

A GLANCE AT LENNON-SENEY

APRIL 2007

VOLUME 1, ISSUE 2

Church Calendar for the April

- Tutoring - Tuesday, 6:30 pm
- Bible Study - Wednesday, 6:00 pm
- Men of Praise Rehearsal, - Wednesday, 7:00 pm
- Girl Scouts - 2nd Saturday of each month, 12:30 pm
- April 5, 9, 12 - JustLead Volunteer Training
- April 6 - Annual Easter Egg Hunt, 1:00 pm to 3:00 pm
- April 6 - Prayer Breakfast, 9:30 am.
- April 7 - Men's Ministry Meeting, 9:00 am
- April 8 - Sunday School Open House, 9:00 am
- April 8 - April Birthday Fellowship
- April 11 - JustLead Parent Orientation
- April 15 - Dr. McKee guest preaching at Peace & Goodwill Church Anniversary, 4:00 pm
- April 16 - 1st day of JustLead Program
- April 16 - Worship Committee Meeting, 6:30 pm
- April 21 - Women's Ministry Meeting, 11:00 am
- April 25 - Forever Young Meeting, 1:00 pm
- April 30 - Board of Trustees Meeting, 7:00 pm

April Birthdays

Brenda Beverly
Eula Bryant
Linda Clark
Chelesa McKee
Pamela Johnson
Clarence Conner
Diana Galloway
Rachel Jack
Cedric Jackson
Lois Johnson
Joycelyn Perry
Willestine West
Lillian Winborn
Dianna Young

If you would like to have an event or announcement appear in the newsletter, please e-mail information to Leloyce Bailey at leeyceb@bellsouth.net or Cedric Jackson at Yoda1914@aol.com



From the Pastor's Desk



TOUCHDOWN YEL, SUDAN

My dear brothers and sisters in Christ, it is good to be back in the USA! I am happy to report that the Sudan Hope Mission was successful. From day 1 we were challenged and had to make adjustments for what I termed as *shifting ground*, but through God's grace the mission team was able to provide medical care and minister to the people of Sudan. On a personal note, the mission trip served as the catalyst for me to experience a deep and rewarding spiritual encounter with God. Through my walk with the members of the church in Sudan, I witnessed an extraordinary level of praise and celebration. In spite of living in the shadow of death and poverty, the community of faith at Yel, Sudan, clearly demonstrated that with God in your life... one can, indeed rise above his or her circumstances and have a joy that this world did not give. It is a joy that the world can not take away! ... Is there anybody here who can testify that God is Good? Pastor.



Article from the Prayer Advocate

It has been said that prayer plays an important role in the life of believers. We should always face troubles and opportunities of the day in a spirit of prayer! As we observe Good Friday and Resurrection Sunday, let us be mindful of the role prayer played in the victory that Jesus secured on our behalf. Please plan to join us at the Second Annual Good Friday Prayer Breakfast on Friday, April 6, 2007 at 9:00 A.M.

Mrs. Charlotte B. McKee
Prayer Advocacy

Our Prayer List

Please remember to pray for the sick & shut-in!



Mr. William Blakeney
Mrs. Evelyn Brown
Mrs. Lois Butler
Mrs. Anna Dirl
Mr. Roy Gwym
Mrs. Aurelia Horton
Mr. George Johnson
Mr. William Mapp
Mrs. Patricia Rodgers
Mrs. Ara Sharp
Mrs. Iona Turner
Mrs. Victoria Woods
Mrs. Dorothy Netherland
Mrs. Audrey McGhee

Lennon-Senev Needs You!



Please consider serving as a volunteer or an Ameri-Corp role for: The JustLead Youth Project (elementary-middle/high, high school students)

Opportunities for Service Include:

- Recreational
- Devotional
- Small Groups
- Field Trips
- Relational/Mentoring
- Supplies Donation
- Academic/Tutoring

For more details contact:
Cedric Jackson or Gary Johnson



Van Drivers

Church van driver for the month
Dennis Johnson
705-5039

Words of Inspiration for April!

I need my church in order to keep going. Church is my favorite place to be. When I am in the Lord's presence surrounded by brothers and sisters I feel love and strength. We go to church expecting to be changed. It is a life-giving place.

CeCe Winans

**Lennon-Seney
United Methodist
Church**

2084 Dandridge Ave.
Knoxville, TN 37915

Phone:
524-0289
Fax:
637-9482
E-Mail:

Lsumc_office@bellsouth.net



Open hearts
Open minds
Open doors

We're on the Web!

See us at:

www.lennon-seney.holston.org

Men of Praise 2nd Anniversary!



The Lennon-Seney Men of praise would like to thank God, Dr. and Mrs. McKee and the Lennon-Seney church family on behalf of our very successful second anniversary service. The anointing of God was in the house. If you would like a copy of the program, we have copies of the DVD for \$ 7.00. See one of the men in the group if you would like a copy. It is truly wonderful. God bless Lennon-Seney and thanks again to everyone who made this program a huge success!



Zaria Hamilton will celebrate her 4th birthday on April 4th. Zaria and her sisters Hope and Kimora are the daughters of Courtney and Vikki Hamilton of Chicago Heights, IL. The "Hamilton Girls" are the granddaughters of Heiskell and Bea Hamilton. Zaria attends Nazarene Nursery School and enjoys playing with her "best friend" Janean. Her favorite cartoon show is Diedo, Dora's cousin.

We are very excited in welcoming **Chiandria and DeVante Sales** to the newsletter committee! They will help with the youth portion of the newsletter and the overall operations of *A Glance at Lennon-Seney*. Their presence and assistance will greatly benefit the committee and the newsletter on all levels.

Accepting Applications

The JustLead program at Lennon-Seney is now accepting enrollment applications for youth aged 6 to 17. The program will start April 16th and go through the summer. The program includes tutorial assistance, academic enrichment, and devotional services throughout the week. The youth enrolled in the program will also be paired with mentors and go on group field trips. If you are interested in having your child participate in this program, please contact Cedric Jackson at 524-0289 or (336) 209-3550

FOR YOUR HEALTH

Healthy Eating Leads to a Healthy Life

From:
Parish Nurse - Lois Johnson



"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus."

Colossians 3:17

Your Health Is In Your Hands!

Two out of three people will die from cardiovascular disease or cancer. Eating too much fat contributes to both. Most Americans, even slim ones, eat too much fat. Why take the risk? It is time you discovered how delicious low-fat eating can be. Here are some guidelines for reducing the fat in your diet:

1. Listen to your body and eat only when you are hungry and stop when you are full – no matter how good the food is.
2. Learn to say no to your mother and to all the other fat-chefs and fat consumers in your life. They will find ways to show their affection for you other than feeding you to death. Maybe the time will come when you can show your affection by leading them toward a healthier diet.
3. Find better ways to handle stress than overeating. Take a brisk walk when you feel a binge coming on. You'll find it refreshing, and you'll lose weight.
4. Avoid red meats and eat more fish, fresh turnkey and chicken, without the skin and visible fat. But because extra fat and salt are usually added to processed turkey and chicken, a vegetarian diet is even healthier.
5. Use olive, canola, or safflower oils for your gravies when you fry or sauté. Avoid lard, butter, coconut and palm oils.
6. A serving of fruit or raw vegetables before meals will help to fill you up with good stuff and leave less room for the not so good stuff. When you feel that you absolutely have to eat something sweet, try low fat yogurt, sherbet, sorbet, Jell-O, Italian ice, or pudding made with skim milk.
7. Avoid eggnog, mayonnaise, salad dressing, whole milk and cream. Save your two eggs per week for Saturday morning. When you drink milk, make it skim milk, and when you eat cheese, make it low fat, such as cottage cheese, mozzarella, and ricotta.
8. Avoid pastries, doughnuts, and croissants. Eat whole grain bread, English muffins bagels, pretzels and bread-sticks. Beans (legumes) and cereals are good substitutes for nuts and processed flour.
9. Avoid sausages, scrapple, bacon, hot dogs, hamburgers, and lunchmeats such as corned beef, pepperoni and pastrami.
10. Boil, broil, steam, bake and roast, instead of frying.

If you follow these 10 commandments, you will look better, feel better and live longer.

**REMEMBER:
Your Health Is In Your Hands!!!**

