

Steel Magnolias

Breast Cancer Support Group, Inc.

Staying Inspired

April 20, 2015

Robin D. Mackey, a friend of my eldest son, Van Johnson, since they both transferred from different small schools to Pleasant Valley High School. Robin was a very impressive teenager and has grown into a very impressive woman who makes a positive difference in the lives of "at risk parents and children." The following are Robin's inspirational thoughts, written especially for the Steel Magnolias Newsletter.

Staying Inspired

Inspiration is what I depend on to get me going most days. That doesn't mean it's easy to write something inspirational for others. In fact, writing for the Steel Magnolias newsletter has given me opportunity to think anew about how we stay inspired to reach out to others and support them.

I once heard, I believe on the Paul Harvey show, that faith is believing in fast forward, what only makes sense in reverse. This phrase has stuck with me as I have looked back over the moments in my life which were turning points. For the sake of this article, I have divided these moments into three types: 1) Epiphany moments 2) "This" moment and 3) Ester moments.

My first Epiphany moment came about 25 years ago. I was 21 years old and standing in my apartment in Tokyo, Japan, getting ready to go to my job at Tokyo Baptist Church. I had been feeling a lot of pressure to figure out what I should do with my life. In an instant that morning, I realized that if I just committed to serving others, I would always have meaningful work that would make people's lives better. It worked! For the past 25 years, my faith has led me to service opportunities which have enriched my life and my faith. I have had jobs I loved and volunteer opportunities to help people and support causes which are dear to my heart. When I feel exhausted and ready to give up, I try to serve. It doesn't have to be big. I might call a neighbor, give a sincere compliment or pray for someone else.

This moment is the name I have given those times in life when all of our attention and energy are poured into living the single second we are experiencing at a particular time. For me these moments are too far apart. I would like to live every moment this way. My inspiration for living in "this" moment comes from my precious nephew, Tanner. Tanner is 7 years old now, but when he was 4 years old, he went to the doctor on a Saturday morning with a cough. From that doctor's appointment he was airlifted to Children's Hospital, where he was diagnosed with T-cell lymphoma. He finished treatments in September, 2014 and will get his port out April 16, 2015.

What struck me most about his illness was how quickly Tanner's parents



Sharing love through support

Steel Magnolias
P.O. Box 2208
Anniston, AL 36202

Lenora Johnson, Founder
Nancy Burnell, Executive Director
nancyburnell@gmail.com
Editor: Becky Tiner
beckyathome@att.net

Elaine Johns, President
Nancy Gillespie, Vice President
Connie Stephens, Secretary
Chuck Trull, Treasurer
Group Chaplains: Gloria Woosley
& Sherry Grinstead
RMC Chaplain, Jim Wilson

Elizabeth McCabe Historian and
Photographer

Pinks Boutique: Marti Warren, Mgr.
For Appointment (256) 239-0855
Office 256-231-8827
Physicians Center, STE 407

Email any officer at;
Steel Magnolias-
name@steelmagnoliasinc.org

Chuck Trull, Treasurer:
Treasurer@steelmagnoliasinc.org

(my brother and sister-in-law) went from being in crisis to dealing with the everyday realities of cancer. I know much of their ability to cope was due to the incredible outpouring of love and support they received from others. However, I also know that witnessing Tanner, living in the moment, was what got them through the toughest times. Amid hospitalizations, treatments, nausea and trips to Birmingham, Tanner just kept right on playing video games, swimming when he could, and learning all the stuff kindergartners learn. Tanner lives in the moment. I try to do that too—though it is not easy!

Ester moments, are those times when we look at our circumstances and believe we are there for a reason. Just like Ester from the Old Testament, who found herself in a position to save her people, we find ourselves faced with responsibilities which might seem too big for us, yet we know they give us an opportunity to do something that matters. My biggest Ester moments came while my husband was a pastor. Being a pastor's wife provided ample Ester moments! The Steel Magnolias Support Group is no doubt, the direct result of several Ester moments. Ester moments stretch us to be better as we serve others.

This spring, take time to enjoy each of these moments in your own life. Epiphanies can happen every day, if we seek them. Living in the moment is one of the richest gifts we can give ourselves and those around us. Ester moments help us to see the role we play in God's larger plan of serving and loving others.

Submitted by Robin D. Mackey



Robin Dorsett Mackey serves as Executive Director of the Alabama Network of Family Resource Centers. Prior to moving to Montgomery five years ago, she was Executive Director of the Family Links, Inc., a non-profit on Calhoun county. Robin and her husband Eric have three boys, John, who is a freshman at Jacksonville State University, Brandon, who is sixteen and Christopher who is 11.



Steel Magnolias & Men of Steel Meeting

March 24, 2015

The Steel Magnolias Breast Cancer Support Group, Inc. met on Tuesday, March 24th in the private dining room of RMC.

Executive Director Nancy Burnell welcomed our guests and gave them a small welcoming gift. One of the guests had recently been diagnosed with breast cancer and was given one of our care packages.

Chaplain Sherry Grinstead gave the blessing before our meal of turkey and ham sandwiches provided by RMC. Side dishes and desserts were provided by Steel Magnolias members.

After dinner, Vice-President Nancy Gillespie introduced our guest speaker, Louis Bass, RMC CEO. Mr. Bass gave us exciting news that plans are under way to build a new comprehensive cancer center in Anniston, and that there will be a larger space for Steel Magnolias in the new center. There will also be renovations in the operating rooms and a new/larger ICU. Mr. Bass asked what else he could do for the Steel Magnolias which led to a discussion about the need for better parking at the hospital. President Elaine Johns thanked Mr. Bass for coming to speak to us then called the business meeting to order.

BUSINESS MEETING:

Minutes from the February 24, 2015 meeting were read by Secretary Connie Stephens. Judy Elder made a motion to accept the minutes as read and Steve Stephens 2nd the motion. The minutes were accepted as read.

Treasurer Chuck Trull gave the Financial Report and Carrolotta Davis made a motion to accept the Financial Report. Steve Stephens 2nd the motion and the financial report was accepted.

Elaine reminded everyone of the bake and jewelry sale to be held at the Quintard Mall on April 4th and asked everyone to sign up to work that day.

Jimmy Taylor asked everyone to help with the golf tournament by trying to get one hole sponsorship and one door prize. Jimmy stated that we still need to raise an additional \$15,000 for the tournament and help is needed from all Steel Magnolias members.

Margaret Taylor asked everyone that planned to work the day of the tournament to sign a sheet of paper that was passed around and to provide their t-shirt size as everyone who works at the golf tournament will be provided a t-shirt to wear.

Nancy Gillespie told the group that JSU has requested that we participate in their Administrative Professionals Workshop at the Oxford Civic Center on April 22nd and asked for volunteers to work that day.

Sherry gave the devotional with an illustration of the Resurrection Story. After going over the prayer list, she ended with a prayer.

Carrolotta Davis made the motion to adjourn the meeting and Steve Stephens 2nd the motion. Meeting was adjourned.

SUBMITTED BY:

Connie Stephens
Secretary

Steel Magnolias & Men of Steel Meeting in March



Bake & Jewelry Sale



Up Coming Events

April 27th is our last golf committee meeting at Betty's BBQ before the golf tournament.

April 25th is the 6th Annual Lea Fite Golf Tournament at Pine Hill Golf Course.

April 28th is our next meeting in the private dining room at RMC. We will have chicken fingers with condiments. Steel Magnolias please bring side dishes. There will be no guest speaker.

May 18th is the next mailing date.

Many thanks go out to all that baked, got jewelry together and ready for sale and those that worked during the sale to make sure we had plenty of coverage all day long. It turned out to be a great day and we came away with \$2,122.

President's Corner

I want to thank everyone that helped with the Bake and Jewelry sale. Everything went as planned. It seems we learn something with every event. Next year we are reversing the layout. In doing so the cakes and other sweets will stay out of the sun and we will not have to keep moving them.

We are still working getting ready for the golf tournament on the 25th. If you or anyone would like to play in the tournament contact Jimmy Taylor at 256-201-3218. We are still needing teams. We need everyone there no later than 10a.m. that morning, if you can be there earlier we need the help. I hope this is our best tournament ever, just think of how many cancer patients we can help with the money raised at this event.

We are trying to get our news letter to as many people as we can, but we are limited to the amount of mail we can send out. If you would like to receive your copy by email please let us know. If you no longer wish to receive it at all let me know. Just contact me at elaine@steelmagnoliasinc.org and we will remove you from the mailing list and add you to the email list.

There is still a need for help in the office at the Physician's Center. If you feel you have a day or a half day contact Nancy at nancy@steelmagnoliasinc.org or you can call Margaret or Nancy at the office @ 256-231-8827. Margaret works Thursday and Nancy works Friday. Please consider helping us out.

We are updating our member directory and want to verify phone numbers, email address and physical addresses. Please email me at elaine@steelmagnoliasinc.org or Connie at connie@steelmagnoliasinc.org with this information. It will also help getting information out to everyone in a timely manner.

I want to encourage survivors to write there story to be put in the news letter.

Your story could help someone that has just started this journey or someone who is in the middle of their treatments. You are a source of information and inspiration to others when you tell your story. Please send me your story by email me at elaine@steelmagnolisainc.org or mail it to Steel Magnolias PO Box 2208 Anniston, Al 36202 Attn: Elaine

If you are reading this for the first time and would like to come to our monthly meetings, come on! We meet the 4th Tuesday of every month (except July and December) in the private dining room at RMC. You get a chance to meet and talk to other women that know what you are going through. If your husband or boyfriend want to come, bring them. The Men Of Steel meet with us every month also. If you are not sure of where the private dining room is, just give us a call at the office after 11am. Monday through Friday at 256-231-8827 and we will give you directions. Hope to see you there.

Submitted by Elaine Johns

Joggin' Inside



My wife and I had words, but I didn't get to use mine.

Frustration is trying to find your glasses without your glasses.

**Blessed are those who can give without remembering
and take without forgetting.**

**The irony of life is that, by the time you're old enough
to know your way around, you're not going anywhere.**

**God made man before woman so as to give him time
to think of an answer for her first question**

**A man walks into the lingerie department of Macy's in New York City.
He tells the sales lady, 'I would like a Lutheran bra for my wife, size--34B.'
With a quizzical look the sales lady asks, 'What kind of bra?'
He repeats, 'A Lutheran bra. My wife said to tell you that she wanted a
Lutheran bra, and that you would know what she wanted.'**

**'Oh, yes, now I understand,' says the sales lady. 'We don't get as many requests
for them as we used to. Most of our customers lately want the Catholic bra, the
Salvation Army bra, or the Presbyterian bra.'**

Confused, and a little flustered, the man asks, 'So, what are the differences?'

**The sales lady responds. 'It's really quite simple. The Catholic bra supports the masses.
The Salvation Army bra lifts up the fallen. The Presbyterian bra keeps them staunch and
upright.'**

**He muses on that information for a minute and says, 'Hmm. I know I'll regret asking, but what
does the Lutheran bra do?'**

'Ah,' she replied, The Lutheran bra makes mountains out of molehills!

**A widow went to a spiritual séance. She asked to talk to her departed husband. "Why do you want to talk
to your husband?" asked the medium. " Because he died before I finished telling him what I thought of him."**



**A little boy opened the big family Bible. He was fascinated as he fingered through the old
pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What
he saw was an old leaf that had been pressed in between the pages.**

'Mum, look what I found,' the boy called out.

'What have you got there, dear?'

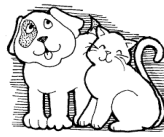
**With astonishment in the young boy's voice, he answered,
'I think it's Adam's underwear!'**



Joggin' Inside continued...



Remember: Dogs and cats are better than children because they:



1. Eat less.
2. Usually come when called.
3. Are easier to train.
4. Don't ask for money all the time.
5. Don't drink or smoke.
6. Don't hang out with friends who use drugs.
7. Never ask to drive the car.
8. Don't have to have the latest fashions.
9. Don't want to wear your clothes.
10. Don't need a gazillion dollars for college, and
11. If they get pregnant, you can sell their children!



An exasperated mother, whose son was always getting into mischief, finally asked him,

"How do you expect to get into Heaven?"

The boy thought it over and said,

"Well, I'll just run in and out and in and out and keep slamming the door until St.Peter says...

'For Heaven's sake, Jimmy, come in or stay out!'"



A motorcycle patrolman was rushed to the hospital with an inflamed appendix. The doctors operated and advised him that all was well. However, the patrolman kept feeling something pulling at the hairs on his chest. Worried that it might be a second surgery the doctors hadn't told him about, he finally got enough energy to pull his hospital gown down enough so he could look at what was making him so uncomfortable.

Taped firmly across his hairy chest were three wide strips of adhesive tape, the kind that doesn't come off.

Written in large black letters was the sentence.

"Get well quick..... from the nurse you gave a ticket to last week."



GRANT ME, O LORD
Thomas à Kempis, 15th Century

by Donna Houston

S N O S R E P L E A S U R E
 N R E C S I D G U A M E L V
 O K E M G T N Q R W R B C O
 F W V O A I H P R A I S E B
 F A O E R V O G P S N L Y A
 E D L A U T I R I P S T L T
 N E E L C R E V O L T O N J
 S H C K O C T L M N E E U I
 I B L N I W O O A R M D N A
 V P J O E U S R P G G Q T L
 E A U W G T O D D E U H B E
 H S L H J N N U S I G H T F
 O S T U G D J E R I N A L F
 M Y D I E E Y E S G H G P O

Find the words in bold:

GRANT me, **O LORD**, to **KNOW** what I **OUGHT** to know,



to **LOVE** what I ought to love,

to **PRAISE** what **DELIGHTS** You **MOST**,

to **VALUE** what is **PRECIOUS** in Your **SIGHT**,

to **HATE** what is **OFFENSIVE** to You.

Do not **ALLOW** me to **JUDGE** according to the **SIGHT** of my **EYES**, nor **PASS SENTENCE ACCORDING** to the **HEARING** of the **EARS** of **IGNORANT PERSONS**, but to **DISCERN** with **TRUE JUDGEMENT** between things **VISIBLE** and **SPIRITUAL** and **ABOVE** all, always to **INQUIRE**, what is the **GOOD PLEASURE** of Your **WILL AMEN**.