

The Christian Griot

St. Luke C.M.E. Church
809 N. Fifth Street

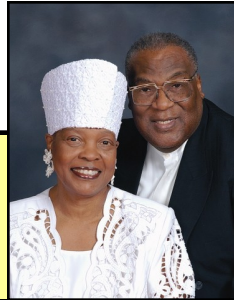
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Rev. Dr. Clarence Buchanan, Pastor
Elder Karen Walker-McClure, Presiding Elder
Bishop Paul A. G. Stewart, Presiding Prelate

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Rev. and Mrs. Buchanan

Fifty Years of Service Celebrated at St. Luke CME

August Events

19 Back to School
Celebration

20 Food Pantry
Distribution

Birthdays

AUGUST

- 1 Gloria Dixon
- 2 Marissa Abernathy
- 5 Jacqui Davis
- 5 Wesley King
- 6 Rev. Buchanan
- 6 Nicole Dunlap
- 6 Jasmine Harrington
- 6 Luanna Williams
- 9 Ty'kira DuBose
- 13 Malinda Wallick
- 17 Willie T. Summerville
- 17 Anayviah Lockett
- 20 Ben Walton
- 21 Jamir Harvey
- 22 Alexandra McVay
- 24 Robert Sadler
- 27 Thelma Pealer
- 28 Nina Sibley
- 29 Gloretha O. Brown
- 30 Ronald Casey



*"The steps of a good man are ordered by the LORD:
and he delighteth in his way." Psalm 37:23*

During the two day celebration on July 9-10, 2011, the St. Luke CME Church family celebrated Rev. Dr. Mrs. Clarence Buchanan's fifty years of service in the ministry with a brunch that was held on the campus of the University of Illinois at its Alice Campbell's Alumni Center. The eloquent brunch featured tributes, songs, and a slide show presentation of pictures taken of Rev. and Mrs. Buchanan during the early years of his ministry. Family members from Memphis, TN, Georgia, Michigan, and Indiana attended the celebratory festivities. To their surprise, longtime friends, (retired) Bishop and Mrs. Dotcy I. Isom and their son, Jon Isom, attended the brunch and the morning worship service the next day.

The celebratory program on Sunday featured Rev. Buchanan's niece, Rev. Brenda Scott of Macon, Georgia, delivering the message during the morning worship service. The afternoon program featured musical selections by songstress, Nancy Mullins, Pilgrim Baptist Church's Male Chorus and St. Luke's New Life Choir. Tributes were presented by Rev. David Bryant, pastor of Allen Metropolitan CME, Chicago, IL; Rev. Claude Shelby, Salem Baptist Church, Champaign, IL; members from Walls Memorial CME, Chicago, IL, and family members.



Rev. and Mrs. Buchanan are surrounded by family members, retired Bishop and Mrs. Dotcy Isom, and Jon Isom.

Editor's note: Early Christians as a consequence of professing their faith suffered in many ways. Christian missionaries as well as those they converted to Christianity were the targets of persecution, many times to the point of being martyred for their faith.

DO YOU KNOW HOW THE APOSTLES DIED?



Matthew

Suffered martyrdom in Ethiopia, killed by a sword wound.

Mark

Died in Alexandria, Egypt, after being dragged by horses through the streets until he was dead.

Luke

Was hanged in Greece as a result of his tremendous preaching to the lost.

John

Faced martyrdom when he was boiled in huge basin of boiling oil during a wave of persecution in Rome.

However, he was miraculously delivered from death. John was then sentenced to the mines on the prison island of Patmos. He wrote his prophetic Book of Revelation on Patmos. The apostle John was later freed and returned to serve as Bishop of Edessa in modern Turkey. He died as an old man, the only apostle to die peacefully.

Peter

He was crucified upside down on an x-shaped cross. According to church tradition it was because he told his tormentors that he felt unworthy to die in the same way that Jesus Christ had died.

James

The Just the leader of the church in Jerusalem, was thrown over a hundred feet down from the southeast pinnacle of the Temple when he refused to deny his faith in Christ. When they discovered that he survived the fall, his enemies beat James to death with a fuller's club.

* This was the same pinnacle where Satan had taken Jesus during the Temptation.

James the Great

Son of Zebedee, was a fisherman by trade when Jesus called him to a lifetime of ministry. As a strong leader of the church, James was ultimately beheaded at Jerusalem. The Roman officer who guarded James watched amazed as James defended his faith at his trial. Later, the officer walked beside James to the place of execution. Overcome by conviction, he declared his new faith to the judge and knelt beside James to accept beheading as a Christian.

Bartholomew

Also known as Nathaniel was a missionary to Asia. He witnessed for our Lord in present day Turkey. Bartholomew was martyred for his preaching in Armenia where he was flayed to death by a whip.

Andrew

Was crucified on an x-shaped cross in Patras, Greece. After being whipped severely by seven soldiers, they tied his body to the cross with cords to prolong his agony. His followers reported that, when he was led toward the cross, Andrew saluted it in these words: "I have long desired and expected this happy hour. The cross has been consecrated by the body of Christ hanging on it." He continued to preach to his tormentors for two days until he expired.

Thomas

Was stabbed with a spear in India during one of his missionary trips to establish the church in the sub-continent.

Jude

Was killed with arrows when he refused to deny his faith in Christ.

Matthias

The apostle chosen to replace the traitor Judas Iscariot, was stoned and then beheaded.

Paul

Was tortured and then beheaded by the evil Emperor Nero at Rome in A.D. 67. Paul endured a lengthy imprisonment, which allowed him to write his many epistles to the churches he had formed throughout the Roman Empire. These letters, which taught many of the foundational doctrines of Christianity, form a large portion of the New Testament.



Never Regret a Day in Your Life.

Good days give you Happiness.

Bad days give you Experiences.

Both are essential to life.

Keep going...

Happiness keeps you Sweet,

Trials keep you Strong,

Sorrows keep you Human,

Failures keep you Humble,

Success keeps You Glowing,

But Only God keeps You Going!

The Health & Fitness Benefits of Eating Berries



As we age, the brain declines and is unable to clean the toxic litter that builds up. This eventually interferes with mental and cognitive functioning. The berries can help the brain remove the toxins and avoid mental decline. Some studies have even linked the regular ingestion of berries with the prevention of cancer, enhancement of the immune system, sharpening of memory and mental acuteness, and a slow-down of the aging process.

Due to their high fiber content, absence of fat grams, low calories, and extremely low carbohydrate ratio, berries help to reduce bloating in the midsection and promote overall digestive health, both factors that can help bring abdominal muscles into sharper relief.

- Strawberries are especially rich in Vitamin C and Vitamin E, and also contain significant amounts of calcium, magnesium, and folic acid.
- Blueberries have been found to offer a wide array of benefits. Not only do they contain high levels of antioxidants, which help to prevent the proliferation of disease-causing cells, but they have also been shown to reduce levels of bad cholesterol, thus promoting good heart health, and their high levels of lutein have been linked to improved vision.
- Cranberries can help to ensure urinary tract health, and raspberries contain a substantial amount of ellagic acid, which has also been linked to cancer prevention. Those with more exotic berry tastes will enjoy the benefits, too: gooseberries, currants, and loganberries are just a few examples of more non-traditional alternatives that offer the same healthy advantages.

The possibilities for incorporating berries into your diet are virtually endless: add blueberries to your morning cereal or wheat pancakes, mix blackberries into low-fat yogurt, create your own homemade trail mix with berries included, or blend raspberries into a protein shake. Avoid indulging in berry-flavored cobblers, ice creams, and other sweets, as the excess of sugars and fats will likely counteract the health benefits of ingesting the berries themselves.



Call Erika today
for your next event.
351-3535

The brunch for Rev. and Mrs. Buchanan was catered by Erika's Cakes and More. For your catering needs, Erika may be contacted at:
217) 351-3535

GRANDKIDS!

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair.. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "**Who was THAT?**"

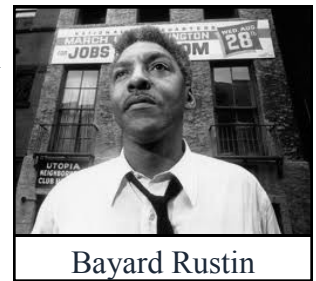
I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these, yourself!"

The Journey of Reconciliation

In early 1947, the Congress on Racial Equality announced plans to send eight white and eight black men into the Deep South to test the Supreme Court ruling that declared segregation in interstate travel unconstitutional. Organized by George Houser and Bayard Rustin, the Journey of Reconciliation was to be a two week pilgrimage through Virginia, North Carolina, Tennessee and Kentucky.



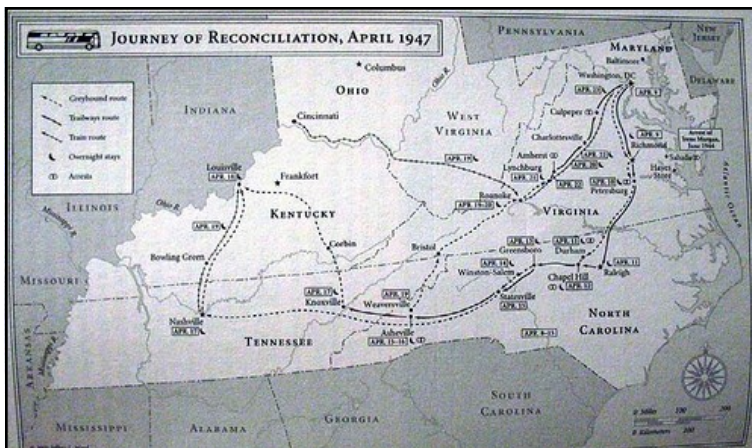
Although Walter White of the National Association for the Advancement of Colored People (NAACP) was against this kind of direct action, he volunteered the service of its southern attorneys during the campaign. Thurgood Marshall, head of the NAACP's legal department, was strongly against the Journey of Reconciliation and warned that a "disobedience movement on the part of Negroes and their white allies, if employed in the South, would result in wholesale slaughter with no good achieved."



Bayard Rustin

The Journey of Reconciliation began on April 9, 1947. The team included Igal Roodenko, George Houser, Bayard Rustin, James Peck, Joseph Felmet, Nathan Wright, Conrad Lynn, Wallace Nelson, Andrew Johnson, Eugene Stanley, Dennis Banks, William Worthy, Louis Adams, Worth Randle and Homer Jack. James Peck was arrested with Bayard Rustin and Andrew Johnson in Durham. After being released he was arrested once again in Asheville and charged with breaking local Jim Crow laws. In Chapel Hill, NC, Peck and four other members of the team were dragged off the bus and physically assaulted before being taken into custody by the local police.

Members of the Journey of Reconciliation team were arrested several times. In North Carolina, two of the African Americans, Bayard Rustin and Andrew Johnson, were found guilty of violating the state's Jim Crow bus statute and were sentenced to thirty days on a chain gang. However, Judge Henry Whitfield made it clear he found that behavior of the white men even more objectionable. He told Igal Roodenko and Joseph Felmet: "It's about time you Jews from New York learned that you can't come down here bringing your ni---- with you to upset the customs of the South. Just to teach you a lesson, I gave your black boys thirty days, and I give you ninety."



The Journey of Reconciliation achieved a great deal of publicity and was the start of a long campaign of direct action by the Congress of Racial Equality. In February 1948, the Council Against Intolerance in America gave George Houser and Bayard Rustin the Thomas Jefferson Award for the Advancement of Democracy for their attempts to bring an end to segregation in interstate travel.

50th Anniversary Celebration

