

ST. PETER'S AME CHURCH

Presents

SPRING BBQ



2026

TAKEOUT

SATURDAY JUNE 6th



3 BONE / RIB DINNER / 6 BONE / RIB DINNER

\$25.00 \$30.00

11:00 am - 2:00 pm

CARRY OUT ONLY

/ CHICKEN DINNER / RIB TIP DINNER / FULL SLAB RIB / RIB TIPS

\$20.00 \$25.00 \$35.00 \$20.00

EACH DINNER INCLUDES:
CAKE, BREAD, COLESLAW, SPAGHETTI

NO SIDES



COLLARD GREENS for \$7.00

Pastor Rev. Dr. Tracey Gibson and Brotherhood Ministry

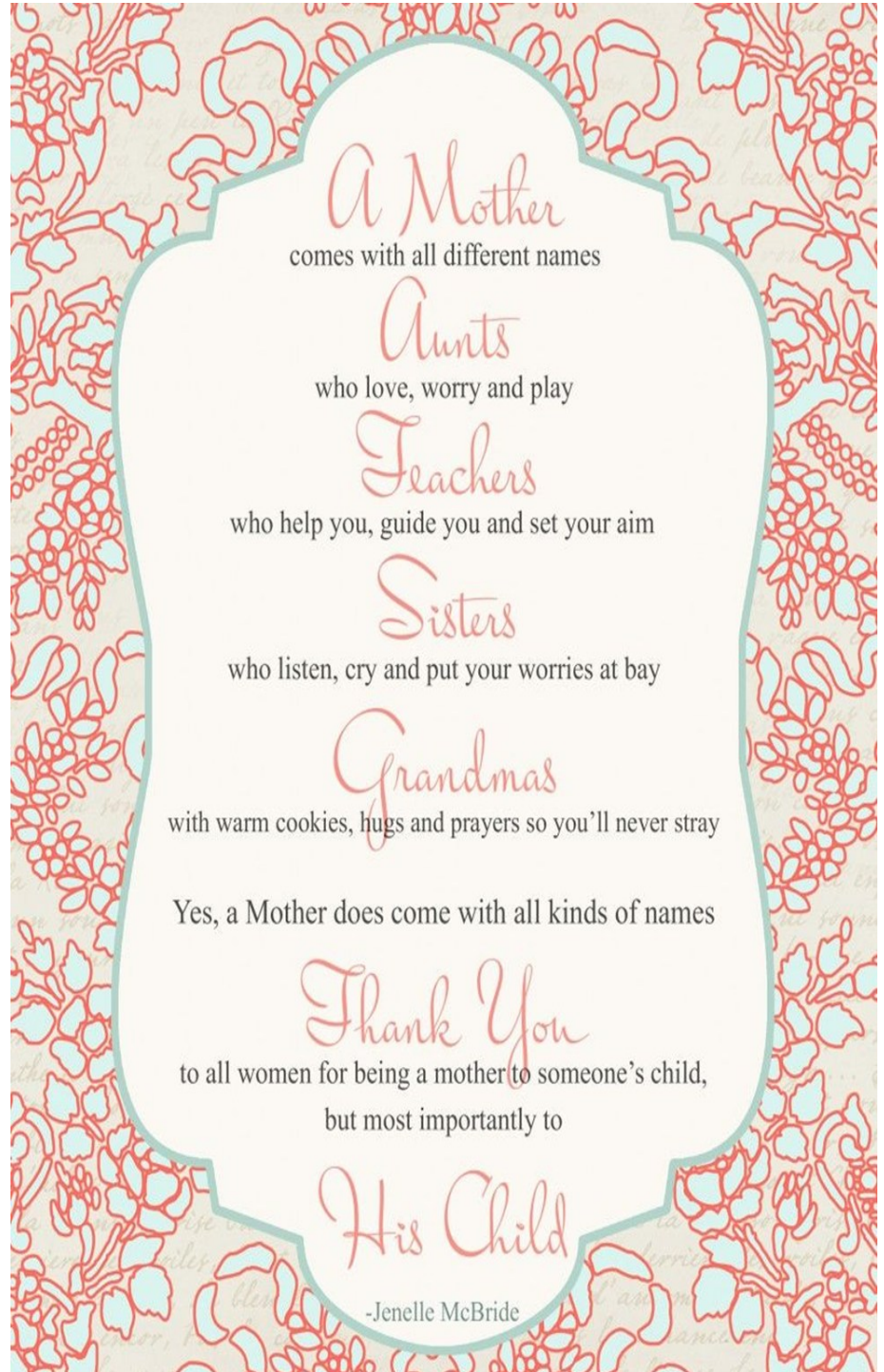
401 E. 41st Street Minneapolis, MN 55409

CHECK / CASH / CREDIT CARD and ONLINE

FEATURING JERRY'S PEACH COBBLER for 10.00

ST. PETER'S African Methodist Episcopal Church

WE'LL BE OPEN FROM 11am to 2pm June 6th for WALK-INS and PICKUPS



HAPPY MOTHER'S DAY

Happy Mother's Day to everyone:
Mums, Dads, Daughters, Sons.
We're all related to mothers
and there are some special ones.

Some who take on a mothering role
are not related through birth
but love as much as any mother could.
That type of love sustains our earth.

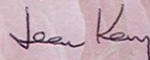
Some men take on a dual role,
as "stay-at-home" Dads they excel,
which gives mothers opportunities
to have an outside career as well.

Adoptive parents are special,
they open their home and heart,
providing a child with a loving bond
and a family in which they are part.





Mothering is tender, loving care,
a strong desire to guide and protect,
to keep their children safe from harm.
Mothers of all kinds deserve respect.

Happy Mother's Day

Jean Kay



May Healthy Corner

-  Cancer Awareness: Skin Cancer (Everyone)
 -  Health Issue: Mental Health Awareness
 -  Healthy Step: Get 15 minutes of sunlight (with sunscreen!)
-  Focus: Sunlight boosts Vitamin D and mood — do it safely

Know Your Numbers


Blood Pressure (BP) (Normal 120/80 or lower)
Blood Sugar / A1c (Normal 4-5.6%)
Cholesterol (HDL, LDL, Triglycerides)


Daily Health Check

- Did you get your **steps in today**?
 - How many **glasses of water** have you had?
 - Did you take a moment to **breathe and de-stress**?
- Are you getting **enough sleep**?

Dementia Early Warning Signs

Memory Loss That Disrupts Daily Life
Challenges In Planning Or Solving Problems
Difficulty Completing Familiar Tasks
Confusion With Time Or Place
Trouble Understanding Visual Images And Spatial Relationships
New Problems With Words In Speaking Or Writing
Misplacing Things And Losing The Ability To Retrace Steps
Decreased Or Poor Judgment
Withdrawal From Work Or Social Activities
Changes In Mood In Personality

-  Women's Tip: Prioritize rest during busy seasons
— your soul needs Sabbath.

-  Men's Tip: Talk to someone — mental strength includes asking for help.