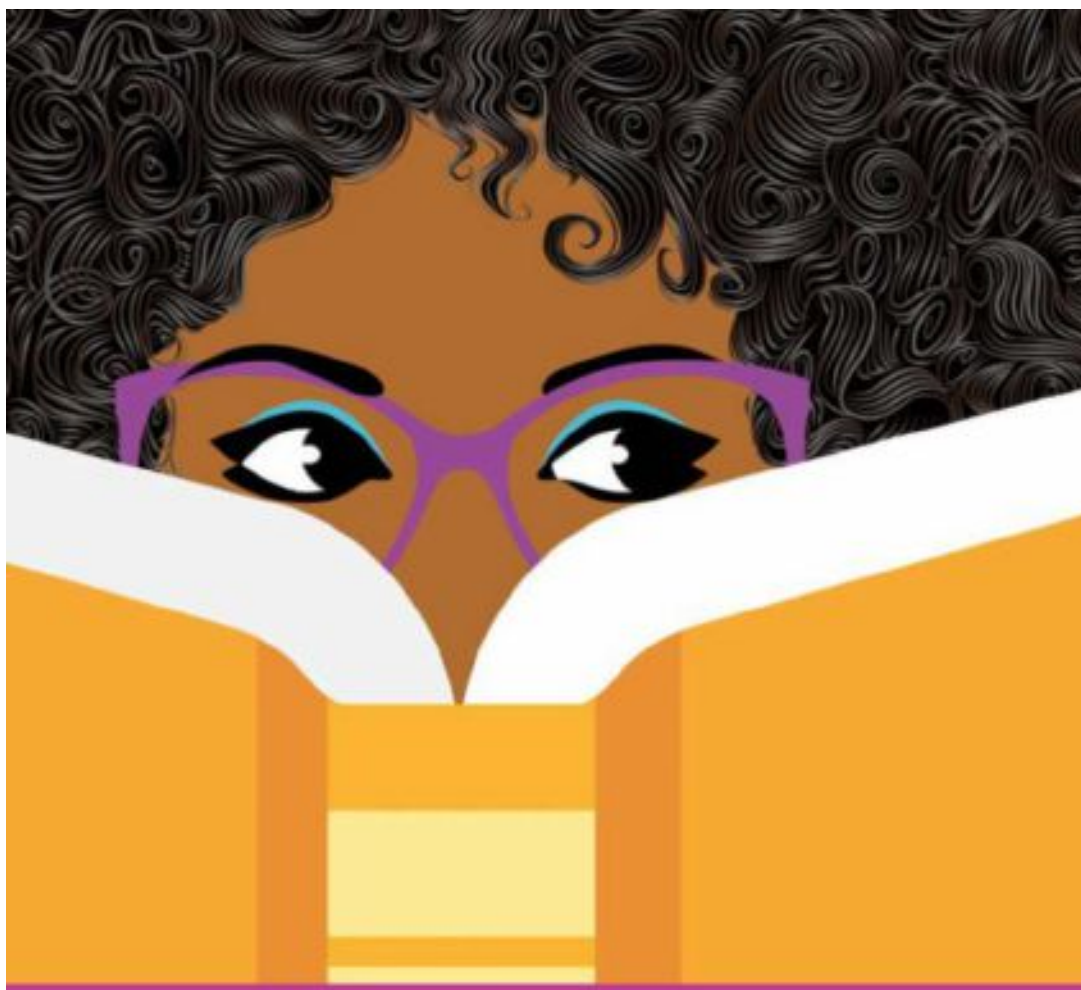
Save The Date

Black Brook Golf Club
Mentor, Ohio

Saturday, September 11, 2021
Tea Time - 9am

HONORING
RENEE POWELL, PGA/LPGA
PGA HEAD PROFESSIONAL AT
CLEARVIEW GOLF CLUB

CLEARVIEW GOLF CLUB IS THE
ONLY COURSE DESIGNED, BUILT, OWNED AND
OPERATED BY AN AFRICAN AMERICAN



Mt. Zion's
Virtual
Book Club
will begin in
August!

ALL ARE
WELCOME

Look for more
information
in future
Weekly Updates
and The Spire

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Day of Sabbath for Rev. Paul			1 4pm BOUNTIFUL HARVEST 5:30pm FA via Zoom	2 7am Prayer Call	3
4 7am Worship Prayer Call COMMUNION SUNDAY 11am Facebook Live WORSHIP 12:30pm Coffee Hour & Youth Church School via Zoom	5	6 7:30am Care Shep. 6pm FA via Zoom <i>Olivia Martin</i>	7 7am Prayer Call 2pm Staff Meeting	8 5:30pm FA via Zoom	9 7am Prayer Call <i>Danette Smith</i>	10 10am Sacred Conversations via Zoom 11:30am Mission & Outreach <i>Patsy Harris</i>
11 7am Worship Prayer Call CHURCH RE-OPENING 11am Facebook Live WORSHIP 12:30pm Coffee Hour & Youth Church School via Zoom	12	13 7:30am Care Shep. 6pm FA via Zoom	14 7am Prayer Call 2pm Staff Meeting <i>Rev. Barbara J. Essex</i>	15 5:30pm FA via Zoom	16 7am Prayer Call <i>Jerry Cordaro</i>	17 10:00am New Mbrs Orientation 12 noon Women's Fellowship via Zoom <i>Deacon Janice Richardson</i>
18 7am Worship Prayer Call 11am Facebook Live WORSHIP 12:30pm Coffee Hour & Youth Church School via Zoom <i>Ayanna Augustine Deacon Janice James Stephanie Miller</i>	19 <i>Lauretha Brown Malone Clifford Johnson</i>	20 7:30am Care Shep. 6pm FA via Zoom	21 7am Prayer Call 2pm Staff Meeting	22 5:30pm FA via Zoom 7pm CHURCH COUNCIL MEETING via Zoom	23 7am Prayer Call <i>Clover Elliot</i>	24
25 7am Worship Prayer Call 11am Facebook Live WORSHIP 12:30pm Coffee Hour & Youth Church School via Zoom	26 6pm CBL Unfurl Lakeside Yacht Club	27 7:30am Care Shep. 6pm FA via Zoom	28 7am Prayer Call 2pm Staff Meeting	29 5:30pm FA via Zoom	30 7am Prayer Call	31 12pm COMMUNITY MEAL <i>Maudine Henderson</i>