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

Post Staff Writer Rev. Gene E. Gilmore,

pastor of Temple Chapel Baptist Church, was re-commended by Sandra Escott, Representative of District 60, to the House of Representatives from 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

STATESVILLE AVENUE Statesville Avenue Presbyterian will have a prayer ting every Wednesday neeting every water at 7.
night during January at 7.
n.m. A different organization of the church will lead

se come out and worwith us as we begin ir in prayer. Statesenue Presbyterian Church is located at 2806 Statesville Avenue where Rev. Wilburn Sanders is

ETROPOLITAN AME Metropolitan AME Church will resume wor-ship services at Johnson C. Smith University on Sun-day, January 8. Sunday School hearing at 2. ol 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 o is retired. He formerly pastored in the South Carolina Conference, Paletto 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 dom 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 con this great servant of God. To hear this Shepherd of God expound on the visdom and Experience of s relationship with God, ill be a blessing to all who



With Unwanted Or No Longer

Needed Items.

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THE CHARLOTTE

Classified Section

POST

376-0490



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

NEW ST. 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 member ship of the church followed by a prayer meeting.

LITTLE ROCK AME ZION ..Little Rock AME Zion Church, 401 North McDow ell Street, founded in 1884, will celebreate 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 2 at a creeker. January 8, at a special worship service convening at 6 p.m., the Honorable Harvey M. Gantt, 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 Char-lotte's Historical Properties and is presently being restored to become the new home for the Afro-Ameri-

can Cultural Center. The Centennial Observance marks a significant event in the rich heritage Rock AME Zion Church and the First Ward Com-

The pastor, Rev. Will-iam 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-

REMEMBER:



Rev. J. J. TaylorMetropolitan speaker

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 NEW LIFE

The New Life Baptist Church family, along with Rev. D. K. Martin, would tike 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 con cert. You don't want to miss this exciting choir. Come one and all.

Dr. N.C. CalhounIn younger days

The church family also invites you to listen to Rev. Martin every Sunday on WQCC 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 discus-sions and sharing. Each group will have a desig-nated leader-facilitator.

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

"The Pulse: Your Guide To Fitness"

Special To The Post Raleigh - Common ques-tions from those of you beginning or already parti-cipating in an exercise procipating in an exercise pro-gram are, "How do I know what level of activity is appropriate for me?," and "How hard do I have to work to improve my fit-

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

Pulse measurement dur-ing exercise is also a safety

indicator. It not only tells you whether your body is working hard enough to im-prove its fitness, but also

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.

Have YOU Seen

Bishop J.H. Sherman

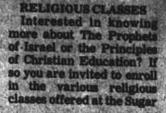
Only by monitoring your pulse can this be avoided and a safe period allowed for the heart and lungs to catch up with the condition.

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 then multiply that number by six for your pulse rate by six for your pulse rate by six for your pulse rate per minute. Be sure t your pulse within a s 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 exer-cise program, you must raise your heart rate to 65 percent of its maximum. percent of its maximum attainable rate. After three activity can be incre 85 percent of your maximum heart rate. Thus, your target heart rate range during exercise should be between 65 per-cent and 85 percent of your maximum heart rate.

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Ads Work

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resk mond School of Re-pin. The school offers de-tion, Mayfield Memorial grees in Theology and re-optist Church, Sugar ligious education as well as

Creek Rd.

The Sugar Creek Road
School of Religion will reopen for the second semester Tuesday, Janury 10 at 6

Righous education at well as certificates for those not pursuing degrees.

The school will operate between the hours of 6-10 p.m. Tuesdays and Thurster Tuesday, Janury 10 at 6

grees in Theology and re-ligious education as well as certificates for those not

days and from 9 a.m. until 1

p.m. Saturdays.

Courses offered this se-mester are listed on Page

For more information, call The Registrar at

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 construction of the Tryon Street Mall Project. Be-cause Tryon Street will be closed from Stonewall to Eighth Streets, bus stops, transfer points and vehicu-lar traffic will be relocat-

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 re-

located 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 Col-lege and Church Streets. These buses will use Third and Sixth Streets when Trade Street is closed for

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.

located at 111 West Trade Street, will close on Janu ary 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 num-ber 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 com-mittee planned the pro-gram. A bingo game fol-

ests and members of the federation enjoyed a tremendous fellowship not only enhancing the closess of the many clubs represented but also de-veloping the holiday spirit.

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(704) 333-4240 Mr. & Mrs. Albert Raffin, Owners Cop

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

Drivers currently using Tryon Street are advised to use College and Church Streets during construc-tion, 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 main-tain pedestrian traffic on and across Tryon Street at all times. Charlotte police officers will assist to in-sure the safety of pedestri-

ans and motorists.

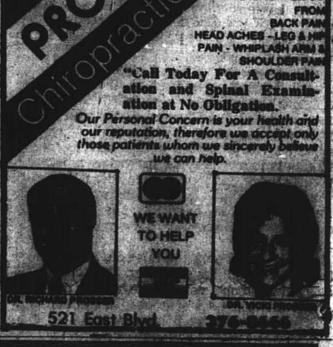
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Of Your Choice

First Baptist Church

1801 Oaklawn

Ave.

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 Meeti ach Fourth Sunday Aft

3723107

THE CHARLOTTE POST

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

Baptist

DR. Clifford A. Jones, Sr. - Pastor



Sunday Schools Graded Day Care Center 9:45 a.m. Sunday School Mon.-Fri. 7 a.m. - 6 p.m. 11 a.m. Morning Worship (Ages 5 Months-5 Years)

33901 Beatties Ford Rd.

1243 W. Blvd. 332-2163 Sunday School: 9:45 a.m. Worship Service: 11:00 a.m.

> Rev. Norman E. Kerry, Paster HERE CHRIST IS PREA



and the HAPPY PENTECOSTAL FAMILY on CABLE 3 Wednesday Nights 8:00 - 8:30 p.m. TAKE TIME EACH WEEK TO WATCH & DON'T FORGET TO CALL IN

Telecast Banquet - Jan. 28th

Feeding The 500 - Feb. 14th

Telecast Taping - Feb. 4th