

Steel Magnolias

Breast Cancer Support Group, Inc.

Finding Freedom

In reading a survivors story in curetoday.com, I wanted to share some of her story.

This lady is a 65-year-old who just celebrated 9 years survivorship. She talks about the day when she discovered the lump and how it made her feel. She was going about her normal daily routine and suddenly, everything changed. She was overcome with fear. She went through all the motions of visiting different doctors, having test, and then surgery.

She did not know what the future would hold for her. There was no instruction manual, she watched YouTube videos and read blogs. She found everyone's story was different in many ways, but much the same in others. Her life at first was a struggle. She did not feel good, her energy was zapped. She did not realize it at the time, but all the things were normal for someone who had just experienced a major trauma like breast cancer.

Her body began to heal and she tried to stay active as much as possible. When she tired, she slowed down or stopped. She learned to process her emotions and gave herself permission to feel. She learned it was ok to cry, to laugh, to scream or to be angry.

It's been 9 years now and she said she doesn't think about cancer as much. There are annual reminders and her scars have faded some, but she can still see them. Her arms still swell, especially in the summer from the lymphedema. She says all in all when she reflects on her journey, she says she is blessed. Cancer is a great teacher. She has learned more valuable life lessons in the past 9 years than she had in her 65 years of life. She says that being the case, she can honestly say she is thankful. She is thankful she was deemed strong enough to handle the trial of breast cancer. She is thankful she weathered this extremely unexpected, very difficult storm with dignity and grace.

Right now, she is cancer free. She hopes to continue to be able to say that for many more years to come. She said she is a realist. Cancer could come back again. If something like that happens to her, she imagines she will be angry at first, but she will accept it and do the best she can. That's all any of us can do when cancer finds us.

So yes she has found her own form of freedom.

July 19, 2023



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RMC Chaplain, Jim Wilson
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Pinks Boutique: For Appointment
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Anniston, AL 36207
www.steelmagnoliasinc.org

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Sharing love through support

Email any officer by typing
Their—first name
@steelmagnoliasinc.org

STEEL MAGNOLIAS/MEN OF STEEL MINUTES
JUNE 27, 2023

Meeting was called to order by our President, Elaine Johns. We had 29 in attendance with 6 visitors.

Minutes of the following meeting were read and motion made by Cheryl and seconded by Eddie that they be accepted as read.

In absence of Chuck (who was in the ER), Nancy gave the Treasurer's Report for June. We had a beginning balance of \$29,540.13 and ending balance of \$29,568.80

Elaine passed the membership roster around so that everybody could update their information and indicate whether they wanted to be notified by email, text or phone call. Margaret asked if there were any items of interest that the group would like to have a guest speaker come speak about, i.e., update on the hospital and the cancer center. She also told us that if you buy a bag from Winn Dixie, part of those proceeds come back to Steel Magnolias. She also asked for any volunteers that would like to help out in the office.

Sherry spoke to us on the subject of prayer. James 5:16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. 1 Thessalonians 5:17 Pray without ceasing. She gave the illustration of your hand. Each finger represented a group of people we should pray for without ceasing. Even when things are good or bad, we should pray without ceasing. Walter then added the Bible verse 2 Chronicles 7:14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

No further business, motion made by Cheryl and seconded that Della that meeting be adjourned.

**Receptively submitted,
Brenda Parker, Secretary**

Be kind....

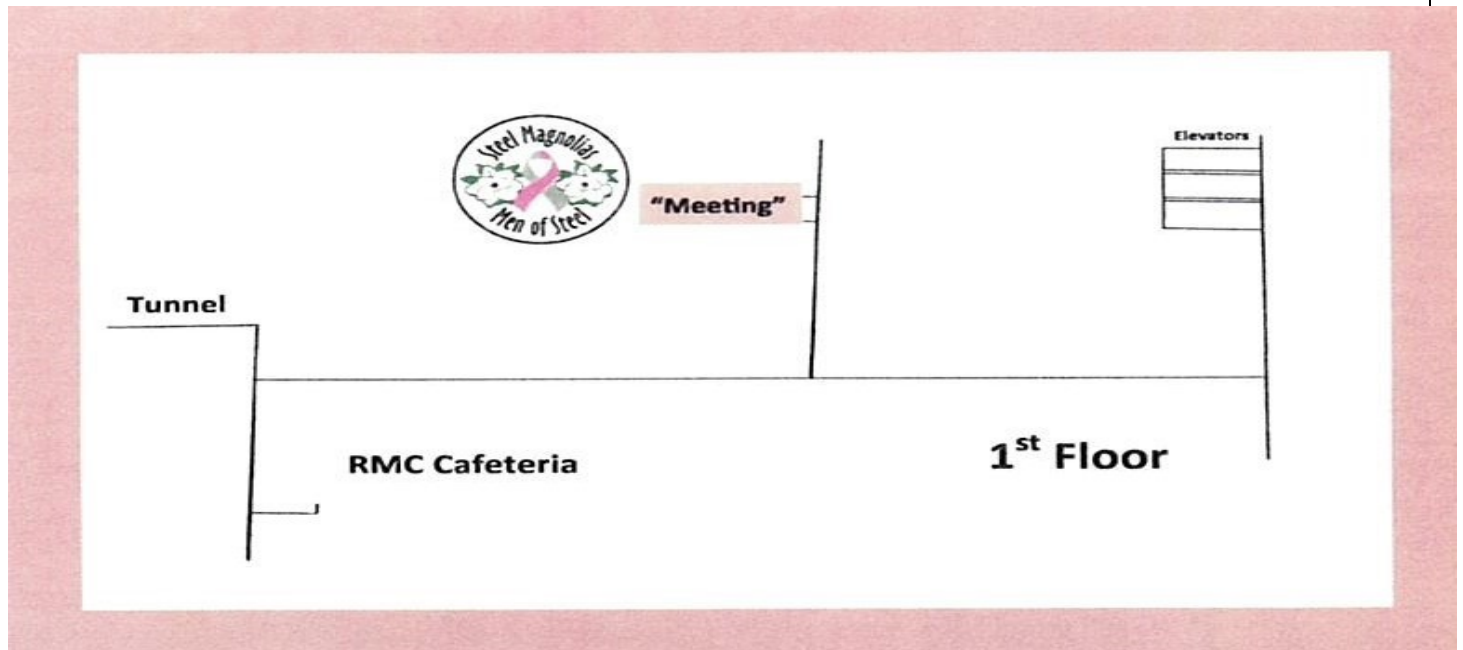
You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

Birthdays and Anniversaries

August 2nd is Susan Dupree's birthday and she is a 16,11, and 3-year survivor!

Up Coming Events

July 25th is our next Steel Magnolia meeting in the private Dining room at RMC. RMC will provide our meal. We will have Hamburgers and French Fries; Steel Magnolias please bring side dishes and desserts. Everyone please try to attend and bring a friend! We are plan to have Louis Bass as our speaker to update us on things going on at RMC and the Cancer Center. I am including a map for anyone new who would like to come but is not quite sure how to get there.



August 14th will be our next newsletter mailing day. If you have anything for the newsletter please send it to elaine@steelmagnoliasinc.org or mail it to our office at PO Box 2208 Anniston, AL 36202 by August 10th.

Presidents Corner

Hey everyone! I am in need of some helpful tips for cancer patients. If you have something that really helped you on your journey, please share it with us. I also need some good clean jokes! Everyone needs to laugh, remember "laughter is the best medicine".

I would like for someone to share their story. It is always helpful to hear someone's story of a journey that you are facing. There are times that people have no one to talk to and this is a way of connecting.

If you have something to share, please send it to elaine@steelmagnoliasinc.org or mail to Elaine C/O Steel Magnolias PO Box 2208 Anniston, AL 36202.

Music City Bagels

Nancy Burrell, Executive Director, (left) and Elaine Johns, President, (right) of Steel Magnolias breast cancer support group stopped by to see Aldo today and pick up the proceeds from Music City Bagels' Pink Bagel Fundraiser.

#supportbreastcancersurvivors

#BreastCancerAwareness #breastcancercare

#pinkbagels

If you have never tried a bagel from Music City Bagels you are missing it! We were contacted by Music City Bagels in April, they were selling pink bagels on April 22nd. 100% of the proceeds from the pink bagels were donated to the Steel Magnolias Breast Cancer Support Group. How great is that! In the picture here they presented us with a check for \$169 from the sale. Stop by and see Aldo and his wonderful group of employees and try a New York style bagel.



Cato Fashions

We had contacted Cato's back during the time we were getting sponsors for the golf tournament. At that time, they could not get us an answer before the tournament, but they were able to do a donation to the Steel Magnolias later.

Lesley Spark, store manager at the Oxford Cato and her 1st assistant manager, Sanjeanetta Smith presented Margaret Taylor and Elaine Johns with a check for \$200. The check was from both the Oxford store and the Anniston store which is managed by Sabrina Pearson. Please ladies, if you stop by and shop, please thank the staff at these stores for their support of our group!

Thank you all for your donation!

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Lending a Helping Hand

I love that these two businesses in our community have reached out to us and that they chose us to help. We are looking for volunteers to join our group and to help us grow. We have lost several members over the last couple of years and we need you. You don't have to be a survivor to be a member, but if you are, we welcome you with open arms.

Life is hard enough and when you throw in cancer, it just get tougher. We want to be there to help and to make life a little easier for people on this journey. It is a blessing to do so. If you would like to be a part of us, please contact us at 256-231-8827, info@steelmagnoliasinc.org, or come to our meetings on the 4th Tuesday of every month in the private dining room at RMC except for November and December. Please, come join us!

What Then?

I don't think I have talked to anyone that has been diagnosed with cancer that was not afraid. Everything changes in a split second when you are told you have cancer.

You don't know if you will live or die. There are so many questions and you search for the answers. It will sure make you think about your life and what you have done and what you had plans to do. Many people make bucket lists of things that they want to accomplish before they die, but you know what, we are all going to die and all the things you worry about not getting to do, it really doesn't matter.

All that matters is your relationship with Jesus Christ and your loved ones. If you don't know him or if you have strayed from him, seek him and you will find a peace only he can provide. Then you can learn to live with cancer and all of your anxieties. He loves us and wants us to come to him for comfort.

DEATH

WHAT A WONDERFUL WAY TO EXPLAIN IT...

A sick man turned to his doctor as he was preparing to leave the examination room and said, "Doctor, I am afraid to die. Tell me what lies on the other side." Very quietly, the doctor said, "I don't know ..."
"You don't know? You're a Christian Man, and don't know what's on the other side?"
The doctor was holding the handle of the door; on the other side came a sound of scratching and whining, and as he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness. Turning to the patient, the doctor said, "Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here, and when the door opened, he sprang in without fear. I know little of what is on the other side of death, but I do know one thing ... I know my Master is there and that is enough."

Missions

**YARD
SALE**

FRIDAY, AUGUST 4, 2023

7:00 AM - 2:00 PM

&

SATURDAY, AUGUST 5, 2023

7:00 AM - 1:00 PM

GOLDEN SPRINGS BAPTIST CHURCH

500 CHOCCOLOCCO RD.

ANNISTON, AL

CASH RECOMMENDED

“Our Services Condensed”

- **Monthly Group Meetings on the 4th Tuesday of every month except July, November and December.**
- **“Pinks Boutique” stocked with mastectomy bras, breast prosthesis, knitted knockers, wigs, hats and scarves free to cancer patients.**
- **Care packages for newly diagnosed breast cancer patients**
- **Dining Vouchers for two family members of any cancer patient in surgery at Regional Medical center in RMC’s cafeteria.**
- **Snacks are provided in RMC’s oncology and radiation oncology departments. They are also provided in Clearview Cancer oncology room.**
- **Breast Cancer Awareness Program is available to girls in grades 7-12. This program is taught in the school by a trained volunteer under the supervision of a Registered Nurse.**
- **Speakers Bureau: speakers available to civic clubs and churches.**
- **Newsletter, we publish a monthly newsletter that is informative and inspirational. It contains upcoming events along with jokes and a word search puzzle.**
- **Website: www.steelmagnoliasinc.org and like us on fb**
- **Men of Steel are the husbands, friends and family members of breast cancer survivors.**
- **Prayer Ministry**

Ways You Can Help

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

Joggin' Inside

A Woman was golfing and accidentally she hits the ball into the woods. She then goes into the woods to look for it and there she sees a frog in a trap.

The frog says to her: If you release me from this trap, I will grant you three wishes.

The woman frees the frog, and the frog says: Thank you, but I have failed to mention that there is a condition attached to your wishes, and that is: whatever you wish, your husband will get ten times of that wish.

The woman says: That is okay with me.

For her first wish, she wants to be the most beautiful woman in the world.

The frog warns her: you do realize that this wish will also make your husband the most handsome man in the world, an Adonis, to whom women will just flock to!

The woman replies, That is fine, because I will be the most beautiful woman and he will have eyes only for me. So in a movement, she becomes the most beautiful Woman in the world.

For her second wish, she wants to be the richest woman in the world.

The frog says: That will make your husband the richest man in the world, and he will be ten times richer than you.

The woman replies: That is okay, because what is mine is his and what is his is mine.

So, in a split second she becomes the richest woman in the world.

The frog then asks her, what is her third wish?

She says: I would like to have a mild heart attack.

Moral of the story: Women are clever. Don't mess with them.

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My cousin just called and asked if I would loan her \$300.00 to help her pay her rent. Those who know me, know that I'm always willing to help out friends and family. I told her to give me some time to think about it and I would call her back.

Before I called her back, my aunt called and told me that my cousin was lying and not to give her the money. She goes on to say that the real reason my cousin wanted the \$300.00 was to get her boyfriend out of jail so she could be under the same roof as him for his birthday. I thought about it for a minute and decided to give her the \$300.00 because we all need help at times. So, I called my cousin and told her to come and get the money.

A couple of hours later, I get a call from Jail. It was my cousin crying, screaming and asking why I gave her counterfeit money.

My response...so you and your boyfriend could be under the same roof for his birthday!

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Sometimes someone unexpected comes into your life out of nowhere, makes your heart race and changes you forever. We call these people cops!

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When I was a child, my mom always kept our house clean, the laundry never piled up, and there was a home-cooked meal on the table every night. After I had my own kids, I would wonder, "How did she DO it all?" Well yesterday our internet went down for 24 hours. And I cleaned the house, I did all the laundry, and I prepared a nice dinner. Suddenly I was like, "Ohhhhhhhh I get it now!"

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I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out all the vegetables, my bra, the electric bill, the scale, a mirror and my treadmill.

WHO I AM IN CHRIST

C S E R N V I L I C S U J F
 S A I A O W B A O T H U R O
 O E R C L E O A C V D I F B
 H S D E L I C N O C E R L E
 C S R O T C V F K N I D E D
 I A N P E A O E D E F R W N
 B G T P H R K A F V I U R E
 O L T N G L D E E A T E C G
 P E E I E O B S R R S C H S
 D L V S P I A O J C U E O S
 B E N T S V D A U A J C S E
 N R E D E E M E D G M I E C
 O D W D K I D O B E H R N S
 J U S E G A M I L O F T A K

ACCEPTED

CHILD

IMAGE

RECONCILED

ADOPTED

CHOSEN

JUSTIFIED

REDEEMED

ALIVE

FORGIVEN

KNOWN

RESCUED

BELONG

FREE

LOVED

SAFE

BLESSED

FRIEND

NEW

SAVED

BOUGHT

HEIR

OBEDIENT

SECURE

CARETAKER