



Bishop T.D. Jakes

Founder and Senior Pastor
The Potter's House

Dallas, Texas

From the pulpit to boardrooms, from television broadcasts to social media, from books to movies, Bishop T.D. Jakes is spreading global messages to improve the body, mind and soul.

Founder of The Potter's House, a 30,000-member faith community in Dallas, Texas, Bishop Jakes never believed in his "wildest dreams" he would be where he is today. His roots were in a small church in West Virginia.

Today, he is collaborating on faith-based health initiatives with First Lady Michelle Obama, U.S. Surgeon General Dr. Regina M. Benjamin and Deputy Assistant Secretary for Minority Health Dr. Garth Graham. MegaCARE, a global division of his organization, heads up humanitarian efforts to clean water in Haiti, South Africa and New Orleans. It also provides local health screenings.

"No institution speaks more to African Americans on a weekly basis than a church. It is the catalyst to delivering comprehensive, accurate and reliable information," he said. He works to provide holistic programs on education, health, economics and housing to his members.

Bishop Jakes strives to address health disparities in his community. "Our lifestyles are different. What we eat is different. When someone you admire struggles and can make changes for the better, it gives you permission to talk about it. I help open up conversation."

People of faith tend to heal quicker, said Bishop Jakes. His childhood friend and executive coordinator, Holloway Gray, was diagnosed with diabetes, lost his kidney and underwent multiple eye surgeries. "Today he is fine. When people believe, they recover more rapidly. It takes a positive attitude, uplifted spirit and a strong resolve to overcome a fight in your body," he said.

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— BISHOP T.D. JAKES

SPIRIT

November 2011

National Diabetes Awareness Month

Health Tip



Include some exercise in your day.

Being physically fit can lower blood sugar, blood pressure and cholesterol.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1945: John H. Johnson publishes first issue of <i>Ebony</i> .	2 1983: President Ronald Reagan designates Martin Luther King Jr. Day a national holiday.	3 1981: Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England. ☾ Hajj Begins (sundown)	4 2008: Senator Barack Obama elected 44th president of the U.S., becoming first African American to be elected chief executive in the 232-year history of the country.	5 1968: Shirley Chisholm of Brooklyn, New York, becomes first black woman elected to Congress.
6 1900: James Weldon Johnson and J. Rosamond Johnson compose "Lift Every Voice and Sing." ☾ Eid al Adha Begins (sundown) Daylight Saving Time Ends	7 1989: L. Douglas Wilder elected governor of Virginia, becoming nation's first African American governor since Reconstruction.	8 1938: Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature. Election Day	9 1731: Mathematician, urban planner and inventor Benjamin Banneker born.	10 2006: Benny Andrews, painter and teacher whose work drew on memories of his childhood in the segregated South, dies.	11 1989: Civil Rights Memorial dedicated in Montgomery, Alabama. Veterans Day	12 1941: Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.
13 1940: The U.S. Supreme Court rules in <i>Hansberry v. Lee</i> that African Americans cannot be barred from white neighborhoods.	14 1915: Booker T. Washington, educator and writer, dies.	15 1881: Payton Johnson patents swinging chair.	16 1981: Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.	17 1980: Howard University airs WHHM, first African American-operated public radio station.	18 1797: Sojourner Truth, abolitionist and Civil War nurse, born.	19 1953: Roy Campanella named Most Valuable Player in National Baseball League for the second time.
20 1923: Garrett A. Morgan patents traffic light signal.	21 1893: Granville T. Woods patents electric railway conduit.	22 1930: Elijah Muhammad establishes the Nation of Islam.	23 1897: A.J. Beard patents the Jenny Coupler, used to connect railroad cars.	24 1868: Pianist Scott Joplin, the "Father of Ragtime," born. Thanksgiving Day	25 1955: The Interstate Commerce Commission bans segregation in interstate travel. ☾ Islamic New Year, 1433 A.H. Begins (sundown)	26 1883: Sojourner Truth, abolitionist and Civil War nurse, dies.
27 1990: Charles Johnson awarded National Book Award for fiction for <i>Middle Passage</i> .	28 1961: Ernie Davis becomes first African American to win the Heisman Trophy®.	29 1908: Adam Clayton Powell Jr., politician and civil rights activist, born.	30 1912: Gordon Parks, writer, filmmaker and photographer, born.			