

The Christian Griot

St. Luke C.M.E. Church
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Rev. and Mrs. Buchanan

Who's Who at St. Luke: Sister Erika Williams,

A Young Adult Role Model



SEPTEMBER EVENTS

8 Men's Prayer
Breakfast
9 Usher Day
15 Food Pantry
10:00AM – 12:00PM

25-29 CME
Unity Summit, New
Orleans, LA

Birthdays

September

2 James Tinsley
3 Pres. Elder
Karen McClure

13 Clarissa
Abernathy

15 Bruce Green
19 Beverly Lewis

20 Tammy Green
21 Dionne Jones

26 Katherine
McCutchen

26 Cle Easley

27 Scott Lockett



Erika Williams is a lifelong resident of Champaign. She is the daughter of Faye Weatherspoon and has three siblings: James, Toni and NaTasha. Sister Erika is a product of the Champaign Unit 4 Schools, and graduated from Centennial High School. She earned her bachelor's degree from Eastern Illinois University, and is currently a Merit Scholar in the Master of Business Administration program at the University of Illinois. Sis. Williams has operated a small business, Erika's Cakes & More, for about 7 years. Her business primarily focuses on custom cakes, cookies, and dessert catering.

She has been a member at St. Luke for 12-13 years. At St. Luke, Erika participates in Bible Study, Children's Church, St. Luke's Young Adult Ministry, Vacation Bible School, and is a Sunday School teacher.

Erika and husband, Cyrus, are the proud parents of three talented children: Cyrus, Madelenne, and Sydni. They like spending time together as a family watching movies. During her spare time, she keeps busy with school, her business and her children. She frequently volunteers at her children's schools in a variety of ways. She is a member a networking group for women business owners, Synergy; and she is a former board member of Women's Business Council which is an arm of the Chamber of Commerce. She usually volunteers with the March of Dimes Annual Chef's Auction locally. Through her business, she tries to stay involved with local charity events/fundraisers. Last year, she was honored to teach a baking class for the Generation Next after school program at Central High School. She hopes to get back to teaching possibly next year. Sis. Erika is featured in a monthly cooking segment on Channel 15 News.

Favorite Scripture: Proverbs 3:5

Favorite Song: She enjoys a variety of music from traditional Gospel, contemporary Gospel and Christian artists. Some of her favorites include: Mary Mary, Jason Gray, Chicago & Mississippi Mass Choirs, Mercy Me, Nicole Mullen and Fred Hammond.



Congratulations McKinney-Lewis Essay Award Scholarship Recipients!

On August 19, 2012, the fourteenth annual McKinney-Lewis Essay Award Scholarships were presented to students at the elementary and middle school levels who successfully completed reading and writing requirements established to receive the scholarship.



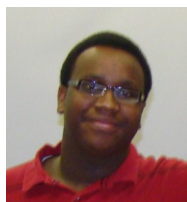
In Memory of Frederick and Rohelia McKinney, parents of Patricia McKinney Lewis.



Each student, Ebony Shackelford, Neah Harvey and Jamir Harvey, was awarded a \$75 scholarship to purchase school supplies.

Students were required to read a book and write a book summary; develop an outline and write an essay on the topic: As a child of God, Jesus wants you to be successful. How do you define success? What are three things necessary for a successful life?

The essay award scholarship, created to help students purchase school supplies, was established to encourage children to read and write during the summer months.



Other McKinney-Lewis Scholarship recipients were: Dion Broughton, University of Illinois, \$100 for books; Tiara Marshall, Georgia State University, \$200 for books; and Adrian Rochelle, Central High School National Honor Society Inductee, \$75 to purchase school supplies.

Inspirational Corner

This is for you. You can be all that you can be.
But, you have to start here, because you are
beautiful.

Marilynn Dean Cleveland © 2011



I Am a Proud Black Child

My sword of honor is my celebration of my blackness and my proudness.
My shield of perseverance is my strength to withstand the many uneven roads I must travel.
I am proud black child, on my way to greatness as I walk in the footsteps of my ancestors, which makes me somebody.
I am what my history says I am, for I come from great kings, queens, and great warriors. I am validated by their blood, their sacrifices and their voices of wisdom.
I am strong, determined, courageous, steadfast, powerful, adaptable and faithful.
I am love, patient, forgiving and compassionate.
I am respectful, obedient, honest, confidant, and blessed.
I am black and I am proud, because I am not what I have been labored to be.
Be proud of who you are, I am.

Marilynn Dean Cleveland © 2011



DON'T WASTE THAT LEMON PEEL

The surprising benefits of the lemon!

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted.



How can you use the whole lemon without waste?

Simple, place the lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your whisky, wine, vegetable salad, ice cream, soup, noodles, spaghetti sauce, rice, sushi, fish dishes. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles.

What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. By following this simple procedure of freezing the whole lemon, then grating it on top of your dishes, you can consume all of those nutrients and get even healthier. It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body.

So place your lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer! That's the lemon secret!

The surprising benefits of the lemon!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is **10,000** times stronger than chemotherapy.

Various health benefits of lemons:

- **High Blood Pressure:** Drinking lemon juice is helpful for people suffering with heart problems as it contains potassium. It controls high blood pressure, dizziness, nausea as provides relaxation to mind and body. It reduces mental stress and depression.
- **Throat Infections:** Lemon is an excellent fruit that aids in fighting problems related to throat infections as it has an antibacterial property.
- **Indigestion:** The lemon juice helps to cure problems related to indigestion.
- **Constipation:** Lemon acts as a blood purifier and a cleansing agent. The intake of lemon juice can cure constipation.
- **Fever:** Lemon juice can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.



For clearer skin: take a half lemon from the fridge (doesn't matter if some juice is already squeezed from it) and put 3-4 drops of honey on it. Rub the lemon on your face, emphasizing trouble areas. Leave the lemon and honey mixture on your face for 5 minutes and then wash it with cold water. You will be able to see the results immediately. Additionally, lemon juice will also fade other marks/spots on the face and honey will moisturize.

The National Museum of African American History and Culture

According to the article, "America's Story Through a Black Lens" in USA Today, February 22, 2012, the idea for the museum was first proposed by a black Civil War veteran almost 100 years ago. Rep. John D. Lewis, a Georgia Democrat and icon from the civil rights era, introduced the legislation in 2003 that created the museum. When completed in 2015, the \$500 million museum will be a national institution for all people. The museum will tell America's story through a black lens. The museum will focus on three areas: history, culture and community and stories of individual people and families.

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The National Museum of African American History and Culture

was created in 2003 by an Act of Congress, establishing it as part of the Smithsonian Institution. The Smithsonian Board of Regents, the governing body of the Institution, voted in January 2006 to build the museum on a five-acre site on Constitution Avenue between 14th and 15th streets N.W. This site is between the Washington Monument and the Smithsonian's National Museum of American History. The new museum, the Smithsonian's 19th, will be the only national museum devoted exclusively to the documentation of African American life, art, history and culture. It is expected to open in 2015.

The National Museum of African American History and Culture will be a place where all Americans can learn about the richness and diversity of the African American experience, what it means to their lives and how it helped us shape this nation. A place that transcends the boundaries of race and culture that divide us, and becomes a lens into a story that unites us all.

September is National School Success Month

Proven Ideas Parents Can Use to Help Their Children Do Better in School

Making Time Count

1. Put specific times on your calendar each week when you will spend time with your children. During that time, focus your love and attention on your child.
2. Use car time to talk with your children. There's no phone or television to interfere. No one can get up and leave. And kids know they really have your ear.
3. Plan to eat at least one meal together as a family each day.
4. Look for things to do together as a family. Get everyone involved in choosing how to spend your time together.
5. Plan to visit your child's school and stay in contact with teachers to keep informed of your child's progress at school.

Reading to Your Child

6. Try reading to and or with your child daily. Plan a quiet time for family reading each day.