

FIRST UNIVERSITY'S WEEK AT A

GLANCE

MARCH 2 - MARCH 8, 2025

"Offer hospitality to one another without grumbling" (1 Peter 4:9 NIV)
Let's get to know each other!!

DO GOOD SABBATH IS HERE!!!

Join us for our first **Do Good Sabbath** this Sabbath -**March 8th**. We're changing the way we "**do church**" by stepping out into the community **to serve from 11am to 1pm**. Volunteers are encouraged to wear their "Called to Serve" shirts or comfortable attire and should arrive at 1U by 10am to get ready. Please remember to wear sunscreen, stay hydrated, and bring plenty of energy as we make a difference together. If you'd like to purchase a "Called to Serve" shirt for \$15, please send your payment to treasurer@1usda.org with your name and shirt size (e.g., Junia/L) in the memo.

In addition to our Do Good Sabbath, we are also offering a variety of monthly service dates for both members and visitors who have a heart for serving others. There are limited spots available, so be sure to register early by clicking on the link (bit.ly/1UCalled2Serve). The list will be updated each month with new volunteering opportunities, so keep an eye out for more ways to get involved. If you have any questions or need further information, feel free to reach out to Junia LaFleur at community.service@1usda.org. We look forward to serving alongside you and making an impact in our community!

Clothing Donation Guidelines

New, gently used, and washed



We will accept

- Clothing for infants to 18yrs old.
- Shoes for infants to 18yrs old
- New underwear and socks (in package)
- Monetary donations/Gift Cards

We will not accept

- Old underwear
- Any Swimsuits
- Sport team uniforms
- Any house items
- Suits
- Formal wear

Any questions? Email: community.service@1usda.org

March Mix-Up Themes!

March 15: Musical Chairs

Sit in a different seat during worship service

March 22: Lunch Bunch

Invite someone or a group to your house for lunch

March 29: Flipped Sabbath School

Sabbath School during the worship service

SAVE THE DATES!



March 15: Movie Screening
For His Name Sake

March 22: Deaconate Ordination

March 29: Communion

March 29: Children's Church

April 19: Easter Sabbath *Passion Weekend*

PISCARIE ENTERTAINMENT AND KC FILMS & MEDIA

INVITE YOU TO ATTEND A SCREENING OF

FOR HIS NAME sake

SATURDAY MARCH 15, 2025

SCAN FOR TICKETS



TAMPA

GROWLIFE CHURCH

6:30 P.M.

23633 VENEZIA DR, LAND O' LAKES, FL



Join us Saturday, March 15th at 6:30 pm at GrowLife Church in Land O'Lakes for a special screening of **For His Name Sake.**

A powerful, faith-based film for the entire family. Click [here](#) for tickets.

Due to the hurricane weather forecast in 2024, the Women's Brunch cruise was cancelled and all payments will be refunded by Adrienne Wilson once the cruise company releases the funds. Thank you for your patience!

Calling All 1U Members!

Did you know that we're making **plans to renovate** the Sanctuary and Fellowship Hall? Interested in learning more? Then **you should attend this** critical **business meeting** this Sabbath, March 8 (at sunset)



SMATH NIGHT

SCIENCE - MATH - GAMES - FUN

CHILDREN'S MINISTRY 2025

SATURDAY, MARCH 8
7 - 9 PM

2225 E. 109ST AVE, TAMPA
EDUCATION WING

www.firstuniversitysda.org



Volunteers NEEDED!

Children's Ministry needs YOU to volunteer!

Sign Up Here:

<https://firstuniversitysda.org/cmvolunteer> to let us know how you can contribute to our children's worship service

Our Children are Having Church!

On March 29 our children are in for a maximum blessing! Children's Ministry is looking forward to having a full worship service for 1U's most precious members. The worship service will include praise and worship, tithes and offering, sermonettes, testimonies and even prayer corners. This is a special treat!

Prayer Meeting

Every Wednesday at 7PM
First University SDA Church

Basketball

Get Ready to cheer for 1U's basketball teams, the Eagles and the Warriors! Our teams will be playing **this Saturday night** at 7:00 PM on 6100 Memorial Hwy in Tampa

Current Standing

1. 1U Eagles (varsity): 2-3
2. 1U Warriors (adults): 3-3
3. 1U Eagles (adults): 2-4

*If you would like a t-shirt to show your team spirit, please send payment of \$15 via cash or Zelle (treasurer@1usda.org). In the memo, be sure to include your name, shirt size and color preference (black/blue)

MORE GROUPS MORE OPTIONS

1U CONNECT FOR WOMEN
With Adrienne Wilson

Friday Night Bible Study
With Stacy Jordan

Love Collective:
Contemplation and Action
The White House

Grow Groups have launched! Click [this link](#) to join a grow group of your choice. If you're interested in becoming a facilitator, please contact Kay Lawrence at growgroups@lusda.org



GROW GROUP

PAINT & Pizza

FACILITATORS:
COLEEN LAWRENCE
DESIRAE BRUTON

AGES 5-10
QUARTERLY

BE CREATIVE

The graphic features a watercolor-style background with illustrations of a pizza, a paint palette, a pencil, and a mug with the text 'BE CREATIVE'.



SEXUAL INTEGRITY 101 (WOMEN ONLY)

PURE Desire

BREAK FREE. BUILD YOUR RELATIONSHIP.
GET YOUR LIFE BACK.

Facilitator: Kaila Toellner
2nd and 4th Sundays at 5-6pm on Zoom

The poster has a background of splashing water.



BLENDED & BLESSED

Tuesday bi-weekly 7:30pm, Virtual
with Beni and Jessica Jombai

The poster features an illustration of a diverse family of five holding hands in front of a house, with a dog on the left.

Click [this link](#) to join a grow group of your choice. If you're interested in becoming a facilitator, please contact Kay Lawrence at growgroups@lusda.org.



MORNING PRAYER

Mondays & Thursdays
5:30a - 6:00a
with Uriah Millen

[HTTPS://ZOOM.US/J/96343233440](https://zoom.us/j/96343233440)

The poster shows hands clasped in prayer over an open book.



GRIEF

THURSDAYS 5-6P
FACILITATOR: KAY LAWRENCE & ELDERS

The diagram shows the stages of grief: DENIAL, ACCEPTANCE, BARGAINING, ANGER, and DEPRESSION, arranged in a circle around the word 'GRIEF'.



GATHER AND GROW

AGES 18-35

Sabbath Lunch

Facilitators: Jonathan Copeland, Benjamin Millen, Quincy Charles, Jonathan Cine

The poster features a group of people in yellow shirts hugging each other.



PRAYER Warriors

1ST & 3RD MONDAYS
OF EACH MONTH | 8:00 PM ZOOM
FACILITATOR: ROY PARHAM

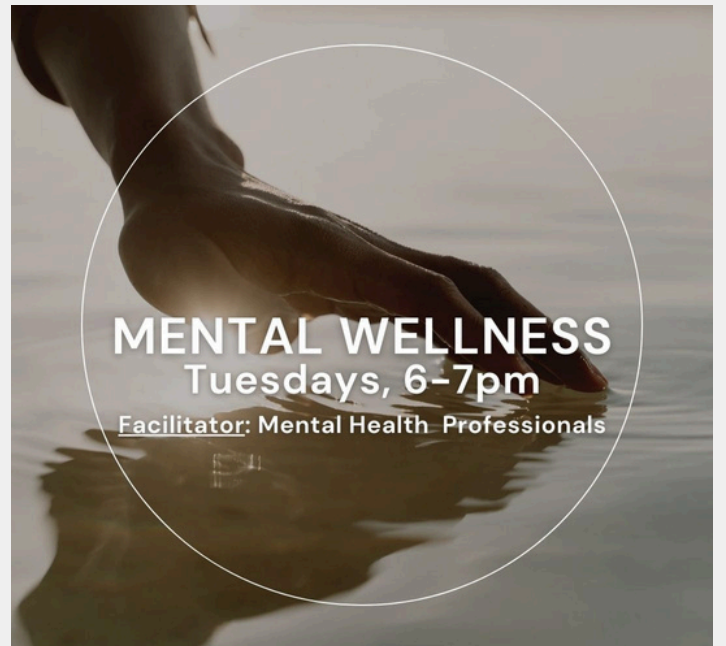
[HTTPS://ZOOM.US/J/97409392022](https://zoom.us/j/97409392022)

The poster shows hands clasped in prayer over an open book.

A NEW BELIEVERS GROUP
GROWING IN CHRIST
EVERY MONDAY | 8:30 PM

FACILITATORS:
PASTOR GEORGES FLEURIMOND
& ELDER ERMIDE WOODS

Starts
February 3



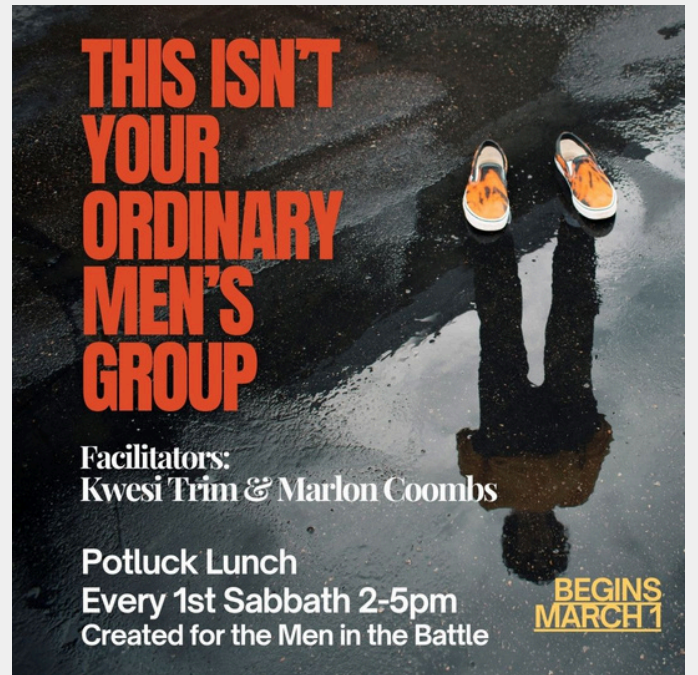
MENTAL WELLNESS
Tuesdays, 6-7pm

Facilitator: Mental Health Professionals



**ADULT
SABBATH
SCHOOL**

EVERY SATURDAY AT 10-11AM
EDUCATION WING



**THIS ISN'T
YOUR
ORDINARY
MEN'S
GROUP**

Facilitators:
Kwesi Trim & Marlon Coombs

Potluck Lunch
Every 1st Sabbath 2-5pm
Created for the Men in the Battle

**BEGINS
MARCH 1**

Click [this link](#) and join a
grow group today!



MORNING PRAYER

Mondays & Thursdays
5:30a - 6:00a
with Uriah Millen

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praying changes everything

**7:00P
WEDNESDAY
PRAYER MEETING**
@ FIRST UNIVERSITY SDA CHURCH



Through a weekly group
experience with other men
on this recovery journey,
Seven Pillars of Freedom will
guide you in making sense
of your story, identifying past
pain and trauma, establishing
sobriety, and more.

**MONTHLY SATURDAY LUNCH FOR MEN
FACILITATOR: ORVILLE ANDERSON
STARTS: MARCH 8, 2025**