Fasting is not hiding in sackcloth and ashes

According to the Fultonia Health and Fasting Institute fasting does not mean starvation: Fasting is not hiding in sackcloth and ashes away in a cave and denying oneself the goodies of Life. Fasting is controlling our food and liquid intake for a certain definite time period, under supervised conditions.

This is done as a corrective health measure. It is done as the most sensible and effective way of losing weight and keeping one's weight normal.

Fasting, when done scientifically, is using for health purposes the knowledge that the human body, including the complex nervous system and brain, has grown up around the digestive tract and its auxilliary organs such as the liver, kidneys, the prostrate gland and the pancreas gland.

Therefore, the first place to look in eight percent of our internal difficulties is for a digestive system that is not functioning properly. Quite often a fast of twenty - one days, followed by the proper diet will help the body to cure and heal itself. Such is the potency of controlled, scientific fasting.

Fasting is the recognition of the fact that proper elimination is as important for our health as the food we eat. Eating and elimination of waste products must be a continous cycle if the body is to remain healthy.

Thus it is not accident that both during and - immediately after a supervised fast, one feels new life his body and has a feeling that he is living in a fresh and different world. What has occurred is that one's body has gotten rid of the accumulated toxic poisons which are the results of wrong eating and improper elimination.

"It always comes as a shock to learn for the first time that our colon (large intestine) contains waste material which has become hard as a rock, which has lain there for years, and which continues not only to block the passage of waste to the colon, but as this waste matter continues to decay, this poison is re - absorbed into the body: Fasting, enemas and colonic therapy are the only way short of surgery that this old, dried fecal matter can be removed," says the institutes director. **Why are fresh fruit juices used in preparing one to go on a fast?**

They are used because they are rich in vitamins, minerals, trace minerals and enzymes which can be digested easily without putting a strain on the digestive system. In addition, they provide much needed alkali, which the body needs when fasting, because the body organs provide excess acid during the fast. This is why ideally our daily diet should be from 60 to 80 percent fresh fruit and vegetables; because they help balance the acid foods we eat and the acid which our body produces.

According to the reports; here are some of the things the body will be doing while you are fasting:

1. Your body will first use up any diseased cells it contains.

2. Your body will use up the excess fat which made you look so ungainly and was actually a threat to your health.

3. Your body in using up the excess fat will slim you down to the natural contours (size and figure) that you may not have seen since you were in your young womanhood or manhood.

4. Your body will begin at once to eliminate the waste matter you have accumulated inside of you over the years.

5. Your body will use the skin (an organ of elimination) as a means of getting rid of the toxic poisons you have accumulated. Blemishes, spots, pimples, liver splotches, skin whisky burns, acid wheips and even small growths such as warts often disappear during an extended fast. This is why a faster's skin often has the glow, texture and complexion of a young child.

6. Your body's other eliminative organs (liver, lungs and kidneys) increase their effectiveness both during and after a fast. This is the reason toxic wastes are cleaned out of the body so quickly in such quantities.

7. Your body's protective organs get a much needed rest. Your digestive organs now functioning much more effeciently, and you will not need nor eat as much food as before.

8. Your body will normalize itself not only physically but in its nervous and mental functioning as well. You will experience a clamness because your body now enables you to do so by being better able to tolerate stress.

It is reported that one's craving for extra stimulants is drastically reduced. Many, during and after a fast, have kicked the alcohol habit, the coffee habit, and though it is not widely known, some dope addicts have broken the vicious dope habit with the help of fasting.

"It is quite marvelous" says Ms. Fulton, "how quick, alert and keen one's mind becomes during and after fasting. Fasters often think they have discovered some mysterious source of mental power. What has occurred is that the brain and nervous system, having gotten rid of toxic poisons, are now functioning as they should have all the time."

Women join to create a self-sufficiency fund

Black women, under the umbrella of the National Council of Negro Women, NCNW, have joined together to create an NCNW Self-Sufficiency Fund.

This national campaign is designed to help sustain the vital programs that NCNW operates locally, nationally and internationally; and it will help NCNW to continue its long tradition of advocacy and service to black women and their families.

"People in communities across this country are participating in unprecedented numbers in the Self-Sufficiency Drive," said Dorothy Height, national president, NCNW.

"Black women, in particular, are demonstrating their commitment to the concept of self-sufficiency, a goal that NCNW has held steadfast since its founding.

That goal is more important now than ever. At "two minutes to midnight" black women are taking a hard look at programs and projects. Our awareness of the flood which is shaking the very capstones of society has also deepened our sense of social responsibilities as blacks, as women, and as human beings.

Out of our closeness to the black family, where real change and real service must occur, we sense a need for a new unity of black women to respond to the new challenges," she concluded.

It is with this spirit that the NCNW Self-Sufficiency Fund was created. It will help support and accelerate the mobilization of women in the states; stave off the impact of cuts that endanger programs that serve those with the greatest need in minority communities - teenage mothers, unemployed youth, children suffering from malnutrition and hunger, solo parents, youth in conflict with the law, persons with financial management problems, and those in need of vocational training.

Members of NCNW section in 31 states and the national black women's organizations affiliated under the NCNW umbrella are spearheading the Self-Sufficiency Drive at the community level. Headquarters in Washington, D.C. and New York City are coordinating local initiatives.

For further information contact the National Council of Negro Women.

Dr. Rier to teach course

Black women in all age groups will be interested in a unique learning experience being offered by the Falls Church Center of the University of Virginia.

Dr. Nadine Rier of Alexandria will head the program: New Perspectives for the Black Woman. The course will include testing and counseling, lectures, and workshops in a program geared to flexibility as changes develop in the students' needs.

In addition, the course is designed "to allow the student to develop her latent aspirations, abandon the routine, and experience self - fulfilment," says Dr. Rier.

Objectives of the course should appeal to young women seeking direction, women in mid-career looking for alternatives in employment, the retired, or nearly retired women exploring constructive opportunities, and women who want to lead a more effective life.

The course begins Oct. 6 on Tuesday evenings from 7 to 9:30 p.m. at Groveton High School in the Mt. Vernon area of Alexandria. Tuition is $65 and there are no registration fees, out- of state tuition, or other admission qualifications. It meets for ten sessions and a total of 25 hours of instruction.

Women who prefer a day-time course may enroll in Break-through, which meets on Tuesday mornings from 9 until noon at the Falls Church Center on the Lee Highway. This course includes 15 sessions and costs $85 for 45 hours of class instruction. Both courses earn CEU credit.

Dr. Rier graduated from Howard University with a B.A. in sociology. Later she received her science from Catholic University and earned her doctorate from Rutgers in Educational Theory. She is a member of the American Library Association, the American Association of University Professors and Kappa Delta Pi, national honor society in education and Delta Sigma Theta Sorority, public service organization.

THE LIVING CHURCH

Saturday church school launches fall session

TEACHERS MEET — Members of New Shiloh Baptist Church, Fremont Avenue and Lanvale Street, who will be teaching at the Saturday Church School are shown at a meeting held at the church. Mrs. Freddie Heath, superintendent, is shown giving some of the final instructions to the teachers. The church school is from 10 a.m. to 1 p.m. and is open to the public. The Rev. Dr. Harold A. Carter, pastor, will also be teaching an open Bible class.

By Pam Widgeon
AFRO Religious editor

For eight years, New Shiloh Baptist Church has sponsored a Saturday Church School session that is free and open to the public.

The Rev. Dr. Harold A. Carter, pastor of the church says the main purpose of the Saturday Church School is "to do an indepth teaching of the Bible and secondary focus to challenge trained workers to do tutorial work with other students."

The fall session of the Christian educational session of the Saturday school will start Saturday, Sept. 19, 10 a.m. with a devotional hour, followed by Bible study from 10:40 a.m. to 11:45 a.m.

Among classes that will be taught from 11:45 to 12:45 are adult education, typing, sewing, reading and a dance class. According to Mrs. Freddie Heath, superintendent of the school, 250 children and adults have already registered and registration will continue Saturday.

Students who are having problems with math, foreign languages and elementary school **reading can be assigned a tutor.**

Rev. Carter will be teaching an open Bible class every Saturday from 12 to 1 p.m. and approximately 150 people have registered for his class.

The Rev. Vincent Thompson, assistant minister of the church will be teaching a new class for young adults between 18 and 25 years old on problems related to the entering of life's many responsibilities. Rev. Thompson said his students will discuss living in today's world from a Christian stand point of view and problems such as loneliness and sex.

Ms. Juanita Givens, program assistant at Bethel AME Church, Druid Hill Avenue and Lanvale Street said that classes at Bethel's church school will begin Oct. 3, 9 a.m. to 3 p.m. and there is a $5.00 registration fee.

"I see the need for the school to be in the church because I see a need for Christian based education. At Bethel, we try to create an alternative learning environment as well as an alternative learning experience," said Ms. Givens.

Registration deadline for Saturday classes at Bethel is Sept. 26. Ms. Givens stated that Bethel still has Sunday School but the purpose of the Saturday classes is to provide academic instructions for remedial and enrichment purposes. Classes at Bethel are also open to all ages. Classes that will be taught are English, math, reading, Afro - American History, African Studies and French.

30,000 attended national Baptist convention in Detroit

By Marjorie R. Green

The 101st annual session of the National Baptist Convention, USA, Inc., officially opening on Sept. 9 in Detroit Michigan found many of its 30,000 delegates and observes stunned by the announcement last Sunday that Dr. Joseph H. Jackson, leader of the nation's largest black organization had voiced through the media his endorsement of the Reagan budget cuts.

Jackson again restated his position during his annual address to delegates representing the 6.3 million member convention. In his address, he urged all Baptists to support the budget cutting efforts because "In all operations, physical or otherwise, there must be some cutting if diseased or cancerous tissue is to be removed.... Everything by the president may not be perfect, but it is unfair as well as most divisive to reduce the entire economic program to the term Reagan cuts."

Dr. Jackson further referred to the Sept. 19 Solodarity march on Washington protesting the budget cuts as "offensive and discourteous contempt for the nature of the presidency."

He describes the convention as big business and says the accomplishments of the church have enabled the membership to acquire real estate, provide educational facilities and church buildings, build cultural edifices and maintain strong economic stature in communities througout the nation. A millon dollar fund wisely invested produces income for scholarships and other programs.

National Baptist, according to Dr. Jackson do not rely on grants and gifts from the federal government. We understand the principle of separation of church and state, a fundamental doctrine of the Baptist faith. Even though the open door theme suggested the civil rights struggle and encouraged a return to respecting the basic laws of people, Dr. Jackson, speaking to the clergy gathered in the Joe Louis Arena to hear his annual address, stated that "many of us are using the church as a civil rights front, hiding our sins behind a cloak of hypocrisy and poising as preachers and as priests and saints when we have not even heard the voice of the saviour."

Welcoming remarks were extended to the delegates by Mayor Coleman A. Young and Gov. William G. Milliken. Mayor Young stated that the crowd attending the musical presented by a 1,500 voice choir led by the Rev. Charles Nicks of Detroit, was a record breaking crowd surpassing a former record set two years ago during a sporting event.

The Woman's Auxiliary lead by Dr. Mary O. Ross met in the Cobo Hall Arena. The "Open Door" theme was extended to read "The Open Door to Enlightenment, Involvement and Commitment."

Week long tributes were paid to Mrs. Ross in celebration of her 20 years at the helm of the Woman's Auxiliary. The tributes began with the ninth annual Mary O. Ross Day on Sunday morning at the Greater Shiloh Baptist Church, where the Rev. William H. Crews is pastor.

Nearly 200 early arrivals traveled with Dr. Ross to the National Baptist Youth Camp and Senior Retreat in Michigan. Ethel Thornton, Hattye Jackson, Ruby Purnell and this writer were among those from Maryland who attended the retreat.

The 1982 annual session of the National Baptist Convention USA, Inc. will be held in Florida.

Christian education festival Sept. 26 in Druid Hill Park

The second annual Christian education festival sponsored by the Baptist Congress of Christian Education Auxiliary to the United Baptist Missionary Convention, Inc., will be held Sept. 26, 9:30 a.m. to 6:30 p.m. in Druid Hill Park.

"Evangelism," is the theme for the festival. Ministers who will be participating are the Reverends Douglas I. Miles, pastor Memorial Baptist Church who will be speaking on What Is Evangelism?

Rev. P. M. Smith, outreach minister of First Baptist Church will talk about personal evangelism. The Rev. William Calhoun, pastor of Trinity Baptist Church will talk about Biblical Concepts of Outreach or Evangelism; Rev. Herman Ford, pastor of Fountain Baptist will speak on the topic Evangelism, A Church Task and the Rev. Olin P. Moyd, pastor of Mt. Lebanon Baptist Church will speak on What Is Our Message?

Choirs from Leadenhall Baptist, St. Timothy Christian, Bethel AME and Ames Memorial United Methodist Church will be singing.

Coordinators are Mae F. Moody, Bernice B. Lewis, Mary Clark, the Rev. Oberlin W. Perry Sr., Hilda Brown and Isaac Moody. Jacqueline G. Brooks is president of the Baptist Congress of Christian Education and the Rev. Matthew R. Silver is president of the United Baptist Missionary Convention Inc.

Metro church briefs

Members of Trinity Baptist Church, 1601 Druid Hill Ave., will have revival services Sept. 21-25, 7:30 p.m. The theme for revial is, "In One Accord With Christ and The Church."

The evangelist for the week is the Rev. Isaiah Paul, pastor of Second Baptist Church, Akron, Ohio and former assistant pastor of Trinity Baptist Church. The Rev. Dr. William C. Calhoun is pastor.

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The women of Jones Tabernacle Baptist Church, 2100 Baltimore St., will observe their 36th annual Women's Day on Sept. 26.

The Rev. Violet Fisher will be the 11 a.m. speaker and a special program will be held 3:30 p.m. at the church. Mrs. Rosa Coleman is co-chairperson; Deaconess Julia B. Anderson is chairperson and the Rev. Arthur E. Jones is pastor.

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The Junior Usher Board of Ray of Hope Baptist Church will sponsor grandparents rally on Sept. 20, 5 p.m. The Rev. Charles M. Franklin Sr., is pastor.

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Annual homecoming services will be held Sept. 20 at St. Matthews United Methodist Church, 416 East 23rd Street. Their theme is "Jesus Is Calling, Come Home, Come Home. The Rev. Moses L. Gwynn Jr., will be the 11 a.m. speaker and dinner will be served following the morning service. A concert will be held at 3:30 p.m. Leo Dutton is chairperson, Alease Weems is co-chairperson and St. George I. B. Crosse is pastor.

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The women of John Wesley United Methodist Church will celebrate Women's Day on Sept.27. Their theme is "Christian Women's Love Made Visible." The Rev. Calvin P. Crosson is pastor.

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The Tones of Faith of Knox United Presbyterian Church, 1300 Eden St., will celebrate their seventh anniversary on Sept. 27, 5 p.m. The Rev. Lonnie J. Oliver is pastor and Ms. Jackie Greene is president.

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The Baltimore Folk Music Society will sponsor a concert on Sept. 19, 8:30 p.m. at Lovely Lane Methodist Church, 2200 St. Paul St.

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The Sanctuary Choir of Pennsylvania Avenue AME Church, 1128 Pennsylvania Ave., will sponsor a state rally on Sept. 20, 6 p.m. in the multi purpose room of the church. Abraham Simpson is president and the Rev. Marshall H. Strickland is pastor.

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The Baha'i Community of Baltimore will start its fall series of free film showings that are open to the public on Sept. 19, 7 p.m. at 5301 Gwynn Oak Ave., "Four Families," and a film on African culture will be shown on Sept. 19 and on Oct. 3, 7 p.m. "A Cabin in the Sky," will be shown.

GUEST SPEAKER — Attorney Michael B. Mitchell will be the speaker for the annual luncheon of the United Nurses of Various Churches Inc., Sept. 26, 11:30 a.m. at the Lord Baltimore Hotel. Reva Morris is president and Gloria Holeman and Bertina White are chairpersons.

World Peace Day will be observed on Sept. 20, 12:00 noon, by the Baha'i Community at 5301 Gwynn Oak Ave. Mrs. Mary R. Nichilsonne is the speaker.

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The Hopkins United Methodist Church will have homecoming services Sept. 13-20. Ministers who will be participating in the service are the Rev. Anthony Muse, pastor of Mt. Zion Mt. Oliviet United Methodist Church and Rev. Harry Seawright of Paynes AME Church in Jessup, Md.

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Members of Campfield AME Church will celebrate their first Women's Day on Sept. 27, 11 a.m. The Rev. Delores Hillman of Bethel AME Church will be the speaker and Mrs. Edith H. Bryant of Bethel AME is the 3:30 p.m. speaker. The Rev. Harold McFadden is pastor.

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The Morgan Gospel Choir, consisting of Morgan State University students, directed by David L. Parker, will be in concert on Sept. 26, 6 p.m. in the auditorium of Hammond High School in Columbia.

The concert is jointly sponsored by the Martin Luther King Jr., Community Church, where the Rev. Darrell S. Greene is pastor and Mount Pisgah AME Church in Columbia, where the Rev. Jesse C. Taylor is pastor.

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The 28th annual concert of male choruses of Maryland will be held at Community Baptist Church, 7344 Cedar Ave., in Jessup Md., on Oct. 20, 6 p.m. The Rev. Robert Hurte is pastor.

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The Rev. Clarence Yerby, pastor of St. Abraham Baptist Church, will be preaching at Hope Chapel Baptist Church, 1423 Riggs Ave., Sept. 21-25. Services are being sponsored by the young adults of Hope Chapel and the Rev. P. H. McCloud is pastor.

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The Saint Bernadine's Catholic Church choir will be presented in concert at Waters AME Church, 417 Aisquith St., on Sept. 25, 7:30 p.m.

Churches help families fight high food prices

Is the rising costs of food taking your appetite away? Well, fret no longer. Local churches have come up with a way not only to give you more food for your money, but an opportunity to venture into new and delicious foods that you and your family might otherwise never try.

It is called a food co- op and its happening in churches in every section of the city. Low income to middle income families are taking advantage of them and realizing they can gain more food buying power through the cooperative.

The food stamp program was the first step toward better buying power, but food co-op takes you many steps farther. Starting next week, the Living Church page will detail co-ops at various churches, where they are located, what is offered in a co-op and how to become a member.

Lott Carey meets

Progress in its 84th session

Dr. G. L. Bowick, reelected president of the Lott Carey Baptist Foreign Mission Convention, during the 84th annual session that met in Charlotte, N.C.

Other Officers elected were: Dr. Benjamin Robertson, Richmond, Va.; Dr. James A. Scott, Newark, N.J., Dr. J. Jasper Freeman, Norfolk, Va., Dr. C.W. Ward, Raleigh, N.C., Rev. James L. Cherry, Rochester, N.Y.

Helen V. Benton, Baltimore, Md., was returned as head of the Women's Auxiliary. Dennis R. Hawkins was elected to head the Laymen's Department and Doris Griffith will supervise the Youth Department. She is the mother of ABC television anchorman, Max Robinson.

Dr. W. C. Somerville, of Washington, D.C. who serves as the executive secretary, gave an annual report that showed a substantial rise in the funds raised for the missions during the Fiscal Year, 1980-81.

"Too many preachers are looking for what their church can do for them and not what they can do for their church", President Bowick pointed out in his annual address. "The gospel is still the world's greatest power," he emphasized. "Our need now is for missionaries with Holy Ghost Power, if the world is to be saved for Christ," Dr. Bowick concluded.

"Nobody is going to save us but ourselves," Benjamin Ruffin, black assistant to North Carolina's Governor, James Hunt, told the several thousand missionary delegates assembled at the Radisson Plaza Hotel

FOURTH ANNIVERSARY — The Rev. Dr. H. Walden Wilson 2nd, pastor of Israel Baptist Church, Preston and Chester Streets, will celebrate his fourth anniversary as pastor of Israel Baptist on Sept. 20. The Rev. Gregory Perkins, pastor of St. Paul Community Baptist will be the 8 a.m. speaker and the Rev. Leman Bates, pastor of First Baptist Church will be the 11 a.m. and 3:30 p.m. speaker.