



# FINISH THE RACE !

A Q U E E N S F E D E R A T I O N N E W S L E T T E R

## P R E S I D E N T ' S P E N

### SPECIAL POINTS OF INTEREST

- Enhance the spiritual growth of all Queens children, youth, and young adults.
- Help Queens youth develop better relationship at home, school, and community.
- Coordinate leadership training workshops



Allow me to take this opportunity to wish everyone a very Happy New Year. God has been extremely good to us despite all that is going on around us. As most of you know, this year the Queens Adventist Youth Federation is under new leadership. We would like to take this opportunity to thank Carlene Harris for the phenomenal job she has done over the past six years leading this federation. Job well done, Carlene. It is my hope to continue what she has started as well as implement ways for us to push forward. This year has been designated the Year of Evangelism. It is the hope of the Queens Federation to reach those who are searching for the blessed hope, especially the youth. The Youth Ministries' theme this year is **"Finish the Race."** Regardless of when the race was started our focus should be finishing. So I encourage us to "lay aside every weight and the sin which doth so easily beset us, and let us run with patience the race that is set before us." I solicit your prayers and support as we work towards finishing the race.

— Meredith C. Forde

## W H O ' S W H O I N T H E F E D E R A T I O N

### INSIDE THIS ISSUE:

President's Pen	1
Who's Who in the Fed	1
Healthy Living	2
Olympics	4
It's all in the Giving	5
Poem	6
Puzzle	7
Upcoming Events	8

President— Meredith Forder (Queensboro)	(917) 373-7729
1st Vice President—Ann Marie McKnight (Jamaica)	(718) 949-8881
2nd Vice President—Jacqueline Barnes (Linden)	(347) 683-1965
Secretary—Karen Nieves (Springfield Gardens)	(718) 740-6030
Assistant Secretary— Nalieka Blair (Queensboro)	(718) 465-2625
Treasurer—Pancha Shaw (Village)	(718) 217-5157
Assistant Treasurer— Antoine Caitlin (Corona)	(917) 674-2729
Chaplain—Patrick Phipps (Jamaica)	(718)791-1945
Parliamentarian—Curtis Boyce (Jamaica)	(718)529-7169
Social Director—Carlene Harris (Corona)	(646) 321-8120
Asst. Social Director — Stacey-Ann McLeod (Mt. Sinai)	(718) 528-5065
P.R./Comm. Director—Annette Black (Corona)	(718) 740-9368
Assistant P.R./Comm.—Tamayo Angel (Lebanon)	(347) 886-1127
Olympic Coordinator— Noris Pindling (Lebanon)	(718) 898-5515
Health & Fitness Coordinator—Veronica Gonsalves (Agape)	(718) 528-0314

## HEALTHY LIVING

### STARTING AN EXERCISE PROGRAM



If you're considering putting an exercise program together it's perfectly normal to have a lot of questions swimming around in your head. What's the best activity to participate in? How do I get the most out of exercising? How long should I exercise? Often, the hardest part of getting into shape is taking the first step. Here are some simple steps to help you begin your journey.

#### Think F.I.T.

To make physical improvements, you need to work your body harder than usual. This is referred to as the overload principle. As your body becomes more conditioned, you need to increase the frequency, intensity, or time of your workouts in order to continue improving your fitness level.

**Frequency:** How often you exercise. For beginners, consider starting with 2-3 sessions per week.

**Intensity:** How hard you exercise. For example, the pace you walk or run, the amount of weight you lift, or your heart rate count.

**Time:** How long you perform an activity. "Time" can also refer to the number of sets or repetitions you perform in weight training.

#### Exercise Component 1: Aerobic Exercise

Aerobic exercise increases the health and function of your heart, lungs, and circulatory system. For maximum effectiveness, aerobic exercise needs to be rhythmic, continuous and involve the large muscle groups (primarily located in the lower part of your body.) Walking, jogging, cycling, aerobic dance, and stair climbing are examples of activities that use large muscle groups. Activities combining upper and lower body movements such as cross-country skiing, rowing, and swimming can lead to even higher levels of aerobic capacity.

#### Exercise Component 2: Strength Training

Strength training is the process of exercising with progressively heavier resistance to build or retain muscle. Unless you perform regular strength exercise, you will lose up to one-half pound of muscle every year of life after age 25. Muscle is a very active tissue with high energy requirements, even when you are asleep, your muscles are responsible for over 25% of your calorie use. An increase in muscle tissue causes a corresponding increase in the number of calories your body will burn, even at rest.

#### Exercise Component 3: Flexibility

Flexibility is a critical element of an exercise program but it is often overlooked. Stretching is important for a number of reasons; increases physical performance, decreases risk of injury, increases blood supply and nutrients to the joints, increases neuromuscular coordination, reduces soreness, improves balance, decreases risk of low back pain, and reduces stress in muscles.

#### Choosing an Exercise

The best exercise is an activity that you enjoy enough to really pursue enthusiastically. Experiment with different forms of activity (cross training). Alternating new activities with old favorites will keep your enthusiasm high. Cross training also helps avoid injury due to repeatedly doing the same activity. Here are some suggestions:

**Indoor (Facility) Activities:** If the treadmill, stair master, rowing machine or stationery cycle doesn't excite you, sample some group activities that strike your fancy. Participate in a group cycling class, beat stress with yoga, find balance with martial arts, stay cool with indoor swimming, or with box- aerobics.

**At Home Activities:** You don't need to join a gym to experience a variety of activities. Your local video store or library will carry a variety of fitness videos that allow you to workout in the privacy of your home. Some equipment may be required, depending on the activity you select. A few inexpensive pieces of equipment include a jump rope, a set of hand weights (preferably with weight plates that you can add and remove), Dyna-Bands or tubing, or a basic step (for step aerobics). If you enjoy working out at home then you may want to consider investing in a larger piece of equipment such as a treadmill, ski machine, stationery bicycle, or elliptical trainer.

**Outdoor Activities:** Outdoor activities abound during all four seasons. Sample the variety of activities available to you. For example, take a hike to enjoy the Fall colors, learn to cross-country ski when Old Man Winter visits, walk among the flowers in the Spring, or dive into swimming during the hot months of Summer. Getting outdoors into the fresh air not only adds variety to your exercise program but it seems to provide an uplifting of one's spirit as well.

### **Determining Your Starting Point**

To achieve cardiovascular benefits, the American College of Sports Medicine (ACSM) recommends exercising 3-5 times per week (frequency) with a training heart rate of 60-85 percent of your maximum (intensity) for 20-60 minutes (time).

To attain muscular fitness benefits, the ACSM recommends weight training two days per week (frequency), performing one to three sets of 10 repetitions (time) of eight to ten different exercises at approximately 70-85 percent of your one repetition maximum (intensity.)

If you're just beginning an exercise program, start in the low range of the above recommendations. For example, participate in a cardiovascular activity (walking, aerobics, cycling, etc.) for 20 minutes, three times a week and add strength training exercises to your workout, twice a week. Schedule your strength training workouts with 48 hours rest in between to allow your muscles to recuperate and repair after each workout.

### **Begin Slowly and Gradually Build**

Unfamiliarity with movements and equipment can prove frustrating enough that you may consider throwing in the towel. Take heart, it's normal to feel awkward in the beginning, especially if you have undertaken an activity that you aren't familiar with. It doesn't take long for your skill to improve if you stick with it. After all, even fitness instructors were once beginners!

If you attempt "too much, too soon" it will lead to soreness, fatigue and/or injuries. Work at your own level, start out slow, and gradually increase duration and level of difficulty as your body progresses. Getting fit is not an overnight proposition, it's a lifestyle commitment. Don't expect immediate dramatic changes in your body shape or weight loss. Although changes are happening internally, most external benefits won't become visible for the first four to six weeks. Stay focused on your lifestyle choice and celebrate the internal benefits you're experiencing such as increased energy, less stress and anxiety, higher self-esteem, and an increased feeling of well-being.

### **Staying Motivated**

Only one-third of those who begin an exercise program are still exercising by the end of their first year. The good news is that with some strategizing and planning, you can beat the dropout odds and make a successful transition to a lifestyle that incorporates exercise. Here's some tips to help you stay motivated.

**Find a Fitness Partner:** Studies show that exercise adherence is generally greater if the family or a friend is included in the commitment to exercise. Find a walking partner, play tennis with your spouse, or a friend, or go rollerblading with the kids.

**Start an Exercise Log or Journal:** An exercise log or journal is an excellent way to chart your progress and provide motivation. Nothing beats the feeling of success as you read through your accomplishments. Exercise logs can take on many forms; a calendar to record your workouts, a daily journal to record your feelings and goals, a computerized exercise log, or a log purchased at bookstore. The key is to select a log or journal that fits your needs and provides you the kind of information that is meaningful to you.

**Schedule Your Workouts:** Exercise must be a priority in order to establish it as a lifestyle practice. Make time for your workouts and schedule them on your daily calendar or planner.

**Toss Your Scale:** Ask yourself, "How often has stepping on the scale in the morning ruined my day?" If your answer is "often," consider whether or not you should give that little machine such power over you. The fact is that exercise should not revolve around a number on a scale. Exercise should be about making a commitment to your health and well being, weight loss is a natural side effect of that commitment.

**Dress the Part:** Wear comfortable clothes appropriate for exercising, they will help you feel like working out. If you exercise at a gym put your exercise wear in a bag and set it beside the door the night before. When it's time to head out the door, all you have to do is grab your bag on the way out.

**Entertain Yourself:** If you exercise alone, consider using a portable music device to listen to your favorite music or books on tape to help keep you entertained during your workout. Many pieces of exercise equipment have racks that fit onto the console to hold reading material. If you exercise at home, turn on some music or bring the television within viewing range.

**Evaluate Your Progress:** It's a good idea to test your fitness level when you start and re-evaluate yourself every couple of months. There are a variety of fitness tests that you can administer yourself. Getting a body composition test is another great way to chart your progress and can be done every four to six months. The local YMCA or fitness club can perform this test at a minimal cost, even if you're not a member.

**Make Exercise Non-Negotiable:** Think of exercise as something you do without question, like brushing your teeth or going to work. Taking the lifestyle perspective will help you make exercise a habit.

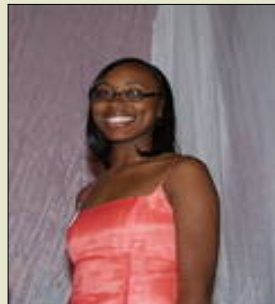
*by Vicki Pierson,  
ACE Certified Personal Trainer*

## YOUTH AWARDS BANQUET

On December 7, 2008, the Northeastern Conference Youth Ministries Department held its annual Youth Awards Banquet at The Grand Prospect Banquet Hall in Brooklyn, New York. The night brought some awards for the Queens Area and we would like to highlight some of these awards. The Queens area received AYS Leader of the Year, which went to Ms. Carla Harewood of the Jamaica S.D.A. Church; Federation of the Year went to the Queens Adventist Youth Federation. Ms. Carlene Harris, of the Corona S.D.A. Church, received Federation President of the Year. Queens was able to place third in the Olympics. Jamaica S.D.A. Church went on to receive third place for AYS while Corona received tenth place. Congratulations to all!



Carlene Harris  
Federation Leader of the Year



Carla Harewood  
AYS Leader of the Year



QAYF Officers  
Federation of the Year

Overall third place winners of the 2008 Olympics



## IT'S ALL IN THE GIVING

On November 27, 2008, the Queens Federation Officers along with AYS leaders, members and volunteers gathered at the Queensboro S.D. A. Church to prepare meals for various shelters in the area. With the donation of food from various churches as well as members, the Queens Federation was able to feed over 300 individuals. "Then shall the King say unto them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me." When did we do all these things, Lord? "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." The federation thanks you for your support in such a worthy cause and looks forward to the continued support this year.



## Use me Lord! Here I am Lord send me!

*inspired by the Holy Spirit through the mouth of Meredith Charmane Forde*

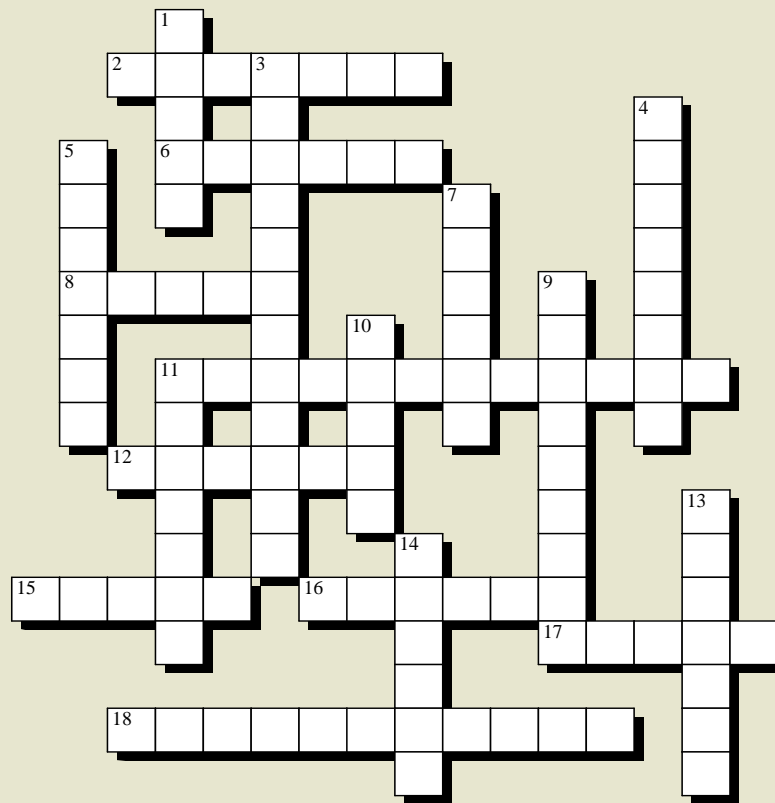
Put a song in my heart and I will sing it;  
 Put an idea in my head and I will create it;  
 Put a program in my path and I will promote it;  
 Put a vision in my spirit and I will manifest it;  
 Put a lesson to be taught and I will teach it;  
 Create a need for your people and I will fill it;  
 Create a problem that needs attention and I will advocate for it;  
 Put a battle in my path and I will fight it;  
 Put a poem between my ears and I will recite it;  
 Put a word on my lips and I will preach it;  
 Set the race set aside for the righteous before me and I will run it; cause  
 Isaiah got NOTHING on me!  
 All of my problems, all of my issues, all of my quirks;  
 All of my sins, all of my emotions, all of my hurts;  
 I have backed up that huge Mack truck carrying ALL of my junk and laid it here...  
 And it's staying here Lord, so what're WE gonna do?  
 You started it with me and I'm gonna finish it through you- so what're we gonna do?  
 Now that's me, so how about you?  
 Cultivate your burden  
 Sing your song  
 Teach your lesson  
 Manifest your vision  
 Establish your ministry  
 Fill that need;  
 Find your place; Set your pace; Finish your race;  
 Testify;  
 Prophecy;  
 Magnify;  
 Personify;  
 Exemplify;  
 Find your pace and finish the race!  
 Find your pace and finish the race!  
 Find your pace and finish the race!

### ACCEPTABLE SERVICE

In His infinite mercy and love God has given us light from His word, and Christ says to us, "Freely ye have received, freely give." Let the light God has given you shine forth to those in darkness. As you do this heavenly angels will be beside you, helping you win souls for Christ... Dear young friends, remember that it is not necessary to be an ordained minister in order to serve the Lord. There are many ways of working for Christ. Human hands may never have been laid on you in ordination, but God can give you fitness for His service. He can work through you to the saving of souls. If, having learned in the school of Christ, you are meek and lowly in heart, He will give you words to speak for Him. . . .Do all in your power to gain perfection; but do not think that because you make mistakes you are excluded from God's service. The Lord knows our frame; He remembers that we are dust. As you use faithfully the talents God has given you, you will gain knowledge that will make you dissatisfied with self. You will see the need of sifting away harmful habits, lest by a wrong example you injure others. Work diligently, giving to others the truth so precious to you. Then when there are vacancies to be filled, you will hear the words, "Come up higher." You may be reluctant to respond; but move forward in faith, bringing into God's work a fresh, honest zeal.

—Ellen G. White  
*Messages to Young People*

# Psalm 100



Created by The Word Puzzles (www.thewordpuzzles.com) using Crossword Express (www.crauswords.com)

psalm10012

John Kapteyn

## ACROSS

- 2 Of his \_\_\_\_
- 6 Give \_\_\_\_ to him
- 8 See 7 down
- 11 See 9 down
- 12 \_\_\_\_ his name
- 15 See 3 down
- 16 We are his \_\_\_\_
- 17 \_\_\_\_ for joy
- 18 Through all \_\_\_\_

- 3 Enter his (15 across) with \_\_\_\_
- 4 Worship ... with \_\_\_\_
- 5 \_\_\_\_ the Lord
- 7 Come before him with \_\_\_\_ (8 across)
- 9 His (11 across) \_\_\_\_ through all ....
- 10 The \_\_\_\_ of his (2 across)
- 11 Endures \_\_\_\_
- 13 \_\_\_\_ forever
- 14 Enter his \_\_\_\_

## DOWN

- 1 All the \_\_\_\_



**ATTENTION ALL AY SECRETARIES:**

**Your monthly report is due at the Conference Office by the 10th of each month.**

**THANK YOU!**



**MISSION STATEMENT**

The Queens Youth Federation is committed to the planning and executing of programs that will lead young men and women in Queens to accept Christ as their personal Savior. We are also committed to providing training and support to youth leaders in Queens, as they work to prepare children, youths, and young adults for the second coming of Jesus Christ.

**Best Wishes!**

The Queens Adventist Youth Federation would like to take this opportunity to wish all God's richest blessings for the New Year. We pray that this year you will have a closer walk with Jesus.

**U P C O M I N G E V E N T S**



- ◆ January 15-18—Youth Ministries Convention, Stamford, CT
- ◆ January 18-21—NAD Ministries Convention, Myrtle Beach, NC
- ◆ January 25—NCJBL Basketball Skills Camp, York College 10am—4pm
- ◆ January 30-31—Rochester Youth Convention 22
- ◆ January 31—QAYF Combined Roller-skating Social (United Skates) 9pm-12am
- ◆ February 6-7 —Atlantic Union Young Adult Weekend, God Encounters
- ◆ February 28—Atlantic Union Youth Ministries Intensive, Boston
- ◆ March 1-7—Youth Week of Prayer
- ◆ March 26-29 — YAHA Youth Congress, Savanna, GA
- ◆ March 28 — Rock-West AY Rally Day

**Coming Soon!**

**Poetry Reading**

**New York City Youth for Christ**

**Weekend Training and Community Outreach**

**April 24-25, 2009**

