Seven New Millennium Presidential Strategies for the District, Conference, Area and Local Leadership

1). Prayer is never procedural, it is foundational. Your Prayer life will mold your character, energize your resilience, refresh your Spirit, enable you to hear from God and protect you from the works of the devil.

2) READ! The uninformed neglect a most important aspect of leadership and that is the capacity to edify, enlighten and educate their constituency! Complete the District Reading list FIRST! Then expand...

3) Do NOT allow negative energy to slip in or dominate your gatherings. Women's time is too precious to be wasted with personality conflicts. Do not be drawn into an argument. When the Gospel is your highest joy; you can let your work speak for you! Those who come with an agenda to be negative, divisive and destructive are "reprobates". The Bible says such people cannot be converted!

4) BE ORGANIZED in head and heart and on paper. Pray it through to visualize it. Think it through to operationalize it.

Make the Most of Missionary Mondays. MAXIMIZE: Prayer, AWARENESS, Communication, Recruitment, Collaboration and resource development.

5) Share the Mission Vision Connectional, District, Conference, Area and Local with Elders, Pastors and other stake holders consistently and continuously by every means available!

6) Develop a cell of YWI Mentees and communicate with them regularly. Recruit! Recruit! Recruit!

7) Challenge yourself to increase in spirituality, effectiveness and efficiency!

LET's SUPPORT OUR YOUTH MISSIONARIES

JUNE 11-21, the Fourth District YPD, will make their second Missionary Journey this Quadrennium. District Director, Myesha Gholston and Project Coordinator Rev. Chrystal Bell are mobilizing a great team.

The 10 Days will include
1.) refurbishing an educational center with our partner HABITAT INTERNATIONAL
2.) caring for Elders in a Nursing Home
3.) classroom aids in a Primary School
4.) child Evangelism
5.) worship with 5 AME Churches
6.) Trinidad Cultural Events
7.) home visitation

We have already received a contribution of 100 pair of tennis shoes.

CONTRIBUTIONS of the following would be a BLESSING:

NEW educational resources Pre K-8th Grade
NEW Cotton gowns and pajamas for seniors
TOILETRIES
Non-prescription medication and vitamins (check expiration dates)
NEW lap top computers

Help sponsor a teen missionary please contact Myesha or Rev. Crystal.
High school juniors and seniors are eligible to participate. A PASSPORT is necessary.
We need 'Dads", once again, we are short of MEN to chaperone our youth. Please Pray and work with us for MISSION IMPACT in TRINIDAD!


FUTURE and CURRENT FOCUS:
2012
MISSIONARY MONDAY: Organized and Implemented by First Vice Presidents

JUNE
Youth Mission to Trinidad

JULY
General Conference
CHRISTIAN EDUCATION CONGRESS: Quantum Faith

Rev. Dr. Cecelia Williams-Bryant,
4th District Supervisor

FOURTH DISTRICT Christian Education Congress 10 POINT- UPDATE

1. A BULLY FREE ZONE: every child affirmed, every child safe, every child encouraged.

2. You Got Swag: Every Pastor and their members wearing church t-shirt for the closing IMPACT CELEBRATION. We plan to CLOSE BIG!

3. All adults are ON DUTY AT ALL TIMES to Bless, Evangelize, Discipline and Encourage youth.

4. Certified Mental Health Professionals will be present to address suicide, depression, self esteem and other related matters for our youth.

5. IN KIND DONATIONS of water, fruit and healthy snacks to be available at no cost for youth and Elders

6. Relaxed attire for EVERYONE:
   Women and Girls: one piece bathing suits, no halters or short shorts
   Men and boys: pants up and T shirts on

7. Only REGISTERED YOUTH (11-17) will be permitted in gender specific dorms.

8. ALL YOUTH (11-17) MUST ATTEND ALL SCHEDULED CLASSES, WORSHIP AND FITNESS ACTIVITIES

9. NO SMOKING. NO DRINKING. NO DRAMA. NO PROFANITY.

10. We are all responsible for maintaining the cleanliness and beauty of the site!

Peace,
Claudette Baker/ from Rev. C

THE FIFTY CENT MISSIONARY

The Missionaries of the 4th District and the friends of Missions have been requested to set aside 50cents a day to support our local and global Mission Initiatives. It would be most helpful to receive these contributions by July 18, 2012.
By the Planning Meeting we would like to make good on our following (partial list) commitments of $10,000 each:

Camp Baber
4th District Headquarters
Connectional Assessment
4th District Self Perpetuating Fund
Primary School of Grand Bassa, Liberia
AME INDIA Micro Finance Project
NOVA SCOTIA Battered Women's Shelter
Tanner Turner Scholarship Fund

Missionaries and Friends of Mission can make checks payable to the 4th District WMS and send to PO Box 1543
Royal Oak, Michigan 48068-1543
4TH DISTRICT WMS CREATING FRESH FIRE

As we prepare for our Annual Convocation, the 4th District WMS is enthusiastically and energetically recruiting and mobilizing Women 18-45 years of age. Third Vice Presidents and At large Members are charged with the assignment of 1,000 new YWI this Quadrennium. The Connectional Banner "It's A New Season" has inspired our Convocation sub theme: "NEW VISION, NEW CAPACITY, NEW INITIATIVES."

As we pursue our FRESH FIRE, our mantra is "BE THE CHANGE!"
It is a Call to ACTION that is SPIRITUAL, WOMANIST, ECOLOGICAL, and GLOBAL.
Tell the young women: YOU ARE FRESH FIRE if you are willing to:
Participate in Missionary Mondays
Practice Daily Intercession
Advance the Local and Global Initiatives of the 4th District
Promote a FIT TO LEAD Life Style.
Contribute 50 cents a day to the work of the 4th District WMS
Complete Mission Study assignments
Honor the Connectional WMS Goals and Priorities.
The BE-attitudes for existing WMS officers and members is simply:
BE Exemplars
BE open
BE inclusive
BE compassionate
BE Holy

Having just returned from conducting the WMS Annual Convocation of AME India, I feel like "Fresh Fire". Our Sisters of AME INDIA are authentic in Faith and genuine in Sisterhood. They are Intergenerational and hard working. Next year for their 4th Annual Day, I am requesting all District and Conference Officers to travel with Bishop John and I to Chennai India. This year I had the benefit of the assistance of Connectional WMS Missionary Magazine Editor, Attorney Ida Tyree-Hyche, 4th District 2nd VP Pamela Gaddy, Illinois Conference President Kimberly Hamilton Foy and Fit To Lead Editor, Dr. Glenda Hildreth. We can because we THINK we can!

Dear Fourth Episcopal District Leader:

Greetings in the Precious Name of Our Lord and Savior, Jesus Christ! In July, our 2012 Christian Education Congress will take place at the Kellogg Hotel and Conference Center on the Michigan State University campus. The Rev. Dr. James Miller and the leaders of all of our stakeholder groups are working to bring us a Christian Education Congress of great magnitude and impact. I am looking for all clergy, our lay members and our young people to attend and to invite others to come and drink deeply from the fountain that the Lord is preparing for us.

We will have special activities geared for our young people, ages 11 to 17, which will include Discipleship, Physical Fitness, African American History, Technology (social media) and Suicide, Healthy Living, and a Trayvon Martin Memorial Service. If you would like to sponsor a young person’s $150.00 registration fee, please contact the District Office. In a few days, you should receive a flyer with more detailed information about the Congress activities. The hotel information and room rates for the Christian Education Congress are as follows:

Kellogg Hotel and Conference Center
Michigan State University
55 South Harrison Avenue, East Lansing, MI 48824
517-432-4000, Toll Free Reservations: 800-875-5090
Room Rate: $94 per night

Reservations for sleeping rooms at the Kellogg Hotel must be made by Friday, June 22, 2012.

East Lansing Marriott at University Place
300 M.A.C. Avenue, East Lansing, MI 48823
517-337-4440, Toll Free Reservations:
Room Rate: $ 119 per night
Reservations for sleeping rooms at the East Lansing Marriott must be made by Monday, June 18, 2012.

It is crucial that you complete a CEC registration form if you have not yet done so. If you have questions or need additional information, please do not hesitate to call the Fourth District office at 773.955.9825.

Peace, Power and Love,

Bishop John, John R. Bryant
Presiding Prelate, Fourth Episcopal DistrictSenior Bishop, African Methodist Episcopal Church

The President Speaks

Greetings to All in Christian Mission,

I encountered a Pastor who is not aware of what we do as Missionaries of the Gospel of Jesus Christ. He's not aware that every Monday we are asked to go out into the world and make a difference, through random acts of kindness, visit a nursing home, homeless shelter or support women and children who are battered. We pray for the Persecuted Church and others on Monday evenings.

If this Pastor has the impression that we only wear white, attend events and collect money for the next event, there may be others who think that way. Please send a note to your Pastor letting him or her know what Missionary work you are doing on Monday and any other day of the week.

As I recall we wore T-shirts to our last Conference Missionary Day and ministered to battered women. We wore Sweat shirts at our Executive Board meeting and we were sent out to do work in the community. So let your Pastor know that you are living the life of a true missionary of the Gospel of Jesus Christ. Don't take up their time just send a short note and sign your name. Our Churches and Pastors have been very generous in supporting our efforts let's show our appreciation by letting them know what we are doing.

Oh, there are so many things going through my mind.

- YPD Mission trip to Trinidad; on this trip we will be working with Habitat for Humanity. What a wonderful opportunity to serve, for our Youth and our Chaperones. Looking at the list of adults who have signed up, I see the name of only one (1) man. I say that couldn't possibly be. We have many men in our churches with so many gifts and talents, talents to work with cooperative Youth, to make an impact on their lives and to impact the world through your work. You don't need to know how to build, just be open to the experience. WMS members, ask your husbands, brothers or brother in Christ to set aside this time and join us.
- Christian Education Congress (CEC) at Michigan State University in East Lansing, Michigan, July 11th - 14th. We are in need of Chaperones. Again, we need males to be with our boys. CEC will offer our youth the opportunity to see what college life is like, while being chaperoned in a safe setting. This may encourage our youth to attend college. If you are able, please sign up to be a Chaperone and also sign up your young persons between the age of 11-17, if you don't have a young person send someone from your neighborhood. Impact, impact, Impact!
- 1,000 Women in Red at the CEC on Thursday evening, July 12th at The Lansing Center. We ask all Missionaries to attend and bring a friend. So make a notation of this date.

Don't forget to register by Mother's Day for CEC!

- General Conference will be held in Nashville, TN, June 26 - July 4, 2012. The Missionary Breakfast is June 28th from 7am-9am. Tickets are $75.00 and may be purchased through your Conference President.

- World of Women in Prayer 2013; "And so shall they be healed." Plans are underway for this great event. The date has been changed to June 27th - June30th, 2013 in Chicago.

I thank and praise God for you. Be Blessed.

Joyce Keys, President, 4th Episcopal District WMS
Got Milk?
Are you lactose intolerant? I am! I’ve learned that being intolerant doesn’t mean that you have to give up milk. There are a number of tasty milk alternatives, made from nuts, grains, sunflowers and even hemp that are now available. Not only are these new milk substitutes delicious additives to your morning coffee, but they also pack a nutritional punch and are just as tasty to drink alone with that warm oatmeal raisin cookie or as a milk or cream substitute in your favorite recipes. So, whether you are gluten or lactose-free, one of these milks is for you.

Women must be especially careful because soy, found in soymilk—the most common milk alternative—is rich in phytoestrogens, plant-based chemicals similar to the female estrogen hormone. Too much estrogen can disrupt healthy thyroid function. In menopausal women, too much of the isoflavones found in soy can cause fatigue, constipation and body aches. So let’s look at our choices.

- **Sunflower Milk**—This heart healthy beverage is high in fiber and antioxidants and has “good fat” that promotes healthy cholesterol levels with no saturated or trans fats. It’s nutrient dense with vitamin A, fiber, omegas 6 and 9, plus amino acids. It’s perfect in recipes and desserts that call for milk, adding a light nutty flavor to your favorite dish.

- **Flaxseed Milk**—the little miracle seed makes one big beverage loaded with omega’s, vitamins A and D and as much calcium as dairy milk. And with no cholesterol, saturated or trans-fats in sight, it’s great in a glass by itself or over cereal.

- **Seven-Grain Milk**—This drink is made with oats, rice, wheat, barley, spelt, millet and triticale that come together in a smooth creamy beverage. With 35% of the calcium, 30% of the vitamin D, 50% of the B6 and B12 and 40% of the riboflavin you need to meet your daily requirement, it makes a fantastic add to smoothies, pudding, bread and desserts.

- **Hemp Milk**—This milk is made from the seeds of the industrial hemp plant, illegal for U.S. farmers to grow but legal in Canada. The hemp beverage is free from the tetrahydrocannabinol (THC) found in the leaves and flowering tops of it’s cannabis plant cousin. It has a distinct earthy taste, and also comes in chocolate flavor, which is like dessert in a glass. A single eight-ounce serving of this gluten-free drink delivers 30% of your daily requirement for calcium and 25% of vitamin D, B12 and riboflavin.

- **Almond, Brazil and Hazelnut Milk**—Almonds, Brazil nuts, hazelnuts, even pistachios all make delicious gluten-free beverages. Almond milk is the most popular nut milk choice. Hazelnut milk is a newcomer to the nut milk family, but it’s already a hit. All the nutty drinks are high in protein and make a great ingredient in cookies, puddings and other desserts. A single serving of almond milk gives you 25% of your daily requirement of vitamin D, 30% of your riboflavin and 10% of your vitamin A. A serving of hazelnut milk contains the same nutrients as almond milk, plus 10% of your vitamin E, a little something extra for beautiful skin.

- **Coconut Milk**—The rock star of new beverages, it can’t be beat in smoothies, puddings or pancake and waffles. You get 45% of your calcium, 50% of your B12, 25% of your vitamin A—all with just 80 calories and 8% fat.

- **Oat Milk**—Made from soaked oat groats (broken up, hulled grains), this nutritionally loaded beverage packs 10 minerals and 15 vitamins, plus 30% of your RDA of calcium, 25% vitamin D and 10% vitamin A—twice as much from cow’s milk. It’s a tonic for the nervous system, and this creamiest (think Half and Half) of the lactose-free alternatives is perfect in coffee,
puddings, cookies and smoothies, and for making crème sauces.

- Dr. Tiwana D. Ware, Pharm D

National Women’s Health Week (May 8-14)

Lupus Awareness Month

Mental Health Awareness Month

Vitality Rocks! 10 Critical Facts on Aging and Longevity plus more...

In This Issue...

- Vitality Rocks! 10 Critical Facts on Aging and Longevity
- Top 5 Reasons NOT to use Bioidentical Hormone Therapy
- Is Sugar Killing You and Your Hormones? Anti-Aging Experts Say Yes
- Search Ageology's Get Healthy Blog RSS Feed

Rock and roll will never die and neither will vitality according to Ageology’s anti-aging physicians. Who doesn’t love the idea of living longer? We often think about living longer, but how often do we think about maintaining our vitality, age management and balanced hormones?

It’s easy to envision ourselves running marathons in our eighties and playing a round of golf to celebrate our 100th birthday. However, as our population grows and our life expectancy increases, we should know the FACTS about vitality before we sign up for lifetime golf memberships.

1. It took over 10,000 years for the world’s population to reach 1 billion in 1804, and only 123 years to reach 2 billion in 1927! Today the world population is over 6.5 billion, and it will DOUBLE in the next 40 years!

2. Right now 10.5% of the world population is over 65 years old. By 2050, there will be 9.2 billion people in the world. 21.5% of them will be over the age of 65.

4. In 2004, the average life expectancy in the US was 76.7 years, but the average HEALTH expectancy was only 69.3 years. Simply stated, over 10% of our lifetime is spent without vitality. Yes, people are living longer BUT the majority of people over age 65 are afflicted by at least one chronic health issue.

5. These issues are not cheap! They account for 75% of all U.S. health care spending.

6. People have been living longer for over a century mostly due to improved environmental conditions such as better housing, clean water, and food.

7. Surprisingly, experts say that only a small part of living longer is due to advances in medical technologies.

8. Record numbers of people are now entering into the Medicare system. The high costs related to Medicare services is straining health, social and even political infrastructures.

9. Age is only a number, but there is a science to being healthy and it starts with wellness, nutrition, exercise, and balanced hormones.

10. Vitality starts with you.

The data of aging and longevity point to all the more reason we need to take our health and our vitality into our own hands. Do your research, get second opinions, go to doctors who look at problems with consideration into preventing disease versus treating disease, doctors who are about fixing HEALTHCARE (after all it’s the sickest patient we have).

“Age is not a disease,” says Ageology CEO and bioidentical hormone therapy expert Dr. Paul Savage. “Age is merely a number. It is up to us to educate...
ourselves and take care of our bodies. You have the power to lead a preventative healthcare lifestyle centered on a balanced nutrition, fitness and balanced hormones.”

Learn the facts about vitality and living longer and find an age management physician today.

Article Source http://www.emas-online.org/meeting/Documents/EMAS2009/Plenary_Invited/Plenary/0915_Lunenfeld%20_A_mon.pdf

Top 5 Reasons NOT to use Bioidentical Hormone Therapy

The buzz words associated with hormone therapy can be daunting - cancer, heart disease, stroke, blood clots. But like anything, once you do the research, the facts bubble up to the top. Ageology bioidentical hormone therapy physicians agree; there are reasons NOT to use bioidentical hormone therapy.

1. You think your hormones are balanced, yeah, right! Men and women starting in their 30's are losing an increased level of critical hormones each decade and some quicker than other.

2. You don't have time to TAKE CARE OF YOURSELF. Instead of healthcare call it youcare, most people are overweight and do not dedicate enough time to health, nutrition and fitness. Heart disease and obesity are the top causes of death today.

3. You believe everything you hear in the media. The media can be a double edged sword and the case of the media hype surrounding the Women’s Health Initiative is the perfect example of how the media does more than report the news, it creates the news. As a direct result of women stopping their hormone therapy, women’s health has been compromised and in the United States alone it is estimated that up to 25,000 women have unnecessarily experienced heart attacks or death, according to Hot Flash Havoc.

4. You like playing doctor. Self diagnosing is never advised. Reading articles on the Internet is not the equivalent of a medical degree. Research the best anti-aging doctors possible.

5. You like feeling like crap. Some people think they don't have a choice to feel better, some just don’t make feeling better a priority. No decision to get better is actually a decision to stay sick.

The truth is, when it comes to good health and aging, we simply need to put back what we have lost and that something is our hormones. Bioidentical hormones are at the base of this approach because hormonal decline creates a decline in you and your health. Without the youthful hormones you are no longer you.

What's so important about hormones?
As you age your hormone production level decreases, which reduces the functioning capacity of all your body systems. This decline in hormones is natural, however hormonal decline leads to disease like heart disease – the number one cause of death in the US. This hormone imbalance has a significant impact on your physical, mental, and emotional well-being.

What do hormones do?
Hormones are chemical messengers secreted from the endocrine glands into the bloodstream. Hormones regulate your body’s response to stress, blood sugar levels, menstruation, kidney function, structural integrity and sexual functions. Without hormones, the body does not work effectively!

Ageology Physicians include Chicago’s most accredited preventive health and wellness doctors specializing in treating men and women suffering from hormonal imbalances including menopause, andropause, perimenopause, and PMS using an integrated approach of nutrition, fitness and bioidentical hormone therapy. Ageology is dedicated to maintaining your health and vitality, and preventing chronic diseases such as obesity, cardiovascular diseases, diabetes, stress, sleep disorders and the libido pitfalls that come with aging.

Is Sugar Killing You and Your Hormones? Anti-Aging Experts Say Yes

Could a cup of sugar be as damaging as a pack of cigarettes? Anti-aging physicians, preventive medicine MDs and 60 Minutes report sugar could be the new tobacco. Everyday millions of Americans - young and old, male and female alike – are using a highly-addictive drug. Unfortunately, it’s sold on just about every street and is found in more than 45,000 products available at grocery stores, gas stations, and movie theaters. You’ll often see this drug concealed with names like “high concentrated fructose corn syrup.” If you haven’t already guessed, we’re talking about sugar.
“Sugar irreversibly binds to proteins in your body after it is digested. Think of a fish (pure protein), heated over a low fire in a pan covered in sugar. The fish once slippery is now forever sticky. This is inflammation, and just one of the ways that dietary sugar harms your body irreversibly,” noted Dr. Paul Savage, anti-aging expert and Ageology physician.

Men, don’t let your testosterone get too sugar coated!

“In most younger men, low testosterone levels are due to not enough protein and too much sugar! Sugar is KNOWN to significantly lower testosterone levels, along with all the other major hormones and functions in the body,” Savage warned men with a sweet tooth.

In the last 200 years, the U.S. diet has changed dramatically. According to the Whole Health Source, U.S. sugar consumption has risen steadily over the years. In 1822, the average American consumed 6.3 pounds of sugar per year; today that number is somewhere over one hundred. If the trend continues, by 2606 the U.S. diet will be 100 percent sugar!

The prevalence of sugar is more than just a dietary issue; studies show that it can also aggravate the symptoms of menopause. An article by 360 Menopause explains that hormonal balance is nearly impossible if blood sugar is not in balance. Once blood sugar is balanced however, hormones tend to regulate themselves. The key is to choose foods with a low glycemic index (those containing protein and healthy fats). This promotes a slower release of blood sugar and insulin.

Even 60 Minutes recently aired a segment calling into question the toxicity of sugar and its role in a laundry list of health issues. In the end, it’s up to each individual to make the right health choice. To help make your decision easier, we thought we share a few motivating reasons to kick the sugar habit.

15 Reasons Sugar Can Hurt You:

1. Cause premature aging
2. Decrease growth hormone
3. Causes food allergies
4. Feeds cancer
5. Suppress the immune system
6. Contribute to obesity
7. Cause heart disease
8. Contribute to osteoporosis
9. Increase cholesterol
10. Increase the systolic blood pressure
11. Contribute to diabetes
12. Damage the pancreas
13. Cause depression
14. Lead to the formation of kidney stones
15. Cause hormonal imbalances

Watch your health, watch your hormones, just say no to sugar!

Mama by Winslowdynasty from "The Life Album" Available on iTunes & CDbaby.com
www.youtube.com

BISHOP and I wish EVERYONE a Happy Mother's Day!
Proverbs - Blameless

Today's Word

(Prov 28:18 NLT) The blameless will be rescued from harm, but the crooked will be suddenly destroyed. This morning we continue our “Unlocking the Power of Proverbs - Walking in the Wisdom of God” series. In this text Solomon contrasts those that make every effort to walk in integrity with those that knowingly follow crooked paths.

I have shared with you before how we can and should make every effort to rid ourselves of what I call “Blessing Blockers.” The writer of Hebrews painted a picture for us. He used the analogy of our lives being a race and how our purpose is wrapped up in the race God has set before us. He told us that to effectively run the race we must rid ourselves of every weight and sin that could slow us down (12:1). Not everything is a sin. Some things are weights - things we know we should not do - and if we rid ourselves of the weights and the sin, of every Blessing Blocker, then we can freely and speedily run our race. I know first hand the liberating feeling and the internal assurance I walk in when I know I am in right standing with God. The realization of His righteousness gives me an overwhelming confidence and peace that cannot be shaken.

When Solomon says "blameless" he is not talking about a man that is sinless, because only Jesus was sinless, but he is talking about a man that walks in sincerity and integrity; a man with clean hands and a pure heart towards God and man. This man worships God with his whole heart, he seeks to be a blessing to others, and he uses the Word of God as the ruler by which he judges every decision. He walks by faith, with humility and patience, and he does it in love. This man is safe in God and his spirit can be at rest. He has nothing to fear and no reason to be afraid. Matthew Henry said of this man: “He is safe under a divine protection and easy in a holy security. He goes on his way with a humble boldness, being well armed against the temptations of satan, the troubles of the world, and the reproaches of men. He knows what ground he stands on, what guide he follows, what guard he is surrounded with, and what glory he is going to, and therefore proceeds with assurance and great peace.” The Psalmist told us that God will not without any good thing from those that walk uprightly (Ps 84:11).

On the other hand we have the man that willingly chooses crooked paths. This man is not deceived; he knows the difference between right and wrong and he chooses wrong. He refuses to submit to Godly counsel. He ignores the Word of God. He is deceitful towards others and he walks in contempt towards God. Solomon says that he will be "suddenly destroyed." This man has chosen to live the shifty and shady life and he will be exposed. Sooner or later he will reap what is has sown (Gal 6:7).

So what does this mean to you today? It means you have a choice between walking in righteousness (blameless) or choosing the crooked path, but if you subscribe to Today's Word I will make the assumption that you have already made your choice and you have chosen God. That being the case, then this text should serve as a reminder of your security in Him. You are making every effort to walk upright before Him, so you can face every day with quiet confidence, knowing that God is in you, with you, and for you. You are safe in His arms and He will not withhold any good thing from you. Allow this security to a source of strength and peace!

Closing Confession: Father, I am blameless before You. Jesus was made sin for me, that I might be made the righteousness of God in Him. I have been redeemed by the Blood of Jesus and I am now and heir of God and a joint-heir with Christ Jesus. I walk upright before You every day of my life. My heart is pure towards You and man. I remove every Blessing Blocker. I release all bitterness and guile. I am free of all weight and sin. I run my race with patience and confidence. I shall arrive at Your desired destination for my life. I walk by faith, not feelings and I seek to Be a Blessing every day. I am safe in You and this safety gives me an overwhelming confidence and peace that cannot be shaken. I enter this day and this week with great expectations! In Jesus’ name. Amen!

This is Today's Word! Apply it and Prosper!

Rick Pina
Rick Pina Ministries

May 5th
**SAVE THE DATE**

An International Breakfast
Sponsored by the
Women's Missionary Society
Of The
African Methodist Episcopal Church

During the 48th session of the General Conference of the
African Methodist Episcopal Church

Thursday, June 28, 2012 ~ 7:00 a.m. – 9:00 a.m.

Purchase tickets through your Episcopal District

Cost: $75.00 ~ Attire: White

**Five Thousand**
The GOAL FOR THE 2013 WORLD of WOMEN in PRAYER

In 2009, the Women of the Fourth District united to sponsor our International Women's PRAYER CONVOCATION in Toronto, Canada. It was transformative, engaging and educational. June 2013, the host city will be Chicago, Illinois. This gathering will conduct 5 Colleges of Prayer; a Living Prayer Labyrinth, a Healing Room, conduct Global Dialogues and Seminars on Women's Affairs and Honor LIFE MEMBERS who have had Kingdom Impact.

PROCEEDS from the Convocation will be contributed to:

**GIRL CHILD INITIATIVES**

My Sister's Keeper Mission in Sudan
The Children's Defense Fund (USA)
The Beverly Thomas Academy of Fine and Performing Arts (Fourth District)

**ECOLOGICAL INITIATIVES**

Wangari Mathai Project 1,000 TREES for Kenya
YPD Urban Gardens
ERADICATE VIOLENCE AGAINST WOMEN and GIRLS LOCALLY and GLOBALLY.

Going forward, we need EACH AREA to select an Agency of service for the 2013 MISSION by JUNE 1, 2012. We do not need more than 2 AREAS in each SERVICE.
Those indicated with an asterisk * must be in the CHICAGO Conference Branch.

A. Global Recruitment and Hospitality
B. Ecumenical Participation
C. WOMEN's WELLNESS Center
D. TRANSPORTATION*
E. ELDER CARE
F. REGISTRATION CENTER
G. SITE and Logistics Team*
H. COURTESIES and Hospitality
I. Music and Musicians
J. ATMOSPHERE: Banners, Flowers, Altars, Acolytes, Sacraments
K. Administrative Aides
L. COMMUNICATIONS

Mary L. Madison, CEO/ Convocation Coordinator
Rev. Dr. Cecelia Williams-Bryant
Senior Supervisor 4th Episcopal District

Happy Mother's Day
With the belief that young people need a variety of worthwhile activities in which to engage and grow spiritually, physically and creatively, Mother Beverly knows that music and the performing arts have always been vehicles for reaching young people. Through these disciplines they can express self-pride, discover their heritage and explore avenues for emotional release. The Beverly Thomas Fine Arts Institute was developed to foster, enrich and strengthen the lives of our youth. Programs of study at the Institute are Art, Choral, Concert Band, Creative Writing, Dance, Drama, Jazz, and Strings & Symphony Band. Due to the success of the Institute, the course offerings and educational opportunities have expanded to include foundational techniques in film making, photography, jewelry and quilt making, and there will also be collaborative sessions with professionals in their areas of performance.

The Beverly Thomas Fine Arts Institute is held at Camp Baber. Housed on 57 acres of land overlooking Stone Lake, complete with 4 dormitory buildings, 1 Lodge, Cafeteria, Chapel and amenities the camp provides the perfect location for learning and growth to take place.

The Fine Arts Institute seeks to identify young musicians, dancers, writers and visual artists ages 13-19. The camp will convene the week of June 16 thru June 23, 2012. Tuition costs for the week of instruction, lodging, and 3 meals daily, and supervised use of the recreational facilities is $300. Plan now for a summer experience that will enrich, inspire, educate and elevate your skills in the fine arts! Students from all across the country will be accepted, so, please submit your applications As Soon As Possible to secure your enrollment. For applications and complete details of the courses offered, please visit www.bthomasai.com.

Black Women and Fat
By ALICE RANDALL
Published: May 5, 2012

A Realistic Response

Acknowledging that Ms Randall is an academician, I will not question the accuracy of her statistics, even if she is wrong, still too many of us are carrying excess weight. In view of these facts, I agree that "it is past time to try something new". Reflecting back to my own childhood, I can comment on the cultural aspect of body image within the black female population. As a young girl I was "skinny" and as such the subject of much ridicule. The girls chosen for cheerleader or majorette were the girls with big thighs. I always wanted to have bigger thighs. Mind you however, I never wanted to have a big belly. Black girls in the decade of the fifties wanted to have shapely hips and thighs with flat bellies and ample breasts. Completely unaware of body mass index or the relationship between weight and any of the devastating diseases currently associated with excess body weight, we had our own images of the most ideal body size, but we did not want to be "fat". Yes, we were haunted by "skinny legs" that Joe Tex sang about.

Eating patterns in our "communities" were determined by traditions which grew out of circumstances imposed on our ancestors. We adjusted to these patterns and came to prefer them. Fatness evolved out of these patterns and was accepted much as denial is a coping mechanism for grief or disease or abuse or other unpleasant conditions in our lives. Like addiction, increasing levels of excess weight is tolerated as the body and the culture accommodates it. We grew gradually fatter and complacent about it. It is almost as if we went to sleep in a state of comfort and woke up in crisis. We acknowledge that too many of us suffer from diseases associated with the excess weight and even with this knowledge, old habits die hard. I appreciate Ms. Randall's recognition of her own undesirable status and her initiative to correct it and to share her corrective actions with others.

As black women living with the facts of diseases associated with excess body fat, we need to take our lives into our own hands. With regard to pleasing men, we need to recognize that any man worth pleasing will be working toward our total health and wellness and will place that above whatever else stereotype has led him to consider desirable. Above all we want and need to "be in good health". We will not be led by some artificial concept of beauty nor seek to please current fashion fads, but we will seek to maintain optimal body composition supporting maximal function and resisting disease processes.

The appropriate response to excess body fat is to consider oneself an individual who must make individual decisions. As Ms Randall alluded, chemistry of fat in its disease producing capacity does not vary according to race. As black women we need to decide for health and wellness over cultural traditions which keep us sick. We would be surprised how quickly healthy men would respond favorably to beautiful black women with lovely toned thigh and abdominal muscles and arms that hold firm with no jiggle. To that end the visionary leadership of the 4th Episcopal district has adopted the Romans 12:1 affirmation: “So here's what I want you to
do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.” Message Bible Romans 12:1-2

I am with Ms. Randall in taking action to become healthy and that includes selecting our food based on its nutritional value - not taste. Modify our daily activities to include a balance of stretching, toning and cardio-respiratory exercises. Beautiful is in the eye of the beholder and we need to begin to look realistically at what is truly beautiful about who we are and teach that to our children. We need not worry about being blamed for the condition of the country. Misery loves company, but we must commit to isolation from the miserable fat which makes us sick. No one likes to spend money more than black women - so spend it on education, art, travel, recreation, and AGAPE rather than treatment for diseases. We need not worry about being the whipping girl for the nation's ills. True, the nation has many ills, but each one of us needs to begin with the smallest unit of government - the individual and spread to the family, the church, the community and ultimately the nation and the world, to heal what has been a culture of sickness.

Violet Johnson

MAKE YOUR VOTE COUNT! ARE YOU REGISTERED?
"Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent." Martin Luther King, Jr.

The power of the ballot we need in sheer defense, else what shall save us from a second slavery?
W. E. B. Du Bois

This is what some people think and feel about the President of the United States of America. It is an awful disgrace and is very disrespectful. This means, they think and feel the same way of you. Don't allow these people to have complete control of your future or that of your children's future. Register and vote! Pass the word Vote!

That's My President - Check these out

1) Got Osama Bin Laden - check
2) Unemployment rate 8.5 - check
3) 1.3 million jobs created with no GOP help - check
4) 22 months of job and economic growth - check
5) Ended war in Iraq - check
6) Repealed DADT - check
7) Not one tax hike in 3 years - check
8) Exposed racism in the GOP - check
9) Still carrying over 80% of black vote - check
10) Same wife for 15 years with no extramarital affairs - check
11) Saved the auto industry and 1.5 million jobs - check
12) Mortgage modification to save homeowners' homes - check
13) Still fighting for middle class families - check
14) Reforming healthcare, making it affordable - check
15) ONLY President to receive the Nobel Peace prize while in office - check

...and just today - freed hostages in Somali - check
The man is working for you, me and all Americans and he can sing!!
Beautiful.
Obama 2012!! - continue the fight! Pass this on!

Violet Johnson
Friend --

A 54-page, $10 million proposal by top Republican strategists titled "The Defeat of Barack Hussein Obama" shows in vivid and gruesome detail what the President and all of us are up against.

The proposal laments that voters "still aren't ready to hate this president" but lays out a plan to portray him as "slick" and "cocky" -- and notes that they need to hire an "extremely literate conservative African-American" to insulate against charges of racism.

It says the President ran as a "metrosexual, black Abe Lincoln" and includes plans to spend millions on inflammatory TV ads using everything from Rev. Jeremiah Wright to images of the September 11th attacks to show the truth about Obama's alleged secret plan to destroy America.

In the words of one of these guys, they want to "do exactly what John McCain would not let us do" in the last election. And the plan was for it to be financed by a single billionaire.

This is going to be worse than we could have imagined. President Obama needs your help to stop it before it starts.

**Pitch in today to fight these attacks and show them this only makes us stronger:**

[https://donate.barackobama.com/Help-Fight-Back](https://donate.barackobama.com/Help-Fight-Back)

Thanks,

Jim Messina
Campaign Manager
Obama for America

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**Summer Food Service Program**

**Now's the Time to Think About Outreach for Summer Meals!**

During the school year, many children receive free and reduced-price breakfast and lunch through the School Breakfast and National School Lunch Programs. What happens when school lets out? Hunger is one of the most severe roadblocks to the learning process. Lack of nutrition during the summer months may set up a cycle for poor performance once school begins again. Hunger also may make children more prone to illness and other health issues. The Summer Food Service Program is designed to fill that nutrition gap and make sure children can get the nutritious meals they need.

**Want to help end hunger this summer?** Here are a few ways you can help:

- [How to Become a Sponsor or Site](#)
- [State Application Contacts](#)
- [State Deadlines for Sponsors](#)
- [How to Manage a Summer Food Program](#)
- [How to Do Community Outreach for SFSP](#)
- [News & Email Updates](#)
- [Frequently Asked Questions](#)
Find Meals for Children
To find meals and sites in your community, call the National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE. By calling this toll free number, you will be given information on where you can find summer sites in your area, as well as additional food assistance information.

Become a Sponsor
Being a sponsor requires the highest level of commitment. Sponsoring means acting as the organizer for the Summer Food Service Program sites. Public or private non-profit schools, local, municipal, county, tribal or state government, private non-profits, public or private non-profit camps, and private or non-profit universities or colleges are examples of local organizations that often serve as Summer Food Service Program sponsors. Sponsors must be able to provide a capable staff, managerial skills, and food service capabilities. A sponsor may provide its own meals, purchase meals through an agreement with an area school, or contract for meals with a food vendor. Be sure to register your summer feeding sites for the National Hunger Hotline at: http://www.whyhunger.org/findfood

Open a Feeding Site
The Summer Food Service Program reaches only a fraction of the children in need. The primary reason for the limited access to the program is that there are not enough feeding sites. Your community building or place of faith could become a feeding site. Sites are the physical locations where food is served. Each site location must work with a Summer Food Service Program sponsor that is financially and administratively responsible for the meal service at the site. You can also help by coordinating site participation with other youth activity programs in your area. Be sure to register your summer feeding sites for the National Hunger Hotline at: http://www.whyhunger.org/findfood

Volunteer
While feeding children is the top priority of the Summer Food Service Program, programming is what keeps children coming back. This takes volunteers – and LOTS of them – especially in June, July and August. Volunteers can help with basics like transporting food, setting up or cleaning up a site—they also plan and do educational or recreational activities with the children. We encourage Summer Food Service Program sponsors and sites to register their volunteer opportunities with www.serve.gov/endhunger. This website allows volunteer opportunities to be posted, as well as allows volunteers to search for opportunities. Go to www.serve.gov/endhunger to post or search for opportunities today!

Share
Tell others how the Summer Food Service Program helps feed hungry children and discuss how they or their organization can help. The more people know about the issues, the more likely they are to take action to help end hunger or know how to help their own children.

Last modified: 04/18/2012
Jacqueline Mitchell-Robinson, NGO

Celebrating Mother’s Day with Habitat!

On May 12th 2012, St. Paul A.M.E. Church was well represented at the building site of a Habitat for Humanity Home. This home was under constructed for a family with four children. The family is selected after participating in financial literacy classes and home owner education classes. Each family invests over 400 hours of sweat equity volunteer service building a habitat home for someone else and working on their own home.

The William Sampson Brooks Women’s Missionary Society formed a building crew in partnership with Habitat for Humanity’s Women Build program. The program brings together women from all walks of life to address the housing crisis facing millions of women and children worldwide. Women Build events have helped to construct more than 1,900 houses for deserving families. The program brings together women in business, of faith, education, health care
and a variety of other life stations. Habitat and their community partners work to help make a family’s dream of affordable home ownership a reality.

St. Paul African Methodist Episcopal Church Women’s Missionary Society was pleased to spend Mother’s Day weekend helping to build a house and in doing so taking steps to eradicate poverty. Habitat statistics portray a world that is experiencing a global housing crisis. It is said that about 1.6 billion people live in substandard housing and 100 million are homeless. In the United States alone 95 million people have housing problems, including having payments too large, overcrowding, poor quality shelter and homelessness.

W.M.S. local society members and community friends working on the Women Build Habitat home were Pamela Gaddy, 4th District 2nd V.P., Mary Madison, 4th District Special Initiatives, Patricia Palmer, Fairly Goodwin, Catherine Williams, Frances Colston, Kathy Smith, A.J. Singleton, Nia Madison, Linda Carter Lewis and Tyeria McGregor. Our local society joins the construction with women all over the Des Moines Community who are helping to bring affordable housing and to stop the cycle of poverty right here in the Des Moines Area, Mary Chapman and Jacquie Easley McGee are the Women Build Program community chairs.

Sybrina Fulton, Trayvon Martin's mom, released a video asking parents nationwide to support the Second Chance campaign, a new national campaign working to reform, repeal and prevent passage of new...

http://www.youtube.com/watch?v=1KaOw4cQEH

10 Life Changing Tips Inspired By Gandhi
By Robert Piper

Here are ten of my favorite life changing tips inspired by one of the greatest leaders of the 20th century - Mohandas Gandhi.

1. You Can Change The World

"Be the change that you wish to see in the world."

2. Think Positive

"A man is but the product of his thoughts. What he thinks, he becomes."

3. Cherish Life

"Live as if you were to die tomorrow. Learn as if you were to live forever."

4. Don't Give Up

"First they ignore you, then they ridicule you, then they fight you, and then you win."

5. Practice Compassion

"An eye for an eye will only make the whole world blind."

6. Live In Harmony

"Happiness is when what you think, what you say, and what you do are in harmony."

7. Forgive
8. Meditate
“I have so much to accomplish today that I must meditate for two hours instead of one.”

9. Serve Others
“The best way to find yourself is to lose yourself in the service of others.”

10. Live Life To The Fullest
“In a gentle way, you can shake the world.”

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Liberia Container Update:
1. The shipper will wait until he receives our items before determining whether a container or multiple boxes will make sense (based on cost).
2. The shipper is located in Philadelphia and has agreed to store our items until it is time to ship.
3. The shipper will provide us with the best time to ship (most likely the Fall - after the rainy season)
4. The shipper will receive our items and re-package the items that need to be re-packaged.
5. The shipment will take approximately 6 weeks to get to Liberia.
6. The shipper ships every 45 days, or so - but due to the roads, we need to wait until the rainy season ends.

THE PLAN:
Each Conference Branch will be asked to identify an organization/s (not necessarily local societies... but maybe so) to adopt a room to furnish (maybe 2).

The list of furniture needed in each classroom is being developed by Sister Linda Randolph & Sister Andria Russaw. Those adopting rooms will ship the furniture during a given timeframe (for example, September 1-30) to be shipped on a certain date (for example, October 15th).

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From the Editor
In a continued effort to make sure that most of the missionaries of the Fourth District Women’s Missionary Society are receiving this publication, we need your help. Please forward this publication and other requested communications on to others. Please make front and back copies and ask the Church secretary to make a few copies to give to WMS members that are not online. The copies can be done in black & white. Please make sure that pertinent information is going forth at your local and area meetings. We want to make sure that everyone is getting the information that is contained in this publication, which is our concern.

You may visit the 4th District website and like us on the 4th District WMS FaceBook page. We want to remain connected.

If you have information and or articles pertaining to the WMS, please send it to the Editor by the 15th of every month. Beginning with the next issue (June), we are requesting that you would please limit your articles to 300 words or less. Thank you.