



FIRST IN TOUCH LAY NEWSLETTER - FEBRUARY 2020

First Episcopal District Lay Organization



MID-YEAR MEETING 2020
EDITION

Greetings from the
First Episcopal District Lay President



I am thankful to Almighty God for His many, many blessings and I am grateful to each and every one of you for all you do for African Methodism and the Lay Organization.

We went in great numbers to the Connectional Lay Biennial in Bellevue, WA. I was ever so proud. Our Annual Meeting in July in Dover, DE was a huge success. We were able to get our business done as all elected officers and committee chairpersons gave an account of their stewardship for the past year. We continue to have wonderful and inspirational Bible

Study and although the Annual Meeting is mainly for business, we still had two exciting and engaging workshops.

We also continue to take care of our bodies by rising early for 30 minutes of morning fitness. Our Friday night service was a blessing with special thanks to our speaker and a young adult, Brother Shawn J. Lee, 2nd VP of the Philadelphia Conference Lay Organization. At each meeting we continue to provide an excellent newsletter featuring the First District Lay events as well as those who will from our seven Conferences. Our workshops are always live streamed so others can see the wonderful work we are doing.

We continue to give scholarships each year and we thank our Scholarship team for a wonderful breakfast on Saturday morning. Scholarship winners and/or their families were present and recognized. This was the second year for the President's Youth and Young Adult of the Year Award and congratulations to our second winner, Brother Nickolas Clarke-Durham from the New England Conference. Even though only one person could be the ultimate winner, all of our young adults are winners and each received gift bags.

Thank you to all elected officers, committee chairpersons, members and friends for making the First District Lay Organization something we can be proud of. I appreciate each of you and thank you for all you have done.

We look forward to our Mid-Year Meeting being hosted by the New England Conference and know we will have two days of extraordinary workshops. As your president I have continued to travel to all seven conferences to be of support in any way I possibly can by attending your luncheons, lay services, training sessions, funerals, election of officers, conducting workshops and speaking at lay days. I do my best to encourage and support you because I love what I do and I love each of you.

THE WORK IS ALL DIVINE! Looking forward to great things in 2020.

"We can do all things through Christ who gives us strength". Philippians 4:13

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The purpose of this organization shall be to organize and train the laity of the African Methodist Episcopal Church so that each layperson may utilize to the maximum the abilities and skills granted by God, in assisting with the improvement and extension of God's kingdom, and creating happiness, peace, and harmony among its members

Bishop

Gregory G.M. Ingram

Presiding Prelate
First Episcopal District
African Methodist
Episcopal Church

Reverend Dr.

Jessica

Kendall Ingram

Episcopal Supervisor
First Episcopal District
African Methodist
Episcopal Church

Mrs. Cheryl Hammond-Hopewell

President
First Episcopal District
Lay Organization

Ms. LaSean R. Shelton

Director of Public Relations
First Episcopal District
Lay Organization



***First Episcopal District Lay Organization
Biennial 2019—Bellevue, WA
Submitted by: Sister Cynthia King
First Episcopal District Lay Historiographer***



What can I say about the 36th Biennial Session which convened from June 30, 2019 – July 4, 2019 in Bellevue, Washington located just outside of Seattle? As we were approaching Seattle I looked out of the window and there was the Mt. Rainer snow cap mountains. We were met at the airport by Welcome Teams throughout the airport lead by District President Simeon P. Rhoden, Jr. and host members from the 5th Episcopal District. As we arrived from 20 Districts and 32 Countries, we all became one. The First Episcopal District members arrived from 7 Conferences (Philadelphia, Delaware, New Jersey, New York, New England, Bermuda and Western New York) with more than 90 persons in attendance. We arrived at the Hyatt Regency Hotel, 9000 Bellevue Avenue, Bellevue, WA. We were Onward to Greater!

On the morning of June 30, 2019, President Cheryl Hammond Hopewell began the day with a group of members who joined her for the morning workout. After breakfast everyone began to attend their committee meetings that they were assigned by President Hopewell. We had representation on all committees. Brother Earl Knight and members of the Praise Team which included several members from the First District, did an outstanding job with the music all week. Learning Labs began with “My First Biennial” with Bishop E. Earl McCloud, Jr., President Valerie Gary Bell, Director of Lay Activities, Ametta Reaves and YAR Jamesha Williams. DOLA Reaves introduced the new logo and the meaning of each part. She spoke about the new study guide. By the way, if you hear the name of the YAR from the 11th District in the name of Robbyn Michell Hopewell, she is the daughter-in-law to President Cheryl Hammond Hopewell. There were several ministers present from the First Episcopal District and we thank them for attending the 36th Biennial Session of the Connectional Lay Organization.

The 36th Biennial opened with the Opening Service of Worship and Sacrament. Host Bishop, Bishop Clement W. Fugh, Presiding Prelate of the 5th Episcopal District brought a mighty word from scripture – Ezekiel 37:11-12 and St. John 1:14. His text was “Never Mind What They Say About Them Bones”. He acknowledged Dr. H. Ralph Jackson, who lead the AME Church from “Dollar Money to Conference Claims to the General Budget Claim System”. Dr. Jackson was a visionary for the AME Church and his words had power. There is power in words and the tongue and words that we speak can hurt. Be careful of what you speak.

On the morning of July 1, 2019, we were greeted with Praise and Worship by our own Brother Earl Knight and the Connectional Choir. We would like to thank Bishop Gregory G. M. Ingram and our Episcopal Supervisor, Rev. Dr. Jessica Kendall Ingram for hanging with the First District Lay. We also thank Rev. Henry Belin, Rev. Silvester Beaman, Rev. Dr. Erika Crawford, Rev. Vernon Byrd and Rev. Marcellus Norris for keeping an eye on us. The Devotional Message was delivered by AMEC President/Publisher of the AME Sunday School Union, Rev. Dr. Roderick D. Belin. The scripture came from Luke 4:14-20 and his text was “Are You Willing to be a Prophet”. He told us that prophetic work requires a calling. No one enters without being called. You are a prophet with the message that you deliver. Afterwards, President Valerie Gary Bell presided over the morning business section of reports.

The keynote speaker for the morning was The Honorable Maxine Waters, US Congresswomen from the 43rd District of California and she is a member of the African Methodist Episcopal Church. She spoke about #45 and how our struggles are still very real. She spoke about how the President helped the foreign countries interfere with our elections and how they hacked the Democrat’s emails. The afternoon session continued with business reports and everyone prepared for the 5th District Summer Jam. It included dancing, food, music and fun by all. Brother John Thomas, Editor of The Christian Recorder is the first Lay Person elected as Editor in 167 years. He speaks Spanish and Portuguese and for the first time, the 2016 Discipline has been published in Spanish. The publication has grown from 3800 to nearly 5000 subscriptions.



Farewell
5th Episcopal District
& The AMEC
Connectional Lay
Organizational
Thank You for a
great week



On July 2, 2019 the morning began with Devotions lead by devotional team. The message was delivered by Rev. Etoria V. Goggins, Pastor of First AME Church, Manassas, VA. The 2nd Vice President, Simon Letsoko, presided. Reports continued. The plenary message was given by the Rev. Ronald Braxton, a Presiding Elder in the 2nd Episcopal District. His text was "The DNA of the Lay Organization". He spoke about the meaning of DNA and how it is shaped like a ladder. He asked everyone to repeat "I Am A Priest". All who are baptized are called priest, but they are not all called to be pastors. After lunch we attended our assigned Learning Labs, each one being filled to capacity. That evening we had the Candidates Forum. There were candidates present running for Bishop, for Treasurer, for the Judicial Council, for Church Growth and Development and for Executive Director for Retirement.

God blessed us with another outstanding morning July 3, 2019 with Devotions. The 3rd Vice President Starr Battle presided over the business session. We began with Constitution and By-Laws, Proposed Legislation and worked our way to the Lay Plenary session with the Rev. Shirley Lytle from the 5th Episcopal District preaching. Her text was "Behind the Mask". She spoke about everyone will not like how you move and she spoke about having a slave mentality. There can only be one (HNIC). Identify your core value. We are called to reach others who are left behind. For the YAR Hour of Power, the Rev. Corwin Davis, 13th Episcopal District gave the message from 2 King 2:8-15 on the subject, "I Want More". He spoke about how he loves the movie, "The Wiz".

He mentioned that the cowardly lion has no bark nor bite. He said that we need to stay strong no matter what happens. He informed us that it takes power to stand for God. Ezekiel was a prophet that built an altar to God and he stood strong. After lunch we attended our assigned Learning Labs. Our very own 1st Episcopal District YAR, Brother Marcus Burnett had a session on, "Surviving and Thriving". There was standing room only. Marcus discussed how young people are not respectful to the elderly. He said that as a people, we should accept others with open arms. The Gala was very nice and Bishop E. Earl McCloud spoke about continuing to use our youth in all areas of the church. The First District Outstanding Lay Person of the Year was President Emeritus Sister Mary Mootoo. The winner will not be announced until December. Congratulations to our honoree.

The closing of the 36th Biennial took place on Thursday, July 4, 2019. President Valerie Gary Bell presided over the closing session. President Bell gave Brother Earl Knight high accommodations for his work all week. She thanked Brother Knight for his gifts, grace and willingness to serve in the Connection and she will be forever grateful to him. She also thanked parliamentarian, Sis. Wanda Sims for a job well done. The next Executive Board Meeting will take place December 5-7, 2019 in Atlanta, GA.

The Memorial Service consisted of prayer and scripture from 1 Thessalonians 4:13-14. The First District memorialized Bishop Talbott, Supervisor Mary Ann Norris, Brother Walter Jeffers and Sister Shahira Jenkins. We will truly miss them but their spirit will always remain with us. Our traveling Mediation was given by Bishop Anne Henning Byfield. Bishop Byfield's text was "Onward to Greater" and her scripture was Haggai 2:1-9. She began by asking "do you remember when church was just church"? There were Methodists and Baptists. Ministers did not need to know the Greek or Hebrew languages. Somehow the church has become a business like everything else. The musicians can't play the old songs because they cannot read music.

The question is how do we get to greater? We are the best team for being negative. We need to be strong like it was with Martin Luther King, Frederick Douglas and others and move forward. Don't get hung up on the good old days. God is working on building a new church and a better church, but we must reach more people. We must be like the Great White Shark who cannot swim backward, but can only swim forward. Be strong and learn how to fast and pray. The 36th Connectional Lay Biennial closed with our circle of 499 persons.

We thank God for blessing our meeting.



First Episcopal District Lay Organization Annual Meeting



Submitted by: Sister Cynthia King

Greetings from The First Episcopal District Lay Organization. We convened in Dover, Delaware on July 17, 2019 for our Annual Meeting in large numbers and feeling excited as we had just returned from the 36th Biennial Lay Convention in Bellevue, WA. As we entered the Dover Downs Hotel, we were greeted by the Delaware Conference Laity and First District President, Cheryl Hammond Hopewell. We would like to thank President Cheryl, Dr. Martin Drew and the officers and members of the Delaware Conference Lay for making sure our needs were met. Special thanks for a job well done to Rev. Henry Belin for the arrangements and making sure our stay was very pleasant one.

After we settled into the hotel, we traveled to Mt. Zion AME Church in Dover where we were greeted by the host church Lay Organization with hugs, smiles and great hospitality. After the meal we returned to the hotel where some of the lay members assisted with preparing the kits and President Cheryl met with the Executive board and the Frank C. Cummings Scholarship Committee.

As the sun rose on Friday morning at 6 am, July 18, President Cheryl and some of the lay members started the day with morning exercise. You must always come prepared to run, walk or exercise with the president so make sure you bring your workout gear to our District Lay Meetings. Morning devotions were led by Sister Kitty Combs-Smith who was filling in for the Chaplain, and Brother Earl Knight, Musician. The theme for the weekend was, **“Called to Make Difference”** and the scripture was taken from Matthew 22:14 and Jude 22. She spoke about the theme and how **“It Is Time to Wake Up and be the one to Make a Difference”!**

First Episcopal District Lay Director, Sister Josephine Fulcher-Anderson greeted us and spoke about the activities for the day. The First Timers were dismissed to meet with Sister Robin Batson, First District Lay Third Vice President. Sister Batson presented the First Timers with an awesome overview of the AME Church and the Lay Organization. She explained to them the facts that we as lay members should know about the AME Church, the history of the Lay Organization, the functions of the church, and the levels of the AME Church. Sister Batson spoke about the 2016 Bicentennial Doctrine and Discipline and the 2019 Biennial which convened in Bellevue, WA, June 30 – July 4, 2019 with a total of over 90 persons in attendance from the First Episcopal District.

The morning began with greetings and welcome back from President Cheryl. She also recognized Presiding Elder Jocelyn K. Hart Lovelace from New England Conference and Sister Patricia Nira Smith, First Episcopal District WMS President and thanked them for their support and dedication to the lay organization. She also noted that Sister Smith is also the First VP of her local lay organization. Business included the Adoption of the Agenda, Roll Call and Minutes, Correspondence, and a report from the Lay Institute Workshop held at the Christian Education Congress which was conducted by President Cheryl. The Memorial Service was presented by Sister Combs-Smith. The First Episcopal District Lay Organization extends its deepest condolences to all the family members of the deceased. We remembered 6-Clergy and 58-Laity. May all of them rest in the arms of our Heavenly Father. After the Memorial Service,



the lay members had a chance to meet with the committee chairpersons to learn more about the various committees, how they operate, and about their duties and responsibilities. After the committee meetings each one gave a report to the body.

The afternoon workshop was presented by First District Lay, First Vice President, Sister Donna-Lee Chandler-Smith on the subject, **"Restoring the Mission and Purpose of the Lay Organization"**. Sister Chandler-Smith spoke about the **"Sankofa"** which is a metaphorical symbol used by the Akan people of Ghana, generally depicted as a bird with its head turned backward taking an egg from its back. It expresses the importance of reaching back to knowledge gained in the past and bringing it into the present in order to make positive progress. Sister Chandler-Smith explained that restoration means to build on something and bring it to a new state. We must reflect on our past and move onward to greater things in the future. We have been called to make a difference. It's time to stop sitting in the moment and letting things happen. She made 6 points: 1. You must understand our mission and that we are not all called to do the same thing. 2. Cast a Vision to carry out the mission. We must allow the Young Adults a voice at the table. 3. The Local Lay is the bottom up organization because without the local organization you will not have a Conference, District or Connectional Lay Organization. 4. We cannot move away from Teaching and Training in our Local, Districts and Connectional. That is the only way we can grow our churches and organizations. 5. Greater means change. We must allow change to happen in order to grow. 6. Our Vision must transcend what we see.

After the workshop President Hopewell received more reports. For our evening service, our worship leader was Brother Marcus Burnett, First District Lay Young Adult Representative. The Call to Worship was done by Sister Fulcher-Anderson. Our speaker for the evening was Brother Shawn James Lee, Lay President at Bethel AME Church, Bryn Mawr, PA. who also serves as the 2nd VP for the Philadelphia Conference Lay Organization. Brother Lee is an excellent speaker and a teacher. His topic for the evening was **"Onward to Greater"** and his scripture was taken from John 14:11-14 and Philipians 3:9-14. Onward to Greater was also the theme for the Biennial. Onward to greater is a life style. It says that each day we should learn something new. God commands us to do greater works and he instructed his followers to do greater things. We must strive to be like Jesus in all that we do each day. In John 14 it tells us to do greater works. You must not dwell in the past. You will have things that will make you strong and you will have days where you will feel weak, but you must move forward no matter what. You must take the path to self-righteous with God. God commands that you do greater things in your life and to do that you must press onward with Jesus Christ. Bishop Ingram spoke about how lay night has grown at each Annual Conference. He also spoke about the points that Brother Lee made. Bishop Ingram said that he prays that we all will reach greater heights in our lives.

On Saturday, we had The Frank C. Cummings Scholarship Breakfast and it was a big hit. There were 11 awardees receiving \$1,000 each and several book awards. We continue to pray that the students will do well in college and pay it forward by helping others. Sister Mary Mootoo is the President and Sister Francine Davis is the Scholarship Chair. At our business session, President Cheryl presented her Young Adult of the Year Award for 2019 to the New England Conference 1st Vice President, Brother Nickolas Clarke-Durham. Brother Clarke-Durham was elated and had us all crying. The Annual Meeting closed with our circle of 225 members and President Cheryl thanked everyone for their attendance and for some a wonderful meeting.



BERMUDA CONFERENCE LAY ORGANIZATION

On Thursday, May 16, 2019 we hosted a workshop for our Lay members at Heard Chapel AME entitled "The Role and Responsibilities of a Delegate". The presenter was Sis. Leslie Robinson, Local Lay President, Bethel AME Church. Some of the topics covered were:

General Responsibilities

- Specific Tasks
- Pre-Conference Preparations
- What Takes Place at the Annual/Mid-Year Meeting and General Conference
- Writing Your Delegate Report

The Laity really enjoyed the presentation and had many questions.

They came away with a better understanding of what it takes to be an Elected Delegate and the hard work and understanding that comes along with it.

We thanked Sis. Robinson for answering the call to present and command her on a job well done.

Respectfully Submitted,

Bermuda Conference Lay
Organization



BERMUDA CONFERENCE LAY ORGANIZATION
AFRICAN METHODIST EPISCOPAL CHURCH

Theme - "Unity and Maturity in the Body of Christ"
Ephesians 4:3-4

"The Role and Responsibilities of a Delegate" Workshop



Guest Presenter: Sis. Leslie Robinson, Lay Organization
President, Bethel AME

Host Church: Heard Chapel AME

Thursday, May 16th 2019
6:45pm

Dinner: 6pm - 6:30pm (No Cost)





Delaware Conference Lay Organization

*Submitted by Sharon D. Drew
Delaware Conference President*

Annual Afternoon of Elegance

The Delaware Conference Lay Organization celebrated its Annual Afternoon of Elegance on Saturday, November 2, 2019, at the Modern Maturity Center in Dover, Delaware. The Afternoon of Elegance highlights entertainment and the crowning of the Delaware Conference Lay Royal Court as winners in the Annual King/Queen Contest.

Presiding Elder Richard H. Worthy, Consultant, Rev. Vera Worthy, many pastors of the Delaware Conference, family, and friends were all in attendance and it proved to be an exciting afternoon.

The outgoing Royal Court crowned the new winners for the 2019-2020 Conference year. 2019-2020 Royal Court is Brenda Graves of Bethel AME Church, Wilmington, Delaware, Laura Burnett, Mt. Zion AME Church, Dover, Delaware, and Anna DeShields, Macedonia AME Church, Seaford, Delaware. The afternoon finished off with a delicious meal prepared by the staff of Modern Maturity Center.



Dr. Martin Drew chairs the entertainment portion of this special event each year for the Ways and Means Committee. This year the entertainment focused on Fashion. We were thoroughly entertained by Mrs. Maxine Lewis, the owner and founder of Maxine's Fashions in Dover, Delaware along with her models, both male and female. Each segment of the show left us waiting to see what was coming next. There was music, door prizes, and lots of fun and excitement for the afternoon.



We look forward to seeing what Dr. Drew has for us next year.

Congratulations to the Delaware Conference Lay Ways and Means Committee for another successful event.



New Jersey Conference Lay Organization “IN THE SPOTLIGHT”



Submitted by Sis. Sharon Carmichael
Director of Public Relations, New Brunswick Lay

Sis. Jacqueline Sibbles, NJ Conference Lay President

Annual Unsung Hero's Breakfast

On Saturday, August 24, 2019 the New Jersey Conference Lay held their 20th Annual Unsung Hero's Breakfast at the Crowne Plaza Hotel Riverside Pavilion, 2349 West Marlton Pike in Cherry Hill, NJ. The gala event was hosted by the Camden-Trenton District Lay Organization. Laity and clergy from the four Presiding Elder districts of the New Jersey Conference gathered together to honor distinguished heroes from their local congregations.

God will repay you.” Presiding Elder Winton Hill (Newark District) spoke on behalf of the clergy and thanked them all for coming out.

A total of 15 Unsung Heroes across the New Jersey Conference local churches were recognized. All honorees were presented with plaques engraved with their name, church name, and a special inscription. Congrats to all recipients!!



Guests enjoyed a beautiful musical interlude by Saxophonist Sister Audrey Weber while they dined on a buffet breakfast and throughout the affair.

Presiding Elder Linda T. Rassmann (Atlantic City District) congratulated the Unsung Heroes, and spoke highly of young people, encouraging the youth honorees to hold on to their dreams. She reminded us all that “only what you do for Christ will last.





“May the Work I’ve Done Speak for Me”

On November 1, 2019, the Laity, Pastors, Families, and Friends had a lot to feel good about honoring Ella Denise Thompson- Suggs for her untiring, committed and dedicated years of service as President of the Newark District.

The celebration started off with inspiring smooth melodic instrumental music performed by Gospel Saxman Charles Dixon.

While the mood was set Sister Kitty Combs-Smith continued the celebration by being the emcee for the evening.

In making this a memorable program for Ella

Rev. Allen Boyer lifted a Prayer for the event and Blessed the food.

Our guest speaker Rev. Shemaj Ragin from St. Luke AME Church delivered an encouraging speech about our work.

Special recognition came from our Newark District Presiding Elder Winton M. Hill III, First District Lay Organization President Sister Cheryl Hammond Hopewell, First District WMS President Sister Patricia Nair Smith, New Jersey Conference Lay Organization President Sister Jacqueline Sibbles, her pastor from Allen AME Church Rev Dr. Cynthia D. Jackson and Ella’s husband Brother Lester Suggs.

Before the evening came to a closed our honorary felt so blessed in knowing these amazing people have been part of her life while she served as a leader in the Lay Organization.

Rev. Terrilisa Bauknight closed our joyous experience with the Benediction.

Philadelphia Conference Lay Organization 2019 Awards Luncheon

By Bernice Green, PCLO Luncheon Co-Chair

At 12 noon on Saturday, October 5, 2019, the doors of the beautiful Drexelbrook Banquet Facility, Drexel Hill, PA opened and so began the procession of the twenty-five “Unsung Heroes” selected to be honored by their churches on this day. Each Hero was escorted down the aisle of the banquet room to their seat amidst the cheers and clapping of family, church members and friends. Facial expressions reflected joy, pride, and perhaps some apprehension about the upcoming events of the day.



The last individual escorted was the Philadelphia Conference Lay Organization “Lay Person of the Year”, Sister Lillie Gorham, a member of St. Matthew AME, Philadelphia. Lillie’s beautiful dimples and smile were larger that day than ever. Certainly a well-deserved honor for Lillie who volunteers with the Culinary Department, is a Class Leader, helps with the Church School, Daughters of Change Bible Study, is the Third Vice President of the Local Lay Organization, enjoys baking cookies for everyone and accepts every responsibility with a smile. She is the epitome of a Lay Person of the Year.

St. Matthew represented their Lay Person of the Year and Unsung Hero Tamara McCollum well with a show of support totaling one hundred and twenty persons out of the eight hundred and seventeen in attendance. The luncheon was a labor of love for the Chair, Brother Shawn Lee of Bethel AME Church, Bryn Mawr and Co-chair, Sister Bernice Green of Bethel AME Church, Ardmore who worked closely to plan the day.

Talented members of the PCLO participating on the program were Brother Irvin Hopewell, of Mt. Pisgah, husband of Sister Cheryl Hammond Hopewell, 1st District Lay President, who served as the Master of Ceremonies Extraordinaire, and First Lady Vanessa Howard, spouse of Reverend Dr. Manuel Howard, Pastor, St. John AME Church, Wayne, who sang two beautiful solos.

Also, in attendance was another hero of the PCLO, Sister Louise Coursey of Bethel AME Church, Ardmore who was a very active member of the PCLO for almost fifty years. She served the local church as president for forty years, held office at the conference level, the District level, as well as attended every meeting, all conferences, many Lay Annual Days, worked on committees, and gave in an intentional manner to the Lay Organization. Health issues have prevented her attendance in the last couple years, but that day she was wearing



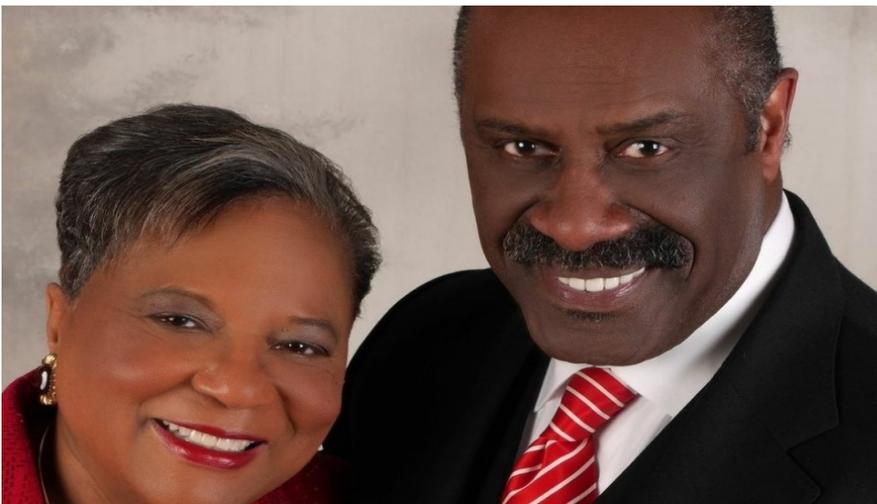
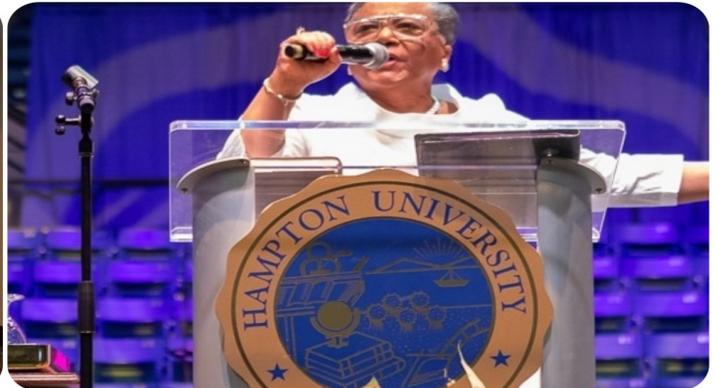
the royal blue of the Lay and her badge and was holding the Lay Organization in her memory. If you did not recognize the name, she was also known as the “Lady”. Kudos to Sister Marie Butler, Campbell AME, Souvenir Book; Sister Patty Lane, Mt. Pisgah AME, Hospitality chair; Sisters Yvonne White, Bethel Ardmore AME and Cynthia Douse, New Bethel Germantown AME, co-chairs of Floral decorations in the banquet facility; Sister Ruth Nelson, St. Paul AME, Elmwood, Ticket Chair; Sister Deborah Stancil, Metropolitan AME, Treasurer; Sister Denise Short, Photographer and friend of Bethel AME, Ardmore; and the many volunteers from Bethel Ardmore and Bethel Bryn Mawr who helped make floral arrangements and set up the banquet facility. We could not have done this without your support! Finally, thanks to our Presiding Elders, pastors, members and friends who saw it not robbery to spend the day honoring those who give of themselves and do not ask anything in return. Very fitting that all of them are heroes who are to “Called to Make a Difference” and follow the Lay scripture, ***“And what does the Lord require of you, but to do Justice, to love Kindness, and to Walk Humbly with your God.”*** Micah 6:8.



This Issue is dedicated to our Episcopal Leaders,



Bishop Gregory G.M. Ingram and Rev. Dr. Jessica Kendall Ingram



Thank you for your
support of the
Lay Organization.



Tips for staying healthy in preparation and while attending Conferences

Preparation

1. In order to increase your exercise tolerance, IF you are cleared by your healthcare provider, attempt to begin walking now.
2. If you take medication, bring your medication, have a list of your medications (and allergies) with you at all time. Bring your emergency bracelet. Keep the contact information of your healthcare provider and pharmacy in your wallet/purse.
3. Break-in and wear comfortable walking shoes or sneakers to avoid unnecessary foot pain, muscle cramps and poor blood circulation.
4. Wear support socks or hose if required or suggested by your healthcare provider.
5. Pack (or obtain immediately upon arrival) healthy snacks to keep your blood sugar level and avoid low blood sugar during meetings.
6. If you require dialysis, please make arrangements before you leave home. If you need assistance while onsite, please come to the Wellness Room.
7. Do not forget your oxygen, CPAP machine or other equipment. Take a picture or write down your settings prior to leaving home, just in case equipment malfunction occurs. If you encounter equipment malfunction, please contact your equipment vendor. Inform the Wellness Room immediately if you require assistance.

During the conference

1. Stay hydrated! Drink and/or sip on water throughout the day.
2. Bring and take your medication as prescribed. Wear your emergency bracelet. Keep the contact information of your healthcare provider and pharmacy in your wallet/purse.
3. Wear comfortable walking shoes or sneakers to avoid unnecessary foot pain, muscle cramps and poor blood circulation. Please do not wear shoes that have not been "broken in" or are too tight.
4. Do not sit for long periods of time. Take walking and stretching breaks several times during the day.
5. Make time for rest and sleep. Lack of sleep and proper rest can lead to medical complications, confusion and poor decision making.
6. Wear comfortable clothing. Avoid tight clothing that can hinder proper breathing, cause overheating and interfere with proper digestion of food. Bring a jacket or sweater for air conditioned rooms.
7. Avoid big meals and over eating. Big meals while traveling away from home and in a new location can lead to stomach ache, constipation, heart attacks, gas and unnecessary discomfort while sitting in long meetings or worship services.
8. Adhere to your dietary restrictions. There are several restaurants and stands in the area that provide healthy meals.
9. Eat vegetables, berries and apples with natural fiber to help control blood sugar and to help avoid constipation and other bowel problems.
10. If you have food allergies - bring your emergency medication (Epi-Pen and antihistamine). Ask what is in the food before you eat, do not try unfamiliar food and do not eat food you know to which you are allergic (i.e. seafood, nuts or strawberries)
11. If you have a chronic medical condition of which you would like us to be aware, come to the Wellness Room as soon as you arrive and provide us with your hotel room number, medical information and contact information.
12. If you are diabetic - monitor your blood sugar daily as required. Stress and being off your normal routine may cause fluctuations in your glucose.
13. If you are sick or have a fever - notify the Wellness Room volunteers or your delegation health coordinator immediately and they will notify the Health Commission. If you are ill, please do not enter the Conference Ballroom prior to being triaged.

