



Rev. Daryl Ward, Interim Pastor
Associate Ministers
Minister Cheryl D. Grant
Rev. Howard McBride
Minister Michael Stallworth
Rev. Elaine Stubblefield

Derrick Tillery, Chairman of Deacon Board
Dr. Babette P. Craig, Interim Chair of Trustee Board
Eric V. Oliver, Minister of Music
Zion Baptist Church
Mailing address PO Box 29071
630 Glenwood Avenue Cinti, Ohio 45229
(513)751-8608 zbaptist@fuse.net
www.zioncincinnati.org

One more time, One more time
He allowed us to come together one more time
One more time, One more time
He allowed us to come together one more time

One more time, One more time
He allowed us to pray together one more time
One more time, One more time
He allowed us to pray together one more time

Thank You Lord

Zion's May 7, 2023 10:30 AM Communion Bulletin and Newsletter

Reverend Daryl Ward, Interim Pastor



ORDER OF WORSHIP

WORSHIP LEADER — Rev. Elaine Stubblefield

Announcements

Call to Worship

Opening Song of Praise “Holy, Holy, Holy”

Invocation

Music “I’m So Glad, Jesus Lifted Me” Mass Choir

Welcome

Scripture

Music “Tis So Sweet To Trust In Jesus” Mass Choir

Sermon Rev. Daryl Ward

Invitation To Discipleship Rev. Daryl Ward

Service of Holy Communion Rev. Daryl Ward

Communion Prayer Deacon

Communion Hymn “Let Us Break Bread Together”

Taking of the Elements Rev. Daryl Ward

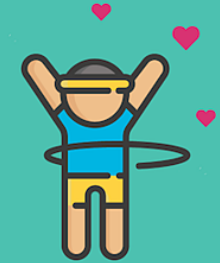
Closing Song “I Know It Was The Blood”

Benediction

Postlude Mrs. Maeola Greene



7 Reasons to Love Working Out in the Morning



1. Sets the Mood for a Healthier Day

If you start your day with a sweat session, you might feel inspired to continue healthy choices throughout the day!



4. Leaves No Excuses

When you check off your workout first thing in the morning, you're making it a priority to get physical activity in and take charge of your wellness.

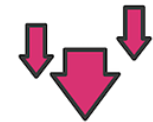
2. Increases Energy

Regular exercise has been proven to boost energy and minimize fatigue. Help your oxygen levels skyrocket and you'll feel ready to take on the day right away.



5. Reduces Stress

Because getting your heart rate up releases endorphins, you can expect to feel good and be flooded with positive feelings to kickstart your morning.



3. Increases Focus

If you need to get hyper-focused for a work meeting or make important decisions, a morning workout could help you do it. A British Journal of Sports Medicine study found morning exercise improves attention, visual learning, and decision-making skills.

6. Better Shut-Eye

One study found that adults who exercised at 7 a.m. got better sleep and more deep sleep. It also took less time to hit ZZZland.



7. Lowers Blood Pressure

For overweight individuals, a morning exercise routine may be the answer to get their blood pressure number in the normal range. Combining morning exercise with short walking breaks was found to control blood pressure better.



HEALTH AND WELLNESS

May 8: National Women's Checkup Day
National Stroke Awareness Month
National Physical Fitness and Sports Month
High Blood Pressure Awareness Month
Arthritis Awareness Month

AKA FOUNDATION
OF CENTRAL PENNSYLVANIA
INCORPORATED

Women's Health

* * * * * WEEK

YOUR HEALTH MATTERS 365 DAYS OF THE YEAR.

Here are a few tips you can
practice regularly to stay healthy:

EAT
HEALTHY



STAY
ACTIVE



ANNUAL
CHECKUP



SAFE
BEHAVIOR



YEARLY
MAMMOGRAM



PRIORITIZE
MENTAL
HEALTH



ENOUGH
SLEEP



OWN YOUR HEALTH
365
DAYS

www.akafoundationofcentralpa.com

*The Prayers of the Righteous Availeth Much! Please Remember Our
Sick & Shut-In With Prayers, Cards, Calls, and Visits!*



Daryl Rhodes, step son of Gwen Rhodes, was funeralized on Friday, May 5th.

Emory and Fay Ogletree

Timothy McMiller, brother of Deacon Tony McMiller

Claude Audley

Rev. Howard McBride

MRS. EVELYN MCKINNEY

MR. GARRY GALLAHER

MR. RICHARD JONES

MRS. LUCY MOORE MERRITTS

MS. HEIDI TAYLOR

MR. GARY WALLACE

Pray for Zion Baptist Pastoral Search Committee
See Zion's website for a complete list of sick and shut in

Expressions of Gratitude

We, the family of Deborah Sue Barnes, extend to each of you our heartfelt gratitude for your many expressions of sympathy. The caring thoughts, phone calls, cards, prayers, and other acts of love provided great comfort to our hearts. May God continue to bless you abundantly. Yours in Christ, Corla Tillery

Dear Visitor, We are so glad you are here! It is with PLEASURE that we welcome all who have come to worship with us on this Sunday. Let us lift up our hearts joyfully to the Lord & rededicate our lives to serving our Creator.



So that we may stay in touch with you, please fill out a Visitor Card. You can get one from an usher or text the word "VISITOR" to 513-715-8115 and complete the digital card on your phone. Our Ministers, Officers and Members invite you to come again.

God Loves You and SO DO WE!

Zion Baptist Church

CALENDAR OF EVENTS and ANNOUNCEMENTS



ZION AND OMEGA BAPTIST WILL HAVE A JOINT FELLOWSHIP
AND COMMUNION SERVICE, 4PM SUNDAY, JUNE 4, 2023, AT
ZION. REV. JOSHUA DANIEL WARD, PASTOR OF OMEGA, AND SON OF REVS.
DARYL AND VANESSA WARD, WILL PREACH AND
OMEGA'S CHOIRS WILL PROVIDE THE MUSIC.
ZION BAPTIST CHURCH WILL PROVIDE A **HOME COOKED CINCINNATI SUPPER**,
2:45PM. WE ARE ASKING ZION MEMBERS TO SIGN UP
IF YOU PLAN TO ATTEND THE SUPPER..

WE WILL HAVE MORNING WORSHIP 10:30AM JUNE 4TH



Send the office information to share with your
church family if you or a family member will be
graduating

Class of 2023

Aria M. Oliver

Miami University's 184th Spring Commencement
Saturday, May 13th, Yager Stadium 10:30a.m.

Vincent S. Oliver

Sycamore High School, Sunday, May 21, 2023
Cintas Center 3:00PM

David Wilson

Aiken High School
Friday, May 19, 2023, 4:00 p.m.
University of Cincinnati

Makalah Brantley

Walnut Hills High School,
May 25, 2023 6:30PM
Fifth Third Arena



Zion Baptist Church



A Birthday Greeting
for you from your
Zion Baptist Church Family

May

Happy Birthday
to all our
May Birthdays



Please submit June newsletter
information to the office by May 23,
2023.

AN AWE-FILLED LIFE

From Resurrection.....to Pentecost

Zion Baptist Church Institute: May 26-28, 2023



Friday, May 26

5 - 8 PM

***The Believers Form a
Community***

Light Meal & Plenary I

Saturday, May 27

9 AM - 2 PM

***The Believers in
Community***

Continental Breakfast,
Workshops, Plenary II, &
Lunch

Rev. Dr. K. Edwin Bryant, Facilitator

Sunday, May 28: "Pentecost"
Worship at 10:30 AM

***Rev. Dr. Edward Wheeler,
Guest Preacher***



All events at Zion Baptist Church
630 Glenwood Ave, Cincinnati, OH 45229

***Free & Open to the
Public. Advanced
Registration Requested.***



***Contact zbaptist@fuse.net or 513-751-8608, or go to
zioncincinnati.org.***

Presented by Revs. Daryl & Vanessa Ward & the Clergy of Zion Baptist
Church #sayawe2023

**REGISTER SUNDAYS AFTER SERVICE IN THE FELLOWSHIP
HALL, ON ZION'S WEBSITE OR CONTACT THE CHURCH OFFICE.
YOU DON'T WANT TO MISS THIS
EXCITING, SPIRITUAL PLANNED WEEKEND!**

**Mary Stallworth will be in the fellowship hall after service to take
orders for the Awe-Filled Life T-shirts**



There's Power In Prayer
**You Are Invited To Attend
Bible Study and Prayer
Every Wednesday
11:00AM and 11:30AM
with
Minister Cheryl D. Grant
Telephone # 5089245824**

**Bible Study and Prayer
Rev. Elaine V. Stubblefield
Every Wednesday 6:30 PM
Facebook.com/zioncincinnati**

**6AM Sunday Morning Prayer Line
with Rev. Elaine V. Stubblefield
Telephone # 605 475 3250
Access Code 647753**

Masks are recommended but not required

**IF YOU ARE SICK
PLEASE STAY HOME!!!!!!
WATCH US ON FACEBOOK**



You are invited and encouraged to attend Sunday School every Sunday at 9:15 a.m. where we study the Word of God, share and spread His Love and will share our Love with YOU.

If 9:15a.m. is too early, join Minister Cheryl Grant on Zoom Video or Zoom Telephone at 6:00p.m. for the RAYA (Rest As You Are) New Vision

**Sunday School Class
Zoom Meeting ID: 86937698548
Sunday School Superintendent
Deacons Cheryl Waters
Children & Youth Classes**

**Lambs of God–PreK – KDG Children of God–1st – 3rd Grade
4th – 6th Grade 7th – 8th Grade 9th – 12th Grade**

May Sunday School Lessons

May 7th; “The Day of Pentecost “

Lesson Focus: Call on the name of the Lord and be saved.

Lesson Scripture: Acts 2:1-8, 14-24, 37-39.

May 14th; “Jumping for Joy “

Lesson Focus: What can you offer others in the name of Jesus Christ?

Lesson Scripture: Acts 3:1-11

May 21st; “An Ethiopian is Baptized “

Lesson Focus: Depend on the Spirit when sharing the Good News.

Lesson Scripture: Acts 8:38

May 28th; “Saul of Tarsus “

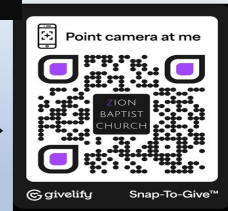
Lesson Focus: Will you minister to your enemies in Jesus’ name?

Lesson Scripture: Acts 9:9-17

Thank you for Giving!

GIVE YOUR TITHES & OFFERING

- In Person
- Through Givelify on zioncincinnati.org, the Givelify app, or by pointing your phone’s camera at the QR code here→
- By Mail: Zion Baptist Church, PO Box 29071, Cincinnati, OH 45229



Remember, the Lord loves a cheerful giver and so do we!!!