

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

Volume 6, Issue 8

May 2012

Patricia McKinney Lewis, Editor
Email: patlvjs-
s1123@att.net



Rev. and Mrs.
Buchanan



May Events

- 13 Mother's Day
- 19 Food Pantry
- 20 103rd Church Anniversary
- 26 Walk-a-thon
- 28 Memorial Day

Happy Mother's Day!

Who's Who at St. Luke: Majorie Upshaw, A Dedicated Doorkeeper



"For a day in Your courts is better than a thousand. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness." Psalm 84:10

Marjorie Upshaw has been a member of St. Luke C.M.E. Church for over 30 years. She grew up in Union Church, Mississippi. She matriculated through the public school system in Union Church, MS, and graduated from Ledell High School. While living in Union Church, MS, she attended a Methodist church from time she was a child.

Later, she moved to the Champaign-Urbana area and attended the Urbana Adult Education Program. She worked in food service at the University of Illinois for 25 years as a head cook. She has also worked at the Holiday Inn.

At St. Luke, Marjorie can be seen on her post as she is a faithful member of the Usher Board. She conveyed that she appreciates the love and kindness at St. Luke. Marjorie has a very quiet, gentle spirit and is a loving and kind person who is always available to help others who are in need.

During her spare time she enjoys working in her garden, cooking, and spending time with her family playing games and cards. She also likes to spend quality time exercising.

She is the proud mother of five children: Tyrone Brown, Lutricia Walker, Constance Glass, Mario Upshaw and Anthony Glass. Her grandson, Zach, attends church with her often. She has a total ten grand children.

Favorite Song: "Pass Me Not O Gentle Savior"

Favorite Scripture: Matthew 21:5

MAY Birthdays

- 2 Julie Kendrick
- 2 Cameren Richardson
- 4 Tina March
- 5 Vada Lewis
- 5 Vashti Dodd
- 6 Helen Creighton
- 6 DeAndre Hill
- 14 Aniyah Lockett
- 16 Brandon Harvey
- 19 Clifton Buchanan
- 20 Michelle Carr
- 29 Ron Williams
- 29 Christine Buchanan
- 31 Felicia Harrington
- 31 Betty Burton
- 31 Madelenne Williams

Mothers

A mother is the truest friend we have, when trials, heavy and sudden, fall upon us; when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine, desert us when troubles thicken around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts. -- Washington Irving (1783-1859)

There are

Angels

God puts on this Earth

Who care for us and guide us.
You can feel their love and gentleness
as they walk through life beside us.

They do great things for us every day
they whisper in our ears,
they even hold us in their hearts
when we are filled with all our fears.

They are always there to give a hug
and try to make us smile.
They treat us with respect and love,
they treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my
life, been with me as I've grown.

She's guided me the best she can,
she's taught me like no other,
and I'm thankful I'm the lucky one
who get's to call her...

Mother

Happy Mother's Day to:

Happy Mother's Day



Mrs. Earline Stewart
First Lady of the
Third Episcopal District

St. Luke's First Lady



Mrs. Christine Buchanan
and
Former First Ladies



Mrs. Dorothy
Bishop



Mrs. Blanche
Douglass

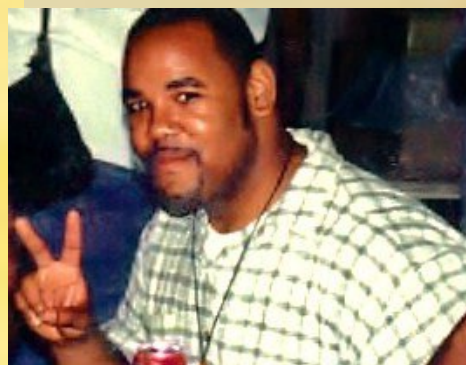


Young at Heart Mothers of St. Luke



What's Cooking With Min. Noah Brown?

With Spring in the air, and summer right around the corner, we want to try our best to be physically fit and a healthier. These two times of the year are the greatest times we spend with our families and friends, so why not be in good health as well as in good shape! You know, women who have a baby growing inside of them aren't the only ones who can be "glowing!" Here are some food/health tips that have worked for me. I pattern myself sometimes as a "mad scientist," because I experiment on myself before letting the masses in on what works. These few tid-bits mentioned below, I've tried thoroughly, and have realized they DO make me feel better, and look better! Try this out for a month or two, and you will see major results for your life!



- Eat more fish and chicken. Cut out the pork and the beef.
- Make your meats broiled, baked or grilled. No frying for a while.
- Leafy vegetables are great. The green kinds are packed with antioxidants, minerals and vitamins.
- Fruits instead of junk food. You can eat fruit all day and feel good!
- Exercise at least 15min every day. If you can't get out and walk, pop in a workout dvd, and pace yourself!
- Get up and move. Don't be a couch potato. I heard a commercial that said: "A body in motion tends to stay in motion."
- Start eating more whole grain.
- Eat a baked potato instead of mashed potatoes or other starchy foods.

I have a regimen that I'm doing (here's my mad scientist experiment), and I find it to be very beneficial:

- *50 jumping jacks twice a day
- *20 push ups, 20 sit ups (altogether or in increments)
- *Power walk for an hour, or exercise to a *George Foreman* Video daily
- *Have the mindset: "Eat to be satisfied - not to get full"
- *Snack on fruits and raw vegetables all day. They give you natural energy, and are good for you.
- *Eat Baked chicken (I prepare a lot of it at the beginning of the week, and refrigerate) - good for salads!
- *Eat a lot of baked/grilled fish
- *Get up and walk around the house instead of sitting and having the kids get something for you
- *Water, water, water! I have made this the only drink for me. It takes a while to get used to, but it's worth it!
- *No pop and no juice, unless 100% juice. Drink more orange juice and apple juice that's NOT from Concentrate.
- *Pray, Laugh a lot, sing and rejoice, and find the little things to get tickled about and thank God for!

This regimen (of mine) works for me. It has lowered blood pressure, reduced stress, and changed my outlook on life. I've realized that by changing my eating habits, and constantly exercising (even when it doesn't look like exercise), I can look and feel great... and YOU can too! So watch out now, because by the summer, I'll be able to hang with the "Big Dogs" like Boris Kodjoe, Dolvett Quince (trainer on *'The Biggest Loser'*) and Shemar Moore! (smile)

HOW WELL DO YOU KNOW BLACK HISTORY?



LeRoy Wilton Homer, Jr.

Little is known about LeRoy Wilton Homer, Jr. the United Airlines (First Officer) Pilot of the ill fated flight 93. He was not portrayed as an African American in the film, *United 93*, which told the story about the passengers and crew aboard the aircraft that crashed into a field near Shanksville, Pennsylvania.

LeRoy Homer Jr. survived the Persian Gulf War. He was a 1987 graduate of the US Air Force Academy. He and a brother were the only males out of nine children. The family lived on Long Island in New York. A male bonding event for LeRoy and his father were trips to McArthur Airport Ronkonkoma, NY, to watch the planes take off and land. Those trips may have fostered LeRoy Homer's love of flying. Around age 16, Homer obtained his first pilot's license. On September 11, 2001, Homer was flying with Captain Jason M. Dahl on United Airlines Flight 93 from Newark, New Jersey, to San Francisco. The plane was hijacked by four al-Qaeda terrorists as part of the September 11 attacks. After learning of the earlier crashes at the World Trade Center and the Pentagon, some of the crew and passengers tried to foil the hijacking and reclaim the aircraft. During this struggle, it crashed into a field near Shanksville, Pennsylvania.

At the National 9/11 Memorial, Homer, Jr. is memorialized at the South Pool, on Panel S-67, along with other passengers on Flight 93.

For his actions on board Flight 93, Homer received many awards and citations posthumously, including honorary membership in the historic Tuskegee Airmen; the Congress of Racial Equality's Dr. Martin Luther King, Jr. Award; the Southern Christian Leadership Conference Drum Major for Justice Award; and the Westchester County Trailblazer Award.

He is survived by his wife, Melodie, his daughter, Laurel, along with his mother, seven sisters, his brother, and other family members.



JUMPING THE BROOM

By Ka-Veronica Braddy

“Jumping the Broom” is a symbol of sweeping away the old and welcoming the new, or a symbol of new beginnings.



Jumping the broom has become one of the most popular African traditions at weddings-traditional and African-centered. History tells us that the ancestral roots of this ritual began deep in the heart of Africa. It's original purpose and significance has been lost over the years because of the association with slavery.

This broom ceremony represents the joining of two families, it's showing respect and pays homage to those who came before us and paved the way. Therefore it should be practiced with honor for your ancestors and the beauty of our rich heritage. During the slave "transitions" we were not allowed to practice many of the traditional rituals of our past therefore, much of our heritage was lost during this time. However, a few were considered harmless and allowed.

Today, "Broom Jumping" is a ritual, handed down from generation to generation to remind us of a time when our vows were not legally sanctioned. During slavery, our ancestors sought the legitimacy of marriage by jumping over the broom and into the bonds of domesticity. For our ancestors, this small ritual was a legal and bonding act connecting them with the heritage of the home land and giving legitimacy, dignity and strength to their unions. In their eyes this union was now sanctioned by "the almighty"

It is said that broom jumping comes from an African Tribal Marriage Ritual of placing sticks on the ground representing the couple's new home together, I have also heard it said that the spray of the broom represents all of us scattered and the handle represents the almighty who holds us together..... You decide.

Today's ceremony can be performed at the wedding, after the minister pronounces the couple man and wife or at the reception, just after the bridal party enters the reception area.

Should you decide to incorporate this wonderful tradition in your wedding remember to do it with the honor and dignity it represents.

Third Annual Palm Sunday Tea Fashion Extravaganza

