

THE CHURCH OF JESUS CHRIST ATLANTIC COAST AREA CIRCLE NEWS

October 2007
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President's Message

Dear Sisters:

I am happy and excited that we are finally coming out with our first issue of Circle News for the Atlantic Coast Region! Hopefully, this will be a useful vehicle for all including our sisters and friends who are shut-in or live in areas where they do not get an opportunity to attend church. I hope you find joy in reading the quarterly message as well as all the other topics of interest.

Lately the subject of "Responsibility and Accountability" has been heavily on my mind. When I think of these subjects, the scriptures of Romans 12:1 and 2 comes to mind where the Apostle Paul says "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your *reasonable service*."

"And be not conformed to this world: but be ye transformed by the renewing of your mind that ye may prove what is that good and acceptable, and perfect, will of God."

Our last message from the Quorum of Twelve Apostles also reminded us of the responsibility of being obedient to the commandments of God.

In March the visiting sisters' committee met at the Hopelawn branch where Sister Linda Scolaro presented a lesson on "*Being Mary in a Martha World*". We know that Mary experienced the good part which was not taken away from her because her focus was of Christ and administering to his needs

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while Martha was cumbered about with the natural things of life.

At times, we may feel that we are under a lot of pressure and our plates are full, however if we put God first and allow his will to work in our lives, we will find that everything will fall into place and we will enjoy the blessings thereof.

We should remember daily the covenant we made at the water's edge when we promised to love and serve Him for the remainder of our days. For it is our *responsibility* to be *obedient* to His word and the plan He has laid out before us; for one day we will be held *accountable* for our deeds (good, bad or indifferent) when we stand before the judgment bar.

Therefore sisters, let us take our responsibility to God and to the church very seriously, whether we hold an office or not, for we know that there is no greater calling then that of a saint and offices only make us further servants to God and to others. And we know if we prove faithful and endure to the end; a crown of righteousness awaits us. God's blessings to you all.

Sister Maria Peterkin

HEART ALERT

Article By Meg Lundstrom

Did you know that cardiovascular disease is the leading *killer* of women over the age of 25? Research suggests people with high blood levels of the amino acid homocysteine are twice as likely to get cancer, osteoporosis and Alzheimer's - and three times as likely to have a heart attack or stroke. Some ways you can reduce this risk are:

1. Boosting this B

Folate! Getting more of this B vitamin can make your homocysteine levels plunge by up to 25%.

2. Adding other Bs!

Although folate is best when it comes to reducing homocysteine, research suggests getting more B2, B6 and B12 can help reduce it even further. Our bodies converts homocysteine into useful amino acids if these vitamins are present.

3. Avoid smoky places

Lighting up raises your risk of high homocysteine levels 12-fold. A study revealed that if you're not a smoker - but regularly breathe in cigarette smoke - your homocysteine level can be almost half that of a regular smoker!

4. Eat Fruits/Greens

Loading up on fruits and vegetables helps lower heart attack risk by up to 50%. Studies show that spinach and other leafy greens lowered levels by 13% in just two weeks. Aim for 4 cups fruits and vegetables daily.

Other heart-health boosters that can lower your risk....

♥**Fish oil to prevent clots** - Fish oil improves cholesterol counts, reduces artery

Aspirin can help prevent a heart attack



inflammation and makes blood less sticky and clot-prone. Aim for 1,000 mg. daily

♥**Magnesium to cut risk in half** - Low levels can hasten hardening of the arteries, doubling the risk of a heart attack. 75% of heart patients are deficient in this key mineral. Aim for 400 mg. of the chewable form daily.

♥**Vitamin C for supple arteries** - Heart patients given a daily dose of this vitamin had a 43% lower death rate over a 10-year period than a placebo group - and dangerous plaque in their arteries was slashed by two-thirds. Aim for 1,000 mg. daily.

♥**CoQ10 to revitalize heart cells** - This fat - soluble vitamin 'energizes' heart cells. In one study, it improved the heart-pumping ability of people with chronic heart failure by 15%. Aim for 100 mg. daily.

GET TESTED

Your doctor can check your homocysteine levels with a simple blood test.

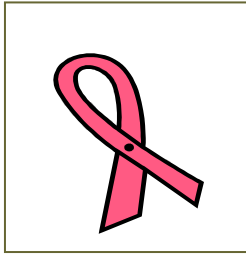
Good homocysteine levels are less than 9 micromoles per liter (umol/L).

Intermediate levels are between 9 and 12 umol/L.

High levels are over 12 umol/L.

Breast Cancer Prevention Plan

By Brenda Kearns



October is Breast Cancer Awareness Month and we can never know enough information in taking preventive measures.

Eat more beans

They are rich in cancer fighting antioxidants, downing half a cup daily could cut your breast cancer risk 30%. And they are loaded with fiber- which binds to toxins in the digestive tract, sweeping them out of the body before they can be absorbed-they actually offer a double dose of protection.

Make steak an appetizer

Women who eat large amounts (one and a half servings or more) of red meat almost every day are twice as likely to develop breast cancer as those who eat smaller portions, less than three times weekly.

[Don't overcook it. When meat is charred or heavily browned, carcinogens form on its surface. Cut your breast cancer risk five-fold by sticking to rare or medium-done fare-and make portions palm size.]

Grab some grapes

Eating 10 servings of any fruit weekly reduces breast cancer risk by 29%. Having one cup of red or purple grapes or a cup of their juice four times weekly improves immune function so dramatically, it can shut down the growth of abnormal cells within one week.

Get up and go

You already know that exercise helps reduce your chances of heart disease, high blood pressure and diabetes. But protect your

breasts? YES! Walking just half an hour a day is enough to reduce your risk of breast cancer 50% by lowering levels of cancer-fueling estrogen. Just ten minutes here and there works like a charm.

Sip V-8 before dinner

Do this regularly, and you'll effortlessly cut about 135 calories from your meal! This is important because your breast cancer risk automatically drops 28% if you stay within 10 pounds of what you weighed at age 18. Extra fat produces estrogen and growth factors that fuel the growth of abnormal cells. Many cancer-causing environmental toxins are stored in body fat, so the less fat you have, the fewer toxins your body harbors.

Fit in flax

Flaxseeds are one of the most protective foods you can eat. Tossing just one tablespoon of ground flaxseeds - the top dietary source of cancer-fighting lignans - into your yogurt, cereal, cooked foods or smoothies can reduce your risk of breast cancer 72%.

Supplement with D

A high intake of vitamin D is linked with a 50% lower risk of breast cancer, thanks to the fact that breast tissue contains an enzyme that transforms D into a powerful cancer-fighter. Aim for 1,000 IUs daily.

NIP IT IN THE BUD

Thanks to new treatments, the success rate for curing breast cancer that's caught early is 96%.

See your doctor if you have any of these symptoms:

** A lump inside your breast*

** A swollen spot or indentation*

** Veins that are more visible on one breast than the other*

** A nipple that's inverted, rashy, changes texture or develops a discharge.*

Calendar of Events

October 13th - General Ladies' Circle Meeting - Greensburg, PA - Luncheon Fundraiser

October 15th - Gift Card Fundraiser to help defray cost for the upcoming 40th Anniversary Celebration - order forms and money due to Sister Alice Suska.

October 19th - Tupperware Fundraiser for the Mt. Laurel building fund - orders and money due to Sister Rose Bonaduce.

October 24th - Canned goods and non-perishable items food drive ends in branches. For further information, contact Sister Maria Peterkin.

October 27th - Health Fair and Membership Drive at Hopelawn Branch - 10:00am - Seminar on Renewing the body and mind presented by Sister Mary Ann Pasko. Bring a can and a friend. Brunch to follow.

FAST & PRAYER

The Area Circle has designated the last Saturday of every month for fast & prayer.

Remember to visit the General Ladies' Uplift Circle website at www.generalladiescircle.org

Chipperry Cookie Dough Contest Winners



The cookie dough fundraiser contest is over and the top selling sisters are:

1st Place - Sister April Calabro - New Brunswick Branch - \$332.00

2nd Place - Sisters Renee Maroon and Rachel Benyola - New Brunswick Branch - \$146.00

3rd Place - Sister Sally Hettler - New Brunswick Branch - \$118.00

Congratulations for a job well done!

40th Anniversary Celebration

The Atlantic Coast Ladies' Uplift Circle 40th Anniversary Celebration will be held on June 7, 2008 at 12:00 noon at the Heldrich Hotel, New Brunswick, NJ.

Further details will be forthcoming, however volunteers are still needed for the following sub-committees:

Hospitality

Chair - Sister Dottie Benyola

Program

Chair - Sister Mary Benyola

Research

Chair - Sister Betty D'Orazio

Fundraising

Chair - Sister Alice Suska

Quarterly Birthdays October - December



Sis. Laura Gibson - Levittown - Oct. 3rd
 Sis. Jessica Pittius - Metuchen - Oct. 7th
 Sis. Lucy Murillo - Freehold - Oct. 8th
 Sis. Mary Alice Duckenfield - NBruns - Oct. 9th
 Regina Burns - Metuchen - Oct. 10th
 Sis. Leah Churchill - Maine - Oct. 20th
 Sis. Renee Maroon - NBruns - Oct. 24th
 Sis. Carol Greene - Edison - Oct. 25th
 Sis. Ann Grover - Freehold - Oct. 25th
 Sis. Bernadina Castillo - NBruns - Oct. 28th
 Sis. Jen Catalano - Metuchen - Oct. 28th
 Sis. Kim Pittman - Edison - Oct. 30th

Sis. Elaine Caterina - NBruns - Nov. 1st
 Sis. Edith Bateman - NBruns - Nov. 10th
 Sis. Dawn Boruch - Levittown, Nov. 11th
 Sis. Kim McClelland - Maine - Nov. 11th
 Sis. Lydia Link - Bronx - Nov. 14th
 Sis. Alice Suska - Bronx - Nov. 16th
 Sis. Katie Sgro - Edison - Nov. 19th
 Sis. Donna Repcheck - Levittown - Nov. 21st
 Sis. Lottie Reid - Freehold - Nov. 23rd
 Sis. Sally Curtin - Maine - Nov. 26th
 Sis. Adelaide Connor - Levittown - Nov. 27th

Sis. Maria Sacramento - Freehold - Dec. 4th
 Sis. Dolores Arcuri - Edison - Dec. 16th
 Sis. Lauren Wolff - Mt. Laurel - Dec. 19th
 Sis. Roberta Hunt - Freehold - Dec. 21st
 Sis. Charity Lombardo - Metuchen - Dec. 24th
 Sis. Chris Perri - Mt. Laurel - Dec. 25th
 Sis. Clara Howard - NBruns - Dec. 29th

Quarterly Spiritual Anniversaries October - December

Sis. Carmela Madison - Edison - Oct. 2 (19)
 Sis. Wilhelmina Watts - Freehold - Oct. 5 (4)
 Sis. Dawn Boruch - Levittown - Oct. 15
 Sis. Bernadina Castillo - NBruns - Oct. 17 (3)
 Sis. Carol King - Levittown - Oct. 24
 Sis. Juana Sanchez - NBruns - Oct. 27 (11)
 Sis. Liz Corson - Maine - Nov. 4 (14)
 Sis. Kathy Onorato - Maine - Nov. 5 (29)
 Sis. Karen Scott - Mt. Laurel - Nov. 7 (10)
 Sis. Geneva Dell - Freehold - Nov. ? (67)
 Sis. Dottie Benyola - Mt. Laurel - Nov. 12 (46)
 Sis. Lynda Sgro - Mt. Laurel - Nov. 16 (27)
 Sis. Francis Endrizzi - Edison - Nov. 19 (66)
 Sis. Laura Gibson - Levittown - Nov. 19
 Sis. Shirlee Connor - Levittown - Nov. 21
 Sis. Ann Grover - Freehold - Nov. 26
 Sis. Carol Greene - Edison - Nov. 27 (24)
 Sis. Angeles Reyes - Freehold - Nov. ? (16)

Sis. Nancy Murillo - Freehold - Dec. 2 (11)
 Sis. Maria Peterkin - NBruns - Dec. 3 (14)

Did we forget you?? If you had a birthday or spiritual anniversary for the October - December quarter and were not listed above, please let us know. Contact Sister Maria Peterkin at 609-514-1075 or e-mail at mp1528@att.com

***In Loving Memory of
Sister Mabel Bickerton***



Sister Mabel Bickerton passed on to her eternal reward on Tuesday, September 18, 2007 at the age of 105. Sister Mabel held the office of General Ladies' Circle President for 31 years! She was very instrumental in many facets of the church. She will be missed by all who had the privilege of knowing her.

An in-depth obituary of Sister Mabel can be viewed on the General Circle website. If you would like to share an experience of how Sister Mabel impacted your life, you can submit an article to the General Circle web sister at websister@generalladiescircle.org.

Safely Home

I am home in Heaven, dear ones;
Oh, so happy and so bright!
There is perfect joy and beauty
In this everlasting light.

All the pain and grief is over,
Every restless tossing passed;
I am now at peace forever,
Safely home in Heaven at last.

There is work still waiting for you,
So you must not idly stand;
Do it now, while life remaineth-
You shall rest in Jesus' land.

When that work is all completed,
He will gently call you Home;
Oh, the rapture of that meeting,
Oh, the joy to see you come!

Area Officers

President - Sister Maria Peterkin
Vice President - Sister Colleen Smith
Secretary - Sister Alice Suska
Asst. Secretary - Sister Teri Bravo
Fin. Secretary - Sister Mitzi Calabro
Treasurer - Sister Rose Bonaduce
Auditors: Sister Betty D'Orazio &
Sister Lynda Sgro
Card Sender: Sister Teri Bravo
Editor: Sister Alyssa Reyes
Historian: Sister Nyema Reyes
Librarian: Sister Jessica Pittius

Local Presidents

Bronx: Sister Lydia Link
Edison: Sister Rosemary McLaughlin
Freehold: Sister Roberta Hunt
Hopelawn: Sister Mitzi Calabro
Levittown: Sister Dawn Boruch
Maine: Sister Kathy Onorato
Metuchen: Sister Michele Burns
Mt. Laurel: Sister Rose Bonaduce
New Bruns: Sister Maria Peterkin

NEWSLETTER COMMITTEE



Volunteers are still needed to be part of the newsletter committee. The next issue of Circle News is due out in January 2008. If you would like to submit any experiences, articles of interest, recipes, health news, etc., contact Sister Maria Peterkin via e-mail at mp1528@att.com.