

Christian Reader

Vol. 16 No. 5

MAY 2008

FREE MONTHLY

Onward Christian Soldiers

Florida General Baptist Convention 133rd Annual Session In Jacksonville, Florida a Huge Success

Acolades to Chairman, Dr. J. C. Green, Co-Chairman, Rev. Anthony Robinson, local pastors and committee members for an outstanding job in hosting the 133rd Annual Session of Florida General Baptist Convention, Inc. in the beautiful city of Jacksonville, Florida

Approximately 3,000 delegates from across the state of Florida, the Virgin Islands and the Bahamas met in the city April 7-11, 2008. Delegates enjoyed fellowship, friendship, preaching, teaching, praise and worship throughout the week.

St. Thomas Missionary Baptist Church, Dr. Ernie L. Murray, Pastor served as the host church for the Parent Body, Moderators, Young Pastors/Ministers and Laymen. The Women and Young People Department met at Mt. Bethel Missionary Baptist Church, Dr. Robert Herring, Pastor.

The Official Opening on Monday morning included greetings and expressions from state, city, community and religious leaders. Mayor John Peyton extended greetings on behalf of the City of Jacksonville and challenged the churches to continue to play a major leadership role in combating crime in the communities. Pastor Clarence E. Glover, Pastor of Mt. Bethel Missionary Baptist Church Ft. Lauderdale, Florida and host for the 2007 Annual Session opened with a compelling message lifting the name of Jesus.

Dr. Harvey Riley from Melbourne, Florida and Chairman of the Board called the Board Meeting to order on Monday afternoon. Auxiliaries of the Convention gave their reports. The highlight of the Board Meeting was the ratification of the revised Constitution and By-Laws of Florida General Baptist Convention, Inc. This revision sets the tone for governing and moving the

**see ONWARD CHRISTIAN
SOLDIERS page 20**





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A Forgotten Mother

By Pastor Leon R. Bing

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Gen 16:7-15

7 The angel of the LORD found Hagar beside a desert spring along the road to Shur.

8 The angel said to her, “Hagar, Sarai’s servant, where have you come from, and where are you going?” “I am running away from my mistress,” she replied.

9 Then the angel of the LORD said, “Return to your mistress and submit to her authority.”

10 The angel added, “I will give you more descendants than you can count.”

11 And the angel also said, “You are now pregnant and will give birth to a son. You are to name him Ishmael, for the LORD has heard about your misery.

12 This son of yours will be a wild one — free and untamed as a wild donkey! He will be against everyone, and everyone will be against him. Yes, he will live at odds with the rest of his brothers.”

13 Thereafter, Hagar referred to the LORD, who had spoken to her, as “the God who sees me,” for she said, “I have seen the One who sees me!”

14 Later that well was named Beer-lahairoi, and it can still be found between Kadesh and Bered.

15 So Hagar gave Abram a son, and Abram named him Ishmael.

New Living Translation

First I would like to say Happy Mother’s Day to all of you wonderful ladies who are mothers. This is your special time where we celebrate you! But in reality, you are celebrated everyday!

Last year we had a young minister to speak at our church on Mother’s Day, and she spoke on the above passage of Scripture. This was a powerful message and I want to share some key points of that message with you. It takes place after Sarah has given her handmaid, Hagar, over to her husband Abram (who we know becomes Abraham). But after Hagar discovers that she had become Pregnant, she had contempt for Sarah. This caused Sarah to treat her harshly. Well now Hagar begins to go through a state of depression, and she goes out to a desert place where something amazingly happens to her.

7 The angel of the LORD found Hagar beside a desert spring along the road to Shur.

8 The angel said to her, “Hagar, Sarai’s servant, where have you come from, and where are you going?” “I am running away from my mistress,” she replied.

9 Then the angel of the LORD said, “Return to your mistress and submit to her authority.”



We see in verse 7, that the angel of the Lord finds her “**beside a desert spring**”. How many mothers find them-

selves in a desert place because of life’s challenges? It seems at times that you are all alone and there’s no one who understands what you are going through. Well ladies God knows, and he cares for you! Then in verse 8, a very profound question is asked, “**Where have you come from and where are you going?**” Sometimes ladies there are times when you have contemplated this same question, right? Your problems can seem so large that you see no way out! But know this God is a god that cares for us all!

Let’s take a moment to look at Hagar. Hagar is the first single parent mentioned in the Scriptures! And she is the first non Jewish person that God has spoken to and gives his blessings to. I know that the Jewish race is in its infancy stage, but I think you follow me with this. Now back to the message.

The end of verse 8 Hagar states that she was running away from her mistress, Sarah. In verse 8 the angel of the Lord tells her to return back to Sarah. It is God that tells us to stop running from our issues and to face them! The thing is when we face them in obedience to God, we don’t face them alone! He is with us to lead us and guide us in the way we should go!

10 The angel added, “I will give you more descendants than you can count.”

11 And the angel also said, “You are now pregnant and will give birth to a son. You are to name him Ishmael, for the LORD has heard about your misery.

12 This son of yours will be a wild one — free and untamed as a wild donkey! He will be against everyone, and everyone will be against him. Yes, he will live at odds with the rest of his brothers.”

Verse 10 says that “**the angel added.**” He did not just send her back, but the angel sends her back with blessings. When God sends you back to face your issues, you do not go empty handed, there are blessings following you! In verse 11, the angel tells her what to name her child, **Ishmael, for the Lord has heard about your misery!** God hears your cry ladies, he counts your tears, and you are NOT alone! All of your struggles to make ends meet, God knows them. But many of you just flat out give up! Trust in the Lord! In

see LEON BING page 16

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The *Christian Reader* is a monthly publication that seeks to strengthen our community through the knowledge of God our Creator, Christ our Redeemer, and The Holy Spirit our Guide.

It is our goal never to criticize, condemn, or complain, but instead to inspire, encourage, and enhance the lives of all people through Christian principles, teachings, examples, and knowledge.

Our purpose is to renew the total person - mind, body, and soul, that he/she may be well equipped to experience without hindrance the "life more abundantly" that Jesus promised to all that seek His face and do His will.

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THE CHRISTIAN READER

The Good-News Newspaper

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REAL MEN COOK® KICKS OFF 19th ANNUAL FATHER'S DAY CELEBRATION IN 11 CITIES

National Event to Attract 30,000 and Raise Thousands of Dollars for Charity

Real Men Cook, America's premiere urban Father's Day family tradition that pays tribute to the family, will be held in 11 cities on Father Day, June 15. Over 30,000 people are expected to attend the celebrations, which will be held simultaneously in Atlanta, Chicago, Benton Harbor (MI), Dallas, Detroit, Houston, Los Angeles, New York, Philadelphia, Phoenix, and Washington, DC. Presented by Real Men Charities, the celebrations provide a platform where "real men" from all walks of life are honored for demonstrating extraordinary commitment to their families and communities. Since its inception, the event has raised over \$1 million for participating charities whose missions reflect Real Men Cook's resolve to uplift the community.

Hailed as the "largest, longest-running and most anticipated Father's Day celebration of its kind," this much-anticipated annual food-tasting celebration features approximately 1,000 volunteer chefs preparing their favorite dishes for the more than 30,000 people expected to attend. The cooks are committed dads and men from all walks of life and include entertainers, athletes, ministers, media personalities, politicians and other hard-working men who are bound by their resolve to uplift the family.

Senator Barack Obama, National Urban League President Marc Morial, the Rev. Jesse Jackson, Eddie and Gerald Levert, Tom Joyner, J. Anthony Brown, Congressman John Conyers, boxing champion Lenox Lewis, TV host John Salley, music industry icons Isaac Hayes, and Damon Dash are among the men who have donned a Real Men Cook bandana and apron and served at this annual family celebration and food tasting fest, which is now in its 19th year.

Real Men Cook is presented by Real Men Charities, a 501(c)(3) organization based in Chicago, which is on a national crusade to positively change the way the world views men in relationship to their families and the community and to transform how Father's Day is celebrated.

Another highlight of Real Men Cook events is informational pavilions, including the highly successful Real Men Charities Health & Wellness Pavilions featuring screenings, healthy foods, nutritional and fitness workshops. The events also feature Kids Pavilions and the Real Men Read Pavilion, promoting literacy product demonstrations, raffles and other assorted fun activities for the entire family.

Conceived and launched in Chicago in 1989 by entrepreneurs Yvette Moyo and Kofi Moyo, and produced by the marketing firm they founded, Resource Associates International, Ltd., the growth of Real Men Cook into a national celebration has also spawned success of branded products including Real Men Cook Sweet Potato Pound Cake®, a boxed gourmet cake mix and Real Men Cook Coffee, introduced in 2007, which is available on line at www.realmencook.com. The book, REAL MEN COOK, published by Simon & Schuster, is now in paperback, by popular demand. It features a foreword, including U.S. Senator Barack Obama's memories of attending the events with his family, and highlights family celebration memories from participants in Real Men Cook and a compilation of 100 favorite event recipes.

Among the beneficiary charities of the 2008 celebration are Community Mental Health Council, South Side YMCA, Community in Schools, FACES Cancer, New York City Mission Society, Challenger's Boys & Girls Club and Real Men Charities, Inc. Past beneficiary organizations include the Tom Joyner Foundation, Boys & Girls Clubs, YMCAs, Museums, Blood Banks and food shelters.



Senator Barack Obama shares in Real Men Cook Activities and wears the covenant Real Men Cook bandana and apron.

The Nielsen Company, Cuisine Noir Magazine and the National PTA, are national sponsors of this annual food-tasting celebration. Many other major brands also sponsor Real Men Cook in local markets including State Farm Insurance and The Home Depot.

Tickets are available nationwide through www.TicketAnnex.com. For more information, contact Real Men Cook at 773-651-8008 ext 5 or visit the website at www.realmencook.com

2008 REAL MEN COOK EVENT CITIES & LOCAL CONTACTS
Following is the list of cities participating in the 2008 Real Men Cook celebration network. ALL events occur from 3:00-6:00 PM on Father's Day, June 15, 2008, except in Houston where the event is tied-into the Juneteenth Celebration on June 21.

Tickets are available nationwide through www.TicketAnnex.com. Advance ticket prices in all cities are \$20 Adult/\$10 child.

See REAL MEN COOK EVENT CITIES page 8

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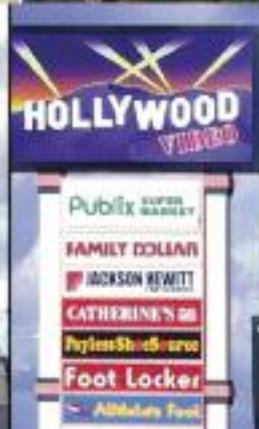
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Psalms 127:3-5



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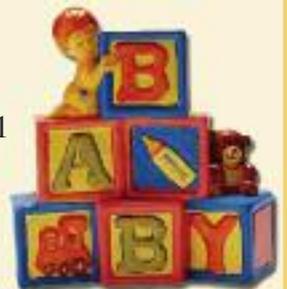
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In Their Own Words...

How I Got Started



PRINTELLA BANKHEAD *PRESIDENT/CEO* EBS SECURITY, INC.

One day back in 2002 my hard work and humbleness paid off. It got the attention of my Pastor, “who asked me have you ever thought of owning your own business”? I had never thought about it, but wanted more than just getting by in life. I told my Pastor that I considered my job at the church working as a Security Officer very serious and that for me it was like working for God protecting His flock. This small seed planted in my spirit developed into EBS Security, Inc. providing armed security, body guard, and all other protective services throughout Florida.

Security can be very trying, there are times that you’re in the cold, rain, heat, constantly standing and last but not least dealing with all kinds of people. We don’t know what to expect, but you have to keep a cool head. God has taught me how to deal with all kinds of people no matter how difficult or different.

Since EBS Security Inc. was started we have strived to provide quality service and I believe because of our faith, God has really blessed us. It is a good feeling to be able to help my aging parents and not worry about making it until payday. Don’t get me wrong it has not been an easy road, but God has given me a vision and determination to make a difference.

It is a blessing to bless others who need a service and to provide jobs in the community. We care about every employee and believe that it takes all of the employees to make the company great. My goal is to continue to provide quality service to our customers and let our employees know that they’re important as well. It is not all about making money and becoming rich. However, I feel that when we do the right thing and work hard to be honest spiritual and monetary riches will come.

EBS Security Inc. is a member of the Jacksonville Chamber of Commerce, The Better Business Bureau, Jacksonville’s Small and Emerging Minority Businesses, Duns and Bradstreet, The American Federation of Police & Concerned Citizens and nominated for the Strathmore’s and Cambridge Who’s Who among business leaders in America. We also support our youth by donating to education and community programs that help the children of Jacksonville. In closing, I believe to which much is given, much is required, and It’s God who gives the increase.

When people ask, how did you get your own business? My first response is always, God. He is good and has brought me from a mighty long way. My Grandmother taught me how to pray and my Grandfather taught me to stay humble with quotes like “you only go through this life but once, so treat people like you want to be treated”.

I grew up in a four room shack with a tin roof and no running water, in rural Alabama, my parents got divorced and went their separate ways, leaving two of the children behind, me and my brother. My father’s parents adopted us, and my brother is now a well known Pastor.

I remember standing next to a wood burning stove feeling cold on one side and hot on the other. I recall being able to look through the floor and see the chickens under the house. Every year during spring cleaning, we would find snake skins throughout the house. My grandparents were bootleggers and our home-all of four rooms was similar to the Color Purple’s Harpos. According to modern day scientific studies, children from abusive homes and dysfunctional families are likely to become products of their environment, but God had plans for me and my brother.

I got started in the security industry over 20 years ago, after getting divorced and struggling to make ends meet by working two jobs, and remember saying to myself, there has got to be a better way to make a living. At that time I did not totally understand the spiritual laws of God. I began to realize that God had a purpose for me and all I had to do was to seek him and walk in his perfect plan. I realized that I had to forgive and let go of the past so that I could progress into the future for my life. I continued to work hard and stay focus and continued to treat people like I wanted to be treated.

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continued from page 5

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CONTACT: Justin Wooley — 773-651-8008 ext 5

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Dwight "Pete" Mitchell City Center
(Downtown Benton Harbor at Main St. & Pipestone St.)

CONTACT: Bryan Joseph — 269-921-0769

DALLAS

State Fair Park, 100 2nd Avenue, TX 75216

CONTACT: Terry Allen — 214-376-6530

DETROIT

Focus: HOPE, 1400 Oakman Boulevard, Detroit, MI 48228

CONTACT: Carmen Carter — 248-910-6527

HOUSTON (Saturday, June 21)*

Tom Bass Park, 3452 Fellows Road, Houston, TX 77047

CONTACT: Francis Paige — 713-748-6300

LOS ANGELES

Challengers Boys & Girls Club 5029 S. Vermont Avenue
Los Angeles, CA 90037, Phone: (323) 971-6161x242

Fax: (323) 971-2156, CONTACT: Gregory Johnson - 310-330-2228

NEW YORK

Minisink Townhouse, 646 Lennox Ave, Harlem USA, New York, NY 10001, CONTACT: Angela Hollis 646-682-9341 or 212-674-3500

PHOENIX

Phoenix Civic Plaza, 225 East Adams Street (Hall E), Phoenix, AZ 85004, CONTACT: Patrick Porter — 623-910-4797

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First District Plaza, 3801 Market Street, Philadelphia, PA 19104

CONTACT: Bruce Rush — 215-924-6263

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Historical Society of Washington DC/The Old Carnegie Library Building on K Street, NW between 7th and 9th Street, NW. Washington, DC 20001

CONTACT: Al Flowers, FLOW Entertainment 202-904-2318 and O.D. Dixon — 202-986-2324

* Houston is the only event held at 3 pm on Saturday, June 21. All other cities host the events on Father's Day, Sunday, June 15, 2008.

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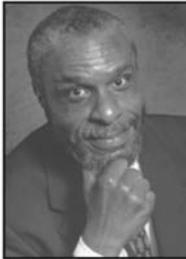
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HOW AFRICAN AMERICAN ENTREPRENEURS CAN BEAT THE RECESSION

By Dante Lee

www.BlackBusinessCoach.com

President Bush calls it an economic “slowdown”, but those affected call it a full-blown recession - and rightfully so. Major airlines have folded, hundreds of thousands have lost their jobs, gas prices are “through the roof”, and the national foreclosure rate is at its highest ever.

In addition to all of this, small businesses across the country are drastically losing customers who no longer have money to spend with them. Black-owned companies, in particular, are affected the most. They have access to the least amount of resources to help in a situation like this, and they are not priority enough for any federal aid.

So, what can you do to beat the recession?

- 1) Increase your marketing. Buy in to low-cost solutions that are effective, and will drive customers your way. Consider classified advertising, press release distribution, search engine marketing, and directory advertising (Yellow Pages, Superpages.com, etc).
- 2) Consolidate your staff. No one likes having to let people go, but sometimes you have no choice. Reserve your most productive employees, and have them take on more responsibilities.
- 3) Break out the coupons, and buy in bulk. Subscribe online to receive coupons and discount offers from Office Depot, Office Max,



and/or Staples. This will help you save money on your office supplies. Also, considering buying bulk from Sam's Club - which has a special membership for small business owners.

4) Cut costs when traveling. Instead of staying at the luxurious 5-star hotels like Marriott or Hyatt, consider staying at a 3-star hotel like Hampton Inn, La Quinta Inn, or

Comfort Inn. In addition, try buying your airline tickets months in advance for conferences you plan to attend.

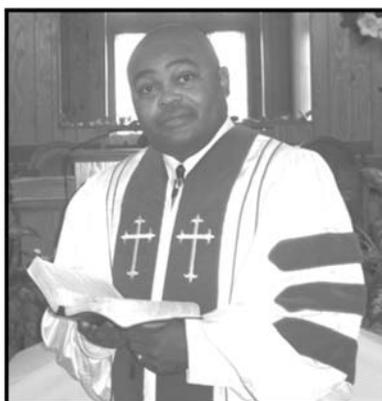
If you need to bring staff, this can be very expensive. Consider hiring someone locally where your event will be held. You can pay them for the day, and can train them on-site to work your booth.

5) Become more creative. Now is the time to really start thinking outside the box. Be unconventional. Remember that the solution to staying afloat during difficult financial times is there; you just have to find it. Meditate on new concepts, and reinvent old concepts.

Dante Lee is the 26-year old president and CEO of Diversity City Media, a multicultural marketing and public relations firm based in Columbus, Ohio. His daily blog, www.BlackBusinessCoach.com, offers a FREE email and RSS subscription for Black entrepreneurs and business owners.

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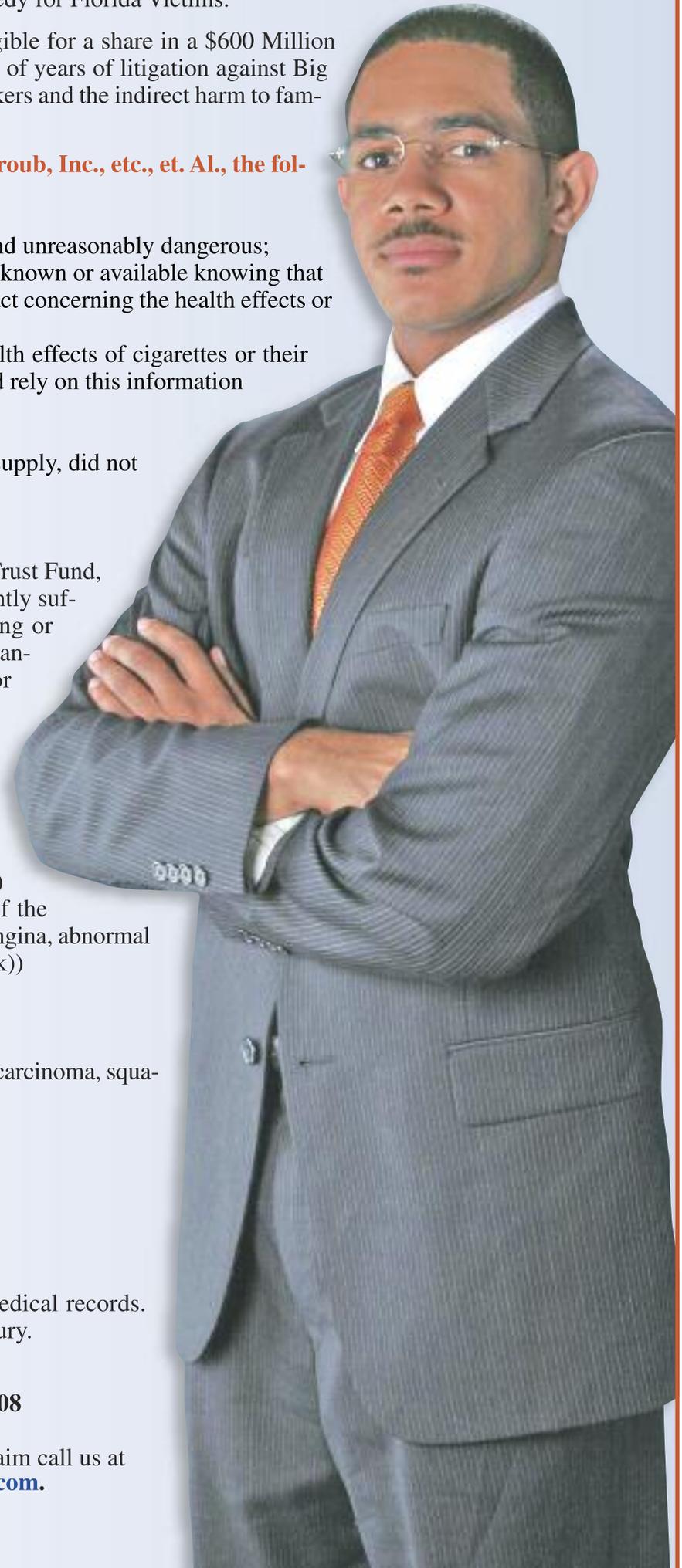
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Tabernacle - 116 Years Serving Tallahassee South Side Community

How can we give God thanks for all that He have done for us and give Him praise for where he has brought us from? The Tabernacle Family will celebrate 116 years of ministry during the month of May for all God's bountiful blessings, his grace, mercy, and his unmerited favor shown toward us.

Celebration Schedule:

May 4th - 10:00 a.m.: Minister Gregg James

May 5th and 6th - 7:00 p.m.: Pastor Bernard Yates, Pensacola, FL,

May 18th - 7:30 and 10:00 a.m.: Pastor Simeon Spencer, Union Baptist Church, Trenton, New Jersey

Come worship the Lord and the beauty of Holiness

On Saturday, April 15, 2006, Tabernacle's members gathered for the last time at Nims for a prayer breakfast. A processional, led by Pastor Stanley Walker, Deacons and Deaconesses, the United Voices and other auxiliaries and ministries, marched from Nims across the street to the new Tabernacle. On April 16, 2006, Easter Sunday, the first official worship services were held in the new sanctuary. Since the first worship service in the new church, a score of local and regional churches and pastors have joined Tabernacle in celebrating and blessing the new church. As is the vision of Pastor Walker, Tabernacle will celebrate deliverance from this wilderness experience for one year. The official Dedicatory Service will be held October 15, 2006.

Annotated History of Tabernacle

In 1892, Pastors I.G. Hendley and John Fitzgerald, along with their wives and a few of faithful dedicated members, left the mother church of Bethel Missionary Baptist Church to form Tabernacle Missionary Baptist Church (TMBC). The first site of Tabernacle was on the corner of Pensacola and Macomb Streets which is today the site of the present day Leon County Civic Center. Legal documents, namely abstracts, submitted by Deacon Raymond Bellamy, indicated that the land was actually deeded to the Church on November 25, 1892. On the property, a small, wooden church was erected. A cornerstone was laid in 1925 during the pastorate of Reverend Joe Kilpatrick.

Servants of God at Tabernacle Missionary Baptist Church were: Pastors J. Kilpatrick, R. M. Brown, J.C. Collier, W. M. Ming, P. L. Mitchell, W. W. Woods, C. Wood, and the current pastor, S. L. Walker, Sr. Under these pastors, Tabernacle served as a meeting place for college students who were involved in the movement

Tabernacle
Missionary Baptist Church
Tallahassee, Florida
Celebrating 116 Years
The Entire Month of May

protesting human and civil injustices for African Americans, during in the 1960's Civil Rights Movement in Tallahassee.

In 1975, Tabernacle Missionary Baptist Church eventually relocated to its present location at 615 Tuskegee Street. Pastor Walker has served as Tabernacle's first full-time pastor, since 1980. He holds a Bachelor of Science degree from Benedict College in Columbia, South Carolina, a Master's of Divinity degree from Morehouse School of Religion of the Interdenominational Theoretical Center in Atlanta, Georgia, and Certification in Clinical Pastoral Education from the South Carolina State Hospital. He is a native of Greenville, S.C. and has held pastorates in Greenville, South Carolina.

Tabernacle Missionary Baptist Church is indeed blessed and continues to move forward, spreading the gospel of Jesus Christ and meeting the needs of the community. Pastor Walker continually says that there is work to be done outside the church walls because the harvest is plentiful but the laborers are few. His vision of new Family Life Center and Senior Citizen Complex will help minister to the needs of the people on the south side



Pastor Stanley Walker



Pastor Bernard Yates



Pastor Greg James

New San Marco Recording Studio Now Open

JACKSONVILLE, Fla.- San Marco makes room for a new entertainment hub for recording artists. Angel Calling Recording Studio, LLC, a new recording facility, opened early April to support the growing surge of the music scene in Jacksonville. The studio is located at 1515 Prudential Drive, Suite 100A, just minutes from downtown, adjacent to the Wyndham Hotel.



Founded by gospel recording artist, Debra Campbell, Angel Calling Recording Studio, boasts world-class digital and analog equipment. Aside from the sophisticated facility equipment, Angel Calling Recording Studio offers genuine support in an eccentric atmosphere for artists to unequivocally release and produce musical masterpieces in the creative haven. The support staff exudes a congenial and encouraging spirit to enhance the creative process and enable artists to work at ease.

“Our mission is to consult each and every artist that has limited knowledge about recording but want to learn how to make a whole complete CD,” Campbell said. “We will take them under our wings step by step...”

Angel Calling Recording Studio will offer the following services to musicians to support music production: recording, mixing, mastering, CD duplication, photography and flyers. Hourly studio rates are based on engineering services requested.

For more information visit:
www.angelcallingrecordingstudio.com
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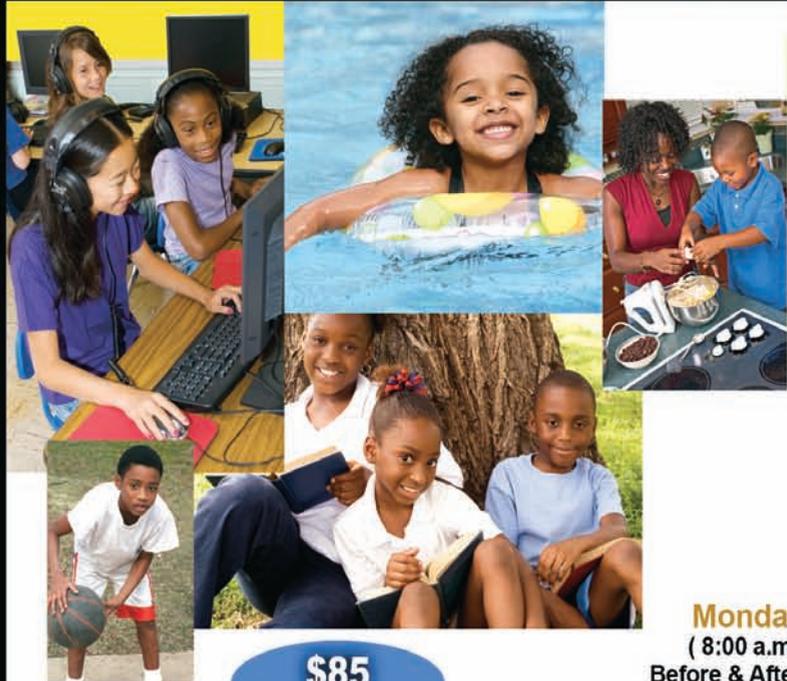
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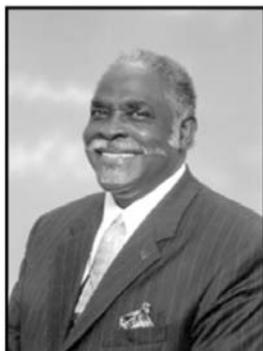
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LEON BING

continued from page 3

verse 12, we actually see why there is trouble today in the Middle East. The descendants of Ishmael are the Arabs; they are fighting against the Jews. This is a battle that will not end until Jesus returns!

13 Thereafter, Hagar referred to the LORD, who had spoken to her, as “the God who sees me,” for she said, “I have seen the One who sees me!”

14 Later that well was named Beer-lahairoi, and it can still be found between Kadesh and Bered.

15 So Hagar gave Abram a son, and Abram named him Ishmael.

Now Hagar begins to recognize the Lord God by giving him a special name, “EL ROI, the God who sees me”, when Hagar thought that she was all alone. God reassured her that He was there. And that he cared. In verse 14, we see that the place where Hagar was met by the Lord as been named. And then at the appointed time Hagar became a Mother. A mother with a promise from God!

Many women find themselves in desert places, but know that you don't have to remain there. God desires to bless your lives, will you allow him to? Remember, you are not forgotten, God knows your name. I pray that this blesses someone out there, who may be in a desert place, EL Roi sees you, for He is the God who sees you!

The Black Church as Prophet, Patriot

By Rev. Dr. James A. Forbes, Jr.
Senior Minister Emeritus of the Riverside Church
New York City

Shortly after the World Trade Center attacks on September 11, 2001 a reporter called requesting an interview about the events of that awful day. He asked me what we ministers were saying about what had happened and what is the responsibility of a pastor in such a situation. I told him that our first responsibility is pastoral. We must seek to comfort those who lost loved ones, to help them work through their anguish and grief; We must respond to the needs of those who were injured, those who had lost their jobs and the emergency workers who were involved in our rescue and recovery efforts. We must calm the fears of all of us who are at various stages of post-traumatic disorder. All of the leaders of our tradition will do their best to make sense of the tragic events and to offer prayers of healing for courage and hope to face the uncertainty of the days ahead.

But there is another responsibility. It is called the prophetic dimensions of ministry. What do I mean by that? What is the source of that aspect of a preacher's task? And how does the prophetic dimension manifest itself in the witness of the black religious experience?

Rabbi and Professor Joshua Abraham Heschel in his classic work, "The Prophets," describes the prophet as one who feels the pathos of God, who is moved by the heartbeat of the God of Creation, one who senses a powerful calling to be a courageous spokesperson of God's will. The prophet speaks to both the faithful and their foes. The prophet is a seer and a sayer and even a provocateur, who speaks truth to power. The prophet holds up a plumb line against which the present policies of the nation are critiqued by principles of righteousness and justice. The consciousness of the prophet penetrates contemporary circumstances to the core of the moral and spiritual tendencies at work in the society. The prophet foretells and forthtells what is going to happen to the nation if there is no repentance and restoration to truth, justice and compassion.

The words and the dramatic declarations of judgment may be inflammatory and denunciatory but they come from a deep love for the people. There is almost an uncontrollable longing to see them repent of their misdeeds before the wrath of God visits disaster upon them. The paradoxical juxtaposition of condemnation and compassion



Rev. Dr. James A. Forbes, Jr.

reflects the nature of God's love that will not let us go even as God threatens to destroy those who break faith with the covenant and desecrate God's holy laws.

The black church has become a specialist in bringing the balm of Gilead to a people "buked and scorned" and "dehumanized and brutalized." But on the other hand there is the critiquing aspect of the ministry. Because their members know that their only hope for survival comes from a God of love and justice who hates oppression, they grow accustomed to hearing their

pastors burst forth from time to time with words of denunciation and damnation. They know that such harsh words come from the divine Mother's love pushed to the breaking point. They also know that no matter how blood curdling the critique, compassion is just around the corner.

The black church members sense that in their anguished cry for justice they are expressing the mandates of a just God. It is never a plea for themselves alone, it is a yearning for peace, justice and compassion for all God's children. It is an incessant longing for a transformed society. In the very fabric of its existence, searching for meaning purpose and power, straining under the weight of oppressive power, there is always a restless revolutionary hope when black people gather to worship the God who has promised to deliver them from bondage. The tone, text, hymns, prayers and the preaching will reflect variations in terms of class culture and style. But their will-to-live-free creates a constant critique of the systems that binds or confines them.

We all tend to resent and sometimes reject the criticism of those who would expose our flaws or our signs of decay. Coaches, teachers, doctors, structural engineers and loving friends are expected to tell us the truth even when it hurts. Could the black church be the best friend America has ever had? We have told an unpleasant truth about a fatal flaw in our system and we have stood with our nation in every crisis we have faced. We have offered prophetic patriotic truth about the malignancy of racism, economic exploitation, imperialistic war and rapacious greed to the point that we eviscerate or pollute the environment which is our earthly home. Dr. Martin Luther King, Jr. was a prophet who helped to bless our nation with his wisdom and truth. The black church has something on its heart which it has received from the heart of God. Let us pray for the humility and grace to receive the prophetic critique from the same dark corner from which we were given spirituals, blues, jazz and the gospel of hope.

The Rev. Dr. James Alexander Forbes Jr. is President and Founder of the Healing of the Nations Foundation of New York and Senior Minister Emeritus of the Riverside Church. Dr. Forbes completed his leadership of this historic multicultural church after 18 years of service, to begin a national and global ministry for spiritual renewal and holistic health.



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Can chewing food properly help to lose weight and improve your health?

Chewing your food is the beginning of the whole digestion process. By chewing food, your mouth produces saliva which helps break it down into smaller pieces and release the food's natural enzymes. The body itself also releases enzymes in the mouth that begins to digest starch. If you're not chewing enough, then not enough saliva is produced. This forces your stomach to work harder to digest your food. If you tend to eat very quickly, without really chewing well, a lot of gas bubbles get trapped in the food. This gives you the 'bloated' feeling, resulting in the production of gas, and belching.

You don't want your stomach to work any harder than it is supposed to. Your stomach actually moves when it is digesting food. The muscles twist and contract to mix your food together. (This is why your stomach growls if it is empty, because it is just squeezing air.) If you are swallowing whole pieces, this can actually cause your stomach to stretch by overworking it.

Chewing each mouthful of food thoroughly and eating slowly can improve your overall health by allowing the body to focus on digestion rather than repairing unnecessary waste. You should chew each mouthful 50 times in 30 seconds. This will decrease the amount of intestinal gas you have and you will find your appetite will be satisfied quicker. Having your meal slowly can also ensure you eat less.

Helpful hint:

Your stomach is a little bigger than a loose fist. Your meals should be the same size. Think about when you feed a baby. You never give them more than the size of their fist, so why wouldn't the same rule go for adults?

By changing the way you eat (literally), you will train your body's digestive system to be more efficient and your stomach will let you know when you are full.

Interesting note:

A study has been done to show that your body can lose up to 11 pounds of fat each year by chewing sugar-free gum. That's almost a pound each month!

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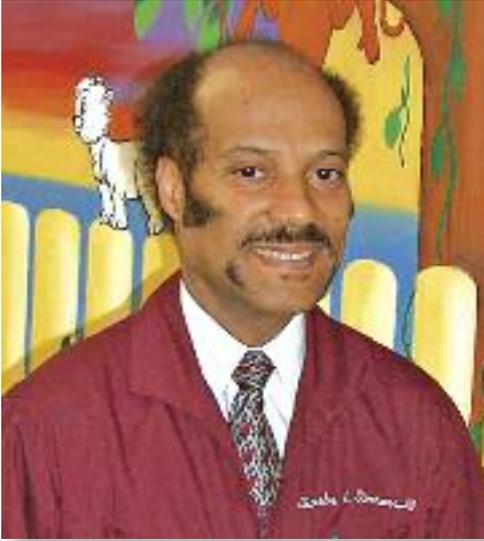
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Dr. Charles E. Simmons

CESAREAN SECTION

By Dr. Charles E. Simmons
Simmons Pediatrics, Jacksonville, FL
Assisted By Dominique D. Barrs
Medical Student

Once used during the Egyptian times solely as a method to remove the baby after its mother died during delivery, the cesarean section (C-section), is now an option for the doctor as a method for childbirth now in the 21st century. A cesarean section is the delivery of a baby through a surgical incision in the mother's abdomen and uterus. In some cases, the doctor will schedule a C-section in advance. In other cases, there is no planning period, and is needed due to an unforeseen complication. This is a major abdominal surgery, and unlike what its popularity may suggest, it is riskier than a vaginal delivery.

Some women may have conditions that will require them to plan having a cesarean birth before she even goes into labor. For women who have had a myomectomy, the surgical removal of the fibroids, or any other type of uterine surgery, the doctor may opt to automatically schedule the C-section birth. Also, women carrying more than one baby generally deliver in this manner. Twins can be delivered vaginally, but all other high-order multiples may require a C-section. If the mother has a condition such as heart disease that could be made worse by the stress of labor, or if she possesses an active infection such as herpes, which can be passed during a vaginal birth, a C-section could be planned. Also, if the baby is positioned in a breech, bottom first position, or transverse, sideways position, the doctor will schedule to have the baby removed by C-section.

Sometimes, during labor, complications may emerge that make continuing or inducing labor risky, and the doctor must remove the baby. There are times that a mother's cervix stops dilating or the baby stops moving down the birth canal. After all other attempts to stimulate contractions to get things moving again have failed; the physician then takes over and completes what the body has failed to do. The baby's heart rate is also a key indicator in the birthing process. Whether too fast, or too slow, if the baby shows any sign of distress, then the preparation for a cesarean section goes underway. The baby must have a constant flow of oxygen present both before and during delivery. If at any time the mother's placenta starts to separate from the uterine wall (placental abruption), or if the umbilical cord slips through the cervix (a prolapsed cord), the baby must be delivered immediately. Both of these scenarios cut off the baby's oxygen supply and can result in fatality.

The preparation for having a cesarean section is very similar to having a vaginal birth, with a few modifications. You will be asked to sign a consent form before surgery, to ensure that you are aware of why the c-section is necessary for your delivery. You may be given an epidural or spinal block, which will numb the lower half of your body, but allows you to be alert and conscious. The mother will still feel pressure and tugging, but no pain. A catheter is inserted into the mother's urethra to drain urine during the procedure, and an IV started. The mother is then cleaned and further



prepped for surgery. Anesthesia is administered, and a screen is raised to prevent the mother from seeing any cuts that will be made. The "bikini cut" is the first incision that is made in the skin above the pubic bone. The doctor will then cut through the tissue making its way to the uterus. At the uterus, another horizontal incision is made in the lower section of it. This is called a low transverse incision. At this time, the doctor will reach in and remove the baby, briefly show the mother, then allow the pediatrician to examine the newborn. The doctor will then deliver your placenta and begin closing the mother.

ONWARD CHRISTIANS SOLDIERS *from page 1*

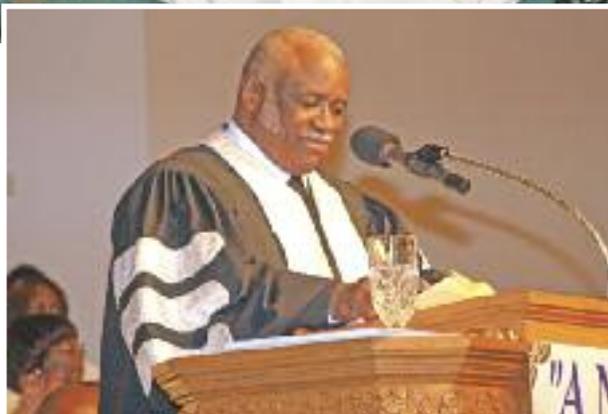
Convention forward in unity to promote the principles of Christianity at home and abroad.

The Opening Musical was held at Abyssinia Missionary Baptist Church, Dr. Tom and Rev. Eugene Diamond, Pastors. The melodious voices of 100 plus sang Songs of Zion giving God praise and honor.

Standing room crowds listed to dynamic preaching every day and evening. And at midnight the Spirit of the Lord continued to flow. The late night service, held at the at the Clarion Airport Hotel, Monday through Thursday night featured inspirational messages from young pastors and ministers of the state of Florida. The guest evangelist for the week was Dr. Sedic Veal of Cleveland, Ohio.



The Annual Retreat Banquet was held at the downtown Omni Hotel. A sold out capacity of 500 people enjoyed an elegant evening while feasting on physical food as well as spiritual food. Dr. John DeVore Chapman of Brooklyn, New York delivered a mighty word from the Lord.



Each auxiliary leader gave their Annual Address during the week. President of the Women Department, Sis. Patricia Carter gave her address on Tuesday afternoon. Dea. Larry Pope, President of the Laymen and Rev. Darien Bolden, President of the Moderators gave their addresses on Thursday morning. Rev. Eugene W. Diamond, Vice President of the Young Pastors gave the Address on Thursday afternoon.



President James B. Sampson delivered his 1st Annual Address at a standing room



crowd in the sanctuary, the foyer and overflow rooms at St. Thomas Missionary Baptist Church on Thursday evening. He gave his stewardship report for the past year and reported the accomplishments of the Convention in one year. Some of the accomplishments include:

- **Creating a convention web site**
- **Implementing the Florida General Baptist Convention Travel Agency**
- **Introducing the "Power of 20" Financial Program**
- **Implementing the Youth, Women & Pastors Conference**
- **Adding new ministries (Disaster Relief, Music & Fine Arts, Recruitment)**
- **Establishing the Council of Elders.**

President Sampson shared as we move forward one of the major goals for 2008-09 is to begin the renovation of the Convention's Retreat Site in Florahome, Florida.



President Sampson gave a rousing message from the subject: *"Having Faith in a System That Does Not Work For You"*.

Another highlight of the convention was the implementation of the Convention Conference

held on Friday. Approximately 400 pastors, ministers, women, youth and youth workers participated in seminars especially developed to meet their needs. Members of the Laymen Department were seen as Fishers of Men as they took the streets to witness in the community.

The 133rd Annual Session closed with observing the two ordinances of the Baptist Church: Communion and Baptism. The sermon for this impressive service was given by Dr. Fred Maeweathers, Vice President at large of the Convention.

Excitement, enthusiasm, joy was felt throughout the week. A special zeal for the Lord and the Convention could be felt. Comments could be heard such as:

- "The Convention this week is Powerful"*.
- "This is one of the best conventions we have had in a long time"*.
- "The Lord is in this place this week"*.
- "WOW! I am glad I'm here"*.
- "This is awesome!"*



Since its inception in 1874 Florida General Baptist Convention, Inc. has grown to serve Missionary Baptist churches in Florida, the Virgin Island and the Bahamas. The heart of the Convention is equipping church leaders. The Mission of the Convention, the largest African American religious body in Florida, is to inspire and assist churches and associations by providing appropriate training for churches and members so they can be led to a transforming lifestyle through Christian education, evangelism, mission and leadership development. We can truly say this was exemplified during the 133rd Session.

Florida General Baptist Convention gives God the Glory for smiling on the Convention and praise Him from who all Blessings flow for great things He has done. We can truly say we are marching to higher heights for the Lord and share in the Christian hymn of "Onward Christian Soldiers".

***Onward Christian soldiers!
Marching as to war,
With the cross of Jesus,
Going on before;***

***Like a mighty army,
Moves the Church of God:
Brothers, we are treading,
Where the saints have trod;***

***We are not divided,
All one body we,
One in hope, in doctrine,
One in Charity.***

***Onward then, ye people!
Join our happy throng,
Blend with ours your voices,
In the triumph song;***

***Glory, laud and honor,
Unto Christ, the King,
This through countless ages
Men and angels sing;***

***Onward, Christian Soldiers!
Marching as to war,
With the cross of Jesus
Going on before.***



LIVING A HEALTHIER LIFE

By Amicitia Maloon-Gibson
Author - Speaker- Transitional Life Coach

One day during a coaching session, a client asked me, “after thirty years of service to the nation, what keeps you glowing, smiling and looking youthful?” I replied, good genetic composition from my parents. Then, I gave another response and said, it’s called an investment in yourself, for yourself, and those you love. My father died when he was ninety-three. He lived an abundant healthy life. Several of the things he did in his life daily connected to the core denominator of strong Spiritual foundation. He walked everyday and he always ate breakfast. His process was before any of the known health systems. Oh! I forgot, Castor Oil was constant too. He was “old school” and a man of great intellect and wisdom.

There is a challenge in living a healthier life, however, it is not impossible and you too can live a healthier. We are living in a society today where there is an abundance of just about everything... food, sport activities, health spas and resorts, and a propreciation for fast-food restaurants. We have moved from the basic microwave quick fixes to fast foods that can be super sized instantaneously. We are in the generational era of want more: more education, more promotions, more money, more assets, more this and more that. Who is who in what and who is not. We are grandmothers, mothers, daughters, wives, aunties, sisters and sister-in-law, caregivers, entrepreneurs, chief executive officers, volunteers; board of directors, ministers, choir directors, and the list goes on and on.

Can you hear me now? Help me! I am beyond the “Superwoman Syndrome”, I am an emotional wreck... some going through menopause, other going through hormone changes, weight gain, weight loss what else can happen. I say to you, I can hear you now! Calm down, you haven’t crashed yet and may I suggest a few life changes that you can implement to make your life healthier and joyful from the inside-outside. Sharing a process for you take a look at your life from a holistic perspective.

Before, I get to the process let me give you a brief overview of the Health Care System in the United States. The facts as I see it. Looking at our Health Care System it is what I label as an emergency crisis-critical condition. The general analysis is that those of us that do not have adequate health care will die sooner than those of us that has health care. Recently, I was listening to Dr. Sujay Gupta, a medical professional correspondent for CNN and he asked the question who is to blame for the failure of our Health Care System? The main suspect that most of us blamed is our government. The other suspects included doctors, pharmaceutical industry, insurance companies and you and me. Keep in mind the You on the list of suspects!

In addition, during the primary elections, the 2008 presidential candidates all articulate what they would do to “fix” the broken Health Care System. My response is I want to promote self care now that we won’t need health care later. Most of us rely on our employers for health insurance coverage. According to Dr. Sujay Gupta’s special report health care and employee statistics documents that over 158 million Americans are dependent on their employers for health coverage. In the here and now many employers are not offering insurance to new employees. Although, some of us are covered, the coverage may not be enough, if we ever acquire a long-term illness. If we lose our jobs or require medical treatment for a long-term illness it could be a disaster. At the age of sixty-two most of us won’t qualify for Medicare or Medicaid as we are in an income bracket that society – the government identifies as “making too much money”.

It is our responsibility as individuals to eat healthy and be proactive in taking care of ourselves and our body which is our temple. The American Medical Association and Health Insurance Agencies are both getting online with the idea of a Universal Health Care Plan. This process may or may not work. What I know for sure is that health care is a priority for me and it should be a priority for you. When you commit to “Living a Healthier Life”, it would not matter if there is a Universal or Non-Universal Health Care Plan in the United States. Why? Because you will be committing to living healthier and being proactive in taking steps that are necessary to facilitate a healthier you.

A Healthier You, a publication based on the 2005 dietary guidelines for Americans, suggested that there are three main components of living a healthier life. First, it’s about choices. Our daily intake of food and activity contribute to how we feel daily. Second, it’s about balance. Everyone needs to allocate more time in life to do things that make them happy, healthy and productive. Third, it’s about a healthy lifestyle. To make lifestyle changes effective, you must take small steps one day at a time.

The Healthier Spool for Life consists of The Eight Dimensions of Living a Healthier Life. Why eight and not 10? Well the number eight signifies “new beginnings” in biblical studies and 2008 is our year of “new beginnings” a year of change, repositioning and re-building. It is a concept developed and formu-



Amicitia Maloon-Gibson is the President and Founder of ATIC & MG Center For Excellence (MGC4E), Inc a non-profit community base global training and service institute. The focus is on Education, Empowerment, and Encouragement to Excel – E4 for human capital. Maloon-Gibson & Associates is the profit entity of the MGC4E, focus on global training and consulting. She has developed, implemented and delivered seminars and workshops in the United States and in International countries. Additionally, Cita brings 25 years of experience working with government and private organizations in the areas of leadership, training, motivation, team building, employee recruitment & succession planning, and organizational development. She has a Bachelor degree in Psychology and two Masters degrees one in Management and one in Human Resources Development. She has completed Doctoral Studies in Social Psychology.

She is a member of the American Association of Christian Counselors (AACC), the Black African-American Christian Counselors (BAACC), the Marriage and Family Network (AACC) and she is a certified Mediator/Life Coach. She is a charter member of the Brevard County Business and Professional Women/USA/FL.; National Association of Female Executives, the Association for Conflict Resolution. She is a member of Women Speakers Bureau and a 29 years Veteran of the U.S. Armed Forces. Her ministry calling is service focused to youth and senior citizens. She is a Board of Director member of Christian Services Charities for 2008-2009.

Cita Maloon-Gibson delivers exceptional seminars and keynotes, and is available for regional, national, and international travel engagements. Her international travels include the British Virgin Islands, US Virgin Islands, England, Germany, Prague, France, Belgium, Puerto Rico, Hawaii, Aruba and the Bahamas.

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see A HEALTHIER LIFE page 24

"BORN TO BE FREE"

By, Reverend Doctor Carlton D. Jones
Jacksonville, Florida

Genesis 1:26-28. Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." So God created man in His own image; in the image of God He created them. Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

God prepared and gave us all of the provisions to live on earth. However, because of the sin of Adam and Eve we lost our spiritual relationship with God. Our spiritual relationship with God died.

Our spiritual life is strange with all of the twists and turns. One day we are up and the next day we may be down. That is why sometimes, we have to go backwards in order to go forward. The scriptures in Genesis tell us that God created the earth for us and God gave us dominion over everything that has life on the earth.

God said in Genesis 26, Let us (meaning the Holy Trinity) make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

God created us to be free. God gave us power in order to have dominion over the earth. God created in us a free will in His likeness, a free will. I believe God suppressed our free will until Adam and Eve ate upon the fruit that triggered the awareness between good and evil. Prior to that, we did not have to decide because God had supplied us with all our needs.

God wants to set the captives free, and in order to be free, we need to know that God did not create us in a life of bondage. The only bondage is what is in our spirit and minds. God loved us so much that He was not content with us living under the sin of Adam and Eve. God the Father, through Jesus Christ the Son and by the power of the Holy Spirit, sent Jesus into the world to set our spirit free and restore a spiritual relationship.

Jesus, through His blood atonement for sin, re-established an opportunity to restore our spiritual relationship with God the Father, by us accepting Jesus Christ as His Son and our Lord and Savior. Our world as we know it is struggling. God wants us to know that what ever happens, He has already prepared a place for us. God wants us to believe in God the Father, through Jesus Christ the Son, and the power of the Holy Spirit. The Holy Spirit is our comforter and will protect us as we go through life's twists and turns.



Knowing that we were born to be free frees up our spirit and mind to believe that, Philippians 4:13, "I can do all things through Christ which strengthens me." Jesus did not say some things, but all things.

All of us are going through tough times we may be experiencing them at different levels, but if we live long enough, we all will go through the afflictions of life whether they are financial, physical, or spiritual. However, we have to keep our spiritual relationship with God freed up in order to experience the freedom that God wants us to have.

God wants to set the captives free and in order to be free, we need to know that God did not create us in a life of bondage. The only bondage is what is in our spirit and minds.

Through our personal relationship with God, we have to give God all praise. Even when we are going through things, give Him the praise; that's saying that though we are going through a storm, we believe that He has already cleared a path for us to escape.

When we pray, pray for our world that God will give us peace. Pray for our country that through Him, God will heal our land. 2Chronicles 7:14, If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

When your neighbor has a physical affliction pray and call upon the elders that they may pray for their recovery. Pray with the faith of the woman with the issue of blood in Matthew 9:21: For she said within herself, If I may but touch his garment, I shall be made whole.

As we travel through life, remember that God is with us and that there is power in prayer. However, I have learned that praying for others is the real power in prayer. Do not tell someone that you will pray for them and then not pray. Pray right then with them or as you leave them pray, because there is power in prayer and it only works when we exercise it.

Prayer releases the chains that bound our spirit. Remember that we are born to be free, born in the image and likeness of God. And through our old sin spirit, God allows us a free will to determine between good and evil. God only wants us to experience the goodness of His love for us and if we just believe, He will protect us and guide us.

I thank God for the way He is leading me and guiding me through all the financial, physical, and spiritual storms that I am experiencing. Oh yes, I am going through storms. All of us will go through storms. I give God the Father, through Jesus Christ the Son, and the power of the Holy Spirit who walks with me and guides me, praise. Praise God to whom all blessings flow. Amen, Amen, Amen.

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Happy Mother's Day

**A HEALTHIER LIFE
continued from page 22**

-lated from my experiences for my lifestyle that I know can change your lifestyle in a positive and prosperous way. The eight dimensions are as follows: Spiritual, Relational, Physical, Mental, Career, Community, Financial, and Emotional. In addition, treat yourself to a spa for a massage and repeat positive affirmations everyday. An Example: I love me; I am beautiful and wonderfully made. I am walking in good health, wealth and spiritual favor. I am blessed to be a blessing...I will not let anyone steal my joy today. Read something uplifting or listen to uplifting music or an inspirational or motivational tape. You will be amazed at how self-talk and visualization will change your life in a positive way. Try it for a couple of months and get rid of all negative thoughts and toxic habits (smoking, drinking and overeating).

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CAN THE GOP WIN THE PRESIDENCY WITHOUT PLAYING THE RACE CARD?

By Gwen Richardson
Guest Columnist

Several weeks ago, I wrote a widely publicized op-ed piece, raising the issue of the 1995 Million Man March and whether or not all Black men who attended would now be barred from seeking higher office. I had no idea whether or not Sen. Barack Obama, the presumptive Democratic presidential nominee, had attended the march, but I understood the twisted mindset of Sean Hannity, Rush Limbaugh and other right-wing talk show hosts and their racist rants. It appears that my comments were prescient.

Hannity of FOX News, apparently dissatisfied that the issue surrounding Rev. Jeremiah Wright did not successfully derail Obama's campaign, is now trying to link the Illinois senator to Nation of Islam Minister Louis Farrakhan via the Million Man March. As it turns out, Obama attended the march, but did not play a prominent role.

The objective of the Million Man March was to make a positive statement that Black men were responsible, upstanding citizens who take care of their families and were not all criminals as portrayed in the media. It was completely peaceful and attracted one million-plus Black men from all socioeconomic and educational backgrounds. Farrakhan was a catalyst for organizing the event, but the march's success was a result of a nationwide grassroots effort. Through a 1995



Gwen Richardson

interview with a publication called the Chicago Reader, Obama had some very critical things to say about Farrakhan and his approach to issues, as well as a critique of the march.

But these facts are lost on Hannity and his right-wing cohorts because, in their world, facts don't matter. Their real objective is to make racial division the dominant wedge issue of the 2008 presidential campaign. That appears to be the only way Republicans have been able to win national elections because they have been unable to win on the issues. Take a look at the last 40 years in presidential politics and every Republican victory has had the underlying theme of racial animus. Richard Nixon based his 1968 campaign on his "Southern strategy" of building a conservative majority by exploiting racial and class tensions between White and Black Democrats.

In 1980, Ronald Reagan ran against "Chicago welfare queens" (presumably Black) who were getting a free ride from the government. Reagan, proclaiming support for states' rights, launched his campaign in Philadelphia, Mississippi, the site of the 1964 murders of three civil rights workers, Andrew Goodman, James Chaney and Michael Schwerner, with an apparent olive branch to the descendants of those who condoned this horrendous deed.

And who could forget George H.W. Bush's 1988 campaign against Michael Dukakis and the specter of Willie Horton. Horton was a Black man who, while on a prison furlough, raped a White woman while her husband was forced to watch, conjuring up images from the 1915 film Birth of a Nation.

During the presidential primaries in 2000, George W. Bush made a pilgrimage to Bob Jones University, an institution known for its objection to interracial dating among its students, to shore up his redneck bona fides. And 527s, independent political groups, ran an underground campaign during the South Carolina primary insinuating that John McCain had a Black love child when, in fact, he and his wife Cindy had adopted a dark-skinned girl from Bangladesh. In 2004, Bush won re-election based on the anxieties about gay marriage and a potential attack by brown-skinned radical Islamic terrorists.

It appears that, should Obama be the nominee, the GOP themes for 2008 will center around Rev. Jeremiah Wright, Louis Farrakhan, the Million Man March, 1960s radical William Ayres, and whether Obama, as a Black candidate, is sufficiently patriotic.

My personal experience with the GOP was eye-opening, to say the least. Raised in a Democratic household, in my late 20s I had soured on some of the Democrats' issue stances and the fact the party took the Black vote for granted. As someone who is pro-business and conservative on social issues, I decided to switch my party affiliation in the 1990s and became

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See GOP RACE CARD page 32

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Jacksonville Bids Farewell to a Pioneer and Beloved Son Charles Errington Simmons, Jr.

1918

Family and friends from across the nation gathered Saturday, April 26, 2008 at Bethel Baptist Institutional Church, in Jacksonville, Florida to say farewell to Charles Errington Simmons, Jr., and thanks for a life well lived that benefited so many. Charles E. Simmons, Jr. truly was a high ranking member of a pioneer family in Jacksonville, Florida.

Born March 17, 1918 in Jacksonville, Florida to Charles E. Simmons, Sr. and Hettie Frances Cooper Simmons, he graduated salutatorian of the class of 1935 at Old Stanton High School. Charles was an Eagle Scout, Troop No. 147 at Mt. Zion A.M.E. Church in Jacksonville, FL. He later became and served as Scout Master of the troop at Mt. Zion A.M.E. Church for many years and later received the Community Service Award from Mt. Zion A.M.E. Church.

In 1939, Charles Simmons, Jr. received a Bachelor of Arts Degree from Lincoln University, Pennsylvania, having majored in mathematics and chemistry. In 1941, he earned his Master's Degree in Business Administration in Actuarial Science from the University of Michigan in Ann Arbor, Michigan. He later became the first Insurance Specialist for Duval County Schools.

On July 1, 1951, Charles Simmons, Jr. became the first actuary - Vice President, at the Home Office of the Afro-American Life Insurance Company in Jacksonville, FL., and served as treasurer and secretary of the company.

Politically, Charles E. Simmons, Jr. was very active in the Jacksonville Community becoming the first Afro-American to serve on the Jacksonville Civil Service Board. He was appointed to the board by Mayor Louis Ritter in 1966. This appointment made Charles E. Simmons, Jr. the first Afro-American city official in Jacksonville, Florida since Reconstruction.



2008

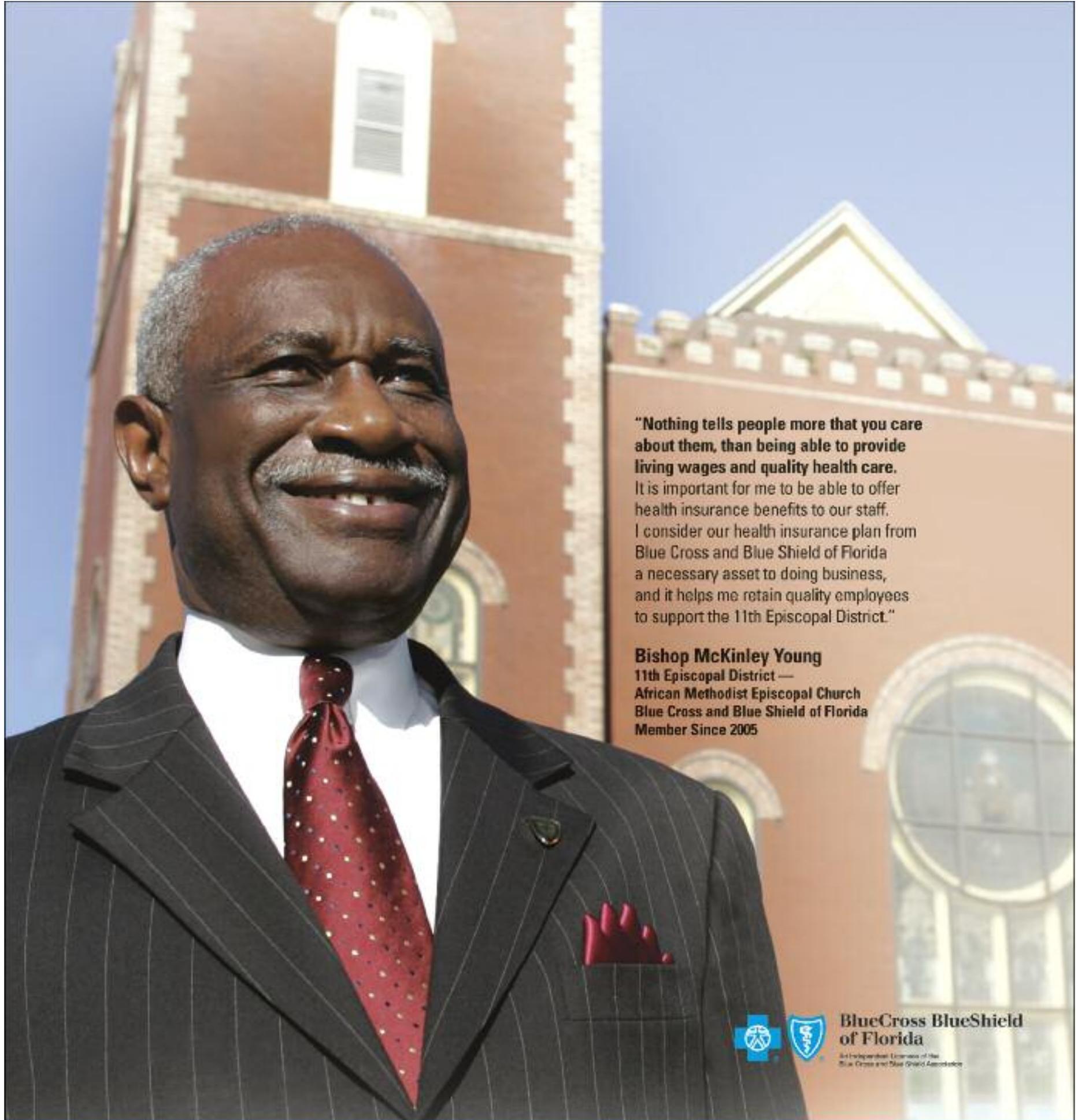
Charles Simmons, Jr. was also very active in the Jacksonville Community. For a number of years he was a member of the Laura Street Presbyterian Church and Woodlawn Presbyterian Church. Later he became a member of Bethel Baptist Institutional Church. He was a member of Alpha Phi Alpha Fraternity, Inc., Upsilon Lambda Chapter, Chairman of the Board of Directors of the American Red Cross, 1974-1979, and on the District Board of Directors for Florida Junior College in Jacksonville, 1965.

In additions, Charles Simmons, Jr. was a member of the District Board of the Boy Scouts of America, The United Fund, Inc., the Eartha M. M. White Nursing Home, Florida Life Companies, Inc., Vice Chairman of the United Negro College Fund, and Life Member of the NAACP. He received an award from The Fla-Jax Club of Jacksonville for having served for thirteen years as president of the club, the Silver Beaver Award from the Boy Scouts of America, Inc., and The Bethune-Cookman Award for Citizenship and the Bethune-Cookman Medallion.

On December 2, 2006, The Alpha Phi Alpha, Fraternity Inc., Upsilon Lambda Chapter, presented to Charles E. Simmons, Jr., the Lifetime Service Award in recognition of seventy years of membership in the fraternity.

He leaves to cherish his memory a loving and devoted wife, Jolita Watson Simmons, a son, Charles E. Simmons III, M.D., grandson, Edward Errington Johnson, sister, Hettie S. Love (Dr. George H. Love, Sr.), Harrisburg, PA; nephew, Dr. George H. Love, Jr., Orlando, FL; Charles McCrag (Marle), Palm Coast, FL; Vance McCray, Jacksonville, FL; niece, Karen M. Love, Harrisburg, PA, grand nephew, George Heru Love; grand niece, Beheshteh Love; cousins Harold Holmes (Pearl), Mt. Laurel, NJ; Leslie Holmes, M.D., Atlanta, GA; Salvador Harrison (Sandra) Irvington, NJ, a God daughter, Dr. Geraldine W. Smith and many devoted friends.





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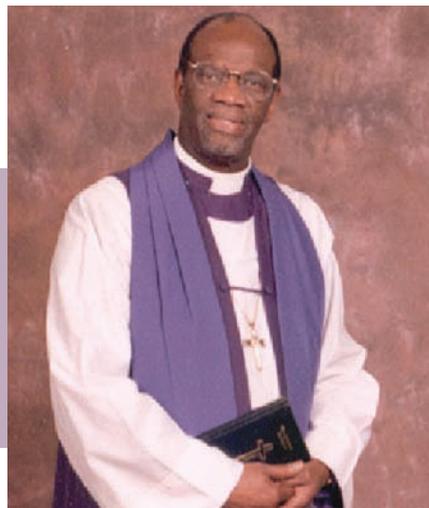
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Zechariah 4:6



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By
Margie K. Cody, President/CEO
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Margie K. Cody
President/CEO

*"All that I am or hope to be
I owe to my mother".*

~Abraham Lincoln

Mother's Day is a time set aside to specially honor Mom. Mother's Day is very special and is officially observed each year on the second Sunday in May. We take this opportunity to honor Mothers and Grandmothers, without whom we would not be the adults that we have become without their nurturing, friendship and guidance. Moms are caregivers, cheerleaders, counselors, nutritionists and so much more.

Be sure to do something special for your Mom this Mother's Day. There are lots of fun ways to celebrate this special day. Planning ahead helps make the occasion delightful, fun and relaxing. Whether cooking a meal at home or setting up an extravagant weekend itinerary, you'll benefit from having a checklist of important points to have covered in advance: tickets, reservations, what to buy, and so on.

Here are some ideas for planning your Mom's fabulous weekend. Remember, too, that you can always make up your own! Make this Mother's Day one to be remembered by Mom for years to come.

Spend the day at a paint-your-own pottery store... Devote a whole day painting mugs with Mom. Once the store has fired them, give Mom the set.



Pose for a family portrait...

Whether you break out the digital camera or hire a professional photographer, Mom will appreciate the reminder of her special day. Present the photo to her in a nice frame.

Mother's Day Weekend Trip...

Think about splurging for Mom on Mother's Day? An exciting weekend getaway will let her know just how much you care for her comfort.

Mother's Day Party... Thank your mom with a special party that lets her know how much you appreciate her. It's easy, just consider Mom's idea of a good time and plan around that including activities, meals and locations you know she'd enjoy.

Plan a Mother's Day Weekend Cruise... A weekend cruise can be an adventurous, unusual and relaxing Mother's Day getaway. Pack a luxurious cruise experience into three days and enjoy fine dining, exotic shows, and hours of carefree relaxation, sunbathing, swimming and more. With a lot of distance to cover and a limited amount of time, the weekend cruise still can include about two to three ports of call. Whether it's the lush green islands of the Caribbean or a cobblestone port village in Spain, the destinations are exhilarating. Remember to take Monday off work in order to enjoy this 3-day getaway in full.

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GOP RACE CARD

continued from page 25

active in Republican politics. I believed then, and still believe, that Black voters would be better off being involved in both parties so neither could take us for granted.

However, I found that Republicans prefer that Black members of their party be seen and not heard, and were expected to toe the party line at all times. My husband I tired of being one of the few Blacks in the room at most Republican events. If other Blacks were present, we were often mistaken for someone else since, of course, all Blacks look alike. There was also an unspoken mandate that Blacks in the Republican Party speak out in opposition of affirmative action programs, although Republicans exert zero energy to combat racial and gender discrimination that still exists.

Any hopes of bringing other Black voters into the party were thwarted by the Republicans' constant use of the race card, particularly in Senate, Congressional and Presidential elections. After a few years of this abysmal treatment, my husband and I decided that the independent route was our best option.

Hopefully, McCain, as the Republican standard bearer, will not stoop to the tactic of fanning the flames of racial division, but other members of his party have already taken a giant leap in this direction. Right-wing talk radio has apparently decided that playing the race card is lucrative, good for ratings and serves as red meat for the more extreme elements of its audience. The 527s will be out in full force with video snippets of Rev. Wright, Farrakhan and anyone else they can use to smear Obama as a closet subversive, a potential mole for a radical Black faction, even though his life's work proves he is void of prejudice, open-minded and inclusive.

Last month the North Carolina GOP will unveil a 30-second ad that attacks Democratic gubernatorial candidates Beverly Perdue and Richard Moore for their endorsements of Obama. The ad, per the party, will reference "controversial figures from Barack Obama's past," presumably featuring Wright and Farrakhan, and raise the question of the candidates' "judgment" in supporting him.

After all, Republicans certainly cannot run on the crumbling U.S. economy, the falling dollar, sky-high gas prices, inadequate access to health care, and their disastrous military and foreign policy in the Middle East and around the globe. A campaign based on racial fears may be their only hope. Even conservative commentator Pat Buchanan said in a recent interview, "I think the only way Republicans can win is if they win ugly." In November, we'll get a chance to see if their tactic is successful once again.

*Gwen Richardson is an entrepreneur and author based in Houston, Texas. Her new book entitled *Why African Americans Can't Get Ahead: And How We Can Solve It With Group Economics* is an *Essence* magazine bestseller. Richardson is currently writing a book about the 2008 presidential election. grichardson@cushcity.com*

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Bible Wordsearch

Archaic Words from King James Version

Puzzle #136

Fit the words in the list into the diagram below reading forward, backward, up, down, diagonally, always in a straight line.

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

- | | | |
|-----------|-----------|----------|
| ABASED | DRAUGHT | MUNITION |
| ABIDE | DUKE | NETHER |
| ACCURSED | EMERODS | OUCHES |
| AFORE | ENSUE | PILLED |
| AGONE | ENTREAT | POMMELS |
| BADE | ESCHEW | SEETHE |
| BETIMES | FENS | SITUATE |
| BEWRAY | GRAFFED | SODDEN |
| BRUIT | GRAVEN | TABLETS |
| CAUL | HABERGEON | TACHES |
| CHAPIER | HELVE | UNICORN |
| CHAPMEN | HOUGH | VAGABOND |
| CLOUTED | JUSTLE | WASTER |
| CRACKNELS | LADE | |
| DEARTH | LEWD | |

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Psalm 50

I'm A Christian Reader

ANSWERS ON PAGE 36

Bible Crossword

1	2	3	4	5	6	7	8
9	10			11		12	
13			14		15		
16				17			
			18				
19	20	21		22	23	24	25
26	27	28	29	30	31	32	
			33				
34	35			36		37	38
	39			40		41	
42				43			
44				45			46

ACROSS

- Jesus answered, "It ___ written: 'Man does not live on bread alone (Matt 4:4)
- I stand in ___ of your deeds, O LORD (Hab 3:2)
- Blessed are the peacemakers, for they will ___ called sons of God (Matt 5:9)
- a censer in his hand, and a fragrant cloud of incense was ___ (Ezek 8:11)
- the Son of Man will be ___ at the right hand of the mighty God (Luke 22:68-69)
- Moses said to Aaron, "Take a jar and put an ___ of manna in it.(Ex 16:33)
- turn rivers into a desert; their fish ___ f or lack of water (Isa 50:2)
- The two-horned ___ t hat you saw represents the kings of Media and Persia (Dan 8:20)
- ___ and thread (Matt 19:24)
- Edom will become an object of ___; all who pass by will be appalled (Jer 49:17)
- Abraham set apart seven ___ lambs from the flock (Gen 21:28)
- Christ has ___ been raised from the dead, the first fruits of those who (1Cor 15:20)
- he saw them toiling in ___; for the wind was contrary unto them (Mark 6:48) KJV
- they ___ an accusation against the people of Judah and Jerusalem (Ezra 4:6)
- was fulfilled that which was spoken by ___ the prophet (Matt 2:17) (KJVspelling)
- "But Rabbi," they said, "a short while ___ the Jews tried to stone you (John 11:8)
- let justice roll on like a river, righteousness like a never-failing ___ (Amos 5:24)
- He trusts in the LORD; let the LORD ___ him. (Ps 22:8)
- salmon eggs
- Cain went.....and lived in the land of ___, east of Eden. (Gen 4:16)
- Just as the king returned from the palace garden to the banquet ___ (Est 7:8)
- I will also ___ all your enemies (1Chron 17:10)
- Fools mock at making ___ for sin (Prov 14:9)
- You are the light of the world. A city ___ a hill cannot be hidden (Matt 5:14)
- One of the twelve tribes of Israel (Josh 21:5)
- Be not ___ therefore like unto them (Matt 6:8) KJV

DOWN

- You will rule them with an ___ scepter (Ps 2:9)
- One more of the twelve tribes of Israel (1Chron 2:1)
- linen breeches upon his flesh, and shall be girded with a linen ___ (Lev 16:4) KJV
- Do two walk together unless they have ___ to do so? (Amos 3:3)
- Seventeenth book of the Old Testament
- the unicorn with his band in the furrow? or will he ___ the valleys (Job 39:10) KJV
- Weep ye not for the dead, neither ___ him (Jer 22:10) KJV
- the children of Reuben and the children of Gad called the altar ___ (Josh 22:34) KJV
- Jesus replied, "Go back and report to John what you hear and ___ (Matt 11:4)
- the Valley of Siddim was full of ___ pits (Gen 14:10)
- Paul shook the snake off into the fire and suffered no ___ effects (Acts 28:5)
- The foolish ones took their lamps but ___ not take any oil with them (Matt 25:3)
- deceived by a serpent (Gen 3:13)
- "No ___ sews a patch of unshrunk cloth on an old garment (Matt 9:16)
- The breath of God produces ___, and the broadwaters become frozen (Job 37:10)
- male person
- they ran both together: and the other disciple did ___ Peter (John 20:4) KJV
- From the least to the greatest, all are ___ for gain (Jer 6:13)
- shall be saved; but he that believeth not shall be ___ (Mark 16:16) KJV
- Confessing their sins, they were baptized by him in the ___ River (Mark 1:5)
- The reeds and ___ will wither (Isa 19:6)
- all the bread of their provision was dry and ___ (Josh 9:5) KJV
- Do not defraud your neighbor ___ him (Lev 19:13)
- You brood of vipers, how ___ you who are evil say anything good? (Matt 12:34)
- Salvation is found in no one ___, for there is no other name (Acts 4:12)
- He replied, "You of little faith, why are you ___ afraid?" (Matt 8:26)



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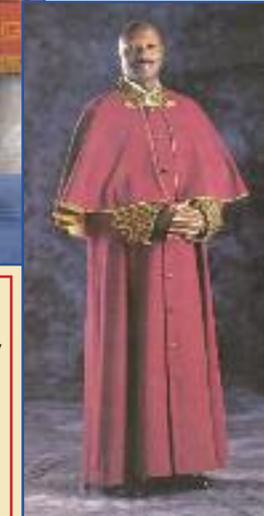


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FROM GOD'S CORNER



“IF YOU WANT TO GO HIGHER, YOU HAVE GOT TO STAND ON THE WORD OF GOD”

By Aundra Bryant
Tallahassee, Florida

I don't want to keep harping on this democratic debate between Senator Hillary Clinton and Senator Barack Obama but Senator Clinton said something awhile back that struck a nerve. When responding to what she thought about Senator Obama's campaign speeches? she said in essence "words don't mean much, words don't put food on the table". Suddenly, my mind ran back to the Book of Isaiah 40:8 which says, **"The grass withered, the flower fades but the Word of God shall stand forever"**. In Deuteronomy 2: 3 it also states **"Man does not live by bread alone, but by every word which proceedeth out of the mouth of God"**.

Every follower of Jesus Christ knows that the Christian faith is based on two principles, faith and mystery. It is our faith that takes us to a higher level even though we may not be able to understand or explain the mysteries of God. I would like to suggest three ladders that we need to stand on to go higher in the Lord.

Firstly, faith is so important, if we are going to work for the Lord because he or she has to believe that the Lord can protect them and take care of them through every situation. Senator Clinton says that she goes to the Methodist Church and she believes that she can be president, so why would she even suggest that the same faith that Senator Barack Obama needs to be president, she doesn't need? Hebrews 11: 1 states that **"Now faith is the substance of things hoped for and the evidence of things not seen"**. Senator Barack Obama can see himself living at 1600 Pennsylvania Avenue in Washington but I don't know what Senator Clinton can see?

Secondly, we must stand on the ladder of hope. In 1 Corinthians 2: 9 it says **"But as it is written, eyes have not seen, ears have not heard nor has it entered into the hearts of men the things that God has prepared for them that love him"**. Never in the history of the United States have we had such a race that shows the hope of putting a woman or an African American in the White House. Without hope, there is no need for faith but because we have a God of the past, present and the future, we have a challenge to go out into unfamiliar waters. Let me first be clear by saying that we as believers do not just put our hope in anything or anybody but rather our hope is built on nothing less, than Jesus blood and righteousness, we dare not trust in the sweetest frame but wholly lean on Jesus name.

Rev. Jasper Williams, nationally known preacher, acclaims that "faith looks up but hope looks out, faith observes but hope preserves, faith opens the door but hope widens the door, faith justifies but hope edifies, faith sustains but hope retains".

Finally, we need to stand on the ladder of opportunity. If you would let your mind run back to the episode in the Book of Genesis where God told Abraham to take his son Isaac to Mt. Moriah and offer him up as a burnt offering. Now Abraham could have told the Lord, "I love you but I don't think I can kill my son who I love dearly". However, I believe that Abraham thought about the opportunity that God had given him to show that he was sincere about his commitment to God. Isn't it ironic that

when Isaac asked his father, "where is the lamb?" Abraham quickly replied, "The Lord will provide". Through Abraham's obedience, all nations would be blessed. As citizens of the United States, we will all have an opportunity to put faith and hope in action on November 4th.

There was a touching story told about a young woman and her eight year old son who lived in a certain community. One day the lady was cooking and had to run to the store around the corner. The woman told her son to stay in his room and she would be right back. However, the lady was delayed because of an accident and while she was gone there was a grease fire in the kitchen and the house became filled with smoke. The little boy began to panic and climbed up into the chair and tried to open the window but he was too short. Suddenly, he thought about the family bible, he ran and grabbed the bible, placed it in the chair and was able to open the window and climb out. If we want to go higher, we have to stand on the Word of God. The hymn writer says "I'm standing on the promises of God".

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Answers From Page 33



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Bible Wordsearch

Solution to Puzzle No.136

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
1	W	T	E	M	E	R	O	D	S	E	N	S	U	E	H
2	A	F	O	R	E	U	N	E	V	A	R	G	D	D	E
3	S	U	N	I	C	O	R	N	E	S	C	H	E	W	B
4	T	L	O	H	B	D	E	L	L	I	P	S	T	R	E
5	E	M	E	A	S	E	H	C	A	T	R	I	U	P	H
6	R	S	G	N	O	I	T	I	N	U	M	I	O	D	T
7	G	A	R	H	K	H	T	I	C	A	T	M	L	W	E
8	V	Y	E	O	G	C	T	C	M	T	M	N	C	E	E
9	E	G	B	U	C	H	A	P	M	E	N	C	D	L	S
10	C	H	A	P	I	T	E	R	L	B	S	A	N	T	H
11	O	R	H	B	D	T	R	S	C	E	L	U	E	S	G
12	D	H	D	E	A	R	T	H	E	W	V	L	T	U	U
13	N	E	D	D	O	S	N	E	F	R	B	L	H	J	O
14	E	D	A	B	I	D	E	F	F	A	R	G	E	L	H
15	A	G	O	N	E	K	U	D	T	Y	O	R	R	H	D

Letters in BOLD above are the hidden verse reading left to right starting at the top left hand corner and going down through the letters the hidden verse is:

THE MIGHTY ONE, GOD, THE LORD
Psalm 50:1 niv

Share Your
Christian Reader
With A Friend

(Over, Down, Direction)

- ABASED(3,10,SE)
- ABIDE(3,14,E)
- ACCURSED(7,9,NE)
- AFORE(1,2,E)
- AGONE(1,15,E)
- BADE(4,14,W)
- BETIMES(5,4,SE)
- BEWRAY(10,10,S)
- BRUIT(15,3,SW)
- CAUL(12,9,S)
- CHAPITER(1,10,E)
- CHAPMEN(5,9,E)
- CLOUTED(13,8,N)
- CRACKNELS(9,11,NW)
- DEARTH(3,12,E)
- DRAUGHT(1,12,NE)
- DUKE(8,15,W)
- EMERODS(3,1,E)
- ENSUE(10,1,E)
- ENTREAT(7,14,N)
- ESCHEW(9,3,E)
- FENS(9,13,W)
- GRAFFED(12,14,W)
- GRAVEN(12,2,W)
- HABERGEON(3,11,N)
- HELVE(14,15,NW)
- HOUGH(15,14,N)
- JUSTLE(14,13,N)
- LADE(11,11,NE)
- LEWD(14,9,N)
- MUNITION(11,6,W)
- NETHER(13,10,S)
- OUCHES(7,1,SW)
- PILLED(11,4,W)
- POMMELS(14,5,SW)
- SEETHE(15,9,N)
- SITUATE(10,3,S)
- SODDEN(6,13,W)
- TABLETS(9,15,NE)
- TACHES(10,5,W)
- UNICORN(2,3,E)
- VAGABOND(1,8,NE)
- WASTER(1,1,S)

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W. W. J. D.?

Anyone who wishes to understand Christ's words and to savor them fully should strive to become like him in every way.

-Thomas Kempis

**By Cameron Triggs
Student Writer
University of Central Florida
Orlando, Florida**

These powerful words were written in the book *The Imitation of Christ*. One day, I remember passing time between classes by browsing in the library. I found myself scanning the titles in the Christianity section. Then I stumbled across this book. I read the title and was immediately curious about its content. The title itself was perplexing. *The Imitation of Christ*? How can we imitate a man without fault? How can Cameron Triggs ever be anything like the Prince of Peace? It is impossible. I can never voluntarily allow a soldier to hammer a nail through my palms or wear a crown of barbed thorns upon my head. I can not gracefully walk on water, amazingly raise the dead, audaciously calm a storm, or feed a mass of people with two fish and five bodily loaves, or can I?



Cameron Triggs

“Christian” should continually be more and more like Christ.

Obviously, I will never perform the miracles of Jesus or reach the capacity of holiness the Lord epitomized. However, why shouldn't I strive? It is not about being the Son of God; it is about trying to serve/imitate him by doing his good works here on earth. I believe that every

Think about it....when you were a child you usually idolized a famous or admirable person. You did everything in your will to imitate them. For me this person was Michael Jordan. On the basketball court I would mimic his every move. My jump shot just wouldn't look right if I didn't have my tongue out. My feet looked naked if it didn't have the Jumpman insignia on it. In every way I viewed Michael Jordan as a perfected version of what a basketball player should be. Well, that is what Jesus is for every human being. He is a perfect symbol for humanity to emulate.

Jesus is the symbol of love, humility, and salvation. He was perfect in every way. Spotless! In him we have a teacher and a direct example of what God would have us to do in life. That is why the question “What Would Jesus Do?” is so relevant in every phase of life. And what is even more convenient, is the answers to that question are available to us. What Jesus did and what he commands us to do is compiled in a book called the Holy Bible. In this book are his precious words. To truly savor these words, we must strive to imitate him.

By imitating Jesus with our best efforts we become better people. We pray more, we care more, and we love more. You pray for those that spitefully use you. You love your neighbor and your enemy. You look to your father, God, for everything and have complete faith he will supply. By imitating Jesus, we can truly realize how impossible it is to be just like him, yet how fulfilling it is to try. Asking yourself, “What Would Jesus Do?” just exemplifies that you know, in your heart, that he would truly do the right thing.

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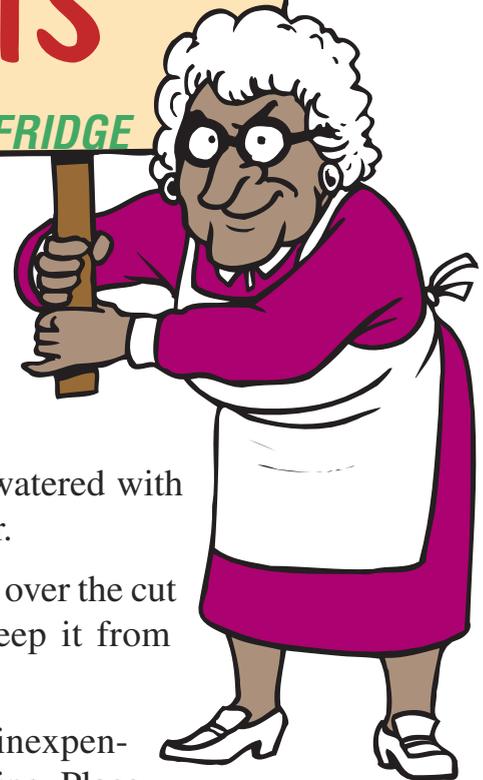


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- Spray starch on sneakers before wearing to keep soil from grinding in when sneakers get dirty. When washed, dirt easily is removed.
- Boil vegetables that grow above ground without a cover, and vegetables that grow below the ground with a cover.
- Purse sliding off seat in a car? Slip straps of your bag through your seat belt.
- Emergency sharpening of scissors can be achieved by cutting aluminum foil.
- When you crack a favorite dish, or plate, put it in a pan of milk and boil it for 45 minutes. Not only will the crack usually disappear, but the dish actually becomes stronger.
- Bake potatoes 20 minutes in hot salty water. Potatoes bake faster.
- Remove bugs from the car grill or windshield by scrubbing with a nylon net ball and a mild liquid detergent and water. The net gives a little abrasion without scratching the car.
- Garbage disposals should be run with cold water.

GRANDMA'S HELPFUL HINTS

KEEP THIS ON THE FRIDGE



This solidifies the grease, helping it without clogging the drain.

- A heated knife allows thinner slices.
- Fern plants like being watered with weak tea or soapy water.
- Rub butter or margarine over the cut portion of cheese to keep it from drying out.
- Freezer paper makes inexpensive shelf or drawer lining. Place shiny side out.
- When washing dishes by hand, eliminate soap film on glassware by adding a little vinegar to the water.
- Spill wine at a party? Sprinkle table salt on the stain. When dried, brush off.
- The easy way to clean a blender. Pour water in half-way mark, add a drop of detergent, put lid on top and push start.
- Always buy extra toothbrushes; you never know who may spend the night.
- Food too salty? Correct this problem by adding one teaspoon sugar mix with one teaspoon of vinegar to it.
- Rubbing alcohol or white vinegar cleans windows spotless.
- Instead of throwing away used aluminum foil, use it as a pot and pan scrubber.
- Postage stamp not sticking. Put clear finger nail polish on back. Let dry, then mail.



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Publisher's Editorial

Darryl A. Barrs, Sr., Publisher / Managing Editor



Sibling Rivalry

Brother against Brother; Sister against Sister; Sister and Brother against Each Other

Sibling Rivalry is one of the saddest dysfunctional family relationships that exist and the Bible gives us several examples of this monstrosity. Among the many are Cain and Abel, two brothers who both brought gifts of their labors to the Lord. The Bible says Cain's gift was rejected by the Lord and Abel's gift accepted. The jealousy of Cain drove him to kill his brother. (Genesis chapter 4)

Then there was Esau and Jacob, again brothers, Esau the favorite of the father and Jacob the favorite of the mother. Jacob and the mother conspired against Esau and stole from him the father's birthright blessing which gives special gifts, privileges, and the top leadership position to the first born son – which was Esau. (Genesis chapters 25-27)

Then there was Joseph and his brothers. Joseph was the youngest of 13 boys and receives special treatment from his father including privileges and a beautiful coat of many colors. Joseph was also a dreamer and one day dreamed of a time when his brothers and all nations will bow down to him. The envy of the brothers drove them to beat Joseph, throw him in a pit where without the interventions of one brother, they would have killed him. Instead they sold him to strangers as a slave. (Genesis chapters 30-37)

This strange example of human situational behavior we call Sibling Rivalry, from one time or another, has existed in all of our families. It is more than simple disagreement or dislike, Sibling Rivalry destroys unity and in many cases family relationships beyond repair because of its vicious retaliation. The Bible puts it best in James 3:16, "For where envying and strife is, there is confusion and every evil work." This we see in the above stated examples.

Sibling Rivalry possesses the elements of Bitter Envy and Selfish Ambition, both inspired by the Devil. It is easy for us to be drawn into wrong desires in the name of Success. Far too often we hear the motivating cries from society (i.e.: parents, teacher, friends, etc.) to "Assert yourself," "Go for it," "Be the best... don't settle for less," "Set high goals", which sometimes leads down the path of greed and destructive competitiveness.

When we realize that we are all God's creatures, created in our own special uniqueness with gifts and talents to excel and prosper us in this world, we then can seek God's wisdom in discovering and sharpening those talents which will eliminate our need to compare ourselves to others and desiring what they have.

Sibling Rivalry is a serious problem in our families, society and even our churches. Brother against Brother, Sister against Sister, Sister and Brother against each other. We have bitter relationships that has spanned years, lifetimes, and even generation to generation, all because of our failure to properly handle disagreement and difference. There is neither Family nor Church Family without acceptance.

It is never a pretty sight to see blood brothers and sisters with irreconcilable differences. There is a great need for us all to look closer into our relationships with people especially those we dislike and are uncomfortable with. Be careful to check for envy and jealousy which may be the main culprit for our less than desirable relationship. Also note that the actions one takes against another out of bitterness very seldom hinder that person from becoming what God has destined them to be, however, those actions diminish the character and the quality of life of the offender.

Love is the answer. The Bible tells us in 1 John 4:7&8, "Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love."

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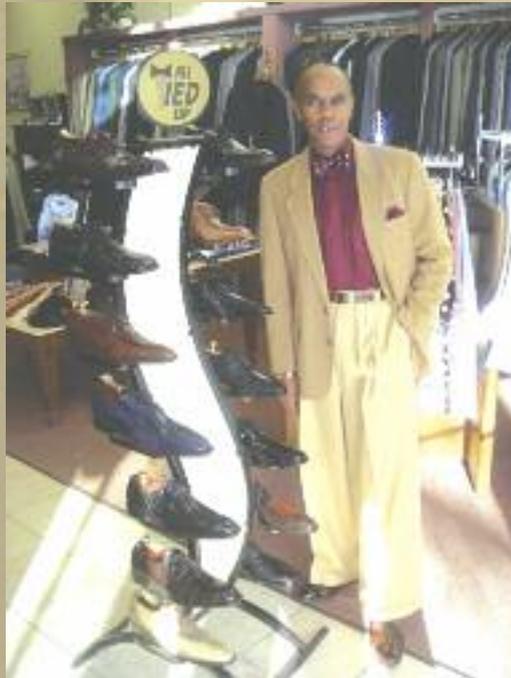
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