

WINTER 1997

ISSUE 2

THE BODY TEMPLE

*Knows ye not that your body is the temple of the Holy Spirit who is in you, whom ye have of God, and ye are not your own?
For ye are bought with a price; therefore, glorify God in your body and in your spirit, which are God's. (I Corinthians 6: 19,20)*

Pastor to Pastor

To my fellow co-laborers in the ministry of our Lord and Savior Jesus Christ:

I pray this correspondence finds your ministry thriving, your spirits renewed, and your trust forever in His promises. We have been blessed to see the dawning of a brand new year. This year, 1997, holds an exciting, uncharted journey for us full of anticipation, expectation, and rejuvenation.

Resolutions are often made, changes often vowed, and commitments often extended which may or may not be fulfilled. As with any other alterations in our lives, results frequently seem unreachable and unattainable.

I offer the following as a way to assist members continue to following the suggested regime of five servings of fruits and vegetables per day.

Honor our commitment to God to be faithful stewards of our time, talent, tithes, and His temple (our bodies).

Accept the blessings which came from having a strong spirit, healthy body, and keen mind.

Prepare to enjoy abundant life -- spiritually through the Holy Spirit and physically from 5-A-Day.

Pursue achieving and surpassing a goal of eating five servings of fruits and vegetables per day.

Yield not to the temptation of reverting back to unhealthy eating habits.

Never get discouraged: it took a while to develop current eating habits and it will take a while to change them.

Expect to receive the benefits of health eating.

When possibly becoming discouraged, remember the tremendous benefits of healthy eating.

Yearn to understand more about caring for God's temples (our bodies).

Openly share the benefits of 5-A-Day with other church members, family members, co-workers, and friends.

Unite in prayer with your entire congregations to pray for strength, tenacity and faithfulness to 5-A-Day goals.

Forever in His service,



Reverend Dr. Eric D. Cole



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Sharing The Gift Of 5-A-Day

Birthdays, anniversaries, holidays and national observances are all times when we exchange gifts with family and friends as symbolic expressions of our love, appreciation, and respect.

As these commemorations occur throughout the coming year, we can find ways to honor God by sharing gifts with others that address the care and maintenance of the body temple.

These occasions provide the perfect opportunity to promote the principles of the 5-A-Day program and to share other important health-related information to friends and loved ones. The following gift ideas are courtesy of the Black Churches United for Better Health project staff.

BOOKS

Books are an inexpensive, educational, and personal gift idea. The following titles would make great individual gifts, especially for a fellow pastor or minister. If used to start or add to a church library, they could also serve as a gift for your entire congregation.

- **Healing Community** by Karin Granberg Michaelson (Geneva: World Council of Churches, 1991) is an interesting, well written description of the church as a healing community.
- **Ritual and Pastoral Care** by Elaine Ramshaw (Philadelphia: Fortress, 1987) examines how worship can be shaped by attending to health and healing principles.
- **Call to Wholeness** by Kenneth Bakken (New York: Crossroads, 1985) provides a vision for whole person health from the author's perspective as both a physician and a pastor.
- **The Journey Toward Wholeness** (1988) is a sequel that gives direction on how to establish a health ministry.
- **The Lafiya Guide: A Congregational Handbook for Whole Person Health Ministry** (Elgin, IL: Association of Brethren Caregivers, 1993) is a model of health promotion which was inspired from the Nigerian Rural Health Project.
- **Black Churches United for Better Health Cookbook** (1996) provides delicious recipes from project participants that meet 5-A-Day guidelines.

FRESH PRODUCE BASKETS & ARRANGEMENTS

Consider giving a fruit basket as a simple yet festive gift idea. The exchanging of fruits and nuts has long been a special expression of love and friendship.

Many grocery and specialty stores offer a wide variety of decorative arrangements, or you can cut down on costs and add a personal touch by creating your own basket.

Navel oranges, apples, grapefruit, and an assortment of nuts are especially delicious during the winter months. At other times of the year, shop for other fruits and vegetables that are in season.

KNOWLEDGE

"My people are destroyed for lack of knowledge..." (Hosea 4:6)

Given the links between eating fruits and vegetables and cancer risk reduction, gifts that promote an awareness of nutrition and health issues make wonderful presents.

Sharing the 5-A-Day message not only demonstrates that you care about the health and wellbeing of special friends, but also acts as a means of strengthening our families and our communities.

Here are a few creative ways in which you and your congregants can share this information.

- Distribute promotional material to other pastors that explains the goals of the project in detail.
- Prepare 5-A-Day information packets for new members and encourage their participation in the project.



Keep The Pride, Stay With Five!

During the month of February, we are especially encouraged to remember our cultural history and its influence on our lives today. This is particularly true when we reflect upon the impact of traditional African foods and slave-created dishes that remain staples in our diets.

When Africans were forced to America, they brought with them many of the fruits and vegetables that were common elements of their traditional diet that included whole grains, fruits, and vegetables made up the bulk of the typical African diet.

Some of the fruits and vegetables that were originally introduced to America by our West African ancestors are okra, yams, eggplant, watermelon, kidney beans, lima beans, pumpkins, blackeyed peas, cabbage, lemons, and pineapples.

Although they had limited access to some of the food items native to their homeland, Africans transplanted to this country had to adapt their cooking methods to whatever foods they were given. Thus, their daily diet consisted primarily of vegetables, such as wild greens and onions, and cornmeal.

“Side” meats, such as salt pork and animal fats, were used more to enhance the flavor of vegetables than as main ingredients.

Most of the traditional “soul food” that is part of our culinary heritage can be traced to the inventiveness and imaginations of these cooks who had to make do with their limited resources.

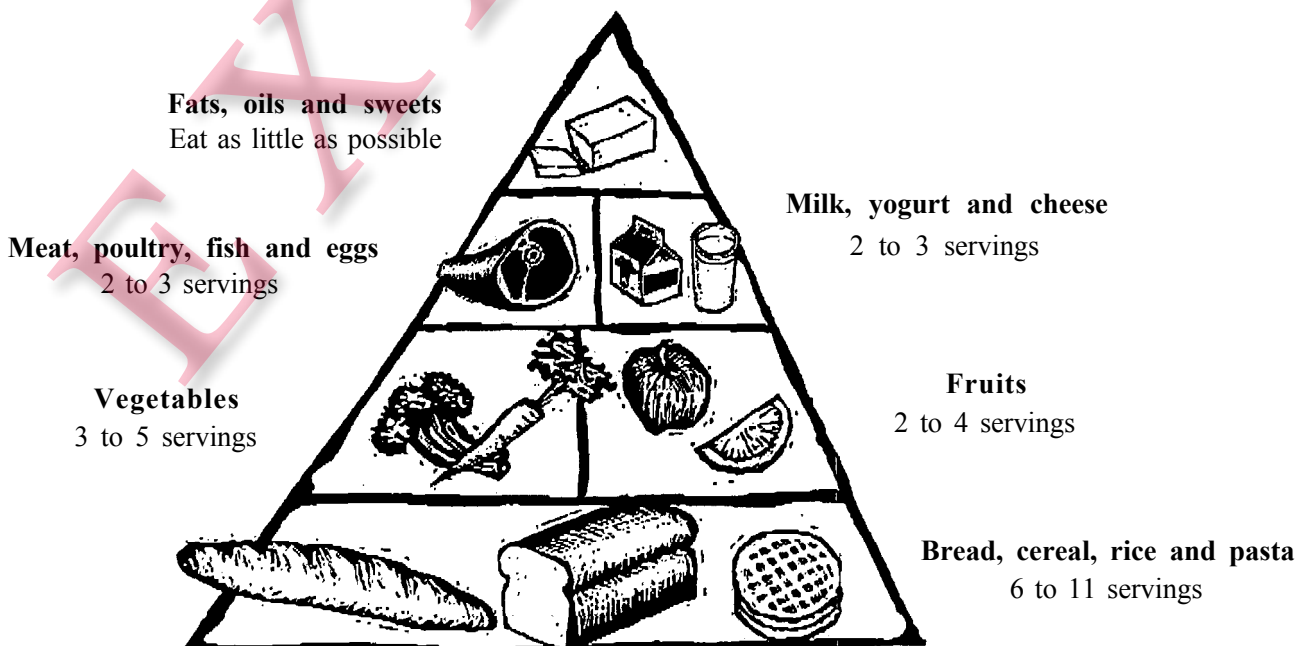
Although their creativity in the kitchen led to many dishes that have become Southern favorites, black cooks were rarely given credit for their important contributions to American cuisine.

As African Americans, we can and should be proud of the strength and skill displayed by our ancestors. Their ability to take common ingredients and turn them into delicious meals should not be forgotten. We can also pay tribute to their contributions by continuing to eat a diet high in fruits and vegetables.

Blessed with the knowledge and wisdom of our West African ancestors, we should not only strive to maintain a diet rich with whole grains, fruits and vegetables, but we should also try to find creative ways to prepare dishes that are best for our bodies. This includes using herbs and spices as a healthy alternative to season our fruits and vegetables, and reducing the amount of fat in our diets.

Keep the pride of our heritage and eat at least five servings of fruits and vegetables every day!

Following the food guide pyramid is one of the best ways to guarantee that you are getting the most from your diet. It can also help as you strive to keep the pride and stay with five.



From The Director's Desk

As we approach the end of funding for our current project, I can't help but reflect on all of our accomplishments.

The many hours that you and your church members have committed to the project is amazing and admirable.

We had an overall goal -- we wanted to encourage you and your congregants to eat at least five servings of fruits and vegetables daily in an effort to reduce cancer risk.

This was no small task. This was not a new message, but new approaches, particularly for reaching African Americans, were needed. What better way than through black churches?

As pastors, you are aware of the power of the church and of your role as leaders. Your leadership makes your support of the project crucial. No one knows

better than you how difficult behavior change is for individuals.

It isn't enough for people to know what they should do. As a matter of fact, the first step is making people aware of a need for change and convincing them that it is important (salvation is a perfect example of this).

An even greater challenge is providing support and motivation to not only encourage others to change, but to maintain the new behavior (for example, Bible study, and singles or couples ministries).

This remains true for the Black Churches United for Better Health Project as well. Even beyond the funding period, we hope you will continue to promote the 5-A-Day message as part of your church ministry.

We hope that you recognize that people need continued support and encouragement in taking care of the Body Temple.

Brenda Beatty

Brenda Beatty, MPH, RD
Project Director

Winter Dates to Remember

Diet Resolution Week (January 5-11) Resolve to maintain a diet that rich in fruits and vegetables.

Healthy Weight Week (January 12-18) Increasing your intake of fruits and vegetables can help you with this goal.

Martin Luther King, Jr. Day (observed January 20)

Black History Month (February) Celebrate the lives of African Americans such as George Washington Carver, world-renowned agricultural researcher. He taught farmers how to grow and preserve nutritious foods as well as how to maximize their yield. He is most known for his discovery of over 300 products from the peanut and sweet potato.

National Fiber Focus Month (February) Fresh fruits and vegetables are an excellent source of fiber. Fiber can lower your risk of certain cancers and help your system function better.

Valentine's Day (February 14) Show someone how much you love them by sending them a fruit basket or cultivate your own love for fruits and vegetables by eating five servings a day.

National Have a Heart Day (February 14)

