



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".

Come and help us celebrate our ninth year of singing his praises. For more information call Cal Robertson Williams at 287-3483, program chairperson; Luther Evans, President; M.A. Watley, Pastor.

Food Service Program

Grace Collins Memorial Center announced its sponsorship of the USDA Child Care Food Program. Meals will be made available to enrolled children at no separate charge without regard to race, color, handicap, age, sex, or national origin. Parents' income determines the amount of money USDA will reimburse us to provide meals to enrolled children. The income eligibility guidelines listed below are used to determine our reimbursement from USDA. Children from households whose monthly income is at or below these levels are eligible to be counted for free or reduced price meal reimbursements.

Family Size	1	2	3	4	5	6	7	8	For Each Additional Family Member Add
Free	\$527	\$709	\$891	\$1,073	\$1,255	\$1,437	\$1,619	\$1,801	\$182
Reduced	750	1,009	1,268	1,527	1,786	2,045	2,304	2,563	259

Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

Meals will be provided at Grace Collins Memorial Community Center, 128 N.E. Russell, Portland, Oregon 97212.

Traveling with Children Needn't be a Rough Ride

Contrary to what many people may believe, children make excellent travel companions. They bring with them a willingness to be amazed and a zest for discovery. The trick is to keep their needs and interests in mind.

Here are a few suggestions from the magazine's special "Guide to Family Vacationing":

- Before registering in any hotel, make sure it has a swimming pool or game room.

- Have your child bring along his own carry-all containing everything he wants. And pack a few surprises, a deck of cards, a jigsaw puzzle or a pair of binoculars can go a long way — or at least help you to.
- Keep a good supply of snacks on hand, and carry litter bags in the car. Also handy are moist towelettes and a brush for crumbs.
- Tape players with headphones make excellent back-seat diversions. A

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 to 54 years old.

61% of suicides are by guns, followed by poisons (20.8%) and hanging (10.4%).

Suicide is the eighth leading cause of death in Oregon and the second leading cause of death in individuals 15 to 24 years old.

An Oregonian takes his or her own life every 20.3 hours.

(Above information from the Oregon Vital Statistics 1984 Report, Health Division, Oregon Department of Human Resources)



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



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

Metro Crisis Intervention Service receives approximately 4,000 calls each month. Of these between 5 and 7% are concerning suicide.

About 142,000 lives can be saved. That's how many Americans would probably not die of cancer this year, if they didn't smoke.

NATIONAL EYE CARE PROJECT

There is a National Eye Care Project, designed to bring medical eye care to the nation's needy elderly.

Sponsored by the American Academy of Ophthalmology and the Oregon Academy of Ophthalmology, the project offers ophthalmological care to U.S. citizens and legal residents age 65 and over who have medical eye problems, but who don't have a medical eye physician. Professional eye care will be available to the elderly at no out-of-pocket cost to the patient. Information on eye diseases will be sent to anyone who calls the toll free helpline number, 1-800-222-EYES. Eye glasses and prescription drugs are not paid through this program.

few music or story cassettes can give hours of listening enjoyment to them and miles of peace and quiet to you. (Dual headphones are available.)

- Dole out fun chores. An older child can be placed in charge of keeping track of expenditures. Another can be the navigator, responsible for tracing the route and estimating arrival times. A vacation diary is also a good idea.
- Play road games. A favorite family

pastime is trying to spot license plates from all 50 states.

A complimentary reprint of "The Reader's Digest Guide to Family Vacationing" is available from the reprints manager, Reader's Digest,

Pleasantville, N.Y. 10570. Prices in quantity are as follows: 50 copies — \$12, 100 copies — \$20, 500 copies — \$40, and 1,000 copies — \$65.

The sound heard by a listener when holding a seashell to the ear does not come from the shell itself. It is the echo of the blood pulsing in the listener's own ear.

INTERESTING FACTS

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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.

We do not do business with South Africa.



American State Bank

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Head Office
2737 N. E. Union
Portland, Oregon 97212

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 fingers, and from there to your nose, where cold viruses love to get hold. Your eyes are the other "main door" through which cold viruses enter. (Advice: wash your hands frequently and keep them away from your mouth, nose, and eyes.)

YAK-YAK WHILE YOU EXERCISE

The easiest way of determining whether the exercise you are doing is enough, but not too much, is to take the "Talk Test."

If you can carry on a conversation while you exercise — which means you aren't gasping for air — you're exercising at a steady, aerobic pace.

If you start huffing and puffing, you're going too fast; slow down!

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John H. Jackson, Minister, M.Ed., M.D.
9:30 A.M. Church School
11:00 A.M. Congregational Worship
5:00 P.M. Vesper Service
10:00 A.M. Baptism Fourth Sunday
11:00 Communion Each First Sunday

The American Baptist Convention, American Baptist Churches of Oregon, Lott Carey Foreign Mission Convention: National, Oregon, Portland Ecumenical Ministries, American Bible Society, M.&M. Board.

Emmanuel Evangelical Baptist Church
3939 N. Mississippi Ave.

There will be a soul thrilling revival meeting and you are cordially invited to come and worship the Lord with us at the Emmanuel Evangelical Baptist Church beginning May 11, 1986 to May 25. Time 7:00 p.m. Preaching each night May 11 time 7:00 p.m. Rev. E. Jenkins and the Rev. James C.E. Faulkner and Rev. Chester Staples of Portland, Oregon. Come and bring a friend.

Pastor Rev. E.D. Cannon
May the Lord bless you...

COMMUNITY CHURCH of GOD
202 N.E. Skidmore
281-5678
284-5559

Services:
9:45 a.m., Sunday School
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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Thursday: Choir Rehearsal 7:00 p.m.
Sunday: Sunday School 9:15 a.m.
Morning Worship 11:15 a.m.
Y.P.W.V. 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.
"Shower of Blessings" (includes Sunday morning, 10:00 A.M. Station KAAR 1400AM Day)

To the Glory of God
The Ark of Safety Church of God in Christ
"The Ark of Safety" Bishop W.L. Peterson, D.D., Bishop-Apostle

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

ALLEN TEMPLE CME CHURCH

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Sunday School 9:15 a.m.
Sunday Worship 11:00 a.m.
Christian Youth Fellowship 6:00 p.m.
(second and fourth Sundays)

Phillip S. Nelson (Pastor)

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