



# GoodNEWS Church Health Connection

## The Village!



### *(Social Health)*

The birth of a new baby is the most miraculous experience you can witness. It is truly a testimony of God's power and awesomeness.

I was recently present at a birth of a dear friend's baby girl. After looking into the eyes of that beautiful, perfect baby, I could not help but think of God's power. At the birth of this baby were her "village" supporters—mother, father, grandparents, great-grandparents, sisters, brothers, aunts, uncles, friends and pastors.

When man creates something (cars, blenders, TV's, etc.) he has to develop it with a power source in place— an electrical outlet or battery. Man's items come with instructions on how the item is made, instructions on how to make it do what it is designed to do, what to do if it breaks down, and a copy of the guarantee.

We are given priceless children that are born into the world with no instructions attached, no plug or space for batteries, no "how to" manual, and no guarantees and no return policy if we break it! But God has given us all we need to keep this new precious life whole and healthy— the Bible.

*"Train a child in the way he should go and when he is old he will not turn from it."  
Proverbs 22:6*

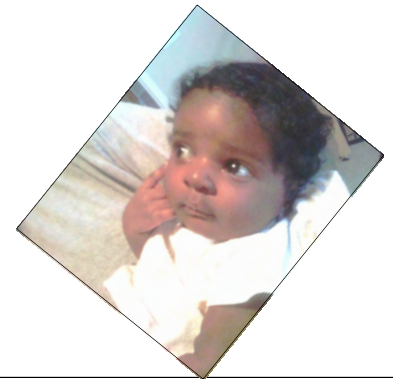
First, God provides babies with a beating heart— no switches, plugs or batteries needed! The village is there to provide the rest. In the village are people who can take over care of the baby if the parents get tired, lose their financial means or shelter. There is always someone that can be there to make sure this young life has an opportunity to be successful and healthy.

I challenge us all to take a look in our communities, churches, and families and see if there are children that are in need of some village support. You would be surprised at how far a little support goes. It does not always have to be in the form of money. Here are a few things you can do as a "village" supporter:

1. Hold a baby for a mom when you see her hands full.
2. Take food to a family you know may be struggling.
3. Help out with children's ministry activities.
4. Start a baby items closet at your church that has gently used baby items, clothes, furniture and supplies that are given to families in need.
5. Babysit for a single mother to give her a break.
6. Pray for the children always.

**So, take a look at your "Village" and see how you are or are not impacting it positively.**

*Article by: Ms. JR Newton, R.N.*



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### Special points of interest:

- Importance of "The Village" in the lives of children
- GoodNEWS Trial Measurements Completed!
- Coping with the Stress of Holidays
- Turkey Chili! Healthy Recipe

## GoodNEWS Trial Measurements Completed!

On October 18, 2008, the last measurement of participants in the GoodNEWS Trial were measured at Community Missionary Baptist Church in DeSoto, TX. The other measurements on September 2008 were done at Friendship West Baptist Church Dallas, TX.



The purpose of the measurement events were to gather baseline data on several members of each of the 18 churches enrolled in the GoodNEWS 2008 Program to see if health ministry development in congregations is effective in preventing chronic diseases such as heart disease, high blood pressure, stroke, diabetes and obesity. Each congregation recruited from 12 to 40 members (depending on the church size) to be in the study. These participants were measured for blood pressure, cholesterol, triglycerides, blood glucose, Hemoglobin A1c (test for diabetes), weight, height, waist measurement, diet history and activity assessment. On average it took approximately 2 to 3 1/2 hours for each individual to complete the measurements.



Approximately 139 volunteers from UT Southwestern, churches, community organizations assisted in obtaining the measurements. A total of 393 persons from the GoodNEWS 2008 Churches were measured. For 18 months these churches will be divided into two groups- one group will join the existing GoodNEWS 2005 churches and will be presented with a structured curriculum of health information sessions, classes and common **activities**. The other group's Lay Health Promoters will be responsible for deciding what health information will be introduced to their congregation. After the 18 month period, the 393 members will repeat the measurements to see how much improvement the members had in their health status, depending on the group their church was in.



At this point, all of the churches will join as one single group to receive the same information for 18 months, then will be remeasured for a last time.

The study will cover a three year period. The effect will be two fold- the churches will get the much needed healthy lifestyle information and free screenings, and it will also help in presenting facts to government funding agencies, such and the National Institutes of Health (NIH) that health ministries and health information in African-American churches can help improve the health of African Americans.



GoodNEWS would like to thank the many volunteers who made the measurement events possible, and the GoodNEWS 2008 pastors and Lay Health Promoters of the congregations: Beth-Eden Baptist Church, Bible Way Baptist Church, Community Missionary Baptist Church, Concord Missionary Baptist Church, Family of Faith Christian Church, First Christian Methodist Evangelistic Church, Friendship West Baptist Church, Goodwill Baptist Church, Greater Harvest Church of God in Christ, Heartline Ministries, Mt. Moriah Missionary Baptist Church, New Friendship Baptist Church, New Millennium Baptist Church, New Mt. Moriah Missionary Baptist Church, North Park Missionary Baptist Church, Singing Hills Baptist Church, St. Matthew C. I. L. Missionary Baptist Church and Tabernacle Missionary Baptist Church.

# Christmas Trivia

## The Christmas Tree:

Saint Boniface, an English missionary, known as the "Apostle of Germany", in 722 came upon some men about to cut a huge oak tree as a stake (Oak of Thor) for a human sacrifice to their pagan god. With one mighty blow, Saint Boniface felled the massive oak and as the tree split, a beautiful young fir tree sprang from its center. Saint Boniface told the people that this lovely evergreen, with its branches pointing to heaven, was indeed a holy tree, the tree of the Christ Child, a symbol of His promise of eternal life. He instructed them henceforth to carry the evergreen from the wilderness into their homes and to surround it with gifts, symbols of love and kindness.



## The Advent Wreath:

is a Lutheran custom that originated in Eastern Germany. They are round as a symbol of God's eternity and mercy, of which every season of Advent is a new reminder; and it is made of evergreens to symbolize God's "ever-lastingness" and our immortality. Green is also the Church's color of hope and new life. Four candles, three purple or violet that represent penance, sorrow, and longing expectation and one rose or pink that represents the hope and coming joy are placed within to represent the four weeks of Advent. They are replaced with white candles for the Christmas season which ends with Epiphany. Wreaths are an ancient symbol of victory and symbolize the "fulfillment of time" in the coming of Christ and the glory of His birth.



## Depression and the Holidays

The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. The demands of shopping, parties, family reunions and house guests also contribute to feelings of tension. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress

### Coping with Stress & Depression During the Holidays

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Be realistic about what you can and cannot do. **Don't put the entire focus on just one day** (i.e., Thanksgiving Day). Remember **that it's a season of holiday sentiment, and activities can be spread out to lessen stress and increase enjoyment.**
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- **Leave "yesteryear" in the past and look toward the future.** Life brings changes. Each season is different and can be enjoyed in its own way. **Don't set yourself up in comparing today with the "good ol' days."**
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as taking a drive to look at holiday decorations, or going window shopping.
- Be aware that excessive drinking will only increase your feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, **or contact someone you haven't heard from in a while.**
- Save time for yourself! Recharge your batteries! Let others share in the responsibility of planning activities.



Source: [www.nmha.org](http://www.nmha.org)– Mental Health America

## Faithfully Fit Challenge 2008!

In September of 2008 some of the GoodNEWS churches in the South Dallas Area participated in a three month healthy lifestyle challenge. Each church had a team of participants that participated in the challenge. The activities of the challenge were healthy lifestyle practices, such as: drinking at least eight, 8oz. glasses of water per day;



walking at least 10,000 steps per day, eating fruits and vegetables daily, praying and reading positive information daily,

to name a few.

The purpose of the challenge was to encourage members to develop healthy lifestyle practices that included the six dimensions of health promoted by the

GoodNEWS program– spiritual health, social health, mental health, intellectual health, physical health and environmental health.

**The winners of this year's challenge will be announced at the December Lay Health Promoter's Meeting. The GoodNEWS Team will go to the winning church to present the award.**

## GoodNEWS Announcements!

**St Matthew C.I.L. Missionary Baptist Church  
Rev. Charleston L. Mayes, Pastor**

Would like to invite you to the ribbon cutting ceremony for their new location  
Sunday, December 7, 2008  
At 3:30 p.m.  
1707 St. Augustine Rd.  
Dallas, TX 75217  
For more information, contact  
Ms. Terry McGilvery- 214-440-7262

**Faith Memorial Church Free Clinic!  
1900 S. Ewing S.  
Dallas, TX 75216**

Tuesday- December 23, 2008  
2:30 p.m. to 4:30 p.m.  
For appointment call:  
972-218-1921  
Patient check in from 2:00 p.m. to 4:00 p.m.  
Services available;  
Non-emergency children and adult care  
STD screenings  
Prescription refill  
Free Lab  
School physicals  
No immunizations available

***Kwanzaa Fest 2008!***

***Health Fest 2008!***

***Automobile Building—  
Texas State Fairground***

**Saturday- December 13, 2008—**  
10:00 a.m. to 7:00 p.m.  
**Sunday- December 14, 2008—**  
11:00 a.m. to 6:00 p.m.

**Cornerstone Baptist Church**

**Rev. Chris Simmons Pastor**

1819 Martin Luther King Jr. Blvd. Dallas Texas 75215  
214-426-5468

**Christmas Store** for needy families through Valley Ranch. To sign up call 214-426-5468 or contact them at [www.christmasstore.org](http://www.christmasstore.org).

**December 24, 2008—** Christmas Eve Barbeque from 10:00 a.m. to 1:00 p.m.

**Homeless Lunch Feedings** each Tuesday and Thursday from 12:30 p.m. to 1:30 p.m. at the Cornerstone Kitchen— 1616 Grand Ave. Dallas, TX 75215

**MLK Jr. Day of Service-** Monday, January 18, 2009 12:00 p.m. to 1:00 p.m. at the church

**Rock Life Medical Outreach—** Each Tuesday from 10:00 a.m. to 2:00 p.m. at the Cornerstone Care Center (corner of Ewing and Grand) Free medical services.

***Kwanzaa Fest 5K Walk. Run and  
1K Kids walk***

Saturday— December 13, 2008  
Packet pick up from 6:30 a.m. to 8:30 a.m.

To pre-register:

[Www.johnwileyprice.com](http://Www.johnwileyprice.com)

Event is from 8:30 a.m. to 11:00 a.m.

Some Health Fest Features:

Free Mammograms, HIV screenings, Diabetes screenings, Dental screenings, Blood pressure screenings, Vision screenings, health education information, and much, much more!!



**Important GoodNEWS LHP Meeting!**

All GoodNEWS LHPs please be present to receive your information regarding randomization of the churches!

Tuesday- December 2, 2008 at First CME Church 7575 S. Hampton Rd.  
Dallas TX 75232

6:-00 to 7:30 p.m.

LHPs Please plan to attend! To RSVP contact  
Ms. J.R. Newton- 213-648-0359



**WARREN AVE. CHRISTIAN CHURCH**

2431 Warren Ave.  
Dallas, TX 75215  
**Health and Wellness Fair!**  
January 10, 2009  
10 a.m. to 2 p.m.



**Free Health Screening  
Family event for adults and kids!**  
If you would like to be a vendor, contact:  
SheBronnda Ray- 214-395-1522



***Y.E.S. (Youth Expecting Success) Program***

**Celebrates 10 year in service!**

Christian based program for teens ages 13-19 yrs. old that are enrolled in public or private school.

***FREE to participate***

This program provides SAT Prep, reading and math improvement; Life Skill presentations on: Spiritual Growth, Etiquette and Grooming, **Abstinence Based Sex Education ("You Are Worth Waiting For")**, Money Management, Career Development, Community Service and Health and Wellness. Classes start January 3, 2008.

For more information call Ms. Newton at 214-476-7410.



5323 Harry Hines Blvd.  
Dallas, TX 75390-9066

## Healthy Recipe

### ***Low-Fat Turkey Chili***

- 1 tbsp olive oil
- 1 large onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 3/4 pound 99% fat-free ground turkey
- 2 tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp oregano
- 1/2 tsp ground coriander
- 1 14 1/2-ounce can crushed tomatoes
- 1 8-ounce can tomato sauce, no salt added
- 1 15-ounce can black beans, rinsed and drained
- 4 tbsp fat-free sour cream or yogurt

4 tbsp fresh chopped cilantro (optional)

Heat oil in a large Dutch oven. Add onion, celery, chopped pepper and garlic. Cook for 5 minutes or until onions are translucent. Crumble the turkey into the pan, breaking it apart with a wooden spoon. Cook for about 5 minutes or until no longer pink. Stir in chili powder, cumin, coriander and oregano. Add in tomatoes and tomato sauce, and simmer for 10 minutes, stirring occasionally. Add beans, mix well and cook on low heat for a further 5-10 minutes. Ladle into bowls. Add a dollop of fat-free sour cream or yogurt on top, plus some fresh chopped cilantro if you have it. Serves 4.

**Per Serving:** Calories 298, Calories from Fat 51, Total Fat 5.7g (sat 0.6g), Cholesterol 35mg, Sodium 440mg, Carbohydrate 32.9g, Fiber 10.2g, Protein 28.8g

Source: [www.lowfatcooking.about.com](http://www.lowfatcooking.about.com)

