

MAR
08
2019

NEWSLETTER



Introducing the new single from Al Lawler and Jalan Veasey, entitled, "Lord We Give You the Praise." These two members of The Park collaborated on a well done praise song that features Christian rap. The CD includes the song and an instrumental version. The cost is only \$5.00. Please see Al Lawler in the CLC after worship.

The CD cover features a background of a sunset or sunrise over a body of water. The sky transitions from a pale blue at the top to a warm orange and red near the horizon. The water in the foreground is dark and calm, reflecting the light from the sky. The title 'LORD WE GIVE YOU THE PRAISE' is centered in a large, black, serif font, with each word on a new line. Below the title, the artists' names 'LAWLER AND VEASEY' are written in a smaller, purple, sans-serif font. At the bottom, 'LAWSONIC PRODUCTIONS' is written in a small, white, sans-serif font.

LORD WE
GIVE YOU
THE
PRAISE

LAWLER AND VEASEY

LAWSONIC
PRODUCTIONS



SOUTHERN UNIVERSITY
Alumni Federation - Dallas Chapter

P.O. Box 700596
Dallas, TX 75370-0596

The Southern University Alumni Federation, Dallas Chapter will celebrate their Founder's Day at The Park this Sunday, March 10, at 10AM worship. There **will not** be a reception in the CLC following service but definitely an opportunity to fellowship and show some HP love!

Brother David Tyson



Easter Lilies

If you will like to enhance the Altar with an Easter Lily for Easter Sunday, please complete a form this Sunday and place it in a church envelope along with your payment and put it in the offering tray. It may be in honor, in memory or for a special occasion. There is a \$12.50 donation per Lily.



Altar Flowers

The following Sundays are available to place flowers on the Altar:

March 17
April 14
April 28
June 30
July 14
August 4
September 8
September 29
October 20
October 27
December 8

If you would like to place flowers on the Altar, please contact Donna Collier at 972-235-3721 or the church office.

Daniel Fast

Have

Avoid

Fruit: anything fresh, canned, jarred, dried or frozen

Vegetables: anything fresh, canned, jarred, dried or frozen

Whole Grains: oats, rice cakes, brown rice, barley, grits, whole wheat tortillas, quinoa, corn, plain popcorn

Seeds and Nuts: all seeds and nuts and their butters (such as almond or peanut butter)

Legumes: dried, canned or frozen, such as beans and lentils

Oils: only good-quality oils such as coconut or olive oil

Water: it is suggested it be the only beverage during the fast

Seasonings: to flavor foods such as herbs, vinegar and salt

All Processed Foods

All Refined Foods

All sweeteners, including sugar and honey

All dairy

All caffeinated and carbonated drinks

All meat and animal products

All solid fats

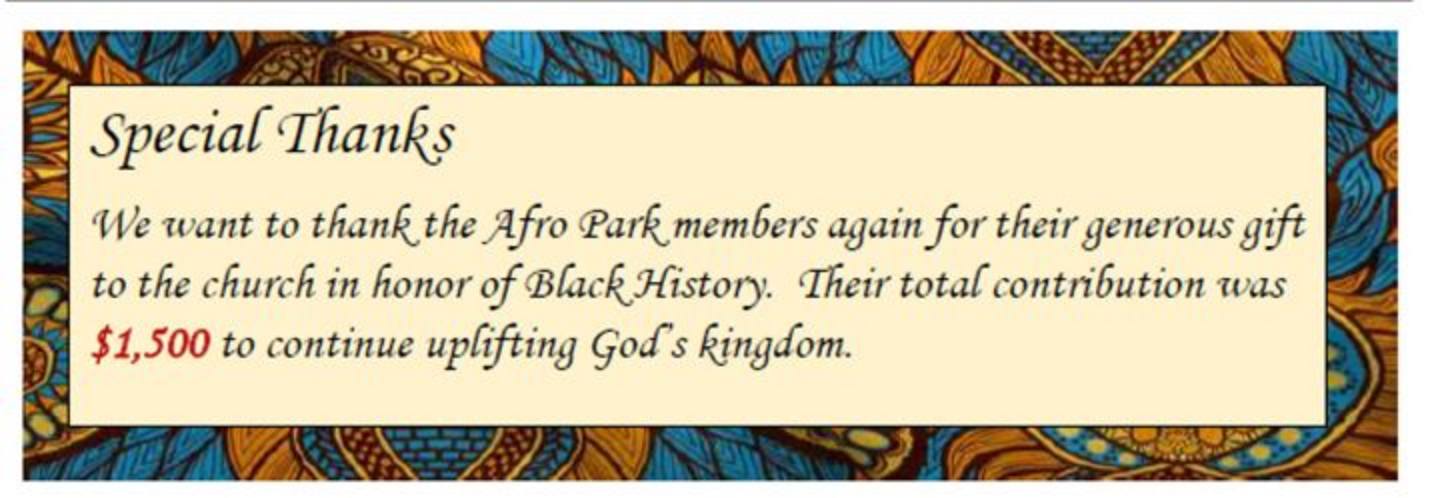
All leavened bread

All deep-fried foods

The Natural Homeschool

Preparing for the Daniel Fast

While fasting you may not consume any caffeine, sugar or sweeteners of any kind. You should not have anything artificial. This may cause many to experience the same feelings associated with detoxing. Most times these effects phase out after a few days. But the best thing to do is consume as much water as possible. This should not be a bad experience. It should be an overall good experience for the mind, body and soul.



Special Thanks

*We want to thank the Afro Park members again for their generous gift to the church in honor of Black History. Their total contribution was **\$1,500** to continue uplifting God's kingdom.*

SPREAD THE GOOD NEWS!

The nursery will open this Sunday, March 10th, at 9:45 AM.

Please join us for...

*Jesus loves me
Nursery Shower!*

Registered at Walmart

Select: Events & enter HPUMC Nursery

Registered at Target

First Name: HPUMC Last Name: Nursery

Continue to bring your nursery gifts to HPUMC

THANK YOU!!

Great things are happening at The Park

SAVE THE DATE 3-16-19



United
Methodist
Women
FAITH - HOPE - LOVE IN ACTION

Metro District UMW
North Texas Conference

HEARING THE CALL FOR RACIAL AND SOCIAL JUSTICE

SOCIAL JUSTICE EVENT

SATURDAY, MARCH 16 - 9:00AM TO 12:00 NOON

HAMILTON PARK UNITED

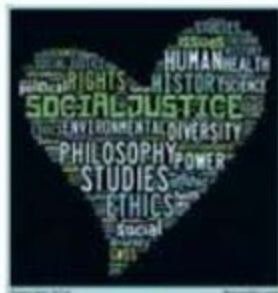
METHODIST CHURCH

11881 SCHROEDER RD.

DALLAS, TX 75243

**RSVP TO JUANDA WALLACE, METRO DISTRICT
UMW SOCIAL CHAIR, JJLOUD@FLASH.NET**

Working Together for Change!!



- ✓ Immigration
- ✓ School to Prison Pipeline
- ✓ Human Trafficking
- ✓ Climate Justice

9 Thus speaketh the Lord of hosts, saying, Execute true judgment, and shew mercy and compassions every man to his brother:

10 And oppress not the widow, nor the fatherless, the stranger, nor the poor; and let none of you imagine evil against his brother in your heart.

Zechariah 7:9-10 (KJV)

AND STILL WE RISE

Thanks to all who shared in this special Black History Program. May we never forget our history and with God's grace may we keep *"rising."* To God be the Glory for the Things He Has Done!

Special Days Ministry





TRANSFORM DALLAS

Amplifying Community Impact

Saturday, APRIL 6 from 8:00am to 3:00pm



Do you like to paint? Do you have a love for landscaping and painting? Join the HPUMC Church, The Hamilton Park Civic League, The Dallas Leadership Foundation and many other volunteers to bless selected homes of elderly and disabled residents in the Hamilton Park community with paint and landscaping.

VOLUNTEERS,
VOLUNTEERS,
VOLUNTEERS ARE
NEEDED!!!

- Register at WWW.TRANSFORMDALLAS.ORG
- Under Register To Serve at the bottom left of the page, click **Sign Up**.
- Click **Northeast Quadrant** where you can **Sign Up** for **Hamilton Park Neighborhood Beautification**
- Complete the requested information. If you participated last year, use the same email addressed you entered last year.
- Click **Sign Up Now**.

If you just want to help check-in the volunteer and deliver lunch to the work sites, contact Melvin Tucker directly at mntucker@sbcglobal.net.



CHRISTIANA YEBRA
OWNER, CURRENCY



BENJAMIN J. VANN
FOUNDER OF
IMPACT HOUSE



PAUL LUMAN
CEO OF ROKSTAR



DAVID TYSON
CEO OF SALES TRAC

NETWORKING KNIGHTS

EVENING WITH THE KNIGHTS SERIES:

BUILDING BRIDGES BETWEEN BUSINESS x COMMUNITY

MARCH 21ST • 6^{PM} - 8:45^{PM}



Serendipity Labs

2323 ROSS AVE, DALLAS, TX 75201

[HTTPS://BUILDINGBRIDGEDISCUSSIONPANEL.EVENTBRITE.COM](https://buildingbridgediscussionpanel.eventbrite.com)

Prayer Concerns

Daniel Ramos

James Moore

Annie Ruth Robertson

Minnie Hester Johnson

Ida Bailey

Leroy Harry

Charles Murphy

Eugene Vance

Rodney P. Johnson

Lorenzo Watson

Louis Robinson

Billie McCalla

Hazel Nickerson

Mallori Polk

Tom Smith

Shirley Pleasant

Samuel Booker

Cassie Phifer

Curtis Smith

Monica Fagan

Rose Fuller

Samuel David Jackson

Velma Logan

Dorothy Hendon (mother of Linda Tyson)

For more information please visit us at www.theparkumc.org

11881 Schroeder Road, Dallas, TX 75243

(972) 235-4633 Office • (972) 235-5713 Fax

CHURCH OFFICE HOURS: MON - THUR 9 AM TO 6 PM / FRI 9 AM - 12