

Steel Magnolias

Breast Cancer Support Group, Inc.

Life with Cancer

I started looking for something to write about that would possibly be some benefit to someone who is going through cancer. I started looking at articles in my CURE magazine and at their website. I read an article on why the words "You will be fine" are not always comforting after cancer. It is not always that person's fault that says it because they don't always know what is going on. They mean well and they really don't know what to say most of the time. I have been guilty of saying the same thing.

The lady in the article (we will call her Ann) was talking with a group of women at her gym and one of the other ladies had been diagnosed with pancreatic cancer. She was going to have a PET scan and asked if anyone knew the difference between that and MRI or CT scans. Someone in the group asked Ann if she were still having scans. Ann stated she had a scan coming up and her neighbor told her "Oh, You will be fine".

Ann was nervous about her upcoming scan. She had enlarged lymph nodes in her groin area on her last scan that the radiologist felt were suspicious. Her oncologist disagreed stating there are several reasons for enlarged lymph nodes such as infections and there were no clear signs of lymphoma. Her neighbor did not know it and didn't know the weight of her comment.

When Ann was first diagnosed, she had confided with one of her neighbors and had asked her not to tell anyone. Her neighbor did not honor her request and other neighbors started coming up to her talking about her situation. It is hard enough for her facing her cancer and the added stress of everyone coming up to her talking about it. So, this time she kept her fears to herself.

If someone you know confides in you that they have cancer or some other problem, that means they need you for a sounding board. Not only does cancer cause physical symptoms it also causes mental stress. Please choose your words carefully and be supportive, you never know what someone is truly going through.

For survivors, cancer does not stop affecting our lives after treatments end. We all have the stress of yearly scans and mammograms. We have the stress of possible reoccurrence, but don't let it define you. Go and live the life God has given you to the fullest. Try not to worry about things that are not in your control and celebrate the things you can!

July 20, 2026



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www.steelmagnoliasinc.org

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**Sharing love
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info@steelmagnoliasinc.org

**Steel Magnolias and Men of Steel Monthly Meeting
June 23, 2026**

President Brenda Parker called the meeting to order. There were 23 in attendance, including three guests.

Gloria offered the blessing for the meal. Members enjoyed hamburgers, fries, and Tammy's award-winning gluten-free cookies topped with cream cheese icing, which everyone thoroughly enjoyed.

Ronda read the minutes from the previous meeting. The minutes were approved, with Eddie making the motion to accept and Linda seconding the motion.

Our special guest, Tammy Doering, shared an inspiring presentation. Tammy is a skincare specialist, day spa owner, cosmetic chemist, and founder of AvivSpa Dead Sea Products, where she has been creating skincare products since 1998.

Tammy shared that her mother is a breast cancer survivor, and her mother's journey inspired her to develop her signature Dead Sea cream. She reminded us that "knowledge is power," noting that every two minutes a woman is diagnosed with breast cancer.

She discussed her Five Wellness Anchors:

1. Guard yourself against hidden toxins.
2. Liquid vitality.
3. Fueling for the future.
4. Movement is medicine.
5. Reset, recharge, and restore—remembering that sleep is designed to heal, not to steal.

Tammy closed by sharing Matthew 11:28, a verse that reminded her of her mother's cancer journey. She joyfully shared that her mother rang the bell celebrating the completion of treatment on June 19, 2026.

Sherry presented the devotion, titled "Things Are Not Always What They Seem." She illustrated the message with a lighthearted story about purchasing what we thought was a box of donuts, only to discover they were donut holes. Her message encouraged everyone to look beyond first impressions and remember that appearances can be deceiving. Joseph was sold by his brothers as a slave but God made it for good. God saved his family from a famine, using Joseph. What we don't understand is that God made it for good. Proverb 4:5-6
Sherry read the prayer list and led us in prayer.

Margaret and Jimmy also discussed about the golf tournament. How well we did and how much money we raised.

Three door prizes were drawn and was won by Linda, Tina and Rebecca.

Margaret also gave out books to everyone from her niece.

The meeting was concluded following the motion for adjournment by Ronda and seconded by Eddie.

Respectfully submitted by Ronda Terrell





June guest Speaker
Tammy with Totally
Pamper Me

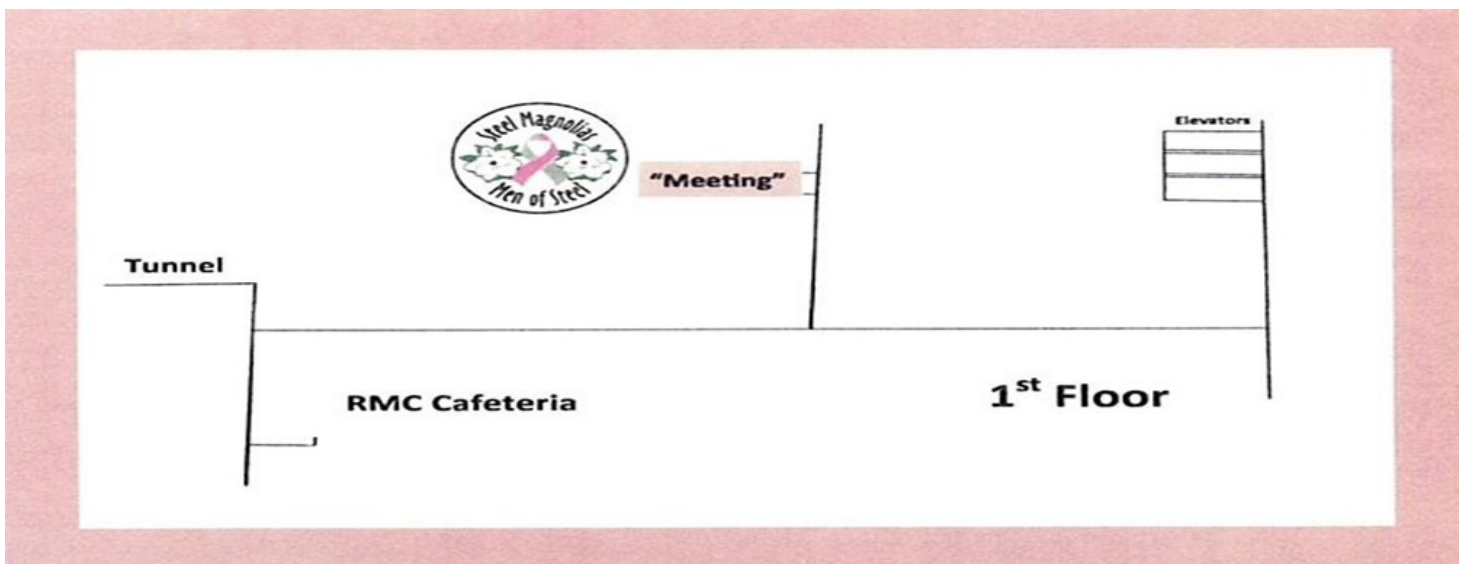
Birthdays and Anniversaries

August 2nd is Susan Dupree's birthday and she is a 19/14/6-year survivor!

Upcoming Events

July 27 is the "T.O.U.C.H." Cancer Support Group zoom meeting at 1 PM. Call the Chaplain's office at 256-235-5146 to get the link. The Flyer is in this newsletter.

July 28 is our next Steel Magnolias meeting in the private dining room at RMC. RMC will provide our meal and we will have Salad and Potato Soup; Steel Magnolias, please bring side dishes and desserts. Everyone, please plan to attend and bring a friend!



August 17th will be the next newsletter mailing day. If you have any information that needs to go in the newsletter, please submit it by August 12th to elaine@steelmagnoliasinc.org or mail it to Steel Magnolias, PO Box 2208, Anniston, AL 36202. Don't forget to send in your helpful tips that helped you get through your treatments.

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Helpful Tips

I struggle every month trying to come up with helpful tips from our readers and from other women who have been on this journey. Although I never suggest that anyone who has been diagnosed to go to the internet to learn about their cancer, it is a scary place. In trying to find information I often go to articles in my "Cure" magazine. This magazine is free to cancer patients, survivors, care givers and health care professionals. You have the option to choose your type of cancer and who you are from the list I just stated. It comes quarterly in the mail or you can get it online at curetoday.com. It's FREE and it contains a lot of survivor stories and up and coming treatments.



T.O.U.C.H.

Cancer Support Group

Today Our Understanding of Cancer is Hope!

The 4th Monday of each month at 1:00 PM

Via ZOOM Link

(Let us know if you would like to attend and we will send you a meeting invite with a ZOOM link to join either by video or audio.)

Cancer patients, survivors and family/support members are invited to participate.

**For More Information: Wayne Jackson
Northeast Alabama Regional Medical Center
Chaplain Service
256-235-5146**



“Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients.**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room and Alabama Cancer Care.**
- **Breast Cancer Awareness Program is available to girls in grades 9-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter: we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb.**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry.**

Ways You Can Help

- **Volunteer**
- **Attend our meetings and get involved with us**
- **Volunteer to work in our office and help with our fundraising events**
- **Contribute: all contributions are tax deductible, we are a 501c3 tax exempt organization. Donations can be mailed to Steel Magnolia Breast Cancer Support Group, PO Box 2208 Anniston, Al 36202. All Contributions are used to provide services to breast cancer patients who reach out to us.**
Donate from our website at steelmagnoliasinc.org and click the DONATE button.
- **Pray for our ministry.**

How God turned a rib into a loud speaker is still a mystery.

Don't be afraid of spending money on adventure. Be afraid of growing old and realising the only place you ever went was work.

Mosquitoes fly close to the ear because they love it when people slap themselves in the face.



Don't come to the beach with me if you're going to be ready to leave in an hour. I pack lunch, drinks, margaritas, toys and floats. Snacks too. Towels, chairs, the whole setup. I plan to be there ALL DAY. Like.... Until the sun goes down!

I told myself, "You don't need that ice cream!" But I decided I'm not going to listen to negative people!

The invention of the shovel was a ground breaking discovery.

But the invention of the broom was the one that truly swept the nation.

Bubba and Johnny Ray were sittin' on the front porch when a large truck hauling rolls and rolls of sod went by.

"I'm gonna do dat when I win the lottery," said Bubba.

"Do what?" asked Johnny Ray.

"Send my grass out to be mowed."

I watched a group of senior citizen almost ruin a man's morning at 7:50 a.m.

I was in a long grocery line with my grandpa. The store opens at 8:00 for seniors only.

A young guy tries to cut to the front.

An old lady calmly walks him back to the parking lot... with her cane. He comes back. An old man punches him in the gut, knocks him down, and rolls him away like a broken shopping cart

A few minutes later, the guy limps back -bruised, tired, done - and yells: "LOOK! If y'all don't let me unlock the d@mn door... NONE of you are getting in!"

**YOU KNOW WHEN YOU
DRIVE HOME AND REALIZE
YOU ZONED OUT THE ENTIRE
TIME SO YOU'RE TRYING TO
FIGURE OUT HOW YOU'RE
STILL ALIVE.**

Cop: You were going fast.

Me: I was just trying to keep up with traffic.

Cop: There isn't any.

Me: I know! That's how far behind I am.

King David

L M I P H I L I S T I N E K H L H H E L
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 harpist
 judah
 nathan
 samual
 solomon

adultery
 isreal
 king
 obedience
 saul
 stone

bathsheba
 jesse
 mercy
 philistine
 sin
 uriah

goliath
 joab
 music
 psalm
 sling
 warrior