



RELIGION UPDATE

by Dee Armstrong

If you are like me there just isn't enough time in a day. And often the word of God is the first thing to be cut from today's agenda.

Here are a few tips on receiving your spiritual daily requirements to aid you into good Christian living.

As the days lengthen you'll find the sun peeking through your windows a bit earlier each morning. Why not take advantage of the early morning during these warmer months?

Set your alarm back a half hour (or an hour if you can handle it) and try one or two of these suggestions.

1. **Meditate.** Sit in your back yard or out your favorite window, watch the sun rise, and meditate on God's word. How in six days he created the world and on the seventh he rested. Meditate on God's creation.
2. **Study.** Select a book of the Bible, find a study guide.
3. **Pray.** Which is also a very important part of our daily spiritual requirement. Pray for various people in your life, starting with your family. Include co-workers, friends, acquaintances, the postal carrier, and the people at your grocery store. Ask God to make his love shine through you to each of them.
4. **Travel Time.** To and from work, do you take public transportation to work. If so, this is a good opportunity of getting some quality reading time in. Study your favorite book in the Bible, your Sunday School lesson or perhaps a good biblical book you always wanted to read but never was able to find the time.

Don't forget breaks and lunch, another good time to open the Bread of Life (Bible).

There are many ways and many opportunities to read God's word, just keep your eyes open and your hearts in tune.

This week's update with food for thought, "The Lord is my Shepherd; I shall not want" Psalm 23:1.

Coffee/Tea Fundraiser

The Portland Chapter of the Black United Front is sponsoring a coffee/tea fundraiser for State Representative Margaret Carter. The fundraiser is scheduled for Sunday, May 18th from 2:00 p.m. to 4:00 p.m. at 2932 N.E. 15th Avenue, Portland, Oregon.

Please come out and show your support for Representative Margaret Carter, who has demonstrated her commitment to our community.

Ninth Anniversary

Bethel AME Inspirational Choir will celebrate its ninth anniversary May 18, 1986, at 3:00 p.m. at the Bethel Church. On hand to perform for the special occasion will be Antioch Missionary Baptist Choir, Pastor Rev. Howell, the Psalms Gospel Singing Group directed by Mr. Ken Clark, The Gospel Harps, Frank Williams, Manager, Bethel Cathedral choir, Alpha I, and the host choir Bethel Inspirational.

This program is free and open to the general public. The theme is "Rejoice and Sing All Ye Saints."

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Oregon Suicide Rate 29% Higher Than National Average

Suicide is the eighth leading cause of death in Oregon and the second leading cause of death in individuals 15 to 24 years old. In 1984, 423 Oregonians took their own lives at a rate 29% higher than the national average. To help alert the public to this growing problem, Governor Atiyeh and Mayor Clark have proclaimed May 4th through 10th Suicide Awareness week.

Laura Scolar, Executive Director of Metro Crisis Intervention Service, stated that many suicides can be prevented. She explained that the typical signs that often precede a suicide attempt include depression, sudden or unexplained changes in behavior, and efforts to get one's affairs in order, including reviewing wills and giving away personal possessions.

Scolar warned against the common belief that someone who talks about suicide really won't do it. "Many people who talk about suicide really make the attempt. Such statements are ominous indications and should be taken seriously. Never make the mistake of thinking that someone you know isn't 'the type' to take his or her life. Anybody can be a suicide victim. They're young, old, male and female, black and white, rich or poor," she says.

Suicide deaths increased again during 1984, reaching levels higher than any time since 1977.

Suicide rates are three and one-half times higher for men than women.

Males between the ages 25 and 64 have similar death rates, but after age 64 the rate turns sharply upward.

The rate for men 75 and older is four times higher than that for 15 to 24 year old males.

Peak suicide years for women are 45



Suicide Awareness Week designated by Mayor Clark. Chairperson Estella Elehebe (left) and Vicki Kolberg (right), both of Metro Crisis Intervention Service attend signing.



In 1985 there were 1,775 calls from Multnomah County residents who were either thinking of taking their own life, or who were concerned about a friend or family member.

The 24 hour telephone number for suicide counseling in the Portland metropolitan area is 223-6161, 681-7020 for Washington County, and 227-1010 for deaf and hearing impaired callers.

Care for Expectant Parents

Prepared Childbirth Association of Portland will sponsor a one-night seminar on newborn care for expectant parents on Thursday, May 29, from 7:00 to 9:00 p.m. Class will be held at Good Samaritan Hospital's Linfield School of Nursing at 2255 N.W. Northrup Street in Room 107.

Subjects to be discussed include: selecting practical clothing and equipment on a budget, choosing a baby doctor, infant behavior, and parent survival techniques.

Instructor is Glenda Peterson, R.N., a former public health nurse who has taught for Prepared Childbirth Association since 1979.

Cost of the class is \$5.00 per family. To register, call 245-3196.

How do you catch a cold?

A cold is contagious during the first two or three days of a cold, and also just before the symptoms occur.

Studies suggest that colds are passed primarily through *hand-to-hand* contact. A virus, for example, might travel from a phone or doorknob to your finger, to your nose, to your mouth, or even to get hold of the "main door" of your body when you enter. (Adapted from frequently asked questions about your mouth.)

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On any given day, one out of every ten hairs on your head has stopped growing, it's said.

The ten most frequently written words in English are I, the, of, and, to, a, in, that, is, it.

The letters "I.O.U." didn't originally mean "I owe you." They meant "I owe unto" followed by the creditor's name.

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11:00 a.m., Morning Worship
7:00 p.m., Evening Worship
7:00 p.m. Wednesday, Prayer Meeting
Victor R. Brown, B. Theology, Pastor
Dr. Hazel L. Brown Sr., D.D., Assistant Pastor

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the Bible says—
Follow peace with all men, & holiness without which no man shall see the Lord

Tuesday	Bible Band	7:30 p.m.
Thursday	Choir Rehearsal	7:00 p.m.
Sunday	Sunday School	9:15 a.m.
Morning	Worship	11:15 a.m.
Y.P.W.W.	Worship	6:30 p.m.
Evangelistic	Worship	8:00 p.m.
Tuesday-Friday	Noon Day Prayer	
Friday	"The Pastor Speaks"	7:30 p.m.
Saturday	Morning Prayer	9:00 a.m.

*Showers of Blessings, *Unleashed
Singles morning, 10:00 A.M.
Station K-STAR 1480AM Day