

# MT ZION UMC

JULY 2010 NEWSLETTER

## Greetings Mt. Zion Friends:

This year, July 4<sup>th</sup> will fall on Sunday (something that happens only once every seven years). As we celebrate this day, I encourage you to remember to be thankful for the freedoms we experience as citizens of this country. I especially encourage you to remember that your freedom, as a Christian, should not be seen as an opportunity to do anything you want, but should instead be seen as a gift given by God, through Jesus Christ, and with the Holy Spirit, whereby you are now set free from the bondages of sin, and are therefore able to *love* the way God intended. The Apostle Paul speaks of our freedom in Galatians 5:13-14:

You, my brothers [and sisters], were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself." (New International Version)

Praise God for true freedom through Jesus Christ!

Pastor Craig

## VBS Launch Update

This month we will hold our annual Vacation Bible School (VBS) on Monday, July 19 through Friday, July 23, 6:00-8:00 pm nightly. Food will be provided to the children each night, with a celebration Hot Dog Dinner for everyone on Friday night! The theme this year is Galactic Blast (a space exploration theme). We need everyone to do their part to make this year's VBS a success! For more information, or to offer your service in building props or sets, or participating in VBS sessions, or offering help in any other way, call Debbie de la Cruz at (336) 552-6190.

## Zumba® at Mt. Zion

Have fun while working out! The Zumba® program fuses Latin rhythms and music with easy to follow aerobic moves and is taught by a certified Zumba® instructor. It's specifically designed to help you burn calories and achieve long term health benefits in a energetic, fun, and friendly setting!

**When:** Thursday, July 8, 6pm  
Thursday, July 29, 6pm  
Thursday, August 5, 6pm  
Thursday, August 12, 6pm  
**Where:** Mt. Zion Fellowship Hall

**Instructor:** Molithia Spencer  
For more information contact Heather Ulrich @ 336-996-7745.



Have an event or article for our next newsletter? Please contact Heather Ulrich.