

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
Presiding Elder Karen Walker McClure
Bishop Paul Stewart, Presiding Prelate

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Rev. Dr. Clarence and Mrs. Christine Buchanan

**Mark your
Calendar!**

February

- 4 Youth and Young Adult Revival
- 5 African American Read-In
- 5 Soul Food Dinner
- 10 Gospel Jazz Musical
- 18 Food Pantry
- 19 History of Gospel Music Program
- 26 State Rally
- 26 Black History Program

Happy Valentine's Day
February 14th

Who's Who at St. Luke: Sister Lola B. Cockrell



Sister Lola B. Cockrell grew up in Hamilton, Mississippi, and graduated from Vine Street High School in Aberdeen, MS. As the baby sister of Sister Nettie Howell, she is fondly known by many at St. Luke as one of the "Sisters".

Before moving to Champaign, she grew up in Valley Chapel A.M.E. Church in Hamilton, Mississippi. She joined St. Luke in 1971 when Rev. Thornton was the pastor. She has been a member of the New Life Choir for six years. She is also a member of the Women's Christian Fellowship and an honorary member of the Stewardess Board. She volunteered in St. Luke's One Church One School Program, tutoring children at Stratton Elementary School from 2000-2002. She was also an active participant in the Community Garden located at Stratton Elementary. Locally, she is a member of the Beardsley Park Neighborhood Association.

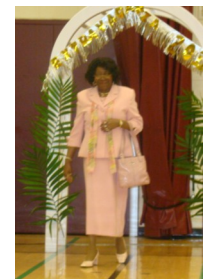
After 28 years of service, Sis. Lola retired from Kraft Foods in 1999. She keeps busy by visiting family and friends and traveling. She has visited all states in our United States of America except Hawaii and Alaska, and she has cruised to the Bahamas Islands. Her hobbies include planting flowers and light gardening. When she is not traveling, she keeps busy by singing in the choir, spending time with her family and modeling her stylish clothes at church events such as the Palm Sunday Tea. (Yes, she is a St. Luke DIVA!)

She is the proud mother of sons, Jeffrey Hall and Myron Cockrell; daughters, Felicia and Dana Cockrell. Her siblings are sisters, Nettie Howell and Gloria Bond; and brothers, David Hall and James Hall.

Her favorite foods are mustard greens, green beans, fried corn and ham.

Favorite Bible Verse: Psalm 100:5

Favorite Songs: "Sweet, Sweet Spirit" and "Always Doing Something Good"



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

Faithful Men and Women of God,

This is the year which the Lord has made...Let us rejoice, the Lord has brought us to another year. In 2012 may resolve to...

Rejoice in God's goodness
Exalt the name of the Lord
Seek God daily
Offer up a sacrifice of praise
Lead others to Christ
Unite with the body of Christ
Trust God
Immerse in the presence of God
Obey God's word
Nourish our bodies with the word of God

By Carolyn Crowder

WHERE DID THAT SAYING COME FROM?

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus someone could be, saved by the bell or was considered a dead ringer.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning deaths. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

True Love

For God so lo **V**ed the world,
That He g **A**ve
his on **L**y
Begott **E**n
So **N**
That whosoever
Believeth **I**n Him
Should **N**ot perish,
But have **E**verlasting life."
John 3:16

CLEVER IDEAS WORTH KNOWING

1. Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
2. Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
3. Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
4. To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
5. Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
6. For a cool brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let it set for a wonderful minty frosting.
7. Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
8. Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.
9. To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Hazing: Is it Merely a Rite of Passage?

REP. FREDERICA WILSON'S HAZING BILL MAY INCLUDE PENALTIES FOR BYSTANDERS

Reprinted from the Miami Herald



Rep. Frederica Wilson's hazing bill may include penalties for bystanders of rituals Democratic U.S. Rep. Frederica Wilson plans to introduce a federal hazing ban when she returns to Congress in mid-January. Details of the bill aren't yet ironed out, though she is consulting officials from the Justice Department and universities to figure out how far she can go, she said.

"I've been toying with different scenarios," she told Times/Herald. "I want it to be broad enough to affect a lot of people so they will stop."

She wants her bill to target the people who haze, the person being hazed and those who are present for the ritual and "don't report it or intervene."

"You're just as guilty as the people that are actually striking or participating in the hazing," she said.

Her effort comes as state and county investigators piece together the events leading up to the death of Florida A&M drum major Robert Champion, whose death is considered a homicide as a result of severe beatings from a hazing ritual Nov. 19. He was 26.

Under Florida law, hazing that results in serious bodily injury or death is a felony. The law is obviously not enough, Wilson said, to discourage long-standing and covert hazing practices that occur in marching bands and Greek organizations.

Wilson said she discouraged her son Paul from pledging a fraternity when he attended FAMU in the early '90s. She was regional director of Alpha Kappa Alpha Sorority at the time and had suspended several pledge classes as a result of hazing.

"You've got to make it strong enough for this generation of children," she said. "They feel that they're invincible, so you have to make something strong enough to put fear into their bellies."

What's Cooking With Min. Noah Brown?

HEALTHY EATING!



Hello everyone! As the New Year has begun, one resolution we should always try to do is have healthier eating habits. Every now and then, you can splurge with the "Thanksgiving" Dinner items, and even go for some tantalizing dessert, but we must take care of our bodies in the process as well! Two things I've decided to do is (a) get back in shape. Being physically fit is a great importance. Even if it's just walking up the stairs instead of taking the elevator, you're doing something to jumpstart your body, and change its metabolism. I do jumping jacks every day, and power walk around Centennial Park (at least 1 lap a day). The second thing I've decided to do is (b) eat healthier. Cutting out fried foods and fast foods do wonders for the body. Instead of fries, choose a side salad, and instead of sodas, drink water. On my health kick, I have found out a few nuggets I didn't know... but now that I do know, I want to pass this on to you!

- **Egg yolks** are packed with healthy fats, plus they're a powerful testosterone booster
- **Peanut butter** contains more than 30 essential nutrients and phytonutrients. Peanuts have a higher antioxidant capacity than grapes, green tea, tomatoes, spinach, broccoli and carrots
- **Cinnamon** is great for lowering your heart rate
- **Shrimp** is an excellent source of protein, and keeps your skin, hair and nails healthy while being low in calories and saturated fat
- **Turkey** has an amino acid called tryptophan which makes the brain chemical serotonin...helping improve your mood
- **Strawberries** have major potassium and keeps blood pressure under control
- **Peaches** help improve the health of your skin and add color to your complexion. The skin of the peach has major nutrients and fiber
- **Drinking plenty of water, cherry juice and grape juice** help prevent gout symptoms because they combat acidic crystals that develop due to fried foods.

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own." (1 Corinthians 6:19)

KNOW YOUR HISTORY: The Moorland-Spingarn Research Center, Howard University

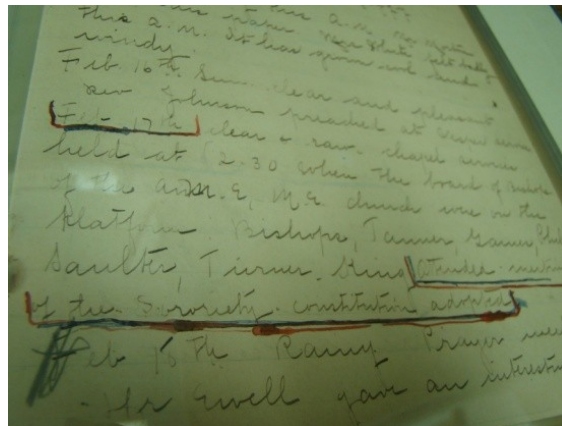
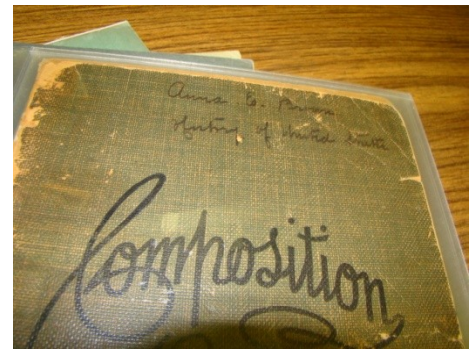


The Moorland-Spingarn Research Center (MSRC) is recognized as one of the world's largest and most comprehensive repositories for the documentation of the history and culture of people of African descent in Africa, the Americas, and other parts of the world. As one of Howard University's major research facilities, the MSRC collects, preserves, and makes available for research a wide range of resources chronicling the Black experience.

In 1914 Dr. Jesse E. Moorland, a Black theologian who was an alumnus and trustee of the University, donated his private library, at that time considered one of the most significant collections of Black related

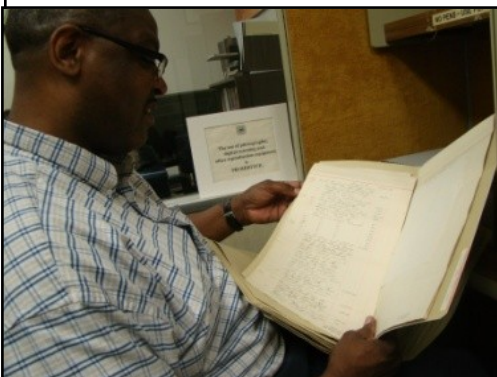
materials in existence. Dr. Moorland's donation reflected the efforts of African Americans to take a leadership role in the documentation, preservation, and study of their own history and culture. His collection provided the catalyst for the centralization of the University Library's other Black related materials, which became known collectively as the Moorland Foundation. In 1946 Howard University acquired the large personal library of Arthur B. Spingarn, an attorney, social activist, and prominent collector of books and other materials produced by black people. The Moorland-Spingarn Research Center is named for these two benefactors whose collections provided the foundation upon which later development could be built.

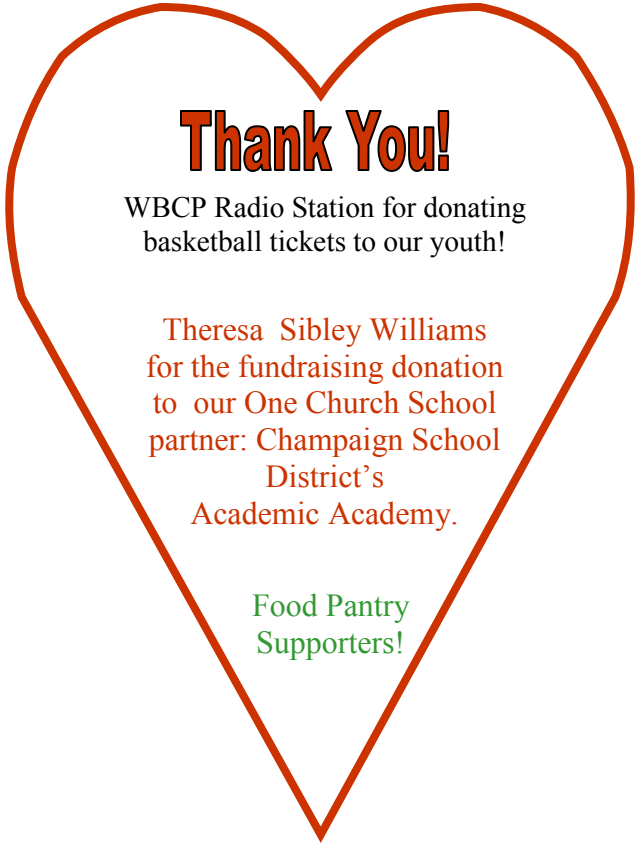
While visiting Washington, DC, in June for at least my tenth time since 1981, I decided to do something different and spend time exploring the campus of Howard University. One place I wanted to visit was the Moreland-Spingarn Archives located in the Moorland-Spingarn Research Center. My cousin, Tim Johnson, and I spent several hours poring over documents of interest while visiting the archives. I felt like a child in a candy store while holding and reading the actual documents hand written by Frederick Douglass. I also held and read the composition book of Anna E. Brown which documented the organizing of my sorority, Alpha Kappa Alpha Sorority, in 1908.



*February 17—
"...attended a meeting of the sorority—constitution adopted."*

Tim, a fairly new "Washingtonian", was transferred to the Washington, DC, area by way of Cleveland, Ohio, and Erie, Pennsylvania. He was not aware of Moreland-Spingarn Archives until my visit. Tim and I both felt our venture was time well spent.





Thank You!

WBCP Radio Station for donating basketball tickets to our youth!

Theresa Sibley Williams for the fundraising donation to our One Church School partner: Champaign School District's Academic Academy.

Food Pantry Supporters!

Youth and Young Adult Revival February 4th

**Soul Food Dinner
(After the Morning Worship Service)
African American Read-In (2:00 PM)**

February 5, 2012



Celebrate Black History Month by wearing African attire during the month of February.



**February 18, 2012
10:00 AM-12:00 PM**

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



**Black History Program
February 26, 2012
3:30 PM**

Computer Classes

See sign-up sheet in the church vestibule!

FROM TRAGEDY TO TRIUMPH **LIVE IN CONCERT**

Dorinda Clark Cole
DORINDA CLARK COLE

Come Be Healed and Restored

**SATURDAY
FEB. 18**

New Hope Church of God In Christ
911 W. Bradley - Champaign, Illinois

Chrystal Rucker
CHRISTAL RUCKER

Noah Brown and Company

DOORS OPEN AT 6:15PM
CONCERT BEGINS AT 7:00PM
\$15 GENERAL ADMISSION (\$20 DAY OF EVENT)
\$25 MEET AND GREET

OUTLETS FOR PURCHASE:
NEPTIX.COM | LOCKS OF GLORY (217) 355-4559
FAMILY CHRISTIAN (217) 352-4916

FOR MORE INFO CONTACT:
MS KIMBERLY GILLESPIE (217) 300-8102 | MS PAM WILSON (217) 648-3085

"A Taste of Heaven"



Gospel Jazz Musical

February 10, 2012

6:30 PM



Catfish Dinners

5:30 PM

\$7.00

Hot catfish dinners will be served in the lower level starting at 5:30 PM.



The Gospel Jazz musical will begin in the sanctuary at 6:30 PM.

St. Luke CME Church

New Life Choir

809 N. Fifth St. ~ Champaign, IL

356-4922

Bro. Vernon Lewis, Chairman

Sis. Patricia Walker, President

Rev. Dr. Clarence Buchanan, Pastor

