



Friends & Neighbors,

We want to take this opportunity to make you aware of a wonderful opportunity to help your community. Mount Sinai makes immeasurable contributions to the community through food, clothing, tutorial, counseling efforts, and much more throughout the year. With the holidays upon us and numerous requests for assistance, we consider the opportunity to participate in the Belk Charity Sale a blessing.

This is a wonderful way to help us help others! Saturday, November 3, Belk stores across the country will hold the annual Charity Sale, slashing 20-75% off of rarely discounted brands. This event is open to those who have a \$5.00 ticket and will run from 6:00am to 10:00am! You can get MAJOR discounts on all items including cosmetics and fragrances! This event will also include free Belk gift cards to participants. This is a great time to get your Christmas shopping done and help those in need at the same time.

We are grateful for the chance to partner with Belk stores to assist our community in tough times. We hope you will join us in this effort and purchase your Charity Sale tickets. Tickets are available in the church office today through Friday.

Contact us at 336.722.2624 or via email, and thanks so much for your support.

Mt. Sinai FGDC
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Dick Gregory Celebrates a Milestone
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that dealt frankly with racism led to his involvement in civil rights. Gregory ran unsuccessfully for Mayor of Chicago in 1967 and President of the United States in 1968 to draw attention to the problems of African-Americans. He's supported feminism and the anti-apartheid movement as well as healthy living.

Gregory was diagnosed with lymphoma but has kept it at bay for over a decade with he says, his regimen of fruits, vegetables, supplements and exercise. His book "Natural Diet for Folks Who Eat: Cookin' With Mother Nature" was published in 1973, putting him at the forefront of the early healthy living movement. Gregory is the author of several other books including a few memoirs, one entitled "Ni—er," which details the hardships of his life growing up poor, black and without a father.

Gregory continues to be a force, speaking around the world and performing. He's still keenly interested in politics and the state of the world. In his 80 years, he's seen a lot of changes but says he believe actions are always better than ideals.

"I don't believe in hope," he told Democracynow.org earlier this year. "We got in outer space; there wasn't hope. We made rockets; there wasn't hope. You bring in the hardcore scientists and shine a light on it and say, "We have to do this." If I had a brain tumor, I don't hope it's going to get



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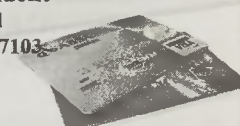
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 TO THE POLLS?**



out; I'm going to ask you who's the best brain surgeon here, and I'll go to him. And that's what's going to happen. You shift the mindset of young folks that says, what you're doing here goes out there. This don't have to happen, that it's not all right. I come up in a black community when a cop beat up you and your brother, they say, "Well, thank God they didn't kill you." That's no more. That's no more."