

Youth church wants you there

A place for teens to grow in the knowledge of the Lord

What are you doing at 8 a.m. on 4th Sunday mornings? If you are a teenager between the ages of 13 and 17, you are encouraged to attend Youth Church held in the Chapel.

Youth Church maintains the spirituality of regular church services, but it is different. It caters to the needs of teens to express themselves and ask difficult life questions in a supportive environment where the answers will reflect sound Biblical doctrine.

Have you wanted to lead a song or read a scripture that means a lot to you? Have you been too scared to pray in public with all the adults around? The teen participants lead devotion. At each service there's an ice breaker that helps everyone get to know everyone else better, and the morning mix — or re-mix.

Perhaps the highlight of Youth Church is the time set aside to discuss the morning's topic. Have there been times when you wanted to stop Rev. Alexander during the sermon and ask a question about the sermon, a Bible verse, or a situation you've faced? You can do that in Youth Church.

Yes, there is a message, and it's based on the Bible, but the messages are based on the topics teens want to discuss. Tired of pressure from your schoolmates to do the wrong thing? Come to Youth Church, and you'll find out you're not alone and get the encouragement you need to keep doing the right thing

— or start doing the right thing — from others your age. Feeling like you've done something so horrible that even God can't forgive you? Come to Youth Church and learn what God's unconditional love, mercy, and grace really mean in your life.

What music are you listening to? Come talk about it during "That's My Jam" time. Finally, answer the call to serve — yes, part of that is bringing your tithes and offerings, but more than that, it's bringing yourself. God does not want you to wait until you're an adult to serve Him;

He has given you gifts, talents, and abilities to use for Him right now. Come on out to Youth Church — **Your Church!**



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Connecting People to Christ



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May 2008

Volume 1, Issue 3

"Link-One Man's Connection to the World"

A documentary on the life of Dea. Joseph Beasley

The life and contributions of Deacon Joseph Beasley will soon be known around the world.

A documentary about Beasley, Human Services Director for Antioch Baptist Church North, has been selected for exhibition in the New York International Independent Film & Video Festival.

A screening for the documentary, "Link - One Man's Connection to the World," which was produced by Joanna Madruga, will be held in Los Angeles on July 17. That's when filmmakers throughout the United States and around the world will have an opportunity to view the documentary.

The documentary traces Beasley's life from his childhood on a plantation in Fayetteville, Ga. to the present, including his experiences and

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Pastor Alexander samples "A Taste of Antioch" (See story on page 8)

Changing lives and seeing breakthroughs

Antioch ministries offer counseling and services to thousands

James Friend got to the point with the wayward teenager.

"You are rolling the dice" if you continue to deal drugs, he told the young man.

There was a time when talking about such issues was difficult for Bro. Friend, a recovering alcohol and crack cocaine addict.

These days it's easier, thanks to the support system he's found at Luke's Place, one of Antioch Urban Ministries' recovery programs.

Luke's Place was recently highlighted on an episode of the courtroom television show "Judge Hatchett." The show sought help for a mother struggling with her son, Khalil, a teenager who was dealing drugs and getting in trouble. They went to Luke's Place where they made a breakthrough, through the stories of those who had experienced the horrible impact of drugs and alcohol.

"We could see the sharing had an impact on [Khalil],"

said the Rev. Terry Hightower, a recovering crack addict who's led Luke's Place for five years.

Thomas Floyd, 48, a recovering crack addict getting treatment at Luke's Place, echoed Hightower's comments.

"When you [share] with others, that's when you stay clean more than you want to use," he said.

Started in 1994, Luke's Place has served over 2,500 recovering addicts. The annual bud-

Continued on page 3

continued from cover: One man's connection

involvement in the Civil Rights Movement and his advocacy for the rights of developing countries to own and manage their own resources. Also included in the documentary are comments from the Rev. Cameron M. Alexander and other noted local and world leaders, church staff, and long-time associates.

"It is gratifying that others might see what I don't see," said Beasley when he learned the film had been selected. "This is a great journey and the most significant part is that I have been doing this for 26 years at Antioch and with Pastor Alexander and will continue to do the best I can until the work is done."



Joseph Beasley

Beasley has been Antioch's Human Services Director for over 26 years. He is also the former executive director and current board member of Antioch Urban Ministries, Inc., an outreach ministry that serves the poor and disenfranchised throughout metro Atlanta.

In addition, he is the founder of African Ascension, an organization that bridges the gap between Africa and the world community; Southeast Regional Director of the Rainbow/PUSH Coalition; and sits on several boards serving the Atlanta community.

An independent filmmaker, Madruga said the main challenge was the money to produce and complete the documentary. In the three years it took to complete the documentary, she said, she was blessed with help from a lot of people, including Warren Smith, Keenan Conigland, the Rev. Tony Hall, Clyde Anderson and Bruno Gaston.

"As an admirer of [Beasley's] hard work I had to share this with other people," she said. "Therefore, with faith in God and perseverance I never stopped."

The Church At Antioch is looking for you! Proud of the job you do or want to nominate your sister or brother in Christ to be featured in an upcoming issue of **The Church At Antioch**? E-mail your story idea to Sis. Gracie Staples at gstaples@ajc.com.

FROM THE PASTOR'S DESK

Dear Brothers and Sisters:

As the year progresses, our fellowship becomes even more exciting as the many planned activities are realized. The events of March and April were Spirit-filled, commemorative, and triumphant with the Women's Division Church-wide Celebration being one of the most impressive events that I have ever witnessed at Antioch. In April, the Men's Division stepped into leadership, glorifying God in song and praise, and as we enter into May, they will provide us with more opportunities to praise Him through fellowship, evangelism, our doctrine, and our stewardship.



This is the week of Pentecost – the week leading up to the coming of the Holy Spirit upon the disciples. Therefore, throughout the week, you will be provided with materials and opportunities to study the Holy Spirit and his impact on the disciples and on humankind. You will also be given opportunities to examine your personal relationship with God and His influence in your life.

Pentecost Week is also an opportunity to evangelize, to spread the news of God's goodness and witness to the unsaved. Jesus commands us to evangelize and to be fishers of men. During this special week of Pentecost, members are asked to witness to at least one unchurched person and to bring that person to our special events, Wednesday Prayer Meeting, or Sunday worship services. If you have not yet taken the E. T. F. training classes, I encourage you to do so when they are offered to become more effective witnesses for Christ. Evangelism is one of the cornerstones of the Christian church and one of our pillars. "Each one . . . Bring One"

Let us not forget our mothers!! Mother's Day and Pentecost Sunday are celebrated on the same Sunday, May 11, 2008. So, a study of Biblical mothers at this time would not be out of order. Seeking God's guidance and asking Him for strength to enable them to do what He has asked them to do are historical manifestations of the faith of Christian mothers. What better salute to Mother's Day than paying reverence to the early mothers who knew the Father, Son, and the Holy Ghost.

Some times, this world seems very difficult to navigate - precarious, unsettling, and unpredictable. The church provides the only refuge from a troubled world and respite for an anxious spirit. During this week of Pentecost, remember the Comforter. Invite Him in and embrace the love and peace which accompany His presence. Take joy in this fellowship of kindred souls which we call Antioch and get involved in all that is presented to enhance your spiritual growth and your Christian journey.

Thank you for your stewardship. May God continue to bless you and keep you forever in His care.

And the disciples were called Christians first in Antioch. Acts 11:26

*Yours in God's service,
Rev. C. M. Alexander, Pastor*

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ADDED MEMBERS

Antioch added **28** members to the family on April 16, including 15, who were Baptized. The members, listed with their birth month, are:

- Natasha Hall, July
- Tomika Niles, June
- Kimberly D. Ferguson, February
- Sandra Louise Maddox, December
- David Yarborough, September
- Willie Banks, June
- Retika L. Fuller, June
- Roderick Dunlap II, September
- James Brown, August
- Freddie Ross II, May
- Leaisha L. Fuller, November
- Kenneth Abram, June
- Ann McGowan, January
- Adrienne McGahee-Jackson, September
- Roshawna Jenkins, January

The following persons received the Right Hand of Fellowship

- Charlotte Stewart, January
- Sam Harris, May
- Michael L. Johnson, March
- Meisha Huff, February
- Kenneith Craven, November
- Deiadra Queary, June
- Courtney Carter, October
- Roderica Stewart, June
- Alania Stewart, October
- Deja Bickham, January
- Teresa Willis, October
- Leon Jefferson, December
- Verdelle Lemon, March

Music to the ears

Gifted music student fulfilling his dreams

Anyone who has heard Carlos Simon Jr. play the piano has surely recognized his musical talents.

Yet to see him in concert is to get a glimpse of a hugely different and admirable persona. Wolfgang Amadeus Mozart, Ludwig van Beethoven and William Grant Still all came to mind during a recent recital at Morehouse College.



Carlos Simon Jr.

The senior recital consisted of seven pieces of music — Sanctus, Toccata, Train's A' Comin', War Cry, Fanfare for the Soldier, Salsa for Strings and Tabernacle, and "It's A Good Thing" — all composed by Simon. The musical was a partial fulfillment for his Bachelor of Arts degree in music at Morehouse.

And so it would seem that Bro. Simon's dream to be one of the leading composers and arrangers our world has seen has already come true.

Not only could you see that reflected in the eyes of those who came to hear him, you could hear it in the applause.

A native of Washington, D.C., Bro. Simon has been a music student for most of his life but, he said, it wasn't until he moved to Atlanta in 1996 that he was exposed to the excellence produced by Morehouse men.

He began formal music training at Tri-Cities High School in East Point and after graduation enrolled at Morehouse College.

At Morehouse, he has studied piano performance and composition under the tutelage of Uzee Brown, Jefferson Ethridge and Robert Tanner.

Even as a first year undergraduate student, Bro. Simon's talent was evident. He placed into the third year of Advanced Music Theory and then was chosen as the only teacher assistant to serve within the Music Department of Morehouse. In that capacity, he graded assignments and tests, and in the absence of professors, taught music courses, including, Music Fundamentals, Elementary Theory and Music Appreciation.

Recently, Bro. Simon was asked to make string adaptations to a group of songs written by Harry T. Burleigh, for soprano Karen Parks. The arrangements were featured on the newly released project "Nobody Knows." Parks premiered the works at Carnegie Hall in February.

It's a rare gift to be able to both compose and thrive in any musical environment, but Bro. Simon seems to be the exception.

"I want to work all genres of music ranging from classical to gospel," he said.

continued from cover: Changing lives

get there is about \$300,000. The program relies nearly entirely on donations from Antioch Baptist Church North members.

Sis. Brenda Edwards is in charge of Ruth's Place, a transitional housing facility for women overcoming chemical dependencies.

The Rev. Kenneth Alexander, who oversees the ministries, said the programs are vital because dozens of drug treatment



Rev. K. L. Alexander

programs have closed in Atlanta in the last 20 years.

"We operate as an alternative to incarceration," said Alexander, who leads Antioch Urban Ministries Inc. "It's beyond me that even today, we don't recognize that it is a mental illness and continue to criminalize it."

Luke's Place is located on McDonough Boulevard, about a mile south of Turner Field. It is a 28-bed home for men that offers spiritual-based counseling and other resources for men trying to recover from substance abuse. The beds are located in a sparsely furnished, two-level dormitory. Next to the dorm is a church where services are held. There also is a warehouse-size structure called The Playhouse where banquets, fellowships and weddings are held.

Luke's Place is full of success stories. There's the recovering addict who started his own cleaning business. There are the men and women who've met while in recovery, fell in love and gotten married.

"It is a program that connects people back to their families," said Hightower. "It is a program that connects people back to God."

Bro. Friend spends his days cleaning Luke's Place and participating in evening counseling sessions. He learned about the program from a friend and signed up in July. Friend said he's been in several treatment programs, but none have been as effective as Luke's Place because it is Bible-based.

Rev. Alexander said spirituality should be a part of treatment.

"We don't ignore it, we emphasize it," he said. "We see it as critical to bringing the person back."

Friend said he is no longer afraid to talk about his past, nor those moments when he feels the urge to use drugs.

"For once in my life, I've learned to be honest about what's going on with me," Friend said, holding back tears. "I used to think that was weak. My secrets made me sick."

Sis. Wonda Durden is pivotal to the program's success. She is the chef and also director of Dreaming Out Loud, a counseling program for at-risk youth that exposes them to different places, such as Fernbank Science Center and Stone Mountain Park.

Sis. Durden started there six years ago after recovering from

a crack addiction. She has seen a shy boy come out of his shell and openly pray. She has seen underachieving students lift their grade-point average.

The experience is overwhelming for Durden, who had always envisioned working with children.

"Dreams do come through, even for me," she said with a smile.

Here are some of the other programs run by Antioch Urban Ministries Inc.:

- Matthew's Place – transitional housing for homeless people living with HIV/AIDS. Services include GED preparation, computer classes and meals.
- Ruth's Place – counseling, medical care and job training for women trying to overcome chemical dependencies.
- Madison House – 128-room, long-term, low-income housing.
- Dreaming Out Loud – formerly known as the Odyssey Project, it exposes at-risk youth to positive and productive lifestyles and influences.
- Lydia's Place – offers addiction recovery services to women.
- Job's Christian Recovery Home – provides long-term substance recovery, counseling, legal assistance and housing for men with minor disabilities.

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Spring revival concert called ‘a foretaste of glory devine’

Antioch’s music ministry sang and danced recently until the power of the Holy Ghost came down.

The performances kicked off the annual spring revival, which began April 28.

“Again we have heard from Heaven,” said the Rev. Cameron M. Alexander after the concert. “It’s almost like a foretaste of glory divine.”

The annual concert featured the combined choir, MADD for Christ Youth Choir, Youth Verse Speakers, the Wednesday Night Choir, C.M.A. Male Quarter, Note Singers, Hand Bell Choir, Youth Dance Ministry and the Vessels of Praise.

Brother Otis Byrd, director of the combined choir, called the concert an absolute success, setting the standard for the fall.

“The choir ministered with sincerity



and precision,” said Byrd. “Each song was executed beautifully.”

As always, he said, the Antioch band was outstanding and the youth choir was phenomenal.

“They are my heart and always make me proud,” he said of MADD for Christ.

The performances, Pastor Alexander said, were a reminder of who Jesus is, what he can do and what happens when we hold on to his unchanging hand.

“We’ve all been strengthened,” he said. “We’ve all been helped by what God has done here tonight.”

Twenty-seven years and counting

Antioch church clerk, Ellen Wilborn, shares her time and talents

Service has always come easy to Sis. Ellen Magby Wilborn.

She joined Antioch the first Sunday of August 1960 and quickly established herself as a servant-leader.

“I just got busy doing what I thought God called me do,” said Wilborn.

She said her mother instilled in her the importance of caring for others and their well-being. The lessons she learned as a child, she said, have remained a part of her adult life.

“So at Antioch, those values that I learned as a child are instilled in me and I do this work for the love of Christ.”

Soon after joining Antioch, the late Rev. D. T. George asked Wilborn to join the Fisherman’s ministry, which sought to win souls for Christ, and later appointed her director of the Red Circle Ministry, a mentoring program for young

girls.

In 1967, Wilborn became Antioch’s full time-part time secretary, a post left vacant after George’s death.



E. Magby Wilborn

For a long time, Wilborn said, several church members worked part-time to keep the church’s books and records and to prepare the Sunday bulletin.

When she took over, not only did she perform those duties but she also paid the bills and answered the telephone.

Before the days of laptops and Office Excel, Wilborn creatively designed an efficient system for managing and posting members’ tithes and offerings.

Even after the Rev. Cameron M. Alexander became pastor of Antioch in 1969, Wilborn continued to work nights as part-time secretary for the church, adding to her creative designs the Antioch Baptist Church North letterhead and

symbol.

In 1971, Rev. Alexander appointed her church clerk, a position she has held for 27 years.

Her duties include signing church documents, recording minutes at church conferences, and giving the Necrology at the Church’s Anniversary recognition each year in November.

The church again added to her duties in 1973, when she was named liaison between the pastor and bereaved families. In addition to helping families make funeral arrangements, Wilborn writes obituaries and announcements and sometimes assists families with finding a mortuary and final resting place for their loved ones.

“This is probably the most difficult ministry with which I’ve been involved,” said Wilborn. “Because I know so many of the families at Antioch, I often feel like I’ve lost one of my own relatives.”

An award-winning nurse you should know

Growing up, nurses put the fear of God in her. She thought they were bad people with needles.

But somehow Sis. Mescal Hunt knew that nurses didn’t always hurt. Eventually, she realized they helped people feel better.



Mescal Hunt

That’s what she wanted. So, for most of her young life, Hunt dreamed of becoming a pediatric nurse.

Then one day while attending college, she happened upon the Neonatal Intensive Care Unit at the Atlanta Medical Center.

She tapped on the window and held up three fingers for the nurse to see. Three years and she’d join her in caring for premature infants.

In March 1978, after graduating from the Georgia Baptist College of Nursing, Hunt joined the hospital’s NICU staff.

“I have been there ever since,” she said.

On April 22, Hunt became one of six nurses from across the country to be inducted into the 2008 Tenet Hero Hall of Fame. It is the first time the Atlanta Medical Center will be represented in the elite group.

When she found out that she had won, Hunt said: “I felt blessed and mostly humbled to receive an award for something I love to do for others.”

The honor is one of several Hunt has received in recent years. She was named Nurse of the Year in 2004 and the following year was inducted into the Georgia Baptist College of Nursing Hall of Fame for clinical practice. She serves on the College of Nursing’s Board of Alumni.

“This latest award was truly unexpected,” Hunt said. “I didn’t even know this award existed.”

Carol Nikola, Hunt’s Chief Nursing Officer, nominated her for the award and the nurses were notified last month that Hunt had been chosen. The honor is given annually to recognize nurses who go above and beyond their duty to care for their young patients and their families. Hunt picked up the award last month in Dallas, Texas, where she traveled with her mother and sister.

After 30 years of working in the hospital neonatal unit, Hunt has learned that satisfaction can be fleeting. She says that you know you’ve done your job when your shift ends and you’ve made one person feel better or one person smiles and gives you a hug because you made them feel better.

“It is even more special when your co-workers feel that you are doing a great job,” she said. “My goal is to bring understanding, comfort and a listening ear to parents whose babies are severely ill. I also strive to give the utmost care to patients and

lend support for all my co-workers.”

Sis. Hunt has been a member of Antioch since 1980.

She said Sis. Elizabeth Jones, her former suite-mate at Georgia Baptist, invited her to Antioch, where she became one of the original nurses in the church’s Health Forum.

“Of course as a nurse I feel I am always on duty to help out if needed,” Hunt said.

Hunt is also a member of Antioch’s Sign Language Ministry, a skill that extends to her hospital work.

“Sometimes I help out in the hospital if there is a deaf patient,” she said, “but my biggest joy is bringing the word of God to a person who cannot hear and might otherwise miss out on hearing the Word.”

MAY BIBLE QUIZ ANSWERS:

1. Jawbone of an ass (weapon) (1Samuel 17:40, 49; Judges 15:15-16)
2. Jesse (son and father) (Genesis 5:32; 1Samuel 16:11-13)
3. Moses (sleeping place as infant) (Luke 2:7; Exodus 2:3)
4. Paul (raised the dead) (John 11:43-44; Acts 20:9-12)
5. Revelation (first and last books)

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Classes starting in May

A Taste of Antioch: D-E-L I-C-I-O-U-S



You may have heard of The Taste of Chicago, The Taste of Buffalo and even The Taste of Atlantic Station.

Well, welcome to The Taste of Antioch hosted recently the Men's Division under the direction of Dea. Calvin Booker, Bro. Darryl Speed, and Dea. Milton Dodson.

The event, coordinated by Bro. Al McGuire, showcased the men of Antioch's finest dishes from pig's feet to chicken breast stuffed with spinach and feta cheese to seafood stuffed potatoes. Oh, and did we mention dessert: pound cake, key lime cake, strawberry cake, healthy fruit smoothies. You name it.



The Master Chef, the Rev. Cameron M. Alexander, joined The Taste in his custom-made apron designed by one of our members.

To top off this event with style, The Taste of Antioch featured professional chef demonstrations. Rev. Duncan constructed a healthy turkey and roast beef wrap on lavoche bread. He even gave a lesson on the Lavoche Bread and its origin as the leavened bread mentioned in Biblical text.



Et'chane Williams, a professional chef and culinary consultant, offered tips on appropriate serving sizes, and the correct use of herbs (not salt) when cooking. His creation? Honey citrus chicken with garlicky green beans seasoned to perfection – with NO SALT!



Guests offered rave reviews. "This was the most innovative and spectacular event that we have had," said Sis. Stephanie Scott. "Good food and clean Christian fun. We should have this every quarter."



For more information on the Men's Division and the M.A.N. Ministry, contact Dea. Calvin Booker through the church office.



The Right Place at the Right Time

Madison House Mission/Minister Williams celebrate anniversary

The man came to the Madison House Mission 14 years ago, homeless and hopeless.

On April 13, at the Mission's 16th anniversary celebration, he returned to say "Thank you" for the open arms of welcome and support he had found. Referring to himself only as Matthew, he gave a love offering to Minister Carlton Williams, who was celebrating his ninth anniversary as presiding minister.

"I don't know where I would be today if this place hadn't been here and if Minister Carlton had not reached out to me, encouraged me, and most of all, never looked down on me," he said. "He'd been in my position, so I knew if he made it. So, I could make it, and I did."

It was one of many moving moments that punctuated the service of celebration, where the Antioch Lakewood Mission Choir sang with a fervor that shook the building and carried out into the downtown Atlanta streets.

Not long ago, the Rev. Kenneth Alexander recalled in his sermon, "The Right Place at the Right Time, city officials tried to move the homeless out of downtown, promising to provide them a certain number of beds for the homeless. When that

promise was not met, Deacons Gregory Alexander, Joseph Beasley, Ed London joined forces to open the Madison House.

"The city did not want black folk or poor folk downtown, but we've been downtown for 18 years," said Rev. Alexander. Referring to his text, Acts 3:1-8, he said: "We have all been carried at some time. Like Peter and John, we have given the residents at Madison House 'such as we have,' helping them to focus on what they do have and not what they don't have, so they can enter the temple 'walking, leaping, and praising God.'"

Praise was heaped upon Minister Williams later in the service as one person after another spoke of his faithfulness to the Madison House mission and winning souls for Jesus Christ.

Bro. Joseph Jones said he had come to visit someone who was living in Madison House at the time, and he heard someone preaching. When he walked into the sanctuary, he said, "There was only one person there, but Minister Williams was proclaiming the Word as if he were preaching to a packed house at the Georgia Dome. Seeing his sincerity and dedication to the Word has kept my wife Sandra and me coming to Madison House for service for five years."

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Don't let Diabetes control you

Health ministry member shares the importance of a healthy lifestyle and habits

Like many African-American families, Tiffany Burgess of Antioch's Health Ministry says her family is plagued with "sugar."

When she was a young girl growing up in Tennessee, she learned that her grandmother had "sugar." But it was not until her own mother was diagnosed with diabetes in 2001 that she says she understood just how serious the disease could be. Since her mother's diagnosis, she has made a conscious effort to educate others, her family, and herself on the disease. She also has made some modifications in her own life, in an effort to avoid becoming a victim of "sugar" and, hopefully curb its prevalence in her family.

Diabetes is a chronic health disorder. The Centers for Disease Control and Prevention estimates that, as of 2005, there were 20.8 million people who had diabetes. There are two main types of diabetes: Type I and Type II.

Type I Diabetes is often referred to as Juvenile Diabetes. It typically begins during childhood or adolescence.

Type II Diabetes, which is often referred to Adult-onset Diabetes, is the most common form. It occurs when the body's cells do not recognize insulin in the bloodstream.

Things to know about diabetes

While diabetes has no age or race preference, in recent years there has been an alarming increase in the number of children and adolescents diagnosed with Type II Diabetes. Type II Diabetes is more common in African Americans, Latinos, Native Americans, and Asian/Americans. As of 2005, 3.2 million or 13.3 percent of all non-Hispanic blacks aged 20 years or older had diabetes. Non-Hispanic blacks also are nearly twice as likely to have diabetes as non-Hispanic whites.

A physician can easily confirm the diabetes diagnosis by measuring the amount of glucose in a person's blood and urine.

Once an individual is diagnosed with diabetes, there are certain lifestyle changes.

Type II Diabetes risk factors include:

- Genetics (having a relative who has diabetes)
- Obesity, belonging to certain high-risk populations (African Americans, Native Americans, and Hispanics)
- Hypertension (high blood pressure)

Classic symptoms of diabetes include:

- Being overly tired and sick
- Frequent urination
- Feeling very thirsty or hungry
- Weight loss

Treatment of the disease includes:

- Effectively managing one's blood glucose levels
- Taking oral medication
- Insulin injections.

Making lifestyle changes

In most cases, diabetes is a controllable condition. When it is not controlled, serious complications can occur, such as heart disease, blindness, kidney damage, and ketoacidosis (a condition where the body has dangerously high levels of ketones or acid in the blood).

After treatment has begun, one of the hardest but most important changes for a diabetic to make is modifying one's eating habits. Like many Southern African-American families, Tiffany Burgess says her family loves to eat. But, she said, it is what they eat and the amount of physical activity that they get that has been greatly affected by the disease. By maintaining an ideal weight, exercising regularly, and making healthier food choices, her mother has been able to maintain a high quality of life, post-diabetes diagnosis. Meanwhile, Tiffany is lowering her risk for developing diabetes.

SOURCE: www.faqs.org, www.diabetes.org, www.cdc.org
Contributor: Tiffany Burgess, Antioch Health Ministry

May Calendar at a glance

Pentecost Week Activities	Mon-Fri, May 5-9
Wednesday Night Prayer Meeting	Wed, May 7
Mother's Day/Pentecost Celeb.	Sun, May 11
Baptism/RHF	Wed, May 14, 7pm
Churchwide Prayer Breakfast/ ASK Senior Recognition	Sat, May 17, 9am
Graduation/Retirees Recognition	Sun, May 25

MAY BIBLE QUIZ

Analogies

Instructions: Using the form A is to B as C is to ____, see if you can figure the connection and determine D.

1. David is to sling as Samson is to _____.
2. hem is to Noah as David is to _____.
3. Manger is to Jesus as ark of bulrushes is to _____.
4. Lazarus is to Jesus as Eutychus is to _____.
5. Genesis is to Malachi as Matthew is to _____.

(ANSWERS ON PAGE 9)

Vessel of Praise Ministry leads youth dance clinic



Khadjah Abe and Na'Taki Jelks

Nearly 30 Antioch youth turned out recently to participate in a dance clinic hosted by the Vessel of Praise Dance Ministry.

In addition to learning the purpose of praise worship, children were taught the fine details of choreography, dance attire and props.

Are all dance garments appropriate for praise and worship?

"Absolutely not," Sis. Na'Taki Jelks told them. "The Bible tells us we should 'Let all things be done decently and in order.'"

(Corinthians 14:40)

When you come before God, it's important to give him your best, Sis. Jelks said. Your garments – unitards, skirts, tunic — are sacred. They are set aside only for dancing for God. Inappropriate dress pieces are a distraction.

"It's OK to wear some jewelry such as small stone or pearl earrings and weddings rings," Jelks said. "However, wearing a lot of jewelry or bright finger/toenail polish can distract people from receiving the message and intent of the dance."

The Vessel of Praise, led by Sis. Khadjah Abe, seeks to exalt God through movement and expressions, including celebration dance, jumping and leaping in celebration of Christ's victory and majesty; praise dance, our faith in action; and prophetic dance, spontaneous dance inspired by the Holy Spirit.

Ten tips for healthy living

Everyone wants to be healthy. It's a bigger challenge for some more than others, but we can all benefit from expert tips on healthy eating and diet.

Cutting sugar, salt and unnecessary fat out of your diet will not only cause you to lose unwanted pounds and excess fat, but it will also lower your cholesterol and reduce your risk of heart disease, stroke and some types of cancers. Here are 10 healthy eating tips can have a huge impact on your overall health:



1. **Drink water!** It is essential for life and it helps to maintain proper function of body processes (digestion, elimination, etc.) There is no good substitute for water.
2. **Cut the calories: Eat off smaller plates.** This mental trick still allows you to eat everything off your plate, but you cut the calories in doing so.
3. **Eat slowly:** Eating slower allows your stomach to send the message to your brain to register that it is full. It also reduces indigestion and gas.
4. **Eat until you are satisfied:** You don't have to eat every-

thing off your plate.

5. **Read the labels:** Many items that are low in sugar are high in sodium and vice versa.
6. **Carbohydrates:** We need carbohydrates for energy, but most of us get too much which causes our body to store it as fat. An apple is an example of a "good" carb and is also a good fiber source. Like bread? No problem, but make it 100 percent whole wheat.
7. **Make the switch:** Use olive oil instead of canola or vegetable oil; herbs and spices as opposed to salt-based seasonings; bake instead of frying; cook instead of dining out.
8. **Stop making excuses:** "My parents had diabetes, so that's why I have it." Not necessarily. While genetics plays a role, much of what we inherit is the lifestyle of our parents, which contribute to poor health and diseases.
9. **Make the choice:** Just as maintaining a healthy relationship with God requires consistent prayer, good health requires a consistent healthy lifestyle. That means eating right, exercising, and getting annual check-ups.
10. **Participate in healthy activities:** Check the church bulletin for the date of this month's Reviving the Temple health session, which will focus on exercise.