

The top of the page features a vibrant, abstract background composed of overlapping, semi-circular shapes in various colors including red, orange, yellow, green, teal, and blue. In the upper right corner, the acronym "NAATPN" is displayed in a bold, black, sans-serif font within a white rectangular box with a thin black border. The background also includes a solid blue area on the left and a solid purple area at the bottom.

NAATPN

FIND YOUR PATH TO FREEDOM NO MENTHOL SUNDAY

No Menthol Sunday, a national observance day led by NAATPN, Inc. has increased the opportunity for faith leaders as well as public health leaders to unify their communities in effort to improve health outcomes for African Americans.

Tobacco is still the number one killer of African Americans, and people of faith can play a major role in changing this.

This year's theme, *Find Your Way to Freedom*, encourages people to be aware of the many quit methods available, and to be patient with the process of finding what works. The goal is to quit for good and remain free. That is why we proudly promote the *Pathways To Freedom®DVD (PTF)*. Psalms 115: 45 celebrates the idea that we can walk in freedom when we are guided by the wisdom of the Most High. We believe that this requires prayer, culturally relevant cessation tools like PTF, and an active push to ensure young people don't start tobacco.

WHY DOES MENTHOL MATTER?

- Menthol is a candy flavor that makes it easier to smoke cigarettes.
- Most minorities including African Americans who are smokers smoke menthols.
- Most kids who start smoking try menthols first.
- The tobacco industry intentionally tries to get African Americans to buy menthol cigarettes.
- Banning menthol would save lives.

SAMPLE SERMON TOPICS & SPEAKING POINTS

A Spiritual Battle

Tobacco is a defining issue for our time. It has been proven to be one of the causes of preventable death, but also a struggle for the nation's soul. With much research and health science, we see the bridge between the ethical, mythic, and spiritual nature of the struggle among congregations around the world. The Bible says in III John 2:2, "Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers." In this passage the writer is letting us know that he not only wants us to prosper in life, but he also wants us to also live a healthy life free from all types of addiction.

Smoking is undoubtedly very bad for your health. Smoking has been proven to damage the lungs and the heart. God has come to help us with the fight of addictions. In 1 Corinthians 9:22, Paul says, "To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some." This scripture suggests that we should help one another with our weaknesses. On No Menthol Sunday, focus on being supportive. Be the person someone can turn to if they are struggling, just like Christ wants us to do.

SUGGESTED NO MENTHOL SUNDAY ACTIVITIES

- Neighborhood Prayer Walk
- Social Media Campaign
- Merchant Outreach and Corner Store Visit
- Make a Pledge to Quit Tobacco

