



the Centenarian

APRIL 2006

The official Newsletter of Centenary United Methodist Church, "The Miracle on McLemore"

"...all that God is doing with us, and through us, and sometimes, in spite of us, here at Centenary!"

The Write Reverend

"Most of us present knew that the decisions we were making we were not making legally, but since the general feeling was that everyone present would abide by the decisions, nobody really raised any objections." That's what one of the members of our Administrative Council said to me after our last Council meeting. Despite the dictates of the Book of Discipline, we often find it hard to exclude everybody present at an Administrative Council meeting from the decision-making process. Besides, who wants to come to the meeting if they cannot be involved in the making of the decisions that must be made? Every member of the congregation has a voice, and can share his or her ideas and feelings about any item before the body; but only those persons who are elected to certain offices have a vote in the decision-making process.

As I thought about and prayed about how we conduct business, I remembered that there is a way to have the best of both possible worlds. There is a way that we can have the input of every person present, have them involved in the decision-making process and work at building community, all at the same time. Its called



Dr. Herbert Lester, Jr.

"consensus decision-making."

"Consensus decision-making is a process that not only seeks the agreement of most participants, but also to resolve or mitigate the objections of the minority to achieve the most agreeable decision. Consensus is usually defined as meaning both: a) general agreement, and b) the process of getting to such agreement. Consensus decision-making is thus concerned primarily with that process." Consensus decision-making is intended to de-emphasize the role of factions or parties and promote the expression of individual voices. The method also increases the likelihood of unforeseen or creative solutions by juxtaposing dissimilar ideas. Because it seeks to minimize objection, it is popular with voluntary organizations, wherein decisions are more likely to be carried out when they are most widely approved. (Wikipedia)

I've talked with our Administrative Council Chairperson, and she thinks the idea has some merit and may well be worth trying. I'll be bringing it up at our next council meeting. I like the idea because it can also be linked to a process of discernment, where the emphasis is on doing what God calls us to do as we listen, understand, reflect from the perspective of our faith, and act. Let me know what you think!

Results Of the Living Wage Town Hall Meetings

From the Living Wage Coalition (Centenary is a member organization)

On February 9th and February 28th, the Memphis Living Wage Coalition held two town hall meetings on the proposed living wage ordinance. At the meetings, members of the community shared with their Council members why Memphis needs a strong, comprehensive living wage ordinance. (For more information on the living wage, go to www.midsouthinterfaith.org/index/living_wage/principles.htm).

The 250 people that attended the town halls made them a success.

At the town halls, Council members were then asked to answer the question "Will you vote for a living wage ordinance that requires workers on city contracts, workers at companies that receive PILOT property tax freezes, and full-time and temporary* City of Memphis workers to be paid at least \$10 per hour with health insurance benefits or \$12 per hour without insurance?" Council members were asked to give a yes or no answer about each section of the ordinance. (*Temporary City workers does not include summer job programs for youth, which would be exempted from the living wage ordinance.)

The answers of City Council Members who attended the meetings are listed below:

- **Councilman Dedrick Brittenum:** Attended meeting but would not state a position on the living wage ordinance.
- **Councilman Joe Brown:** Stated would vote yes on a living wage covering full-time and temporary

see WAGE on page 6

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and much more!

April Birthday Calendar

Remembering friends can be a game,
When you write down each date and name.

April means diamonds and sweet peas,
And April Fool's - - - the time to tease.

Happy Birthday

	April
Melzani Killebrew	2
Lula Carter	4
Leroy Pierce, Jr.	4
Wilhelmina Carter	5
Kyndall Lewis	5
Evelyn Johnson	6
Darryl Humphrey	8
John Perry	13
Autry Parker, Jr.	13
Patricia Bailey	14
Eric Williams, Sr.	15
James Dupree	16
Lawrence Jones	17
Darryl Humphrey, Jr.	20
Dionne Humphrey	20
Kenyatta Larry	20
David Mitchell	21
Carl Milam	21
Elaine Cain	23
Terrance Hampton, Jr.	24
Blanche Fanion	25
Gerald Fanion, Jr.	27
Evelyn Laster	27
Wendell Norris, II	27
Kayla Parker	28
Chelsea Whatley	28
Arned Johnson	29
Kaylynn Dickerson	29
Pelvis Ross	30

—Wilhelmina Carter, Shepherding Ministry

Birthday Recognition

The Shepherding Ministry believes that birthdays are very important events in the life of our members. All of our members are sent a birthday card. Member names are listed on the birthday calendar in the Family Life Center. An "Everybody's Birthday Celebration" will be held in August. Each month the birthday calendar will be published in the Centenarian. If your name is not listed please inform Wilhelmina Carter.

Shepherding Sharing

Les Doll Twillie

"Shepherding is Christ Caring for People Through People." Our Shepherd Leaders are very caring, dedicated and committed individuals who endeavor very hard to minister to their flock. We are very elated to have Charlene Parker, Pearl Pegues, Joi Flowers, Ruby Milligan, Robin Mathews, Mamie Henderson and Sheryl Howard to join this rewarding ministry.

When the Shepherding Ministry did not have enough shepherds to accommodate the number of members, the Shepherd Leaders were assigned larger numbers than we would have liked for them to have in order to do an effective job. Now that we have added more Shepherd Leaders, some members will be reassigned to the new Shepherd. Please rest assure that you will receive the same T.L.C. that you previously received, as all of our Shepherd are "Good Shepherds."

The Shepherding Ministry will share information concerning death, births, marriages and special accomplishments that have happened during the month. If you have information that you would like to have included, please contact Less Doll Twillie or Geraldine Reed.

The Gift of Baptism is called by God to the life and ministry of faithful discipleship. Our call is to accept and use the freedom of power of God and join our lives with the life and ministry of his church in order to save him in the world.

While all person who are baptized into Christ are called by God for the ministry of discipleship there are a variety of callings. Paul writes about these in (Romans 12:6-8) and (Corinthians 12:4-11) God creates us as unique persons with a variety of gifts. God calls each of us according to the gifts we are given for the building up of the community and so that the good news of salvation and the coming reign of God may be faithfully proclaimed and lived.

Centenarians, have you received and accepted the call? Our task is to accept the calling of God to faithful discipleship and to employ the gifts God gives to serve Christ in the world. Many of you have and are using your spiritual gifts to promote the kingdom of God. As we accept our call for ministry and endeavor to carry out this calling, let this be our prayer. I'll go where you want me to go dear Lord over the mountain, plain or sea; I'll say what you want me to say, dear Lord, I'll be what you want me to be. When you call me, I'll answer. I'll be somewhere listening for my name. Centenarians, please answer the call and give Christ your all. You can make a difference!

Prayers and sympathy are extended to:

Lucille Grose on the death of her brother.

Beverly Lamon, Jacqueline Hibler and Virtner Clark on the death of their nephew.

Dorothy Edward, Tommie Reed, Johnnie Reed and Rev. Autura Hampton and Rosalyn Ross on the death of their mother and grandmother.

What is the Committee on Pastor Parish Relations or Staff Parish Relations?

The Committee on Pastor Parish Relations or Staff Parish Relations are professing members of the local church. People serving on this committee must be engaged in and attentive to their Christian spiritual development so as to give proper leadership in the responsibilities with which the committee is entrusted.

The committee shall identify and clarify its values for ministry. It shall engage in biblical and theological reflections on the mission of the church, the primary task, and ministries of the local church.

The committee shall reflect biblically and theologically on the role and work of the pastor and staff as they carry out their leadership and responsibilities. The committee shall assist the pastor and staff in assessing their gifts and setting priorities for leadership and service. It is the responsibility of the committee to communicate with the committee on lay leadership and/or the church council where there is a need for other leaders or for employed staff to perform in areas where utilization of the gifts of the pastor and staff proves an inappropriate stewardship of time.

—Lula Carter, Chairperson, S/PPRC

Vacation Bible School

An opportunity to provide enrichment to the community and our congregation.

Please mark your calendars for the week of June 19–23, 2006.

This is the week that every Centenarian can assist in providing Meaningful experiences to our congregation and neighborhood.

We are planning a week of activities that are fun, academically enriching, and focused on extending the reading activities that our Superintendent has established to make lifelong learners.

We will need persons to teach the Afro-American studies by grade levels, Art, Drama, Organized Athletics, Exercise, Music, to kindergarten through adults a time to visit the library will be scheduled.

We need persons to prepare a continental breakfast, a noon meal and an evening snack.

We need a committee to plan an awesome activity to bring closure to the week.

More details will be coming in the May edition of the Centenarian.

S_CCESS is not possible without U.

Charlene Parker, Education Chairperson
Delores Rivers, Director Bible School
Minnie White, Sunday School Superintendent

The Text and Music

The text is the actual organization or structure of words in hymns, anthems, spirituals, gospel songs, contemporary songs, and other vocal music forms. "In vocal music, particularly songs, the text is one of the prime considerations of the modern composer. Correct accentuation, clarity of pronunciation, emphasis of important words, etc., are basic requirements of good vocal style and indispensable to the main object of conveying musically the general character of the text as well as subtle nuances." (Harvard Dictionary of Music)

When we sing the text or in some cases improvise the text, we should have an intellectual comprehension of the words. We should be able to relate the text to our historical, cultural and background experiences. We should be able to feel the emotion of the text and music through our congregational participation and a sense of church community. We should be able to interpret the text with Biblical knowledge for a greater spiritual connection, growth and understanding. We are familiar with the quotation "Knowledge is power". Knowledge of our songs is power.

In *The United Methodist Hymnal*, John Wesley admonishes us in "Directions for Singing, VII." Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing Him more than yourself, or any other creature. In order to do this attend strictly to the sense of what you sing, and see that your heart is not carried away with the sound, but offered to God continually; so shall your singing be such as the Lord will approve here, and reward you when He cometh in the clouds of heaven. (John Wesley's "Select Hymns", 1761)

Billy Graham puts it succinctly about trusting God's Word. "In other words, trust God's Word, and not your emotions! Emotions have their place; God gave them to us, and they can bring us great joy as well as sorrow. But emotions come and go, and they are not reliable gauge of our standing with God." (Billy Graham, "My Answer")

The *Holy Bible* has the final answer. "Let the Word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it in the name of the Lord Jesus, giving thanks to God the Father through Him." (Colossians 3:16-17 NIV)

—Mary A. Hardy, President, Sanctuary Choir



The United Methodist Women participated in the World Day of Prayer, on March 3rd at St. James A.M.E. church. The theme was "Signs of the Times", prepared by WDP Committee of South Africa. As we meditated on the theme, we were invited to take courage in the Risen Lord, who is the sign of all times and the only source of our hope and joy. The program was beautiful, and a delicious African

lunch was served. We are excited about our Women's Day, and are preparing at this time for a joyful worship experience. Rev. Linda Willis, is our guest speaker for Women's Day.

I attended the Women's Division Public Policy Legislative Event, and the Ecumenical Advocacy Days on March 10th - 13th in Washington, D.C. The General Board of Church and Society of the United Methodist Church Legislative Priorities are: End the War in Iraq; Fight the Global AIDS Pandemic; Protect the Endangered Species Act; Increase the Minimum Wage; Oppose Gambling Expansion and Support Just Immigration Reform. The Women's Division asked that we focus on Support Just Immigration Reform. Our historical and biblical traditions call us to welcome the sojourner. "Do not mistreat or oppress a stranger; you know how it feels to be a stranger, because you were sojourners in the land of Egypt" (Exodus 23:9). GBCS supports legislation such as the Development, Relief, and Education for Alien Minors (DREAM) Act, the Agricultural Job Opportunity, Benefits, and Security Act (Agjobs), and the Immigration Reform Act. Online advocacy web site is (www.unpower.org). The Ecumenical Group went to Capitol Hill on the 13th, and visited Congressmen's and Senators Staff. After the visits, we met on the West Lawn of the Capitol and prayed for Peace, and to end the War.

The Unit will host UMW District Day Apart, April 1st 9 a.m. - 12 p.m. Linda Douty, Guest speaker will be our leader for Day Apart. She is the author of *How Can I Let Go If I Don't Know I'm Holding On? - Setting Our Souls Free*. Day Apart is one of the highlights of our calendar every year, as we pray and explore our spirituality. A reception will be given after the program. We invite the congregation to join in this fellowship, with our Sisters in Christ.

Church Women United has provided a list for Easter donations. Easter dresses, pants/shirts for boys, shoes, socks and underwear for school children are needed by April 3rd. For more information, contact Gwen Ross, asst. representative.

—Marie Lamon, President

The United Methodist Women's Reading Program

As a reminder the Reading Program of the United Methodist Women consist of four (4) categories- Education for Mission, Nurturing Community, Social Action and Spiritual Growth. Thanks to all of you who have participated so diligently in this program thus far.

Since there is always room for improvement we are asking you to respond positively to the request from our District Resource Secretary, Mrs. Elizabeth Dike, to become even more involved by your continued reading and greater participation. On "The Day Apart" meeting April 1, 2006, from 9:00 a.m. -12:00 noon at Centenary, the District Program Resource Secretary will have a display of books to be added to the reading list. Please plan to buy a book for your personal library or make suggestions for additions to the United Methodist Women's collection of books.

Come one! Come all! Enjoy a day of browsing!

—Lula Carter, Program Resources Coordinator

Kudos

(Acclaim Or Prestige As A Result Of Achievement Or Position)

Kudos To:

James Haley, II – You Have Produced A Masterpiece Beyond Our Imaginations. The Centenarian Is A Work Of Art, Your True Genius Shows. Underneath That Quiet, Dignified, Veneer Is A Man Of Exteme Talent. Thank You For A Publication To Be Proud Of.

Canary Williams – Your Decorations Are Always Exceptional. You Outdid Yourself With The Décor For "The Hanging Of The Green" This Last Season. The Love You Put Into Your Work Is Obvious. Bravo!!!!!!!

Delois Brack - Everyplace We Look We See Your Handywork. You Have So Many Projects Working, It's Hard To Keep Up. You And The Other Trustees, (Freddie Caswell, M C Owens, Walter Mclaughlin, Wilhelmina Carter, Mableeen Blakney, Patricia Bailey, And Claude Bynum, Jr), Are Spending Your Time Wisely. Congratulations!! On A Job Well Done. We Love What We Are Seeing. We Can't Wait To See What Else You All Have In Store For Our Building.
— Elizabeth L. Crawford

The Best Things In Life Come With A

**United Methodist
Women's Membership**

Why Not Join A Circle Today?



APRIL ACTIVITIES

March 31st – April 2nd

YOUTH ANNUAL CONFERENCE

April 3rd

Practice for Good Friday Service: 6:00 PM

April 8th

Lenten Bible Study for Youth: 11:30
Practice for Good Friday Service: 1:00 PM

April 9th

PALM SUNDAY (Youth Lead Worship Service)

April 11th

Practice for Good Friday Service: 6:00 PM

April 14th

Good Friday Service (Youth Led) 6:00 PM

April 16th

EASTER MORNING BREAKFAST / FUND RAISER

April 29th

UMYF Meeting - Time: TBD

Good Friday Service

Were you there?

Come hear the reflections of those who were with Jesus during his ministry!

On Good Friday, April 14, 2006 at 6:00 PM. The youth will be performing a dramatization written by our own member, Delores Rivers, 'Were You There?'

Please plan to be at Centenary UMC for Good Friday service.

Congratulations to Our 2006 UMYF Officers

- PRESIDENT: CHELSEA WHATLEY
- VICE PRESIDENT: ANNISE HUMPHREY
- SECRETARY: KYNDALL LEWIS
- TREASURER: DANA RIVERS
- SERGEANT AT ARMS: DOMINIQUE STEM
- JOURNALIST: DIONNE HUMPHREY
- PHOTOGRAPHERS:
PAIGE PARKER & JEREMY MERRIWEATHER

UMYF Photo



At their February meeting the youth had a fun time learning about the significance of Mardi Gras and fellowshipping. A special thank you to Rev. Lester for our lesson, and Bonita Bazil for her Cajun cuisine. Thanks are also extended to Bonita & Tamekia Williams for sharing their experiences now that they have left New Orleans and are starting a new life in Memphis.

**A Warm Welcome to our newest UMYF members!
CHIKA & FREDDIE MOORE**

Stewardship

A Christian Steward Is Generous

Christian stewards give whatever is needed and whenever it is needed (Proverbs 11:24-29; Mark 10:17-22; Luke 12:13-21; 2 Corinthians 8:1-15; 2 Corinthians 9:6-15; Galatians 5:22-23; 1 Timothy 6:17-19).

They voluntarily gave according to their means, and even beyond their means, begging us earnestly for the privilege of sharing in this ministry to the saints (2 Corinthians 8:3-4).

Become a generous steward by **tithing**. Tithing is giving 10% of your income to the church, separate from special fund raisers and campaigns.

Please Tell 10 Friends To Tell 10 Today

Please tell ten friends to tell ten today! The Breast Cancer site is having trouble getting enough people to click on their site daily to meet their quota of donating at least one free mammogram a day to an underprivileged woman. It takes less than a minute to go to their site and click on "donating a mammogram" for free (pink window in the middle).

This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate mammogram in exchange for advertising.

Here's the web site! Pass it along to people you know.

<http://www.thebreastcancersite.com/>

WAGE from page 1

city workers, city contractors, and tax freeze recipients.

- **Councilwoman Carol Chumney:** Stated would vote yes on living wage covering full-time City workers and tax freeze recipients; no on city contractors and temporary City workers in the form that has been proposed by the Living Wage Coalition.

- **Councilman E.C. Jones:** Stated would vote yes on a living wage covering full-time and temporary city workers, city contractors, and tax freeze recipients.

- **Councilman Myron Lowery:** Stated would vote yes on a living wage covering full-time and temporary city workers, city contractors, and tax freeze recipients.

- **Chairwoman Tajuan Stout Mitchell:** Stated would vote yes on a living wage covering full-time and temporary city workers, city contractors, and tax freeze recipients. She has been leading the efforts on the Council to support a living wage. The Council has already agreed to increase salaries by July 1 of the 30 full-time city employees not yet making a living wage.

- **Councilman Rickey Peete:** Stated would vote yes on living wage covering full-time City workers and tax freeze recipients; no on city contractors and temporary City workers in the form that has been proposed by the Living Wage Coalition. (Arrived after meeting ended.)

- **Councilman Edmund Ford:** Did not attend

- **Councilwoman Barbara Swearengen Holt:** Did not attend

- **Councilman Scott McCormick:** Did not attend

- **Councilman Tom Marshall:** Did not attend

- **Councilman Jack Sammons:** Did not attend

- **Councilman Brent Taylor:** Did not attend.

Supporters of the Living Wage also urged the Council to act for a living wage by participating in a Forty Hour Fast, held March 30th from 7 p.m. on March 30th to 11 a.m. on April 1st. An Opening Prayer Vigil was held at First Congregational Church March 30th, with a Closing Breaking of the Bread Service and Meal at Calvary Longview United Methodist Church (2041 S. Lauderdale) at 11:00 a.m. on April 1st.

You can still help the Living Wage campaign by reflecting and praying about the morality of our economy, which denies many workers adequate wages and health care, while allowing their employers to make huge profits from their labors. You can also act for a living wage ordinance by writing to your City Council members. You can also involve others in letter writing by setting up a table before or after your congregation's worship service. (A sample letter is available at: http://www.midsouthinterfaith.org/index/living_wage/fast_questions.htm#sample_letter).

—Susanne Jackson



Children's Ministry Announcement

Parents, Easter is fast approaching and we have an exciting program planned for our children this year. However, we need your assistance and your children's participation to have a successful program. First parents, please let me know if your child will be able to participate and your availability for rehearsals and I will be able to work on parts for skits and music. Mrs. Cynthia Haley will be starting children's choir this month on Tuesday nights so please let's support her in this endeavor as this year promises to be very exciting with music incorporated into our programming once again.

Easter is on Sunday April 16 this year so this leaves us a good amount of time to rehearse and plan on an exciting Easter Program. For more information and parts please contact me at (901)484-2167. We look forward to working with you and your child.

—Denise Parker, Children's Ministry Coordinator

The Importance of Reading at Home

There are many ways you can help your child read at home. Your home is filled with reading material. You might be surprised how much we all rely on reading. Read directions when you cook, clip coupons from the newspaper, read cards or letters from friends.

Your child needs to know that reading outside school is still reading.

Reading at Home

- Write family diaries write messages to each other
- Read bulletins from church and school
- Read video games directions write thank you notes for gifts
- Design invitations for special events
- Read menus read and discuss news articles
- Create a family bulletin board create chore lists
- Read TV Guides read information on CDs
- Read the sports page read book reviews
- Read recipes read cartoons
- Read vacation brochures read magazines
- Make shopping lists read labels on food products
- Read and write addresses read the words to favorite songs
- Read the Bible! Read the Bible!
- Collect grocery coupons
- Read Library Books
- Read programs

Reading Is A Many Splendored Thing!

Improving Reading Strategies and Resources
by Jerry L. Johns

What About The Children?

Whenever we need anything at church for a children's event we have lots of volunteers who are willing to drop off some snacks, dye up some Easter eggs, give some money and even give a suggestion or two. Even though, we appreciate this kind of help what our children really need is you. Our children need a village. They need all of us. Centenary has wonderful children who one day will grow up and go out into the world and make all of us proud that they grew up in our church. But will you be able to say that you were involved in their lives or did you just drop them off some snacks for children's church or a party?

Ms. Donoho is a prime example of someone who continues to be involved with children from one generation to the next. I've personally heard some older people say "I've done my part now it's the young people's turn". If Ms. Donoho felt this way she would have been done with "her part" a long time ago.

Every year our children are involved in a lot of different activities. They are involved in Centenary's Christmas and Easter Programs as well as the practices and rehearsals for these events. The Children's Ministry sponsors several fun parties for them at Christmas, Easter and Halloween. On Sunday (excluding the 1st Sunday) there is a Children's Message during our worship service that needs to be delivered. On the third Sunday of each month Children's Church is held in the EJ Cox hall. Each summer they attend Vacation Bible School and hopefully each Sunday they attend Sunday school. All of these times are wonderful teaching opportunity for our children. Frankly, I wish more could be done for them like Summer Camp, Field Trips etc. but more support for this ministry is needed to carry out these types of activities effectively and safely.

If you are interested in helping our Children grow in Christ there are so many opportunities for you to be involved with them. You can make a difference and I hope that you will commit yourself to do just that Let us teach our children about service by our example so that they will be willing to give of their spiritual gifts now and when they grow up.

—Denise Parker, Children's Ministry Coordinator

Methodist Healthcare

Be a volunteer for Methodist Hospice and help provide quality comfort care to terminally ill patients and their families in their homes. There are many areas of service such as respite for family members, companionship for patients, clerical work, running errands, etc. For more information please call Martha Huffman at 516-1600. We depend on our volunteers to provide the extra care that helps our patients live every moment.

Have A Healthy Heart & Life

The American Heart Association has outlined 10 ways men and women can take charge of their health. They are as follows:

(1) Make a date with your doctor and keep it. Each year on your birthday, schedule a checkup with your doctor. Have your blood pressure, cholesterol, and glucose levels checked, and ask your doctor to help you reach or maintain a healthy weight.

(2) Tone up as you tune in. Step, march or jog in place for at least 15 minutes a day while you're watching television. Increase your activity by five minutes each week until you're getting at least 30 minutes of exercise most days of the week.

(3) Grab some water when you go. Take a water bottle with you wherever you go, and drink it to increase your water intake.

(4) Keep unhealthy food hidden away. Put raw vegetables and fruits in the front of your refrigerator. Keep healthy snacks in the front of your pantry. If you keep grabbing healthy foods at least 21 times, you will soon make them a habit. Also, look for the American Heart Association's heart-check mark at the grocery store.

(5) Eat right to control cholesterol. Foods high in saturated fat can lead to high cholesterol. Help keep your cholesterol down by eating foods low in saturated fat such as lean chicken or turkey (roasted or baked with the skin removed), fruits and vegetables, low-fat or fat-free dairy products, and whole grains.

(6) Shake the salt habit. Lower high blood pressure by limiting your sodium intake. Besides limiting salt, check food labels for sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG), and sodium citrate.

(7) Kick the smoking habit. Try this four-step way to quit smoking: Day 1, cut the number of cigarettes you smoke by half; Day 3, cut the number of cigarettes you smoke by half again; Day 5, cut your smoking in half again; and on your "quit day" — quit!

(8) Be a good loser. Excess weight increases your risk of heart disease, stroke, and diabetes. To achieve steady, painless weight loss, take it easy. Eat 200-300 calories less each day and exercise at least 30 minutes on all or most days of the week.

(9) Don't let a slip keep you down. If you get off of your exercise schedule, have a cigarette or mess up on a meal, just get back on track immediately, with more determination to establish a healthy lifestyle.

(10) Pat yourself on the back. Keep track of your achievements in exercising, losing weight, and/or quitting smoking. When you reach a goal, reward yourself by doing something you enjoy. For further information, visit the American Heart Association on-line at www.americanheart.org.

—Harrison D. McIver, III



Centenary
United Methodist Church

584 E. Mclemore
Memphis, TN 38106

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