



Worship in Pink

Tool Kit

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- Event Ideas
- Suggested Script
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- Breast Cancer Facts
- Early Detection Plan
- More Information



Susan G. Komen® Central Virginia
1433 Johnston Willis Drive
Richmond, VA 23235
804-320-1772
www.komencentralva.org

Worship in Pink

The Central Virginia Affiliate of Susan G. Komen® invites you to join us in our promise to end breast cancer forever by participating in **Worship in Pink**. Worship in Pink is a grassroots effort with Central Virginia churches, synagogues, and mosques to educate their respective members on breast health and breast cancer. As an active member of your congregation, you are in a wonderful place to help other women and men.

The vision of Worship in Pink is for each religious organization to coordinate its own breast cancer awareness campaign. The Komen Central Virginia Affiliate will provide you with ideas for your event, a suggested script for services, a sample bulletin announcement, and educational materials. The following are a few suggestions to help celebrate and commemorate this exciting day.

- ✂ Invite breast cancer survivors to speak to the congregation.
- ✂ Invite a health professional to deliver the message about the importance of mammograms and early detection
- ✂ Have a moment of silence or prayer in honor of those who have been affected by breast cancer.
- ✂ Have a message from the preacher about the importance of breast health
- ✂ Set up an education booth
- ✂ Create a bulletin board with breast health information
- ✂ Serve pink lemonade and pink cake at a reception before or after services
- ✂ Hand out pink flowers in honor of survivors and white flowers in memory of those who have died
- ✂ Have members wear pink or pink ribbons

For more information about Worship in Pink and registering your organization, please visit our web site, www.komencentralva.org/worshipinpink. If you have any questions, please contact the Affiliate office at info@komencentralva.org or 804-320-1772. All churches, synagogues and mosques in Central Virginia are encouraged to participate in spreading the life-saving message of early detection.

We hope that you will participate in Worship in Pink and help us create a world without breast cancer.

Sincerely,

Pem Hall
Director of Community Health Programs



Worship in Pink

Program Ideas/Suggestions

- ✧ Invite breast cancer survivors to speak to the congregation
- ✧ Invite a health care professional to speak to the congregation about the importance of mammograms and early detection
- ✧ Have a message from the preacher about the importance of breast health
- ✧ Invite a speaker to attend Bible study or Sunday school and share their story
- ✧ Have a moment of silence or prayer in honor of those who have been affected by breast cancer
- ✧ Recognize survivors and/or co-survivors during the service/ceremony
- ✧ Run script including names of survivors on screen
- ✧ Host a candlelight vigil for breast cancer survivors and co-survivors
- ✧ Serve pink lemonade and pink cake at a reception before or after services
- ✧ Hand out pink flowers in honor of survivors and white flowers in memory of those who have died
- ✧ Have members wear pink ribbons or an article of pink clothing
- ✧ Host a women's only educational event on Friday evening
- ✧ Set up an education booth
- ✧ Create a pink bulletin board with breast health information and/or survivor photos



Worship in Pink

Suggested Script for the Worship service

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure® and launched the global breast cancer movement. Today, Susan G. Komen is the boldest community fueling the best science and making the biggest impact in the fight against breast cancer. Thanks to events like the Komen Race for the Cure, we have invested almost \$2 billion to fulfill our promise, working to end breast cancer in the U.S. and throughout the world through ground-breaking research, community health outreach, advocacy and programs in more than 50 countries.

In keeping with the mission of Susan G. Komen, the Central Virginia Affiliate is offering the "Worship in Pink" program to raise breast cancer awareness by distributing breast cancer educational materials through churches, synagogues and mosques in Central Virginia. Today, we as a faith community have partnered with Komen Central Virginia to open the lines of communication about breast health, promote breast cancer education and celebrate the lives of those who have fought against breast cancer.

After today's service, we will be handing out breast cancer educational material. Once you have read this material, please pass along these life-saving messages to a friend or family member. Together we can end breast cancer forever. Thank you for participating. If you are interested in learning more about Komen Central Virginia, please access their website at www.komencentralva.org or call 804-320-1772.

Sample Bulletin Announcement

Join us for Worship in Pink, *Month/Date/Time*

"Join your fellow church/synagogue/mosque members in celebrating Worship in Pink on **Day/Month/Date**, to raise awareness about breast cancer. Participants will receive an education packet which discusses risk factors and the critical role of early detection in saving lives, as well as resources for free and reduced cost screening locations. We ask that you wear something pink or **(INSERT OTHER PROGRAM IDEA HERE)** to show your support. Join us as we honor survivors for their courage and pray for those who have lost their lives to breast cancer. Share with your friends, family members and neighbors the life-saving message of early detection!"

Breast Cancer Facts

- ✚ Except for skin cancers, breast cancer is the most common cancer among women in the U.S., accounting for 29 percent of newly diagnosed cancers in the U.S.^{1, p.4}
- ✚ The most common risk factors for getting breast cancer are being female and growing older.
- ✚ One woman is diagnosed with breast cancer every two minutes, and one woman will die of breast cancer every 13 minutes in the U.S.^{1, p.4}
- ✚ Each year, more than 200,000 cases of breast cancer are diagnosed in women and more than 2,000 cases are diagnosed in men in the U.S.^{2 p.9}
- ✚ More than 40,000 women and more than 400 men will die from breast cancer each year in the U.S.^{2, p.9}
- ✚ About five to ten percent of breast cancers in women and five to 20 percent of all male breast cancers in the U.S. are due to inherited genetic mutations.^{1, p.11} Most women who are diagnosed with breast cancer in the U.S. have no family history of the disease.
- ✚ In 1980, the five-year relative survival rate for U.S. women diagnosed with early stage breast cancer (cancer confined to the breast) was about 74 percent.³ Today, that number is 99 percent.^{1, p.9}
- ✚ As of January 1, 2014, there were more than 3.1 million breast cancer survivors in the U.S.^{1, p.4}

(For more breast cancer facts and figures, visit www.komen.org.)

Breast Cancer Facts in Virginia

- ✚ More than 6,000 women will develop breast cancer²
- ✚ Over 1,000 women will die of breast cancer²
- ✚ There are about 95,000 breast cancer survivors living in Virginia³

Sources

- ¹ [Breast Cancer Facts and Figures 2015-2016 ACS](#)
- ² [Cancer Facts and Figures 2015, ACS](#)
- ³ [SEER Cancer Statistics Review 1975-2012](#)

Komen Principles for Breast Self-Awareness

1. Know your risk
 - Talk to your family to learn about your family health history
 - Talk to your doctor about your personal risk of breast cancer
2. Get screened
 - Ask your doctor which screening tests are right for you if you are at a higher risk
 - Have a mammogram every year starting at age 40 if you are at average risk
 - Have a clinical breast exam at least every 3 years starting at 20, and every year starting at 40
3. Know what is normal for you
 - See your health care provider right away if you notice any of these breast changes:
 - Lump, hard knot or thickening inside the breast or underarm area
 - Swelling, warmth, redness or darkening of the breast
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts of the breast
 - Nipple discharge that starts suddenly
 - New pain in one spot that doesn't go away
4. Make healthy lifestyle choices
 - Maintain a healthy weight
 - Add exercise into your routine
 - Limit alcohol intake
 - Limit postmenopausal hormone use
 - Breastfeed if you can

Early detection may save lives!

The five-year relative survival rate for all women with breast cancer found at a local stage (cancer that has not spread) in the U.S. is **99 percent**.

For more information about Worship in Pink, please contact:

The Central Virginia Affiliate of Susan G. Komen
1433 Johnston Willis Drive
Richmond, VA 23235
Phone: 804-320-1772
Fax: 804-320-1774
Web site: www.komencentralva.org
Email: info@komencentralva.org

To register for Worship in Pink, please visit <http://www.komencentralva.org/get-involved/worship-in-pink/> or print and complete the following Registration Form and fax it to 804-320-1774.

For more information about breast health or breast cancer, please visit:
www.komen.org

To download and print free breast cancer materials, visit the Educational Materials section of www.ShopKomen.com.





Worship in Pink

Registration Form

Thank you for registering for Worship in Pink! Please complete the registration form in its entirety and fax it to 804-320-1774 or mail it to: Susan G. Komen Central Virginia, 1433 Johnston Willis Drive, Richmond, VA 23235. For questions, please contact Pem Hall at pbhall@komentcentralva.org or 804-320-1772.

You may also register online at <http://www.komentcentralva.org/get-involved/worship-in-pink/>.

Name of Religious Organization _____

Address of Organization

Street Address _____

Address Line 2 _____

City _____

Postal / Zip Code _____

County _____

Telephone _____

Web Site _____

WIP Weekend Coordinator Name _____

Role in Organization (if applicable) _____

Address (if different from religious organization)

Street Address _____

Address Line 2 _____

City _____

Postal / Zip Code _____

Telephone _____

Email _____

Number of Members in Organization _____

Total Number of Packets Requested (maximum of 250) _____

Request Packets by Ethnicity and Age:

	Number packets for women ages 20-34	Number of packets for women ages 35 and older
African-American		
Asian/Pacific Islander		
Caucasian		
Hispanic/Latina		
Other (please specify)		

Date of your Worship in Pink event _____

Please check all of the activities that you plan to include in your Worship in Pink event:

- Guest speaker (survivor or health care professional)
 - Special tribute to survivors and co-survivors
 - Special tribute to those who have lost their lives to breast cancer
 - Education table
 - Bulletin board featuring educational material and other information
 - Pink treats, i.e. pink cupcakes, punch, flowers, ribbons
 - Members will wear pink
 - On-site breast cancer screening
 - Other (please describe): _____
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Thank you! Please call our office at 804-320-1772 to make arrangements for picking up your educational materials. We look forward to hearing about your Worship in Pink event!

