

MARCH 2025 • VOL. 67

The St. Matthew Messenger

The monthly publication of the St. Matthew AME Zion Church



My Brother's Keeper

#WEAREBETTERTOGETHER

**WORSHIP WITH US
IN-PERSON OR
ONLINE!!**

SUNDAYS AT 9AM

IN-PERSON EVERY 4TH SUNDAY

SUNDAY SCHOOL

CONFERENCE LINE **848.220.3300**

PASSCODE **325 4055**

SUNDAY SERVICES AT 11AM

IN-PERSON

OR CHECK US OUT ON FACEBOOK LIVE OR

YOUTUBE LIVE!!

METHODIST MOMENT

As members of the AME Zion Church, our weekly Responsive Reading is centered around a liturgical calendar, 'liturgical' meaning public worship.

The liturgical calendar is the Church's system for organizing the year around the life, death, and resurrection of Jesus Christ, guiding worship, prayer, and spiritual growth.

The liturgical calendar, also called the liturgical year or Christian year, is a structured cycle of seasons, feasts, and holy days that organizes the Church's worship and spiritual life around the central events of Christ's life. It is not merely a schedule but a tool for spiritual formation, helping the faithful relive the mysteries of salvation throughout the year.

The AME Zion Church recognizes 7 seasons: Advent, Christmastide, Epiphany, Lenten, Eastertide, Pentecost, and Kingdomtide. We are currently in the Lenten season. Lent is 40 days of spiritual preparation, reflection, and penance leading up to Resurrection Sunday, emphasizing prayer, fasting, and almsgiving.

The season commemorates the 40 days Jesus spent fasting in the wilderness, facing temptation and preparing for His public ministry, and serves as a time for Christians to grow closer to God through self-discipline and reflection.

ONLINE PRAYER AND BIBLE STUDY WEDNESDAYS AT 6PM

(BIBLE STUDY HANDOUTS, IF ANY, WILL BE LINKED TO OUR YOUTUBE PAGE AFTER BIBLE STUDY)

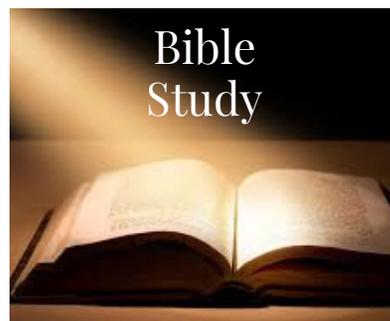
IN PERSON EVERY 2ND WEDNESDAY

ZOOM INFO: MEETING ID **5442587453**

PASSWORD **153467**

OR

DIAL IN OPTION **1.312.626.6799**



2026 March

LENT

FAST*PRAY*GIVE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05 Quarterly Conference 6pm	06	07
08	09	10	11 Prayer and Bible Study 6pm	12	13	14
15	16	17	18 Prayer and Bible Study 6pm	19	20	21
22	23	24	25 Prayer and Bible Study 6pm	26	27	28
29 	30	31	01	02	03	04
05	06	Notes: KC District Prayer Ministry call in number 657.390.4634 - 7am Saturday before 1st Sunday				



**3/5/2026 – IN PERSON QUARTERLY CONFERENCE
SMAMEZ 6:00PM**

CLASS LEADERS AND MEETING SCHEDULE



- REV. CYNTHIA LEWIS – WEDNESDAYS @ 7PM
- BUDDY HOLLAND – MONDAYS @ 6:30PM
- SAMUEL BELL – WEDNESDAYS @ 7PM
- PATRICIA CRAWFORD – SATURDAYS @ 1PM

**PLEASE CONTACT YOUR CLASS LEADER FOR ZOOM MEETING OR
CONFERENCE CALL INFORMATION. PLEASE CONTACT PASTOR
MARCEL BROWN IF YOU ARE UNSURE OF YOUR CLASS LEADER.**

40 DAYS PRAYER AND FASTING GUIDE

The Mid-West Area will embark upon 40 Days of prayer and fasting, February 18, 2026 – March 29, 2026. This year we offer two fasting options for the Lenten season.

Option 1: 12 hours of juice, water, and broth from 6am to 6pm daily. At the end of the fast consider eating fish or chicken, no sweets, bread, or fried food. (This should be a meager meal).

Option 2: The Daniel Fast: No meat, no sweets, no bread, and no sugar drinks throughout the entire day. During this fast you may take in fruits, vegetables, nuts and whole grains.

Guidelines for a Daniel Fast: Suggested Foods to Eat

Whole Grains: Brown Rice, Oats, Barley, Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, etc. Fruits, Vegetables, Seeds, Nuts, Sprouts, Liquids: Water, 100% All-Natural Fruit Juices, and 100% All Natural Vegetable Juices.

Suggested Foods to Avoid

Meat, poultry, fish, all dairy products, white rice, fried foods, caffeine, carbonated beverages, foods containing preservatives or additives, refined sugar substitutes, white flour and all products using it, margarine, shortening, high fat products.

Conference Prayer Leaders & Calling Information Calls will be Monday - Friday

Mondays - Kentucky & Missouri
Tuesdays - Young Adults of the Midwest
Wednesdays - Tennessee
Thursdays - Indiana
Fridays - Michigan & Trinidad/Tobago

DIAL 605-313-5379 - ACCESS CODE 6017298#

Morning Prayer - 6am Central Time / 7am Eastern Standard Time
Evening Prayer - 8pm Central Time / 9pm Eastern Standard Time
Please MUTE your phones when not speaking.

Rates apply if caller does not have unlimited call plan.

For those who cell phone provider will charge you, do the following:
Enter your phone number, 10 digit conference number, and click "Submit".
You will receive a call within 60 seconds from our conference call system...
Press * when prompted to connect with the conference call.

CREATIVE IN OUR METHODS

THE MIDWEST EPISCOPAL DISTRICT
AFRICAN METHODIST EPISCOPAL ZION CHURCH

2026 LENTEN GUIDE

Wednesday Feb. 18th - Sunday Mar. 29th

*"Commit your works to the Lord,
And your thoughts will be established"*
Proverbs 16:3



Missionary Supervisor,
Rev. L. Lynn Mitchell

Presiding Prelate,
Bishop Daran H. Mitchell

Midwest Prayer Coordinator
Rev. Marcia J. Cole-Morton



Day 1 - Feb 18	God's Original Intent for His Church	Acts 2:42-47
Day 2 - Feb 19	AME Zion Church	Hebrew 10:24-25
Day 3 - Feb 20	Holiness	Hebrew 12:14
Day 4 - Feb 21	Dangerously Anointed	Psalms 105:15
Day 5 - Feb 22	Bishops of the AME Zion Church	1 Titus 1:7-9
Day 6 - Feb 23	Missionary Supervisors / AME Zion Church	Romans 8:28-30
Day 7 - Feb 24	Presiding Elders	Philippians 2:3-4
Day 8 - Feb 25	Pastors	Matthew 20:26-28
Day 9 - Feb 26	Clergy	Romans 12:3-8
Day 10 - Feb 27	Laity	James 1:2-4
Day 11 - Feb 28	Injustice.	Leviticus 19:15
Day 12 - Mar 1	Violence of Any Kind	Romans 12:17-21
Day 13 - Mar 2	Marriages	Mark 10:9
Day 14 - Mar 3	Children	Psalms 127:3-5
Day 15 - Mar 4	Youth	1 Timothy 4:12
Day 16 - Mar 5	Young Adults	Hebrew 11:6
Day 17 - Mar 6	Parents and Guardians	Proverbs 22:6
Day 18 - Mar 7	Hunger and Poverty	Proverbs 19:17
Day 19 - Mar 8	Healing	James 5:14-15
Day 20 - Mar 9	Mental Illness	Matthew 11:28-30

Day 21 - Mar 10	Healthy Congregations	Matthew 16:18-19
Day 22 - Mar 11	Christian Education	2 Timothy 3:16
Day 23 - Mar 12	WH&OM Society	Galatians 6:9
Day 24 - Mar 13	Lay Council	Philippians 4:6-7
Day 25 - Mar 14	Class Leaders	Romans 8:31
Day 26 - Mar 15	Church Planting	Matthew 28:19-20
Day 27 - Mar 16	Evangelism and Lost Souls	John 3:16
Day 28 - Mar 17	Spirit-filled Worship Services	Psalms 100
Day 29 - Mar 18	Prayer and Passionate Spirituality	1 John 5:14-15
Day 30 - Mar 19	Empowering Leadership	Philippians 2:4-5
Day 31 - Mar 20	Trinidad & Tobago & Tennessee Conference	Ephesians 1:15-18
Day 32 - Mar 21	Indiana and Kentucky Conferences	Colossians 1:9-12
Day 33 - Mar 22	Michigan & Missouri Conferences	Ephesians 6:10-20
Day 34 - Mar 23	Revival and Harvest	Ephesians 2:8-10
Day 35 - Mar 24	Ministers Spouses, Widows and Widowers	Luke 17:5
Day 36 - Mar 25	Committed Leaders for Next Generation	Luke 1:37
Day 37 - Mar 26	Empowered Laity	Proverbs 3:5-6
Day 38 - Mar 27	The Call to Ministry	Isaiah 6:8-10
Day 39 - Mar 28	Excellent Media Ministries	Luke 18:27
Day 40 - Mar 29	Holy Spirit over Midwest	Acts 1:8

3 WAYS TO GIVE



Download  Givelify to give on your smartphone



Visit our website
stmatthewkc.org
to give online



Mail your offering to
St. Matthew AME Zion Church
4400 E. Linwood Blvd
Kansas City, MO 64128



Please drop payments off at the church by 2pm on Sundays to ensure payment is counted toward the current week's financial report.

For members who are unable to bring payments to the church and don't have access to technology, Karen Anderson will pick up your money from your home Saturday mornings between 9am and 1pm, please call her at 816.606.6001 to make arrangements.

Acknowledgements



For those of you who were born in March, we would like to wish you the Happiest of Birthdays! Praise God for another year!!



Slow the Spread of COVID-19

WASH YOUR HANDS OFTEN

20 SECONDS

WHEN OUT WITH YOUR FRIENDS, WEAR A MASK

AND STAY 6 FEET APART FROM OTHERS

CLEAN FREQUENTLY TOUCHED OBJECTS

DO NOT TOUCH YOUR EYES, NOSE, AND MOUTH

COVER YOUR COUGHS AND SNEEZES

STAY HOME IF YOU ARE SICK

60% ALCOHOL

60% ALCOHOL

60% ALCOHOL

cdc.gov/coronavirus

The infographic is a vertical grid of illustrations. At the top, a person is shown washing hands at a sink with a bottle of 60% alcohol hand sanitizer. A stopwatch icon indicates a 20-second duration. Below this, three people are shown wearing different styles of face masks. The next section shows three people standing apart, with dashed arrows indicating a 6-foot distance between them. Below that, a hand is shown cleaning a smartphone screen with a disinfectant wipe. To the right, a person is shown with a red 'X' over their face, indicating not to touch their eyes, nose, or mouth. The bottom row shows a hand covering a cough or sneeze into a tissue, and a person in bed with a fever, indicating to stay home if sick. The CDC logo is in the bottom left corner, and the URL 'cdc.gov/coronavirus' is in the bottom right.

QUESTIONS, COMMENTS, ADDITIONS?

Please call the church at 816.861.2457 and leave a message or send an email to adminasst@stmatthewkc.org