

The Christian Griot

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

Champaign, Illinois 61820 Phone: 217-356-4922

Rev. Dr. Clarence Buchanan, Pastor

Elder Karen Walker-McClure, Presiding Elder

Bishop Paul A. G. Stewart, Presiding Prelate



Rev. Dr. Clarence and Mrs. Christine Buchanan

Volume 6, Issue 2

November 2011

Patricia McKinney Lewis,
Editor Email:
patlvjss1123@att.net



Who's Who at St. Luke: **Sister Katherine Pirtle McCutchen, A Dedicated Servant**

NOVEMBER EVENTS

- 6 End of Daylight Savings
- 12 Men's Fish Fry
- 13 Men's Day
- 19 Food Pantry
- 21 Thanksgiving Basket Giveaway
- 24 Thanksgiving Day Service 10:00 AM

BIRTHDAYS

- 2 Devan Williams
- 4 Christina Sibley
- 5 Lula Conner
- 6 Ruby Huffman
- 8 Jaelyn Pirtle
- 9 Belle Miller
- 10 Alberta Fenderson
- 11 Timothy Summers
- 12 Lashaundra Lockett
Erika Williams
Kashif Lewis
- 13 Robin Smith
- 13 Jan Thomas
- 14 Brittany Barnhill
- 14 Candice Samuel
- 15 Vernon Lewis
Lisa Hicks Boothe
- 19 Brianna Wright
- 21 Vernessa Macon
Hunter
- 21 Neah Harvey
- 22 Tressa Easley
- 23 Patricia M. Lewis
- 24 William Nesbitt
- 26 Amber Kinard
- 28 Brenda Foster
- 28 Carla Samuel Parks
- 29 Tyanna Jones
- 30 Shanice Brown



"I love Lord, He has heard my prayers over the years, and I will continue to trust Him. I may not get to church every Sunday due to working, but I love my church family." Sister Katherine Pirtle McCutchen

Sister Katherine Pirtle McCutchen was born September 26, 1925, in Bolivar, Tennessee (Hardman County), to the late Willie I. and Nishie Allen-Pirtle. She is a product of the Dyersburg, TN, school system. On April 11, 1946, she married her husband of 51 years, the late Arthur McCutchen. They were the parents of one son, William Arthur McCutchen, who is also deceased.

Her Methodist roots started with her mother who was a Methodist. She accepted Christ at an early age and was raised in a Methodist church. In 1959, Sis. McCutchen united with St. Luke CME when the late Rev. T.R. Taylor was the pastor. Years later, she became a member of the Usher Board when Dr. A.W. Bishop was the pastor. She remained active member on the Usher Board until 2010. She is presently an "usher emeritus". Sis. McCutchen is also a member of St. Luke's Missionary Society.

Although Sis. McCutchen has worked at various fraternities, she retired from Pi Beta Phi Sorority in 1990 after over 28 years of service. She keeps busy by working part time as a greeter at Meijers in Urbana.

During her spare time, she enjoys cooking, spending time with her granddaughter, Turkessa "Toni" Bailey, and Toni's children, Ty'Kira and Tyion Dubose. She stated, "My granddaughter and great-grand children are the joy of my life." She also likes working in her yard and decorating during the various seasons.

She enjoys going to church, listening to the preached word and singing when she can. She expressed that she may not attend church every Sunday due to working, but she loves her church family. She also stated, "I like greeting and talking to my church friends."

Her immediate family is small, but loving. Besides her granddaughter and great-grand children, she has four sisters and one brother.

Favorite Scriptures: Psalm 27 and Psalm 116

Favorite Song: "The Lord Will Make a Way Somehow"

How Spiritually Healthy is Your Heart?

The Condition of Our Heart

- ◆ The book of Proverbs has much to say about how the condition of our heart affects what we say.
- ◆ Above all else, guard your *heart*, for it is the wellspring of life. (Proverbs 4:23)
- ◆ The wise in *heart* accept commands, but a *chattering* fool comes to ruin. (Proverbs 10:8)
- ◆ A prudent man keeps his knowledge to himself, but the *heart* of fools blurts out folly. (Proverbs 12:23)
- ◆ An anxious *heart* weights a man down, but a kind *word* cheers him up. (Proverbs 12:25)
- ◆ The discerning *heart* seeks knowledge, but the *mouth* of a fool feeds on folly. (Proverbs 15:14)
- ◆ The *heart* of the righteous weighs its answers, but the *mouth* of the wicked gushes evil. (Proverbs 15:28 TNIV)
- ◆ A cheerful look brings joy to the *heart*, and *good news* gives health to the bones. (Proverbs 15:30)
- ◆ The wise in *heart* are called discerning, and *pleasant words* promote instruction. (Proverbs 16:21)
- ◆ The *hearts* of the wise make their *mouths* prudent, and their *lips* promote instruction. (Proverbs 16:23 TNIV)
- ◆ One who loves a pure *heart* and who *speaks* with grace will have the king for a friend. (Proverbs 22:11 TNIV)
- ◆ Like a coating of glaze over earthenware are fervent *lips* with an evil *heart*. (Proverbs 26:23)
- ◆ Enemies disguise themselves with their *lips*, but in their *hearts* they harbor deceit. Though their speech is charming, do not believe them, for seven abominations fill their hearts. (Proverbs 26:24, 25 TNIV)
- ◆ As the water reflects a face, so one's *life* reflects the *heart*. (Often that reflection is through spoken words) (Proverbs 27:18 TNIV)

So, how's your heart? The heart of the matter is a matter of the heart.



Top Heart-Healthy Foods

The Cleveland Clinic and the American Dietetic Association, has put together a list of the "best of the best" heart-healthy foods.

The foods listed here are all top-performers in protecting your heart and blood vessels.

- ◆ **Salmon**—Omega-3 fatty acids. Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on.
- ◆ **Flaxseed (ground)**— Omega-3 fatty acids; fiber, phytoestrogens. Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.
- ◆ **Oatmeal**— Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.
 - ◆ Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.
- ◆ **Black or Kidney Beans**— B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber. Give soup or salad a nutrient boost -- stir in some beans.
- ◆ **Almonds**— Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols. Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

From A Cardiac Specialist!

Drinking water at certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up
- helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack



A Prayer for Today

Dear LORD, Examine my heart today and reveal to me any areas of my life that I need to change. Create in me a clean heart, O God, and restore a right spirit within me.
In Jesus' Name, AMEN.

THANK
YOU
for your
support!



Values in Life

**To realize
the value of a sister/brother
ask someone
who doesn't have one.**

**To realize
the value of ten years:
ask a newly
divorced couple.**

**To realize
the value of four years:
ask a graduate.**

**To realize
the value of one year:
ask a student who
has failed a final exam.**

**To realize
the value of nine months:
ask a mother who gave birth to a
stillborn.**

**To realize
the value of one month:
ask a mother
who has given birth to a prema-
ture baby..**

**To realize
the value of one minute:
ask a person
who has missed the train, bus or plane.**

**To realize
the value of one-second:
ask a person
who has survived an accident.**

**Time waits for no one.
treasure every moment you have.
You will treasure it even more when
you can share it with someone special.**

**To realize the value of a friend or family
member: LOSE ONE.**

Author Unknown

More Families Seek Assistance in Champaign County

The St. Luke Food Pantry has experienced a sharp increase in the number of families seeking assistance. Fortunately, St. Luke's Food Pantry received a United Way grant to subsidize the cost of the food during the month of August, 2011, which allowed more food to be given to the clients.

The food pantry is in need of financial assistance as we approach the winter months. Please remember to give to this outreach ministry to help families that are struggling to put food on their tables.

According to Craig Gundersen, "One in five children in Champaign County doesn't have enough food, and many of them are not eligible for subsidized school lunches or other federal food assistance, hunger experts say." The numbers come from a "food insecurity" study originally published last spring by Feeding America, a national hunger-relief organization, and updated recently by Craig Gundersen, associate professor in the University of Illinois Department of Agricultural and Consumer Economics.

The Supplemental Nutrition Assistance Program (SNAP) (formerly Food Stamps) helps low-income people and families buy the food they need for good health. Any head of household who may want to know what assistance may be available through the SNAP program, may contact Jessica Simpson, SNAP Coordinator for the Eastern Illinois Foodbank, at 217-328-3663 ext. 33.

From a Child's View

A Sunday school teacher asked her children as they were on the way to church service,

"And why is it necessary to be quiet in church?"

One bright little girl replied,

"Because people are sleeping."

~~~~~

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

"Daddy, what happened to him?" the son asked.

"He died and went to Heaven," the Dad replied.

The boy thought a moment and then said,

"Did God throw him back down?"

~~~~~

A wife invited some people to dinner.

At the table, she turned to their six-year-old daughter and said,

"Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"

Know Your History: The DuSable Museum of African American History



Margaret Taylor-Burroughs (November 11, 1917 – November 21, 2010) was a prominent African American artist and writer and a co-founder of the DuSable Museum of African American History. She also helped to establish the South Side Community Art Center, whose opening on May 1, 1941, was dedicated by the First Lady of the United States, Eleanor Roosevelt.

The DuSable Museum was originally chartered on February 16, 1961, and was located on the ground floor of the Burroughs' home at 3806 S. Michigan Avenue. In 1968, the museum was renamed for Jean Baptiste Point du Sable, a Haitian fur trader and the first non-Native-American permanent settler in Chicago. Du Sable was born on the Island of Haiti. His father was a French sea captain and his mother an ex-slave. Du Sable was educated in France before settling in America with his Native American (Indian) bride, Catherine. Du Sable went on to be a successful pioneer and entrepreneur establishing the first permanent trading post on the Chicago River in 1779. He was officially recognized in 1968 by the State of Illinois for having been the Founder of Chicago.

During the 1960s, the museum and the South Side Community Art Center, which was located across the street, also founded by Dr. Margret Taylor-Burroughs, formed an African American cultural corridor.

In 1973, the Chicago Park District donated the usage of a park administration building in Washington Park as the site for the museum. The current location once served as a lockup facility for the Chicago Police Department. In 1993, the museum expanded with the addition of a new wing named in honor of the late Mayor Harold Washington, the first African-American mayor of Chicago. In 2004, the original building became a contributing building to the Washington Park United States Registered Historic District which is a National Register of Historic Places listing.



Have a Blessed
Thanksgiving Day!

Almost every culture in the world has held celebrations of thanks for a plentiful harvest. The American Thanksgiving holiday began as a feast of thanksgiving in the early days of the American colonies.

Thanksgiving Day, celebrated on the fourth Thursday in November, has officially been an annual tradition in the United States since 1863, when during the Civil War, President Abraham Lincoln proclaimed a national day of thanksgiving.



In Loving Memory
of
Mrs. Genora Jarrett

November 6, 1927- April 23, 2008



From: Jo Jarrett Samuel, Dr. Carla Samuel-Parks, Larry Parks, Candice Samuel, Wesley King, Logan Parks, Lawrence Parks, Carleigh Parks.

2011 Harvest Tea Queen Crowned!



Rev. Dr. Clarence Buchanan and Queen Patricia Walker

The Nineteenth Annual Harvest Tea, sponsored by the Steward Board, was held on Sunday, October 23, 2011, at St. Luke CME Church. Mrs. Patricia Walker, New Life Choir President, retained the "Queen of the Harvest Tea" crown.

Harvest Tea Living Legends

Stewardess Board: Ethel Mae Kennedy
Missionary Society: Belle Miller
Steward Board: Cle Easley
Kennedy Club: Lula Conner
Extraordinary Young One
Board of Christian Education: Mehadijah Jarumi

Harvest Tea Memorial Angels

Trustee Board: Clarence Williams
Usher Board: Eddie Thorpe
Kennedy Club: Belinda Summers



Harvest Tea centerpiece created by Sis. Jean Nesbitt Thank You!

Honor Roll Students

LETTING THEIR LIGHTS SHINE

LETTING THEIR LIGHTS SHINE



Keep up the great work in culinary school,
SHALINKA HUFFMAN!



JACKET WEATHER
 In the fall I like to jump in the leaves and I have to wear a jacket. If you didn't wear a jacket you might catch a cold. I like fall.

Karyss Opsal
 Grade 1, Prairieland Elementary Normal, IL

Karyss Opsal is the daughter of Bob and Shelli Beckrum Opsal and the great grand daughter of Dora Jamerson. Her winning story was published in the Pantagraph newspaper in Bloomington-Normal, IL.

Sons of St. Luke



Atlanta resident, Alvin Overton, a former member of St. Luke, attended Curry Temple CME Church where Rev. Byron Smith is the pastor in Compton, CA.