

The Sunday School Lesson

by John R. Brayboy, Salem Missionary Baptist Church

Obeying God (Joshua 6:1-5, 15-20)

- Outline
- I. God's Instructions on Conquering Jericho (Joshua 6:1-5)
- II. Israel Carrying Out God's Instructions (v. 15-16)
- III. God Keeps His Promises (v. 17-20)

I. God's Instructions on Conquering Jericho (Joshua 6:1-5)
 God had instructed Israel to act on faith when they got ready to cross the Jordan river. Now that they are across the Jordan, God give specific instructions to Joshua for taking over Jericho. The things that the people of Jericho had heard about Israel caused them to have a fear for the Israelites and a respect for God. When they found out that Israel was across Jordan they put a curfew on the city that none could go out. God instructed Israel to go once around the city, one a day for six days. The priests were to carry the Ark of the Covenant and on the seventh day they were to walk around the city seven times and blow the trumpets. God wanted them to do as he told them. Seven is the number of completion. After the seventh time around a long blast on the horn would signal for the Israelites to shout, and the wall would fall flat. What this is called today is psychological warfare. The people of Jericho must have thought at first that the Israelites were a bit crazy walking around the wall once a day. No doubt they became lax

and decided nothing was going to happen. The world today thinks that God's people are crazy. The scripture says that the wisdom of God is foolishness to the natural man. The natural man is unable to deal with the things of God because they are spiritual and eternal.

II. Israel Carrying Out God's Instructions (v. 15-16)
 Israel, strange as it may have sounded, did as God had instructed them. On the seventh day that got up early and marched around Jericho seven times. The number of times around had to be seven. No other number of times would accomplish the mission. It was important that the instructions were followed precisely. After the seventh time around, Joshua told the people to shout for the Lord had given them the city. Many times we miss God's blessings because we fail to obey. God has given us instructions in His word on how to be successful and enjoy His blessings, but many times we want to try things our way. Israel was obedient and God gave them the victory as He had promised.

III. God Keeps His Promise (v. 17-20)
 The city and all of its people were to be destroyed; only the harlot Rahab and those in her house were to be saved. This was because they befriended the two spies who went

into the land. God told them to stay away from the accursed thing. If they did not do as God said then there would be a curse on Israel. Where there is sin in a church even if one person who refuses to repent it can cause the blessings of God to be withheld from the congregation. God said that silver and gold, brass and iron were consecrated to Him; and were to come into the treasury. When the people heard the trumpet sound they shouted with a loud shout and the walls came down as God had promised. The people went in and took the city. When we allow God to have preeminence in our lives He will take care of our battles for us. We as Christians need to learn to be obedient, so that we can reap the blessings of God. If we want to see lost people saved, then we need to allow God's divine will to be carried out in our lives. The world is lost and not concerned about where they will spend eternity. We need to be in the divine will of God so that others will see Christ manifested through us. Just as Israel's enemies realized that God was with them, it brought fear to their hearts. It caused them to have a respect for God too. Are we living our lives in such a way that it points lost folks to Jesus? Let us be an example that others will fear the Lord and desire to be saved.

May God bless you. Pray for the lost, the shutins, the sick and those in grief.



Brooks and Strickland Wed in Garden Ceremony

Landa Lee Brooks of Pembroke and Ronnie Lee Strickland also of Pembroke were united in marriage at 3:00 p.m. Saturday, August 27, 1994, in a garden ceremony at the home of her parents Dr. Dalton P. Brooks officiated.

The bride is the daughter of Mr. and Mrs. Howard Dearl Brooks of Pembroke and the granddaughter of the late Mr. and Mrs. Pete Brooks of Pembroke and the late Mr. and Mrs. John David Brewington of Pembroke. She is a senior at Purnell Swett High School.

The bridegroom is the son of Mr. and Mrs. Ronnie Strickland Sr. of Pembroke and the grandson of Mrs. Neal Locklear and the late Donnie Locklear and Mrs. Ida Strickland and the late Boyd Strickland. He graduated from Purnell Swett in 1992 and is employed by Elkay of Lumberton.

The bride, given in marriage by

her father wore a long gown of white taffeta. It had a high neckline heavily beaded, tapered waist and long tapered sleeves covered with pearls and sequins. The skirt ended with a chapel-length train accented in pearls and alencon lace.

Her Indian princess veil was trimmed with alencon lace, pearls and silk illusion floral accents. She carried a white Bible topped with a cascade bouquet of white and blue roses baby's breath, floating pearls and ivy.

The wedding reception followed immediately after the wedding ceremony in the home of the bride. It was hosted by Mrs. Zona Locklear, Mrs. Paula Jones, Mrs. Pauline Brooks, Mrs. Laura Locklear and Miss Rachael Blue assisted at the punch bowl.

After a wedding trip to Myrtle Beach, SC. The couple will live at Rt. 2 College Court Pembroke, NC.

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 One year in NC, \$20.00
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at Parkton School where she teaches fourth grade.

Mrs. Williams is currently a member of the North Carolina Association of Educators at the state and local levels. She is the school's hospitality chairperson and serves on the academic committee.

Mrs. Williams is also involved in her community. She is a member of the Lumberton Junior Service League, serves as social chairperson for her Sunday school department, and helps with the children's choir.

Mrs. Williams strongly believes that all children have the right to an equal and fair education. She feels that given the opportunity to succeed, all children can learn.

NC State to Hold Awards Program

North Carolina State University is sponsoring its 16th annual Merit Awards Program and invites academically talented high school seniors to compete for scholarships.

Under the program, more than 100 scholarships will be awarded for the 1995-96 academic year on the basis of merit. Scholarships range in value from \$1,500, for the freshman year only, to \$3,500 annually, renewable for four years.

The competition includes the prestigious John T. Caldwell Alumni Scholarships, which will be offered to 25 freshmen entering NCSU in the fall of 1995.

Patricia J. Lee program coordinator, said Nov. 1 is the deadline for applications. Scholarship recipients will be announced by mid-March.

The overall renewable value of university wide and individual curriculum scholarships for the 1994-95 competition amounted to more than \$1 million.

Lee said NCSU's goal is to attract academically talented high school seniors from North Carolina and the nation. Last year, more than 750 students from North Carolina and other states applied for merit awards.

Lee said the John T. Caldwell Scholarship carries an extra stipend to offset the difference between in-state and out-of-state tuition rates.

For more information and application forms, seniors should contact their school counselors, or write to the Merit Awards Program, NCSU, Box 7342, Raleigh, NC 27695-7342.

The Coach's Corner

"Winning Ugly"
 Andre Agassi's winning ugly of the US Open Tennis Championship sure was a masterful performance of great accomplishment. Being unseeded and defeating five seeded players was just unmatched in all USA Opens.

Brad Gilbert, his coach invented the idea of winning ugly. The only thing about winning ugly, that I can make of it is perhaps Agassi's dress, not wearing the conventional white tennis garb as did Michael Stich. But wearing black socks, black shorts,



dart tee shirt, ear rings, a beard, dirty looking long hair but his cap was on right. But the real winning smile was the actual winner for him. Plus a real winner in the stands was his lovely girl friend Brooke Shields, a fine movie actress and the daughter of Frank X. Shields a former National ranking tennis player.

Agassi's unconventional appearance sure relaxed him thereby allowing him to fully concentrate and focus on tennis and not "tightening up" as did Stich. He was very insulting to the referee as he said, "Are you from the United States?" Thus sarcastic about a close line call.

The crowd and all of us simply loved him for his smiling concentration, his smile, his fantastic tennis playing, he was simply the greatest no doubt about it. The surest way for one to win is to play an open game, smile, be friendly and throw one in and friends will do the same. And that was Andre Agassi's winning ugly. Not ugly at all. The mental side in sports is so important.

K.J.

Walk for Justice Successful

The WALK FOR JUSTICE was a great success! We succeeded in what we set out to do - to walk from Alcatraz to Washington, DC, while collecting signatures on petitions requesting President Clinton to grant Executive Clemency for Leonard Peltier and bringing attention to many issues of concern to Native peoples. We were able to present over 730,000 signatures on July 16th; these are now safely stored at LPDC for future use. A WALK document summarizing a variety of Native concerns was compiled and distributed.

Hundreds of people—Native and non-Native—friends from the USA, Canada, and around the world—met us in Washington in support of Peltier and the issues and participated in the final march to the Lincoln Memorial, concert, and meeting at the Russell Senate Building. It was a wonderful sight!

Many, many thanks goes to ALL the hundreds and hundreds of people across the country who helped make this WALK possible: the state and local coordinators who volunteered their time, fund-raised to cover their expenses, and staffed phones for numerous hours; the walkers no matter how long or far they traveled with us; our drivers and those who provided and donated support vehicles; people who gathered food donations (Sometimes we had so much food that there was not space in our vehicles to carry it! Excess supplies were donated to local "soup kitchens," schools, and homeless shelters.); people who prepared potlucks and provided shelter or camping sites; those who gave monetary donations; those who collected signatures; people who came out to participate in evening cultural programs and purchased tee shirts; companies who provided office supplies and needs; people who offered their homes for walkers to shower; the musicians that came to DC—all donated their talents and travel; and to those supporters that were in Washington to walk with us, to sing

and dance with us...so many that the list would go on and on. MEEGWETCH!

Additional THANKS goes to everyone who helped us fund-raise for the two day sound system rental used at the Washington rally and concert. Donors included a generator and sound costing us \$3,000 and to the CPA who has kept the WALK's financial records during these five months! Also, a big thank you to Davidah and Charles Walker for the trailer which served as office, storage, and tent!

I am still "on the road" at this time. After the WALK, there were ceremonies at Grafton Peace Pagoda in upstate New York and then a craft-sharing weekend in Northern Kentucky sponsored by Sacred Run where over 20 adults and children learned and shared how to make drums and rattles, beadwork, prepared hides, and wood carving. A few days later, we headed to Minneapolis to participate in the Four Directions Youth Canoe Journey. Then there was the Pipestone Sundance in Minnesota. Presently, we are running from Pipestone to Prairie Island to lead support to groups sponsoring a prayer vigil to protest the proposed nuclear waste storage facility scheduled to be built. From Prairie Island we will run to Minneapolis in time to meet the canoers ending their month-long trip and to attend the annual AIM Conference.

It's been a busy year, and there's more to do. A MOTHERS OF ALL COLOR CARAVAN FOR LEONARD PELTIER'S FREEDOM is being organized for October 25 and 26 which Leonard and I are working on. Remember the Sobriety New Year's Eve Pow Wow in Northern Kentucky, December 30, 31, and January 1st. Everyone's invited! Again, Meegwetch for your time, support, and contributions!

Respectfully,
 Dennis J. Banks
 aka Nawecwamig

Health Clipboard

by Robert M. Chavis, P.A.-C



Prevention of Carpal Tunnel Syndrome

Living in Arizona is interesting, even if it is hot and dry. We just got back from a Hope Butterfly dance. These Hopi villages are pretty amazing in that some look as they did hundreds of years ago. The dances are a real religious experience and appear to be performed as tradition did hundreds of years ago. Even though Indian Health Service has made us be away from home for a long time, the experience and education obtained will be life long.

Carpal Tunnel Syndrome prevention starts by looking at your work station and the kind of work you perform. You should start by making your work area as comfortable as possible. Start by making sure the area you work at is not too low or high, whether you sit or stand at work. This means your tables, desks, chairs should be adjusted, so your wrists avoid constant bending. The constant bending produces pressure on the median nerve. Avoid holding objects the same way for a long time. The speed of handling objects should not be fast all the time, vary the speed. Take breaks from the repetitive work and exercise your wrist by performing

movements that you do not use at the work station. You should rotate your wrist and your ankles as a form of exercise. If the job requires you to use a tool that pushes cold air or water into your hand, try to limit the length of exposure time to the cold area.

Take breaks from using tools that apply pressure to the region of the wrist and hand. You should sit straight if typing or using a computer, and the back of your chair should be tilted slightly back. The computer monitor should be at eye level. You should only tilt slightly to make sure the neck and shoulders are relaxed. The keyboard keys should be touched lightly. Workers can use pads and pillows to help rest the wrist and take pressure off the back. You should stretch your fingers far apart for about five seconds, two to three times when you can at work. Relaxing the hands and shaking them lightly helps reduce tension of the hand and wrist. Make sure the tools you use are in good working condition. After work, playing in sports or exercise helps reduce stress and tension of your body. Consult with your medical provider about the need for wrist splints at night when performing tasks.

Kwaka, thank you in Hopi. I hope God blesses your family.

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The Intertribal Council of Elders

is looking for members from all Carolina tribes, groups, and bands to aid in Traditional Heritage, Cultural, Spiritual Gatherings.

For More information call Spotted Turtle at (910) 521-4178, Painted Turtle at (910) 521-0020 or Wild Turkey at (910) 521-2826. Or write in care of the Carolina Indian Voice, P.O. Box 1075, Pembroke, NC 28372. Fax (910) 521-1975.

