

# SERVICE MEETING ANNOUNCEMENT

Today is No Menthol Sunday, the time of year when we have real conversations about ending addiction and getting tobacco out of our communities. Smoking still kills more Black people each year than homicides, suicides, AIDS-related deaths, car accidents, and police brutality combined. Tobacco is still our number one killer. Most teens and Black people who smoke choose menthols because the minty flavor makes it easier to start smoking, but it also makes it harder to quit. Civil rights and public health advocates have been fighting for the removal of menthol for years.

In Isaiah 40:31, it is written, "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

Within our communities, we will remain tireless in making them tobacco-free. We will continue to support and educate our friends, family, and neighbors struggling with tobacco addiction.

If you smoke but haven't talked to anyone about it, now is the time. We will pray with you, give you resources, and help you find your way to freedom. We know it can take several tries before you quit tobacco for good. You can call 1-800-QUIT-NOW for free resources and coaching, or feel free to contact me after today for more support. Thank you.

