



Clergy's Speech

My brothers and sisters, on this Power Sunday, I encourage you to be empowered. There is no better time than now to embrace all that God has prepared for us. One life-changing aspect of an empowered life is taking responsibility for our health.

Scripture reveals God's concern for our healing and our health. In 3 John 2, the aged disciple of Christ Jesus opens his letter with: *"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."* (NKJV) In 1 Corinthians 6:19, the apostle Paul also reminds us that our body is *"a temple of the Holy Spirit who is in you."* And just as the structural temple in which we sit requires care, so does our human temple. To be in good health and to treat our bodies as a temple means we must be participants, we must be empowered.

It begins with how we eat. In Genesis 1:29, *"...God said, See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food."* (NKJV) Doctors' recommendations today affirm and confirm this scripture. In fact, Dr. Terry Mason, commissioner of the Chicago Department of Public Health, puts it this way: "If we eat vegetables close to the way they come from the ground and not overcook them, the better they are for you."

It is also important to know our numbers, which means we must empower ourselves to be informed, to communicate with our healthcare providers, and to track our blood pressure, cholesterol, glucose and weight — and keep them in a healthy range.

It is up to us, each of us, to be empowered!

Please rise if:

1. You have had a stroke.
2. Someone in your family has suffered a stroke.
3. You are a caregiver or caretaker for a stroke survivor.
4. You have high blood pressure.
5. You or someone in your family has diabetes.

Take a look around. As you can see, stroke is affecting our community at an alarming rate. But it doesn't have to be this way! You have the power to make at least one change to reduce your risk of suffering a stroke.

The American Stroke Association, which is a division of the American Heart Association, will meet you where you are. Please look in your bulletin and answer the questions about your risk for a stroke. If you answer 'yes' to or check two or more of the questions, please see a healthcare professional to determine what you can do to lower your risk. You can get free information by calling the American Stroke Association toll-free at **1-888-4-STROKE (477-8653)** or by visiting their Web site at **www.powertoendstroke.org**.

I also encourage you to pass this information on to a friend, family member or neighbor. We must help each other. You never know, you might save someone's life.

Now, let us take a moment of silence to remember those who have had or died from a stroke.





**POWER TO
END STROKE**
You are the Power



American Heart Association | American Stroke Association
Learn and Live

The Power Litany

Almighty God of our ancestors, God of our Mothers and our Fathers, God who gives us grace and calls us your own. God — we are your people,
God of our weary years, God of our silent tears, God who has brought us to this day,
Oh Lord, Grant us courage
We know you are the author and finisher of our faith,
Oh Lord, Grant us courage
We are the temple wherein your Spirit does reign,
Grant us courage
We are your hands and feet and instruments to bring about change in the world,
Oh Lord, Grant us courage
Allow our works to bring your name praise in all the earth,
Oh Lord, Grant us courage
God — We believe The Word confirming your desire that we prosper and be in good health,
Grant us courage
Your very word is health to our bodies and you heal our diseases,
Oh Lord, Grant us courage
Lord — we desire health in our spirit and in our bodies,
Oh Lord, Grant us courage
We know that by your stripes we are healed and you have provided that which we need to reclaim our health,
Oh Lord, Grant us courage
Oh God of our ancestors we know you did not give us a spirit of fear, but you gave us power, love and sound mind.
Grant us courage
We know you have a plan for each of us,
Oh Lord, Grant us courage
We know you will restore health and heal our wounds,
Oh Lord, Grant us courage
God of our Fathers and Mothers, we seek courage to walk differently,
Oh Lord, Grant us courage
God of our weary years, we seek courage to live differently,
Oh Lord, Grant us courage
God of our silent tears, we seek courage to think differently,
Oh Lord, Grant us courage
God who has brought us to this day, we seek courage to be different,
Oh Lord, Grant us courage
We seek courage to increase our faith in you and our knowledge about our health,
Oh Lord, Grant us courage
We seek courage to walk in Power, talk in Power, eat in Power and live in Power,
Oh Lord, grant us courage
Empower us to be participants and not spectators in your work, in our lives and in our health,
Oh Lord, Grant us courage

Rev. Geneace Williams, J.D., Ph.D. Created for the American Heart Association — Power To End Stroke





Power Sunday Bulletin/Pulpit Announcements

Use this paragraph in your church bulletin or as an announcement after the service to promote your Power Sunday or to increase awareness about Power To End Stroke.

#1 USE ON SUNDAY

3 weeks before Power Sunday at your church

May is American Stroke Month, a time to remind people that stroke is a major health threat! Power To End Stroke, a national movement led by the American Heart Association/American Stroke Association, is a source of empowerment for African Americans to recognize their increased risk of stroke and take charge of their health to prevent stroke. Join us on Sunday, May (day), 20 for Power Sunday at (name of church).

#2 USE ON SUNDAY

2 weeks before Power Sunday at your church

This is a reminder that our church is participating in Power Sunday on May (day) because someone dies of stroke every 3.1 minutes.

#3 USE ON SUNDAY

1 week before Power Sunday at your church

This is the final reminder that we're encouraging everyone to attend Power Sunday next Sunday to help raise awareness about stroke and the increased risk that African Americans have for stroke.

#4 USE ON POWER SUNDAY

Thank you to everyone who came together to promote Power To End Stroke and the fight against stroke. How many of you have been personally affected by stroke? Please stand if you are struggling with this disease. Now please stand if you have a family member, loved one or friend who has been affected by stroke. Look around. See how stroke affects almost every one of us in our community. Turn to your neighbor and say "Neighbor, I promise to eat vegetables at least twice a day, and walk at least 30 minutes per day because Philippians 4:13 says *"I can do all things through Christ which strengthens me."* Let us come together to support one another and lead healthier lifestyles to prevent stroke.

* * * * *

Power facts/messages you may want to include in announcements:

- Every 40 seconds, someone in America has a stroke — 780,000 people every year.
- Heart disease and stroke are the No. 1 and No. 3 causes of death for African Americans.
- African Americans have almost twice the risk of first-ever stroke compared with whites, and blacks 35–54 years old have four times the relative risk for stroke.
- Fortunately, stroke is often preventable. Please encourage friends and family members to join the Power To End Stroke movement and make healthy lifestyle choices to protect their health.
- Heart disease and stroke don't just affect adults. The healthier you are now, the healthier you'll be when you're older. Learn your risks for stroke and how to reduce them to live a longer, stronger life.
- We all have problems with our blood pressure. Normal blood pressure is 120/80; if you have diabetes it should be 120/70. Our problems are caused by not eating right or not moving.
- We need at least 30 minutes of vigorous exercise at least three days a week.





One Sunday a year,
recognize that you have the power to fight stroke!

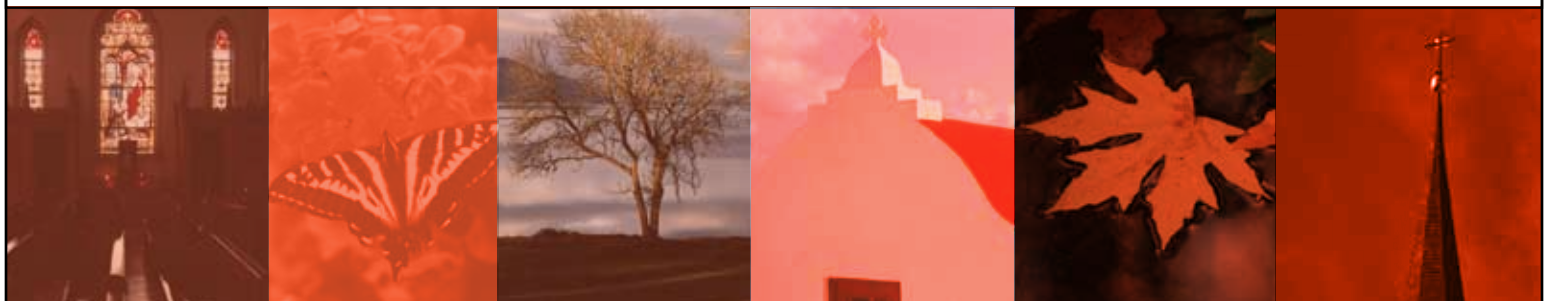
On Power Sunday,

learn about the increased risk for stroke and take steps to reduce it.

Join your fellow church members ... **Power Sunday is**



To learn more about
Power To End Stroke, call
1-888-4-STROKE
or visit
powertoendstroke.org



You are the Power • You are the Power • You are the Power • You are the Power • You are the Power

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American Heart Association | American Stroke Association
 Learn and Live.

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**POWER TO
END STROKE**



American Heart Association | American Stroke Association
Learn and Live

One Sunday a year, recognize that you have the power to fight stroke!

On **Power Sunday**, join together to learn about the increased risk for stroke and take steps to reduce it.

Power Sunday at our church is _____, 20_____



You are the Power

The **Power To End Stroke**™ campaign is supported nationally by the Bristol-Myers Squibb/Sanofi Pharmaceuticals partnership.

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Learn and Live.

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