90th Anniversary Kickoff Celebration!
By Kelli Bennett

Smells of crispy fried fish and sounds of hearty laughs, rhythmic beats, bright smiles, love and fellowship filled the air at Cascade on Friday, August 26 during the 90th Anniversary Celebration Fish Fry. We are especially grateful for the sponsors of this memorable time together: the 90th Anniversary Committee, Culinary Ministry and Cascade’s loyal Veterans.

The Celebration Has Just Started

While we can’t take you back in time to enjoy a savory dinner, we look forward to the two other family events. We can hardly wait for you and your family to join us in cheering on the home team, the Atlanta Braves, on Friday, September 30. The Church Anniversary worship services are October 9 and our picnic on October 16 will be held after the special 10:00am service. Register today online at www.cascadeumc.org or after each Sunday service.

Change in Worship Location

Sunday, September 18, 2016

Due to the completion of renovations in the sanctuary, Cascade will have both worship services at the Berean Seventh-Day Adventist Church on Sunday, September 18. Berean is located at 291 Hamilton E. Holmes Drive, NW, Atlanta 30318 (next to Frederick Douglass High School; corner of Collier/Simpson Road).

There is no change in worship times or the service schedule for worship participants, i.e., acolytes, ushers, psalter reader, choirs, Emergency Care Team, etc. Sunday School classes and ALL other activities that normally happen at Cascade UMC will be held at Berean. This change in location does not affect weekly-scheduled Bible Study classes or other ministry events that are not in the sanctuary.

Current plans are to resume use of the sanctuary on Saturday, September 24 for the UMW Retreat and worship services on Sunday, September 25. Please call 404-691-5770 if you have questions, and share this information with other members and friends.
On Sunday, September 11, the nation will celebrate Grandparents Day. When God created grandparents he gave us one of life’s greatest treasures. Many of us can attest that if it had not been for our grandparent(s), we don’t know where we would have been. In today’s modern households grandparents play a vital role in supporting and nurturing the next generation. In some instances, grandparents are raising their grandchildren full-time. Regardless of your role, know that your sacrifices and contributions to your families and communities are appreciated.

Annually, grandparents across the country are honored on National Grandparent’s Day. Marian McQuade of Oak Hill, West Virginia, along with her husband, Jim launched an ambitious grassroots campaign to make this a national holiday. Her initial efforts were successful when it was officially recognized in 1973 by the state of West Virginia. After much persistence, she accomplished her ultimate goal in 1978, when then-President Jimmy Carter proclaimed that every Sunday following Labor Day as National Grandparents Day. At the time, McQuade, a mother of 15 was inspired by her grandmother to initiate this movement. At the end of a long work day on their farm, her grandmother would often visit the elderly in the community. Many times McQuade would accompany her. As a result, she gained a lifelong love for the elderly and dedicated much of her life being an advocate for them.

Meet two of Cascade’s Doting GRANDPARENTS!

**John W. Davis:** 14-year member of Cascade, member of Toastmasters, Men’s Usher Board, host of his own podcast show and host of a Toastmasters-sponsored podcast.

John is an active grandfather of four: ages 19, 18, 7 and 6. He is a connoisseur of various musical genres and enjoys conversations with his older grandchildren about music and technology. “They know that ‘Old School’ music is the best and that I’m the authority on Old School music,” he joked.

In addition, John spends quality time with his grandchildren talking about the happenings in their lives and offering advice. One of the things that he hopes his grandchildren will always remember about him is, “I was a grandparent who they could always talk to about anything, no matter what. I always kept the door open for them to come to me.”

**Julia Frazier White:** 20-year member of Cascade, teacher of The Believers Sunday School class and author of Forgiveness: Learning How to Forgive.

Julia is affectionately called “Nonna” (Italian for Grandmother) by her 8-year-old grandson and 6-year-old granddaughter. This precocious duo has traveled the world and can speak Italian, English and Spanish. During summer visits, they have attended Vacation Bible School and attended their Nonna’s Adult Sunday School class. Christmas is White’s favorite holiday to spend with the kids. She and their other grandmother team up to make it really special. “On Christmas Eve, I tell them the story about Baby Jesus. We go to the movies and always go to the museum,” she said.

Being a grandparent has changed Julia’s life because, “It has given me a more far-reaching focus. My hope is that my writings will become part of my legacy to them.”
Men’s Health

By Health and Wellness Ministry

September is Prostate Cancer Awareness month. According to the Prostate Cancer Foundation (PCF), 29,000 men will die of this disease, which is the second leading cause of cancer death of U.S. men. Research shows that African-American men are 1.6 times more likely to be diagnosed with prostate cancer and 2.4 times more likely to die from it than Caucasian men.

In an in-depth article published by PCF entitled, “Straight Talk for African-American Men and Their Families,” experts provide a few tips to live a life free of Prostate Cancer including:

- Know your family history
- Maintain a healthy diet with minimal charred meats, which may have cancer-causing molecules
- Exercise a minimum of 30 minutes, at least 3 times a week

In addition to these lifestyle behaviors, here is a list a questions to remember to ask your doctor prior to a screening:

- Should I be screened? If so, when?
- If prostate cancer runs in my family, should I be screened more often?
- Can you help me clear up the misconceptions of Prostate-specific antigen (PSA) screen?
- Are there other tests available other than PSA?
- If my results come back showing high PSA, what’s next?

We encourage you to spend your own time learning more about Prostate Cancer via the guides and books section found at the Prostate Cancer Foundation (www.pcf.org). You will also find more specific PSA screening and biopsy questions to ask your doctor.

Upcoming Events

- Revival—Ben Hill UMC
  Sept. 18-20 | 7pm/Nightly
- United Methodist Women’s Retreat
  Sept. 24 | 9am—12:30pm
  (Registration Required)
- Women’s Day Worship Service
  Sept. 25 | 8am
- Atlanta Braves vs Detroit Tigers
  Sept. 30 | 7:30 pm Turner Field
- Happy 90th Birthday Cascade!
  Oct. 9 | 8am & 11:15am Services
- 90th Anniversary Celebration
  Oct. 16 | 10am Worship & Picnic
- Annual Church Conference
  Oct. 18 | 7pm
- Laity Sunday
  Oct. 23 | 8am Service
- Safe Sanctuaries Training
  Oct. 26 | 6:30pm
  (Registration Required)
- Hallelujah/Trunk or Treat Festival
  Oct. 28 | 6pm—8:30pm

Why Voting Matters To Me

“I believe in American values and rights. I vote for candidates who will preserve the rights and protections for all people. Our right to vote is one of our greatest rights.”

- Bettie Shelton, Staff Sgt. USAF and Defense Department Security employee, Retired

Are You Prepared To Vote?

As we approach the General Election Day on November 8, let’s use all the resources that are available to cast our votes. Important options are Absentee Voting and Early Voting. The state of Georgia has numerous websites with information on these topics including the Georgia: My Voter Page.

Absentee Ballots are available for out-of-state college students and others who will be away on Election Day. The deadline for requesting Absentee Ballots by mail is September 20. Completed Absentee Ballots must be returned by mail by October 29. Ballots returned after this date will not be counted. More county-specific information can be found online.

Finally, there is still some confusion regarding who can and cannot vote. Often some people who were incarcerated in their youth, believe they cannot vote. On the contrary, a person who has served time for an offense and has paid any fines that were assessed is eligible to vote. The person simply needs to register. Online registration is the most simple and can be completed at: www.usa.gov/register-to-vote.

Reminder: newly-married females must be sure to register under their new, married name and that the ID used to vote bears that new name.

**Mark Your Calendar**
Dear Pastor Young,

A deep-felt “thank you” for your very generous gift to the Flint Water Crisis. This is a crisis that will unfortunately continue for generations to come. Your gift will help to ensure that the children of Flint will get the help and support they need in the coming years. On behalf of the people of Flint, I say again, THANK YOU to the Veterans Ministry and the Cascade UMC congregation!

~ Deborah Kiesey, Resident Bishop

Dear Pastor Young, Clergy, and Cascade Family,

Thanks so much for the beautiful letter, calls, and prayers during this difficult time. Your words of comfort and expressions of love are greatly appreciated. Thanks so much. ~ Sheralyn Daniel, Uncle Clarence Williamson and Michael (Family of Delores Mattison)

During a time like this, we realize how much our family and friends mean to us. Thank you so much for the outpouring from the Pastors to the staff. Your expressions of love and sympathy are greatly appreciated. Your words of comfort and encouragement mean so much to us. Thank you so much for your prayers, calls, cards, and words of comfort. Your support continues to serve as a source of strength for me and my family. God bless you. ~ Laura Dew (Van S. Barnett)

May God, whose love is everywhere, bless you every day. Thank you so much for your prayers, love, and support during the passing of our beloved sister, Brenda Banks. God bless you. ~ Monroe and Elaine Banks (Brenda S. Banks)

Thanks to all of you...for everything. It is during this time loss that we learn how much our church family and friends mean to us. Thank you so much for your prayers, calls, cards, and words of comfort. Your support continues to serve as a source of strength for me and my family. God bless you. ~ Laura Dew (Van S. Barnett)

NOTE: Birthdays are placed in The Messenger by request only. Send birthday requests prior to the 15th of the month of your birthday to announcements@cascadeumc.org.