

**ALLEN CHAPEL A.M.E.  
SUNDAY WORSHIP  
SERVICE**

2015: THE YEAR OF RESTORATION

JOEL 2:23-27

# ORDER OF SERVICE

- ◉ Praise and Worship
- ◉ Doxology
- ◉ Prayer
- ◉ Selection
- ◉ Scripture
- ◉ Selection
- ◉ Welcome
- ◉ Tithes/Offerings
- ◉ Sermon
- ◉ Benediction

# CHURCH ANNOUNCEMENTS

Sunday February 1, 2015

# CHURCH SCHOOL

- Allen Church School's Observance requires everyone's participation. Bring a family heirloom or old item to share in the exhibit of "Who has the oldest stuff?" Be an exhibitor and share history the third Sunday in February. Contact Sis. Speight or Bro. Rogers

# AMERICAN HEART MONTH

- February Is American Heart Month To remind us of ways to promote HEART health, we invite you to participate in the many activities for the month. In the Year of Restoration, Pastor Bell says, “Work UP and Work OUT to a healthier you”

# AMERICAN HEAR MONTH DATES:

- ◉ February 1-7. - If you must eat at a fast-food or carryout restaurant, try the lighter menu option Side salad instead of fries.
- ◉ February 8-14 - Cook and enjoy baked chicken, fish, and vegetables with no added fat.
- ◉ February 13. ALL are invited, lunch will be served.
- ◉ February 15-- Allen African Heritage Day. Dress in African Heritage Attire.
- ◉ February 15-21-- NO fried foods this week.
- ◉ February 22-- Wear RED DAY and Picture Day at Allen. Individual and Group pictures will be taken of worshippers wearing red, we are looking for a group picture with the largest number of people dressed in red. Wear your red to show that you are focused on heart health.
- ◉ February 23-28—pull it all together, less meat, more fruits and vegetables, fewer carbs, less fat, more fiber, less sodium/salt, more exercise, healthier heart, better mind and body.