

# Walkers fight lung disease at Orchard Ridge

On Saturday, May 10, people committed to the fight against lung disease will walk to help others breathe easier.

The American Lung Association of Michigan will hold its 3rd annual Breath of Life Walk at Oakland Community College, Orchard Ridge Campus, in Farmington Hills. One and three mile routes are featured. "The event helps to raise community awareness that we all must work together to assist the children and adults that struggle to breathe," said Mary Baumgartner, Regional Manager, Southeast Region. "Together we can provide the education and fund the research that supports those living with the debilitating effects of lung disease."

WXYZ Channel 7 Anchor Diann Lewis will once again lead the walk. Teams are now forming; there is no registration fee. Walkers seek support through pledge contributions. Money raised is earmarked for education, research, and support programs in the fight against asthma, COPD disease, lung cancer, emphysema, and the many diseases that affect lung health. Contributions also fund youth prevention programs that promote lung health. Registration on walk day is at 9 a.m. The walk begins at 10 a.m., rain or shine. For information on team participation or to volunteer, call the American Lung Association of Michigan at (800) LUNG-USA or www.alum.org.



Diann Lewis will once again lead walkers in the annual "Breath of Life" fund-raiser at Oakland Community College's Orchard Ridge campus in Farmington Hills.

# Burton Manor site for annual leadership conference

Three seminars will help women get ahead will be offered participants of the seventh annual Women's Leadership Conference and Awards Program, Wednesday, April 16, at Burton Manor in Livonia. Sponsored by the Michigan Business and Professional Association, the conference will also honor seven Michigan women leaders as role models in the workplace. Keynote speaker is Julie Baker, author of "A Pebble in the Pond." She specializes in motivating and educating audiences on how to bring their strengths to the professional and personal table.

"Julie will convince you that every woman is a leader whose influence extends far beyond her realization," said Ed Deeb, MBPA president. "Among the practical leadership skills she will address is time management, writing, speaking and preventing problems."

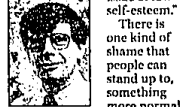
The theme for this year's Women's Conference is "Finding Your Voice." Honorary chairperson is Detroit Free Press Executive Editor Carol Leigh Hutton. The seminars will offer panel discussions by experts in their fields. The seminars are: business, ethics, empowering you the person; knowing your talent; and communicate success, sell yourself to advance your career.

Panelists will include Leslie Murphy of Plante and Moran, June Hamming-Buhl of Marygrove College, Marcie Uday Riley of IRI Consultants to Management, Teresa Weed Newman and Michele Napier Dunning of Project Innovations, Kelly Major of Brogan & Pastners, Debra Nelson of DaimlerChrysler Corp., and Billy Ju Wanick of ISCG.

"The Women and Leadership in the Workplace Conference provides education, encourages leadership and high professional standards and seeks to assure equal opportunities for women to demonstrate these qualities in the professions, occupations, workplaces and volunteer roles," said Deeb. Contact MBPA at (586) 393-8500 for information or to register for the conference.

# Strategies can help turn shame into experience of grace

Shame is that emotion that saps the way we feel about ourselves; one of my friends says that it is the "underlying issue of low self-esteem."



There is one kind of shame that people can stand up to, something more normal and temporary. It can provide messages about things we need to know, some behavior or attitude to address. But, many people I see in my

office have a sense of excessive shame, the kind that does not go away.

Shame is different from guilt. Guilt arises when we have done something wrong. While shame is a universal experience shame says that we "are something wrong." When shame is unhealthy and distorted it drags us down. There can be repeated acts or thoughts or chronic events which continue to give one the message that he/she is a shameful person.

Shame hits everyone at some level. If you do not feel shame much or at all it is likely you are well defended and that shame is lurking somewhere.

That is fine as long as the defense mechanisms last.

People may deny that they feel shame. They may withdraw from a situation or a person that brings up shame. Denial simply says, "No, that is not me." Using withdrawal occurs when one is feeling so bad about him/herself one cannot look another person in the eye; that will make my shame worse. So, where does anger come in?

Shame has great pain attached to it. Anger often starts with the experience of pain. When one is in pain the pain can lead to arousal and discharge. When one is in pain one can blame others for how

one feels. One can feel angry about how he/she feels. When this anger is perpetuated by chronic low self esteem or an attitude that keeps one from feeling like an okay person the anger will not let up. The experience of grace is remote and distant. There are strategies for managing shame. Anger management programs may help restore a balance of healthy and unhealthy shame. To manage one's anger effectively is an experience of grace in itself.

There are three areas of exercises I teach in classes using a workbook, which give a person a program not to deny their anger but learn to manage it. Some of the things

that don't work are denial, withdrawal, perfectionism, rage and ventillation.

Anger is different from aggression. Aggression is behavior. In addressing anger it is important to address both. A combination of learning more about your anger, using various forms of muscle relaxation, and developing a new approach to this emotion are all ways to transform your anger from being rooted in shame to becoming an experience of grace.

Dr. Paul Melrose is clinical services director at the Samaritan Counseling Center. He can be reached at www.paulmelrose.com or at (248) 474-4701.

# Salem United Church of Christ honored for stewardship

Salem United Church of Christ, located at 33424 Oakland Street, in Farmington is a congregation that knows the joy of helping others and has found many ways to help people in need over the years.

On Saturday, March 8, Salem UCC received the 2003 Congregational Stewardship Award from the Council for Health and Human Service Ministries. CHISM represents more than 330 caring ministries of the United Church of Christ across the nation.

Rev. John Maki, pastor of Salem UCC, was on hand to receive the award at CHISM's annual meeting held in Chicago.

Salem UCC was nominated for the award by Evangelical Homes of Michigan (EHIM), a health and housing ministry affiliated with the United Church of Christ. EHIM has served seniors, the ill and the elderly in southeast Michigan since 1879, operating facilities in Detroit, Salfine, Fort Huron and Sterling Heights.

Salem UCC has provided financial and volunteer support to Evangelical Homes of Michigan for more than a century. In the past 12 years, Salem has donated more than \$50,000 to Evangelical Homes of Michigan.

"Evangelical Homes of Michigan is proud to have the support of Salem United Church of Christ and its members," said Denise Rabidoux, CEO. "Together we have touched the lives of thousands of seniors improving the quality of their lives."

But Salem's concern for health and human service ministries goes beyond its commitment to and support of Evangelical Homes of Michigan.

For the past 10 years, members have assembled Emergency Survival Kits for homeless men, women and children.

This year, more than 150 kits were given to Freedom House, an agency in Detroit that helps resettle refugees in Canada and the United States, and the Veterans Administration for its

homeless shelter in Detroit.

Several years ago, members of Salem UCC raised more than \$18,000 to purchase a van for the Polompon Evangelical Church on Leyte in the Philippine Islands. The van is used to transport medical and dental personnel to outlying villages. And in the past year, Salem UCC collected teddy bears for the Farmington Fire and Police Departments to distribute to small children who experience traumatic events.



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