

Church News Briefs

Rev. Gene Gilmore To Open Regular Session Of Legislature With Prayer

By Lori Grier
Post Staff Writer

Rev. Gene E. Gilmore, pastor of Temple Chapel Baptist Church, was recommended by Sandra Escoff, Representative of District 60, to the House of Representatives of the State of Alabama so that he would be invited as "minister of the day."

He was selected because of his biographical sketch and accomplishments, and the resolution was approved on December 9, 1983.

Rev. Gilmore will open up the regular session of the Legislature with prayer on February 7-9, 1984. His plaque was sent from Governor George Wallace's office, and he was commended for 11 years of outstanding service and leadership in ministry.

NOAH'S ARK OUTREACH
Rev. Queen Estelle Thompson and members of Noah's Ark Outreach ended 1983 with a brief summary about Noah's work for the year. Approximately 25-30 people attended the affair at Howard Johnson's on Saturday, December 24.

Guest speakers included Dr. N.C. Calhoun, retired pastor of New Emmanuel Church of Christ; Rev. Emmett Meadows, interim pastor of New Emmanuel Church of Christ; Mrs. Emmett Meadows; Mrs. Esther Alston, sister of Mrs. Meadows; Rev. P. B. Barnett; Mrs. Beulah Robinson; and Brother Goins Walker.

Dr. N.C. Calhoun, who celebrated his birthday, had as his topic "The Birth of Jesus."

STATESVILLE AVENUE
Statesville Avenue Presbyterian will have a prayer meeting every Wednesday night during January at 7 p.m. A different organization of the church will lead prayer services.

Please come out and worship with us as we begin our year in prayer. Statesville Avenue Presbyterian Church is located at 2806 Statesville Avenue where Rev. Wilburn Sanders is pastor.

METROPOLITAN AME
Metropolitan AME Church will resume worship services at Johnson C. Smith University on Sunday, January 8. Sunday School begins at 9:45 a.m. - 10:50 a.m. and worship service begins at 11 a.m.

The guest speaker for the January 8th worship hour will be Rev. J. J. Taylor who is retired. He formerly pastored in the South Carolina Conference, Palmetto District. Rev. Taylor now resides in Charlotte and is an associate minister at Greater Bethel AME Church. He has been a servant in the ministry of Kingdom Building for more than 50 years.

You would not want to miss hearing this great minister of the Gospel. You are invited to come and hear this great servant of God. To hear this Shepherd of God expound on the Wisdom and Experience of his relationship with God, will be a blessing to all who hear him.



Rev. Gene Gilmore
....."Minister of the Day"



Rev. J. J. Taylor
.....Metropolitan speaker



Dr. N.C. Calhoun
.....In younger days

NEWST. JOHN
Rev. Bob Leak's theme for Sunday, January 8, will be "The Need of a New Beginning." His text is taken from Genesis 9:1-7.

At 5 p.m. classes will be taught by Rev. Leak and Mrs. Nettie Caldwell, director of Christian Education. These classes will teach the 1984 leaders and new members of New St. John training and leadership abilities. On Wednesday at 6:45 p.m. Mrs. Caldwell will continue training in new membership of the church followed by a prayer meeting.

LITTLE ROCK AME ZION
Little Rock AME Zion Church, 401 North McDowell Street, founded in 1884, will celebrate its Centennial, January - May.

On Sunday, January 8, at the 11 a.m. worship service, The Right Rev. Cecil Bishop, Presiding Prelate of the Twelfth Episcopal District of the African Methodist Episcopal Zion Church, will be the guest speaker. Also on Sunday, January 8, at a special worship service convening at 6 p.m., the Honorable Harvey M. Ganit, Mayor of Charlotte, will be the keynote speaker.

Little Rock Church has held a prominent role in the religious, cultural and social life of the City of Charlotte and the First Ward Community. Little Rock recently moved from the old edifice, located on Myers Street, constructed in 1911, to the new \$1.5 million facility located on McDowell Street. The old structure of 1911 has been registered as one of Charlotte's Historical Properties and is presently being restored to become the new home for the Afro-American Cultural Center.

The Centennial Observance marks a significant event in the rich heritage and legacy of the Little Rock AME Zion Church and the First Ward Community.

The pastor, Rev. William M. White Sr., and the Little Rock AME Zion congregation invite the entire Charlotte community to join in this special observance on January 8 - May 27.

GREATER MT. SINAI
Rev. Norman Kerry and the congregation of Great

er Mt. Sinai Baptist Church will observe installation services of its officers on Sunday, January 8, at 6 p.m.

Rev. P. W. Drummond and the St. Paul Baptist Church congregation will be the special guests. Services will be highlighted with a candlelight march by the officers.

NEWLIFE
The New Life Baptist Church family, along with Rev. D. K. Martin, would like to wish everyone a Happy New Year!

On Sunday, January 8, at 6 p.m., New Life Baptist Church will start the New Year with an evening of Gospel music. The Charlotte Interdenominational Mass Choir will be in concert. You don't want to miss this exciting choir. Come one and all.

The church family also invites you to listen to Rev. Martin every Sunday on WQQC from 3-4 p.m. The church is located at 208 Bruns Avenue in the old Shiloh Institutional Baptist Church.

ST. JOHN
The Alzheimer's Family Support Group will meet Thursday, January 5, at noon in St. John's Baptist Church, 300 Hawthorne Lane. The program "A Time For Sharing" will feature small group discussions and sharing. Each group will have a designated leader-facilitator.

If you have a friend or family member with Alzheimer's disease, plan to attend this first 1984 meeting of the Alzheimer's Family Support Group. For information, call Barbara Mosley, RN, at 375-0172.

RELIGIOUS CLASSES
Interested in knowing more about The Prophets of Israel or the Principles of Christian Education? If so you are invited to enroll in the various religious classes offered at the Sugar

Creek Road School of Religion, Mayfield Memorial Baptist Church, Sugar Creek Rd.
The Sugar Creek Road School of Religion will re-open for the second semester Tuesday, January 10 at 6

p.m. The school offers degrees in Theology and religious education as well as certificates for those not pursuing degrees.

The school will operate between the hours of 6-10 p.m. Tuesdays and Thurs-

days and from 9 a.m. until 1 p.m. Saturdays.

Courses offered this semester are listed on Page 18A.

For more information, call The Registrar at 596-7985.

Transit Route Changes And Detours

Bus riders and motorists in the uptown area will be in for some changes due to construction of the Tryon Street Mall Project. Because Tryon Street will be closed from Stonewall to Eighth Streets, bus stops, transfer points and vehicular traffic will be relocated.

TRANSIT
On January 2, 1984, all Charlotte Transit buses that use Tryon Street will switch to College and Church Streets. The major transfer points will be relocated one block east, to the corner of College and Trade Streets at the Civic Center. Transit riders will need to catch northbound buses on College Street, and southbound buses on Church Street.

Buses that currently use Trade Street will not be severely affected. These buses will remain on Trade Street, except between College and Church Streets. These buses will use Third and Sixth Streets when Trade Street is closed for construction.

To assist transit riders, The Charlotte Department of Transportation will erect signs at existing bus stops to tell where and when each stop will be moved. All new bus stops will have signs.

The Uptown Transit Information Center will be relocated to 500 South Tryon Street on Monday,

January 9. The old center, located at 111 West Trade Street, will close on January 5 for the move. While the Center is closed bus passes may still be purchased at Belk, Ivey's and City Hall. The transit information telephone number will remain 374-3366.

Garden Club

Forty guests attended the Annual Federation of Garden Clubs Christmas party at West Charlotte Community Center.

Despite the awesome weather the turn-out was commendable. Lois Scott, program chairperson of the federation, and the committee planned the program. A bingo game followed.

Guests and members of the federation enjoyed a tremendous fellowship not only enhancing the closeness of the many clubs represented but also developing the holiday spirit.

TRAFFIC

Beginning Tuesday, January 3, the 100 blocks of East and West Trade Streets will be closed for construction. Construction will begin on Tryon Street between Stonewall and Second Streets on Monday, January 9, closing the intersections of First and Second Streets at Tryon Street.

Drivers currently using Tryon Street are advised to use College and Church Streets during construction. Motorists traveling across Tryon Street will be detoured from time to time. The contractor is required to keep two of the following streets open at all times: Third, Fourth, Trade, Fifth and Sixth Streets. Stonewall and Eighth Streets will be open during the entire construction period.

The Charlotte Department of Transportation will make adjustments to the timing of the traffic signals to assist motorists in the uptown area.

PEDESTRIANS

The contractor will maintain pedestrian traffic on and across Tryon Street at all times. Charlotte police officers will assist to insure the safety of pedestrians and motorists.

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"The Pulse: Your Guide To Fitness"

Special To The Post
Raleigh - Common questions from those of you beginning or already participating in an exercise program are, "How do I know what level of activity is appropriate for me?" and "How hard do I have to work to improve my fitness?"

While there are several ways of determining how well your body responds to exercise, a simple and accurate way is to monitor your pulse rate. It tells you exactly how hard your heart is working and is the best tool for determining and improving fitness in an exercise program.

Pulse measurement during exercise is also a safety indicator. It not only tells you whether your body is working hard enough to improve its fitness, but also warns you if you are over doing it.

Controlling pulse rate is particularly important when starting an exercise program after a long period of physical inactivity. Very often your muscular strength is greater than the efficiency of your heart and lungs. You feel that you can undertake quite rigorous exercise, but the heart and lungs may be taking a terrible strain.

Only by monitoring your pulse can this be avoided and a safe period allowed for the heart and lungs to catch up with the condition of your muscles.

Pulse rate monitoring - Your pulse can be felt by gently placing the tips of the index and middle fingers on the inside of your wrist, just below the base of the thumb. Count the beat for 10 seconds and then multiply that number by six for your pulse rate per minute. Be sure to find your pulse within a second or two of stopping exercise because your heart rate falls off rapidly once your stop activity. To produce conditioning effects in the initial stages of your exercise program, you must raise your heart rate to 65 percent of its maximum attainable rate. After three to four weeks of a regular exercise program, the intensity of your exercise activity can be increased to 85 percent of your maximum heart rate. Thus, your target heart rate range during exercise should be between 65 percent and 85 percent of your maximum heart rate.

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TAKE TIME EACH WEEK TO WATCH & DON'T FORGET TO CALL IN

REMEMBER: **377-0642**

Telecast Banquet - Jan. 28th
Feeding The 500 - Feb. 14th
Telecast Taping - Feb. 4th

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THE CHARLOTTE POST

CHURCH DIRECTORY

I raise my eyes toward the hills. Whence shall my help come? My help comes from the Lord who made heaven and earth.

Psalms 121:1-2

Attend The Church Of Your Choice

Friendship Baptist Church
DR. Clifford A. Jones, Sr. - Pastor

"Early Morning Service 6:30"

Sunday Schools Graded Day Care Center
9:45 a.m. Sunday School Mon.-Fri. 7 a.m. - 8 p.m.
11 a.m. Morning Worship (Ages 3 Months-5 Years)

33901 Beatties Ford Rd.
392-8391

First Baptist Church - West

1801 Oaklawn Ave.

Wednesday Prayer Meeting 7:30 P.M.
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Baptist Training Union 5 p.m.
Each Third Sunday Church Group Meetings
Each Fourth Sunday Afternoon

Rev. Dr. J. B. Humphrey

372-1075 372-0950

Greater Mt. Sinai Baptist Church

1243 W. Blvd. **332-2163**

Sunday School: 9:45 a.m. Worship Service: 11:00 a.m.

Rev. Norman E. Kerry, Pastor
"WHERE CHRIST IS PREACHED, AS HE IS, TO MEN AS THEY ARE"