

Steel Magnolias

Breast Cancer Support Group, Inc.

Voices to Guide us in 2019

January 14, 2019

In 1st Kings 19: 11-13, We read about Elijah being told by God, "Go stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Elijah witnessed a powerful wind, but the Lord wasn't in the wind. Following the wind was an earthquake and then a fire, and after the fire came a gentle whisper. God spoke in a still small voice to Elijah. In my Life Application Bible commentary on 1st Kings 19: 11-13: "Step back from the noise and activity of your busy life and listen, humbly and quietly for God's guidance. It may come when you least expect it.



Sharing love through support

God speaks to us in quite ways that the noise of the world around us can drown out! A few guidelines are: If we don't feel at peace about a decision, that could be God's way of saying, "Don't do it." If God plants concerns in our hearts about relationships they may be wrong for us. If the career we are pursuing doesn't feel right to us, that may be God's way of saying, "I have bigger plans for you." After all, God's plans for us are bigger and better than plans we have for ourselves. And let's not forget that God guides us in many ways: The Bible, words from friends, counselors and publications. The following are words of wisdom:

This little poster stayed on my refrigerator so my sons might occasionally read the message. There is wisdom for each of us at every stage of our lives:

Winners and Losers

The loser is controlled by obstacles;

The winner is excited by challenges.

The loser is fearful of failure;

The winner is confident of victory.

The loser magnifies misfortunes;

The winner creates opportunities.

The loser worships conformity, follows a failed path;
The winner expresses originality, thinks outside the box.

The loser is a pessimistic part of the problem;

The winner is a dynamic part of the answer.

The loser resists change;

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& Sherry Grinstead
RMC Chaplain, Jim Wilson
Historian & Photographer
Elizabeth McCabe

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Anniston, AL 36207
www.steelmagnoliasinc.org

Like us on Facebook

Email any officer by typing
Their—first name
@steelmagnoliasinc.org

The winner dares to be different.
The loser has a convenient excuse;
The winner has a compelling purpose.
The loser expects the worst;
The winner expects the best.

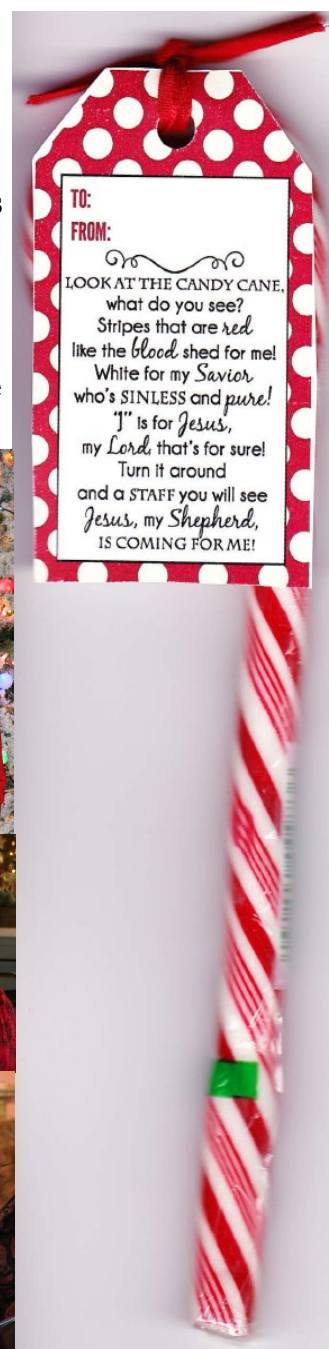
Let's remember: "If you can think it, you can do it." Dr. Norman Vincent Peale said, long ago in Guideposts magazine, "God would not plant an idea that wasn't possible." "I can do everything through Him who gives me strength. Philippians 4 : 13

Submitted by Lenora Johnson, Founder
Steel Magnolias Breast Cancer Support Group, Inc.

Steel Magnolias and Men of Steel Christmas Brunch 2018

Our Christmas Brunch was held at Alexander's at Noble Shops. The food was wonderful and the atmosphere was festive. Dr. Dave Roberts told the story of the Candy Cane. Pam Hughes entertained us playing the keyboard and Dave Roberts led us in singing Christmas carols. Our founder, Lenora Johnson, was honored. She spoke to the group and shared her gratitude for the continued work of the Steel Magnolias.

Nancy put together a great morning for us and Dr. Dave Roberts was an outstanding MC. Thank you both for an enjoyable brunch. Thanks again to Mike Alexander for the discounts we received in the Noble Shops.







On the day of our brunch there were several people that I did not see. Shirley Barger and Sue Patin were two of them. After I left the brunch and went back to work I found out that Sue had passed away two days before. Shirley always brought Sue to our meetings. She was there with her.

*In Loving Memory
Lynda Sue Patin
November 5, 1943
To
November 29, 2018*



Birthdays and Survivor Years!

January 18th is Vicki Norman's birthday and she is a volunteer.

January 19th is Judy Williamon's birthday and she is an 8 year survivor!

January 21st is Elizabeth McCabe's birthday and she is a 22 year survivor!

February 3rd is Joe McNeal's birthday and he is a Man of Steel.

February 9th is Connie Stephens' birthday and she is a volunteer.

February 18th is Margaret Taylor's birthday and she is a 14 year survivor!

Upcoming Events

January 22nd will be our next meeting in the private dining room at RMC. The Chaplin's office will be providing Potato soup, Broccoli Cheese soup with Cornbread for our meal. Steel Magnolias please bring side dishes. Our guest speaker will be Jillian Randall from Alabama Hospice Care. She will provide dessert for our group. Please come join us and bring a friend.

February 18th is the next newsletter mailing day. If you have anything to put in the newsletter or if there is anything you would like to see in the newsletter, please send it to me. I would love for someone to share their journey in the newsletter. If you will, please send it to Elaine Johns c/o Steel Magnolias PO Box 2208 Anniston, AL 36202 or email it to elaine@steelmagnoliasinc.org. Please share!

President's Corner

Here we are starting a new year and we are looking at new ideas to make our newsletter more informative. If you have a tidbit of information about your journey that you think would help someone, send it in. If you would like to share your story to help someone else coping with cancer, please send it in. I have a good friend having problems with chemo rash and I have no answers for her. Someone reading this has dealt with this before and has some words of wisdom for us. Please share! Let's help each other!

We want our meetings to be more inviting to cancer patients and a place for them to open up. We will still have our fundraising events. Our golf tournament process is under way and we will have information on that at our meeting. Be thinking on ways you can help or who you can get to be a sponsor. We want to talk about a bake and jewelry sale at RMC also. We need for everyone to really pray and think about taking on some of the responsibilities in organizing this event.

We received two checks from NetworkforGood. I believe that Tangelia is responsible for this. They were anonymous donations through facebook. The checks totaled \$470. Tangelia, thanks for your exposure of the Steel Magnolias on facebook.

If you are reading this and would like to come to our meetings, please come, we would love to have you. If you are not sure where we meet, you can call the office at 256-231-8827 for directions M-F 11am to 4pm. We meet down the hall from the cafeteria in the private dining room at RMC. We meet the 4th Tuesday of every month except July, November and December. We always have a good time. We have guest speakers and always enjoy a good meal provided by the Chaplin's office. Come join us!

**Submitted by:
Elaine Johns**

Joggin' Inside

You Can't Fix Stupid

I was driving when I saw a flash of a traffic camera. I figured that my picture had been taken for exceeding the limit even though I knew that I was not speeding. Just to be sure I went around the block and passed the same spot, driving even more slowly, but again the camera flashed. Now I began to think that this was quite funny. So I drove even slower as I passed the area once more, but the traffic camera again flashed. I tried a fourth and fifth time with the same results and was now laughing as the camera flashed while I rolled past at a snail's pace.

Two weeks later, I got five tickets in the mail for driving without a seat belt!

Mistaken Identity

So I'm in a bar and two very large women with accents are sitting across from me. I say, "Cool accents, are you two ladies from Scotland?" One of them yells, "It's Wales, you idiot." So I said, "Ok, are you two Whales from Scotland?" I don't remember much after that!

Redneck Logic

Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco and drinking beer when suddenly Bubba says, "Think I'm gonna divorce the wife, she ain't spoke to me in over 2 months." Earl spits overboard, takes a long slow sip of beer and says, "Better think it over: women like that are hard to find."

A 70 year old man asks his wife "Do you feel sad when you see me running after young girls?" Wife replied, "No, not at all. Even dogs chase cars they cannot drive."

FYI

Telling a woman to calm down works about as well as baptizing a cat!

School Project

School was just beginning and a ten-year-old daughter asked her mom, "Mom, do you have a baby picture of yourself? I need it for a school project."

The mom gave her one without thinking to ask what the project was.

A few days later the mom came to open house to meet her teacher. As she walked in her daughter's classroom she noticed her face pinned to a mural the students had created.

The title of their project was: "The oldest thing in my house."

Show and Tell

A kindergarten teacher gave her class a "show and tell" assignment of bringing something to represent their religion. The first boy got in front of the class and said, "My name is Benjamin and I am Jewish and this is the Star of David."

The second boy got in front of the class and said, "My name is Mary. I'm am Catholic and this is the Crucifix." The third boy got in front of the class and said, " My name is Tommy and I am Baptist and this is a casserole."

Husband Vs Wife

**Wife : Shall we try
different positions
tonight?**

**Husband : Excellent idea
Wife : OK you stand at
Sink & wash dishes, I'll be
on sofa and watch TV....**



Services Offered By Steel Magnolias Breast Cancer Support Group, Inc.

1. Group Meetings

Steel Magnolias meet on the 4th Tuesday of each month at 5:00 p.m. in the 1st Floor Private Dining Room of RMC.

2. Steel Magnolias' Office

Our office is located in suite 407 of the Physicians Center in Anniston. Currently our office is staffed (part time) by Steel Magnolias volunteers Monday through Friday, 11:00 am - 4:00 pm. Every effort is made to have someone in the office when our staff is sick or on vacation. Phone (256) 231-8827

3. PINKS Boutique

Located in the Physicians' Center across from the Steel Magnolias Office, we are stocked with Mastectomy Bras, Breast Prosthesis, Wigs, Hats and Scarves. These items are of no cost to cancer patients.

4. Care Packages

Steel Magnolias provide a comfort package including inspirational and educational materials to breast cancer patients the day of surgery at Regional Medical Center. Packages are mailed or taken to newly diagnosed patients who do not receive them on day of surgery.

5. Dining Vouchers

Dining vouchers are provided for two family members of any patient, in surgery, at Regional Medical Center. Each provides a meal in the hospital cafeteria.

6. Snacks

Steel Magnolias provide the following: (1) snacks in Anniston Oncology chemo treatment room - Suite 602 Physician Center (2) chemo treatment room on the 4th floor of RMC and (3) the Radiation / Oncology Center on 2nd Floor of RMC.

7. Breast Cancer Awareness Program

Available to girls in grades 7-12, this program is taught in the school by a trained volunteer under the supervision of a Registered Nurse. Anyone interested in having our program presented, contact our office.

8. Speakers Bureau

Speakers are available to civic clubs and churches. To schedule, contact our office.

9. Steel Magnolias Newsletter

Our monthly newsletter is an informative and inspirational publication about upcoming events, meetings and activities. Also included is a joke page and current information regarding cancer testing and treatments.

10. Web-Site

www.steelagnoliasinc.org is a great source of information and inspiration. Also,  Find us on **facebook.**

11. Men of Steel

Group of men (husbands, friends or family) of breast cancer patients or survivors and for men who themselves are breast cancer survivors. Meetings are held jointly with Steel Magnolias (see Group Meetings #1). Contact Jimmy Taylor (256-463-4313) or email tjimmeg63@aol.com for additional information.

12. Prayer

We are praying for you with love and blessings.

WAYS YOU CAN HELP

1. VOLUNTEER YOUR TIME

- attend our meetings and get involved with us
- volunteer for office work or Pinks Boutique
- help with our fund raisers (2 per year)
 - a. Bake and jewelry sale (annually the Saturday before Easter at Quintard Mall)
 - b. Golf Tournament at Pine Hill Golf Course (in the spring each year). Numerous opportunities to serve.

2. CONTRIBUTE - contributions are tax deductible (a 501(c)3 tax exempt organization) and can be made to: Steel Magnolias, P.O. Box 2208, Anniston, AL 36202. ALL contributions are used to provide services to breast cancer patients who reach out to us.

3. DONATE UNUSED JEWELRY (new, vintage or broken) - it is cleaned, repaired and resold at our events. Drop off at the following: Steel Magnolia Office, Cotton Antiques, 508 Main Street, Oxford or call Marti Warren 256-237-0206.

4. PRAY FOR OUR MINISTRY

PLACES IN THE BIBLE

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

AMMON	GEZER	JOPPA	PISGAH
ARARAT	GIBEON	KEDESH	SARDIS
ARNON	GILEAD	LEBANON	SHILOH
BABYLON	HARAN	MIDIAN	SINAI
BASHAN	ISRAEL	MORIAH	SODOM
BETHEL	JABESH	NAPHTALI	TIMNAH
DAMASCUS	JAHAZ	NINEVEH	ZION
EGYPT	JERUSALEM	NIPPUR	ZOAR