

JUNE / JULY 2020

GENESIS

MAGAZINE

We talk to
quickly

Relationship
ready

UN Decade of
African

Why Do We
Struggle Win Sin

Choices
And
Decisions

Black
women
Rising Up.

Change Through
Words Of
Empowerment

STEPPING UP IN CHRIST
OUR STORIES

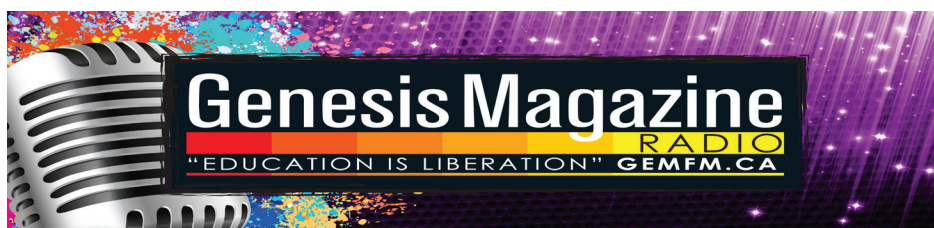
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PUBLISHER

John Calliste

SPIRITUAL ADVISORS

Pastor Celestine Johnson

EDITOR

Liz Regis

SECRETARY

Hilma Charles

ASSISANT SECRETARY

Marilyn Furlonge

ACCOUNTING / FINANCES

Natakia Calliste

MARKETING / SALES

Charl

John Calliste

GRAPHIC DESIGN & LAYOUT

John Calliste

DISTRUBTION

Naton Ulrie

COLOUMNIST

Pastor Owen

John Calliste

Liz Regis

Ken McBain

Alicia Vicky Moochun Seedial

Dr. Usha Parthasarathi

Pastor Daphnie

Ettie Ratherfor

Vernal Banton

Akeila Jack



Editorial

Words from the Editor;

Being the Editor in Chief of Gem FM Magazine is a tall order to fill, but it's also a beautiful shoe to fit. My affiliation with Gem FM Organization is something I take great pride in. I am excited to use my expertise to help create a brand that is designed with the purpose of educating, inspiring and motivating others. It is truly a distinguished honor. This is an opportunity to grow as a Writer and Ed-

itor, while simultaneously helping to develop and expand the dream, vision and mission that John and the late Lydia Calliste gave birth to more than twelve years ago.

In my role as Editor of Genesis Magazine as well as Host of the Milestone program on Gem FM Radio, I have been encouraged by the growth that Gem FM Organization has experienced over the recent years and I applaud everyone on the team for their collaborative efforts in this great endeavor. John Calliste with the help of his dedicated team at Gem FM was able to rekindle his passion and have done a remarkable job using his leadership skills, perseverance and amazing work ethic to keep this dream alive.

Gem FM Magazine has risen from tragedy to triumph, and I would like to publicly commend President and CEO of Genesis Magazine and Gem FM Radio for his courage. In the wake of the tragedy with the loss of co-visionary Lydia Calliste in 2007, the magazine was temporarily placed on hold, but the dream did not die. It was sustained, by Mr. John Calliste, himself.

As Editor, I must say that at Gem FM, we pride ourselves on delivering excellent service to our community, irrespective of the competition or the rigid atmosphere in the publishing, and broadcasting industry. We continue to focus on using this platform to help our readers, listeners and viewers of our Magazine, and Radio programs to create an impact with our influence through Educational, Spiritual, and Motivational pro-

gramming.

As Editor of Genesis Magazine, along with the rest of the team, and all affiliates of Gem FM Organization it is our determination to reach the highest pinnacle of success through worldwide broadcasting, online subscription and Paper magazine distribution.

Our aim is that Gem FM organization is to become an establishment that will be a pillar in the community as we endeavor to provide excellence in Broadcasting, produce excellence in publishing and offer the very best in Advertising.

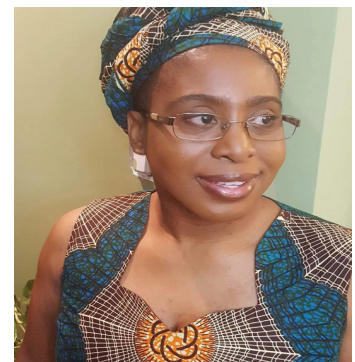
We would like to acknowledge with gratitude, all our Local sponsors, Business Partners, Local and International listeners on Tune in Radio, Facebook viewers, and all our supporters whose dedication has contributed to the success of Genesis Magazine and the Organization at large.

Keeping the Genesis Magazine and Gem FM Radio dream alive took extraordinary courage, resilience and focus. The journey has been a bitter, sweet story of trial and triumph.

I am proud to be part of the next chapter of this success story.

Liz Margaret Regis

Editor in Chief





CHANGE THROUGH WORDS OF EMPOWERMENT.

KJV Psalm 107:1 O give thanks unto the LORD,
for he is good: for his mercy endureth for ever.

THIS DAY I PONDER AND
WITH GRATITUDE I RENDER
DUE THANKS TO OUR LORD

It is truly a privilege to be graced with the opportunity to be renewed in the spirit of my mind, so that I am able to correctly align myself with my Master Jesus Christ. I am most certainly positioned to bestow utter gratitude to God Almighty as I utilize the gifted time that has been granted by Him to ponder on various thoughts today. By way of dedicated practice, I find great importance in exercising consistent self examination. Had it not been for the priceless mercy because of the divine goodness of our Heavenly Father which endureth forever, I would not be fortunate to clearly identify the great capacity that is before me during this life journey. I humbly share these pondered points with the absolute intent to provoke awareness through acknowledgement within day to day survival, so that thanksgiving can flow freely to our extraordinary Lord God Almighty who is most deserving. Any day above ground ought to be regarded as a tremendously blessed day because it truly a platform that has been graciously granted to us as creation for opportunities to apply to change. Life is ever so richly accounted for

in our sovereign Most High God. Our Almighty Creator had already gone ahead of us all and made way through divine provision for the very best plan as an outcome, but are we as a creation able to grip this reality? We are existing in a world overflowing with greater good and vile evil. Someday this must all come to an end according to the caliber of unveiled living truth found in the Holy Bible. Nothing can exist in secret for God Almighty is aware of all and more than able to cater to every portion. What is this expectancy of life that we chase after? If it is peace, why are there so many wars? If it is equality, why is there such exaltations and comparisons among creation as though we are so separated from one another? If it is love, why is there so much separation and hate? If it is greater, why are there so many mistakes or bad decisions in between? If it is riches, why is it that contentment is consistently absent and it never feels like enough for many? If it is fulfilment, why does it feel like something is always missing? If it is a desire to be filled up, why do we seem to always have a sense of emptiness? If it is comfort, why can't we ever truly hold on to God who is our source or those joined to us who provide it? If it is passion, why does the drive seem to change? If it is beauty, why don't we easily arrive at a state of true acceptance because we are the express image of Yahweh God? If it is the perfect job, why do we lack feeling established the way we thought to be? If it is relaxation, why don't we ever seem to have the necessary time available and if it presents itself, it never remains long enough to satisfy? If it is treasures, why do we remain committed to searching such a time frame with

nothing fulfilled? If it is goodness, why is there never an equal exchange? If it is more time, what are we all doing with right now? If it is more, why are we never securely content? If it is purpose, what are we doing with our embedded gifts now? If it is living our dreams, are they realistically aligned to the pre-ordained capacities of our Lord God Almighty in order to be fulfilled? If it is general searching, are we willing to be transformed to walk in and live out the truths of who we were birthed to be and do what we were ordained to do in our purposes? There is a live chase to seek out - to battle - to win - to protect - to endure - to hustle - to prosper - to

excel - to satisfy - to justify - to do - to be - to accomplish - to accept - to dismiss - to embrace - to reject - to submit - to survive - to engage - to change - to grow - to own - be humble - to be proud - to be bold and so much more that seems all too much to keep up with. As I ponder, I can just envision our all powerful Heavenly Father of utter Holiness overflowing with His boundless love - grace - mercy - honor - truth - patience - forgiveness - understanding - goodness - kindness - care - compassion - strength - gifts - blessings - enrichment and true nature of perfection remaining fully equipped with more than we could ever imagine, simply waiting for us all to just let Him be Lord of our lives because we are His and it is guaranteed to all work out. Thanks be to God that He is in utter control of every portion and we are securely kept in the palm of His hands. There is no greater place to be. Amen.

By: Humble Servant of Jesus Christ

Alicia Vicky Mochun Seedial



Words from the publisher
Mr. John S. Calliste

Most people are suffering from possibility blindness. The fact of the matter is we all have the same amount of hours in a day, **24 TO BE EXACT** but some sit back lacadazically and watch opportunities pass by, living effortlessly and in complacency. They take no innitiative in exploit-

ing any opportunity for change, betterment or improvement but jealously complain about those of us who zealously take it and make the most out of it.

Indeed have 24 HOURS a day, but many will never consider doing anything new, or different that can help change the landscape of their future. Most people will rather go to a job that make them sick everyday but they will not take the opportunity that are either presented to them, or are at their disposal, even though their purpose is tugging at their soul they prefer to settle for security rather than keeping an open mind for opportunities. Settling for a life of dependency instead of independence and self sufficiency. Hopelessly, they march on to an early grave. They make themselves very comfortable living in mediocrity. You and I must be willing to do the thing today others won't do , to have the things tomorrow that others

won't have. I am stressing this because motivating others to live a life by divine design and accomplishing what God has purposed is a concept I am very passionate about.

The fact that we can say we all have 24 HOURS a day, is proof that life is a level playing field. The truth is, some of us come out to play, and others come out to spectate. We have to get in the game of life! **Be in it to win it!** but very few of us will make good decisions regarding the use of our time. Many will settle for the known hell than the unknown heavens. My hope is that, by reading this magazine, someone will transform their mentality by the renewing of their mind. As a result, they will be able to transform the lives of their family and leave a legacy and an inheritance for their children, and their children's children. Keep dreaming! keep building! See you at the top!

Dear Failure,

What if I told you the sacrifices I make to compete are victory in itself? What if I did not measure my success by wins and losses, but by my will, my triumph over slumber, my focus to prepare and my courage to contend? What if I told you I win every morning my eyes open? Failure, you will not triumph over me because...

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I'M POSSIBLE



CHANGE THROUGH WORDS OF EMPOWERMENT

KJV Psalm 107:1 O give thanks unto the LORD, for he is good: for his mercy endureth for ever.

THIS DAY I PONDER AND WITH GRATITUDE I RENDER DUE THANKS TO OUR LORD

It is truly quite a privilege to be graced with the opportunity to be renewed in the spirit of my mind, so that I am able to correctly align with my Master Jesus Christ. I am humbled to bestow utter gratitude to God Almighty as I utilize the time he has granted unto me to ponder on various thoughts today. I believe its very important to practice consistent self examination. Had it not been for the priceless mercy and the divine goodness of our Heavenly Father which endureth forever, I would not be fortunate to clearly identify the great capacity that is before me during this life journey. My intent in sharing these points, is to provoke awareness through acknowledgement of God's omnipresence within our day to day survival, so that thanksgiving can flow freely to our extraordinary Lord God Almighty who is most deserving. Any day above ground ought to be regarded as a tremendously blessed day because it's truly a platform that has been graciously granted to us as creation for opportunities to

apply to change. Life is ever so richly accounted for in our sovereign Most High God. Our Almighty Creator had already gone ahead of us and made a way through divine provision with the very best outcome in mind, but are we as a creation able to grip this reality? We are existing in a world overflowing with greater good and vile evil. Someday this must all come to an end according to the unveiled truth found in the Holy Bible. Nothing can exist in secret for God Almighty is aware of all and more than able to cater to every portion. What is this expectancy of life that we chase after? If it is peace, why are there so many wars? If it is equality, why is there such exaltations and comparisons among creation as though we are each superior to the other? If it is love, why is there so much separation and hate? If it is greatness, why are there so many mistakes or bad decisions in between? If it is riches, why does contentment seem like a myth and so many are so dissatisfied? If it is fulfilment, why does it feel like something is always missing? If it is a desire to be filled up, why do we seem to always have a sense of emptiness? If it is comfort, why can't we never truly hold on to God who is our source or those around us who provide it? If it is passion, why does the drive seem to change? If it is beauty, why are we reluctant to acknowledge and accept that we are the expressed image of Yahweh God? If it is the perfect job, why are we not established the way we thought to be? If it is relaxation, why are we so restless, and always searching for the luxury of more time? If it is treasures, why do we remain committed to searching with little or no fulfilment? If it is goodness, why is

there never an equal exchange? If it is more time, what are we not making use of 'right now'? If it is purpose, what are we doing with our embedded gifts now? If it is living our dreams, are they realistically aligned to the pre-ordained design of our Lord God Almighty in order to be fulfilled? If it is accomplishment, are we willing to allow our minds to be transformed to manifest the truths of who we were birthed to be and do what we were ordained to do in our purposes? There is a live chase to seek out - to battle - to win - to protect - to endure - to hustle - to prosper - to excel - to satisfy - to justify - to do - to be - to accomplish - to accept - to dismiss - to embrace - to reject - to submit - to survive - to engage - to change - to grow - to own - to be humble - to be proud - to be bold, to beget and to

behold As I ponder, I can just envision our holy and all powerful Heavenly Father overflowing with boundless love - grace - mercy - honor - truth - patience - forgiveness - understanding - goodness - kindness - care - compassion - strength - gifts - blessings - enrichment and true perfection fully equipped with more than we could ever imagine, simply waiting for us to just let Him be Lord of our lives because we are His and as it is said in his word; "All things work together for good to them that love the Lord and are have been called according to his divine purpose." Thanks be to God that He is in utter control of every portion and we are securely kept in the palm of His hands. There is no greater place to be. Amen.

*By: Humble Servant of Jesus Christ
Alicia Vicky Mochun Seedial*



See Me, See Me,

See me, the real me
 see me like you see everyone else.
 see me for the intelligent human being that
 I am and not the label that society has placed
 upon me.
 see me and accept me for who I am.

I am a special child, just like you, you and
 you,
 but why do you treat me like I don't belong?
 I see you and accepts you with open arms.
 I hear what you say
 I read what you don't say,
 and it breaks my heart to pieces.

I may be loud and seem unfocused but
 my capacity to observe is well intact.
 you smile at me but it doesn't reach your
 eyes,
 your insincerity shines brighter than what
 you try to portray.
 you ask me a question but doesn't wait for
 my response,
 it's crushing to know that my opinion is not
 valued.

I want my independence,
 the option to choose
 Inclusivity is including me equally and fairly
 but
 all I've seen is your distorted version of
 sticking
 me at a table yet not being engaged.
 I want to build connections
 I want the same things you want
 I'm screaming as loud as I can SEE ME, SEE
 ME,
 but sadly no one is listening
 your perception of me is demoralizing.

Remove the cloud of ignorance that invades
 your ability
 to see clearly and see me, see me,
 See me, the real me.

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 WHAT YOU SEEK
 UNTIL YOU
 SEE WHAT
 YOU'VE SAID**



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 Oil and perfume rejoice the heart. Proverbs 27:9



Why Do We Struggle With Sin?

Grace, Grace, God's Grace. Grace that will pardon and cleanse within. Grace, Grace, God's Grace, Grace that is greater than all our sins! Oh, the love of Jesus who laid down His life for us!

The Grace of God is enough for all our needs! Because of God's love for us, He provided His grace as a gift that we can only receive once we accept it in faith. So, it is only through faith that we are saved because of God's grace which is His gift to all who will accept. You see, we were prisoners to the sin that had us bound; but now we have been delivered as we have been saved by Grace through faith; not of ourselves; but by the gift of God.

If we have been justified by grace through faith and declared righteous; not because we deserve it; but because God loved us so much that He sent His Son, Jesus Christ to die for our sins. He considered us worthy of this trade. Our sin being poured into Him at crucifixion and His Righteousness being poured into us at conversion. Our sin was traded for His Righteousness. There is therefore now no condemnation to those who are in Christ Jesus, who do not walk anymore according to the flesh; but according to the Spirit.

When we read the Bible about Christ healing the sick, He healed them once and for all; not a partial healing, they were totally healed of their sickness. When Christ paid the price for our sins, He paid it once and for all; not for us to go back and sin. If you notice, He even told some, 'Go and sin no more.' This showed that He not only healed their sicknesses; but also healed them of the barriers that hindered their belief.

Because of this, it shows that we needed grace when we were living in sin. Now that we are no longer in bondage to sin

and have been delivered or set free, we are to live as Christ lived, in His Righteousness through His Holy Spirit. Shall we continue in sin that Grace may abound? Certainly not.

For if after they have escaped the pollutions of the world through the knowledge of the Lord and Saviour Jesus Christ, they are again entangled therein, and overcome, the latter end is worse with them than the beginning. (2 Peter 2: 20).

After we come to believe in Christ and that He died for our sins, we then confess our sins and ask Him to come into our lives. Grace has then taken its course for He has forgiven us, and we must now walk by faith that all our sins have been forgiven.

When John said in 1 John 1:8, 'if we say that we have no sin, we deceive ourselves, and the truth is not in us' he was saying here that when we were in bondage to sin, we could not say that we had no sin for we had not yet realised that we were sinners. After being convicted of our sins, we acknowledge that we are sinners and Christ died for our sins and we confess and ask forgiveness. We hear Christ's voice saying, 'Go and sin no more!' Now, how shall we who died to sin live any longer in it?

Now in 1 John 3:9, John says here that 'those who have been born of God do not sin, because God's seed abides in them and they should no longer sin because they are now born of God.' This is a spiritual rebirth and we are now walking in the Spirit and have set our hearts and minds on Christ.

Now that we know that our mind must be in Christ and that we should not sin anymore; we now must put on the character of Christ which is love. And having put on this new character, we will be considerate of one another; there will be no place for pride or a know-it-all attitude. Love is to guide all we do. Knowing this, that we are the temple of God and the Spirit of God dwells in us.

God demonstrated His own love toward us, in that while we were still sinners, Christ died for us. Therefore, we should put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another and forgiving one another. If anyone has a complaint against another; even as Christ forgave you, so you also must do and above all this, put on love which is the bond of perfection.

You see, love conquers all; even the hate you may feel inside when someone hurts you or hurts someone close to you. If you

fight hate with love, then the other person with the hate, will realise that he or she is only fighting him/herself.

At the end of it all, we will have a close relationship with God and be obedient to Him so that our lives will reflect Him (Christ). With this new life, we will walk worthy for we believe that Christ has already paid the price for our sins once and for all.

Therefore; do not let sin reign in your mortal body, that you should obey it in its lusts. Do not present your members as instruments of unrighteousness to sin; but present yourselves to God as being alive from the dead and your members as instruments of Righteousness to God. Sin shall not have dominion over you for you are not under the law; but under Grace. (Rom 6: 12 – 14)

We thank God for Mercy, for when we falter, He will forgive us when we are truly and sincerely repentant for any mistakes we make.

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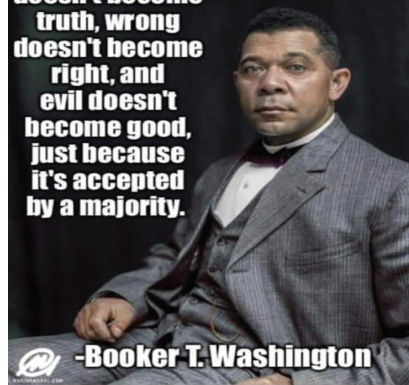


HOME IS WHERE
YOUR HEART
SHOULD BE
AND I CAN HELP
YOU COME
HOME.



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**A lie
doesn't become
truth, wrong
doesn't become
right, and
evil doesn't
become good,
just because
it's accepted
by a majority.**





Genesis: It is said to be the beginning the first book of the Bible. For me, there is much more meaning; it's my first child, the start of a new life with my family. A whole new direction and a medium to share with the world what life have taught me. I am building something, a legacy that my daughter can look back on and say this is what my father has done for me. And one day, I too can be proud of what I have done for my family. It's my chance to get out of the rut.

So many people keep on trading; 'time for money', trying to make a living and not having enough time to create a lifestyle. I learned a long time ago; it isn't what you do from nine to five that counts, rather it's what you do from five to nine that makes all the difference in the outcome you want in the future for yourself and your family.

Now is not the time for me to take the tranquilizing drug of procrastination or to engage in the luxury of complacency.

In this ever-changing world, one can no longer rely on a job for security. If you look around, workers everywhere are being laid off. Students are completing their

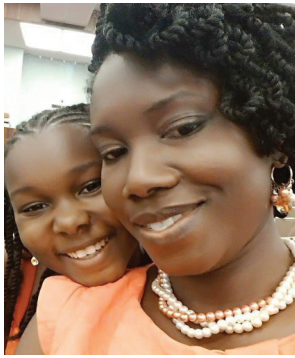
diplomas and degrees, and can't find gainful employment in their field of study. It is disappointing, having invested so much money, and years of study. Instead, they work in jobs that they are often overqualified to do. I certainly would not like my daughter to find herself in such a predicament, hence the reason for 'Genesis.'

It is in my power to prepare for the future of my children before it gets here. I believe Genesis was born on purpose for a purpose. We were not created by accident! We were all predestined being; God said in his word; 'let us make man in our image and likeness. We are a chosen generation, a royal priesthood, and I hold true as evidence that all men are created equal. It certainly doesn't matter who you are.

The man is man's greatest enemy. Slow poisoned by their belief and negative thinking. 'It is said that most people die in their twenties but are buried at sixty-five. I have seen so many people for one reason, or another failed to prepare for their future and are working at the Mac Donald's, Walmart, and places they would rather not be at the age of sixty-five but can't afford to do otherwise, because of failure to plan and provide for their future. They had the same opportunity as everyone else, but they allowed circumstances to dictate the condition of their past, present and ultimately their future. They failed to create their 'Genesis,' and lost their shot at a new beginning.

Many of these people at one time or another, had great dreams and aspirations; they have been for greatness, but somehow reality showed up and disconnected them from purpose. Famous Author and Motivational speaker "Les Brown" has said, 'the

wealthiest places in the world isn't the minefield, the Gold mine in Africa. It is in the cemetery. For there you will find songs that have not sung, inventions that had never being created, books that were never written'. My question to you my readers is; what dreams do you have locked up inside you that you need to set free? Imagine as he also said lying on your death bed, and the ghost of your dreams came to you and said we came with you, only you had the power to give us life, now we have to die with you. People, you are created on purpose for a purpose, live your dreams! Too often we allow people's perception of us to become our reality, no but you have the right to decide what is best for you. God has given us all free will. There are good choices and bad choices, you have to decide, because the choices you make will determine what kind of lifestyle you will have. Where you are today is the sum of the choices you have made in the past up until this moment. You can either look back with regret or look forward with optimism and purpose. And the next option is you can create your own Genesis! The word of God said; 'people without a vision will perish, and a man without a dream is dead.' A good father giveth good gifts to his son, and this is why I am doing this magazine, It is my legacy, my daughter's inheritance. It is what I have envisioned for years. My wife left Grenada with a burning desire to be in a magazine and believed that one day her dream of being in a magazine would become a reality. Only, she did not know it would not just be a magazine; it would be her very own! 'GENESIS.'



SPIRIT OF THE WORLD

It is important to remind ourselves of the primary purpose for which we were created - it is to worship the only true and living God -

Jehovah. (Exodus 3:15) For those of us who have acknowledged our purpose to that extent and our spiritual needs, as dedicated Christians we often assess ourselves in terms of the characteristics that we display. We ensure that we are not living and practicing the works of the flesh as outlined by the Apostle Paul, "The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like." All these characteristics are classified as the "spirit of the world". (Galatians 5:19-21 NIV) Rather, as we seek God's friendship and protection, we diligently: learn his will, apply it in our lives by subjecting ourselves to God, resist the devil so that he will flee from us (James 4:7) and put on the whole armor of God whilst keeping it in good condition. (Eph 6:10-18) As I looked inwardly recently, I asked myself the question - "What is my standing with God?". (Ask yourself too.) You may wonder why this question is a matter of serious concern for all individuals who love God and have dedicated their lives to him. It is significant as any manifestation of characteristics of the 'spirit of the world' is indicative of us abandoning

true worship. The 'spirit of the world' can be defined as the impelling force that influence the global human society, causing all people, especially those who seek to serve God, to come under great pressure, to be a part of the world and to abandon the purpose for which they were created.

Over the course of the past year, I came under some fiery darts of the enemy. I'm certain that most of you have had similar fiery experiences too. Undoubtedly, I have proven that it is when under attack that, we sometimes become tainted by the 'spirit of the world'.

I must admit that whilst putting up on of the hardest fights against any manifestation of the characteristics of the 'spirit of the world' being made in my life, I did fall short. For a few months well 'fits of rage' took root in my thoughts and consequently were manifested in my actions likewise. The bible clearly speaks about being angry but not sinning. However, I found myself giving vent to my emotions in abusive speech.

Certainly, I was quite spiritually aware of my condition. In an effort to not deliberately ignore the counsel of God's word, with consistent prayer and supplication to God for the help of his Holy Spirit. I was finally able to get to the root of the matter by cultivating an attitude that reflects God's spirit. As a dedicated Christian, if you are aware of the characteristics of the 'spirit of the world' being made manifest in your lives, it simply means that it is time to analyze yourself. As I analyzed myself, I recalled that the bible writer James urged fellow believers to, "not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man, who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like". (James 1:22-24 NIV) I began to compare myself with what the bible says I should be - it became my mirror. What would the purpose be of me looking into a mirror and doing nothing to correct the defects I saw? Do you ever

leave the house to enter the public domain without peering into the mirror? Similarly, as Christians we need the inspired word of God to show us where we need to make adjustments in our daily lives. In analyzing yourself, weakness may be revealed. The objective is to identify where improvements can be made. Feelings of worthlessness and being downhearted is only of the enemy and if entertained can prove to be disastrous. Be encouraged as Psalms 34:18 says that God is close to the brokenhearted and saves those who are crushed in spirit. Although no imperfect human can perfectly imitate Jesus, striving to follow his steps closely will help us all to win the battle against the 'spirit of the world'. This awareness of the characteristic of the 'spirit of the world' in my life only made me humbly resolve to do better with God's help by the Holy Spirit. Today, upon reflecting on the question, 'what is my standing with God' I know that it is an approved one. How about you my Christian friend? It is most wonderful to enjoy an approved standing with God. Your standing with the creator is not difficult to decipher. Just look into the mirror of God's word. Showing great concern for our standing with God is imperative. If you're not yet a Christian: taking in knowledge of God, repenting, and finally being baptized are the first three steps to take in an effort to overcome the spirit of the world. To delay taking action to improve your standing with him can lead to death now and eternally. I encouraged you to act now to ensure that your way of dress, lyrics of the music that you listen to, the dancing you do, the television shows that you watch, your conversations, the jokes that you tell and the people who you associate with, are not causing you to be tainted by the 'spirit of the world'. Remember that it is better to be in good standing and have God's approval rather than man. For those of us who truly love God and want to give him exclusive devotion, we must be alert to the 'spirit of the world' every day that we live.

MOTIVATION, MANIPULATION AND PLEASING THE CROWD

By Owen Lloyd McPherson



Ask yourself why you do the things you do. Are all your actions rooted in a genuine desire or are you sometimes driven to action by the need to be liked, rewarded or acknowledged? The science of sociology teaches that we tend to repeat most the behaviours that are reinforced. So then, receiving a response can often become the catalyst or motivating force behind what we do. This is significant because of the value we place on free will in our society and the fact that it can be so easily shattered through what amounts to subtle manipulation, intentional or passive. The victim of such manipulation is eventually reduced to a puppet on a string going through life controlled by external influences. While watching Will Smith's character, Dr. Robert Neville, drive a fancy car on the deserted streets of Manhattan in the movie "I Legend," my son remarked that there was no reason to drive a nice car in that setting because there was no one around to see and to compliment. I quickly re-

sponded to counter this notion of my young son that had personally taken me decades to overcome in my own life. I told him that the motives for what we do have to be deeper than impressing others and that by impressing God and ourselves, others will inevitably be impressed and still some others will not. Being motivated by the applause and accolades of others causes us to gradually lose ourselves into a deepening pit that ends where we no longer recognize who we are nor our personal preferences. I have witnessed this phenomena in older individuals whose overall personal presentation is uncertain and indecisive in the absence of outside opinion and I have often wondered how much of a role being a "people pleaser" has played in the development of their persona. On the other hand, I see people who are courageous and confident, almost to a fault, and suspect that, for many, it is rooted in a balance of personal responsibility with the regard for the opinions of others in its proper place. Please don't misunderstand my argument because I am not trying to berate the acceptable gravitation toward positive reinforcements, encouragement and the favouring of circles in which we are celebrated rather than tolerated. I am, however, offering a firm "wake-up" nudge for all of us to recognize the difference between healthy affirmation and being controlled by the whims and notions of others. Whether it is the girl who gives in to peer pressure to wear a certain

style, the "artist" who sings his songs in hungry anticipation of the crowd's applause, the man who is promiscuous because, though he feels powerless in other areas of life, he gains his greatest gratification and sense of worth from the reaction of his partners to his sexual prowess, or some other version of subtle external control, none of us are completely beyond the possibility of this form of manipulation. So now ask yourself if you would still do the things you do if there was no one around to witness. This question becomes our litmus test to know if our motives are pure. It is important, then, to take great care that the things we do and say impress the audience that matters most, the audience of one, our Creator. Thereby placing every other influence in its appropriate place. After all, we will all eventually realize that the things impress the crowd today become passed to them tomorrow.

WHAT IS - AUTISM

If you ask a parent of a toddler to describe their life in a single word, you would be as likely to hear words such as, anxiety, wonderful, lovely, exciting and hard work. Often, parents are known to scrutinize their child's milestones and worry if they lag behind their peers or even when they are doing better than their peers!!

Well, one common disorder that most parents fear is autism particularly when their toddlers language skills might be a little slow to develop. Below, I have tried to answer some frequently asked questions about autism and have also included some website for end for further information.

WHAT IS AUTISM?

This is a neurological development disorder that is due to abnormalities in the way the brain develops and works. Autism shows itself in the first three years of life and the classic form of autism involves a triad of impairments - in social interaction, in communication and the sea of language and in limited imagination as reflected in restricted, repetitive and stereotyped patterns of behaviour and activities.

WHAT ARE THE SIGNS OF AUTISM?

Children with autism have difficulties in three main areas:

- . Socializing
- . Communication
- . Behaviour

Sometimes these problems are noticed soon after birth, but more often they become apparent after a year or two of apparently normal development.

Socializing Difficulties

These depends upon the child's age, developmental level and how severely they are affected. Children with autism tend to ignore other people or appear insensitive to others needs, thoughts or feelings. They do not make the usual eye contact or use facial expression in social

situations. They are less likely to use gestures such as pointing to communicate.

They tend to find it difficult to cooperate, share or take turns with others. They prefer to play alone, and show no interest in imaginative play. They get on best with understanding adults. Socializing with other children and forming friendships is hard for them.

Communication Difficulties

Often this is the one that first causes concern and gets alarm bells ringing. Nearly all affected children have language problems - both in understanding and in speaking. More severely affected children might never learn to speak or to communicate in other ways. If they do begin to talk, children may simply echo what they have just heard or speak in an odd way. Children with autism might not be able to interpret non-verbal communication such as social distance cues that most of us take for granted.

UNUSUAL BEHAVIOUR

Children with autism prefer familiar routine and tend to resist change, which they find difficult and unpleasant. They may also have unusual interests, such as in maps or electronic gadgets. They may be very sensitive to tastes, smells and sounds. They may also have odd body movements such as hand - flapping or finger - twiddling. Any attempt to stop these activities and interests can cause furious protest and distress. When upset, these children may have tantrums, be hyperactive or injure themselves. They may have restricted interests and seemingly odd habits. They may talk about or focus obsessively on only one thing, idea, or activity. These children may have special talents or gifts for drawing, music or calculation.

WHAT ARE THE CAUSES?

Little is known about the causes of autism. There is no known single cause of autism, but it is generally accepted that it is caused by abnormalities in brain structure or function. Brain scans show differences in the shape and structure of the brain in autistic versus non-autistic

children. Researchers are investigating a number of theories, including the link between heredity, genetics and medical problems. Parenting styles do not cause children to have autism.

WHERE CAN I GET HELP?

The first step is to find out the reason for a child's social and communication difficulties. Talk to your family physician, he will be able to advise you and to make a referral to your local child psychiatrist or developmental pediatrician. An educational psychologist, speech therapist or occupational therapist may also be needed. Making the correct diagnosis requires a detailed developmental history, medical and psychological reports, and assessment of the child's social and communication skills and intellectual abilities. A physical examination and simple blood tests can be helpful.

Resources for more information:

Websites: www.autismsocietycanada.ca
www.autism.ca

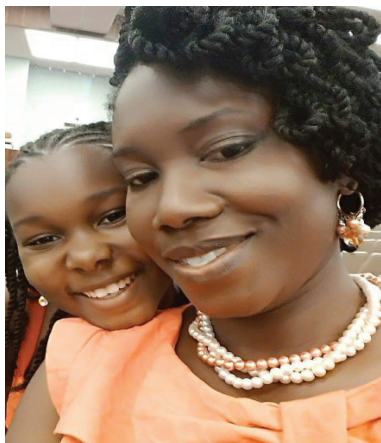
www.autismcanada.org

By Dr. Usha Parthasarathi

Psychiatric resident, currently in Residency programme in Cambridge, U.K.

Get you copy of Genesis magazine at your local churches, library, schools, grocery, convent and corner stores. local doctor's offices barber shops and hair salons in the GTA.

Choice and Decisions



By Akeila Page

As sure as the air is invisible, you will face a sea of choices and consequently must make decisions based on the supply from which to select. But, understanding the dynamics among the choices you may not be able to change, accepting those choices and being determined to make the right decision may be the key to your sanity.

From the beginning of time humanity has made decisions and more recently have had access to more choice. It's part of our progression. I faced a circumstance that was by nature one that I had no way of making it different, even if I wanted to. That was the way it existed. Nothing was about to change it. I utterly did not like it at all. I thought to myself, what choices do I have here? What decision am I going to make based on these choices? I was leaning towards choosing either option, which meant that I really did not decide. I did not accept either of my choices. It was a painful process, more agonizing than I thought was absolutely necessary, making a decision

based on the choices that I had not accepted. I abhorred my choices; I did not want to make a decision. My mind was blank. I could not think at all, much less think straight. At one point I thought that I was ready to make a decision for and at another point, against. But I quickly realized that I was not ready to embark on the boat of decision making. However, the clock continued to tick, and the decision had to be made sooner or later. I delayed but the time did not. I knew that time was not on my side. I had to push myself, (and yes, at times we have to be our own personal booster, motivation, coach, what have you) and I made a decision in spite of the blankness in my mind and aching in my spirit. I somehow knew what decision I had to come to, but it did not make enough sense and that hindered the process.

This process that I endured was just a reminder of the human element that I had to face. Maybe you have, and if you have not, as long as you breathe, you will experience this dilemma. Count on it, you will have to make some tough decisions based on the limited choices given. Ideally, when making a decision, one should be confident and comfortable about the choice to be made. But realistically, there are times when you will feel less than confident, hardly at ease and the right course might not be readily evident. It is not always an easy process, at times more arduous as we would like it to be, however necessary. The important thing to note is that, you and only you must make your own choices. Don't al-

low someone else to assume that responsibility. It's ok however to get many different views as advice can prove to be enlightening. Ultimately, you, not someone else will have to live with the final decision you made and can't undo. If necessary, when in such a situation, use a system of pros and cons to make a final decision. Relax your mind, meditate or pray. Taking matters into your own hands without asking our heavenly Father for wisdom can result in costly mistakes. If the decision has to be made, you don't have a choice. But we would be wise to ask for God's help.

**"YOU'LL END UP REALLY
DISAPPOINTED IF YOU
THINK PEOPLE WILL DO FOR
YOU AS YOU DO FOR THEM.
NOT EVERYONE HAS THE
SAME HEART AS YOU."**



WHAT'S COOKING

JERK CHICKEN

5lb Chicken legs back attached
1 bottle walkerwood Jerk seasoning (mild)
1 cooking onion - sliced
1 dash of grated nutmeg
1 tsp. crushed garlic

Marinate chicken with
walkerwood Jerk seasoning
(2tsp.),

hold overnight in fridge
bake at 350 C or until well cooked.

SAUCE

2-3 onions sliced diagonal
6 tomatoes sliced diagonal
3 tbsps. ketchup
3/4 cup water
Drippings from roast pork

1-2 tbsps Butter.

Saute onions in butter for

2 minutes in a saucepan.

Add tomatoes and drippings,
cover and simmer for about 5
minutes, on low heat.

Stir sauce occasionally to prevent
sticking.

Adjust sauce flavour by adding 1
tbsp of walkerwood Jerk seasoning or tomato ketchup (optional)
according to your likeness.

Add salt to your taste (may not be
needed).

Simmer sauce until it thickens and
tomatoes are well cooked.

Slice chicken and spoon sauce
over chicken

Serve hot over rice and red bean
pilaf.

Plans To Succeed

Success keep the right company all the time

“ I don't know what your destiny will be, but one thing I do know: the only ones who will be really successful, are those who have very passionate dreams and keeps them clearly in sight!-- Cal Smith

1. Turn your dreams into firm goals. Establish exciting goals and write them down.

2. Create a Plan.

Write down the actions you must take to reach your goal in the allocated time. “Your daily agenda must be driven by your dreams. If not, aimless tasks will keep you from your goals”.

3. Set a Deadline for your goal.

Check it often and mark your progress. “Nothing is ever done until the deadline is at hand, so set your goals close and enjoy success sooner”.

4. Avoid waisting time on other opportunities.

The internet is ripe with fantastic business opportunities. The most important secret for success on the Web is to wear blindners and ignore everything but your main program!

Stick with the one good program and grow rich. “ Make no step that doesn't move you toward to your goal. One step to the left and one to the right will take you right back to

your starting point”.

5. Maintain a good, positive attitude at all times.

You work in insolation on the internet. You must develop and review a set of motivational statments frequently. “Just remember, the attitude that you wake up with Determines the kind of day you will have”.

6. Avoid contact with negative people.

Nothing can kill your enthusiams faster than negative thoughts. Every time a negative creeps into your mind, grab a fly-swatter and squash it! “Be careful around those individuals who have bought negativity because they have the uncanny ability to sell it as well!”

7. Associate with People who share your goals and values.

Develop a close association with Positive People. If negatives begin to creep into the conversations, discontinue them. “Keep away from people who try to belittle your



ambitions. Small people always do that, But the really great make you feel that you, too, are great. ”

Who Will Be Wealthy

For 100 men or women starting their career at age 25, the following situation will exist at age 65:

53 men, 82 women will require financial assistance from family, friends and / or the government.

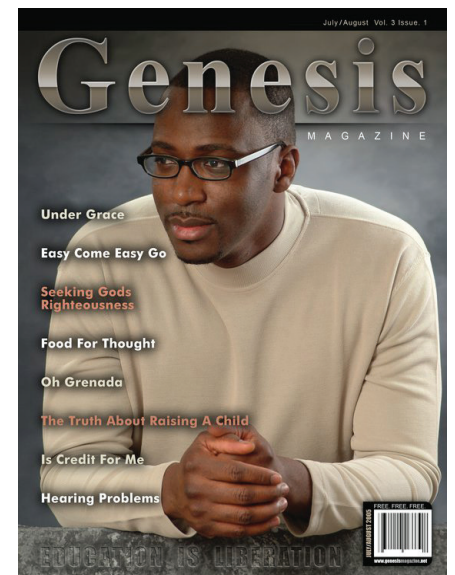
14 men, 11 women will be working whether they want to or not

8 men, 2 women will be financially secure enjoying a lifestyle close to what they were accustomed to when they worked

24 men, 4 women will be deceased

1 man, 1 woman will be wealthy

Source: Statistics Canada



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WHAT OFTEN WINS !

A JOB SEARCH OVERVIEW

BY VERNAL BANTON

Obtaining employment can be very challenging, especially if one lacks the core essentials skills. And although job search techniques are cumbersome, it does not have to be so horrifying.

When the economy drastically fluctuates, the workplace is equally affected. Some large companies still scout for potential employee candidates at various post secondary institutions to conduct interviews and actually offer jobs. When jobs are abundant, it's considered to be an employees market. Once upon a time, most entry level jobs could be easier attained with minimal schooling, and getting promoted was more based on seniority than qualifications.

Long ago, when jobs were very plentiful, having two jobs or leaving to go to the competitor was a very common practice. Some did it to generate an extra income, while others wanted it to help meet their financial obligations.

Eventually, in every cycle comes a decline, prompting a recession. For employment, purposes, education standards have advanced to requiring a high school diploma at the very least. In reality, if you have minimal education, you will be competing with colleague and university graduates. Unfortunately, completing an application is no longer enough, for the most part. The same jobs of yesterday now request a (CV) curriculum vitae or resume. When there are few jobs available but many people applying, it is called an employee market.

With so much downsizing in the workplace, job stability is rare. In fact, a great CV, plus a dynamic cover letter is the operative difference to make one stand out. Even with great qualifications and high academic achievement, none the less, there is no guarantee.

Regrettably, encompassing higher learning, a marketable resume and cover letter, extensive experience and training is the contemporary package that will enable you better career prospects. Should rejection happen for a while, do not take it personal. Most companies do tend to

have an incoming flood of resumes; the competition is very intense.

Remember, the one who gets the job is not necessarily the most qualified, as some people have personal contacts inside of a company. Ultimately, it is the one who is perseverant and has mastered the pre employment principles.

SELF - MARKETING - THE STARTING LINE

No one knows about a great product that is poorly marketed. People rarely purchase a product not packaged properly. Similarly, when seeking for work, an applicant must promote their skills effectively, plus, their presentation must be polished, groomed and professional. The first impression is a lasting one. Being at the right place at the right time and establishing some contacts will lessen the work. Explore these different options:

1. The Phone Directories have specific topics/industry headings. Compile a phone/fax/Internet/e-mail list and then make contact.
2. Social Agencies may have regular job postings and training programs funded wholly or in part by the government.
3. Walk from door to door and ask them if they are accepting resumes. Wear business attire and look very presentable.
4. Check the newspapers' classified section early mornings.
5. Community Centres and Libraries may have job boards.
6. Contact Career Agencies. They offer contract, temporary part-time/full-time hiring and permanent placement options.
7. Ask family and friends for a referral, suggestion or input.
8. Volunteering offers invaluable experience, a potential reference letter, referral, and/or may in fact land a job/career.

9. Consider self-initiated services venture. Your skills may help you get your dream job. (Use flyers and business cards).

10. Network with professionals. Make sure some of them are within your industry of choice. Get business cards made to hand out at special events. Exchange contact information.

11. The internet offers job postings, a wealth of information including many regional job banks and job search tips.

12. Depending on the career, an Agent/Talent Scout may be helpful. He/she may get paid by employers, others will charge you if you get work (or not), and some have annual fees/union dues. Research his/her success rate, qualifications, and reputation.

(Telephone etiquette is very important. Be courteous, alert, interested, keen, articulate and responsive. Please keep personal voice mail messages professional.) When searching for a job, it is important to think optimistic and be positive, even if the answer is "NO" has been said at least 30 times that day. One should never feel ashamed to let people know that they are in the market for a job. Being in between jobs is not a crime. Keep these tips in mind for the right attitude:

1. Do not qualify a company as waste of time. It is usually difficult to know which companies have current employment vacancies. Try to drop off and send out as much resumes as possible because it will increase the odds of getting called for an interview.

2. Do not be too easy to give up: take the time to make a plan. An agenda will allow the maximum usage of preparation time, energy and focus.

3. Remember to wear business attire, even when dropping off resumes. Surprising as it may seem, an interview could happen on the spot. So, remember to dress with the anticipation that there will be an interview.

A WOMAN OF VIRTUE

BY JOHN CALLISTE



Lydia Annstyl Calliste (St Clair) otherwise known as Belle, the last of six children, was born in the quiet village of St. James which overlooks the lower lands of Sea Moons and Pearls, in plain view of the sunrise every morning in the Parish of St. Andrew Grenada.

She started her education at the St. Anbder's Roman Catholic Girls School. Later, she attended the Grenville, Junior Secondary at Riverlet Lane in Grenville St. Andrew. She obtained three (3) passes in the General Certificate of Education in Accounting, Commerce and History from the university of England. In 2003, through distance learning, she recieved a Diploma in Child Psychology upon successfully completing the programme. Even at the time of her illness she was a student of the Toronto School of Business where she studied Accounting.

For as long as I can remember Belle and I have been friends. I can vividly recall the day as though it was only yesterday that I posed the question to her. "Would you be my girlfriend?" It feel like I was taking a huge risk. I recieved a wide range of responses to that question, the more popular one being, "Yeah right!"

"I'm dead serious," seemed to be the only retort that would convince her beyond a reasonable doubt. However, she would brushed me off more often than not and walk away. After my umpteenth approach, she finally admitted the truth of the matter based on the guiding principles for her life. "I am not interested in having a boyfriend, but if I do, he has to be my husband for life." These words were more than music to my ear drums, "I am it: just what the doctor ordered for you," I managed to utter with boldness and renewed confidence.

I am proud to say that I kept my promise indeed: with much ease it was on June 6th 1979 that we both agreed to start dating and the rest as said, is history. Lydia and I were married /on July 13th 1996. Belle and I was blessed with one daughter - Genesis, who is now sixteen years of age, for which we were both very thankful to God for. Belle and I had dreams

and had set some goals for ourselves. We were well on schedule to attaining them when suddenly she was diagnosed with an enemy - Cancer. That had devastated us both knowing all that we had planned to accomplish. Our marriage withstood the test of time until October 21st 2007. Finally, it became physically impossible for Belle to carry on after a long and hard fought battle with Cancer to Pneumonia as a consequence.

Belle was the definition of a truly virtuous woman. She was a great mother, wife and a friend. Someone posed the question, "If you had to do it all over again, would it be Belle?" And I emphatically answered, "of course it's going to be Belle!" One of the many things that I have admired about Belle is that she gave a lot of herself in service to others ever since I knew her.

I can recall one of my regular visits to Belle's home. It was hard not to notice the incredible organizational skills that she possessed. In addition to being the primary care-giver of four children., she had to go to the river to wash clothes (laundry), after which she cooked and to top it all off, she had to bake. I thought to myself, "What a woman!" Unfortunately, not one of those children, in spite of all that she did for them at that time, ever even bothered to visit her duuring the time of her illness. Neither was anybody to be found while we were visiting in Grenada.

This was a great pain to her especially because she had loved her brother so much, Despite my several attempts to arrange for him to see her, he opted to send his wife for which she was grateful. "It's ok for his wife to come, but I need to see my brother," she rationalized. I can remember her asking the burning question, "What did I do to my brother that he doesn't want to come and see me?" I tried my best to put things persepective, "Belle, everybody is not like you, even though they are of the same household. Just know that God loves you and he will take care of you. "Whatever his reasons were, he never came until she was dead.

King Solomon was inspired to write, Who soever findeth a wife findeth a good thing, and obtaineth favour with the Lord. (Proverbs 18:22 KJV) Indeed, I can testify to that because Belle was a good wife- reliable, respectful, kind, loving, friendly, a winner by choice. We had a very romantic and intimate relationship, an exceptionally high level of communication and above all we had love, respect and admiration for each other. We understood what it meant to work as a team to achieve whatever we wanted as a family. Everything that I have today, I truly can say that Belle and I worked as a team to achieve. We understood that there is no 'I' in team and if we had to achieve anything, we had to work together for the advancement of our family.

Now that Lydia (Belle) passed on I find myself reminiscing about our past life seeking comfort and peace of mind. For 28 years we have been in love. It was not always smooth sailing, but like good sailors we understood that in order to beat the storm functioning as one was imperative, or it would mean drowning in the sea of confusion, despair and hopelessness. We had a fire deeply rooted in our souls that only God could put out.

Belle will always be remembered as a fun loving, friendly and a kind person. She unique in her own way. Long live the spirit of Belle! Lydia Annstyl Calliste, I will always love you.



SPECIAL PHOTO STORY
CELEBRATING THE LIFE OF BELLE



ANGEL ON MY SHOULDER

There was an angel on my shoulder,
though I've never heard her sing,
I know she keeps me safe each day
and close beneath her wing.

My angel did not Play a harp or rest
in clouds all day.
She was much too busy
helping me, and keeping me, from
harm's way.

She rejoices in my life's success
and weeps when I'm in pain.
She picks me up when I have failed
and helps me try again.

Today I'll say a prayer for her,
and thank the Lord above
for lending me an angel
to help me when I needed
her most.



IF ONLY YOU COULD SEE

I know you're feeling sad today
because I had to go.

I know you have so many things
that remind you of me so.

And though you cry as you recall
the times you spent with me.

I know your pain would turn to joy
if only you could see.

I'm in heaven with Jesus now.
We laugh, we sing, we play.

He holds me gently in his arms.

I know no pain today.
And though we're apart for a little
while,

Jesus has promised me
He'll someday bring you here
where we'll live for eternity.

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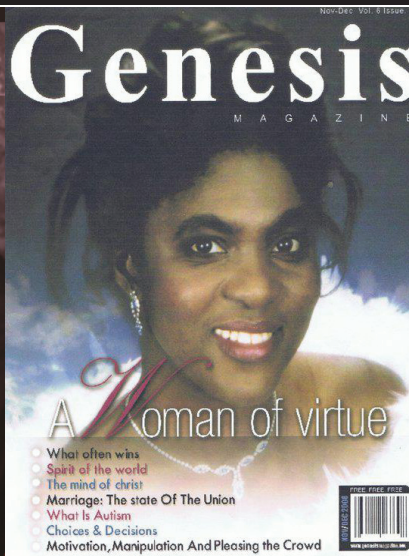
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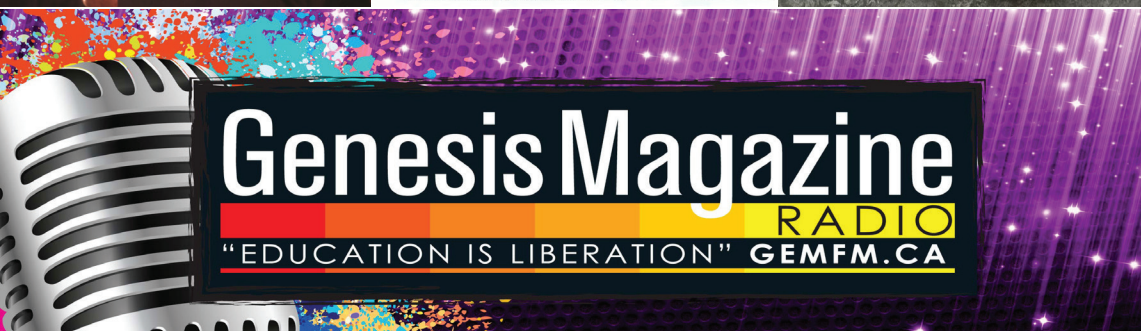


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Recommended Reading

It's that time of the year, when thoughtful leaders pause to reflect on the past 12 months and contemplate what they want to accomplish in the coming year. If "read more" is on your list of goals for 2019/20, and you're looking for materials that will challenge you, provide tools for improvement or simply make you think, the following books are worth considering. If you haven't completed your Easter shopping yet, they'd also make good gifts for fellow leaders, people

TALES FROM THE TOP: TEN CRUCIAL QUESTIONS FROM THE WORLD'S #1 EXECUTIVE COACH

By Graham Alexander (Nelson Business, 2005)

Graham Alexander has coached top executives around the world for more than two decades, and in this new book, he outlines the strategies that have helped his clients overcome the professional challenges and life issues that frequently trouble high-level leaders. Tales from the top takes readers through a series of probing questions such as, "Who are you and who do others say you are?" "What can you only do?" "What would happen if you did less?" and "Who pays your salary and why are you ignoring them?" Alexander obviously is a strong proponent of executive coaching, but his book also serves as an excellent guide for leaders who prefer to think through such issues on their own. Although most of the case studies in the book are about senior executives, leaders at any level-especially those with higher aspirations-are sure to benefit from Alexander's real-world wisdom and proven methodology

BLINK: THE POWER OF THINKING WITHOUT THINKING

By Malcolm Gladwell (Little Brown and Company, 2005)

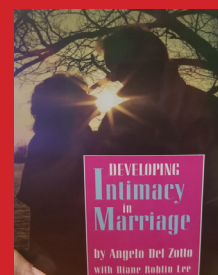
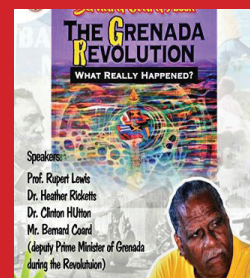
Though not a leadership book, *Blink* provides a fascinating look at an integral leadership function: decision making. Gladwell, the bestselling author of *The Tipping Point*, convincingly argues that the best decisions aren't made by people who spend the most time processing the greatest amounts of information, but, rather, by individuals who have honed the art of "thin-slicing"-making accurate snap judgment by focusing on only the few factors that truly matter. As Gladwell points out, these judgments-whether they deal with predicting the fate of a marriage after observing a couple for mere moments, detecting a fake antique at a glance or knowing when a tennis player will double fault before he or she even hits the ball-are often made on a subconscious level, which makes them hard to explain. There is a science behind this art, however, and that is what Gladwell explores in *Blink*. Using his trademark storytelling skills, he describes why thin-slicing works and what can prevent it from working. Though light on examples from the business world, *Blink* is a compelling read for leaders who'd like to sharpen their decision-making edge.

FLIPPING THE SWITCH: UNLEASH THE POWER OF PERSONAL ACCOUNTABILITY USING THE QBQ

By John G. Miller (G.P. Putman's Sons, 2006)

According to John G. Miller, everyone seems to agree on the need for personal accountability, but few people seem to know what to do about it. In *Flipping the Switch*, Miller offers a simple solution that literally

can transform the way people function at home and at work. The answer improving personal accountabilitys lie in replacing "who dunit" questions such as "why is this happening to me?" "who dropped the ball?" and "when is someone going to fix this mess?" with a question behind a question (QBQ) such as "how can I improve this situation?" or "What can I do to help?" Miller introduced this perspective-altering technique in his first book, *QBQ! The Question Behind the Question*, and, in *Flipping the Switch*, he explores how asking better questions can energize a person to learn, take ownership of challenging situations, be more creative, add values to



MONTHLY SURVIVAL NUGGETS

Never allow anyone to
choose your future.

Carefully choose the words you
may want to use in public; you may
regret it one day. Choose to be hap-
py each day.

Whatever you choose to
do in this life let it be done wisely.

Choose your friends wisely.

When the day is over where you
ended up is based on the choices
that you made at the beginning of
the day.

When it comes to spending money
you have the right to choose.

Life is like a buffet you can choose
what you want on your plate.

You can choose to be good or evil,
but either way you got to pay.

Always begin your day with the
end in mind.

The person who has no direction
is a slave of his circumstances.

The poorest person is not someone
without money, but without
purpose.

Without purpose, the only thing
you can do is grow older.

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WISDOM KEYS

**"If you don't conscious-
ly prepare yourself each
day to practice a won-
der and joy, you can get
really good at practicing
stress, pain anger and
fear.**

**Without giving your-
self a chance to reener-
gize you begin to break
down all the connective
fibers of your life.**

**There is no future in
the past.**

"WE RUN TINGS, TINGS NUH RUN WE"

cer. He tells the loan officer that he is going
to Jamaica on a vacation for two weeks and
needs to borrow \$ 5,000. The bank officer
tells him that the bank will need some form
of security for the loan, so the Jamaican man
hands over the keys to a brand new BMW
740i. "The car is parked on the street in
front of the bank," says the young man. The
Jamaican produces the title and everything
checks out. The loan officer agrees to accept
the car as collateral for the loan. The bank's
president and its officers all enjoy a good
laugh at the Jamaican for using an \$80,000
BMW as collateral against a \$ 5,000 loan.

An employee of the bank then drives the
BMW into the bank's underground garage
and parks it there. Two weeks later, the Ja-
maican man returns, repays the \$ 5,000 and
the interest, which comes to \$15.41. The
loan officer says, "Sir, we are very happy to
have had your business, and this transac-
tion has worked out very nicely, but we are
a little puzzled. "While you were away, we
checked you out and found that you are a
successful business man. What puzzles us
is why would you bother to borrow \$5,000?
The Jamaican replies, "Where else in New
York City can I park my car for two weeks
for only \$15.41 and expect it to be there
when I return?" The bank employees watch
as he pulls out the garage, windows down
and sunroof open. The music was blasting
from his car as he pulled away, "We run
tings, ting nuh run we, everything we do ,
it dun properly...."

**SPEAK
WHAT YOU SEEK
UNTIL YOU
SEE WHAT
YOU'VE SAID**



A young Jamaican man walks into a bank
in New York City and ask for the loan offi-



John Calliste

MY FATHER'S BUSINESS

When you discover your purpose in life and begin to live your life on purpose for the purpose of which you were created, there will always be people with no dream, no vision and living an unfulfilled life trying to get in your way. Never mind them just say excuse me devil! Get behind me I got somewhere to go! "I am about my father's business." I have a dream to fulfill and a mission to accomplish.

Always look out for dead people. Those walking breathing caucuses suffering from possibility blindness unable to see the future. Many folks are lost in transition, always living in the now, looking for hand out and never a hand up. Walking into an early grave with all of their gifts and talents screaming at them from within begging to be released into their true purpose.

I dare you to release the greatness within you. Wake up the giant within! Arise from your sleep and come out of the shadows so that the world can experience your greatness. Note, no man or woman were ever remembered for what they wanted to do. We will only be remembered or rewarded for what we have done. It was said that "The reward of a thing well done, is to have done it." This is your time, your opportunity, your God given right to do something to impact the world and make a difference. It's not how long you live, but how effective you live. Wake Up And Live.

NO MORE TEARS

By Michelle Small

How God stopped my tears and unleashed my Purpose and Destiny

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Mind of God

— Garden of Eden —
By Naton Ulerie



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and be *transformed*

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THE MIND OF CHRIST

We often hear the scriptures quoted: from the pulpits of many Pastors at churches globally, at Bible study and even cell group meetings and sometimes even at the market places where Christians frequently meet to

do business among other things - "But we have the mind of Christ." (1 Corinthians 2:16 King James Version), they exclaimed!



Whether it is properly represented or not, everyone who has quoted that verse meant to say, they are thinking like Jesus or sees things the way he does. Of course, almost everyone who lives and dwells on the face of the earth would like to associate themselves with someone as good and righteous like Jesus Christ. Who wouldn't? He is the Son of God and the second person of the Trinity. He heals the sick; raises the dead and feeds the multitudes. Just about everywhere he went he was doing great things. With such credentials, I certainly would like to reflect Christ in some way or another. Being a social person from different levels in society; I seldom encountered anyone who was uninterested in being a part of the company of some prominent individual in society or someone they can emulate who has created a positive impression on their mind.

The apostle Paul admonishes his followers to follow him even as he follows Christ. As I looked around North America, I observed many elite Christian leaders such as Bishop T.D. Jakes, Pastors Creflo Dollar, Benny Hinn and many other Christian leaders with great influence in society. They too travel with a large entourage of men and women who in some way represent them to say the least and follow their example. Just imagine how many people would like to be where Jesus was at any given time and do as he did.

It is often said, "What goes into a man's mouth doesn't defile the man but it is what comes out of a man that defiles him." How true is that statement? The heart is said to be the center of a man's intellect. As a man thinks in his heart (mind) so is he. It is the heart which devises or creates imaginations. In other words, one formulates ideas, thoughts or even motives in his heart, whether they are good or bad. The Bible teaches us that the heart of a man is the mind of a man. So too the mind of Christ is the heart of Christ.

Question: What does it mean to have the mind of Christ, as a Christian man or woman?
Answer: To have the mind of Christ is to acquire the ability to think, reason and judge situations, thoughts, concerns, truth, and ideas like Jesus Christ.

In order for one to think like Christ, one must first know Christ, his likes and dislikes. If you do not know Christ, how can you think like him? To think like Christ means to feel like Christ, no matter what the circumstance. To think like Christ is to love, care and show compassion for others just as Christ would. Know ye not that we are his hands extended? Is Christ a just man? Then you need to be just. Is Christ holy? Then we need to be holy. Does Christ unite? Then we should unite. Does Christ restore? Why can't we restore? Is Christ faithful? Shouldn't you be faithful? Does Christ divide? Why are we dividing? Have you seen Christ hate? Why are you hating?

Writing on topics like this is often breath-taking and very courageous, because topics as such are not usually popular readings to the man who loves darkness. Follow the light because Christ is the light of the world and we are his light extended. The vast majority of people do not like the truth. Truth often exposes and dispels lies and falsehood. It is for this very reason that Satan hates truth and prefers to live a lie.

The devil always has an ulterior motive. From the beginning of time, Satan had, "something up his sleeves." So what does he do? He asks the tricky questions to lure God's

people into his deception. As a child of God I find it extremely difficult to understand; why so-called 'men of God' find it so hard to think like Christ? I sometimes hear the phraseology, "Jack of all trades and master of none." My friends if you have not acquired or mastered anything in life do this one thing, master the mind of Christ. It will take you to heaven. "Let this mind be in you, which was also in Christ Jesus." (Philippians 2:5 KJV)

Shalom

When you discover your purpose in life and begin to live your life on purpose for the purpose of which you were created, there will always be people with no dream, no vision and living an unfulfilled life trying to get in your way. Never mind them just say excuse me devil! Get behind me I got somewhere to go! "I am about my father's business." I have a dream to fulfill and a mission to accomplish.

Always look out for dead people. Those walking breathing caucuses suffering from possibility blindness unable to see the future. Many folks are lost in transition, always living in the now, looking for hand out and never a hand up. Walking into an early grave with all of their gifts and talents screaming at them from within begging to be released into their true purpose. I dare you to release the greatness within you. Wake up the giant within! Arise from your sleep and come out of the shadows so that the world can experience your greatness. Note, no man or woman were ever remembered for what they wanted to do. We will only be remembered or rewarded for what we have done. It was said that "The reward of a thing well done, is to have done it." This is your time, your opportunity, your God given right to do something to impact the world and make a difference. Wake up and live.



RELATIONSHIPREADY

I am ready for a relationship... I think. I am ready for a friendship that leads to courtship then marriage – at least I hope I am. The reasons I think I might be ready are not based on societal norms nor expectations despite being forty-two, (deep breath) single and childless. Yes, while my friends were marrying and procreating in their prime child-bearing years; I focused on securing a solid education and acquiring career skills to guarantee I would not need to depend on anyone for anything – especially from a man. Potential suitors were relegated to the back burner. Honestly, I have no regrets about choosing that path which is the path Yahweh chose for me. I continue to experience a rich and rewarding single life with

all the privileges it affords.

Why do I desire a lifestyle change at this time? Companionship for later years, perhaps. Having done the mental house-keeping and exorcised the ghosts of a past scarred by spiritual pitfalls while living a saved but not completely surrendered life; I am ready to try again, Jehovah's way. Fully aware two companions on one ship does not equal smooth sailing; my desire first and foremost is a purpose-driven marriage that advances the kingdom of God. Our desire to be together must go beyond sharing the same bed. Speaking of bed, can we have separate rooms? After sleeping alone all these years, not sure I can get used to another human form tossing and turning beside me interrupting my blissful slumber. Ha-ha. I digress.

Hundreds of Christian authors expound and extol the virtues and purpose of mar-

riage especially how it reveals one's selfish tendencies which marriage is designed to strip away. Armed with this library of intelligence, am I ready to embark on this journey? As I depend on my Lord and Saviour to give me the grace to submit to a husband, I likewise trust him to bless me with a husband I will gladly submit to – a prophet and priest who protects and provides.

Selah.

Maryum Martin



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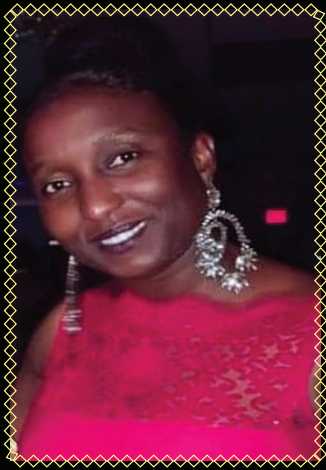
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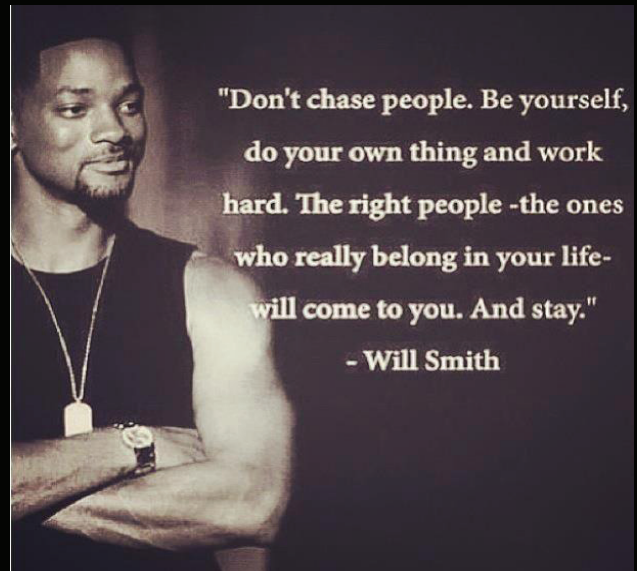


PORTIA BILLIONS

There are times we need to be slow to speak and quick to listen. Often times, we make drastic decisions and regret those decisions later. We talk too quick when we are upset, say things that are offensive and lose those people who have been there for us and dear to us. Therefore, as you go about the day ponder on ways of how you can be a better person. Sometimes the toxic behavior lies within us. We quickly like to put the blame on others, but sometimes we need to look inward. It's possible that you might need some type of cleansing, restoration or a different mindset altogether. If the way you've been doing things has not been working,change. You can't keep saying "that's how I am." As you get older, you must be willing to make adjustments. It's good for your personal upliftment as well as the upliftment of those who may come in contact with you. Never feel like you know it all. You don't! We can learn a thing or two from even the smallest child. Be willing to give your views and hear the views of others. You don't have to agree. You just have to listen and respect others as you would like to be respected.

Discussions are always better than arguments, because an argument is to find out *who* is right, and a discussion is to find out *what* is right.

Spirit Science



“Knowing is not enough.
We must apply.

Willing is not enough.
We must do.”

Thoreau



ROSES

I want to smell the ocean breeze
That blows at will and finds the trees
To lift my feet out of the sand
And say so long oh drought to this dry land

I want to sail beyond these seas
Far from the empty air, and the idle buzzing bees
For I've seen these same old waves
Beat tirelessly against this shore
They no longer take my breath away
My pulse rush for much, much, more

I have felt the changing tide
I have been on every one of its ride
I've felt it rise! I've seen it shrink!
Now its story flows in ink

I have had my dreams sunk so deep
Now I want to journey where the waters never sleep
I have sat here silently
Life's been doing all the talking
While into tomorrow's mystery
Time just keeps on walking

It's time to put some distance between myself,
and this old past
To shake hands with destiny, and say I am here at last
I have looked into life's many faces,
her ugly cries and her pretty smiles
I have paved her road with memories
that go on for miles

I fight to win the struggle
That made me bleed, and bruised my pride
But showed me strength I never
knew was hidden deep inside
I want to sit upon a cloud, and know I am truly free
Having grown in every sense to be
the person, I've always known I could be

I seek for a better tomorrow where my
desire to be no longer aches
And vow never again to fall asleep
in the comfort of my mistakes

But I must journey into my own path
and find rest in my own relief

Holding on to the vision my eyes have
yet to behold, nestled in my belief
If I am careful not to slumber,
I know that soon will rise a day

When I'll leave my failures
withering away in the hands of yesterday

Written by Liz M. Regis

Genesis Magazine

Education is liberation



**Every leader must
Be a reader but not every reader
is a leader.**

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Black Women Rising Up



Women Are Worthy has noted that although March 8th has been designated as International Women's Day there are still on-going events for the rest of March to allow women to show-case, to re-direct, and to celebrate their usually unacknowledged accomplishments. For Black women, celebrating women's progress might not be the same as it is for others, considering that while fighting sexism, they have the added burden of confronting RACISM as an ongoing reality of their lives.

In spite of their abilities Black women must work harder for promotions in the work-place as they face more difficult evaluations, and are labelled as loud, abrasive and non-compliant, along with other negative factors that lead to debasement of their self-esteem, their dignity and their self-worth. Added to that, is the fact that a disproportionate number of Black women, after being abandoned by their partners, are raising families on their own.

Therefore, while joining in International Day celebrations it is important to assess challenges, learn from mistakes and rise up with discipline and with love for each other.

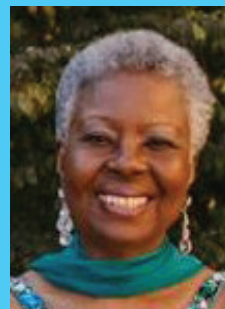
Since we have made women's image, Black women must continue, through faith, to ignore fear, realize their strength, trust God, remember the strength of their ancestors, and Rise Up through God's grace.

Contributing writer....Ettie Rutherford B.Ed., Dip.Ed. M.ED



is im-
to assess
es, learn
mis-
rise up
silence,
discipline
sisterly
each

Good
ALL
work-
in His



UN DECADE OF AFRICANS

With a population of 200 million people and counting, In December of 2014, a declaration was made for Africans globally. We were declared a decade to be recognized, experience

Justice, and foster development. "We must not forget."

This announcement says a lot about our movement forward in history. We have a lot to offer.

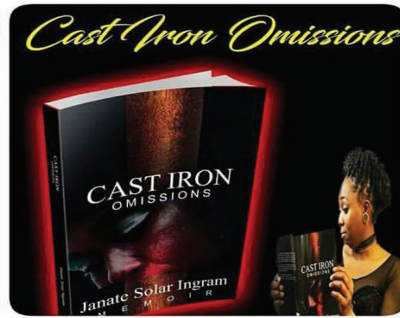
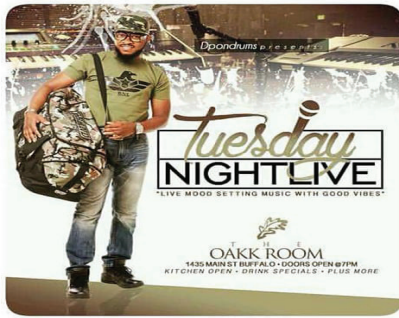
We reflect on the past; the enslavement of our Ancestors forcibly, the extreme brutality, and the fatalities as hundreds of thousands succumb to death on their passage during the slave trade. Conditions were deplorable and dehumanizing. Yet still there were survivors. Our connections to languages and our original names and localities in the Motherland was denied. Our mode of dress also taken away. On foreign soil, families were separated even small children, and put on slave markets and sold as cattle. Such atrocities have hindered our upward wealth achievement as well as our place and position in society.

The UN has created a memorial monument in New York City at their headquarters to honor the victims of the enslavement and Trans-Atlantic Slave Trade. The monument is named Ark of Return at the visitor's plaza. On your next visit, please take the time to visit and pay your respect. We must spend time in reference to the legacy of enslavement and fight vigorously against all racism and prejudice that still exist in this world.

The Architect for this monument is designed by Haitian American Rodney Leon. I memorialize four centuries of as accounted, 18 million Africans forcibly removed from Africa to the Americas, which includes the Caribbean and Europe.

As an African woman, I cannot imagine the full scope of the unaccounted occurrence of atrocities my Ancestors faced. It is too painful to fathom but their resilience gives me the strength and fortitude to continue going forward and advocating the need for Racism to end. It also gives me the prowess in educating our children about the importance of learning our history, heritage and cultures and to get back that place in society that has stolen our legacy and said we didn't contribute anything to the Dark Ages.





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Written by Liz M. Regis

PORTRAITS OF AFRICA





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