

# *The Lay Communiqué*

*African Methodist Episcopal Church*

On-Line Magazine of the Eleventh Episcopal District

September 2010 Fall Edition

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Rt. Reverend McKinley Young

Lay Commission Chair  
Bishop C. Garnett Henning

Episcopal Supervisor  
Dr. Dorothy Young

EEDLO – President  
Mr. Charlie Nichols

Connectional Lay President  
Dr. Willie C. Glover

Director of Public Relations  
Publisher/Editor  
Mrs. Sharon K. Russell

Director of Youth and Young Adults  
Mr. Jai Ingraham

Director of Lay Benevolent Auxiliary  
Mrs. Willie M. Albany

## [A Message From Our President](#)



We give all praises to God for the great things He has done. The *Lay Communiqué* has been designed to provide you with news from around the Eleventh District and abroad. We want to personally thank our Director of Public Relations, Mrs. Sharon Russell for moving expeditiously in providing this electronic newsletter to you, our readers.

I have been consistently moved and inspired by the extraordinary care given us at the 66th Eleventh Episcopal District Lay Convention in the Magic City of Miami, Florida hosted by the talented and dedicated South Conference. We would like to extend our sincere thanks to the President and members for a job well done.

The continuous use of the SMART goal format is paramount. The SMART goal format brought clarity and consistence, giving the delegation an opportunity to make an informed decision. As a result, the only recommendations accepted for consideration from the Commission Directors coming before the body will be those utilizing the SMART goal format. Other reports will not be received. You will hear more from me regarding this matter. Your support is more



critical now as we build upon the success of our organization and continue to look to extend our goal to include improvements our ability to train the Laity.

Training is the number one priority and we are determined to equip the Laity in doing Kingdom Building. This organization has a vital role in achieving our portion of the African Methodist Episcopal Church's mission.

I am calling on all members of this organization to read the Christian Recorder article entitled: **THE PASTOR IS NOT THE TEAM CAPTAIN**. There are two parts to this article; however it tells us how clergy and laity can better work together in the construction of God's Kingdom.

The Eleventh Episcopal District Lay Organization's Celebrates the 66<sup>th</sup> Annual Convention:

June 21-25, 2010

By Sharon K. Russell

There are no words to express to the South Conference under the direction of President Richard Simpson for their hard work and commitment to excellence in hosting the 66<sup>th</sup> Annual Convention. The convention was held at the Miami Marriot Biscayne Bay in Miami., Florida.

The delegates had full days of educational training with workshops coordinated by the Director of Lay Activities. One of the most talked about events was the town hall meeting held by Bishop McKinley Young on Thursday. After giving a State of the Eleventh District presentation the Bishop was presented with very poignant questions which were addressed with honest and forthright answers.

Let's not forget to give "props" to our Youth and Young Adults Hour of Power. Director, Jai Ingraham did not have to reach far for our speaker of the hour. As he introduced his big little brother, we realized it had two meanings one their private connection as brothers and the other was the Big message that uplifted the entire congregation. Jon Ingraham who was home from college for the summer dropped in and dropped a Word that motivated young and seasoned members alike.

In the usually fashion of gaiety the Awards Gala and Dinner was held Thursday night with an island theme.

Please see pictures, videos and other comments from the convention on this web-site.

*A Celebration of Service Honoring  
Presiding Elder Ralph Larry Wilson  
and Mrs. Joyce Wright Wilson*

By: Sharon K. Russell

From the moment of entry it was apparent that you had come for a celebration. The Al Lawson Multi-Complex Center on the campus of Florida A&M University was transformed into a spectacular room of beauty for the guest attending the retirement dinner honoring Elder Ralph Larry Wilson and Mrs. Joyce Wright Wilson and their forty plus years of service to the African Methodist Episcopal Church. Bishop McKinley Young and supervisor Dr. Dorothy Jackson Young were joined by Bishop Adam Jefferson Richardson and supervisor Mrs. Connie Richardson of the Second Episcopal District along with President James and Mrs. Judy Ammons in celebrating the dynamic works and contributions to the church and community by this very special couple. Guest Presiding Elders, Ministers, Missionaries, YPDers and Laity from around the 11<sup>th</sup> District were included in the 532 guest who attended this event.

The air was filled with accolades of not only a job well done but of the professional and personal impact these people had on the lives of many in attendance which also included members of the Wright and Wilson clans.

This evening was made special by the very hard work of Rev. Julius McAlister and Mr. Donald, who co-chaired the event. The support of the churches, pastors and members of the Tallahassee District made it all possible.

# African Methodist Episcopal Church Raises \$2 Million for Jacksonville's Edward Waters College

Submitted by: Eileen Warner

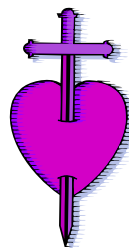


The 11th Episcopal District of the African Methodist Episcopal Church presented a check for \$2 million to Edward Waters College on Wednesday evening, July 21, 2010, during the annual session of the Christian Education Congress which was held in Orlando, Florida. With this presentation, the school was enabled to effectively cancel its deficit.

Presiding Bishop McKinley Young said the 420 churches in the district, which covers Florida and the Bahamas, spent the last seven weeks raising the money.

"To God Be The Glory!" said Young. "This is a sign of the good things to come to this college."

Edward Waters College is the oldest private institution of higher learning in Florida, founded in 1866.



Need A Dose of Inspiration? Contact: [KATHERYN\\_36@hotmail.com](mailto:KATHERYN_36@hotmail.com)  
And get on her mailing list for your on-line Inspiration.

## Happenings in the Quincy District Submitted by: Jennifer Lawson

### QUINCY DISTRICT QUARTERLY MEETING

THE QUINCY DISTRICT LAY ORGANIZATION HELD THEIR LAST MEETING OF THE 2009/2010 CONFERENCE YEAR ON SATURDAY, AUGUST 14TH. THE MEETING WAS HOSTED BY ARNETT CHAPEL A.M.E. CHURCH, QUINCY AT 9 A.M. 35 MEMBERS WERE IN ATTENDANCE.

REV. WILLIE E. HAGAN TAUGHT A DYNAMIC BIBLE STUDY FROM II TIMOTHY 4:1-5 ENTITLED "BE FAITHFUL." TO BE FAITHFUL WE MUST: 1) BE PREPARED TO FACE DIFFICULTY 2) BE VIGILANT 3) BE ENCOURAGED 4) BE FOCUSED ON THE JOB AT HAND AND 5) ENDURE.

THIS HAS BEEN A VERY GOOD YEAR FOR THE QUINCY DISTRICT LAY ORGANIZATION UNDER THE DIRECTION OF PRESIDENT HENRY MCGILL.

### IN APPRECIATION:

THE PASTORS AND LAITY OF THE QUINCY DISTRICT CELEBRATED OUR PRESIDING ELDER REV MARY W. ROBINSON ON SATURDAY AUGUST 14TH AT 6 PM. THE CELEBRATION WAS HELD AT ST HEBRON AME CHURCH, QUINCY.

THIS WAS AN EVENING TO BEHOLD! THE WORSHIP LEADER FOR THIS OCCASION WAS REV. CHERRY "MA BESS" BESS-BRANCH AND SHE REALLY KEPT THE EVENING MOVING. THERE WERE MUSICAL RENDERINGS FROM BETHEL AME CHURCH, MONTICELLO (RECOMMEND JESUS AND THE LORD HAS BROUGHT ME FROM A MIGHTY LONG WAY); DANCE NUMBERS FROM MT ZION AME CHURCH, HAVANA (PRAISE HIM IN ADVANCE) AND BETHEL AME CHURCH, QUINCY (ROCK A MY SOUL) AND COMEDIAN BRUCE JAMES, PALACE AME CHURCH, HAVANA. NOT TO MENTION THE SONGS "MA BESS" CAME UP WITH ON THE SPOT!

THERE WERE PRESENTATIONS FROM SEVERAL COMPONENTS OF THE QUINCY DISTRICT AND FLORIDA CONFERENCE: WMS; YPD; MINISTER'S SPOUSE; LAY ORGANIZATION; CHURCH SCHOOL; SONS OF ALLEN; DMC; REV AND MRS RILEY AND THE QUINCY DISTRICT.

AS A GRAND FINALE A VERY SCRUMPTIOUS DINNER WAS SERVED. WE THANK GOD FOR OUR PRESIDING ELDER, REVEREND MARY W ROBINSON.

# *Marianna District Bids Farewell*

By: Sharon K. Russell

The Marianna District of the Florida Conference bid farewell to Presiding Elder George T. Barkley and Mrs. Rosa Barkley as they come to their tenure of 50 years of service to the African Methodist Episcopal Church. The luncheon was held at the Leon County Civic Center in Tallahassee, Florida where they were joined by family, friends and many well wishers.

The quest were treated with a scrumptious lunch of chicken, fish, rice, potatoes, salads, vegetable medley, bread and many desserts.

Reverend Lee Plummer directed us through the program which brought back great memories and lots of laughter.

The couple was appreciated by Bishop McKinley Young who thanked them for their many years of service to the church and their community.

## A Healthy “Central Conference”

Reporter: Mrs. Lenora Mobley

St. Paul AME Church, Apopka was the host location for the Central Conference Lay Organization’s bi-annual Convention/Election. Host District President, Sister Ella J. Gilmore, and her members provided outstanding meals and activities for the one day convention.

Workshops provided much information for the delegates.

Sister Ella M. Wilson, Conference President, was the presenter for the Healthy Eating for a Healthy Life workshop.

Evelyn Graham, immediate past DOLA for the EEDLO was the presenter for the “Down Memory Lane” workshop. EEDLO president, Brother Charlie Nichols, presided over the conference election and the installation of officers.



## **LOOK OUT FOR THE CHILDREN! SCHOOL IS STARTING AROUND THE STATE**

**A QUIET SUMMER IN THE SOUTH**  
**Richard Simpson, President**  
**Marian Bacon White,**  
**Director of Public Relations**

After being a spectacular host for the 66<sup>th</sup> Annual Lay Convention the South Conference welcomed a return to normalcy.

## **LAY TRAINING**

Sisters Denise T. Holmes and Marian Bacon White were the guest presenters at Allen Chapel A.M.E. Church, Wabasso on June 12, 2010. The workshop was a training for members of the Lay Organization at Allen. Reverend Seena Washington, pastor.

## **CONTINUING EDUCATION SEMINAR**

On Saturday, August 14, 2010, the Continuing Education Department of the South Conference presented its annual Seminar at Mt. Hermon A.M.E. Church, Ft. Lauderdale. Dr. Carolyn McCreary, Th.D. of Turner Theological Seminary of the Interdenominational Theological Center was the instructor. The topics were Congregational & Pastoral Care n the Black Church Experience and Professional Integrity in Congregational and Pastoral Care. These workshops were dynamic, inspiring and well attended. Hats off to the Reverend Dr. Waymon T. Dixon, Coordinator.

## **MARK YOUR CALENDAR**

On November 12-13, 2010, the North District Lay Organization in conjunction with St. Paul A.M.E. Church, West Palm Beach. The Worship Service will be held on Friday evening, followed by a Leadership Workshop

on Saturday from 9 a.m. to 12 noon. This workshop will be conducted by one of our leading presenters in the 11<sup>th</sup> Episcopal District and will be open to pastors, ministers, and laypersons throughout the Conference.

On August 28<sup>th</sup>, the North District of the South Conference will celebrate its Presiding Elder's Appreciation at Harvest A.M.E. Church, Pahokee, Florida. Be there!

### **BETHEL A.M.E. CHURCH, POMPANO BEACH**

On Sunday, September 12, 2010 at 10:30 a.m., Bethel will celebrate their Women's Day. The featured guest messenger will be the renowned Evangelist Josephine Mackey of the Apostolic Church of Jesus, Fort Lauderdale. She is a well known singer, evangelist and witness for Christ.

### **NECROLOGY**

Sister Lilla Dale Hodgins, a long time member of the South Conference Lay and the Fort Pierce District, passed way on July 5<sup>th</sup>. She was a past president of the Fort Pierce District and served for many years in the South. She was funeralized on July 13, 2010 at St. Paul A.M.E. Church, Fort Pierce.

Mr. Richard Gilcher, a long time supporter of the lay organization, and owner of Quickprint Graphics of Lake Park, passed away suddenly. His memorial service was held on Tuesday, August 17<sup>th</sup>. Most of the printing for the South Conference Lay and the Episcopal Lay was done by Mr. Gilcher's family business. Our hearts are saddened by his passing and we pray for his life partner, Lawrence, and his family.

Educate Yourself About the Candidates and the Issues.....PLEASE...



The series of Annual Conferences

### **The Florida Annual Conference**

**Saturday – August 21<sup>st</sup>  
Young People's Division  
Worship Service/5 p.m.**

**Sunday August 22<sup>nd</sup>  
Debutante Master's Commission  
DMC Ceremony 6 p.m.**

**Monday August 23<sup>rd</sup>  
Women's Missionary Society  
Worship Service 7 p.m.**

**Tuesday August 24<sup>th</sup>  
Opening Session 9 a.m.  
Opening Worship Service 7 p.m.**

**Wednesday August 25<sup>th</sup>  
Pastoral Reports 8 a.m.  
Ministers' Spouses Luncheon 1 p.m.  
Sons of Allen Worship Service 7 p.m.**

**Thursday August 26<sup>th</sup>  
Pastoral Reports Continued  
Ordination-Communion Service 10 a.m.  
Lay Witness 7 p.m.**

**Friday August 27<sup>th</sup>  
Business Session Continued 8 a.m.  
Memorial Service 10 a.m.  
Retiree's Witness Service  
Model Church School 6 p.m.  
Closing Worship Service 7:30  
Pastoral Assignments**

The 2010 Florida Annual Conference will convene August 21-27, hosted by Saint John AME Church, Quincy, The Rev. Matthew Bryant, host pastor, The Rev. George T. Barkley Presiding Elder. The host site is Bethel AME Church, Tallahassee, The Rev. Dr. Julius McAllister, host site Pastor. Our Lay Witness worship service will be held on

Thursday evening, August 26, 2010 beginning at 7:00 PM. Mr. Jai Ingraham, Young Adult Representative, Eleventh Episcopal District Lay Organization, is the guest lay messenger for this grand occasion. Everyone is cordially invited to join us in this unique young adult worship experience as we continue “Building on our Global Legacy of Christ-Centered Leadership and Training.”

## **THE FLORIDA CONFERENCE LAY ORGANIZATION**

Reported by: Jim Robbins

### **Florida Conference Annual Lay Convention**

The Florida Conference Lay Convention convened on May 22, 2010 at Mount Zion A.M.E. Church, Crestview Florida. We were blessed to have Presiding Elder James Davis of the Pensacola District as guest messenger. Saturday’s sessions began with a healthy breakfast to start the day of training and business activities. Highlights of the convention were training sessions presented by Mr. George Stakley entitled “Resources of TITHING” and “Team Captain or Coach” by President Charlie Nichols. Annual Award recipients were Hall of Fame: Sister Mary B. Stevenson; Anvil: Sister Florence Murphy .Outstanding Community Service: Brother George Stakley; Soldier of the Cross: Sister Ethel Wooten; and Outstanding Layman of the Biennial; Brother Donald Russell.

### **2011 Episcopal District Lay Convention**

Planning is underway to host the 2011 Episcopal District Lay Convention. Site surveys have been conducted in the Fort Walton Beach, Panama City and Pensacola areas. The host-site decision will be made in the near future. In the interim, the 67<sup>th</sup> Annual Convention Planning Manual has been completed; committees are being formulated with chairperson and co-chairperson assignments, and we are planning the work and working the plan enthusiastically to host the 67<sup>th</sup> Annual Convention of the Eleventh Episcopal District Lay Organization.

### **Special Appeal -Two Million Dollars for Edward Waters College.'**

The Florida Conference Lay Organization responded with \$1,000.00 to the call by Bishop McKinley Young to financially support the Eleventh Episcopal District-wide EWC endeavor. A personal thanks is extended to the officers and members of the Lay organization for their contributions and continued support of our “Beloved Edward Waters College.” To God be the Glory.

### **The Panhandle Has Special Guests**



Because of the recent oil spill in the Gulf of Mexico President Obama and the first family spent a couple of days (August 15-17) at Alligator Point and Ship Wreck Island in Panama City (Florida Conference) to show the country that our beaches and seafood are not only beautiful but safe.

*\*Welcome America’s First Family\**

### **St. Petersburg District Pulls Off Another Dynamic Convention**

Reported by: Pat Wright

The “Sizzling” St. Petersburg District Lay Organization held its Annual Convention on August 13 – 14 at Turner Chapel AMEC in Palmetto, FL. At this Convention, The St. Petersburg District decided to incorporate youth in the service by combining them with their pastor for an awesome worship experience. Preceding the highly anticipated message, the youth choirs of Turner Chapel & Greater Hurst Chapel of Sarasota, and the Male Chorus Choir of Mt. Moriah of Tarpon Springs had the sanctuary spirit filled and the congregation was on fire. Afterward, Reverend Kenneth Irby and his daughter Kachira Irby delivered a powerful tag team sermon outlining our rich history of the

African Methodist Episcopal Church and the importance of the Lay Organization.

On Saturday, we continued with a Bible Study from Reverend Belinda Alexander of Turner Chapel. Reverend Alexander spoke on the importance of tithing and gave her personal testimony of how good God has been to her. Reverend Alexander reminded us that no matter what, we must continue to step out on faith. For example, if we ask God for a raise, we should start tithing that amount of that new salary prior to receiving it. This shows God that we have faith in him.

Afterward, we moved into our training session with our extraordinary Director of Lay Activities, Linnell Baker. Sis. Baker's lesson on how to be an "extraordinary leader" was right on point as we ended this St. Petersburg District Conference year and begin another. In the lesson, she gave us valuable tools such as character traits and the top skills of extraordinary leaders. As always, in conjunction with her lesson, Sis. Baker challenged us in a friendly Lay game of material from the Discipline. You surely haven't had a Lay lesson until you have received one from our dynamic Director of Lay Activities. She keeps the environment fun and exciting and makes us all want to learn.

We concluded the Convention with the election of Officers for the District. The members of the St. Petersburg District were ecstatic to bring back our superb leader of this District, Hugh Yancy, Jr. as our President. In 2008, President Yancy brought new and fresh ideas to the District and has been working tirelessly to keep that *SIZZLE* in the St. Petersburg District. We thank him for his excellent leadership and look forward to the bright future of the "*Sizzling*" St. Petersburg District Lay Organization. The St. Petersburg District encourages all to visit our website ([www.sdlo.org](http://www.sdlo.org)) to view bits of the convention and other information about the District.

## The Health Corner



Raise your hand if you'd like to age successfully — that is, without acquiring a chronic disease, losing precious memory, gaining a few surplus pounds or suffering diminished mobility.

With aging, the best defense is a good offense. And if the latest research is to be believed, the most effective offense against the downside of aging is exercise.

Understanding the impact of exercise on aging cells is the first step. A study published in the January 2008 issue of [Archives of Internal Medicine](#) confirmed the beneficial impact of exercise at the cellular level.

The London-based study was based on the observation that telomeres (regions of repetitive DNA at the end of a chromosome) in white blood cells erode and shorten during the aging process. Thus their length and quality are biological indicators of human aging, sort of an internal lifeline. Researchers compared the length and quality of the telomeres in 1,200 sets of twins; within each set, one twin exercised regularly and the other was sedentary.

Researchers found that the longer, healthier telomeres of the active twin indicated a younger biological age — sometimes by as much as nine years — when compared to the biological age indicated by the shorter, degraded telomeres of the sedentary twin.

Our brains may benefit from exercise as well. Dr. Waneen Spirduso, author of [Exercise and Its Mediating Effects on Cognition](#), argues that exercise improves mental functions such as recall, learning and abstract reasoning. Exercise may even help prevent or delay the onset of Alzheimer's disease and dementia. No one is

more enthusiastic about the neurological benefits of exercise than Harvard University professor and psychiatrist John Ratey, author of [\*Spark: The Revolutionary New Science of Exercise and the Brain\*](#). In a [Los Angeles Times](#) article, Ratey claims that aerobic exercise can delay cognitive decline by as much as seven to 10 years. Furthermore, because “exercise creates neuron growth,” Ratey calls exercise “[Miracle-Gro for the brain](#).” He believes that exercise is the single best tool we have for keeping our brain functioning at its highest level.

So the elusive fountain of youth may turn out to be a foundation for youth — one built simply on regular, consistent exercise. Indeed, the evidence is so compelling that I’m turning off the computer and heading outside for a walk.

## **Lionel and Bryan say “It’s Better in the Bahamas!”**

### **Present Focus**

The executive seeks effective ways to execute its training and fellowship mandate. Towards this end, over the past year the Lay Organization has been especially active in encouraging members at all levels of the church to attend and participate in the various District meetings and conferences. On their return, delegates made special reports to the general body.

We are currently planning for the 2010 Annual Conference, Lay Night, (November 3<sup>rd</sup> 2010), Last year our highlight was a series of short seminars which were well received. This year the feature will be a dramatized tribute to Bishop Richard Allen. The aim is to present highlights of the history of the AME Church in a powerful yet entertaining manner. A special invitation is extended to all who are interested in seeing the AME Church’s history through the eyes of Bahamian customs.

### **You are welcomed**

As the tourism gem in the Electrifying Eleventh Episcopal District Lay Organization, we stand ready and willing to accommodate our AME Church brothers and sisters who come this way either on business or pleasure.

This is especially true for those contemplating marriage. Come solemnize and celebrate it among friends. We will assist you wherever we can. Just contact any member of the executive and we will guide you accordingly.

The Bahamas Conference Lay Organization is committed to working with officers and members at the Local, District and Connectional levels, to keep alive the traditions and spirit of AME in the 21<sup>st</sup> century.

See you all in 2013 at the Episcopal District Lay Convention, right here in the Bahamas.

## **[Necrology](#)**

Final arrangements for Homegoing Services of: **Sis. Willie Belle Frazier** **Friday, August 20th, 2010; 4PM-7PM:** Calling and Viewing Mt. Zion AME Church, 450 south Holly Avenue, Orange City, FL, 32763 (Family members will be present).

**Saturday, August 21, 2010; 11 AM:** Homegoing Celebration/Funeral Service Orange City United Methodist Church 396 E University Avenue, Orange City, Florida 32763 (at intersection of University and Thorpe Avenue). Burial at Lincoln Cemetery, followed by Repast at Orange City United Methodist Social Hall. ( Flowers, calls, etc. should be sent to the Arthur J. Mack Funeral Home, 727 South Stone Street, DeLand, FL 32720; Phone (386) 734-3831.

**Sister Dorothy Granger**, Fountain Head A.M.E. Church, Mt. Pleasant died on Friday, 08/13<sup>th</sup>; Wake will be held Friday, 08/20<sup>th</sup> at 6 p.m.- Fountain Head AME Church, Mt. Pleasant **Funeral services will be held Saturday, 08/21<sup>st</sup> at 12:00 Noon - Arnett Chapel, Quincy**