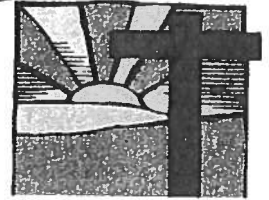


# Uniondale Messenger

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Issue 2

February 2013



## Black History Month

### Birthdays & Anniversaries

#### January

3rd-Tina Barclay  
4th-Ryan Kellam  
5th-Jesse Turner  
12th-Grace Fromm  
12th-Scott Elzey  
13th- Barb Cook  
24th-Isabella Swineford

#### February

12th-Steve Andorfer  
14th-Jason Horne  
16th-Hannah Fromm  
16th-Steve & Connie Andorfer  
17th-Hannah Kellam  
17th- Clarence McAfee



Black History Month, also known as African-American History Month, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African American diaspora. This is the month that all of the hard work of the people who put in for African Americans to be free is celebrated. It is celebrated annually in the United States and Canada in February and the United Kingdom in October.

Black History Month had its beginnings in 1926 in the United States, when historian Carter G. Woodson and the Association for the Study of Negro Life and History announced the second week of February to be "Negro History Week". This week was chosen because it marked the birthday of both Abraham Lincoln and Frederick Douglass. Woodson created the holiday with the hope that it eventually be eliminated when black history became fundamental to American history. Negro History Week was met with enthusiastic response; it prompted the creation of black history clubs, an increase in interest among teachers, and interest from progressive whites. In 1976, the federal government acknowledged the expansion of Black History Week to Black History Month by the leaders of the Black United Students at Kent State University in February of 1969. The first celebration of Black History Month occurred at Kent State in February of 1970. Six years later during the bicentennial, the expansion of Negro History Week to Black History Month was recognized by the U.S. government. Gerald Ford spoke in regards to this, urging Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history."

Black History Month sparks an annual debate about the continued usefulness and fairness of a designated month dedicated to the history of one race. Many people hold concerns about black history being delegated to a single month and the "hero worship" of some of the historical figures often recognized. Morgan Freeman, a critic of Black History Month, said: "I don't want a black history month. Black history is American history."

Thurgood Marshall was the first African American ever appointed to the United States Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the Supreme Court from 1967 to 1991.

## Like a city whose walls are broken through is a person who lacks self-control." Proverbs 25:28 (NIV)

Ask me why my attempts at losing weight haven't been successful and I can give you a list of reasons: the girls are sick and/or grouchy, my work schedule doesn't make it convenient or we don't have the "right" food in the house and need to get groceries. But the bottom line is this: I lack self-control in this area of my life.

I know what I should do. Or more accurately, I know what I should NOT do. And yet when faced with a temptation, I give in. Rather than choose a modest portion size, I justify a second helping. Or I set myself up by not anticipating my weakness and buying Little Debbie Swiss Rolls thinking I'll only eat half of one. Oh, how I deceive myself.

The ability to control my own choices is a God-given gift. And yet it's one I misuse some times. Sadly rather than controlling myself, I choose to try to control other things. And end up losing control of myself. Here was God's original plan: He controls the world. We control ourselves.

That's a great plan when you think it through objectively. God's got unlimited resources, unlimited wisdom, and unlimited power. He should be in charge of the world with that resume. That's not what happened though. Many generations ago, in a garden with some fruit that was off-limits, we decided we didn't like that plan. In fact, we decided it was our job to control the world. After all, we have to live in it, right? Shouldn't we make the rules? Plus, we really should make sure others stay in line too. My what a big job we have trying to corral everyone! It's exhausting.

So the more we focus on God's job (controlling the world and other people) the less we do our job (controlling ourselves). Scripture tell us from Proverbs 25:28, "Like a city whose walls are broken through is a person who lacks self-control." (NIV) This gives me a mental image of an unprotected treasure. So when an enemy tries to attack, there is no defense.

As I apply that to my life, I can see where the enemy sneaks in through my lack of self-control. Especially when I start my excuses. Whether it's excuses for over-eating, not managing my home well or over-committing myself, without self-control I'm like a bombarded city. The more I focus on what I can't control, the less I'm able to manage what I can control. Thankfully, God has a plan in place to help us with this issue. He sent His Holy Spirit to live in us. Galatians 5:22-24 says, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires." (NIV)

As we start a new year, I'm taking a fresh look at what I can control and what I can't. I'm acknowledging my need of God's help, but I'm also acknowledging my responsibility. Thankfully I can release the load of trying to control others, because on most days, I'm as much as I can handle.

--From a Proverbs 31 Daily Devotional

*Natalie*

## *Confessions of a Single Girl, living in a small town*

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalms 139: 23-24

I tend to be an anxious person. Actually, I struggle with anxiety on a regular basis. Apparently, I need to learn better coping skills...or perhaps just let myself have a good cry every now and then. I've always been a worry-wart. I worry about my family...I worry about my friends. I worry about my job and the people I work with. I think it comes from my natural instinct to take care of people. But here's the thing...I'm not in control. I tell myself that on a daily basis. However, it doesn't always stop my worrying. I even worry about driving in bad-weather. My worries can be classified into the following categories: **MONEY, JOB, and SOCIAL INTERACTIONS** (i.e. boys) :) It can be difficult to live on my own with a single income. There have been many months that I was wondering how I was going to make it through and I live a fairly simple life. But you know what??? God provides. He always works it out; no matter what. It may not be how we think it should work out, but God's plan is **ALWAYS** much better than our plan. Now is not the time to worry...because that will get us nowhere. Now is the time for us to become prayer warriors. Actually, I believe that we need to be prayer warriors on a regular basis. We are headed into the season where we are celebrating the birth of Jesus. Take your worries, your anxious thoughts and lay them down at the cross. Pray for peace and contentment.

*Ananda*

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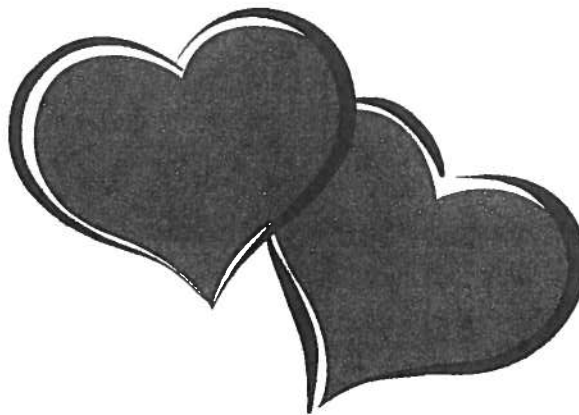
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**Saint Valentine's Day**, commonly known as Valentine's Day, or the Feast of Saint Valentine, is observed on February 14 each year. It is celebrated in many countries around the world, although it remains a working day in most of them. St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. The most popular martyrology associated with Saint Valentine was that he was imprisoned for performing weddings for soldiers marry and for ministering were persecuted under his imprisonment, he is daughter of his jailer Astebefore his execution he tine" as a farewell to her. The day was first associated the circle of Geoffrey the Middle Ages, when the tradition of love flourished. By the 15th century, it had evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. (Wikipedia.com)



who were forbidden to to Christians, who the Roman Empire; during said to have healed the rius. Legend states that wrote "from your Valen-

ed with romantic love in Chaucer in the High Middle Ages, when the tradition of courtly love flourished. By the 15th century, it had evolved into an occasion in which lovers expressed