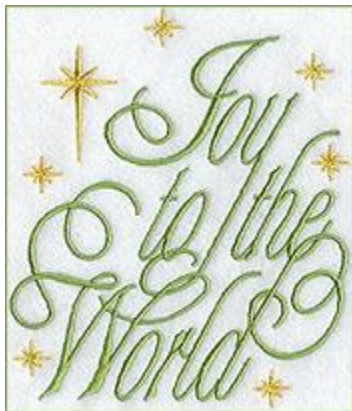




“The Good News”

Volume 4

Merry Christmas 2010



For a child will be born to us, a son will be given to us; And the government will rest on His shoulders; And His name will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace. Isaiah 9:6

As Christians it is important that we not only remind ourselves of the true reason for celebrating Christmas but that we share this reason with our children. Recognizing and sharing the meaning of the birth of Christ turns what could be a commercial experience into a Christ Centered Experience.

God gave His only Son to die in our place so that we, in all our brokenness, could know forgiveness. He came so that we could know what love feels like, real love – love that never leaves, love that never disappoints, love that is never betrayed (Agape Love). He sent His Son into a corrupted world to bring us hope. Romans 8:3 For what the law was powerless to do in that it was weakened by the sinful nature, God did by sending his own Son in the likeness of sinful man to be a sin offering. And so he condemned sin in sinful man.

The Savior is promised. -Isaiah 7:14; 9:6-7

The Angel visits Mary. -Luke 1:26-38

The Angel visits Joseph. -Matthew 1:18-25

The Trip to Bethlehem and the Stable. -Luke 2:1-7

Jesus is born. -Luke 2:6-7

Angels visit the shepherds. -Luke 2:8-14

The shepherds visit the manger. -Luke 2:15-18

The Wise Men travel to Jerusalem. -Matthew 2:1-8

The Wise Men worship the Christ Child. -Matthew 2:13-15

As we celebrate together the birth of Christ, let us resolve that during the coming year we will try with all our might to make Jesus, the Messiah, the absolute center of our lives.

Mission Statement

It is our mission to be a Worshipping, Witnessing and Welcoming congregation committed to a “Spirit of Excellence” to the praise of Almighty God through Jesus Christ; the Christian education of children, youth and adults for maturity in the faith, global ministry through our beloved “Zion” for the promotion of peace and justice in every aspect of life. Therewith, all people will be transformed by the liberating and delivering power of the Holy Ghost.

******Praise God Corner******

"Little Zion AME Zion Radio Broadcast"

We can be heard on 92.3FM or 101.1FM
Or www.carolinatouch.com on the first &
third Sunday of the month at 8:30 a.m

Little Zion website

<http://www.littlezionamez.org/index.htm>

Means of Grace

Worship Schedule

Sunday School	Every Sunday	10:00AM
Worship Service	1st and 3rd Sunday	11:00AM
	4th Sunday	8:00AM
Bible Study	Every Wednesday	7:00PM
Class Leaders Meeting	1st Tuesday each month	7:00PM
Intercessory Prayer	1st Wednesday each month	7:00PM

Christian Education

Christmas Program
12/19/10

Immediately after the morning service

Coming Soon - Church Events

January 16, 2011 at 3pm

Dedication Service for the Educational Center in honor of Marvin D. Everett and the

Fellowship Hall in honor of Mrs. Clara

Twitty

Sick & Shut In

Worship the LORD your God, and his blessing will be on your food and water. I will take away **sickness** from among you,
[Exodus 23:24-26](#)

Little Zion Ministries

Health & Wellness

Ms. Denna Darden Smith- Coordinator

The Facts about Diabetes and African Americans



More than 23.6 million people have diabetes in the United States. About 26 percent of U.S. adults aged 20 years or older, or 57 million people, currently have pre-diabetes. Racial and ethnic minority groups, especially the elderly among these populations, are disproportionately affected by diabetes. On average, African Americans are twice as likely to have diabetes as Whites. The highest incidence of diabetes in African Americans occurs between 65-75 years of age. African American women are especially affected. When adjusted for age, African American women are more likely to be diagnosed with diabetes than non-Hispanic whites, African American men, or Hispanics. African Americans with diabetes are more likely to experience complications of diabetes. End-stage renal disease and amputations of lower extremities (legs and feet) are also more common in African Americans with diabetes. In 2007, the CDC estimated that 14.7% of non-Hispanic blacks were diagnosed with diabetes.

As of 2007, 2.3 million Hispanic adults, 18 years and older, about 10.4 percent of that population, have diabetes. Diabetes is more prevalent in older Hispanics with the highest rates in Hispanics 65 and older. On average, Hispanics are 1.4 times as likely to have diabetes as Whites. Mexican Americans, the

largest Hispanic subgroup, are almost twice as likely to have diagnosed diabetes than U.S. non-Hispanic whites. And, in 2006 the death rate from diabetes in Hispanics was 50 percent higher than the death rate of non-Hispanic Whites. Diabetes is the fourth leading cause of death in the Asian American and Pacific Islander population. Prevalence data for diabetes among this group are limited, but some subpopulations are at increased risk for diabetes. Native Hawaiians, Japanese, and Filipino adults, 20 years of older living in Hawaii were about two times more likely to have been diagnosed with diabetes compared to White residents. An estimated 7.5% of Asian Americans have diabetes.

Quick Facts

African American adults were twice as likely than non-Hispanic white adults to have been diagnosed with diabetes by a physician.

American Indian/Alaska Native adults were 2.7 times as likely as white adults to be diagnosed with diabetes.

In Hawaii, Native Hawaiians are more than 5.7 times as likely as Whites living in Hawaii to die from diabetes.

Mexican American adults were 1.7 times more likely than non-Hispanic white adults to have been diagnosed with diabetes by a physician.

Managing Type 2 Diabetes

Exercise is very important in managing type 2 diabetes. Combining diet, exercise, and medicine (when prescribed) will help control your weight and blood sugar level.

Exercise helps control type 2 diabetes by:

- Improving your body's use of insulin.
- Burning excess body fat, helping to decrease and control weight (decreased body fat results in improved insulin sensitivity).
- Improving muscle strength.
- Increasing bone density and strength.
- Lowering blood pressure.
- Helping to protect against heart and blood

vessel disease by lowering 'bad' LDL cholesterol and increasing 'good' HDL cholesterol.

Improving blood circulation and reducing your risk of heart disease.

Increasing energy level and enhancing work capacity.

Reducing stress, promoting relaxation, and releasing tension and anxiety.

This health informative is brought to you by Livewell Distribution, a company focused on health and wellness. For more information email them at info@livewelldistribution.com .

Contributing sources for this article include:
U.S. Dept of Health & Human Services and
Webmd.com

Question: How Can I Find Relief From Holiday Stress?

"Every year as the holiday season approaches, I feel a sense of dread mixed in with all the excitement. It's not that I don't love the holidays, but this time of year, I find myself so frazzled by the end of December that it's difficult to enjoy myself. How can I find relief from holiday stress and still enjoy the season?"

Answer: If you find yourself more stressed than you'd like to be during the holiday season, you're not alone. According to a [poll](#) conducted on this site, around 80% of readers feel the same way. It's no wonder; all of the baking and entertaining, shopping and wrapping, relatives we don't often see (sometimes for good reason), and holiday cards can add up to a schedule packed with extra activity and responsibility. Pair that with the high expectations that most of us carry for the season, as well as the debt that

often lasts for months afterward, and you have a recipe for stress -- a "stressipe," if you will -- that has many people starting off the new year already wishing for a break, and in need of some serious holiday stress relief.

Get Stress Relief Naturally With (the Right) Foods

The evidence that healthy eating habits and good nutrition are important for more than just general physical health keeps growing, and, among other things, it turns out that they can play a big role in relieving stress. In [Natural Stress Relief: Food and Supplements](#), health expert Michael Castleman provides three simple suggestions for using food — in a healthy way — to promote a less stressful life:

1. Focus on basic nutrition: Eat a diet rich in fruits and vegetables, and include a daily multivitamin and/or mineral supplement.
2. Eat (some) carbs, such as whole wheat crackers or bread: Carbohydrates simulate the release of brain chemicals that promote relaxation.
3. Try decaf: Caffeine can make you feel high-strung and more likely to snap. Rather than cutting out regular coffee or black tea all at once, try gradually cutting back and switching to decaffeinated coffee or herbal teas.

Herbs can also help you keep an even keel. Try teas made from chamomile (brew 2 to 3 teaspoons per cup of boiling water), hops (half

a teaspoon per cup), passionflower (1 teaspoon dried leaves per cup) or catnip (1 to 2 teaspoons per cup).

Low Fat Holiday Sugar Cookies

Ingredients:

- 5 tbsp butter, softened
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 2/3 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt

Preparation:

Using a mixer, beat butter and sugar until creamy. Add egg and vanilla, mixing well. In another bowl, whisk together flour, baking powder and salt. Gradually stir flour mixture into butter and sugar until dough forms. Don't worry if the dough seems a little crumbly at first; it will come together. Wrap dough in plastic and chill for two hours in the refrigerator.

Preheat oven to 350 degrees. On a lightly floured surface, roll out dough to a 1/4-inch or 1/8-inch thickness. Use holiday cookie cutters dipped in flour to make cutouts. Gather scraps and re-roll until all the dough is used.

Place cookies 1 inch apart on a parchment-lined cookie sheet. Bake for 9-10 minutes or until the edges are lightly browned. Transfer to wire rack after 1 minute to cool.

Makes 30 cookies, depending on size of cookie cutters used.

Per serving: Calories 65, Calories from Fat 20, Total Fat 2.2g (sat 1.3g), Cholesterol 12mg, Sodium 38mg, Carbohydrate 10.3g, Fiber 0.2g, Protein 1g

