

IT'S NOT THAT SERIOUS



Mercedes L. Miller

By Mercedes L. Miller

Agitation, aggravation, irritation, frustration and a half dozen other "ations" can most likely be avoided if we willingly accept that some things just aren't that serious.

The lessons in life often come to us in the most unexpected forms. As a person who studies communication and loves words and language, it is fascinating to me to observe my youngest nephew, Dominic, as he develops his own speech patterns and verbal and non-verbal cues. By examining how he interacts and processes the most uncomplicated notions, it becomes apparent that as adults we often make situations and circumstances more complicated than they need to be.

The wisdom of Dominic the two year old genius: Lesson Two.

At an early age Dominic was determined to be allergic to eggs and peanuts. Because of this many of the delightful treats his brother and sister are allowed to indulge in are off limits to him. As a substitute, he was given lollipops to coddle his taste buds. At a stage in his life where he was determined to do as much for himself as he could, Dominic started the process of opening that which gives him immense pleasure.

As he struggled to remove the wrapper from the candy, his little chubby fingers did not have the physical strength to get the paper from around the bottom of the candy where the paper meets the stick. After trying diligently to remove the plastic wrapping, taking licks in between his attempts, Dominic brought the sticky mess to me and shoved the lollipop in my face. His gesture clearly implied he desired for me to complete what he had started.

I kissed his sticky cheeks and asked what it is he wanted. He instructed me to "open." In a voice that suggested he did not already know, I said, "Dominic, you have already started opening it." Very curtly he replied, "And?"

"And?"

Insightfully I chuckled. What a powerful lesson in a one word question. "And?" How many times do we make something so monumental out of what should be minimal? Sometimes a task can be handled in just a few minutes, a question can be answered with clarity and preciseness without a great deal of dialogue and discussion, a problem can be solved with minimal effect on large numbers of people. Yet, our simulation to making more of things than they actually are detracts from our ability to be peaceful, respect time and accomplish our goals.

Think back to the last time you allowed an annoyance to infiltrate your spirit. Was the driver ahead of you not making the light really that detrimental? Is the little lady in front of you driving 10 miles under the speed limit honestly that damaging? Is your child knocking over their drink at the dinner table truly so ruinous?

When you find yourself about to engage in potentially volatile exchanges either with yourself (in your own mind) or with another, pause long enough to determine if it is even worth the energy it takes to become irritated and upset. If not, simply answer the question, perform the task, eradicate the situation or wait a few minutes longer.

If you can get past the wrapper, what lies beneath will be so much sweeter and enjoyable. Don't allow yourself to get caught up in the routine of questioning and challenging when it is not merited. When you are unsure if you are jeopardizing your peace by perpetuating this useless behavior, do like Dominic. When situations arise, raise your eyebrows, shrug your shoulders and tilt your head to the side and ask - "And?"

Mercedes L. Miller is a speaker, writer and consultant. Her life changing Meditation CDs are now available. Contact her at PO Box 25451, Winston-Salem, NC 27114 or visit www.mercedes-empowers.com

Minorities More Likely To Use Home Remedies

Older blacks and American Indians tend to use home remedies more often than older whites, researchers at Wake Forest University Baptist Medical Center have found.

But, the researchers said, the difference in the use of such products is cultural and has little to do with access to health care, economic hardship or health status.

For the study, researchers looked into the use of two kinds of home remedies: food-based remedies, including teas, plant extracts and baking soda; and nonfood remedies, such as over-the-counter creams and ointments, including petroleum products and aloe.

The 698 participants in the study all lived in Harnett and Robeson counties, both of which have large concentrations of minorities. About 43 percent of the white participants reported using food remedies, while 59 percent of the blacks and 60 percent of the American Indians used them, the researchers said. About 45 percent of the whites reported using non-food remedies while 65 percent of the blacks and about 68 percent of American Indian said they used such products.

"Home-remedy use is wide-spread among elder adults regardless of ethnicity, suggesting that older adults find some benefit in these practices and they play an important role in elders' overall strategy for health management," said Joseph G. Grzywacz, an author of the study and an assistant professor of family and community medicine at the medical center.



**Rev. P.A. Samuels,
Pastor
Prophetess Gloria
Samuels, First Lady**

Goodwill Baptist Church Inc.



548 Goodwill Road • Arcadia Community • North Davidson
County • Clemmons, NC

website: www.goodwillbaptistchurch.org

Sunday Morning Worship: 10:45am

• Sunday School 9:45am

Wednesday Bible Study: 9:45am and 7:00pm

More than a Church We're a Family

We invite you to our
"Writer's Workshop"

on Thursday, February 2, 9, 16, and 23 from 7-8 p.m.

The Writer's Workshop will focus on helping students in grades 4 and 7 with the North Carolina Writing Test which will be given in early March. The workshop will also benefit students in grades 3 and 6 as they prepare for next school year.

Leadership Workshop:

Workshop Facilitator: Pastor Philemon Samuel

When: February 4, 2006

Time: 9:00 a.m. to 11:00 a.m.

Pastoral Honorarium Celebration

Pastoral 16th Honorarium for Pastor Philemon A. Samuel

Wednesday Feb. 8, @ 7:00 p.m. Family Night

Friday, Feb. 10, @ 7:00 p.m. • Sunday, Feb. 12, @ 5:00

Speaker for Pastor Philemon Samuel Honorarium on Sun. Feb. 12, @ 5:00 will be Pastor Greg Hargrave of Gospel Tabernacle United Holy Church in Burlington NC.

"A Ministry That Is Running with Vision and Ministering with Excellence"