

September 2018

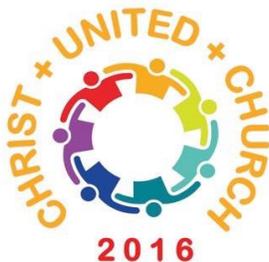
# The Good News

The monthly newsletter of Christ United Church

## Christ United Church

A federated church  
of the Presbyterian Church  
(USA) and the  
United Church of Christ

With Christ  
as our heart  
and God's love  
as our fire,  
we learn, we love,  
we care for all  
people.



## The School of Jesus

*Pastor Allan's Message*

*Matthew 11:29 "Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls."*

The end of August means the beginning of a new school year. The school buses are circling the neighborhoods once more, and the squealing of their brakes warns parents and children alike of an impending goodbye. Kids are getting back to the business of learning what they need to know to prepare them for the life that lies ahead of them.

The word student comes from the Latin verb *studeo*, which means, "I am eager." I'm not sure all students are, in fact, eager to be going back to school, but that's what it means. It might have been better to use a different root, *disco*, which isn't Latin for "I dance like John Travolta", but which means "I learn."

The problem was the root had already been used for an English word: disciples. Disciples are people who are learning. That's who we are: people who are learning. We are in the school of Jesus.

What are we learning? Jesus summed it up for us: Love God with all your heart, and with all your soul, and with all your mind; and love your neighbor as yourself.

That's not easy to do! That's going to take some practice!

We can think of the church as a kind of study group where the students of Jesus' school gather to compare notes and work on projects together. Some disciples might have gone through a class ahead of us; some might be looking to us for tutoring; some might be thinking of dropping out; some might be just visiting the school and thinking of registering. We have to be aware of them all.

And there's homework each week. What was the problem set that the sermon raised for us? How can we learn and grow in response? Of course, we can always ask Jesus for help (he has office hours 24/7). We can build on what we have already learned. We can consult with other students, and if all else fails, we can always check the textbook (the Bible, of course!).

Yes, school is in again, and students and disciples are making progress in their studies once more. Jesus is getting his syllabus ready, so sharpen your pencils, open your hearts, and learn from him what you need to know to prepare for the life that lies ahead.

"Lord Jesus, let me learn from you as a student in your school, let me grow in grace and thankfulness, and let me find rest for my soul in what you teach, now and always. Amen." †

# Congregational Meeting September 23

The September Congregational Meeting of Christ United Church will be held **September 23** after worship. These items are on the agenda.

- New initiatives will be received from all our committees.
- Vote to change our by-laws to state that all members of Christ United Church will have standing in both the PCUSA and the United Church of Christ denominations.
- Vote to accept a proposal from the Welcome to All Committee.
- Hear an update from the Pastor Search Nominating Committee

More information on the two proposals will be sent closer to the meeting. Hard copies will also be available.

Please plan to attend. ✚

## Time to Ring!

Experience the **Awesome Beauty** of beautiful BELLS and **Convivial Companionship** making music together.

JuBELLation Ringers will start its fifth season **Wednesday, September 5** and we would love to have additional ringers join us. We welcome all youth (4th grade and above) and adults, members or friends, who would like to share the joy of making music in harmony with others. Previous musical experience helps but is not required. Weekly rehearsals are on Wednesdays from 6:30-7:30 pm in Room 7. Contact Janet Winzenburger [j.b.winz@gmail.com](mailto:j.b.winz@gmail.com) or 440-454-0660 for more information. ✚



## Monthly Blood Pressure Screenings Resume

Starting **September 9th**, Amy Marke will offer blood pressure screenings after worship on Sundays. Blood pressure Sunday will be the 2nd Sunday of every month unless something changes. Look for Amy after church if you want your blood pressure taken.

## Choir Kick-off: Evening rehearsals and worship participation begin

All singers are invited to join the Christ United Church Choir. Choir kicks off with our first Thursday evening rehearsal on **September 13** helping to lead Sunday worship beginning on **Sunday, September 16**. Choir rehearses weekly on Sunday mornings, 9:00 – 9:45 am, beginning Sunday, September 16 and on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month, 7:00 – 8:30 pm, beginning Thursday, September 13. Choir is not a full-year commitment; join us as often or seldom as your schedule allows, even just for one Sunday. The extended rehearsal time on Sunday mornings allows members who are unable to participate in weekday evening rehearsals the opportunity to still feel prepared to help lead worship through song each Sunday.



Stop hiding your light (voice) under a bushel; join the choir and use your talents for God's glory! No experience necessary, just an eagerness to raise your voice in praise. ✚

## Dates to Remember

All these events & more can be found at [www.ChristUnited.Church](http://www.ChristUnited.Church)

September 5 – JuBELLation Ringers rehearsal

September 6 – Fellowship and Discuss

September 7 – Faith and Film Night

September 12 – Horizon's Bible Study

September 12 – Adult Ed. Class: Questioning Capital Punishment

September 13 – Choir rehearsal

September 17 – Rose Circle

September 23 – Congregational meeting

September 28/29 – Ohio Conference Gathering of UCC

September 30 – Potluck following worship

October 7 – World Communion Sunday

March 23 – Rise Against Hunger

March 25 – Hosting Presbytery of Western Reserve

## Bible Study Opportunities

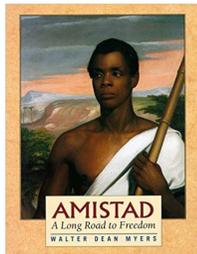
Horizon's Bible Study starts the new year on **Wednesday, September 12** at 1:30 pm in the living room of The Renaissance, 26376 John Road. This year's study is *God's Promise: I Am with You*. Study books cost \$10 each. New participants are always welcomed. Gladys Kershaw and Stella Trujillo are the co-leaders.

The women's **Rose Circle Bible Study** group will meet the third Monday of the month beginning **September 17**. We meet at 1pm in room #10 at the church. Our study this year is in 1 John. Come join us! If you have questions or want a copy of the study material call Janel Roper at 440-238-5133. †

## In Our Meditation Room

*Amistad – A Long Road to Freedom* by Walter Dean Myers

The fight for freedom of the African men and children of the Amistad brought our country face-to-face with its position on slavery. An acclaimed author of fiction, nonfiction, and poetry for young readers, Myers tells the Amistad story with diligence and details. Using photographs, sketches, newspaper accounts, and correspondence, Myers carefully documents their long struggle for freedom. †



## Kids Lunch Program Recap

The totals are in and even though we only supplied lunches for one week, we gave out almost as many as we did last year when we did two weeks. In two weeks last year we handed out 349 lunches and this year at one week we handed out 345 lunches. The cost for a lunch in 2017 was \$1.58/lunch and this year cost was



\$1.66/lunch. †

## Dollars and Cents

	July actual	Y-T-D actual	Y-T-D budgeted
Congregational Giving	\$ 30,487	\$ 175,702	\$ 172,274
Building Use/Misc.	\$ 780	\$ 6,799	\$ 7,043
Total Income	\$ 31,267	\$ 182,501	\$ 179,317
Total Expenses	\$ 21,862	\$ 171,957	\$ 183,418

As you can see, our giving is up and expenses are down through July. Thank you to everyone! †

## Fifth Sunday Offerings

Our special offering at the end of July for **Rise Against Hunger** raised \$1,457.

For **September's fifth Sunday**, we celebrate the work of the Society of St. Andrew and their Gleaning of the Fields, Potato & Produce Project and Harvest of Hope and will take up an offering for that organization.

September is **National Hunger Action Month**. There are 42 million people in the United States that are hungry or food insecure. Yet, in this



country we throw away over 133 billion pounds of good food (2018). This is unacceptable and something needs to be done. The Society of St. Andrew gleans vegetables from the fields and fruits from the trees after farmers' harvest. They collect unused and/or imperfect fruits and vegetables from restaurants and grocers and turn them into meals for many. All you have to do is open your wallet to support the people willing to pick, dig, wash, clean, prepare and serve. What could be easier? †

# Welcoming All

As noted in last month's newsletter, the PC(USA) passed a resolution at the recent General Assembly asking congregations to be welcoming to all. <https://www.pcbiz.org/#/search/3000313>

<https://www.pc-biz.org/#/search/3000312>. The UCC had already passed a similar resolution. The Welcome to All (W2A) Ministry Team has been working toward voting to officially become Open and Affirming (ONA) in the UCC tradition and More Light in the Presbyterian tradition. Here are the steps and education opportunities Welcome to All has provided to date.

- Committee invited speakers from UCC and PCUSA to educate us about the ONA/More Light process (July 2015)
- Received a \$2,000 grant from New Initiatives Congregational Development (2015) to host a workshop and hold small group meetings.
- Hosted a workshop with an outside facilitator (Dec. 4-5, 2015)
- Conducted a church survey on attitudes towards LGBT issues; the results were communicated in church newsletter (2016)
- Hosted a panel discussion after church (pizza lunch) -- March 2016
- Hosted a viewing of the movie *For The Bible Tells Me So*
- Created a Welcome to All statement
- Used the White privilege curriculum and held a study Wednesday evenings in the spring of 2017
- Wrote several Good News articles over the past 3 years
- Extended invitations over the years, welcoming discussion

*Aren't we welcoming to everyone now?*

*Why do we need to vote on this?* We are, but if a person has been faced with rejection, the need to stress that CUC is a safe place is very important. When looking for a church, the person may search our website or Facebook page to see if we have a welcoming statement. By being ONA/More Light, we are clearly saying "Welcome, it's safe here."

*Won't we lose members if we become ONA/More Light?* We certainly hope we won't lose members by welcoming everyone as Jesus did. But if we were to lose some, they would surely be welcomed in many other churches, whereas the

people we would welcome with this new policy may be rejected in many other churches. It seems worth the risk.

*Who would Jesus reject?* Make a check list of those listed in our proposed statement. W2A believes that Jesus would welcome all that are listed.

*Why vote for a welcome to all? Can't the Governing Board do that?* In the UCC tradition to become an ONA church a congregational vote must be taken. PC(USA) also encourages a congregational vote.

*More questions?* On **Sunday, September 16**, W2A will have a table in Friendship Hall where we will be glad to answer questions and welcome discussion.

Here is the motion that W2A is bringing to the congregation on Sunday, September 23.

**The Governing Board moves that the congregation of Christ United Church become a member of the following organizations:**

***Open and Affirming an entity of the United Church of Christ, and More Light Congregations an entity of the Presbyterian Church, USA; And further, that the congregation adopt the following statement in support of its Welcome to All policy: No matter who you are or where you are in life's journey, Christ United Church is striving to share God's all-inclusive love and extravagant welcome with you. Following Jesus' example and teaching, we seek to provide a safe space in which you are accepted and can share your hopes and fears, joys and troubles. We welcome you, regardless of your skin color, ethnicity or nationality, sexual orientation, gender identity and gender expression, age, marital or family status, education, employment status or income, abilities and limitations, health or addictions, political persuasion or legal status, religion, beliefs, uncertainty, or skepticism. We treasure God's gift of diversity and welcome you to our community of faith in which we celebrate our common traits and the precious differences that make each of us unique.***

Members of the Welcome to all Ministry Team are: Bobbi White, Dennis Stocker, Fran Apltauer, John King, Kathy Patterson, Kathy Smith, Peggy Shaffer-King ☩

## In Search of...

Our Pastor Search and Nominating Committee is taking a short rest as we prepare for the next step in our search process. The Ministry Information Form for the PCUSA and the Local Church Profile Form for the UCC have been



completed and approved by our Governing Board. Both documents will now be sent to the Presbytery's Committee on Ministry and to the Association's General Minister for their final approval. Our hope is to have the documents posted online and to begin the actual connections with prospective pastors starting in September.

We encourage you to keep your eye on the posters of progress outside the sanctuary. And as always, we seek your prayers as we continue our journey. ☩

## Fellowship and Discuss

*For where two or three come together in my name there am I with them.*

*Matthew 18:20*

Join us on Thursday, **September 6 at 7:00 pm** at the Crall home in Brook Park. The lesson has not yet been chosen, but we will meet and a faith discussion will take place.

Contact Bonnie by phone (440-234-2202) or email (bcrall@ameritech.net) to let her know if you plan to attend. Bring your Bible, and a light refreshment to share (optional). Beverages are provided.

The Crall's home is at 6459 East Vancey Dr., Brook Park (off Sheldon Rd, two streets west of Donte's Restaurant which is located on the corner of St. Rt. 237 and Sheldon Rd.) ☩

### Church Personnel

Rev. Allan C. Lane.....Interim Pastor

([Pastor@ChristUnited.Church](mailto:Pastor@ChristUnited.Church))

Bryan Bowser..... Director of Music

Janet Winzenburger ...Associate Director of Music

James Alfieri .....Organist

Betsy Clark.....Office Manager

## Faith and Film Night

Please join us on **Friday, September 7 at 6:30 pm** for a screening of the 2017 war drama film *Darkest Hour*, starring Gary Oldman. This film is an account of Winton Churchill's early days as Prime Minister. Tensions mount within the British Parliament on how to deal with the rising threat of Nazi Germany. We will enjoy pizza, popcorn, and desserts as we discuss this riveting story. ☩

## Fall Faith Formation for All

**Questioning Capital Punishment** with Sr. Helen Prejean is a five session DVD study featuring one of the world's leading authorities and outspoken critics of state-sponsored execution.

A Roman Catholic Sister and leading American advocate for the abolition of the death penalty, Sr. Helen has ministered to numerous inmates on death row, and has authored two books based on those experiences, *Dead Man Walking* and *The Death of Innocents: An Eyewitness Account of Wrongful Executions*. She is the founder of the Death Penalty Discourse Center in New Orleans. This class begins **Wednesday, September 12 at 7:30 pm**.

**Ted Talk Thursdays**, a new faith formation option, will begin **September 27 at 10 am**. A selected Ted Talk will be viewed followed by a discussion of the topic. The first talk is entitled *What Makes a Good Life? Lessons from the Longest Study on Happiness*. This talk asks the question: what keeps us healthy and happy as we go through life? Psychiatrist Robert Waldinger, the director of a 75-year study on adult development, shares three important lessons learned from the study as well as some practical old-as-the-hills wisdom on how to build a fulfilling, long life. Afterwards, a light lunch of a baked potato and salad bar will be served. ☩

## 5th Sunday Potluck

There will be an All Church Potluck after worship on **September 30** with plenty of fellowship and food. Mark your calendars now, and look for a sign-up sheet and more information in mid-September. Remember that in our church, you are always welcome. So we hope to see you there! ☩

### Meet Our New Members

## The Kettlers

Our new members of the month are Chuck and Cindy Kettler, although they are not exactly new to our



congregation. Cindy grew up in St. Andrew's church, as her parents, George and Barbara Ross, were charter members. They were also married in this church 42 years ago. They met at Ashland College, but didn't get married until several years after graduation. Cindy has a degree in Vocational Home Economics Education and Chuck majored in Art Education and went on to receive his Masters of Education in Curriculum & Supervision from Westminster College in Wilmington, PA.

As their family grew with two sons – Chip and Craig, they moved to Brunswick, where they live today. They have two grandsons – Alexander and Liam. Chuck is a VP at Central Exterminating after teaching in Pennsylvania during his early career. Cindy is retired after working Telesource Corporation in Strongsville.

Outside of family and work, Cindy has been very busy with the Daughters of the American Revolution where she is the National Vice Chair East Central Division, Membership and also State Membership Chairman. Chuck spends time riding his motorcycle and is a member of Rolling Thunder Chapter 1 Ohio. Rolling Thunder Chapters

focus on bringing full accountability for POWs and MIAs, a very hot topic right now. ☩

## Special Offerings to be Received on October 7

Four times a year, each of our denominations sponsors a special offering to support specific mission areas. The next opportunity arrives on **World Communion Sunday, October 7**. The Stewardship Committee encourages you to support these offerings. All gifts received for these special offerings will be divided with 50% going to the Peace & Global Witness Offering and 50% to Neighbors in Need. You may put your offering in either of the special envelopes that will be in the pews by mid-September, or simply include it in your normal envelope. If you use your regular envelope, indicate the amount and write "Special Offering."

**Peace & Global Witness - Create a World of Peace** A gift to the Peace & Global Witness Offering enables the church to promote the Peace of Christ by addressing systems of injustice across the world. Individual congregations are encouraged to utilize up to 25% of this offering to connect with the global witness of Christ's peace. Mid councils retain an additional 25% for ministries of peace and reconciliation. The remaining 50% is used by the Presbyterian Mission Agency to advocate for peace and justice in cultures of violence, including our own, through collaborative projects of education and Christian witness. To learn more, visit <http://specialofferings.pcusa.org/peace-global.html> Neighbors in Need (NIN) is a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of the NIN Offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants.

**Neighbors in Need** grants are awarded to churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct services to community organizing and advocacy to address systemic injustice. Funding is provided through donations to the Neighbors in Need Offering. To learn more, visit <http://www.ucc.org/nin> ☩

# Making Memories and Sharing Faith!

By Cathy Green, Moderator, Ohio Conference

My granddaughter and I went to church camp at Temples Hills last month. Natalie is nine and this was her first time at church camp, or to any overnight camp, for that matter. When I was young, church camp was a standard part of the summer routine beginning around third grade. And church camp was in addition to attending church and Sunday school nearly every week and participating in numerous other church activities throughout the year. There are a few young people today with similar experiences, but many more are like Natalie where exposure to faith is much more random, so I was curious at what she would think of church camp.

We had an amazing time! One gauge is that Natalie definitely wants to go back next year and wants us to bring her twin brothers who will be eight next summer. The three of them are excited, and who knows, my husband may even decide he needs to come along!

We made so many memories. One of the most surprising and rewarding was the first night when we spent time in our room before bed comparing the words used in our different translations of the Bible, talking about why they were different and how it could affect our understanding. Then there was all of the fun, outdoor stuff: hiking up South High for the sunrise, daily swim time, fishing on the pond, shooting off bottle rockets, and a long hike when we were (almost) lost. And other memories of singing silly songs with sillier motions after meals and vespers around the campfire each night. So many memories!

Watching the various grandkids – most of whom didn't know each other before camp – was enjoyable in and of itself. The first morning at swim tests gave me an idea of how well they would get along. In order to go in the deep end, each kid needed to swim across the pool and back, one at a time under the supervision of the life guard. While these young people had just met the previous afternoon, they still showed tremendous support for each other. "You can do it, Sam!" "It's just a little farther – keep it up!" "Way to go, Natalie!" The shouts of encouragement began with the first swimmer and picked up anytime a swimmer looked a little fatigued. As each one

finished, he or she joined the others at the end of the pool, clapping and urging the next swimmers on.

And who knew that it could be so much fun to be a "hopper" at mealtime, responsible for setting the table, bringing food, and cleaning up! I wonder if any of that enthusiasm made it back home with them?

Whenever there was a request for volunteers, the hands shot up! The grandkids (and grandparents, too, to be fair) read scriptures, helped with the liturgies during vespers, acted in skits, and signed up for the talent show. Perhaps we had an especially good group of grandkids, but I can't help thinking that somehow camp brought out the best in them.

If you're already feeling like you missed out on all the fun, there is still one more camp this year. Labor Day Family Camp is scheduled for September 1-3. Click [HERE](#) for information. It's also not too early to start planning for next summer. If you're a grandparent with one or more grandchildren who will be ages 4-12 next summer, I encourage you to watch for the 2019 schedule and plan to come along. There's also a "Me and My Pal" camp for other adult/child pairings – parent/child, aunt or uncle with niece or nephew, and so on. There are plenty of other choices for young people to come to Temples Hills on their own, too. I promise you that it will be an experience that campers of all ages won't soon forget! †

© Randy Glasbergen  
www.glasbergen.com



"Yes, the disciples followed Jesus...  
but not on Twitter."

# Happy Birthday

September

- 1 Kristen Schroll
- 8 Karen Carr
- 9 Carol Hilberg
- 9 Rich Spinner
- 11 Gabi Cole
- 12 Claire Spooner
- 12 Rebecca Szabo
- 15 Ethel Gross
- 20 Lois Bennett
- 21 Ed Puwal
- 21 Ron Van Ness
- 22 Ashe August
- 23 Bonnie Crall
- 24 Robert Sorg
- 24 Fran Vozar
- 26 Jeff Smith
- 27 Kathy Keck
- 28 Linda Short



## Pastor Installation

One of our own, Rev. Joanna (Smith) D’Agostino is being installed at Lakewood Congregational Church on Saturday, **September 8 at 11 am**. You are all invited. There is a lunch reception following so if you wish to attend that, **please RSVP by September 1** at 216-221-9555 or [lcstaff@lcc-church.org](mailto:lcstaff@lcc-church.org). The church is located at 1375 W. Clifton Blvd. in Lakewood.

### The Good News

The monthly publication of

**Christ United Church**

440-234-0150

23114 West Road

Olmsted Falls, Ohio 44138

[Office@ChristUnited.Church](mailto:Office@ChristUnited.Church)

Sunday Worship 10:00 am

Fellowship Time 11:00 am

Judy Mitchell, Editor

Betsy Clark, Associate Editor



Wider Church News:

## In a “Food Desert,” Fresh Hope

by Don Michaelsen

After three days of prayer and fasting, Maj. Gene Hogg, 56, the Salvation Army’s commander for central Maryland, had an answer: “God said I needed to open a grocery store.” In the past he had organized mobile kitchens after the twin towers fell in Manhattan and the levees broke in New Orleans. He helped feed protesters and police officers during the 2015 riots in Baltimore where more than 200 businesses had been destroyed which included where people bought food. He knew nothing about grocery stores. Three years later in March, 2018 he had opened DMG Foods, a 7,000 square-foot non-profit grocery store in a neighborhood where families in public housing mix with Johns Hopkins University students and older people who grew up there. The DMG Foods store stands in front of a Salvation Army distribution center. DMG is an abbreviation of the ministry’s motto, Doing the Most Good. People here tend to shop for groceries a day at a time due to tight budgets. Maj. Hogg and the managers are learning what customers want. The store provides plenty of chips and sodas while adding Goya products, fresh ginger and tofu, popular with college students and older shoppers.

The equipment, from checkout counters to meat cases, came from another area grocery store that had closed. The stock comes from C & S Wholesale Grocers, the nation’s largest independent grocery distributor, which gives Mr. Hogg a discount. Volunteers stock the shelves. The power company takes 25% off the energy bill. The city’s food bank chips in so customers who qualify for food stamps get something extra at the checkout.

DMG Foods cost \$2.2 million to set up. Operating costs are low due to the Salvation Army handling human resources and some other business operations. Donations and grants pay for education and training. Maj. Hogg intends the store to serve as a work-training site. He plans cooking demonstrations to teach shoppers how to eat better. “We did this so people could have a neighborhood grocery store with fresh food,” Maj. Hogg said. †

*SOURCE: Food Section, NY Times, August 1, 2018*

# Not All Sugars are Alike in Fruits

## Healthy Connections

By Shirley M. Gerecke

People often think they need to avoid fruit to help lose weight or control diabetes but that is not true. Almost everyone needs fruit in their diet, even those limiting their sugar intake. The average adult should aim for about 1½ - 2 cups of fresh fruit daily. Frozen fruits are fine, but only use canned fruit without any added sugar or syrups. Should you avoid **extra-sweet fruits like mangoes, bananas, figs and pomegranates that contain the most sugar?** Which fruits are lower in sugar to enjoy – even if you have diabetes? It's not just the sugar you're consuming, but portion control, the total amount of sugar and carbs in the fruit, and whether the fruit, or your meal as a whole, has enough fiber in it. *Fiber slows the digestion and absorption of sugar into your bloodstream.* If the fruit is high in natural sugar, but *low in fiber*, it can make your blood sugar spike. **Mangoes contain 46 grams of sugar** and only 5 grams of fiber. If you're counting carbs to help control diabetes, a mango will take up a large portion of your daily allowance at 50 grams. Enjoy it as part of a meal, replacing starchy foods like sweet potatoes or rice and eat it with a high-fiber item like barley to slow its digestion. **One large fig has about 10 grams of sugar**, 2 grams of fiber and 12 grams of carbs. Toast a piece of spelt bread. Spread a thin layer of ricotta cheese or cream cheese on top. Then, slice your fig and layer the pieces over the cheese spread. Or, blend a few figs with a little water to make a great paste to spread over the toast. **Bananas are very high in natural sugar; a large one contains 17 grams of sugar** and 31 grams of carbs. BUT, it also contains almost 500 milligrams of potassium and 37 grams of magnesium, which your body needs in order to use potassium effectively. Potassium helps your heart and muscles work, keeps your blood pressure within a healthy range, and helps your kidneys filter urine more efficiently. Large bananas also provide about 20% of a woman's daily vitamin C and 16% for men. They also contain 45% of the daily vitamin B-6 needed for adults under 50, which helps to regulate the brain chemicals that control your mood. BUT, a banana can raise your blood sugar quickly since it only has about 3.5 grams of fiber. To avoid a blood sugar spike, place 1-2 Tbsp.

of peanut butter on the banana or make a peanut butter sandwich on multigrain bread with a sliced banana with no jelly. It will slow the sugar's absorption. **Pomegranates have 23 grams of sugar and more than 33 grams of carbs** per cup of arils, or seeds, eat the whole aril as the seeds have 7 grams of fiber and are also rich in antioxidants like polyphenols, which help protect the body against inflammation. Sprinkle arils onto healthy, low-sugar foods like salads, lunch wraps and chicken or fish entrees.

**Berries have moderate sugar content** and contain less than 8 grams of sugar per ½ cup and eaten as part of a mixed meal. For breakfast, have oatmeal with blueberries because the fiber in the oatmeal is going to make your body's sugar absorption slow down. Berries are loaded with antioxidants, vitamins, and are a brain-boosting food. One-half cup of the following berries contain:

**Blueberries: 7 g sugar**, 2 g fiber, 10 g carbs

**Raspberries: 3 g sugar**, 4 g fiber, 7 g carbs

**Blackberries: 3.5 g sugar**, 4 g fiber, 7 g carbs

**Apples, pears and grapefruit** are an option for diabetics because they have a large amount of fiber and a moderate amount of carbs. A **medium pear contains about 17 grams of sugar** and 27 grams of carbs. That might seem like a lot, but 5.5 grams of fiber help with the sugar's absorption. Pears are also rich in vitamins and minerals, with 12% of a woman's daily vitamin C, about 10% for men. They have 200 milligrams of potassium that is 4-5% of the recommended daily amount which aids in a healthy blood pressure. A **medium apple has 19 grams of sugar** and 25 grams of carbs which is balanced by 4.4 grams of fiber, along with 14% of a woman's daily vitamin C, 11% for men. They also contain 195 milligrams of heart-healthy potassium. **Grapefruit is low in sugar with 8 grams per half-fruit** and 13 grams of carbs and is a good source of vitamin C. A half grapefruit contains: 14% of a woman's daily vitamin A, 11% for men, which supports healthy skin, vision and immunity, 64% of a woman's daily vitamin C and 51% for men. And, 166 milligrams of potassium. It only contains 2 grams of fiber, so have grapefruit in the morning. Peaches and plums go well with salads. **One plum has 7 grams of sugar**, about 1 gram of fiber and 8 grams of carbs. A **medium peach contains 13 grams of sugar**, 2 grams fiber and 14 grams carbohydrate. †

Info from Madhuri-Kakarala, MD, from Mercy-Health Saint Mary's