



Helen Thomas Gregg, Dee Fuller Fitzgerald, Delores Caldwell Leggroan, and Jessie Flowers Morris at St. Philip's Mission sometime in the '30s.

St. Philip looking for history

by Kathryn H. Bogle

Help! A church is looking for its past!

St. Philip's Episcopal Church is sure the church has a bright future, but the members want to know and to treasure its past as well.

Do you have any pictures of members of St. Philip's congregation in its early days? How early?

Well, here is one found among the momentos belonging to Mrs. Phil Reynolds, now confined to a nursing home. Mrs. Reynolds was active in the community, and in the life of the church, when these girls paused after serving in the choir on a sunny Easter morning.

Pictured are Helen Mae (Thomas) Gregg, Dee (Fuller) Fitzgerald, De-

lores Caldwell Leggroan and Jessie Flowers Morris. The year had to be in the latter 30's as the sign in the background reads: "St. Philip's Mission."

Mrs. Helen Rawlins will be delighted if other pictures such as this one are passed along to her, as she is gathering pictures and stories about the choir—history of St. Philip's especially.

You will find Mrs. Rawlins at her place in the choir nearly every Sunday. Bring anything you find of this nature to the attention of anyone in the church. Everyone is searching in scrapbooks, in grandmas attic (or basement), to help locate all the tender memories of the past to help in St. Philip's History Project! Can you help?



TOBY & BARB WALDOWSKI

Waldowski's give concert

Waldowski Concert Ministries presents gospel in song at Hughes Memorial United Methodist Church Sunday, August 5th, at 11:00 a.m.

Toby and Barb Waldowski are both originally from eastern South Dakota. They majored in music and graduated from South Dakota State University. In 1976, they were invited to appear as soloists on the television ministry "Hour of Power" and in 1977 they began an extensive

concert touring program throughout the United States.

Since then they have visited 46 states and given some 300 concerts. They have produced two record albums and have completed studio work for their third album.

Reverend Austin V. Ray, the choir of Hughes Memorial Methodist Church and the entire congregation extend a hearty welcome to everyone.

Sexual exploitation of Black men by white women

by Don Fuller

Last week's article explained the theory Dr. Francis Cress Welsing, a Black psychologist, has developed, to provide a basis of understanding Black mental illness specifically caused by White Supremacy policies, practices and institutions. This week: "Applying the Theory."

PART II

Dr. Welsing would have us apply a kind of reality therapy once her conclusions and understandings of Black reality are accepted. Such an application would allow us to understand why Black people exploit other Black people (they are targeting on the least powerful, or least capable of retaliation) and yet, gain nothing in wealth, power, or position. ("Zero minus zero, times zero, divided by zero, plus zero equals... zero"). It also explains to Dr. Welsing why Black people (men in this case) who are oppressed into self-hatred (insanity), should be treated with sympathy instead of being attacked by other oppressed Black people (Black women). Such attacks on Black victims are easier than attacking white women, white people or White Supremacy. Moreover, we, as a people have no power to meaningfully reward or constructively punish the behavior of anyone.

A result of this crippling self-hatred (a mental illness which we have been conditioned to accept as sane by white educational institutions) is the mistaken gratitude of Blacks when the pain of direct oppression is relieved in any way, that is, to a slave who is being beaten daily by one slave owner and petted by another, the petting is preferable to the beating. The humiliation is the same and yet the gratitude may be taken for "love" by the guilt-ridden oppressor and fearful slave, but the political positions have not changed, only the type of exploitation of human "resources." Such a slave will gladly perform the most degrading, dehumanizing acts of genocide through intercourse and delude him/her self into accepting any rationale as a psychological defense for the reality that slaves (or ex-slaves) have no power to change the relationship. This individual "kindness" of an oppressor, Dr. Welsing explains, is an exploitation under systematic White Supremacy just like stolen labor in slavery. Both are exercises of the privileges White Supremacy institutions create "for whites only" and take full advantage of our illness and powerlessness under that system, leaving White Supremacy intact. (The "liberal" wants to be a beloved master, but master nevertheless). The true white "revolutionary" would stop the exploitation and attack the institutions of White Supremacy and power, without the enjoyment of exploitation privileges at night.

For those Black folks who can only see themselves in the role of male or female commonly held by white America, it is only possible to see Black men as "chasing" white women. The reality, however, according to Dr. Welsing's theory is that Black men (powerless) cannot chase white women (powerful), unless white women make it very clear that they want to be chased. White women are, therefore, "chasing" Black men (or Black men are getting screwed by white women). "Screwing" can now be seen as a word meaning... to exercise power over someone. A heavy political statement.

This phenomenon of the "chase" is part of a new power relationship being established by white women for two reasons according to Dr. Welsing:

Recognition and envy by white women, of the genetic power and physical beauty of Black people;

Recognition by white women that pursuit of Black men constitutes a direct attack on the myths and rationale underlying white male repression of them in this exercise of all economic and political power they have also envied.

It is important to note, however, that in no case is the objective of the relationship to politically or economically empower Black people, nor is it even possible; the "relationship" can be ended with a scream of "rape" by the white woman; the relationship is usually entered into by the misfits, rejects, and powerless among white society who have the least to lose, and most to gain in self-esteem; and the "relationship" reinforces and takes full advantage of the Black mental illness of self-hatred, while it challenges white male dominance for economic and political power over Black folks! Meanwhile, the oppression of Black people is deepened by Black male/female antagonisms and divisions, and the destruction of familial ties created by miscegenation.

The white woman who sexually exploits oppressed Black men under White Supremacy is no less the enemy of Black unit, liberation, and pride than the white male who sexually exploits oppressed Black women, and for that reason white power, white supremacy, white men and white women must be the target of a sustained attack, not the Black victims of white oppression. With awareness, according to Dr. Welsing, comes the responsibility for acting and its dangers, or not acting with its self-delusions and awful fear of dying, when sanity unmasks our reality. Then we know what we must do and how, says Dr. Welsing, without any grand strategy orchestrated by an elite few.

Heat danger for elderly

Older adults should make it a point to keep cool during hot summer days.

According to Vicki Schmall, Oregon State University Extension gerontology specialist, the elderly are less tolerant of heat than are younger adults and are particularly susceptible to heat reactions, especially during heat waves.

"Heat stroke is a major concern," says Mrs. Schmall. "Death from heat stroke rises sharply for those 60 or older."

Studies suggest a major reason for the difficulty of the old to adapt to high temperature is the reduced capacity of the skin to lose heat by evaporation.

Heat stroke is an immediate life threatening situation. It is characterized by high body temperature (can reach 104 degrees or higher), hot and dry skin, and a rapid and strong pulse.

Medical care is urgently needed for a victim of heat stroke. "Act quickly to cool the victim," advises the specialist. "Pour cold water over the body or apply ice packs to the body. Both are excellent coolants."

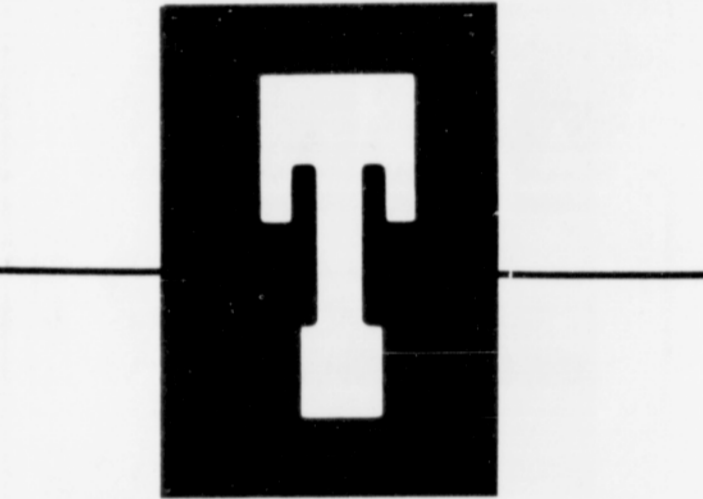


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