National Convention - 78TH Annual Session
July 16, 2012 to July 20, 2012
Marriott Norfolk Waterside
235 East Nain Street
Norfolk, Virginia 23510

This year’s theme is: "Empowering Leaders, For Kingdom Building, Through The Lens of Service."

Join us for: Worship, Fellowship, Education, Missionary Work, Music, Women's Ministries, Youth and Young Adult Programs, Scholarships, Preaching, Holy Communion, Food Functions, Leadership Workshops, Symposia, Health Fairs, and More! This momentous occasion is being hosted by The Great State of Virginia.

For more information call Convention Headquarters: 877-61-BIBLE
www.nationalbaptistdeaconsconvention.com/registration/

Please go to the link above to download and print the registration form and registration spreadsheet and mail to Convention Registrar:
Deacon Alvin J Bagley
21 Clovellt St
Baltimore, MD 21208
410-484-6129
Email: deaconbags@comcast.net

If you have any questions on filling out these forms please call or email Deacon Alvin Bagley.

Room Rates are $115.00 per night plus taxes
(Room rates is for Double Standard Room. Self parking complimentary)
Check In is 4:00 PM—Check Out is 11:00 AM

Hotel Specials - Breakfast Lunch and Dinner concession in foyer: Breakfast $5.00 Lunch $8.00, Dinner $8.00 (Cash Only)
Reservations can be made by calling the Marriot Reservation Center at 800-874-0264

All reservations must be made by June 22, 2012
Message from The Chairman
Deacon Emeritus Daniel Hoskins

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I realize everyone cannot attend the National Convention but I encourage as many who can to attend. There will be a Field Workers Ministry organizational structural workshop conducted at the July 16-20 2012 NBDC convention in Norfolk Virginia. All Local Unions and State Associations are encouraged to submit names of individuals desiring to become part of the National Field Workers Ministry by contacting Deacon Hoskins at hoskinsd@tds.net or by phone (843) 567-6300. You are also invited to attend these workshops scheduled on July 17-19. All reservations must be made by June 22, 2012. See page 1 of this newsletter or contact me for more information.

Deacons Workshop Held in Darlington, SC April 28, 2012
The workshop was a very eye opening experience. It pointed out the serious need for this type activity among our churches. I want to thank Minister Arthur Geddis Mt. Moriah MBC), Deacon Odis Williams, and Deacon Matthews for joining me in facilitating the Workshop held Saturday April 28, 2012 at Palmetto Missionary Baptist Church, Inc. in Darlington, SC where the Rev. Jordan D. Hunter is the pastor and Deacon Willie Shaw is Chairman of the Deacon Ministry. I also appreciate and thank Deacons: Levy Berry, Sammie Burroughs, George Bryant for their support and attendance along with Deaconess Emerita Doris Hoskins Chairman of the Woman’s Auxiliary and Deaconesses Shirley Berry and Barbara Burroughs.

I encourage all of our members to submit their church activities and events to the newsletter at info@deaconsalliance.org so we can share the information and support your church events and activities. Start now sending the dates for your pastor and church anniversaries even if they’ve passed so we won’t miss them next time.

Photos from Deacon Workshop at Palmetto MBC April 28, 2012
Low Country Deacons Alliance, Inc. & Its Auxiliaries

FIELD WORKERS MINISTRY TEAM MEMBER APPLICATION

Local Union Name__________________________________________

Address____________________________________________________

City: _______________________ State _____Zip________

Applicants Name____________________________________________

Mailing address ______________________________________________

City: _______________________ State _____Zip________

Phone: _____________________ E-mail: ___________________________

Signature: ____________________________________________________

By signing this application you verify that your church and Local Union/Alliance is in support of this application to serve as a Field Worker.

Mail to: P.O. Box 2403 Goose Creek, SC 29445
Deacon . . . Does Someone Need Your Ears?
By Richard E. Dodge

The disaster that shocked our nation September 11 devastated more than just the lives of those who were physically involved in Washington and New York. Emotional tremors rocked the emotional and sometimes religious foundations of countless people around the world. Some people were still in shock for days after the disaster.

This tremendous act of violence is more than an isolated event. Countless people are still asking very personal questions: Why did this happen? How can God let something like this happen? Are we safe anymore? What will happen tomorrow, next week or next year? Will I become a victim of such senseless destruction? This truly has been an attack on all people and some of your friends feel great pain.

Each of these is a very legitimate and personal question. Oddly enough, some people asking these questions really don't expect an answer. They are just looking for someone who will listen to them.

The skill of listening can be one of the most healing skills Christians can use when disasters strike. Someone with a listening ear can become a life-changing minister when people lose their emotional center of balance. Rather than making comments about how tragic this terrorist act has been, discover how to help people recover from the shock and emotional devastation they feel.

Remember this: Being a good listener is a skill you can and must develop. Although often said tongue-in-cheek, great wisdom is discovered in this statement: God gave us two ears and only one mouth. He must have intended that we become better listeners than talkers. Here are some tips for developing the skill of listening.

1. Take the first step. People experiencing mental and emotional shock will show signs of their paralysis. They may become quiet and pensive, or may talk more than you can recall them ever talking. Some will be angry, others overtly emotional. Go to them and ask them if you can talk with them. Offer to listen and let them vent their feelings and frustrations. Venting is a critical step toward healing.

2. Know how to pay attention. Learn to look directly into the other person's eyes. That tells the speaker you really want to hear. Sit across from them rather than beside them, and lean forward slightly. Your body language can communicate your concern.

3. Stop talking! Good listeners develop the skill of making only essential comments and sounds. Let the other person do the talking. Certainly you can ask questions and ask for clarification, but don't dominate the conversation.

4. Be patient. Fear is an emotion that overwhelms people. Others may be angry, numb, or confused. Helping people move beyond these emotions may require several weeks or longer. You may need to follow up with someone who opens up to you. Failure to respond may cause disillusionment toward you and God.

5. Maintain confidences. Some people might share personal thoughts and experiences that otherwise they would not voice. Be sure to maintain confidences.

6. Avoid giving advice. Listeners should be careful not to suggest "solutions." If someone needs special help, talk with your pastor or a trained counselor for their advice or refer your friend to one of these professionals.

7. Remove distractions. Find a quiet place somewhere to talk, even if it's your car. Activity around you may draw your eye contact away or cause the speaker to lose thought train.

8. Encourage expressing feelings. Never tell someone she or he should not feel as she or he does. Emotions reflect something within each of us. We cannot deny these emotions. You might need to address some of these later, but avoid that now. Never tell someone you know how he or she feels. You are an entirely different person, so you cannot know how he or she feels. Expressing feelings also is a positive step toward healing.

Continued on Page 5
9. **Allow silence.** Silence allows people to put thoughts into words. Crisis can slow down the thought process. Some people might need several minutes to form their words.

10. **Don't pass judgment.** The person struggling with feelings may feel guilty, hostile, angry and so forth. Whether they feel this was is not important. Your role is to let them talk. Also, don't exacerbate the situation with comments about the perpetrators. Keep conversation focused on the person talking.

Asking reflective questions is a very important part of your task as a listener. Ask questions like: Why do you feel this way? What did you feel when you heard about the event? How can you be of help in this situation? Ask questions that help people deal with feelings.

Ultimately we may not be able to alter the victimization of our friends, families and fellow citizens. But our faith in God's ability to heal all of us in the face of tragedy should not be underestimated. The model Jesus left us is one of love and ministry, of touching others' lives and bringing emotional, physical and spiritual healing.

**Richard E. Dodge** is a deacon at Una Baptist Church, Nashville, and is Internet producer for LifeWay Church Resources.

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**YOUTH AUXILIARY**

The Low Country Deacons Alliance, Inc., & Its Auxiliaries

Youth Auxiliary exists to equip our children for service to Christ. Our goal is to provide a Christian fellowship and train youth to become better Christians, Stewards, and to promote growth and outreach to all youth members.

*Sister Jeanette White, Youth Advisor*

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We are encouraging all youth to participate in the local **Spelling Bee and Oratorical Competition.** The date, time and location will be announced soon. For more information and to make application contact Sister Jeanette White, Youth Auxiliary Advisor at (843) 377-3843. Local participants will be eligible to compete at the National Baptist Deacons Convention of America, Inc., & Its Auxiliaries National Spelling Bee and Oratorical Contests at this year’s National Conference in Norfolk, Virginia.

*Sister Jeanette White, Youth Advisor*

843-377-3843
Welcome To the 135th Session of the
Baptist E & M Convention of SC
Dr. Benjamin D. Snoddy, President

Music Department Session
Josiellia Williams, President

Music Legends Awards Luncheon 12:30 P.M.
in the Family Life Center of Mt. Moriah Missionary Baptist Church
7396 Rivers Avenue N. Charleston, SC
Rev. Dr. A.D. Robinson, Jr., Sr. Pastor
Rev. Dr. Larry D. Goss, Sr., Pastor Elect

Celebrating Music & Arts In Worship

THEME: “Equipping Our Music Ministry For The Work Of The Kingdom”

For more information and other events go online to:
www.bemsc.org

Message from Dr. Snoddy

2012 Annual Session

Greetings in the name of our Precious Lord and Savior, Jesus Christ.

The 135th Annual Session of our Convention will convene on May 6-12, 2012, at Royal Baptist Church, North Charleston, South Carolina. Reverend Isaac Holt, Jr., and the Royal Baptist Church Family will serve as hosts. Our Welcome Night Program and Worship will be held on Sunday, May 6, 2012 at 7:00 p.m. The speaker for the evening will be the Reverend Dr. Francis Covington, Past Moderator of the Cooper River Baptist Association and Pastor of the Fourth Tabernacle Baptist Church. All services will be held at the church. Please mark your calendars for the President's Educational Banquet, which will be held on Wednesday, May 9, 2012 at the Embassy Suites, North Charleston Hotel, 5055 International Boulevard, North Charleston, SC 29418. The speaker will be Dr. Jerry Young, Vice President at Large of the National Baptist Convention, USA, Inc. We are asking that each delegate purchase a ticket at $35.00 each and the Churches and Associations are requested to purchase a table for this grand occasion.

The 3rd Annual Golf Classic will be held on Friday, May 11, 2011 at 8:30 am, at the Golf Club at Wescott Plantation, 5000 Wescott Club Drive, North Charleston, SC 29485. We will have refreshments, gift bags, awards, lunch, and great fellowship.

Prayerfully, we look forward to seeing you on May 6-12, 2012 at Royal Baptist Church. Until then, may God's richest blessings abide with you.

For A Greater Baptist E&M Convention, I Am,

Dr. Benjamin D. Snoddy, President
1531 Hampton Street, Columbia, SC 29201
Headquarters: 803.931.8811
Email: benjamin.snoddy@bemsc.org,
Deacons are not just the folks who do the devotion on Sunday they are active citizens in their community and many hold local, state, and national administrative and elected positions. Deacon Joseph H. Jefferson, Jr. who spoke at the Low Country Deacons Alliance, Inc., & Its Auxiliaries Annual Meeting and Deacon Marshall Holmes, an officer with the National Deacons Convention Of America, Inc., & Its Auxiliaries are two examples:

Deacon McArthur Holmes VP of Chatham County (Georgia)

Deacons Union announces run for Chatham County Sheriff

When asked why he decided to run for Sheriff Deacon Holmes said, “It is because of my love and commitment to Chatham County and my desire to continue to make a positive impact on the lives of individuals within our community that I am announcing my candidacy to run for the office of sheriff of Chatham County (Savannah).”

Deacon McArthur Holmes is a member of First Tabernacle Missionary Baptist Church, Savannah Georgia where he serves as Vice Chairman of the Deacons Ministry, Treasurer and Sunday School Teacher. The Rev. Dr. Clarence Williams, Jr. is his pastor. Deacon Holmes was ordained in 1989. He is VP of Chatham County Deacons Union and an Officer with the National Baptist Deacons Convention of America, Inc. & Its Auxiliaries.

Deacon Holmes went on to say, “I am not professing to have single handedly caused the correction’s bureau to become one of the best jail operations in the nation, but I can say with a clear conscience, that my hand-writing is all over the pages of its success.

As jail administrator for over ten years, I was responsible for managing the largest operational budget within Chatham County which is in excess of 34 million dollars annually. I was extremely attentive to making sure that I was fiscally responsible, that I made money judgments that kept the tax payers as well as legal and constitutional mandates at the fore-front.”

Because I insisted that we manage the best operation possible through commitment, professionalism, character, sound judgment and respect for all, we have gained the respect and recognition of our peers and law enforcement agencies throughout the southeast and the nation as being a true leader.

Born August 31, 1955 in Waynesboro, GA Deacon Holmes has been married for 33 years to Carol D. Mitchell Holmes. They have two adult daughters, Machelle D. and Monique L. Holmes three grandchildren. The election will take place on Tuesday July 31, 2012. To learn more about Deacon Holmes and his candidacy go online to www.mcarthurholmes.com.

Deacon Joseph H. Jefferson, Jr. files for re-election to South Carolina State House of Representatives

Deacon Joseph H. Jefferson, Jr. is a Representative in the South Carolina State House of Representatives, SC District No. 102 in Berkeley County serves as a Deacon at Day Dawn Missionary Baptist Church in Pineville, SC.

Deacon Jefferson, Jr. announced his candidacy for re-election for House District 102, a seat that will now include part of Dorchester County in addition to Berkeley.

“My passion rests within my commitment to serve the people of my district,” Jefferson said. “Since 2004, we have worked to unite, build consensus, and advocate for the most demanding challenges of our state. I have enjoyed serving the people of Berkeley County, and I look forward to our continued partnership with the addition of Dorchester County.”

Prior to his election in 2004, Jefferson served as special assistant to former Congressmen Mendel Davis, chairman of the Berkeley County School Board, the Sixth District Highway Commission, and Berkeley County Magistrate Judge. Jefferson serves as a member of the House Medical, Military, and Public and Municipal Affairs Committees and is sub-committee Chair of Local Government and Corrections Affairs. Jefferson, graduated from Claflin University, the South Carolina Criminal Justice Academy, Naval Civilian Personnel Command, Norfolk Virginia, with further studies at Clemson University.

He is married to Deloris Livingston Jefferson, and together, they have three children: Trena & Rickey Mack, Marva & Tye Patterson, and Joseph & Melanie Jefferson III. They have 5 grandchildren. He serves on the Boards of Great Nations Financial Corporation, Community & Schools, Citadel Education & Redevelopment Board, and others. He is a Master Mason #349. Representative Jefferson, and his wife, reside in Pineville.
We Need Relevant Church Leaders!

In 2004, I conducted a workshop at our church for our Deacons and Deaconesses. I was sitting in a minister’s conference sponsored by the General Missionary Baptist Convention of Georgia, Inc. doing my job as state music director when a statement made by the presenter that got my undivided attention. He said, “we can’t do church like we did when our fathers and grand father served”. I went back to Savannah and got busy developing a workshop to convey the importance of having relevant leadership in this 21st Century. Our church is at-risk!

Some of the Risk Factors Are:

1. Managing the Risk of Child Sexual Abuse in the Church
2. Legal, Tax and Risk Management
3. Screening Children’s Ministry Volunteers
4. Conducting Criminal Records Check on Volunteer Workers
5. Acting Preemptively to Reduce Risk of Abuse
6. Sexual Harassment
7. Liability and Church Security
8. Sick and Shut-in Visitations

What Does Relevant Church Leadership Require?

It requires less managing and more nurturing. People can be directed to attend a meeting, but they can’t be directed to take it seriously or to draw the best out of others. Church life, from attending meetings to doing ministry, requires at least a measure of self-sacrifice and self-denial. The effective church leader realizes that a solid plan and a solid agenda are no substitute for the nurturing of people so that they will want to behave in other-oriented ways.

It requires acceptance of risk and failure. As any teacher or coach knows, embracing risk is the only way to grow and failure is a much better teacher than success. Once we leave childhood, however, we find ourselves in few venues that encourage risk or reward failure. We manage our resumes to present spotless accounts of our lives. We shrink from criticism, rather than seek it. The effective church leader will establish an environment where standing still and safety aren't highly valued, where risk, danger, failure and frustration are all seen positively.

It is concerned with servanthood, not advancement. In Christian servanthood, the other person is valued, loved, listened to, encouraged to grow, and fed, clothed, picked up and protected, as needed. In most other venues in life, the other can be an obstacle to advancement, an enemy to be conquered, a competitor to be mastered, an intrusion to be ignored. In the so-called “economy of scarcity,” meeting the other person’s needs means losing out on one's own needs. In those venues, mastery and winning are the highest value. Churches certainly can play by those rules, and many do, but they don’t prosper.

It seeks transformation, not comfort. Change is rarely comfortable, and meaningful personal change can be profoundly painful. Leaders who prevent discomfort from happening end up stifling the personal growth that faith promises. The effective church leader values change, not smiles, and learns to work within the conflicts and complaints that the pain of growth can stir.

It seeks renewal, not continuity. Although churches, like other institutions, place a high value on their survival, their constituents often fail to see that a dynamic community survives and thrives by constantly renewing itself, not by perpetuating what it has and knows. At the risk of alienating some constituents, leaders need to lead the way forward in constant renewal. No facet of a religious institution is more sacred than its God or its call to serve humanity. Church leaders, therefore, aren’t conservators of an institution’s continuity, but are willing to risk that continuity if God or humanity’s needs seem to point in a new direction.

It seeks repentance (change of mind), not status quo. The essence of the Gospel, as John the Baptist and then Jesus said, is "forgiveness" through "repentance." It is "change of mind" (coming to a new mind) that enables us to seek forgiveness. Standing still and preserving the status quo tend to block that change of mind. The effective church leader, therefore, supports ministries and situations in which change of mind can happen.

It encourages freedom and discourages control. Faith is picked up, not compelled. Ministry is accepted, not forced. Self-sacrifice is a choice. Love is a choice. Any worthwhile purpose that a congregation seeks will require the exercise of free will. For that reason, the effective church leader nurtures an environment of radical freedom, without any attempt to shortcut the process by compelling this behavior or banning that behavior.

Continued on Page 9
We Need Relevant Church Leaders! Continued from Page 8 . . .

It defends the weak, rather than reward the strong. Most institutions show preference for the strong, disregard the weak, and often prey on the weak. A healthy church declares its fundamental orientation toward the weak, the dispossessed, the outcast and the victim. This frustrates the strong, and they often try to manipulate their churches to reward winners. The effective church leader works intentionally to restrain that tendency of strength to reward itself and asks the strong to join in serving the weak.

It forms circles of friendship, not hierarchies of power. Even though he lived in a world that valued hierarchies of power, Jesus formed circles of friends and opened them to all sorts and conditions. It was radical then and is no less so now. The healthy church adopts a different organizing principle -- open circles -- and needs leaders who will do the counter-intuitive and counter-cultural work of keeping those circles open and power dispersed.

It values self-organizing networks, rather than directed systems. As we laid out in the essay on church leadership, the healthiest form of church organization is free and self-organizing networks. People have ideas, imagine ways to serve God, coalesce around those ideas and ministries, and pursue them as best they can. Effective leaders establish an open environment where imagining and network-forming can occur, and monitors the activities and conversations to make sure persons aren’t being hurt and reasonably worthwhile ends are being pursued.

The Rev. Dr. Clarence “Teddy” Williams, Jr.
Pastor, First Tabernacle Missionary Baptist Church (Savannah, Georgia)
Former Vice President, National Baptist Convention, USA, Inc. Music Auxiliary
Certified Christian Education Instructor, National Baptist Convention SSPB
www.clarencewilliamsministries.i8.com

Information used at a workshop conducted at First Tabernacle Missionary Baptist Church – Savannah, Georgia by Dr. Williams.

May is National Foster Care Month...You Can Change a Lifetime!

There are more than 4,500 children in foster care in South Carolina. These children are in foster care because their own families are in crisis and unable to provide for them. Without families or stable relationships too many of these formerly neglected and/or abused children will end up facing life’s challenges all alone. Finding families, professionals, mentors, volunteers and advocates is essential to assuring the children in foster care receive the love, support and care necessary to realize their potential and contribute to their communities.

Each May, National Foster Care Month provides an opportunity to shine a light on the experiences of the children and youth in the foster care system. The campaign raises awareness about the urgent needs of these young people and encourages citizens from every walk of life to get involved – as foster or adoptive parents, volunteers, mentors, employers or in other ways.

Heartfelt Calling is a program of the South Carolina Foster Parent Association (SCFPA) created to recruit foster, resource and adoptive families who can provide a safe and loving home for children when they cannot remain safely in their current home.

We call on all citizens to join us in helping to change a lifetime of a child or youth in foster care. No matter who you are or how much time you have to give, you can help create permanent, lifelong connections for these children and youth.

Being a Foster or Adoptive Parent isn’t easy and it isn’t for everyone. But, if you have a heartfelt calling to make a difference in the life of a child, it will be the most rewarding experience you will ever have.

For information on becoming a foster or adoptive parent, Call 888-828-3555 or visit www.heartfeltcalling.org
May is National High Blood Pressure Education Month

What Is High Blood Pressure?
High blood pressure (HBP) is a serious condition that puts you at risk for heart disease, stroke, kidney failure, and other health problems. These diseases are among the leading causes of death in the United States. "Blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways.

Overview
People of all ages and backgrounds can develop high blood pressure, and it's mostly preventable. According to the Centers for Disease Control and Prevention (CDC), about 1 in 3 U.S. adults—an estimated 68 million—has high blood pressure. African Americans develop high blood pressure more often, and at an earlier age, than whites and Mexican Americans do. Among African Americans, more women than men have the condition. The condition itself usually has no symptoms. You can have it for years without knowing it. During this time, though, HBP can damage the heart, blood vessels, kidneys, and other parts of your body.

High blood pressure can run in families. People can inherit genes that make them more likely to develop the condition. The risk for high blood pressure can increase even more when heredity is combined with unhealthy lifestyle choices, such as smoking cigarettes and eating a poor diet.

Blood Pressure Numbers
Blood pressure is measured as systolic (sis-TOL-ik) and diastolic (di-a-STOL-ik) pressures. "Systolic" refers to blood pressure when the heart beats while pumping blood. "Diastolic" refers to blood pressure when the heart is at rest between beats.
You most often will see blood pressure numbers written with the systolic number above or before the diastolic number, such as 120/80 mmHg. (The mmHg is millimeters of mercury—the units used to measure blood pressure.)

Learn how to manage your Blood Pressure for a healthy heart.
Knowing your blood pressure numbers is important, even when you're feeling fine. If your blood pressure is normal, you can work with your health care team to keep it that way. If your blood pressure is too high, treatment may help prevent damage to your body's organs. High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people don't realize they have it. That's why it's important to get your blood pressure checked regularly. Talk with Your Doctor about High Blood Pressure!

Prevention Is Better Than Cure
By Carolyn Guilford, CNC
The only way to know if you have high blood pressure is to have it checked. Recent estimates say that almost one third of all adults in America now have high blood pressure. Because there are no symptoms, this deadly disease is called the ‘silent killer’. More and more persons who don't know they have high blood pressure die from the first heart attack, or stroke, with no other warning. Others, the lucky ones, live with stroke, heart failure or kidney failure. Lucky?

Getting Blood Pressure under control and keeping it with-in normal range can help ward off additional heart problems. Prevention is better than cure. So many times we want a quick fix. The quick fix: a pill or a bag of pills, surgery or other intervention, but let me tell you, there's no such thing. What really works is a change of lifestyle behaviors, changing how we think about our lives, and changing what we eat. Only one body, one life.
Prevention Is Better Than Cure Continued from Page 10 . . . .

A. Fad and crash diets don't do it. They simply frustrate you and waste valuable time, by delaying a healthy program.

B. You need to get some physical activity each day. Even modest activity will help, in the beginning. Then build up.

C. Understand that packaged processed and boxed foods are not healthy, no matter what name is on the outside. Basically they lack good nutrition. But, even more dangerous are the chemicals used to keep them shelf stable. Buy fresh, eat fresh, and live.

Making lifestyle changes is not always easy. (Easier though if you are sick enough and / or in enough pain, and tired of suffering.)

We have learned that to manage blood pressure we need to:

1. Change the way we eat. By choosing fresh foods over canned and packaged, we are able to cook our own food, using fresh herbs and seasonings, the right kind of salt, and the good oils, in our meals.

2. If you do purchase boxed, canned, or otherwise pre-prepared foods, read the labels for information on the amount of sodium in the food. Look for sodium-free or low sodium. Realize that the substitute for salt is sugar, fat and chemicals.

3. Only purchase fresh breast of poultry, wild caught fish, kosher meats, fresh vegetables and fruits, raw nuts, and whole grains.

4. Understand that frozen dinners, pizza, canned soups, broths and salad dressings, are generally all high in sodium, sugars, chemicals, and should be avoided.

5. Grow something in your yard: herbs, greens, peas, tomatoes, onions, peppers are all so easy. Or, just one pot of something you like.

6. Find ways to manage the stress in your life. Playing cards, reading, cooking, dancing, singing, journaling, walking, sewing, seeing a movie with friends, meditating, learning a new skill, enjoying your hobby. Trust me, it works!

7. Make a conscious effort to add more activity to your daily life. An after lunch or dinner walk with a friend, or walk alone to clear your thinking and plan your day early in the morning. Make it a routine.

8. After the routine sets in, build on it. Do more, stretch yourself. Walk longer, or add another activity you enjoy. Take a step class, or ride the bike.

9. If you drink alcohol, reduce your intake to no more than one drink per day. If you do not drink, don't start just because you've heard that the antioxidants are helpful. Get your antioxidants from - no sugar added red grape juice.

I always recommend that persons - especially someone who is already sick - take a good multi-vitamin with multi-minerals. Also, get help in deciding whether to add Niacin, calcium, potassium, magnesium and fish oils, which are all known to help manage high blood pressure. However these supplements are not magic, but work exceedingly well with the above mentioned measures in place.

This is a recipe for long term health. Once these habits are established, the one thing most health care professionals advise first - to lose weight, will start to happen naturally and easily.

The Editor and Low Country Deacons Alliance, Inc., & Its Auxiliaries Health Committee gives a special thanks and appreciation to Carolyn Guilford for sharing this article with us and our readers.

Carolyn Guilford is a nutrition consultant, health and wellness advocate, author and workshop organizer, living and working in Savannah, Georgia. Ms. Guilford holds monthly forums at the Bull Street Public Library (Savannah, GA) on a variety of health concerns. She has a new book “Reverse The Curse- Leaving Diabetes Behind”. Carolyn can be contacted via email at: Carolyn@Healthrestoration101.com or Health Restoration Consulting, P.O. Box 2814, Savannah, GA 31402. You can also contact Carolyn by calling 912-236-8987.
Calendar of Meetings & Upcoming Events

May 6—12, 2012
135th Annual Session of
Baptist E & M Convention of South Carolina
at
Royal Baptist Church
North Charleston, South Carolina

Next Meeting - May 14
Promise Land Missionary Baptist Church
2641 Bennett Yard Rd.
N. Charleston, SC 29405-6805
(843) 763-6968

June 11
Eastside Missionary Baptist Church
584 Meeting St.
Charleston, SC 29403-4536
(843) 817-0180

May 15 – 20, 2012
Promiseland Missionary Baptist Church will celebrate their
125th Church Anniversary with three nights of services.
The speakers will be:

- 7PM Tuesday May 15: The Rev. Clary Samuels Cooper River Baptist
  Association Moderator & Pastor of Victory Baptist Church
- 7PM Wednesday May 16: The Rev. Cheryl Mills, Pastor of El-Shaddai
  Missionary Baptist Church
- 7PM Thursday May 17: Pastor Willis Glover, Mt. Olive Baptist Church
- 4PM Sunday May 20 Closing celebration, The Rev. Arthur White, Pastor
  New Bethlehem Missionary Baptist Church.

For more information contact Donna Fields, 843-552-7520

July 16-20, 2012
2012 Annual Session National Baptist Deacons Convention
of America INC & Its Auxiliaries
Hosted by the great state of Virginia
Norfolk Marriott Waterside
235 East Main Street
$115.00 per night plus taxes call Reservations: 800-874-0264
Phone: (877) 612-4253 or E-mail:
info@nationalbaptistdeaconsconvention.com for more information

Make Your Reservations Early
Get Registration Form & more information online:
www.nationalbaptistdeaconsconvention.com

“Teamwork Generates Harmony”