

# The Christian Griot

St. Luke C.M.E. Church  
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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

**WELCOME BACK, REV. AND MRS. BUCHANAN!**

## August

### Events

5 McKinney-Lewis  
Essay Documents Due

17 Back to School  
Celebration

18 Food Pantry  
Distribution

## Birthdays

### AUGUST

- 1 Gloria Dixon
- 2 Marissa Abernathy
- 5 Jacqui Davis Minor
- 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

## Ten Youth and Young Adults Attend Leadership Training School



*Pictured from left to right are: Wesley King, Ty'Kira Dubose, Kendall Adams, Amber Parrish, Jasmine Harrington, Tiffany Harrington and Mahadia Jarumi.*



*Dominique Brown, Ebony Shackelford and Jevante Sibley*



*Min. Dion Broughton*



*"King" Dominique Brown and Ty'Kira Dubose*

Ten youth and young adults from St. Luke attended the Leadership Training School (LTS) held before the Annual Conference at the Marriott Milwaukee West in Waukesha, WS. While at the conference, our representatives participated in the Conference Mass Youth Choir and attended workshops.

Our youth delegation arrived in Waukesha on Sunday, July 15, 2012. Their first session involved attending one of many choir rehearsals for the Leadership Training School Mass Youth Choir. All ten youth and young adults participated in the Mass Youth Choir, which provided music for the various programs during the week. Monday morning, they attended their first LTS class. The class was led by Steven D. Morrison, author of the book, Signatures For Inspiration. The book, Signatures For Inspiration, was used to guide the discussions. The sessions were very inspiring and energetic. Mr. Morrison encouraged all the youth to participate in the discussions.

On Tuesday afternoon, Min. Dion Broughton, a student at the University of Illinois who is a member of Carter Temple C.M.E. Church in Chicago, was the youth motivational speaker. Min. Broughton attends St. Luke during the school year. All of the youth were treated to a night of bowling and a time for fellowship on Monday night. During the Tuesday night service, Dominique Brown represented St. Luke CME Church in the annual King/Queen pageant to raise money for scholarships. He was escorted by Ty'Kira Dubose. "Club CME", a social event held each year, was also held on Tuesday night.

## WHAT ARE THE ADVANTAGES OF EATING APPLES EVERYDAY?

THE OLD ADAGE "AN APPLE A DAY KEEPS THE DOCTOR AWAY" STANDS OUT TO BE VERY TRUE.

As I become more "seasoned" with age, like many others, I have had bouts with acid reflux. Usually I have been able to control it with my diet, but every now and then I need to rely on an over the counter remedy to counteract the problem. Being retired affords me the opportunity to research different problems. I decided there must be a way to eat tomatoes, drink orange juice and enjoy other foods high in acidity and prevent acid reflux without taking over the counter medication. What did people do long ago when Zantac and Tums were not available?

Through my research, I learned that apples, especially the sweet variety such as golden delicious or the old fashion sweet apple known as the Braeburn are the best kinds to neutralize the stomach acids.

*If you are going to use apples for your acid reflux, leave a little room in your stomach after a meal and eat half an apple immediately after you are done with your meal. This apple should be eaten in 15 to 20 minutes to be most effective. Apples can also be eaten 30 minutes before bedtime if you tend to get acid reflux while you sleep.*

### Other Benefits Of Eating An Apple A Day:

1. Apples contain vitamin C which helps boost your immune system.
2. Ripe apples contain around 80% water and almost no fat.
3. Apples will provide you with energy.
4. Apples are rich in flavonoids. Flavonoids contain antioxidants.
5. Because apples contain flavonoids they can **prevent coronary heart disease and cardiovascular disease.**
6. Apples are a great source of fiber and help to aid digestion and promote **weight loss.**
7. Apples contain phloridzin. This may protect post-menopausal women from osteoporosis and may also increase bone density.
8. Apples are low in calories. A typical apple will contain 70-100 calories, 0.36g protein and 0.23g fat.
9. Apples target multiple cancers such as colon cancer, prostate cancer and breast cancer in women.
10. Apples contain phenols. Phenols reduce bad cholesterol and increase good cholesterol.
11. Apples **prevent tooth decay.** The juice of the apple can kill around 80% of bacteria.



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Apples in traditional medicines were called the body's broom. This concept of apples as a cleansing food is now supported by our emerging understanding of fiber, antioxidants and fruit flavonoids. Additional health benefits of apples are:

- ⇒ It has been traditionally used for **arthritis, rheumatism and gout.** The apple's benefits for digestion and the disposal of unwanted substances from the body support its reputation for helping joint problems. This may be due to a combination of actions: Fruits acids improve digestion, the antioxidants effect of the flavonoid quercetin and pectin's ability to increase elimination. Apples also help in improving defenses against illness.
- ⇒ It helps to counter constipation and diarrhea. The specific combination of fiber types and fruit acids in apples is responsible for their well known ability to prevent and treat constipation. The liquid gelling pectin and the natural antiviral properties in apples explain their traditional use in diarrhea.

Now, I know you are wondering if I have started eating an apple each day? The answer is YES, and so far, I have not had problems with acid reflux. I also limit how much food I consume at each meal to prevent over-eating.

An apple a day has kept the doctor away and I am loving my fresh tomatoes and other foods that used to cause problems for me. To God be the glory!



PML

# The International Women's Missionary Council Honors a St. Luke Member

*Copied from the Missionary Messenger*



The International Missionary Council's Pauline B. Grant Status of Women Department recently honored four women across the Christian Methodist Episcopal Church connection.

The Missionary Council's mission is to uplift ordinary women who are doing extraordinary things.

Thank you to the St. Luke Missionary Society for submitting my name and biographical information for consideration of this recognition. I was selected as the honoree for the Third Episcopal District which consists of the states: Kansas, Missouri, Illinois, Wisconsin Indiana and Michigan.

Thank you to St. Luke's Missionary Society!

To God be all the glory!

Patricia McKinney Lewis

## PAULINE B. GRANT STATUS OF WOMEN DEPARTMENT

Paulette Grant O'Neill, Secretary

### *Profiles: With A Connection To Serve*



#### **Jessie Lourine Crockett**

EVANGELIST

Reynolds Temple CME Church, Winston-Salem, NC

Exhorter and Presenter; Ecumenical Community Advocate; Prison Ministry Supporter; Letter Writer to Armed Services Personnel

Region President, Faye Crowder Phillips

Senior Bishop Thomas L. Hoyt, Jr. ~ 7th Episcopal District

**7th**



#### **Effie Mae Williams**

ROLE MODEL

Pleasant Valley CME Church, Childersburg, AL

Uplifting and Devoted Member

Encourages and Inspires Church Membership Growth

Region President, Geraldine Odom

Bishop Teresa Snorton ~ 5th Episcopal District

**5th**



#### **Pamela L. Townsend**

FINANCES

Roberts Chapel CME Church, Coldwater, MS

Administrative Experience with Large and Small Accounting Services; Manages and Supervises Banking Operations, Applies Skills on Local, District and Regional Levels of the Church.

Region President, Ardelia Briggs

Bishop Thomas L. Brown, Sr. ~ 4th Episcopal District

**4th**



#### **Patricia McKinney Lewis**

ADMINISTRATOR

St. Luke CME Church, Champaign, IL

Experienced Educator, Consultant and Leadership Director; Coordinated One Church One School Project; Established Computer Lab and Food Pantry

Region President, Maxine Day

Bishop Paul A. G. Stewart ~ 3rd Episcopal District

**3rd**

# KNOW YOUR HISTORY

## AUGUST IS AMERICAN ARTIST APPRECIATION MONTH



Allen Stringfellow

*Allen Stringfellow was a brother to Mrs. Sylvia Williams who is the mother of Rev. Dr. Brenda Little. Mrs. Sylvia Williams is a member of Mount Olive Baptist Church in Champaign, IL.*

Allen Stringfellow was born on July 9, 1923 in Urbana, IL. During an interview, Allen Stringfellow recalled his life in Champaign, Illinois in the early 1920s and 1930s, where he was raised by his deeply religious grandmother, Mother Briggs, who would take Allen to open-air baptisms performed by their church in Champaign, Illinois. His parents were entertainers and didn't raise their six children. Although he did not live with his parents, who resided in Chicago, Stringfellow would often visit his mother and father, a jazz musician and nightclub manager.

According to his sister, Allen showed promise in his artistic abilities at a very young age. He showed an inventive streak from a young age, said his sister Sylvia Williams. "From grade school, in 1st, 2nd, 3rd and 4th grades, he just drew," she said. "It was just a natural instinct." Stringfellow remembers an elementary school teacher who encouraged his artistic creativity. As a young adult he fashioned costumes for his father's employer and designed apparel. Later in life he took to wearing only red. "It was just something he came up with some years back; he just said, "I am going to wear red clothes." He also worked as general manager of the Armand Lee & Co. framing house in Chicago.

Stringfellow enrolled in art classes at the University of Illinois in Champaign, and finished his training at the Art Institute in Milwaukee, Wisconsin. After graduating, Stringfellow moved to Chicago where he taught print techniques at the South Side Community Arts Center as part of the National Youth Administration program. Later, as general manager of Armand Lee's well-known framing company, he worked with the most prestigious designers in the country. His influence in the art community steadily increased and, by 1960, Stringfellow owned an original art gallery in Chicago's Old Town community.

As with many artists, Stringfellow examined themes which have been important in shaping his life. His artwork often included religious and jazz imagery. Many of his most famous pieces were inspired by baptismal scenes from his youth, including "Red Umbrella Down by the Riverside" and "Going to Lay Down My Sword and Shield." Although he explored many artistic traditions, Stringfellow worked with collage and watercolor, examining the depth and movement that can be achieved through those mediums. Inspired by the late William S. Carter, Stringfellow considered him as his best friend and motivator.

Stringfellow was the recipient of numerous awards. His signature works include "Ladies Day", "The Gallery" and "All That Jazz". His works have been shown in many galleries, including the Art Institute of Chicago, Chicago Historical Society and DuSable Museum of African American History.



## What's Cooking With Min. Noah Brown?

### Deviled Eggs

6 hard-boiled eggs, peeled and cut lengthwise  
½ cup Mayonnaise or Salad Dressing  
1 Tablespoon mustard  
1 tablespoon pickle relish  
¼ teaspoon onion powder  
¼ teaspoon ground black pepper  
Paprika for garnish

Pop out (remove) the egg yolks to a small bowl and mash with a fork. Add a few sprinkles of paprika, add mayonnaise, mustard, relish, onion powder, pepper and mix thoroughly. Fill the empty egg white shells with the mixture and sprinkle lightly with paprika. Cover lightly with plastic wrap and refrigerate for up to 3 hours before serving.

Here's a quick recipe that I used to make when I would have company coming over. It's very easy to make, and a great appetizer. There are many recipes out there for this, but this is how I make them! They yield 12.

# St. Luke Food Pantry Begins Third Year of Operation

*"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me..." Matthew 25:35*

For several years, my husband and I had made financial contributions to the Eastern Illinois Food Bank. One morning in February 2010, while going through my mail, I came across a request for a donation from the Food Bank. I would usually just put the envelope and form in the



stack of mail to keep, and then complete the process of writing out a check for my donation, later. That day, I decided to read the information to learn more about the Food Bank and its mission. While reading the literature, I learned about the rising number of families in Champaign County that were struggling to provide food for their families. At that moment, God spoke to my heart and planted the idea of starting a Food Pantry at St. Luke. I called my pastor, Rev. Dr. Clarence Buchanan, and told him of my desire to start a new ministry at St. Luke. Rev. Buchanan was so supportive and encouraged me to gather additional information to pursue the venture of establishing a Food Pantry. Now two years and five months later, we are entering our third year of helping the working poor in Champaign County provide food for their families. Thank you to my St. Luke family for embracing and supporting this ministry.

*"If you pour yourself out for the hungry and satisfy the desire of the afflicted, then shall your light rise in the darkness and your gloom be as the noonday." Isaiah 58:10*

To God be all the glory.

Patricia McKinney Lewis,

In July of 2012, St. Luke began the third year of its food distribution outreach ministry that serves the Champaign-Urbana community. After months of planning in 2010, our first distribution was on June 19, 2010. Running the food pantry is hard work, but the work is so rewarding. We were amazed at how gratifying the hard work felt while blessing others. The first year of operation was a work in progress and a labor of love. The committee worked to fine tune the process until we had one that works best.

The original committee members who started the Food Pantry are: Patricia Lewis, Dora Jamerson, Ethel Mae Kennedy (deceased), Kathy Lockett, Gloria Dixon, Patricia Walker, Lula Conner, Mae Kendrick, Beverly Lewis, Ronald Lewis, Josephine Samuel, Bobby Hunt, Robert Elam, Mary Williams and Vernon Lewis. Our helpers during the past two years have included: Johnnie Jackson, Chardonnay Jackson, Tori Harvey, Cyrus Williams and children: Cyrus O., Maddie, and Sydni Williams; Frank Scantlebury, Lola Cockrell, Donna Tinsley, Tina March, L.T. Walker, Min. Phillip March, Nate Dixon, Cle Easley, Earl Minor, Belle Miller, and Jennie Sheffield.

We are thankful to the Bethel A.M.E. Missionary Society for their donations of bathroom tissue and cleaning supplies for our clients who seek assistance from our food pantry. Also, many thanks go to the volunteers from Alpha Kappa Alpha Sorority and the University of Illinois who have also donated their time to help during the food distributions. Champaign School Board member, Jamar Brown also volunteered in May 2012.

St. Luke's Food Pantry operates solely on donations from the St. Luke congregation and occasionally it has receives grants provided through the Eastern Illinois Food Bank to purchase additional food. The food pantry accepts donations and would love to have a small industrial freezer to enable us to provide frozen meat products that are available through the Eastern Illinois Food Bank.

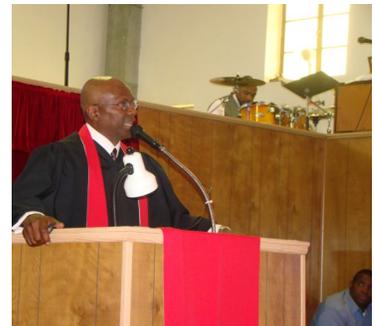
To God be the glory for this outreach ministry and the support it receives. Our prayer is that St. Luke will continue to assist families and provide this service to our community for many years to come.



**THE FOOD PANTRY DISTRIBUTIONS ARE EVERY THIRD SATURDAY EACH MONTH FROM 10:00 AM-12:00 PM.**

# PICTORIAL HIGHLIGHTS

## PASTOR'S EIGHTH ANNIVERSARY



# PICTORIAL HIGHLIGHTS

## LEADERSHIP TRAINING SCHOOL AND ANNUAL CONFERENCE

