



MARCH
2025

KINGDOM *News*

“Receive Real Power for Real Living”

Rev. Dr. Stanley Fuller, *Senior Pastor*
Rev. Dr. Ann Lightner-Fuller, *First Lady*

www.realpoweramec.org



SOMETHING **EXCITING** IS HAPPENING AT **REAL POWER!**

JOIN
US ►

BIBLE STUDY
MONDAYS • 6:00 PM

WORSHIP
SUNDAYS • 9:45 AM



Rev. Dr. Stanley Fuller, *Senior Pastor*
Rev. Dr. Ann Lightner-Fuller, *First Lady*

10201 Old Indian Head Road, Upper Marlboro, MD 20772
Phone: 301-782-7772 | www.RealPowerAMEC.org

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Let's Pray a Hedge of Protection Around Our Pastor

Father Your Word says, "Write the vision and make it plain so that they may run that readeth it." I thank You for giving the vision for, Real Power AME Church, to Pastor Fuller. Send partners who will come from the North, South, East, and West to support the vision with their prayers, their time, their talent, and their treasures. Let the people have the heart and mind to work. I pray that the vision is thoroughly provided for and supported. I thank you that everything we need to grow and expand is already released to us. May this vision go forth unhindered by any satanic force or opposition. Satan every plan and purpose you have devised to present the vision from prospering and succeeding is bound now in Jesus' Name. Amen. (Prayer from Deborah L. Grant's "Have You Prayed For Your Pastor Lately?")

Church Calendar

- March 5th ASH WEDNESDAY, Service at 7:00 pm
- March 5th - April 19th Morning Meditations for 40 Days of Lent, 6:00 am daily
- March 8th Steward & Trustee Meeting
- March 9th Daylight Savings Time Starts - Spring Forward
- March 22nd Dr. Ann Birthday!!
- March 23rd Real Power Church Anniversary

LOOKING AHEAD: (Save these dates)

- April 6th Financial Seminar: Retirement and Life Insurance, 12:30 pm
- April 18th Good Friday 7 Last Words Service, 6:00 pm
- April 19th Egg-Stravaganza Day, email realpoweryya@gmail.com to assist and volunteer
- April 20th EASTER SUNDAY

GROW IN GOD WITH US

CHURCH SCHOOL: EVERY SUNDAY FROM 9:00 AM - 9:40 AM

PRAYER: **INTERCESSORY PRAYER** - EVERY SATURDAY FROM 8:00 AM – 9:00 AM
PHONE NUMBER: 605-313-5474 • ACCESS NUMBER: 54 13270#

BIBLE STUDIES:

CHURCH BIBLE STUDY - MONDAYS @ 6:00 PM VIA OUR FACEBOOK AND YOUTUBE

SEASONED SAINTS BIBLE STUDY - TUESDAYS @ 11:00 AM

PHONE NUMBER: 605-313-5474 • ACCESS NUMBER: 54 13270#

YOUTH BIBLE STUDY - 1ST & 3RD FRIDAYS @ 6:00 PM VIA OUR FACEBOOK AND YOUTUBE

YOUNG ADULT BIBLE STUDY - 2ND & 4TH FRIDAYS @ 6:00 PM VIA OUR FACEBOOK AND YOUTUBE

EARLY MORNING P.U.S.H. CALL: MONDAY - FRIDAY @ 6:00 AM

PHONE NUMBER: 605-313-5474 • ACCESS NUMBER: 54 13270#



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HEALTHY, WEALTHY, & WISE: March Awareness: Health and Well-being

March is a month dedicated to raising awareness about various health and well-being topics. Here's a quick rundown of the key campaigns and some recommendations to support each cause:

National Nutrition Month: Promoted by the Academy of Nutrition and Dietetics, this campaign encourages healthy eating habits and physical activity. This year's theme, "Food Connects Us," highlights the role of food in bringing people together and impacting our health.

- Recommendation: Try incorporating more fruits and vegetables into your meals and engage in regular physical activity. Consider joining a community cooking class or starting a healthy recipe exchange with friends and family.

National Kidney Awareness: Led by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), this campaign focuses on kidney health and the importance of early detection and prevention of kidney disease.

- Recommendation: Schedule a kidney health screening, especially if you have risk factors like diabetes or high blood pressure. Stay hydrated and maintain a balanced diet to support kidney function.

Brain Injury Awareness: Organized by the Brain Injury Association of America (BIAA), the theme "My Brain Injury Journey" emphasizes raising awareness about the chronic nature of brain injuries and sharing personal survivor stories.

- Recommendation: Educate yourself and others about brain injury prevention and support. Wear helmets when biking or engaging in sports, and advocate for safety measures in your community.

Colorectal Cancer Awareness: This campaign aims to increase awareness about colorectal cancer, its prevention, early detection, and treatment. Regular screening is encouraged as early detection can significantly improve survival rates.

- Recommendation: If you're over 45 or have a family history of colorectal cancer, talk to your doctor about getting screened. Adopt a diet high in fiber and low in red and processed meats, and stay physically active to reduce your risk.

Join us in supporting these important causes and spreading the word to promote health and well-being!

MORE NEWS YOU CAN USE

Take a look at the great things taking place at Real Power! Mark your calendars, sign up, and join in the great things that this great house has to offer because we serve a great God!



BAPTISM

DO YOU WANT TO BE BAPTIZED?

Go to: www.realpoweramec.org/baptism-form

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COMING SOON | MARCH 2025



 *Real Power*

CHILDREN'S CHURCH

3rd SUNDAYS
ages 4-12

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FOR MORE INFO AND TO VOLUNTEER
REALPOWERYYA@GMAIL.COM

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Supervisor Arelis B. Davis, Episcopal Supervisor
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