

NEW CHRISTIAN CHAPEL MISSIONARY BAPTIST CHURCH

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Church Covenant

Having been led, as we believe, by the Spirit of God, to receive the Lord Jesus Christ as our Saviour, and on the profession of our faith, having been baptized in the name of the Father, and of the Son, and of the Holy Ghost, we do now, in the presence of God, angels, and this assembly, most solemnly and joyfully enter into covenant with one another as one body in Christ.

We engage, therefore, by the aid of the Holy Spirit, to walk together in Christian love, to strive for the advancement of this church, in knowledge, holiness, and comfort; to promote its prosperity and spirituality; to sustain its worship, ordinances, discipline, and doctrines; to contribute cheerfully and regularly to the support of the ministry, the expenses of the church, the relief of the poor, and the spread of the gospel through all nations.

We also engage to maintain family and secret devotions, to religiously educate our children; to seek the salvation of our kindred and acquaintances; to walk circumspectly in the world; to be just in our dealings, faithful in our engagements, and exemplary in our deportment; to avoid all tattling, backbiting, and excessive anger; to abstain from the sale and use of intoxicating drinks as a beverage, and to be zealous in our efforts to advance the kingdom of our Saviour.

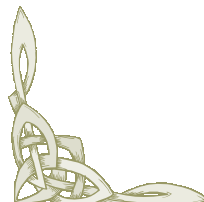
We further engage to watch over one another in brotherly love; to remember each other in prayer; to aid each other in sickness and distress; to cultivate Christian sympathy in feeling and courtesy in speech; to be slow to take offense, but always ready for reconciliation, and mindful of the rules of our Saviour to secure it without delay.

We moreover engage that when we remove from this place we will, as soon as possible, unite with some other church, where we can carry out the spirit of this covenant and the principles of God's Word.

Come Join Us!!



"A Preaching, Teaching, and Reaching Church"



Bi-Monthly Publication

September-October 2003



NEW CHRISTIAN CHAPEL MISSIONARY BAPTIST CHURCH

**"A Preaching, Teaching, and Reaching Church"
THE CHAPEL INFORMER**

A Message From the Pastor

The Power of Words

And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. (Col. 3:17)



Words are much like toothpaste. Once we let them out of our mouths we really can't take them back.

This means we should be careful of the words we let out of our mouths. For instance, some of the things we say about a person may not be true. Some of the words we say when we are angry aren't very nice and we don't really mean what we say. It's at times like this that we ask the person we have hurt to forgive us. But even if the person forgives us he or she will have a hard time forgetting what we said. There is nothing you or I can do to completely take back something terrible we have said. It's like too much toothpaste being squeezed from the tube!

Being able to say words and communicate thoughts and ideas is a marvelous gift from God. Let's not misuse this wonderful ability by speaking words that hurt people.

Ask Jesus to help you control your tongue. Ask him to help you say only the things you should say.

Remember, a word is a lot like toothpaste, once you let it out you can't take it back.

Vision Statement: *New Christian Chapel Baptist Church will be a Christian community within the community that transforms the community.*

Mission: *"To transform every willing person into a growing and committed person of Jesus Christ".*

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*Highlighted
This Issue
SENIOR BANQUET
Our Most Valuable Jewels*



**Rev. Wells to be Honored
at New Christian Chapel**

The Eleventh Anniversary Celebration Service honoring Rev. Reginald A. Wells, Pastor of New Christian Chapel Missionary Baptist Church, Rose Hill, will be held on Sunday October 26.

We invite you to join us at New Christian Chapel in this momentous celebration. Reverend Marvin Clowney an the First Baptist Church of Clinton, will be the guest for the afternoon. Service will begin promptly at 3:30 p.m.

We are truly grateful that the Lord has blessed this body of believers with a Shepherd who believes in prayer, is a man of the word, a Servant of others and truly a man of God.

Therefore to show our appreciation to our Shepherd-Pastor, let each member and friend come together and help celebrate a Special Day for this Servant of God. We look forward to your prayers, your presence and your praise on this great day of recognition.



How then shall they call on him whom they have not believed? And how shall they believe in him of whom they have not heard? And how shall they hear without a preacher? (Romans 10:14)

Thank You Lord

I thank You Lord for all the blessings
That You stowed upon me
I thank You Lord for my beautiful wife
And my family

I thank You for my health and strength
And my happy home
For living free in a land so vast
With plenty of space to roam

I thank You Lord for all Your gifts
When I kneel to pray
And with You there beside me
I'll make it through the day

I thank You Lord for all the times
I almost went astray
You guided me back on the narrow path
And led me on the way

There are many temptations in this life
And desires that could take hold
But I know You are my Shepherd Lord
And I'll never leave Your fold

I thank You for all Your timely help
In all those days of strife
But I thank You Lord most of all
For Your gift of eternal life

By George Konig

Pastor Wells, Adult Choir,
Adult Ushers and church
to travel to
Greenville, North Carolina
November 16, 2003
Service will begin at
4:00 PM

Make a
"Harvest Cross"

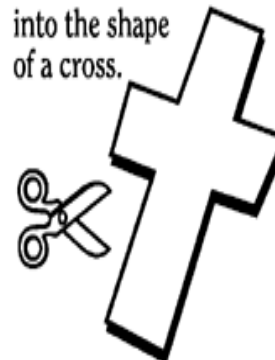
to remind you always
to be thankful.

You will need:

- + a piece of cardboard
- + glue
- + bag of dried, mixed beans
- + scissors

How to make it:

- + Cut the cardboard into the shape of a cross.

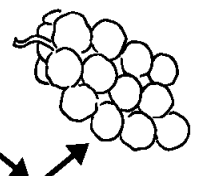


- + Glue the beans to the cross. You can arrange the beans in a pattern or glue them on randomly.



The Harvest

Harvest time was very important to the Israelites. They had three harvests each year: barley in spring; wheat in summer; fruits in autumn.



Find these foods that the Israelites harvested, and circle them.

- | | | | | |
|---------|--------|--------|--------------|---------|
| GRAPES | HERBS | OLIVES | APPLES | GOURDS |
| BARLEY | NUTS | BEANS | ONIONS | LENTILS |
| ALMONDS | LEEKs | FIGS | CUCUMBERS | |
| WHEAT | MELONS | RYE | POMEGRANATES | |

H A C B R Y E B R V E N
 G A U A S N O L E M S U
 R L C R F I G S T A T T
 A M U L I M B E H A N S
 P O M E G R A N A T E S
 E N B Y E S E L P P A K
 S D E H R O N I O N S E
 V S R E S G O U R D S E
 T I S M E S L I T N E L
 S E V I L O W H E A T H

Sunday School and Bible Study

God's Word is seed. When we get Seed in our hearts and nurture that Seed with proper nourishment we can expect rich and correct growth.



If we remain connected to that Seed, in due season there will be a harvest of fruitful believers.

Our minds can be renewed and spiritual nurture is available in Sunday school, Bible study and personal study. When we assemble ourselves together and discuss God's Word with an open heart for learning, we find that God will reveal many things to us through others.

We learn more about each other through our interaction with others. Our understanding of His word and our knowledge of each other are expanded and our Christian walk becomes more affective and effective.

The Bible is power to each generation. When we become cognizant of the power in His Word, Sunday school, Bible study, and personal study will become a lifestyle that will not only impact our lives but will impact the lives of believers.

Join us in Sunday school and Bible study this week. Let's make a difference through study and application.

"For where your treasure is, there your heart will also be." Matt. 6:21



Pray About Everything

We are prone to pray about the "big things" in life and forget to pray about the so called "little things" — until the "little things" grow and become "big things." Talking to God about everything that concerns us and Him is the first step toward victory over worry.

Daniel gives a wonderful illustration of peace through prayer. When the king announced that none of his subjects was to pray to anyone except the king, Daniel went to his room, opened his windows, and prayed (Daniel 6:1-10). He prayed, and gave thanks before God and made supplication. (Note how Daniel prayed). He prayed, gave thanks, and made supplication. And the result was perfect peace in the midst of difficulty.

Daniel was able to spend the night with the lions in perfect peace, while the king was in his palace and could not sleep.

We can have a quiet confidence **WITHIN** regardless of circumstances, people, or things. But we must remember to take **EVERYTHING** to God in prayer.

"Be careful for nothing; but in everything by prayer and supplications with thanksgiving let your requests be made unto God." (Philippians 4:6)



An Act of Kindness

A short while ago I was visiting one of our shut-ins. While I was there engaged in conversation with the family and other members of the church who were also visiting, a knock came at the door. A family member answered the door. A tall, handsome, young man who appeared to be in his early teens entered.

He appeared somewhat startled at all those eyes staring him from head to toe, so he chose to stand at the door for a few minutes. After standing for a few minutes the daughter asked if there was anything she could do for him. His reply was, "No, I don't want anything, I just came to see if there is anything I can do for you or your mother." He was so sincere in his appeal.

This young man's spirit truly touched my heart. His humble, giving, thoughtful spirit was one of a young man with a heart of love. His friendly face and loving spirit of reaching out to someone in need comes to my mind often. Whether he knows it or not he is making deposits early. Those deposits that he might not consider much now will one day pay him big dividends. These seeds that he is sowing will grow and one day come to fruition.

"Naked, and ye clothed me: I was sick, and ye visited me; I was in prison, and ye came unto me." (Matthew 25:36)

"And let us not be weary in well doing: for in due season we shall reap, if we faint not." (Galatians 6:9)



Mark Your Calendar

September 14th

Ushers' Anniversary/4:00 PM

September 28th

Church Homecoming

September 29th-October 3

Church Fall Revival
Rev. Simeon D. Spencer

October 26

Pastor Wells' 11th Anniversary

October 31st

Fall Festival
6:00 P.M.—8:00 P.M.



Mid-Week Services

10:30 a.m. Mid-Morning Prayer and Praise Service/11:00 a.m. Mid-Morning Bible Study

7:00 p.m. Evening Prayer and Praise
7:30 p.m. Evening Bible Study

Sunday Schedule

9:45 a.m. Sunday School
11:00 a.m. Morning Worship
7:30 p.m. Prison Ministry
(2nd and 4th Sunday)



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Wallace, NC 28466

(910) 285-7756

Healthy Eating

Facts on Bananas

It's official. A couple of bananas each day could help keep high blood pressure at bay.

This extraordinary ability of the banana to significantly reduce blood pressure is thought to be due to its high potassium and low sodium content.

It is widely recognized that potassium-rich food helps the body lose sodium, which can push up blood pressure. In an analysis of all current medical literature on the effects of supplementation with oral potassium on blood pressure in humans (2), the conclusion was that lack of potassium in the diet could be one of the reasons that high blood pressure occurs in the first place.

It is recommended an immediate increase in the daily potassium intake, both to prevent and to treat hypertension - especially if you already have a high level of sodium salt in your diet.

Bananas are already great "superfoods", eaten by athletes in all sports to give flagging energy levels a quick but sustained energy boost. With most of Europe already including too much sodium salt (common salt) in the daily diet, it looks like the banana will soon be taking on a new role in keeping us healthy.

With an average banana containing about 400 mg of potassium - more than 10% of the recommended daily intake of this important mineral - doctors could well start recommending eating this fruit on a daily basis.

After all, a few bananas are not only a natural and far cheaper alternative to hypertensive medications, but they taste better too!

The banana can reduce instances of high blood pressure and strokes, due to its high potassium content and low sodium levels.

BANANAS – THE CURE FOR ALL ILLS!

If you want a quick fix for flagging energy levels there's no better snack than a banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fibre, a banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions—making it a must to add to your daily diet.

Anaemia:

High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

Brain Power:

200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation:

High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin — known to make you relax, improve your mood and generally make you feel happier.

Healthy Eating cont.

Hangovers:

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heart-burn:

Bananas have a natural antacid effect in the body so if you suffer from heart-burn, try eating a banana for soothing relief.

Morning Sickness:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:

Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods – such as bananas – every two hours to keep levels steady.

PMS:

Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralises over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control:

Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD):

Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking:

Bananas can also help people trying to give up smoking, as the high levels of Vitamin C, A1, B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:

Potassium is a vital mineral, which helps normalise the heartbeat, sends oxygen to the brain and regulates your body's water-balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

Strokes:

According to research in 'The New England Journal of Medicine' eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

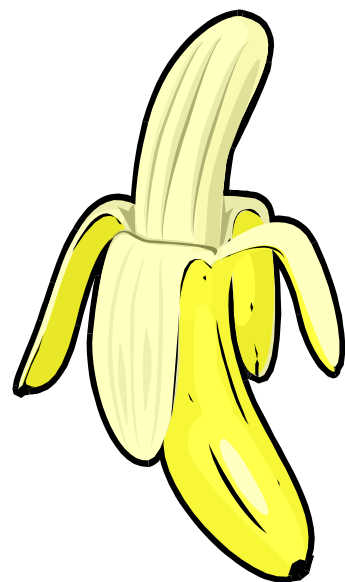
Warts:

Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

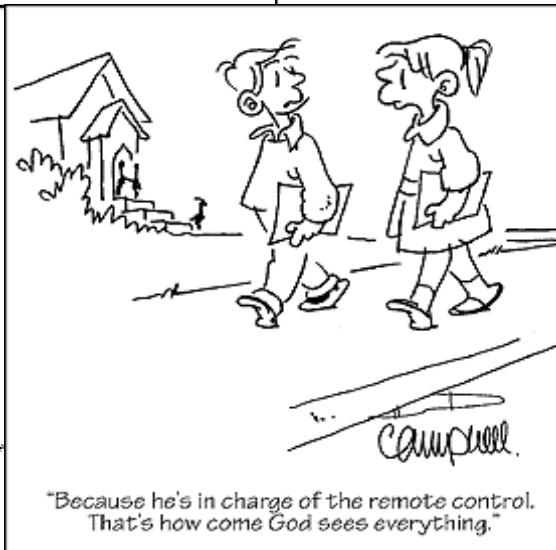
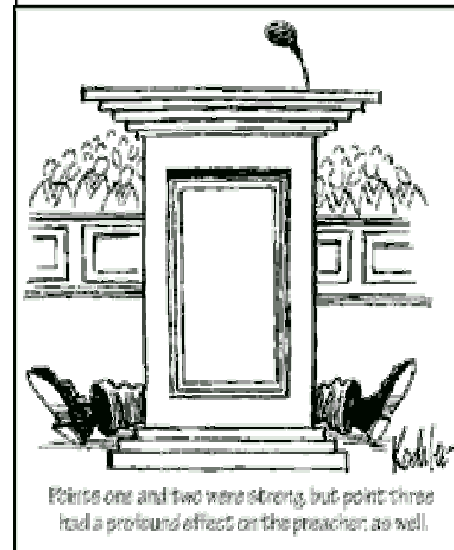
So you see – a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.

It is also rich in potassium and is one of the best value foods around.

So maybe its time to change that well-know phrase so that we say, 'A banana a day keeps the doctor at bay!'



Inspirational Moments





New Christian Chapel Baptist Church
11:00 a.m.
Audio and Video Ministry



<i>Date</i>	<i>Sermon Title</i>	<i>Speaker</i>	<i>Number of Copies</i>
8/10/03	<i>Issues</i>	<i>Rev. Reginald Wells</i>	_____
8/17/03	<i>My Help</i>	<i>Rev. Reginald Wells</i>	_____
8/24/03	<i>How To Make Your Walls Fall Flat</i>	<i>Rev. Reginald Wells</i>	_____
8/31/03	<i>After Our Trials There is a Blessing</i>	<i>Rev. Reginald Wells</i>	_____
9/07/03	<i>The King Wants to See You</i>	<i>Rev. Reginald Wells</i>	_____
9/14/03	<i>Schizophrenic Christians</i>	<i>Rev. Reginald Wells</i>	_____
9/21/03	<i>Just Wait</i>	<i>Rev. Reginald Wells</i>	_____
9/28/03	<i>Evangelism Through Excellence</i>	<i>Rev. Smitt Moore Bethel Missionary Baptist Church Tuscaloosa Alabama</i>	_____
10/05/03	<i>When All Hell Breaks Loose</i>	<i>Rev. Reginald Wells</i>	_____
10/12/03	<i>But Now</i>	<i>Rev. Reginald Wells</i>	_____

Audio and Video cassettes are available. Please see Reynell Chasten if your are interested. Purchase donations are not for profit, but for the maintenance of this ministry. If interested in ordering an audio or video tape, please complete this order form and submit to Sister

Sick

- Sister Gwendolyn Bell (Home)
- Sister Virginia Best (New Jersey)
- Sister Louise Phillips (New York)
- Sister Delafayette Swann

Shut-In

- Sister Bertha Farrior (Brian Center)
- Sister Marie Dixon (Glencare)
- Sister Emma Luck (Brian Center)
- Sister Mamie Dixon (Home)
- Sister Dora Coston (Home)
- Sister Mary Southerland (Brian Center)
- Sister Willie Bell James (Home)
- Sister Queenie Reese (Home)
- Sister Arnette Wade (Home)
- Sister Mary P. Boney (Home)
- Sister Sadie Williams (Home)
- Brother James Verdus Murray (Home)


**New Christian Chapel
 Missionary Baptist Church**

Fall Festival
October 31

6:00 PM—8:00 PM



New Member Profile

Since January

- Glory Henry
- Edna Carroll
- Rev. Gregory Carr
- Joyce Carol Ball
- Swavea Southerland
- David McGee
- Ozella Gore
- Diamond Price
- Scott Hargrove
- Tennyson Newkirk
- Jimmy Moore

A Great Time Had By All!!

On August 29, 2003, a great celebration was held in honor of our Senior members. We truly consider our seniors to be diamonds. They are shining examples who have stood the test of time and in the end are our most valuable jewels.

At the banquet we enjoyed beautiful singing by our very own music ministry. This mini songfest was presented by Deacon Shelton Graham and Sister Connie Boney accompanied by Brothers Bruce McCallop organist, Ben Jarman, lead guitarist and Vernon Jarman on the Bass guitar.

Our featured speaker for the evening was Mrs. Melva Best who is a dynamic spirit filled born again Christian who is also a blessed cancer survivor.

Her topic for this momentous occasion was "A Walk Down Memory Lane". We were afforded a very realistic look that brought back many memories from our past.

Our banquet meal was prepared by one of the most well renown Chefs in this area: Deacon Shelton Graham and his staff. We enjoyed a meal of Roast beef w/ gravy, country styled creamed potatoes, snow peas w/carrots, buttered English rolls, iced tea and apple a la mode.

At the conclusion of our evening, our three Senior Deacons, Deacon Daniel Kenan, Deacon Alex Brown and Deacon Holland Boney was presented with tokens of appreciation for their years of service.

Our evening ended with remarks from our pastor, Rev. Reginald A. Wells, followed by prayer and the benediction.

Submitted by:
The Senior Citizen Banquet Committee
Sister Linda Farrior, Committee Chair



Tutorial Ministry

Mission Statement

NeCCEP was organized to help young people with their educational studies. The program was designed for not only the youth of our church but for all youth. In our communities. The students will gain spiritual, moral, emotional and academic support that will enhance the student's ability to reach their academic goals.

NeCCEP, which stands for New Christian Chapel Enrichment Program, is a part of the Christian education Department of New Christian Chapel Missionary Baptist Church.

The tutorial session will be for approximately forty-five minutes each. The first session will begin at 6:15 p.m. until 7:00 p.m. There will be a fifteen-minute break from 7:00 p.m. until 7:15 p.m. The second session will begin at 7:15 and end at 7:46 p.m. The last ten minutes of the evening will be used for storing all materials away. All students will join the regular scheduled Bible study in the church sanctuary.



"I can do all things through Christ who strengthens me". (Phil. 4:13)

Organization of the Tutorial Sessions

The classes will be divided according to the needs of the particular set up (example: Kindergarten thru 2nd grade, 3rd grade thru 5th grade, 6th grade thru 8th and 9th grade thru 12th grade) or it can be divided according to subjects such as Language Arts, Mathematics, Social Studies, etc.

Classes are scheduled to meet from 6:00 p.m. to 8:00 p.m. each Wednesday night. We meet each week in the month with the exceptions of holidays. We follow the regular county school schedule. (See attached copy.)

Prior to class, the first ten minutes are used for devotion, Bible Study and silent reading. During this time we will encourage each child to share with the group any good deeds, awards, etc. since the last

NeCCEP



Tutorial Staff

Weekly Agenda Wednesday—6 p.m.—8 p.m.

Time	Activity
6:00 p.m.—6:15 p.m.	Devotion and Silent Reading
6:15 p.m.—7:00 p.m.	1st Session Tutoring
7:00 p.m.—7:15 p.m.	Student/Staff Break
7:15 p.m.—7:46 p.m.	2nd Session Tutoring



Bible quiz



Bible quiz In the Bible there is the story of a man who had everything anyone might desire. He was a very upright person who honored God. Nevertheless, he lost almost everything he cherished: his children, his possessions, his health, etc. Yet, despite his losses and his great pain, he still worshiped God even though his wife told him to curse God. The man said: "Naked I came from my mother's womb ... the Lord gave, and the Lord has taken away; blessed be the name of the Lord."

What was the man's name?

- A) Jeremiah
- B) Saul
- C) Job
- D) Ananias

The answer will be found in the first chapter of the book that follows Esther.

Blessed
be the name
of the Lord.

Answer: (Job 1:21)

Medical Korner

SHARE THE MESSAGE - Early Detection Saves Lives ZORA K. BROWN

For me, breast cancer was a journey that began before I was born. Both my great grandmother and grandmother were diagnosed with breast cancer at a time when little was known of this disease - and there was little reason for hope. Mammography had not yet been invented; genetic factors were unknown; radical mastectomy was virtually the only treatment option; and the survival statistics were grim. No one knew what caused breast cancer, so it was something discussed in whispers - a secret shame



It is often said that the Lord helps those who help themselves. In many ways, for those willing to seek answers, help arrives in the form of knowledge. We have many more resources to fight breast cancer than we did in the time of my great-grandmother, because we know so much more about the disease. Today, we owe it to ourselves and our families to take responsibility and learn more.

Medical advances in mammography, surgical techniques, genetic screening, chemotherapy, and hormonal therapy have enabled us to watch for signs of cancer, to catch its appearance earlier, to treat the tumors before they spread, and even to accomplish something unthinkable to earlier generations: cure it.

Did you know that the earlier breast cancer is detected, the less invasive the treatment and the better the likelihood of surviving the disease? That is the reason I have been performing breast self-examinations (BSE) since my 20's, and having a clinical breast examination (CBE) annually.

African-American women seem to get breast cancer earlier and in a more aggressive form than other women of the same age. Therefore, if you are African-American and also have a family history of breast or ovarian cancer,

SHARE THE MESSAGE ZORA K. BROWN

you should talk to your physician about beginning a mammography screening program along with regular CBEs and BSE as soon as possible.

When you reach 40 you should begin regular mammography screening, taking advantage of the coverage offered by Medicare, Medicaid, and most private health insurance companies. But do not let a lack of health insurance deter you from getting a mammogram. The Centers for Disease Control has a program that offers free mammography screening to eligible women over 40 all over the country. Their toll-free number is 1-888-842-6355.

Mammograms do not prevent breast cancer; nor are they a treatment for breast cancer. What these tests can do is detect cancer too small for a woman to feel with her hands.

You may ask why you must do BSE and have a CBE annually if you have a mammogram. That is because mammography screening, while the best available test for early detection of breast cancer, is not perfect. When you combine all three of the tests mentioned here, you have a better chance of detecting a problem earlier than by these other techniques alone.

Current estimates are that if every woman over the age of 50 had her yearly mammogram, breast cancer deaths in this age group would drop by 25% or more. That's why The National Cancer Institute recommends women over the age of 50 should schedule a mammogram every year and women over 40 should plan on the screening on a 1- to 2-year basis, depending on their personal and familial risk factors.

Younger women with a strong family history of breast or ovarian cancer need to take this seriously as well. For women 35 years of age and older with a family history, mammography is also recommended. However, for younger women with no significant family history, mammograms are not encouraged. In these women it is unusual to find breast cancer at an earlier

age and their breast tissue tends to be denser and thus more difficult to examine reliably even

with x-rays. Therefore, many feel performing the test usually does not produce any results worth the expense and time.

No matter what your age, if you find a change of any kind in your breast from the prior month's BSE, you should contact your healthcare provider and have your breasts examined. Do not take "no" for an answer, or allow yourself to be deterred by a person who tells you "you're too young to have breast cancer". Insist on having a mammogram, and if necessary, other follow-up tests to be sure that lump you have found is not a problem. This is especially true for those who have had close relatives with breast cancer.

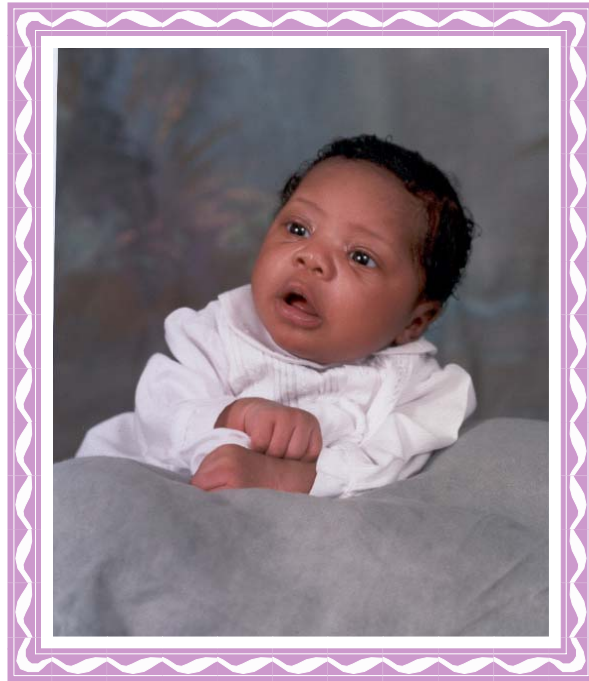
The majority of women diagnosed with breast cancer have no family history of breast cancer, but because the risk of breast cancer increases with age, following the three-fold approach of CBE, BSE, and mammography screening is your best approach.

Being well-informed is advantageous to you and to your family. You want to be there for them as long as possible. And if you have sons and daughters, the actions you take regarding your own health are likely to be followed by them as well.

Cancer is no longer a word people are afraid to utter; nor does it need to be a death sentence when discovered early. Early detection, no matter the disease, puts you in a better position to survive whatever health problem you may encounter. We are all busy women, but you must take care of yourself before you can take care of others. As the well-respected Dr. Sharon Marable reminds us, "My sisters! You are worth it! Make an appointment for that mammogram or PAP smear you have been postponing. Work hard-but make time to soothe your body, mind and spirit."

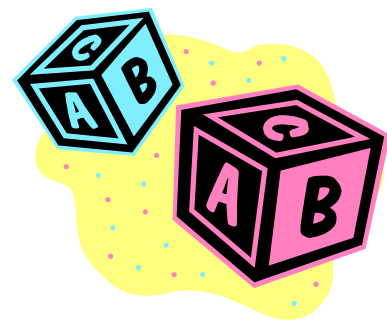
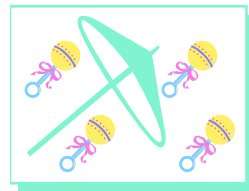
ZORA K. BROWN is the founder and chairperson of Breast Cancer Resource Committee. She is also a board of sponsor member of the National Breast Cancer Awareness Month Visit www.nbcam.org and www.bcresource.org for further information

Infant Dedication



Mary Phyllis Lawson

Parents— Sherita and Marcus Lawson



Aleah Delois Chasten

Parents—Valarie and Craig Chasten



A True Way to a Happy Day

Happiness is something we create in the mind,
It is not something you search for and so seldom find.

It's just waking up and beginning the day
By counting our blessings and kneeling to pray.

It's giving up thought that breed discontent,
And accepting what comes as a "gift heaven-sent,"

It's giving up wishing for things we have not
And making the best of whatever we've got.

It's knowing that life is determined for us,
And pursuing our tasks without fret, fume, or fuss,

For it's by completing what God gives us to do
That we find real contentment and happiness too.

*Make physical activity a part of your daily lifestyle.
Physical activity should be initiated slowly, and the intensity should be increased gradually*



*The Aerobics Ministry has resumed its normal schedule.
Please join Sister Reynell Chasten*

September

Rita Butler
September 19

Jalyn Wells
September 19

Brianna Moore
September 28

Patricia Graham
September

Wandra Frederick
September 12



October

Bessie Hargrove
October 20

Nathan Murray
October 13



Rev. and Mrs. Reginald A. Wells
September 3

Linwood and Teresa Kea
September 14

Al and Inita Frederick
September 2

Donnie and Lorraine Montgomery
October 15