

The Christian Griot

St. Luke C.M.E. Church

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Champaign, Illinois 61820

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

Volume 6 Issue 4

January 2012

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Happy New Year!

Rev. Dr. Clarence and Mrs. Christine Buchanan



Who's Who at St. Luke : Sis. Ceola Kinard



"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." John 3:16

Mrs. Ceola M. Kinard was born in Ethel, Louisiana. At the age of eight years old, she moved with her parents, Ceola and Samuel Johnson, to Baton Rouge, Louisiana. In Baton Rouge, she matriculated through the school system and graduated from Scotlandville Senior High School.

In 1977, she moved to Champaign to live with her sister, Stacy Singletary, and she has been here since that time. She married her husband, Lonnie Kinard in 1980. They had been married for 15 years when passed away in 1995.

She was raised in a Baptist church, but became a Methodist when she joined St. Luke. She gave her life to the Lord in 1997. Sister Kinard has been a member of St. Luke for 15 years. At St. Luke, she is active on the Usher Board and the Stewardess Board.

Sis. Kinard continues the tradition of making sure the church is adorned with fresh flowers each Sunday and on special holidays. The flowers are provided by the Genora Jarrett Flower Fund that was established in Mrs. Jarrett's memory.

Sister Kinard became a Certified Nurse's Assistant in 2000, and she is employed by Bickford Cottage Assisted Living.

She is the proud parent of three children: Marshanna Johnson, Amber Kinard, and Lonnie Kinard. She has six grand children: Xavier Johnson, Elijah Johnson, Mehadijah Jarumi, Raymond Hill, Camiyah Kinard and Taziah Kinard.

Her hobbies are gardening and cooking. She keeps busy by working, cleaning and mowing the yard, planting flowers and spending time with her grandchildren. Her favorite foods are red beans and rice and chicken.

Favorite Scripture: John 3:16

Favorite Songs: "If It Had Not Been For the Lord on My Side" and "I Won't Complain" by Rev. Paul Jones

CHURCH EVENTS

January 21st ~Food Pantry

Birthdays

January

- 3 Janet Gilbert
- 3 Amber Parrish
- 5 Mary Williams
- 6 Henrine Casey
- 6 Ebony Shackelford
- 10 Jasmine Alvarado
- 12 Donna Tinsley
- 14 Hattie Hicks
- 17 Iesha Towns
- 19 Nate Dixon
- 23 Marilyn Thadison
- 26 Eve Foster
- 30 Josephine Weatherspoon
- 30 Nina D. Richardson

Attitude

There once was a woman who woke up
one morning, looked in the mirror,
And noticed she had only three hairs on her head.
'Well,' she said, 'I think I'll braid my hair today.'
So she did and she had a wonderful day.

The next day she woke up, looked in the mirror
And saw that she had only two hairs on her head.
'H-M-M,' she said, 'I think I'll part my
hair down the middle today.'

So she did and she had a grand day.
The next day she woke up, looked in the
mirror and noticed that she had only one
hair on her head. 'Well,' she said, 'today I'm
going to wear my hair in a pony tail.'

So she did, and she had a fun, fun day.
The next day she woke up, looked in the mirror and
Noticed that there wasn't a single hair on her head.
'Hooray!' she exclaimed.
'I don't have to fix my hair today!'

Attitude is everything.
Be kinder than necessary,
For everyone you meet is fighting some kind of battle.
Live simply, love generously, care deeply,
Speak kindly, and pray continually.
Life isn't about waiting for the storm to pass...
It's about learning to dance in the rain.

It's not what you gather, but what you scatter
that tells what kind of life you have lived.
Life is too short to wake up with regrets.

Love the people who treat you right
and pray for the ones who don't.



Rev. Dr. Evelyn Underwood worshipped with St. Luke on Sunday,
November 20, 2011. She announced to the congregation that she is a
candidate for the office of Circuit Clerk of Champaign County.

Financial donations to support her campaign may be sent to:
Danielle Chynoweth, Treasurer
412 W. Illinois
Urbana, IL 61801

Please make your check payable to:
"Underwood for Circuit Clerk"

WHAT TO TAKE TO BED WITH YOU

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies. This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime. This would also be useful for any emergency, such as a heart attack, when you can't reach a phone.



Candidate for:
Circuit Clerk of Champaign County



PRIMARY ELECTION:
MARCH 20, 2012

BENEFITS OF IODINE

The benefits of iodine in the body are far reaching. Oddly enough, it is the least understood of all the essential trace elements. This is the safest of all the essential trace elements which can be administered in large amounts when in an inorganic nonradioactive form. Iodine is stored throughout your entire body - the skin, teeth, nails, all the organs, and bones.

When you have the correct amount of iodine in your body, you are able to:

- Maintain your energy level all day
- Maintain your weight
- Live without aches and pains
- Maintain a cheerful and uplifted attitude
- Have a clear memory
- Able to tolerate cold
- Have normal bowel movements;
- Have full and shiny hair; and
- Obtain restful night at sleep
- Have normal skin and supple fingernails



FOODS HIGH IN IODINE

Foods high in iodine can help you obtain the minimum daily requirement. If you believe you have an iodine deficiency, the amount of iodine foods should be increased to help rebuild your thyroid.

In order to counterbalance the lack of iodine, you can add these various foods:

- Ocean fish including shellfish, clams, lobster, sardines
- Asparagus
- Carrots
- Tomatoes
- Rhubarb
- Potatoes
- Peas
- Mozzarella cheese
- Feta Cheese
- Garlic
- Dulse
- Lima beans
- Sesame seeds
- Soybeans
- Egg yolk
- Onions
- Strawberries
- Mushrooms
- Lettuce
- Bananas
- Summer squash
- Swiss chard
- Cabbage
- Turnip greens
- Spinach

The Cross You Bear

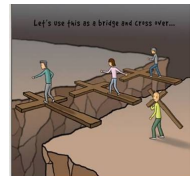
We complain about the cross we bear but don't realize it is preparing us for the dip in the road that God can see and we can't.



Whatever your cross, whatever your pain, there will always be sunshine, after the rain... Perhaps you may stumble, perhaps even fall; But God's always ready, to answer your call.....

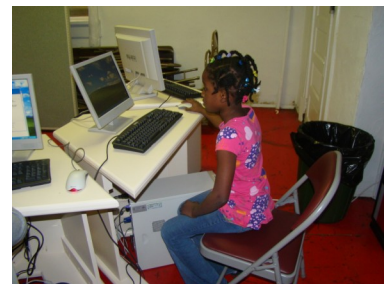
He knows every heartache, sees every tear, a word from His lips, can calm every fear... Your sorrows may linger, throughout the night, But suddenly vanish, dawn's early light...

The Savior is waiting, above, to give you His grace, and send you His love....



God promises a safe landing, not a calm passage.

Computer Classes To Be Offered Soon!



Thank you to Dr. Martin Wolske, the University of Illinois intern students in the Library Science and Information class 451 and Noah Lenstra for establishing a computer lab at St. Luke CME Church. Computer classes will start in January.

TO GOD BE ALL THE GLORY!

Alpha Phi Alpha Fraternity Brothers

LEAD CAMPAIGN TO RAISE FUNDS FOR THE MARTIN LUTHER KING, JR. NATIONAL MEMORIAL



Growing up in Atlanta, Dr. King attended Booker T. Washington High School. A gifted student, he skipped both the ninth and the twelfth grades and entered Morehouse College at age fifteen without graduating from high school. In 1948, he graduated from Morehouse with a Bachelor of Arts degree in sociology. Dr. King was initiated at Sigma Chapter, Boston Metro chapter of the Alpha Phi Alpha Fraternity, while he was a graduate student at Boston University.

The idea to build a memorial was born in 1983 at the dining table of his late Alpha brother, George Sealy. For over three decades, the fraternity battled government commissions over location and design, raised about \$112 million in a single six-year span and generally led a public campaign to justify why King deserved a place in the most exclusive section of the National Mall, alongside shrines to Abraham Lincoln, Thomas Jefferson and Franklin Delano Roosevelt. Alpha brother, Harry S. Johnson Sr., president and CEO of the MLK Project Foundation, is a former president of the fraternity chaired the dedication and introduced President Barack Obama before he spoke at the dedication. Funds are still needed to pay for the memorial. For more information or to contribute to the monument, please go to the following website: www.dedicatethedream.org



Dr. King is the fourth person from the left. He was initiated at Sigma Chapter, Boston Metro chapter of the Alpha Phi Alpha Fraternity.

Other Alpha brothers were honored during the week long events. Several of Dr. King's top lieutenants from the 1960s who are also Alphas, were honored at numerous events. They include civil rights icons such as former U.N. Ambassador Andrew Young and the Revs. Joseph Lowery and C.T. Vivian.

The Martin Luther King, Jr. National Memorial was scheduled to be dedicated in Washington, D.C.'s West Potomac Park southwest of the National Mall on August 28, 2011, the 48th anniversary of King's "I Have a Dream" speech. Due to an earthquake and a hurricane which both embarked on the capital city the week of the dedication, the dedication was postponed to October 16, 2011.

Shuttlesworth eclipsed by King in life and death

By ERRIN HAINES Associated Press

BIRMINGHAM, Ala. (AP) - When a little-known black Baptist preacher named Martin Luther King took the helm of the Montgomery, Ala., bus boycott in 1955, the Rev. Fred Shuttlesworth was already in Birmingham trying to start a movement, but nobody was paying attention. Shuttlesworth was from a small church. His credentials and pedigree made it easy for local whites to dismiss him as a radical. Until King came to Birmingham, Shuttlesworth couldn't get the national press to recognize his city as the embodiment of the horrors of the segregated South. He was just another black preacher getting beat up, said former Atlanta mayor, congressman and United Nations ambassador Andrew Young, who worked alongside King and Shuttlesworth in the Southern Christian Leadership Conference. All three men helped establish the organization in 1957.

"They were sued together, they helped organize SCLC together," Young said of King and Shuttlesworth. "He wanted the spotlight very much, but there wasn't but one Martin Luther King." It was King who won the Nobel Peace Prize in 1964 and went on to become the icon of the civil rights movement. Shuttlesworth, who was overshadowed in life by his comrade in the movement, was again eclipsed by King in death.

Though he died nearly three weeks ago, Shuttlesworth is only now being buried. The reason for the delay: The dedication of the King Memorial on the National Mall, sending most of Shuttlesworth's civil rights colleagues to Washington for the dedication of the Dr. Martin Luther King National Memorial.

Had they not been there, they would have likely been in Birmingham remembering Shuttlesworth.

"His friends and Martin's friends were the same," Young said. "But you don't have two memorials at the same time if you want your friends to come." Shuttlesworth's funeral will be Monday.

What's Cooking With Min. Noah Brown?

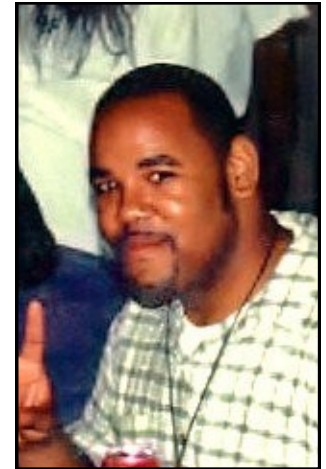
Greetings all! There have been so many of you who have come up to me at church, and said that you were going to try out the cookie recipe, and/or the dressing recipe I submitted last month! I was so honored that you all enjoyed it, and possibly sometime in the new year, I will have a free "Sunday Sampling" of some of my various baked goods as well as cooked delights - following morning worship in the lower level!! One of the greatest feelings my sister Tyra and I have had while growing up, was watching and helping our mom cook. It felt good preparing so many foods, and having them taste delicious! Plus, I've learned that cooking can be a "stress reliever," just like singing, watching cartoons, and even meditating! Here is another great recipe of mine that I've found myself baking all year round! Pumpkin Pie is great, but there is something about eating a Sweet Potato Pie that makes my toes curl!! It's almost like eating Ms. Kathy Lockett's Peach Cobbler or Mrs. Patricia Lewis' Homemade Banana Pudding! So here is my famous recipe for my Sweet Potato Pie!

Noah's Homemade Sweet Potato Pie

Ingredients:

- 2 sticks of butter, melted
- 6 cans of cooked sweet yams / sweet potatoes
- ½ cup of pancake syrup (butter flavor)
- 1 ½ cups granulated sugar
- ½ cup brown sugar
- ½ can evaporated milk
- 1 can of sweetened condensed milk
- 1 teaspoon vanilla extract
- 5 eggs, beaten
- ½ teaspoon nutmeg
- 2 tablespoons cinnamon
- 1 package of French vanilla pudding
- 4 prepared pie shells, unbaked

Preparation: Mash sweet potatoes thoroughly. Mix butter, potatoes, syrup, both sugars, sweetened condensed and evaporated milk, until well blended. Add pudding and mix well. Add vanilla extract, nutmeg, and cinnamon; mix well. Add eggs and blend well. Pour into the prepared pie shells.



Minister Noah Brown is a gospel recording artist embarking on a singing career. Blessed with a lovely wife, and two beautiful children, Noah knows the importance of family - both immediate and extended. He loves his church almost as much as he loves the Lord, and is an active member of Bible Study on Wednesdays, Chaplain of the Young Adult Fellowship, and Assistant Director of the New Life Choir. In 1998, he formed the singing group "Noah I. Brown And Company," and they have been ministering locally, and traveling throughout central Illinois and beyond, spreading the Word of God through song. Along with songwriting, Noah has written many poems, play productions, and is working on a book entitled "Looking Through Glass Eyes." Recently, he received his Local Preacher's License from the C.M.E. Church, and ministers through the preached Word as well.

Come out and support this concert
and Min. Noah Brown!

FROM TRAGEDY TO TRIUMPH
Come Be Healed and Restored

LIVE IN CONCERT

SATURDAY FEB. 18
New Hope Church of God in Christ
911 W. Bradley - Champaign, Illinois

DOORS OPEN AT 6:15PM
CONCERT BEGINS AT 7:00PM
\$15 GENERAL ADMISSION (\$20 DAY OF EVENT)
\$20 MEET AND GREET

OUTLETS FOR PURCHASE:
NEPTIX.COM | LOCKS OF GLORY (217) 355-4556
FAMILY CHRISTIAN (217) 352-4916

FOR MORE INFO CONTACT:
MS KIMBERLY GILLESPIE (217) 350-8152 | MS PAM WILSON (217) 649-3085

Family and Friends' Day November 27, 2011



Mrs. Nina Sibley's family was the winner of the most family and friends in attendance awards for all categories!

Thanks to Diane Nesbitt for taking some of the pictures!

Men's Day December 13, 2011

“Men Boldly Going to the Throne of Grace” Hebrews 4:9-16



Pictured are: Rev. Dr. Clarence Buchanan with the speaker, Rev. J. Michael Wright, Pastor of Faith Mission C.M.E., Normal, IL; Men's Day Co-chairs: Vernon Lewis and Rev. Vernon Harrington; and Ronald Lewis, Worship Leader.

