

NOVEMBER - DECEMBER 2017

ISSUE ■ 5
VOLUME ■ 4

Upstate NY
Gospel magazine
YOUR ULTIMATE SOURCE OF "GOOD NEWS"

**REMEMBERING
ANTHONY
"TONY"
BOLER**

A portrait of James Norman, a middle-aged Black man with a grey beard and mustache, smiling. He is wearing a grey suit jacket, a light purple checkered shirt, and a solid purple tie. The background is a dark grey wall with horizontal lines.

JAMES NORMAN
ACTION FOR A BETTER COMMUNITY CEO
RETIRES AFTER 25 YEARS

● CHURCH AND MINISTRY DIRECTORY

● BUSINESS DIRECTORY

EDITOR

Monwell P. Floyd

MANAGING EDITOR

Karen M. Cornwell

GOSPEL MUSIC & ENTERTAINMENT EDITOR

Paul Boutte

CONTRIBUTING WRITERS

Jessica Alaimo

Dale Harris

Rev. Ronald Sampson, Sr.

COPY EDITOR

Socrates Williams

STAFF WRITERS

Tracie Isaac

Cookie Waller

SPIRITUAL ADVISOR

Bishop James H Evans, Jr. PhD, LittD

PUBLISHER

Imageprinters Marketing & Publishing Corp.

Upstate NY Gospel Magazine is not responsible for the opinions or views expressed by artists, groups, bands, individuals or writers that may be included in any part of Upstate NY Gospel Magazine (website, facebook or profile), Subject matter on or off www.upstatenygospemagazine.com or any other site related to Upstate NY Gospel Magazine. The views expressed are for encouragement & community awareness purposes only.

By being an author on this site, all writers transfer copyright ownership of the manuscript to Upstate NY Gospel Magazine, for publication in print, on line and in downloadable form. Permission is also given to publish all subsequent electronic media, reprints, and any other subsidiary print rights worldwide of this article Upstate NY Gospel Magazine.

The author(s) will have the unrestricted right to re-use this material on condition, that credits are included for prior publication in Upstate NY Gospel Magazine. This right, is to include the issue and date of said publication. Interviews are the personal opinions of the interviewee and are not necessarily the views of Upstate NY Gospel Magazine or the publisher. ImagePrinters takes no responsibility for any of their answers or comments. All interviews are subject to editing spelling, grammar, and any content that is not useful may be disregarded when posted/published.

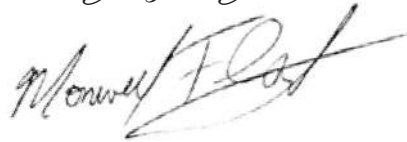
Upstate NY Gospel Magazine reserves the right to change, update this disclaimer and policy at will without any notice. All materials contained on Upstate NY Gospel Magazine website are protected by United States copyright law. You may not alter or remove any trademark, copyright or other notice from copies of the content. You may not upload, frame or post any portion of this web site to another web site. However, you may download unmodified material from www.upstatenygospemagazine.com for your personal, noncommercial use. You may print and/or send copies via e-mail to a reasonable number of friends for the purpose of spreading the Gospel.

All other uses are prohibited without the prior written permission of the Publisher Imageprinters M&P Corp.

Upstate NY Gospel Magazine serves to be your ultimate source of "Good News".

We want our readers to look to this magazine, when searching for up and coming events, local entertainment and for places to worship in Rochester, Buffalo and Syracuse. Look for our bi-monthly issues, as we intend to captivate you with interviews and informative articles that brings you news you can use.

Glory to God.



FROM THE PUBLISHER'S DESK



We truly thank and praise God for allowing us to bring to you another issue of Upstate NY Gospel Magazine. Our staff works tirelessly to bring you an uplifting, informative and encouraging issue. 2016 was an exciting year filled with challenges as well as cheers. We pray that you will enjoy this issue of our publication. We encourage you not only to spread the good news within the pages of this magazine but we would love to hear from you.

Please send your comments to me via email at Karen@UpstateNYGospelMagazine.com for call me at 585.360.0132.

Continue to Walk in your blessings!

Karen M. Cornwell

FROM OUR MANAGING EDITOR



PAUL BOUTTE
Gospel Music & Entertainment Editor



COOKIE WALLER
Staff Writer



TRACIE ISAAC
Staff Writer



ELAINE STEPHENS
Advertising Sales Representative



UpstateNYGospelmagazine email addresses:

Publisher: Monwell@upstatenygospemagazine.com
Managing Editor: Karen@upstatenygospemagazine.com
Elaine@upstatenygospemagazine.com
Paul@upstatenygospemagazine.com
Cookie@upstatenygospemagazine.com
advertising@upstatenygospemagazine.com
contactus@upstatenygospemagazine.com



PAGE: 9



PAGE: 11



PAGE: 12



PAGE: 17



PAGE: 19

C O N T E N T S

4 MAYOR LOVELY WARREN AND ROCHESTER COLLEGE ACCESS NETWORK ANNOUNCE 2017-2018 "FAFSA FEST"

5 5 TIMES YOU'LL WANT TO REVIEW YOUR LIFE INSURANCE

8 WHAT IT MEANS TO TAKE CHARGE OF YOUR LIFE

9 JAMES NORMAN: ACTION FOR A BETTER COMMUNITY CEO, RETIRES AFTER 25 YEARS

11 HOW TO STAY FIT OVER 50 AND STILL ENJOY EATING

12 MEMORIAL A.M.E. ZION CHURCH CELEBRATES 190-YEAR LEGACY OF CIVIL RIGHTS ADVOCACY AND SPIRITUAL SUPPORT IN ROCHESTER

14 HOW CAN YOU BE A CHRISTIAN AND A GREEK? PART-II

17 YOUTH SPOTLIGHT - JOSEPH A. GOINGS

18 UNIQUE AND HEALTHY WAYS TO BREAK A SMOKING ADDICTION

19 REMEMBERING ANTHONY "TONY" DWIGHT BOLER

20 EMPOWERING WOMEN LUNCHEON ANOTHER GREAT SUCCESS!

20 GOSPEL TOP 10

21 BUSINESS DIRECTORY

24 CHURCH AND MINISTRY DIRECTORY

Upstate NY
Gospel magazine
your ultimate source of "Good News"

Box 54, 1115 East Main Street
Rochester, New York 14509

If you would like to distribute our magazine
please email us at: contactus@upstatenygospelmagazine.com
or call **585.360.0132**

MAYOR LOVELY WARREN AND ROCHESTER COLLEGE ACCESS NETWORK ANNOUNCE 2017-2018 “FAFSA FEST”

By Jessica Alaimo

Mayor Lovely A. Warren and the Rochester College Access Network today announced, FAFSA Fest 2017-2018, a series of free events to help students and families take the first step towards making college an affordable reality.

“Education is the staircase out of poverty and it continues to be my top priority,” said Mayor Warren. “I am thankful for the many partners in this community that work tirelessly to make college a reality for our residents. College costs continue to rise, and FAFSA Fest ensures that students are aware of their financial aid opportunities.”

FAFSA Fest 2017-2018 will help students who plan to attend college in the 2018-2019 school year, complete the online Free Application for Federal Student Aid (FAFSA). Volunteers, including financial aid counselors from local colleges will be on hand to answer financial aid questions and provide one-on-one help to understand college costs. The event is for high school seniors and their families and for students in college receiving aid who need to file a FAFSA form annually. Students will also be able to learn about New York State’s Excelsior Scholarship which, in combination with other student financial aid programs, allows students to attend a SUNY or CUNY college, tuition-free. Pre-registration is not required and refreshments will be provided.

Financial aid is offered on a first-come, first-served basis – so it is critical to submit the FAFSA as early as possible. Applications for colleges and universities have different due dates. Many four-year-college deadlines fall in January and February, and community colleges have various application deadlines throughout the year.

FAFSA Fest events in 2017 and 2018 are scheduled as follows:

- 5 to 7 p.m., Thursday, Nov. 2, 2017 at Rochester Educational Opportunity Center (REOC), 161 Chestnut St. Free parking at the Strong.
- 9 a.m. to 1 p.m., Saturday, Nov. 18, 2017 at MCC Downtown Campus, 321 State St. (with SUNY Financial Aid Day) Free parking.
- Noon to 2 p.m., Saturday, Dec. 2, 2017 at Franklin High School, 950 Norton St. Free parking.
- 11 a.m. to 1 p.m., Saturday, Jan., 13, 2018 at East High School, 1801 E. Main St. Free parking.
- 5 to 7 p.m., Tuesday, Feb. 13, 2018 at REOC, 161 Chestnut St. Free parking at the Strong.
- Noon to 2 p.m., Saturday, March 3, 2018 at MCC Downtown Campus, 321 State St. Free parking.

Students attending the events Nov. 2, Nov. 11, Dec. 2, Jan. 13, Feb. 13 and March 3 will be eligible for a drawing to win one of twelve \$500 scholarships to the Monroe Community College bookstore, thanks to the Monroe Community College Foundation.

“Filling out the FAFSA form can be complicated and difficult for students and families. These events provide trained, confidential help to students and their families,” said Patricia Braus, chair of Rochester College Access Network and executive director of Rochester Education Foundation. “We’ve seen a steady increase in the number of Rochester students submitting their FAFSA forms early, when more financial aid is available. Thousands of dollars in aid is available to many of our students. Please help us spread the word about these events, so all of our students can submit their forms early to get the most financial aid.”

The number of Rochester students submitting FAFSA forms early enough to be considered for most scholarships and grants has increased 50 percent since the launch of FAFSA Fest in 2015.

Students, parents or guardians planning to attend any of the FAFSA Fest events are asked to bring their 2016 Federal tax returns. All students are welcome and assistance for special circumstances will be available.

ESL Charitable Foundation, Daisy Marquis Jones Foundation, The Community Foundation, William G. McGowan Charitable Fund, Oppenheimer Funds, Monroe Community College Foundation, WDKX 103.9, News 8 WROC, Greater Rochester Chamber of Commerce, Rochester Educational Opportunity Center, Paychex, ConServe, Roc the Future, Rochester City School District and New York State Financial Aid Administrators Association (NYSFAAA) join the City of Rochester as sponsors.

Rochester College Access Network (RCAN) is a program of Rochester Education Foundation. RCAN is a collaborative initiative encouraging college access and success through communication, coalition and advocacy for students in Rochester, to enable students to reach their full potential. Members of RCAN include every local college or university, Rochester City School District, the Rochester Area Community Foundation, not-for-profit groups including Hillside Work Scholarship Connection and the Urban League, and business and other individual representatives. Rochester College Access Network is a component member of the Roc the Future community-wide coalition that tracks the work of local agencies seeking to close the achievement gap for students in Rochester schools.

For more information, visit www.RochesterCAN.org, www.cityofrochester.gov/FAFSafest, or call Rochester Education Foundation at 271-5790.



5 TIMES YOU'LL WANT TO REVIEW YOUR LIFE INSURANCE

By Staff Writer

There are a number of times in your life that you'll need to review your life insurance, to ensure you're adequately covered and that you have the right policy for your circumstances.

Failing to reevaluate your needs can mean that you end up underinsured - something that many American families are facing, with an average insurance gap of almost \$320,000.

These are the main events that should trigger a reevaluation:

1. Marriage and Divorce

If your spouse will be dependent on your income for their current standard of living, you may need to increase your insurance coverage to meet their expenses and pay off any large debts like your mortgage.

You and your spouse will need to take some time to evaluate your life insurance expectations, based on your current finances. If either of you already have children, you may need to discuss whether you should be added as a beneficiary of their life insurance policy.

While many people get married in their 20s, the median age for second marriage is 32.6 for women and 35.2 for men. Life insurance will be different for people in second marriages, particularly if there are step children to consider. The former spouse will usually need to be removed as a beneficiary, and you'll also need to consider any child support and alimony payments.

If you're getting a divorce, you may want to review your beneficiaries and ensure that any children you have together will still be adequately supported.

2. Expecting or Adopting Children

Adding children to the family is usually one of the biggest triggers for people who are uninsured to purchase life

insurance. If you already have a policy you'll need to update your insurance.

Usually, you'll need to increase your cover, protecting the financial future of your kids. This will ensure that their living and education expenses can be covered if you pass away while they're still dependent on you.

3. A New House or Job

When you change jobs, you may find that your new employer may offer more or less insurance than your last employer. This can mean that you either need to purchase supplemental coverage or decrease your current life insurance.

If your new job includes an increased salary, you may also want to increase your life insurance coverage. And if you purchase a new house, you'll usually want to reevaluate your life insurance to cover the mortgage.

This will prevent your spouse or children from needing to sell the house if they no longer have your income available.

4. Retirement

If your employer is providing you with life insurance, you'll need to update your coverage when you're ready to retire. If you already have whole life insurance, this can often help you cover the cost of retirement.

If you're worried about your chances of getting insured, you can also look into 'no medical exam' life insurance. These policies will often cost more, however, as the insurer is taking on more risk.

5. Annually

Reviewing your life insurance doesn't need to take a long time. Mark a day on your calendar once a year to look into your situation and make any necessary adjustments.

You may find that events you hadn't considered (such as adult children becoming independent or going to college) can mean that you no longer need as much insurance.



585.362.7794

We're Hair

LUXURY MOBILE BARBERSHOP

Mobile Services

We're Hair is a luxury mobile barbershop guaranteed to bring a personalized and high quality service right to your doorstep. Call today to schedule an appointment!

BARBER SERVICES		SPA SERVICES	
Basic Men's Cut	\$40	Leg & Foot Massage	\$25
Basic Women's Cut	\$35	Neck & Back Massage	\$25
Basic Kids Cut	\$25	Head Massage	\$25
Beard Trim	\$25	Manicure	\$50
Neck & Trim Design	\$15	Pedicure	\$70
Haircut & Design (enhanced)	\$90	Shellac	\$50
Ingrown hair removal	\$35	Mani/Pedi	\$100

SCALP AESTHETICS

Scalp aesthetic treatment	Call for pricing
Edge Restoration	Call for pricing

myluxurymobilebarbershop.com

What's happening in your city

Mayor Lovely A. Warren and the City of Rochester work hard every day to create more jobs, safer neighborhoods and better educational opportunities. Visit our website to learn more about programs and events that will help you get the most out of our great city:

- **Holidays at the Market: For Everything Festive!**
Nov. 26, Dec. 3 and 10, City of Rochester Public Market
www.cityofrochester.gov/holidaysatmarket
- **Family Fun Day & Liberty Pole Lighting**
Sat., Dec. 2, The Parade with Santa, A Downtown Tradition!
www.cityofrochester.gov/libertypolelighting
- **Celebrate New Year's Eve, Downtown!**
Sat., Dec. 31, Main St. Bridge. Fireworks, Family Fun & More!
www.cityofrochester.gov/NYE

Lovely A. Warren
Mayor Lovely A. Warren

Believe.



City of Rochester, NY
Lovely A. Warren, Mayor
Rochester City Council

POP UP BANNERS!!



PRICES STARTING AS LOW AS

SALE **\$175**

FOR 32" X 72"

*artwork must be provided by customer

www.imageprinter.com

Phone: 585-360-0132 • Fax: 888-381-7865



Image Printers
Marketing and Publishing Corporation

PRINTING TOMORROW'S IMAGES TODAY

A MESSAGE FROM OUR MAYOR

Greetings, Upstate Gospel Magazine reader! It's hard to believe winter right around the corner, but have no fear, there are many exciting events coming up for you and your families to enjoy as the temperatures begin to drop.

On Dec. 2, help us ring in the holiday season with one of Rochester's favorite traditions, the Lighting of the Liberty Pole. Enjoy the magnificent Christmas tree in the Sibley Building's atrium, help me throw the switch on the Liberty Pole, and help me welcome our very special guests: Santa, his elf, and Rudolph and friends, as we parade from the Liberty Pole to Martin Luther King Jr. Park for a family ice skating night and fireworks. A trolley will be available to take you back to your car.

For more information visit www.cityofrochester.gov/libertypolelighting.

Next, I invite you to bring your family back to Downtown for our annual New Year's Eve Celebration at the Joseph A. Floreano Rochester Riverside Convention Center from 7 to 10 p.m. on Sunday, Dec. 31.

Enjoy a DJ Dance Party with giant bounce houses, an obstacle course, airbrush tattoos, photo booths, caricature artists, a magician, clowns and more! The City Rec on the Move staff will provide fun activities and crafts for the kids. Snacks and beverages will be available for purchase.

And there's free ice skating at the Dr. Martin Luther King Jr. Memorial Ice Rink from 5:30 to 8:30 p.m., and you won't want to miss our spectacular our annual fireworks display over the river at 10 p.m.

These events are open to the public and free for the entire family. For more information visit www.cityofrochester.gov/NYE.

Just because it's starting to get chilly outside, that doesn't mean you can't enjoy the Public Market! This year, "Holidays at the Market" will be held from 9 a.m. to 3 p.m. on Sundays Nov. 26, Dec. 3 and Dec. 10. These events attract dozens of vendors with art, crafts, decorations, holiday food delicacies, gifts, stocking stuffers and much more. They are a great opportunity to get great deals on holiday trees, wreaths, fresh garlands and gifts of all sorts – all while supporting local vendors!

We place a high value on providing these events to make our city vibrant and enjoyable for our residents and visitors. A more vibrant city leads to more jobs, safer neighborhoods and better educational opportunities.

It is my wish that our families have a peaceful and joyous holiday season.

Please know that my office is here to serve you. If you have any questions about city government, programs or services, please call my Office of Constituent Services at 428-7045.

God Bless,

Mayor Lovely Warren



Stay Inn Style

384 East Ave. Rochester, NY 14607

5 8 5 . 3 2 5 . 5 0 1 0

www.eastavein.com

Mention **Upstate NY Gospel Magazine**
or **UNYGM** to Receive a
15% Discount
Off Current Prices

WHAT IT MEANS TO TAKE CHARGE OF YOUR LIFE

By Staff Writer

Our modern world can be a crazy, confusing and sometimes dangerous place.

It's easy to get swept up in the chaos. But how do we avoid it?

Having to bring home the bacon, pursue or maintain a lasting intimate relationship, keep up a healthy lifestyle, build a successful career and lead a happy, fulfilled life seems like an impossible undertaking.

Does all this make you feel out of control? A victim of circumstance? Unable to take it all on and live the life you truly desire? Do you look at other people who seemingly have it all and wish you could figure it out for yourself?

If it does, you are not alone.

Most people live their entire lives missing out on the vast wealth of joy available to us. We get stuck in a job that just maintains us, but doesn't fulfill us. We settle for a relationship that at best, feels safe and comfortable. We eat unhealthy, easy foods and don't exercise because there "isn't time" to do it right.

Don't lose hope! It is possible to take charge of your life and have it all!

Where We Fail

How we manage the cornucopia of stress and responsibility of daily life is key.

Unfortunately, it's all too easy to get wrapped up and rely on bad habits and quick fixes to ease our restless minds, hearts, and bodies.

You've made the decision you want to eat healthier, but you had a long day at work, and it's just easier to turn off into that drive-thru and start eating healthier tomorrow. Have you done this recently?

Maybe you determined you'd do some meditation to alleviate that daily stress, but a long day of taking care of the kids leads you to just have that cocktail or two before passing out to do it again the next day. Sound familiar?

An exciting new job opportunity arises in a field you've been wanting to explore for months, but the safety and comfort of your survival job pays the bills. So, you decide you just aren't prepared, it's too risky, and let the interview slide. Are you guilty?

All of these things are just a flinch, a way we push our true selves down and allow life to live for us, rather than we simply living our life.

It doesn't have to be this way!

Reclaim Your Power

"Every time you are tempted to react in the same old way, ask yourself if you want to be a prisoner of the past or a pioneer of the future." – Deepak Chopra

All too often we allow our habits to control us. It's time to reclaim your personal power and make a change.

Here are a few things that you can and will discover when you reclaim your power and take charge of your life:

Fear is not your enemy

Personal responsibility is more powerful than victimhood

Focus on what you want, not what you think you need

Forgiveness, of yourself and others, will lead you to freedom

Nothing lasts forever

I know you have the ability to take charge of your life and reshape it into that sparkling vision of happiness you deserve.



Save the Date
INVITATION TO FOLLOW

We're Making You a Retirement Celebration Invitation
you can't refuse...

Please join family, friends and colleagues as we laugh,
cheer and celebrate the career of

James H. Norman
President and CEO
Action for a Better Community, Inc.

The Roast and Toast Fundraiser will take place
Sunday, February 11, 2018
Comedy @ The Carlson
50 Carlson Rd, Rochester, NY 14610

For guests traveling from out of town, a block of rooms has been reserved.
Please make your reservations before Thursday, December 28
and identify James Norman Retirement Celebration.
Please contact The Strathallan Rochester Hotel & Spa - a Doubletree by Hilton
at (585) 481-5010.

Friends of James Norman's Retirement Party Planning Committee



JAMES NORMAN

ACTION FOR A BETTER COMMUNITY CEO, RETIRES AFTER 25 YEARS

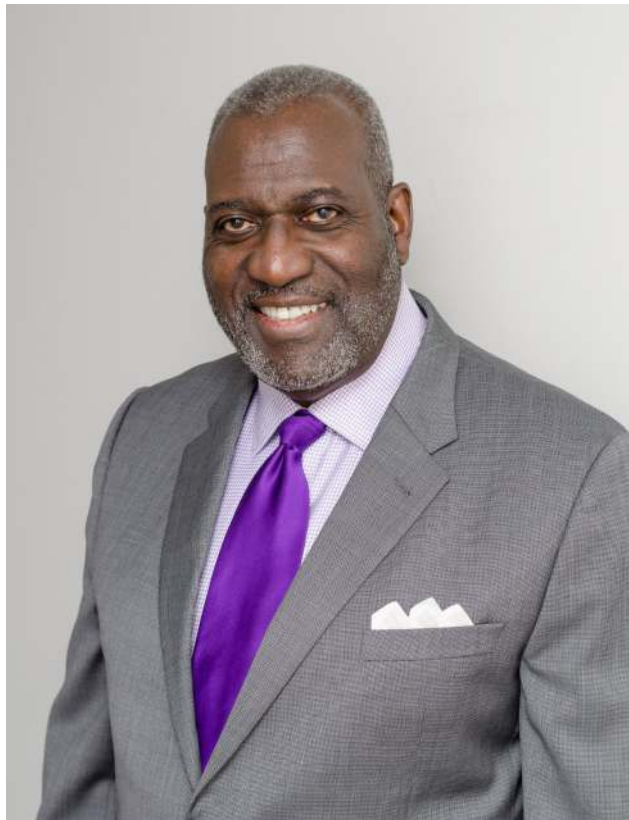
By Tracie Isaac

For the past twenty-five years, many in the city of Rochester have had the benefit of having the leadership, counsel, board affiliation, teaching instruction or experience of inspiration from the one and only James Norman, President & CEO of Action for a Better Community (ABC). Since 1992, Mr. Norman has been at the helm of ABC, which is one of the leading community action agencies providing quality of life resources and services to the residents of Rochester. In December of 2017, Mr. Norman will be retiring from ABC but not from being involved in the support and advocacy of our community.

When we think of how a person can impact your life, we need to take a look at the programs, organizations and people who make up the leadership and are involved with the decision making process. Among the list of individuals who are compassionate about people, you will find James Norman, linked arm in arm with many of the leaders and decision makers that are fighting and advocating for the enrichment of the community in which we live.

I sat down with James Norman in his office at ABC located at 550 E. Main St. in downtown Rochester, and was enthralled with the opportunity to speak to the man that so many have had the opportunity to work with or be guided by his sage wisdom and expertise. This experience was met with an opening joke that put me at ease when I asked Mr. Norman what brought him to Rochester? Mr. Norman replied, "My wife! I met this incredible woman from Rochester who was involved with a project in Michigan, whom I wanted to make a family with and she was on her way to Rochester to work with Xerox. So, I considered looking for a position in Rochester that was suitable to my experience, at the local level that I achieved in my previous position." Mr. Norman received his Bachelor's in Psychology from Mercer University (Macon, Georgia) and his Master's in Social Work (policy, planning and administration)

from Western Michigan University (Kalamazoo, Michigan), where he also completed extensive-post graduate coursework in Public Administration. Prior to relocating to Rochester, Mr. Norman served as the Michigan Department of Labor's Deputy Director for Administration. Before that appointment, he directed the department's Bureau of Community Services, which administered the state's Community Services Block Grant, Weatherization, Energy Assistance and the Neighborhood Assistance Programs.



When James Norman arrived in Rochester during the period of 1991-1992, he began to address the current community issues of violence, homicides, education, health care and poverty at ABC. One of the initiatives that he engaged was Project Redirect, a street outreach program lead by ABC which partnered with various settlement houses across the city to have direct access and interaction with individuals. On the matters of early education, the graduation rate, healthcare, senior issues and economic development; ABC provides services that directly impact the disadvantaged and those obtaining excellence. "We get young people ready to learn with Head Start. ABC is the single recipient agency of federal funds for the Head Start Program. ABC is "the" Head Start grantee for Monroe County which administers

any educational readiness program or any program that is under contract with ABC, to address early childhood education. ABC reaches various demographics by working with other agencies like libero-American Action League, Volunteers of America and even faith based organizations with appropriate facilities. Additionally, there are other programs to assist with the various education levels from elementary to high school. The work is not only with children but with the families, in areas of nutrition, health care and measurement of the progress and growth of the various domains." stated Mr. Norman.

During Mr. Norman's leadership at ABC, the organization was one of the leading advocates for a "living wage" for the residents of Rochester. To practice what was being addressed, the organization adopted a policy that anyone who worked for ABC in a full-time position would make no less than the city's living wage. Yearly, the agency adhered to the cities adjustment increases with their employees.

With his association and involvement with various foundations, professional and non-profit organizations, James Norman infuses his compassion for people through the array of vehicles that seek to address the issues and interests of the community to achieve result oriented objectives. In the areas of economic development, healthcare, music, the arts and even personal development; Mr. Norman is somewhere in the midst advocating for those seeking success and for recognizing those who display excellence. The Gateways Music Festival, where Mr. Norman is Vice Chair on the Board of Directors, is a valued resource that posses a database of over 700 classical musicians of African descent from around the country. The festival has been held biennially in Rochester, NY since 1995. Over 120 musicians of various ages were invited to Rochester in 2017, for over 50 performances of classical music in various venues, FREE of charge to the public. Many first time youth and adult attendees were amazed at the level of professionalism and artistic ability of these artists. This is a unique organization that has brought to the forefront the largest concentration of instrumentalist to perform of African descent. Additionally, the history of composers and legendary musicians of color in the classical music genre is highlighted. Youth and adults were reported stating that they are more aware, and now



BEHIND ON YOUR MORTGAGE?
 The Housing Council of PatchStone  **We are here to help!**

(585) 546-3700
www.TheHousingCouncil.org
AvoidForeclosure@thehousingcouncil.org

FREE
 Not-for-profit HUD approved
 one-on-one confidential counseling

interested in classical music because of the Gateways Music Festival, and are appreciative of this opportunity because they did not see themselves in this category previously in schools or other venues.

Over the years, Mr. Norman has been a consultant, speaker or workshop panelist at national and state conferences on topics such as Results Oriented Management and Accountability (ROMA), advocacy, structural inequality, poverty trends, community action history, economic security, and not-for-profit governance.

When does someone like James Norman find the time to do all the work that he does? "I don't have the time to do ALL that I want to do. So now that I am retiring I will do more of what I want to do." We will find Mr. Norman enjoying time with his family, participating in initiatives that provide positive impact for the lives of the residents of Rochester and maybe even teaching as a professor.





Florida Nut House

585.360.2978 • Public Market North Union Street
Rochester, New York



BOOTH-53

OPEN TUESDAY, THURSDAY & SATURDAY

GOOD NEWS!

In addition to the health benefits of nuts, researchers have found that eating a diet rich in nuts may also help improve people's moods!

HOW TO STAY FIT OVER 50 AND STILL ENJOY EATING

By Staff Writer

As we get older our body composition changes. This is often a result of becoming less active, which leads to a decrease in our basal metabolic rate (BMR).

With less muscle to burn calories, we may find that we can't eat as much as we used to, without gaining weight. Other changes in hormones, tastes, energy levels, and nutrient absorption can also impact our fitness levels and health.

However, staying fit over 50 doesn't mean that you can't still enjoy eating. Learn how to get the balance right with these great tips.

Stay Active

Many people think that our metabolism decreases as we get older, but this isn't true.

What actually happens is that our activity levels decrease and we lose muscle mass as a result. With less muscle the body needs less energy, so food is stored as fat rather than burned off. Our basal metabolic rate (BMR) then slows down as the composition of our bodies change.

The simplest way to counteract a slowing BMR is to stay active. Walking is a good, fairly low-impact exercise that will help to burn calories and maintain muscle mass. Walking is also great for the heart and helps to boost your mood.

Other low-impact exercises to try include gardening, swimming, yoga, and pilates.

Cut Calories, Not Taste

With small changes to the meals you love you can save a lot of calories and still enjoy eating.

Many people find that reducing their intake of carbohydrates helps them to stay in shape. Why not try spaghetti squash as an alternative to pasta? And even if you're not much of a baker, this low carb bread recipe is delicious and simple to make.

Alternatively, you can make small changes to the products you consume every day, such as opting for low fat dairy over full fat versions. Many taste exactly the same but pack in a lot fewer calories.

Another great tip is to try to make more meat-free meals. Try a bean Bolognese or make a stew with veggies and lentils. You'll cut calories and saturated fat drastically by skipping meat a couple of nights a week.

Consider Supplements

Another key part of staying fit is maintaining good health.

Our bodies become less efficient at absorbing some nutrients as

we get older, so it's important to make the calories we consume as nutrient-dense as possible to stay healthy.

Without key vitamins, it can be hard for your body to process food correctly into energy, meaning that you may feel tired and sluggish. You may also put yourself at risk of infections and more serious illnesses.

Some of the nutrients you may be lacking include Folic Acid, Vitamin B12, Calcium, Vitamin D, Fiber, and Omega-3 Fats.

It's always preferable to get nutrients through your diet but you may need to consider taking supplements. Consult your doctor to discuss your diet and whether supplements could help you stay fit over 50.

Drink Water

Our sense of thirst also reduces as we get older, so it might not be so easy to tell when we're dehydrated.

Drinking water can help reduce hunger, boosts energy and facilitates digestion.

Not drinking enough water can cause urinary tract infections and lead to memory problems, so getting enough

water is beneficial for our physical and mental health.

Keep small bottles of water in your fridge and drink from them regularly, even if you don't feel particularly thirsty. You should aim for around eight cups per day for good health.

Sleep Well

Staying fit at any age is all about balance. As well as your diet and activity level, getting enough sleep is an important part of that.

As well as giving you the chance to rest your mind and body, sleep helps to regulate the hormones that control hunger signals. Not sleeping well can disrupt these signals and fool your brain into thinking you're hungry when you're not.

As we get older it can be harder to enjoy a good night's sleep, possibly because of hormonal factors, physical discomfort or changes to our oxygen intake.

If you're finding it hard to sleep at night then these simple solutions to help you sleep better should help.

How to Stay Fit Over 50

Staying fit over 50 doesn't mean that you can't enjoy eating the same foods or that you have to make any drastic changes.

With small sustainable changes to your lifestyle and diet, you can maintain good health and keep fit for many years to come.



MEMORIAL A.M.E. ZION CHURCH CELEBRATES 190-YEAR LEGACY OF CIVIL RIGHTS ADVOCACY AND SPIRITUAL SUPPORT IN ROCHESTER

By Tracie Isaac

Memorial A.M.E. Zion Church (Memorial AMEZ) has much to praise and sing about with the announcement of its 190th Anniversary. The public was invited to a Black Tie Soirée on Sept. 29th, at the Hyatt Regency Rochester to celebrate the historical legacy of civil rights advocacy and the spiritual leadership.

The Master of Ceremony was the first African American, three term Mayor of Rochester (1994 – 2005) William A. Johnson; who comedically and authoritatively presided over the gala. A special presentation was made by incumbent Mayor, Lovely A. Warren to Rev. Dr. Kenneth Q. James, Senior Pastor of AMEZ. Bishop Darius G. Pridgen of True Bethel Baptist Church in Buffalo was the keynote speaker for the event, along with featured psalmist and national recording artist Eli Wilson, of Eli Wilson Ministries in Orlando, Florida.

Founded in 1827, Memorial AMEZ is the oldest African-American Church in Rochester, and Monroe County. Rev. Thomas James, an escaped slave, was the founder and first pastor of what was then called A.M.E. Zion Church.

Its original location was on Favor St., and served as a place of shelter on the Underground Railroad for hundreds of escaped slaves who were being led to freedom by Harriet Tubman. A.M.E. Zion was also the platform from which Susan B. Anthony delivered her last public address, as well as the home church of Frederick Douglass.

Mr. Douglass edited his abolitionist paper, “The North Star,” from printing presses set up in the church’s basement. He and other political activists would meet regularly at the church, where he gave many historic speeches, including his last speech in Rochester. Rev. Thomas James licensed Frederick Douglass to preach in the AME Zion church.

The original structure on Favor St. remains today, and the property has been designated as a national historic landmark.

The church eventually relocated to its current location at 549 Clarissa St., and “Memorial” was added to its name in 1907, when one-of-a-kind stained-glass windows memorializing Frederick Douglass, Susan B. Anthony, and Harriet Tubman were donated to the church.

The original Susan B. Anthony and Harriet Tubman windows are

still adorning the church today, which is under the leadership of Rev. Dr. Kenneth Q. James. Rev. Dr. James previously served at the historical Mother A.M.E. Zion Church located in Harlem, New York City. The church was the founding organizing church of the African Methodist Church in the United States in 1896.

Rev. Dr. James was born and raised in New York City, and is a fifth-generation member of AME Zion. A graduate and product of all AME Zion schools, post high school, Rev. James obtained his masters and doctorate degrees from Cliff Theological College.

The reverend’s vision “is to build on the legacy and leadership of Memorial AMEZ. Make more inroads with young people



and youth, and to not be the last generation of A.M.E. Zion in Rochester, NY.”

“I want to reach young people, to let them know that the church wants you, and you have something of value to offer the church,” he stated.

In discussing how the community can assist the leaders of our community with Rochester’s growth, James said, “We need to reach young people, and let them know that there are viable careers and life opportunities in Rochester. Additionally - I heard this from Kwesi Mfume - ‘We have no permanent friends or permanent enemies, we have permanent interests.’ We need to find our permanent interests, perhaps from the people we represent.”



Prior to the gala, Memorial A.M.E. Zion Church hosted a special worship service at 549 Clarissa St., featuring Bishop-Elect Marvin L. Winans, the founder and senior pastor of Perfecting Church of Detroit, Michigan, in order to commence the celebration. Bishop-Elect Marvin L. Winans is widely known as a member of the musically-anointed Winans' family, and as an international recording artist with multiple Grammy, Stellar, and Dove awards. Bishop Winans began his sermon by stating, "I will definitely add to my resume that I preached in the legendary church where Frederick Douglass preached."

Locally, Memorial AMEZ also remains at the forefront of civic activity and responsibility.

In October 2016, U.S. Congresswoman Louise Slaughter invited U.S. Congressman and civil rights icon John Lewis to speak at Memorial AMEZ about his experiences during the Civil Rights Movement. He shared his memories of "Bloody Sunday" in Alabama, an event during which he nearly lost his life, while fighting for equal rights and justice.

The Memorial AMEZ Choir has also been a featured performer at the White House during the Clinton Administration, and at the anniversary of the Women's Suffrage Movement.

Ultimately, the church and its members have established a strong tradition of helping to better the lives of others.

"I want this church to have a strong voice in the community, to

be in the vanguard of speaking up and out for those that Jesus termed 'the least of these' – those who are disadvantaged, oppressed, or in some way outsiders, outcast or unwelcomed," Rev. Dr. James said. "That is where the church has always staked its claim. Quoting the late Gardner C. Taylor, 'the gospel should comfort the afflicted, and afflict the comfortable.'"

Examples of the church's efforts to uplift the community, include the creation of the Ralph Bunche Scholarship, which is the first African-American scholarship in Rochester, funded through the generosity of church members Mr. and Mrs. Hamm; the church serving as the founding home of Rochester's oldest African-American Boy Scout Troop, Troop #169; the development by then-pastor, Reverend Errol E. Hunt, of affordable apartments (the RL Edwards Manor Retirement Home and The Daisy House) surrounding the church; as well as the creation, over the years, of a food pantry, soup kitchen, and coordinated activities for the elderly.

"We are blessed to celebrate 190 years of service to the Rochester community, and are extremely proud of our legacy of civil rights advocacy and spiritual support for all," Rev. Dr. Kenneth Q. James stated. "We look forward to celebrating our past, present, and future with the Rochester community – and we remain firmly committed to continuing our work to enrich the lives and spirits of our parish congregation, and our community neighbors for many decades to come."



FUSION4 CATERERS SMALL PARTIES



DELIVERY

GrubHub Delivery is now AVAILABLE

visit: GrubHub website





RESTAURANT / CATERING

719 Plymouth Ave. S Rochester, NY 14608
(585) 328-6903 or 585-328-1302




HOW CAN YOU BE A CHRISTIAN AND A GREEK?

PART II

By Rev. Ronald Sampson, Sr.

COMMONALITY OF BLACK GREEK LIFE AND BLACK CHURCH LIFE

Culturally Rich experience –

The genesis of both Black Greek life and black church life grew out of the need to be more and do more than social norms of the day allowed. Though born in segregation both provided for its members that which the general society of the day would not allow – the full development of individuals of African descent. In the church, this loosed the limitations of who would be allowed to ascend to the ranks of the church hierarchy and where they could serve. In addition, it provided for the evolution of the perspective from which the gospel was taught and preached, from slaves obey your masters, to that liberation theology. Lost in the annals of time is the fact that many of the early denominations that are no longer existent, did not hamper the movement of women into the ranks of church leadership. The church was not just a one day a week operation. Rather it was significant integral part of the communities of color. Before public education, churches were the only institutes of education for the masses. These were the places that runaway slaves would go so they could become productive citizens of the community.

A century after black churches were instituted Black Greek letter organizations sprouted up for two reasons. Black Greek life began as a means to call collegians of African descent to a higher purpose than their own personal gain. The realization that being black with one or more college degrees meant little or nothing in the general American society particularly in the south. So the development of a network of Fraters and Sorors provided a means of communication opportunities for employment and or academic advancements. Leadership development and opportunities abounded within these organizations, as their goals was to make each member an asset to the community to which they would join upon graduation.

The bonding factor in each is the common experience shared by its members. In comparison, to say the Catholic Church, most Black Church services are participatory worship experiences, where the congregants are moved by their personal experience with Jesus and God. Where you can get an amen affirmation when you state, “that you know, that you know, that you know”. Of course if you don’t know, you don’t get it. In many communities the church is the place where children develop

public speaking skills as they are prepared for performance in various holy day observances.

For Black Greek life, what begins in college for many it becomes a lifelong commitment. On the college campus you find yourself with likeminded individuals with the ability to get things done and you start operating as a mover and shaker. There rendering of services and uplift of your fellowman are powerful inducements to lifelong commitment.

With all this potential both intellectual and spiritual, why isn’t the Black Community better off? Why aren’t our schools top notch, why are our neighborhoods in the urban core so desolate? The answer to these questions cannot be summed up in a thirty second election sound bite. We are caught up in a society whose desire for power and wealth is manifested as systemic racism. For every response by our community to lift ourselves up a counter response is made to wipe out all those gains. That however is a topic for another day.

Common Points of Failure



The weakness of both Church and Black Greek life are quite the same. Less than effective member intake process, failure to hold one another accountable to the principles of the organization, poor leadership development and succession planning.

Lack of Effective Member Development

The majority of the local members only know about and are concerned with, the local (chapter) level of activities, rather than understanding about the world wide responsibilities of the organization/church. How many people join the church and they only do one thing? How many members join the church and the only thing they do is occupy the same seat, Sunday after Sunday. How many people become a Fraters or Sorors and they only attend the meetings and group functions but don’t do the work. How many people after they join just wear their letters at public events?

I know many want to understand hazing, with respect to Greek life intake, but for the divine nine we have come to the realization that you can’t MAKE a silk purse out of a sow’s ear. We don’t make men or women out of boys and girls. If it is not in you it is not going to come out of you. The new process requires we know and access potential members before we formally engage with them. Once we engage, it is our responsibility to teach the potential members what our organizational purpose

and philosophy is, what principles we abide by and the sacrifice expected of the membership in order to help us to fulfill our purpose. Upon induction into the organization, the organization would benefit from exposing the new member to a broad range of the organization's scope by the attendance at regional, national and or international conferences as soon as possible, in order to set the expectation of what they can become.

For the church the focus is quite different, but the goal is similar. For the church, we as individuals have no "Saving Power". However, we do know a man named JESUS, who can heal the sick, raise the dead, and forgive sinners. In the church, we have to be accepting of all who come. For Jesus said, 'come as you are'. We have to show that God has replaced our heart of stone with a tender heart. We have to show that God has poured His Spirit in us, and in so doing we inform the new convert that God has begun a new work in them. The more difficult part is Jesus stated come as you are, but the Word does not say stay as you came.

There is an expectation that all members of the church are in a process of spiritual maturation. In the Baptist church this process is called sanctification. Through the study of God's Word and personal application in our lives, of what we learn we are growing. This is the principle of renewing our mind as stated by the Apostle Paul. If there is no expectation of attendance to the various components of church life which promote the study of God's Word – Sunday School, Bible Study, and Prayer Meeting-how can you expect the church leadership to be spiritually mature. You can't lead where you don't go and you can't teach what you don't know.

Member Accountability

Nowhere in the scripture do I find a declaration for us to be sin police. Yet, there is not a church where members don't take it upon themselves to point out the failings of others. Yet the word informs us that we are to take note of the failings of others and

help to restore them to good standing in the Lord lest we get caught stumbling. The church is and always has been a place of reclamation, reconciliation, and restoration. We have all sinned and come short of the glory of God. All sin is sin to God. There are no big sins and little sins. So we are to regard them all the same and forgive the repentant sinner even as we were forgiven. However, do we hold each other accountable in the faith? Do we correct and edify one another with the word? Or do we go tell the pastor and wait for the pastor to correct every misstep and transgression. We are our brother's keeper. If we see something that seems amiss, it is our responsibility as a brother or sister in Christ, to say something in love through the word to the individual. The spirit of God has been placed in us. We have the capacity, to love one another, do we have the will to forgive one another?

Greek life is no different, brothers and sisters both "Lean on the shield" for selfish reasons and we allow it because "We want to maintain the spirit of brotherhood/sisterhood". In doing so we absolve the leaner of their responsibilities to the organization. Let's get real. To be in a fraternity or sorority you have to attend and preferably graduated from a four year college. You should be a grown man or woman.

I Corinthians 13:11 states . . . 'but when I became a man, I put away childish things'.

We have to hold one another to a standard of maturity and responsibility. When we find those who are not measuring up, we have to help, instruct, and educate our brothers and sisters of how they are falling short and what they can do to be better. They are better people, they just need it reaffirmed in them. After all they were accepted into the organization.

Leadership Development

Legacy leadership in Black Churches and Black Greek organizations is the term I will use for the impact of systemic societal racism. With relatively few opportunities for leadership churches and fraternal organizations were the havens of last



SUBSCRIBE TODAY!

Mail in the Subscription (below) to have
Upstate NY Gospel Magazine **delivered directly to you!**

Imageprinters M&P Corp., 1115 Main Street East, Mailbox 54, Rochester NY 14609

LOG ON TO

www.UpstateNYGospelMagazine.com

FOR MORE INFO

ONLY PAY FOR POSTAGE

\$15 A YEAR FOR 6 ISSUES!

CALL NOW

585.360.0132

resorts. With so few opportunities, once gained, many sought to keep their position for life. Whether the person is good, mediocre or excellent, the end result of this mindset is stagnation of innovation and dying on the vine of other possible leaders. In both Black Churches and Black Greek organizations there was a direct resistant to integration of "corporate procedures" to make the organization/church run more efficiently. The long term growth development of both black entities is dependent upon the exposure of the next generation of leaders to the current problems and the opportunity for them to propose solutions. In a democracy, term limits are a good thing. The more minds that understand the scope of the problems, the more perspectives are brought in to bring about an optimized solution.

Therefore a leader's responsibility is not just to manage a day of activities for the organization, but to train and prepare their replacements. In the post segregation era, many became leaders because they were good members. In and of itself this is not bad, but if you have others who are more capable to lead, why not give them the opportunity.

However the church is not an organization, it is an organism. It is not a democracy, it is a theocracy. The Word of God is the first and final authority on how the church should operate. Leaders should be chosen based on the spiritual maturity even as the first deacons were selected. Just as Paul mentored Timothy, church officers should be finding those young adults who are also spiritually mature and mentor them into the ways of Christian leadership.

CHRISTIANITY: FULFILLMENT OF THE BLACK GREEK PURPOSE

I started these articles to answer the question can you be a Christian and a member of a Black Greek letter organization. In review I would ask the question, how can you not be a Christian and be a member of a Black Greek letter organization. The purpose and principles upon which the Divine Nine were founded are fulfilled in the life of a Christian. Don't confuse what you see church folk do with what God has called us to be. We are all works in progress, some of us have decided to put away childish things, and assume our adult responsibilities. Some of us just want to act like adults while holding on to childish things. We must hold one another accountable in love and always Give God

WARDROBE SALE
\$199
OUTFIT INCLUDES
 1. SUIT
 2. SHIRT
 3. TIE SET
 4. SHOES
Jack Green
 MEN'S SHOP
 736 E. Ridge Road
 Rochester, NY 14621
 (585) 342-8880
www.jackgreenmenshop.com

the Glory for the good things He has done.

BIO:

Rev. Ronald Sampson, Sr. is an associate minister at Aeon Missionary Baptist Church in Rochester, New York, under the pastorate of Rev. Dr. Jonathan Jamel H. McReynolds. He has been Member of Phi Beta Sigma Fraternity, Inc. since November of 1972. Is active in church and in the fraternity. He is married to his college sweetheart and member of Zeta Phi Beta Sorority, Inc., Cheryl.



Grand Re-Opening
Rosa's Southern Comfort Café
 223 Genesee Street 14611
Your weekend spot for homestyle cooking!!!
OPEN: THURSDAY – SATURDAY FOR LUNCH AND DINNER
 ● **BBQ Ribs** ● **Chicken** ● **Sausage** ● **Fish**
 ● **Macaroni & Cheese** ● **Candied** ● **Yams** ● **Greens & More...**

YOUTH SPOTLIGHT — JOSEPH A. GOINGS

By Karen M. Cornwell

Upstate NY area including our local city and county governments are making great strides in aiding our youth to thrive and flourish and prepares them for a healthy, happy, and safe adulthood.

Upstate NY Gospel Magazine strives to spotlight our positive youth through our Youth Spotlight. This issue we had the opportunity to speak with an inner-city youth that is overcoming his challenges while engaging in every element of the society – school, home, church, community, etc. Please join me for a conversation with Joseph A. Goings.

Joseph, tell us about your family? Tell our readers about you academically?

I am a 14-year-old 9th grader, at Leadership Academy for Young Men (RCSD). I am the oldest son of 8 children, and have older sisters who do a lot for me. I have three nieces and a god sister that I enjoy spending time with.

When I was in elementary school I faced many challenges. I was diagnosed with ADHD and Anxiety. I had difficulties with peer interaction, trusting my teachers and other staff. As a result of some of my struggles, my academic scores suffered and I was labeled. Even though I had many concerns in elementary school, I was in an environment where the staff met me where I was. The school, my mom (Walida Monroe-Sims) and step father (Edward Sims) worked together to make sure I could have the best possible support. When I graduated from School #1 my principal, Dr. Harris Pappin, strongly advocated for me to go to Leadership Academy. When I entered Leadership Academy, my GPA was a 1.75. Today, my overall GPA is a 3.75. I have maintained a 3.25 since the 7th grade. I enjoy going to Leadership and look forward to my success there.

What are your extra-curricular activities in school, community and church?

I really like sports and enjoy playing football, basketball, and tennis. I play on all three of these teams at my school. Outside of school, I enjoy riding my bike, scooter, and skate board.

I started playing football when I was 10 years old and joined the South West Colts. I played with them until I was in the 8th grade and tried out for my school team. Today, I am on the JV team at Leadership Academy.

I have been playing basketball since I was 5 years old. I have played on various city recreation teams, then Youth for Christ Basketball League. Then onto the Bobcats Basketball League, where I earned the "Most Valuable Player" award and have played for my school the last 2 years. I am currently waiting for football season to end so I can begin playing freshman basketball for Leadership Academy.

I enjoy going to church. I attend Elim Christian Fellowship of Rochester, where my pastor is Bishop T. Anthony Bronner. I truly enjoy being apart of our youth ministry, especially the youth discussions, and other activities at my church.



Outside of sports, school, and church, I enjoy hanging out with my friends that have been in my life since I was in the first grade. I like going to different shopping plazas and malls. I also enjoy going to the grocery store with my mom and stepdad, as well as helping out around the house.

How did you get involved in the Roland Williams Championship Academy? Please tell us about your experience with the Academy? What type of activities have you done with the Academy?

Two years ago, Roland Williams and the staff of Championship Academy came to my school. I signed up, and went home to tell my mom about it. After orientation, my mom and I decided that the Championship Academy would be a good fit for me. The summer sessions were not far from my home, so I was able to walk. I look forward to the monthly meet ups and the community activities.

Every morning we receive positive quotes via text message, and we have meet-ups every school break at the MLK Park. I have participated in many activities: Clean Sweep, Buffalo Bills Training Camp, trips to the Art Gallery and museums.

What has the Championship Academy taught you?

Championship Academy teaches us to be the best that we can be, because we are great. It teaches us to embrace our own uniqueness, and to be leaders. We discuss challenges youth face today, and issues that may occur in homes. We talk about our future. The importance of making well informed decisions and every decision has a consequence: good or bad.

What I like most is the entire academy is focused on the recruitment process of football - from high school to college to professional. We get drafted on certain teams, and it maybe a team you do not like. You can even get traded to other teams.

Now that you are involved with the Championship Academy has your outlook been impacted?

Today, I am more focused, because I want what is best for my future. The Championship Academy has assisted me in this process. Before I signed up for Championship Academy, I made a choice to do something different and work on myself, and being apart of the Championship Academy is one way that has helped.



UNIQUE AND HEALTHY WAYS TO BREAK A SMOKING ADDICTION

By Dale Harris

You may smoke, but that doesn't mean that you're happy to be a smoker. Smoking addiction affects a lot of people and many wish that they could drop the habit altogether.

According to a survey from the American Cancer Society, 70% of the participants want to stop smoking. Giving up smoking can be one of the most challenging things you do, but that doesn't mean that it's impossible.

Ending Smoking Addiction

If you want to stop smoking, there are a variety of things you can do to help get rid of your habit. People have used mental tricks, products, and even medical help to stop their habit.

Are you ready to stop smoking? Any of these five methods could help you finally quit for good.

Delay

Are you close to giving in to your tobacco craving? Instead of taking a smoke break right now, just wait a few minutes. It may sound crazy, but those few minutes can help do a lot to stop a craving in its tracks.

Spend 5-10 minutes doing something else. Check your e-mail, look at social media, or basically do anything to get your mind off of your craving. After awhile it should pass and you won't feel the need to smoke anymore.

Deal With Stress Constructively

Smoking and stress almost work together hand-in-hand. A study from the Pew Research Center shows that a lot of smokers struggle with stress, and those stressful feelings cause them to light up more cigarettes.

If you're a stress smoker you need to find a different way to handle feelings of stress. Some people find that using a stress ball helps them. Others have used yoga or meditation to center themselves and fight off cravings.

Find New Routines

Some people like to end their lunch breaks with a cigarette or two, and others need a smoke before they go to sleep. Smokers that fall into routines can have trouble quitting, because it becomes a part of their daily schedule.

Finding a new routine can help you break your smoking habit. Replace your scheduled smoke breaks with new

routines that are satisfying.

Instead of having that post-lunch smoke, take a quick walk to energize yourself for the next half of the day. Consider having a snack instead of a smoke before bed.

Think About Natural Remedies

If you want to quit smoking, mother nature may be able to help. There are a variety of herbs and other natural things that can help break your smoking addiction.

Cream of Tartar has health benefits that have been touted by naturalists for years, and it can also help you quit smoking. Ginseng has also been known to help combat cravings.

Reward Yourself

Quitting smoking is tough, and even just slowing down your habit is a cause for celebration. Quitting comes with a variety of health benefits, but small rewards along the way can make it easier to end your smoking addiction.

If you just went your first day without smoking, treat yourself to a fancy coffee in the morning. If you've gone weeks or months without a cigarette, it may be time to buy that new pair of shoes you've been eyeing.



Prom or Ball?
Vittorio's Has Your Look!

VITTORIO
MENSWEAR & TUXEDO

1900 East Ridge Road (Near 104/Culver)
585-467-7711 | RochesterProm.com

Up to
\$50 OFF Rentals!



REMEMBERING ANTHONY "TONY" DWIGHT BOLER

10/22/52/- 5/8/17

By Tracie Isaac

Music has a way of penetrating the human condition and transporting the flesh to a unique period in time, or shifting the emotional state into various levels. There was a man who had a special gift for understanding how to utilize music in a way that connected a person to a memory, or united an entire city. That person was affectionately known as Tony Boler, the voice and talent of a culture and a heart for all people.

Anthony Dwight Boler (Tony) was born on October 22, 1952 in Durham, North Carolina, to Dorothy and the late Charles Boler II. As the oldest of ten children, Tony possessed the spirit of a role model and leader from an early age, with his eight brothers and one sister. During his high school years at both Booker T. Washington and Reidsville Senior High, Tony became a star basketball player. He won several awards during that time, among them was his most prestigious award, being selected MVP in his senior year. This afforded him the opportunity to play in the East-West Coast All Star game. His dream was to go professional.

At the age of twenty, Tony relocated to Rochester, New York to seek out new opportunities, while he lived with his aunt. His employment search landed him at the Eastman Kodak Company, where he became a part of their basketball league and gained a life-long friend in Leroy Sanders. With the development of a new friend in Larry Cheeks, Tony was introduced to the love of his life, Larry's first cousin Jerry Lynn Johnson.

The courtship of Tony and Jerry lead to a proposal in 1979 and the marriage of Tony and Jerry took place on August 9, 1980. The Boler family was enhanced with the birth of one son Anthony Rashaad and one daughter Ashlynn.

His passion for basketball lead to a scholarship, to play on a collegiate level at Fayetteville University in North Carolina. Tony majored in Biology and remained enrolled until the passing of his college coach. With the loss of his coach and school funds, he decided to return to Rochester. His transition back to Rochester included returning to Kodak. Moving forward, Tony obtained a position with the Xerox Corporation that lasted for 32 years.

During the settling time of 1991, Tony happened to make a phone

call to WDKX to request a song. Not realizing this moment would change his life. The call was answered by Andre Marcel where he was asked, "if this was his natural voice and would he be interested in doing jingles for the station?" He did and the story of Tony Boler and WDKX commenced. Tony became a well-known radio personality for the number one rated radio station, WDKX in Upstate New York with the voice that commanded attention. The timbre of his unique baritone voice, endeared listeners to the ever-popular silky-smooth DJ and announcer.

The perfect program format for Tony was "Memory Lane" which he co-hosted with owner, program director and friend Andre Marcel. A dynamic duo of Tony and Andre spinning the hits that range from the beginning of the R&B "golden oldies" to current day chart toppers that had many on Saturday mornings moving and grooving to the "memories" of good times and good tunes. Additionally, with the popularity of love songs garnering the evenings throughout the midnight hour across the country, the latest Quiet Storm segment had a new star in Tony Boler.

Many in the Rochester community can attest to the charismatic and humble spirit of Tony. His love for the community and the youth, was evident in his omnipresence with mentoring the youth, volunteering at grassroots and community events throughout the city and especially working with Senior citizens. He was not only musically inclined, but he also held strong entrepreneurial skills. As an inspirational speaker and Master of Ceremony, Tony's name was at the top of everybody's list for special events.

There were many who enlisted Tony as their go to DJ, including Rochester Mayor, Lovely A. Warren, who presented Mrs. Jerry Boler with a special posthumous honor for Tony. "Tony was also present for the special moments in the lives of many of our citizens, including serving as DJ at my wedding. He will be greatly missed, but heaven has gained an angel. My prayers are with Tony's family, Andre Marcel and the WDKX family, and to his many fans."

We are left with great and valuable moments as we continue the journey of celebrating the life of Anthony "Tony" Dwight Boler.



EMPOWERING WOMEN LUNCHEON ANOTHER GREAT SUCCESS!



The YWC Empowering Women Luncheon featured keynote speaker Sonia Manzano, better known as “Maria” from Sesame Street.

For over 30 years, Sonia inspired, educated, and delighted children and families as “Maria” on Sesame Street.

Named among the “25 Greatest Latino Role Models Ever” by Latina Magazine, Sonia broke ground as one of the first Hispanic characters on national television. Throughout her career, she has continued to contribute to enriching diversity on television, on the stage, and in the educational realm.

A first generation America of Latin descent, Sonia’s tale is one of perseverance and courage as she overcame countless obstacles to become one of the most influential Latinas in television.

More than 1,350 community members came out to the Convention Center to hear Sonia’s story of overcoming adversity as well as her fond memories on the set of Sesame Street.

In addition to Sonia’s keynote address, former YWCA participants shared their stories of facing and overcoming adversity.

Thank you to the entire Rochester community for your continued support of the YWCA!



LOCAL INCLUDES CHOIRS, GROUPS / SINGLE ARTISTS

- | | |
|----------------------------|--------------------|
| 1. DIVINE NATURE | CHANGE THE WORLD |
| 2. DANELLE DAYMON | STOP BY |
| 3. BRIGHT CLOUDS | THERE FOR ME |
| 4. DURMOND GLANTON | UNDEFEATED |
| 5. SHAWANDA OWENS- ULYSSES | TURN BACK TO GOD |
| 6. LAQUISHA BRIDGES | LORD YOU ARE GREAT |
| 7. SPIRITUAL JUBILATOR | TRYING |
| 8. THE ANNOINTED LOGINS | ALL WELL |
| 9. RICKY HARVEY JR | THE BEST OF ME |
| 10. LARRY WALKER | THE POWER OF GOD |

TOP 10 GOSPEL : NOV - DEC 2017



Sunday : 6am - noon
1st Sundays: 6am - 1pm
(Old School Sundays)
By Paul C. Boutte



NATIONAL INCLUDES CHOIRS, GROUPS / SINGLE ARTISTS

- | | |
|-------------------------|---------------------------|
| 1. RICKEY DILLARD | I SURVIVED IT |
| 2. MIAMI MASS CHOIR | LORD OF EVERYTHING |
| 3. VASHAWN MITCHELL | JOY |
| 4. BYRON CAGE | LIKE NO OTHER |
| 5. KENNY LEWIS | HE’LL MAKE IT ALLRIGHT |
| 6. VINCENT BOHANON | HE REIGNS |
| 7. JERMAINE DOLLY | COME ON KNOCK ON OUR DOOR |
| 8. JAMES FORTUNE | FAVOR OF GOD |
| 9. THE WILLIAMS SINGERS | THERE IS NO WAY |
| 10. DAVID WALKER | IN YOUR PRESENCE |

Alpha & Omega Parable Christian Store Stoneridge Plaza, 1540 W. Ridge Road, Roch Panorama Plaza, 1601 Penfield Rd, Penfield www.rochester.parable.com	585.697.7693 585.381.1250	Paper Expressions 1115 E. Main St Rochester 14609	419.944.4710
AQM Hamilton Insurance Agency, Inc. 1511 South Avenue, Rochester, NY 14620 ahamilton@aqmhamilton.com	585.563.9690	Read Custom Screen Printing 1237 Main Street E, Rochester, 14609	585.342.2006
Christian Flooring 2710 W. Henrietta Rd Rochester, NY 14623 4655 Ridge Rd W, Spencerport, NY 827 Ridge Rd, Webster NY Christianflooring.com	585.340.6230 585.352.1170 585.216.1049	RL Edwards Manor A Frederick Douglass Housing Development Community 615 Clarissa Street Rochester, NY	585.546.4701
Cutaia's Meat Market 574 Chili Avenue, Rochester, 14611	585.232.8482	Rosa's Southern Comfort Café 223 Genesee Street Rochester, NY 14611	
Crudup's Karate ACademy 375 Helendale Rd, Rochester, NY 14609 karaterochesterny.com Kids Martial Arts in Rochester teaches discipline & self confidence !	585.288.4280	Stokoe Farms 656 South Road Scottsville, NY StokoeFarms.com	
East Ave Inn & Suites 384 East Avenue, Rochester 14607 www.eastaveinn.com	585.325.5010	Rodney E. O'Connor 521 Beahan Road, Rochester, 14624 www.droconnor.com	585.436.1640
General Pest Control 969 Avenue D , Rochester 14621	585.266.6705	Rose & Bob Home Improvements of Rochester, Inc 30 Years Experience, FREE Estimates, FULLY Insured	585.319.1776
Hi-U Production	585.296.0186	State Farm Insurance 2284 Culver Road, Rochester, 14609 www.wmatdavis.com	585.266.4500
Imageprinter Marketing & Publishing Hungerford Bldg, 1115 E. Main St, Rochester, 14609 www.imageprinter.com	585.360.0132	VisitRochester 45 East Avenue, Suite 400, Rochester, NY 14604 visitrochester.com	585.279.8342
Holiday Inn - Downtown Rochester 70 State St, Rochester 14614	585.546.3450	Vittorio Menswear & Tuxedo 1900 E. Ridge Road, Rochester, 14622 www.vittorioformalwear.com	585.467.7711
Jack Green Men's Shop 736 E. Ridge Road, Rochester, 14621	585.342.8880	Upstate Furniture Outlet 1415 N. Clinton Ave , Rochester, 14621 www.getUFOcredit.com	585.266.2289
Joe's Brooklyn Pizza 1100 Jefferson Rd #23B, Henrietta 6720 Pittsford Palmyra Road, Perinton Joesbrooklynpizza.com	585.424.5637 585.364.0361	We're Hair Luxury Mobile Barbershop Myluxurymobilebarbershop.com	585.362.7794
Menezes Pizza 445 Chili. Avenue, Rochester, 14611 www.rochesterpizza.com	585.328.3010		
Mood Makers Bookstore Village Gate Plaza, 274 Goodman St N, Rochester, 14607 www.moodmakersbooks.com	585.271.7010		
Mr. Key's Locksmith 735 Emerson St. Rochester NY 14613	585.621.3107		
New Clinton Pharmacy 1415 N. Clinton Ave, Unit 11B, Rochester, 14621 CALL US WE DELIVER!	585.413.3292		
Fusion4 Restaurant & Bar 719 S. Plymouth Avenue Rochester, NY			

Rosa's Southern Comfort Café
223 Genesee Street 14611



YOUR WEEKEND SPOT FOR HOMESTYLE COOKING!!!

- BBQ Ribs ● Chicken ● Sausage ● Fish
- Macaroni & Cheese ● Candied ● Yams ● Greens & More...

Crudup's Karate Academy

Shape your child's Body, Mind and Spirit



**6 weeks
for \$69**
(uniform included)

(585) 288-4280

375 Helendale Rd 14609
www.karaterochesterny.com

Burris PHOTOGRAPHY



**Your All Occasion
Photography!**

585.314.2063

**Mr. Keys
Locksmith**

Residential - Commercial - Auto

Lochester's
Leading
Automotive
Lock and Key
Specialists

Have you lost your car keys? Need a spare? Locked out of your vehicle? We can help you!

585-621-3107

mrkeyslocksmith@yahoo.com

735 Emerson St. Suite 2 Rochester, NY 14613

Hours: Mon-Thurs: 9:30am-5:30pm; Friday: 9:30am-5:00pm



Holiday Inn

Joanne Giuseppetti
Director of Sales and Catering
Holiday Inn
Rochester Downtown

Seventy State Street
Rochester, NY 14614
T: 585.324.0031 F: 585.546.8714
joanneg@hirocny.com
www.HolidayInn.com/Rochesterdtnw

Cutaia's Meat Market

574 Chili Avenue ~ Rochester, New York 14611 585.235.8482



40 years in the same location
We support local Churches and
Community organizations

Hours:
Monday - Saturday 9am - 6pm
Sunday Closed

Owners: Joe and Kim Cutaia
Family Owned Business

I feel privileged to work in the healthcare field, and while my team and I encourage laughter and fun in the office, our patients' health is something we take very seriously. I treat patients the way I would like to be treated: honestly and with the compassion I believe everyone deserves. Because of this, my patients trust me and my team, and that trust is something I never take for granted.

R. E. O'CONNOR, DMD
LASER DENTISTRY
521 Beahan Road, Rochester | 585 436 1640
www.DrOConnor.com | [Facebook.com/REOLaserDentist](https://www.facebook.com/REOLaserDentist)

Couples & Family Counseling

PAULINE JOSEPHS-MCCLEARY, MFT

Phone 585.705.8875
P.O. Box 26672, Rochester, NY 14626
paulinemeeleary@yahoo.com

ADDING VALUE TO COUPLES AND FAMILIES

Florida Nut House

585.360.2978 | Public Market North Union Street
Rochester, New York

OPEN TUESDAY, THURSDAY & SATURDAY

GOOD NEWS!

In addition to the health benefits of nuts, researchers have found that eating a diet rich in nuts may also help improve people's moods!

Open 11am - 9pm, Tuesday - Saturday / Sundays Closed Except for Private Events
Catering: Dinner Parties, Birthday, Holiday and Special Occasion Parties

FUSION4 DINE IN ■ TAKE OUT ■ CATERING

CARIBBEAN, AFRICAN AND SOUL FOOD FUSION CUISINE

719 S. Plymouth Avenue
Rochester New York 14608
(585) 328-1302

Christian FLOORING
 ... Now Open!
 We have reopened our Webster store
 Come...Check Out Our Brand New Showroom!!

ROCHESTER
 2014 **TOP 100**

Christian Flooring is your one stop flooring and finishing store, selling complete projects including all Floors, trim, and Painting!

Henrietta Store
 2710 West Henrietta Rd
 Rochester, NY 14623
 (585) 340-6230

Greene Store
 4655 Ridge Rd W
 Spencerport, NY 14559
 (585) 352-1170

Webster Store
 827 Ridge Rd
 Webster, NY 14580
 (585) 216-1049

Showroom Hours:
 Mon-Fri 10am-8pm
 Sat 10am-6pm
 Sun CLOSED

Angie's List
 2013 SUPER SERVICE AWARD

VEVA, American Express, Discover, Mastercard, Visa

Livie's
JAMAICAN RESTAURANT AND GROCERIES
 (585) 529-4450

RESTAURANT WITH REAL JAMAICAN DISHES

liviesjamaicanrestaurant@gmail.com 375 Chili Avenue
 liviesimportmarket.com Rochester, NY 14611
 Mon-Sat 7:00AM-7:00PM Sun 9:00AM-2:00PM

Mood Makers Books - MMB
 Creating the right mood for you!

Mon.-Sat.
 11:00am-6:00pm
 Sunday Closed

www.moodmakersbooks.com

Curtis and Marie Rivers
 Owners

Mood Makers Books
 Village Gate Plaza
 274 N. Goodman Street
 Rochester, New York 14607
 585.271.7010

VISIT ROCHESTER
 L I M I T L E S S

Join the Conversation
 @visitrochester #VisitROC

Tim James
 Senior Sales Manager
 Religious & National Accounts
 timj@visitrochester.com
 TEL 585.279.8342

45 East Avenue • Suite 400 • Rochester, New York 14604
 585.279.8300 • 800.677.7282 • VisitRochester.com

State Farm
 2284 Culver Road
 Rochester, NY 14609-1639
 At the corner of Culver Rd. & Norton St. Next to 7/Even

Phone: (585) 266-4500
 Fax: (585) 266-8687

Office Hours:
 Mon-Fri 9:00am to 12:00noon
 Mon-Fri 1:00pm to 5:00pm

Call us today regarding
 Insurance rates or our State
 Farm Bank financial products.

Insurance
 Auto
 Renters
 Home
 Life

Financial Products
 Bank Accounts
 Credit Cards
 Loans

Bill Davis, Jr.
 Our mission is to help people manage the risks of everyday life, recover from the unexpected and realize their dreams.

ROSE & BOB'S HOME IMPROVEMENTS OF ROCHESTER, INC.

GUTTER REPAIR • FASCIA
 SOFFITS ROOFING • WINDOWS
 DOORS SIDING REPAIR
 TILE FLOORS • POWER WASHING

30 Years Experience

FREE Estimates FULLY Insured

585-319-1776 VISA MasterCard

Monwell Floyd, CEO

Offering Envelopes, Program Booklets, Family Reunions packages, T-shirts, Banners and more...

Image Printers
 Marketing and Publishing Corporation

Phone: 585-360-0132 • Fax: 888-381-7865

PRINTING TOMORROW'S IMAGES TODAY

Leaders in both printing and digital marketing services!

www.imageprinter.com

Image Printers
 Marketing and Publishing Corporation

Phone: 585-360-0132 • Fax: 888-381-7865

PRINTING TOMORROW'S IMAGES TODAY

CHURCH & MINISTRY DIRECTORY



BUFFALO

Abundant Harvest Church of God
318 Broadway St, Buffalo

Abundant Life Assembly of God
1001 E Robinson St, Buffalo

Abundant Life Church Of God In Christ
1242 Jefferson Ave, Buffalo

Agape Bible Fellowship
598 Buffalo Rd, Buffalo

Annunciation School
7580 Clinton St, Buffalo

Antioch Baptist Church
1327 Fillmore Ave, Buffalo

Antioch Baptist Church
24 Urban St, Buffalo

Armor Bible Presbyterian Chr
5650 Powers Rd, Buffalo

Assembly of God Church
680 Maple Rd, Buffalo

Baker Memorial Methodist Chr
345 Main St, Buffalo

Bethel Baptist Church
995 Dodge Rd, Buffalo

Bethlehem Baptist Church
165 Doat St, Buffalo

Bible Presbyterian Church
1650 Love Rd, Buffalo

Big Tree Wesleyan Church
4163 Fairview Pkwy, Buffalo

Blessed John Paul II Parish
2052 Lakeview Rd, Buffalo

Bright Morning Star Baptist Church
292 Glenwood Ave, Buffalo

Buffalo Dream Center Church
512 Pearl St, Buffalo

Calvary Baptist Church
1184 Genesee St, Buffalo

Calvary Baptist Church
410 French Rd, Buffalo

Calvary Episcopal Church
20 Milton St, Buffalo

Calvary Heights Baptist Church
981 Bowen Rd, Buffalo

Cedar Grove Baptist Church
878 Humboldt Pkwy, Buffalo

Center Road Baptist Church
412 Center Rd, Buffalo

Christ The King Church
30 Lamarck Dr, Buffalo

Christ United Methodist Church
350 Saratoga Rd, Buffalo

Curtis Park Presbyterian Church
748 Woodland Dr, Buffalo

Delaware Avenue Baptist Church
965 Delaware Ave, Buffalo

Durham Memorial A M E Zion Church
174 E Eagle St, Buffalo

East Aurora Christian Church
464 Main St, East Aurora

Ebenezer Baptist Church
195 Ridge Rd, Buffalo

Ebenezer United Church Of Christ Church
630 Main St, Buffalo

Edison Street Bapt Church
28 Edison Ave, Buffalo

Elma United Methodist Church
2991 Bowen Rd, Buffalo

Emmanuel Temple Seventh Day
300 Adams St, Buffalo

Evangel Assembly of God
8180 Greiner Rd, Buffalo

Everlasting Life Temple Church Of Christ
629 E Delavan Ave, Buffalo

Faith Apostolic Church Of Christ
50 North Ave, Buffalo

Faith Baptist Church
626 Humboldt Pkwy, Buffalo

Faith United Presbyterian Chr
3150 Elmwood Ave, Buffalo

Fellowship of God's Word
116 Broad, Buffalo

Fellowship Wesleyan Church
1645 Southwestern Blvd, Buffalo

First Spiritualist Temple-East
29 Temple Pl, Buffalo

First United Church of Christ
1940 Clinton St, Buffalo

First United Methodist Church
8210 Buffalo Ave, Buffalo

Friendship Baptist Church
402 Clinton St, Buffalo

Good News Family Church
3900 N Buffalo St, Buffalo

Good Shepherd Community of Faith
187 Southside Pkwy, Buffalo

Grace Baptist Church
183 Masten Ave, Buffalo

Grace Evangelical Lutheran Church
174 Cazenovia St, Buffalo

Grace Tabernacle Church Of God In Christ
539 William St, Buffalo

Grace United Church Of Christ
875 E Delavan Ave, Buffalo

Greater Buffalo Church Of Christ
53310 Lake Shore Rd, Buffalo

Greater Faith Temple COGIC
480 Hickory St, Buffalo

Greater Hope Baptist Church
8 Verplanck St, Buffalo

Greater New Hope COGIC
407 Jefferson Ave, Buffalo

Memorial Baptist Church
770 Humboldt Pkwy, Buffalo

Metropolitan Chapel of Buffalo
500 Crosspoint Pkwy, Buffalo

Miracle Christian Ctr
1109 N Hill St, Buffalo

Miracle Missions Full Gospel
406 Sycamore St, Buffalo

Mt Ararat Baptist Church
983 Jefferson Ave, Buffalo

Mt Calvary Holy Church-America
240 Hutchinson Ave, Buffalo

Mt Carmel Baptist Church
130 Northland Ave, Buffalo

Mt Olive Baptist Church
701 E Delavan Ave, Buffalo

Mt Zion AME Church
1061 Sycamore St, Buffalo

My Father's House
140 Pound Rd, Buffalo

New Mt Ararat Temple-Prayer
983 Jefferson Ave, Buffalo

New Zion Missionary Baptist Church
318 High St, Buffalo

North Buffalo Community Church
350 Kenmore Ave, Buffalo

North Presbyterian Church
300 N Forest Rd, Buffalo

North Presbyterian Church
168 Payne Ave, Buffalo

Peace Missionary Baptist Church
145 Stanton St, Buffalo

Pilgrim Baptist Church
665 Michigan Ave, Buffalo

Pleasant Grove Baptist Church
226 Cedar St, Buffalo

Potters House Church Of God And Christ
279 Ingham Ave, Buffalo

Progressive Church Of God In Christ
54 Glenwood Ave, Buffalo

Redeemer Lutheran Church
265 Falconer St, Buffalo

Resurrection Life Fellowship
2145 Old Union Rd, Buffalo

Salem United Church of Christ
114 Morgan St, Buffalo

Second Baptist Church
First Street, Lacakwanna

Seneca Street Untd Mthdst Chr
1218 Seneca St, Buffalo

Pastor Jonathan Jamel H. McReynolds, Ph.D.
Church Office: 585.436.0990
Morning Worship Service 10:45am

175 GENESEE STREET / ROCHESTER, NEW YORK 14611

www.aenonbaptistchurch.org

First Assembly of God
9750 Niagara Falls Blvd, Buffalo

First Baptist Church-E Aurora
591 Porterville Rd, Buffalo

First Baptist Church-Hamburg
120 Main St, Buffalo

First Baptist Church-Orchard
5933 Big Tree Rd, Buffalo

First Presbyterian Church
1 Symphony Cir, Buffalo

First Presbyterian Church
176 College St, Buffalo

First Presbyterian Church
149 Broad St, Buffalo

Holy Temple Church Of God In Christ
572 Clinton St, Buffalo

Humboldt Pkwy Bapt Church
790 Humboldt Pkwy, Buffalo

Kenmore Alliance Church
175 Bonnett Ave, Buffalo

Kenmore New Covenant
345 McConkey Dr, Buffalo

Lord Of Life Lutheran Church
1025 Borden Rd, Buffalo

Love Joy Church
5423 Genesee St, Buffalo

Macedonia Baptist Church
237 E North St, Buffalo

CHURCH & MINISTRY DIRECTORY



Sisters of Saint Joseph
23 Agassiz Cir, Buffalo

Southtown Church of Christ
16 Good Ave, Buffalo

Southtowns Christian Ctr
6619 Southwestern Blvd, Buffalo

Spirit Baptist Church
62 Titus Ave, Buffalo

Springbrook Bible Chapel
390 Center Rd, Buffalo

St James Missionary Baptist Church
3189 Main St, Buffalo

St John Baptist Church
184 Goodell St, Buffalo

Trinity Baptist Church
2930 Bailey Ave, Buffalo

Trinity Evangelical Luth Chr
8760 Transit Rd, Buffalo

Trinity Lutheran Church
146 Reserve Rd, Buffalo

Trinity Old Lutheran Church
3445 Sheridan Dr, Buffalo

Trinity United Methodist Chr
711 Niagara Falls Blvd, Buffalo

Trinity United Methodist Church
2100 Whitehaven Rd, Buffalo

True Bethel Baptist Church
907 E Ferry St, Buffalo

Unitarian Universalist Church
695 Elmwood Ave, Buffalo

Wayside Presbyterian Church
5017 Lake Shore Rd, Buffalo

Zion Lutheran Church
9535 Clarence Center Rd, Buffalo

Breath of Life S D A Church Church
1410 Clifford Avenue, Rochester

Bride Of Christ Church
654 Goodman St N, Rochester

Brighton Presbyterian Church
1775 East Ave, Rochester

Brighton Reformed Church
805 Blossom Rd, Rochester

Browncroft Baptist Church
420 Winton Rd, Rochester

Browncroft Community Church
2530 Browncroft Blvd, Rochester

Calvary Assembly Of God
740 Marshall Rd, Rochester

Calvary Bible Baptist Church
746 Norton St, Rochester

Calvary Chapel
2505 Browncroft Blvd, Rochester

Calvary Chapel
85 Kuhn Rd, Rochester

Calvary Chapel Of Rochester
2505 Browncroft Blvd, Rochester

Central Church Of Christ
101 Plymouth Avenue S, Rochester

Chili Presbyterian Church
3600 Chili Ave, Rochester

Christ Church
141 East Ave, Rochester

Christ Church Unity
55 Prince St, Rochester

Christ First Ministries Incorporated
162 Andrews St, Rochester

Christ Jerusalem Church
342 Central Park, Rochester

Christ Tabernacle Apostolic Faith Church
206 Norton St, Rochester

Christ Temple Apostolic Faith Church
766 W Broad St, Rochester

Christ The Good Shepherd Lutheran
1000 Winton Rd, Rochester

Christian Apostolic Church
1259 Goodman St, Rochester

Christian Assembly
1165 Lyell Ave, Rochester

Christian Community Church
4352 Lake Ave, Rochester

Christian Friendship Baptist
165 Beckwith Rd, Rochester

Christview United Methodist Church
174 Pinnacle Rd, Rochester

Church of Christ
285 East Henrietta Road, Rochester

Church of Christ
15 Lawson Rd, Rochester

Want to see your church here?

Call us for information on how your church can support Upstate NY Gospel Magazine.

Call:

585.360.0132 or 419.944.4710

Email:

Karen@UpstateNYGospelMagazine.com

Church of God
595 Frost Ave, Rochester

Church of God
690 Goodman St N, Rochester

Church Of God No 2
1276 Clifford Ave, Rochester

Church Of God Of Prophecy
1074 Portland Ave, Rochester

Church of Jesus Christ
16 Helena St, Rochester

Church Of Jesus Christ Of Lds
1400 Westfall Rd, Rochester

Church of Love Faith Center
700 Exchange Street, Rochester

Church of the First Born
136 Fillmore Street, Rochester

Church of The Risen Savior
2710 Chili Ave, Rochester

Community Bible Church
284 Andrews St, Rochester

Cornerstone Bible Chapel
3231 Buffalo Rd, Rochester

Covenant Presbyterian Church
3201 Dewey Ave, Rochester

Covenant United Methodist Church
1124 Culver Rd, Rochester

Crossroads Bible Fellowship
125 Saint Paul St Apt 1509, Rochester



**Three Locations,
One Church**
Rev. John Williams
Pastor

Eastern Star Missionary Baptist Church
at 2102 Mulberry St, Toledo, OH.

Memorial Baptist Church
at 770 Humboldt Pkwy, Buffalo, NY

New Zion Missionary Baptist
318 High St, Buffalo, NY

St Joseph's RC Church
3269 Main St, Buffalo

St. Louis Church
35 Edward St, Buffalo

Temple Baptist Church
333 Cleveland Dr, Buffalo

Temple Baptist Church
333 Cleveland Dr, Buffalo

Tree of Life Assembly of God
6090 Broadway St, Buffalo

Macedonia Missionary Baptist Church

237 East North Street
Buffalo, New York 14204



Pastor Herman Alston, Jr.
716-886-3489

contactus@macedoniabaptist.info

Worship Service: Sunday - 11AM
Bible Study: Wednesday - 6PM

ROCHESTER

Adams Street Church of God By Faith
230 Adams Street, Rochester

Aeon Missionary Baptist Church
175 Genesee Street, Rochester

Antioch Baptist Church
145 Joseph Avenue, Rochester

Ark of Jesus
506 Jay St. Rochester

Ark of The Covenant COGBF
506 Jay St. Rochester

Asbury First United Methodist Church
1050 East Ave, Rochester

Baber AME Church
550 Meigs Street, Rochester

Believers Temple
428 Ames St, Rochester

Benjamin Temple Church of God In Christ
85 Prospect, Rochester

Bethany Presbyterian Church
3000 Dewey Ave, Rochester

Bethel Christian Fellowship
321 East Ave, Rochester

Bethel Full Gospel Church
214 Clifford Avenue, Rochester

Bethesda Church of God in Christ
120 Saint Bridgets Drive, Rochester

Bethlehem Lutheran Church
48 Pierpont St, Rochester

Bethsaida Evangelical Church
321 East Avenue, Rochester

Bibleway Healing Temple
4831 E. Henrietta Road, Henrietta

Blessed Hope Community Church
2481 Browncroft Blvd., Rochester



Bishop David J. Singleton
506 Jay St, Rochester, NY 14611
(585) 262-6420
Service Hours: 9:00 am - 11:00 am

CHURCH & MINISTRY DIRECTORY



Dewey Ave Presbyterian Church
1261 Dewey Ave, Rochester

Downtown United Presbyterian Church
121 Fitzhugh Street North, Rochester

Durand United Church of Christ
4225 Culver Rd, Rochester

Ebenezer Baptist Church
174 Thurston Rd, Rochester

Edgewood Free Methodist Church
250 Edgewood Ave, Rochester

Elim Christian Fellowship of Rochester
315 Alexander St, Rochester

Elmgrove United Methodist Chr
1500 Spencerport Rd, Rochester

Emanuel Christian Church Incorporated
1721 Saint Paul St, Rochester

Emmanuel Church of Jesus Apostolic Faith
295 Gregory St, Rochester

Emmanuel Missionary Baptist Church
1782 Clifford Avenue, Rochester

Emmanuel United Methodist Church
925 Joseph Ave, Rochester

End Time Deliverance Miracle Ministry
144 Edinburgh St, Rochester

Faith Baptist Church
2954 S Union St, Rochester

Faith Christian Center Inc.
1797 Clifford Ave, Rochester

Faith Temple
1876 Elmwood Avenue, Rochester

Faith Temple
141 Arnett Blvd, Rochester

First Assembly Of God Church
45 Jones Ave, Rochester

First Baptist Church in Chili
3182 Chili Avenue, Rochester

First Church Of God
334 Clarissa St, Rochester

First Genesis Baptist Church
292 Hudson Avenue, Rochester

Friendship Baptist Church
PO Box 19536, Rochester

Full Gospel Tabernacle Gospel Church
614 Clifford Avenue, Rochester

Gates Presbyterian Church
1049 Wegman Rd, Rochester

Genesee Pk Blvd Seventh Day Adventist
391 Genesee Park Blvd, Rochester

Goodwill Baptist Church
111 Clifton, Rochester

Grace Temple Church Of God
443 Scio St, Rochester

Grace United Methodist Church
121 Driving Park Ave, Rochester

Graves CME Church : Methodist
372 Flint St, Rochester

Greater Mt Ephraim Christian Faith Ctr
465 Hawley Street, Rochester

Helping Hand Missionary Baptist Church
703 Joseph Avenue, Rochester

Higher Heights Church of God
690 Goodman Street North, Rochester

His Way Ministry
770 Genesee Street, Rochester

Holy City Church of God in Christ
292 North Street, Rochester

Holy Trinity Baptist Church
397 North Street, Rochester

Hope Lutheran Church
1301 Vintage Ln, Rochester

Immaculate Conception Church

**St. Luke Tabernacle
Community Church**
1261 Dewey Ave
Rochester, NY 14613
Bishop James H. Evans Jr. -Pastor
585-271-2870

445 Frederick Douglass, Rochester

In Christ New Hope Ministry
155 Pinnacle Rd, Rochester

Second Baptist Church of Mumford
957 George St, Mumford

North Greece Church
1039 N Greece Rd, Rochester

City of Resurrection
1775 East Avenue (Lower Blossom Room)

John Knox Presbyterian Church
3233 Ridge Rd W, Rochester

Lake Avenue Baptist Church
57 Ambrose St, Rochester

Lake United Methodist Church
4409 Lake Ave, Rochester

Latta Road Baptist
2285 Latta Rd, Rochester

Lutheran Church Of Peace
125 Caroline St, Rochester

Lutheran Church-Incarnate Word
597 East Ave, Rochester

Memorial A M E Zion Church
549 Clarissa Street, Rochester

Morning Star Missionary Baptist Church
899 Hudson Ave, Rochester

Antioch Missionary Baptist Church
304 Joseph Avenue
Rochester NY 14605
Pastor James L. Cherry, Jr.

Ph: 585.454.6096
Pastor Study: 585.325.5319

For I determined to know nothing among you except Jesus Christ, and Him crucified 1 Corinthians 2:2

Mount Zion Breath Of Life Church
427 North St, Rochester

Mt Olivet Baptist Church
141 Adams St, Rochester

Mt Vernon Baptist Church
351 Joseph Ave, Rochester

Mt Zion Progressive Misissionary Bapt
131 Dr. Samuel McCree Way, Rochester

New Bethel CME Church
270 Scio Street, Rochester

New Faith Baptist Church
460 Clifford Ave, Rochester

New Hope Free Methodist Church
62 N Union St, Rochester

New Life Apostolic Deliverance Church
27 Portland Avenue, Rochester

New Life Fellowship
330 Wellington Avenue, Rochester

Our Lady Of Perpetual Help
1089 Joseph Ave, Rochester

Park Ridge Free Methodist Church
10 Straub Rd, Rochester

Parkminster Presbyterian Chr
2710 Chili Ave, Rochester
Peace Baptist Church
6 Oregon Street, Rochester

Pentecostal Holiness Church
939 Clinton Ave N, Rochester

Pentecostal Memorial Baptist Church
382 Central Park, Rochester

Pentecostal Miracle Deliverance Church
580 Saint Paul St, Rochester

Power House Church of God in Christ
48 Clifton Street, Rochester

Prayer House Church Of God By Faith Inc.
142 Atlantic Ave, Rochester

Progressive Church of God in Christ
270 Cumberland Street, Rochester

Rochester Christian Church
208 Goodman St N, Rochester

Rebirth Ministries
221 Maltby St, Rochester

Salem Baptist Church
112 Thomas St, Rochester

Salem United Church Of Christ
60 Bittner St, Rochester

Seventh Day Adventists
299 Jefferson Ave, Rochester

St Ambrose Church
25 Empire Blvd, Rochester

St Luke & St Simon Cyrene
17 Fitzhugh St S, Rochester

St Paul Holiness Church
63 Thomas St, Rochester

St Paul's Episcopal Church
25 Westminster Rd, Rochester

St Stephen's Episcopal Church
350 Chili Ave, Rochester

St Thomas Episcopal Church
2000 Highland Ave, Rochester

St. Luke Tabernacle Community Church
1415 Dewey Ave, Rochester

Trinity Emmanuel Presbyterian
9 Shelter Street, Rochester

Triumph the Church & KOGIC
1025 N. Clinton Avenue, Rochester

United Missionary Baptist Church
606 Bay Street, Rochester

Victory Baptist Church
32 Wildbriar Road, Rochester

Wesley United Methodist Church
2009 Dewey Ave, Rochester

West Avenue United Methodist Church
56 Chili Ave, Rochester

West Henrietta Baptist Church
5660 W Henrietta Rd, West Henrietta

Word Christian Center
2090 Clinton Ave S, Rochester

Word Of Life Christian Fellowship
3374 Winton Rd S, Rochester

Word of Life Fellowship Ministry
537 Post Avenue, Rochester

Zion Hill Missionary Baptist Church
250 Drive Samuel McCree Way, Rochester

SYRACUSE

Antioch Baptist Church
104 Elizabeth St, Syracuse

Apostolic Church
5081 Ball Rd, Syracuse

CHURCH & MINISTRY DIRECTORY



Second Baptist Church
957 George Street, Mumfords, NY 14611

Rev. Dr. Sean E. Tucker
Cell: (216) 544-5356
Ph: (585) 538-4490
cogicpastor213@gmail.com

www.secondbaptistmumford.org



Bell Grove Missionary Baptist Church
219 W Castle St, Syracuse

Bethany Baptist Church
149 Beattie St, Syracuse

Bethany Baptist Church
601 Irving Ave, Syracuse

Bethel Community COGIC
200 Gillespie Ave, Syracuse

Brotherly Love Church Of God In Christ
1234 S State St, Syracuse

Brown Memorial United Methodist
228 Davis St, Syracuse

Calvary United Methodist Church
201 E Molloy Rd, Syracuse

Central Baptist Church
1926 Midland Ave, Syracuse

Christ Community United Meth
3474 Stiles Rd, Syracuse

Christian & Missionary Church
3112 Midland Ave, Syracuse

Christian Life Assembly
1025 North Townsend, Syracuse

Crossroads Church Of God By Faith
2338 S Salina St, Syracuse

Delaware Street Baptist Church
101 Dudley St, Syracuse

Gethsemane Baptist Church
372 West Matson Avenue, Syracuse

Gethsemane United Methodist Church
1700 Butternut St, Syracuse

Gospel Temple Church Of God In Christ
571 Oakwood Ave, Syracuse

Grace Assembly Of God
4220 Fay Rd, Syracuse

Immanuel Baptist Church
329 Hawley Ave, Syracuse

Livingwater Church Of God In Christ
121 Huron St, Syracuse

Mount Pleasant Missionary Bapt Church
116 W Corning Ave, Syracuse

Mount Sinai Baptist Church
201 N Lowell Ave, Syracuse

New Covenant Baptist Church
107 E Beard Ave, Syracuse

New Hope Missionary Baptist Church
241 W Lafayette Ave, Syracuse

New Jerusalem Church Of God In Christ
1641 S Salina St, Syracuse

New Morning Star Bapt Church
317 E Jefferson St, Syracuse

New Testament Missionary Bapt Church
1121 S Salina St, Syracuse

Pentecostal Christian Assembly
2515 W Genesee St, Syracuse

Pilgrim Holiness Church
310 Hatch St, Syracuse

Refuge Tabernacle COGIC
311 Oakwood Ave, Syracuse

Rockefeller United Methodist Church
350 Nottingham Rd, Syracuse

Salem Baptist Church
516 South Ave, Syracuse

Second Church Of Christ
3827 E Genesee St, Syracuse

Second Olivet Baptist Church
818 S West St, Syracuse

South Missionary Baptist Church
3143 Midland Ave, Syracuse

Southside Church Of Christ
1327 W Colvin St, Syracuse

Sovereign Grace Baptist Church
2225 E Fayette St, Syracuse

St Andrews United Methodist
1413 N Long Dr, Syracuse

St John Missionary Baptist Church
123 Crescent Ave, Syracuse

St Lukes Baptist Church
216 Lexington Ave, Syracuse

St Paul's Cathedral
310 Montgomery St # 1, Syracuse

Trinity Baptist Church
6198 Airport Rd, Syracuse

Trinity Church Of God and Christ
222 W Pleasant Ave, Syracuse

United Baptist Church
718 S Beech St, Syracuse

United Church Of Christ
520 Durston Ave, Syracuse

United Methodist Church
1085 E Genesee St, Syracuse

United Methodist Church
233 Cambridge St, Syracuse

ALPHA & OMEGA PARABLE[®] CHRISTIAN STORE

PENFIELD:
381-1250
PANORAMA PLAZA
1601 Penfield Rd

GREECE:
697-7693
STONE RIDGE PLAZA
1540 West Ridge Rd
Church Supply Headquarters!

New Location
between Dress Barn & GNC

Stop by and pick up your copy of
Upstate NY Gospel Magazine

AENON MISSIONARY BAPTIST CHURCH

175 Genesee Street
Pastor Dr. Jonathan Jamel H. McReynolds

94TH CHURCH ANNIVERSARY CELEBRATION

Colors: Shades of Brown with Wine, Burgundy
Orange, Rust and or Gold Accents

Proclaiming The Whole Will of God

Psalms 118:17 & Acts 20:27

Pre-Anniversary Sunday, November 5th at 4:00pm

Pastor Roger Breedlove

In Christ New Hope Ministry, Inc.

Musical Saturday, November 11th at 6:00pm

Aenon's Workshop Choir under Direction of

Recording Artist/Minister of Music Willie Barthell, Jr.

Mt. Olivet Baptist Church, Columbus Ohio

Rev. Alvin Simpson and The Voices of Zion

Elim Christian Fellowship Choir

Spiritus Christie Mass Choir and more!!!

Anniversary Worship Service

Sunday, November 12th

at 10:45am

Reverend Cory Johnson

Union Grove Baptist Church, Memphis Tennessee

At 4:00pm

Reverend Frederick Johnson

First Genesis Baptist Church

Join Us For This Celebration



Holiday Inn

Rochester Downtown



Stay in Comfort

Conveniently located
for all your travel needs

70 State Street
Rochester, New York 14614



CALL [585-546-3450](tel:585-546-3450) TO MAKE RESERVATIONS