

Remember . . .

The Federated Board meets every 1st Saturday after the 1st Sunday at 10 AM.



The Women's Board requests \$5.00 each 2nd Sunday from all women to cover expenses for guest speakers and meal preparation during Women's Board events. You may use your credit or debit card listed below in Payment Methods.

Pastor's Appreciation Offering Day is every 4th Sunday.

The School Supplies for Students collection is ongoing.
Contact Rev. LaDonna Cartwright, Rev. Sharon Fisher, or
Rev. Tammy Chestnut at 816-231-2829x702.

Tithes and Offering Payment Methods

There are many ways to bless God with your tithes and offerings when you cannot get to church. At any time, day or night, you can:

- Text to give – text to 888-364-4483, and enter MSCC
- Use the MSCC App (download it at the Apple Store or Google Apps)
- Call the church, dial 816-231-2829, then 701, to contact a Trustee who can receive your offerings
- Use USPS to mail in your tithes and offerings
- Drop off your tithes and offerings by appointment

Weekly Church Activities

Sunday Mornings

Sunday Instruction 9:00 am – 10:30 am

Sunday Morning Worship Broadcast 11:00 am – 1:00 pm

Tuesday Evenings

Bible Study, Rev. Ralph Taylor – 7:00 pm on Zoom

Meeting ID 917-2731-2074; Passcode 632023.

Wednesday Evenings

Bible Study, Rev. Dr. Virgil Brown -- 6:00-7:00 PM on Zoom:

<https://us05web.zoom.us/j/87208511221?pwd=dWVZaXB2VTNxVE9ISE0yTVFHdUVRdz09>,

Meeting ID: 872 0851 1221, Passcode: xn013h

Learn about all MSCC activities! Scan ...



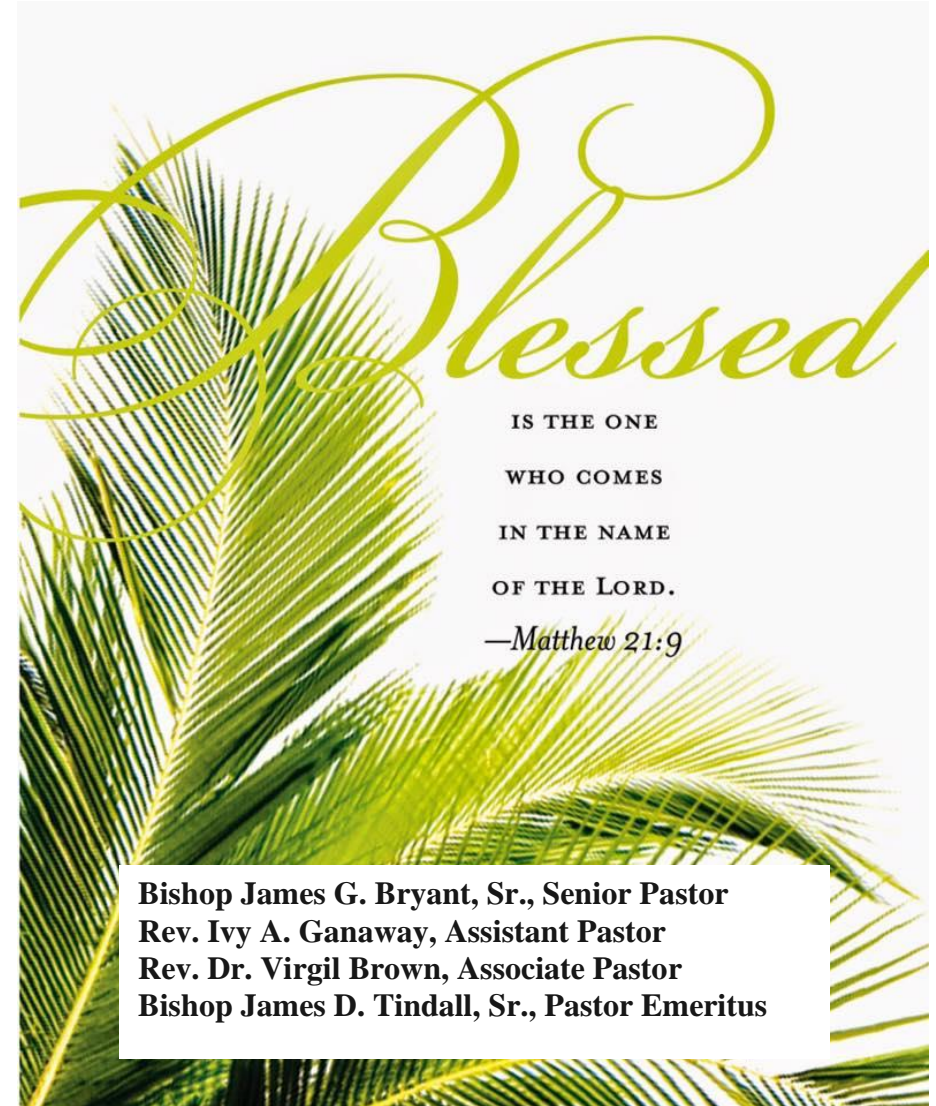
March 24, 2024

Metropolitan Spiritual Church of Christ

1231 Garfield Ave.

Kansas City, MO 64127

816-231-2829



Metropolitan Spiritual Church of Christ

Order of Worship

Prelude Processional

/ Decalogue,

Congregational Song,

“Jesus is the Light”

Music Ministry

Readings from the Bible:

Old Testament,

New Testament,

Prayer and Seal

Welcome

Announcements

Tithes and Offering

Word of God

Invitation

Benediction and

Postlude

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Coloring Page



Shalom:

1Th 5:14-15

Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, be patient toward all men. 15 See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men.

Have a blessed day. 🌷 Rev. Dr. Virgil Brown

(To receive daily Bible scripture, ask Dr. Brown to place your name on his mailing list.)

PRAYER

THE BELIEVER'S SECRET WEAPON

Please Pray for Our Bereaved

The Family of Shawntee Abernathy, sister of Rev. Darnell Cooper

Pray for Our Sick and Shut-Ins

Bishop James Tindall

Sis. Shirley Jones is at home

Sis. Jaunsetta McGee

Sis. Joyce Frazier

Connie Lynn, daughter of Bro. Curtis and Sis. Jerri Lynn Harvey

Tameca Long-Collins, daughter of Sis. Jerri Lynn Harvey

Alta Fritz

Cheryl Weatherspoon

Rev. Marion Carr

Zelda Charles, mother of Sis. Sharon Owens

Rev. Ivy Ganaway is at home

Sis. Mary Williams

Andrea Carter and her mother, Recia Carter (niece and sister of Sis. Rochelle Biggins)

Johnnie Brown, son of Sis. Phyllis Hopkins

Please Stay in Prayer for Those on Our Prayer List:

Dementris Cartwright, son of Rev. LaDonna Cartwright

Sis. Velma Parker

Sis. Laurdes Young

Patricia Sawyer

Sis. Sherry Paige

Michelle Brown and her son Troy (T.J.) Hunter (the daughter and grandson of Rev. Dr. Virgil Brown)

Ms. Audrey Banks (cousin of Rev. Tammy Chestnut)

Bro. Gary Tindall

Sis. Sharon Owens

Venus Moor (sister of Rev. Flawn Barber)

Bro. Mitchel Strong

David Sword, coworker of Rev. Lori Smith-Carroll



Join The Prayer Line 5:30 AM every morning. Add to your contacts list the Dial-in Number and Participant Access Code: 28327010,,5107401#.

If you have items for the bulletin, text Shirley Gregory at 571-389-0128. Or email her at sjg316@reagan.com.

Special Events and Reminders

TODAY IS PALM SUNDAY



03/24

Today

Palm Sunday Service, 11 AM

03/24

Today

Pastor's Appreciation Offering Day is every 4th Sunday.

03/24

Today

The Sankofa Sunday event for this month will be at 6:30 PM at the Gem Theatre for Alvin Ailey's *Journey through African American Dance Experience*.

03/29

Friday

Good Friday Service, 7 PM

3/31 Sunday

Resurrection Service

7/15-19 Monday-Friday

Metropolitan Spiritual Churches of Christ, Inc., 99th Annual Congress. Register now. Pre-Registration ends June 30.

Happy Birthday



March

24

Shameka Smith

25

Mary White

26

Taylor Johnson

Happy Anniversary

Chad & Donna Hughes

Important Notice

Anyone interested in serving on the Shepherds Fold Committee, please see Rev. LaDonna.



What Is Palm Sunday? Why Is the Donkey Important to the Story? and How Is It Celebrated Worldwide?

Palm Sunday will be celebrated by Christians worldwide this Sunday
By Associated Press, March 23, 2024, at 8:34 a.m

Sunday will be celebrated by Christians worldwide Sunday, March 24, 2024. It commemorates the Christian belief in the triumphant entry of Jesus into Jerusalem, when palm branches were strewn before him. It marks the start of Holy Week.

Palm Sunday commemorates the Christian belief in the triumphal entry of Jesus into Jerusalem, when he was greeted by cheering crowds waving palm branches that they set out on the ground along his path, according to the Bible.

This year, Palm Sunday falls on March 24. Also known as Passion Sunday, it marks the start of Holy Week. The most sacred week of the Christian year includes the Good Friday re-enactment of Jesus’ crucifixion story and death, and their belief in his resurrection on Easter.

The Gospels differ, but based on one expert they agree on this: Jesus rode into Jerusalem on a donkey — or a colt.

Colt is defined as “a young male horse that is usually not castrated.” But in the Bible, the word meaning “colt” is used almost exclusively for young donkeys, not horses, writes Joanne M. Pierce, professor emerita of religious studies at the College of the Holy Cross.

Pierce writes that this brings to mind a reference from the Book of Zechariah in Jewish scriptures, where the prophet describes a victorious king who enters Jerusalem riding on a donkey.

In Judaism, she says, the passage from Zechariah refers to the Messiah, a spiritual king who would peacefully redeem Israel, and the donkey is interpreted as a sign of humility.

“In Christianity, this animal becomes almost a symbol of Christ himself, given how it patiently suffers and bears others’ burdens,” Pierce writes in a piece published by The Conversation. “Horses, on the other hand, tend to be associated with royalty, power and war.”

WHAT ABOUT THE PALMS?

In the biblical Palm Sunday story, a cheering crowd greeted Jesus along the road. Some spread their garments on the ground; others threw down leafy branches they had cut from the fields. In the Gospel of John, they are branches from palms, a tree that symbolized victory and triumph.

In the Gospel of Matthew, people began to shout: “Hosanna to the son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!” The word “Hosanna” was a plea for salvation and an exclamation of adoration.

After the procession, the Bible says Jesus entered Jerusalem and went into the temple.

HOW IS PALM SUNDAY CELEBRATED?

The ritual or liturgy typically starts with a blessing of the palms by clergy. It's followed by a reading of the Passion of Christ, meaning an account of the final events of Jesus' life.

Some ceremonies in German-speaking countries used to include a figure of Jesus riding a donkey, Encyclopedia Britannica says. The figure is called a “ Palmesel,” or German for “palm donkey,” according to New York's Metropolitan Museum of Art,

which on its site recounts how worshippers would lay palms on the ground before the Palmesel during lively processions.

Christian pilgrims in the Holy Land mark Palm Sunday by holding Masses and processions retracing Jesus’ triumphal entry. Worshippers carry palm fronds and olive branches and march from the top of the neighboring Mount of Olives to Jerusalem’s historic Old City, home to holy sites of the three Abrahamic monotheistic faiths.

In churches around the world, the palms are often taken home by congregants, and some will become ashes.


HOW DO THE PALMS TURN INTO ASHES?

Ashes can be purchased, but some churches make their own by burning the palms from prior years.

They're used to make the ashes for Ash Wednesday, the solemn day of fasting and reflection that signals the start of Christianity’s most penitent season.

Health Tip from Sis. Samantha Johnson
March is World Kidney Month

World Kidney Day:
Chronic Kidney Disease (CKD)




Chronic kidney disease is a progressive loss in kidney function over a period of months or years.

26 million

American adults have chronic kidney disease, which adds up to about

1 in 10 people



Diabetes & high blood pressure

The two main causes of CKD are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases.

Stages of CKD

There is no cure, but treatment can slow or halt the progression of the disease.

1

Kidney damage with normal kidney function

2

Kidney damage with mild loss of kidney function

3a

Mild to moderate loss of kidney function

3b

Moderate to severe loss of kidney function


4

Severe loss of kidney function


5

Kidney failure


Risk factors




Diabetes




High blood pressure




Family history




Overweight



Smoking



Over 50 years old



African, Hispanic, Aboriginal or Asian origin

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Sources:
1. Chronic Kidney Disease, World Kidney Day, <http://www.worldkidneyday.org/faq/chronic-kidney-disease>. Accessed February 23, 2017.
2. About Chronic Kidney Disease, National Kidney Foundation, <https://www.kidney.org/atoz/content/about-chronic-kidney-disease>. Accessed February 23, 2017.
3. Glomerular Filtration Rate (GFR), National Kidney Foundation, <https://www.kidney.org/atoz/content/gfr>. Accessed February 23, 2017.

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