

# The Christian Griot

St. Luke C.M.E. Church

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## February

- 5-6 Youth and Young Adult Weekend
- 7 African American Read-In
- 7 Soul Food Dinner
- 12 Gospel Jazz Concert
- 28 State Rally
- 28 Black History Program

## Birthdays

### February

- 9 Betty Thomas
- 11 Shalinka Huffman
- 12 Sylvester Pelmore
- 17 Venola Towns
- 20 Briella Aina
- 21 Robert Wright
- 24 Tony Bailey
- Sandra Nesbitt Martin
- 27 Ceola Kinard

## Happy Valentine's Day

February 14th



Rev. Dr. Clarence and  
Mrs. Christine Buchanan

## Who's Who at St. Luke

### KENNEDY CLUB PRESIDENT: Sister Belle Miller

Sister Belle Miller is a lady who loves the Lord and loves her church. Sister Miller grew up and attended schools in Holly Springs, MS. After graduating from Roswald High School, she attended the community college and took several classes. In 1951, she married her husband of 35 years, Bernard "Bo" Miller, and in that same year she also moved to the Champaign-Urbana area.



Sister Miller has been a member at St. Luke for fifty plus years. Besides being the president of the Kennedy Club, she is a Stewardess Board helper, and a member of the Evangelism Team and the Christian Women's Fellowship. As a dedicated missionary, she is part of the team which provides meals (lunch) to homebound members. She also regularly visits nursing homes to check on the sick and shut-in members and other residents.

In Sister Miller's spare time, she likes to watch soap operas, help others and cook. Her seven flavor cakes are legendary, and her cornbread dressing has become a regular dish for many church dinners. After each worship service, Sister Miller can be found surrounded by children, and a few adults, passing out treats such as bags of candy. This has been part of her ministry for several decades.

She is the mother of two daughters: Donna and Princess. She has five grand children and one great-grand son.

Favorite Scripture: Psalm 27

Favorite Song: "Precious Lord Take My Hand"

**(#3) The third biblical step toward restoring a relationship is to sympathize with the other person's feelings.**

**"A man's wisdom gives him patience; it is to his glory to overlook an offense" (Proverbs 19:11 NIV).**

Use your ears more than your mouth. Before attempting to solve any disagreement you must first listen to the other's feelings. Paul advised, "Look out for one another's interests, not just for your own" (Philip. 2:4 TEV). The phrase "look out for" is the Greek word skopos, from which we form our words telescope and microscope. It means pay close attention! Focus on their feelings, not the facts. Begin with sympathy, not solutions.

Don't try to talk people out of how they feel at first. Just listen and let them unload emotionally without being defensive. Nod that you understand even when you don't agree. Feelings are not always true or logical. In fact, resentment makes us act and think in foolish ways. David admitted, "When my thoughts were bitter and my feelings were hurt, I was as stupid as an animal" (Psalm 73:21-22 TEV). We all act beastly when hurt.

In contrast, the Bible says, "A man's wisdom gives him patience; it is to his glory to overlook an offense" (Prov. 19:11 NIV). Patience comes from wisdom, and wisdom comes from hearing the perspective of others.

Listening says, "I value your opinion, I care about our relationship, and you matter to me." The cliché is true: People don't care what we know until they know we care.

To restore fellowship "we must bear the 'burden' of being considerate of the doubts and fears of others . . . Let's please the other fellow, not ourselves, and do what is for his good" (Rom. 15:2 LB). It is a sacrifice to patiently absorb the anger of others, especially if it's unfounded.

But remember, this is what Jesus did for you. He endured unfounded, malicious anger in order to save you. "Christ did not indulge his own feelings . . . as scripture says: The insults of those who insult you fall on me" (Rom. 15:3, NJB).

**(#4) The fourth biblical step toward restoring a relationship is to confess your part of the conflict.**

**"First get rid of the log from your own eye; then perhaps you will see well enough to deal with the speck in your friend's eye" (Matthew 7:5 NLT).**

If you're serious about restoring a relationship, you should begin with admitting your own mistakes or sin. Jesus said it's the way to see things more clearly: "First get rid of the log from your own eye; then perhaps you will see well enough to deal with the speck in your friend's eye" (Matt. 7:5 NLT). Since we all have blind spots, you may need to ask a third party to help you evaluate your own actions before meeting with the person with whom you have a conflict.

Also, ask God to show you how much of the problem is your fault. Ask, "Am I the problem? Am I being unrealistic, insensitive, or too sensitive?" The Bible says, "If we claim that we're free of sin, we're only fooling ourselves" (1 John 1:8 Msg).

Confession is a powerful tool for reconciliation. Often the way we handle a conflict creates a bigger hurt than the original problem itself. When you begin by humbly admitting your mistakes, it defuses the other person's anger and disarms their attack because they were probably expecting you to be defensive.

Don't make excuses or shift the blame; just honestly own up to any part you have played in the conflict. Accept responsibility for your mistakes and ask for forgiveness.

**(#5) The fifth biblical step toward restoring a relationship is to attack the problem, not the person.**

**"A gentle response defuses anger, but a sharp tongue kindles a temper-fire" (Proverbs 15:1 Msg).**

You cannot fix the problem if you're consumed with fixing the blame. You must choose between the two. The Bible says, "A gentle response defuses anger, but a sharp tongue kindles a temper-fire" (Prov. 15:1 Msg).

You will never get your point across by being cross, so choose your words wisely. A soft answer is always better than a sarcastic one.

In resolving conflict, how you say it is as important as what you say. If you say it offensively, it will be received defensively. God tells us, "A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is" (Prov. 16:21 TEV).

Nagging never works. You are never persuasive when you're abrasive.

During the Cold War, both sides agreed that some weapons were so destructive they should never be used. For the sake of fellowship, you must destroy your arsenal of relational nuclear weapons, including condemning, belittling, comparing, labeling, insulting, condescending, and being sarcastic.



## The Knots Prayer

Dear God:  
Please untie the knots  
that are in my mind,  
my heart and my life.  
Remove the have nots,  
the can nots and the do nots  
that I have in my mind.

Erase the will nots,  
may nots,  
might nots that may find  
a home in my heart.

Release me from the could nots,  
would nots and  
should nots that obstruct my life.

And most of all,  
Dear God,  
I ask that you remove from my mind,  
my heart and my life all of the 'am nots'  
that I have allowed to hold me back,  
especially the thought  
that I am not good enough.

Amen

Author Known To God

## Love is an action

by Rick Warren



*Dear children, let us stop just saying we love each other; let us really show it by our actions. 1 John 3:18 (NLT)*

Love is something you do.

You show love by what you do, not just by what you feel.

Love is more than attraction and more than arousal. It's also more than sentimentality, like so many of today's songs suggest. By this standard, is love dead when the emotion is gone? No, not at all. Because love is an action; love is a behavior.

Over and over again, in the Bible, God commands us to love each other. And you can't command an emotion. If I told you right now "Be sad!," you couldn't be sad on cue. Just like an actor, you can fake it, but we're not wired for our emotions to change on command. Have you ever told a little kid, "Be happy!" *I'm trying, daddy!*

If love were just an emotion, then God couldn't command it. But love is something you do. It can produce emotion, but love is an action.

The Bible says, "... Let us stop just saying we love each other; let us really show it by our actions." (1 John 3:18, NLT) We can talk a good act: 'I love people.' But do we really love them? Do you really love them? Our love is revealed in how we act toward them.

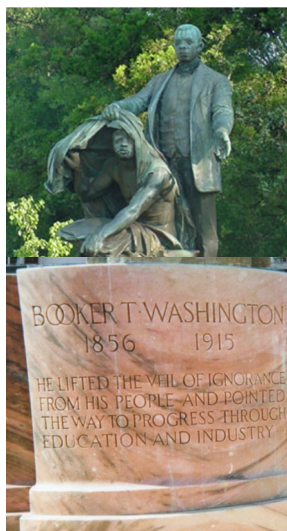


# KNOW YOUR HISTORY

## Tuskegee University

The organizers of the new all-black Tuskegee Normal and Industrial Institute found the energetic leader they sought in 25 year-old Booker T. Washington. Washington believed with a little self help, people may go from poverty to success. The new school opened on July 4, 1881, initially using space in a local church. The next year, Washington purchased a former plantation, which became the permanent site of the campus. Under his direction, his students literally built their own school: constructing classrooms, barns and outbuildings; growing their own crops and raising livestock, and providing for most of their own basic necessities. Both men and women had to learn trades as well as academics. Washington helped raise funds to establish and operate hundreds of small community schools and institutions of higher education for blacks. The Tuskegee faculty utilized each of these activities to teach the students basic skills to take back to the mostly rural black communities throughout the South. The main goal was not to produce farmers and tradesmen, but teachers of farming and trades who taught in the new high schools and colleges for blacks across the South. The school later grew to become the present-day Tuskegee University.

## Booker T. Washington



At the center of the campus at Tuskegee University, the Booker T. Washington Monument, called "Lifting the Veil," was dedicated in 1922. The inscription at its base reads:

"He lifted the veil of ignorance from his people and pointed the way to progress through education and industry."

## Christenings/Dedications



Kendra Huffman and daughter, Brielle Jalese Aina, during her christening on January 10, 2010. Rev. Dr. Clarence Buchanan holding Brielle after her christening.

## Meet St. Luke's

