Faith & SOUL

Philippians 4:4 Rejoice in the Lord always: and again I say Rejoice.

First Lady Michelle Obama, "Let's Move"

MARCH 2011



Faith & Soul Sponors Northside High Black **History Poetry Contest**

and Ruth! Proverbs 31 vs. 10 Who can find a virtuous woman? for her

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Proverbs: 31 vs. 10 & 29
Who can find a virtuous woman? for her price is far above rubies.
Many daughters have done virtuously, but thou excellest them all.
In memory of my virtuous women:
Mininster Margarette Boone and Mary Louise Orphe' and others.

I want to thank my Lord and Savior Jesus Christ; who continues to give me visions and strength to publish Faith & Soul News Magazine. I want to thank my family, all the wonderful advertisers (who faithfully support), our subscribers, readers and this wonderful community.

In this issue: In celebration of Women's History Month, Faith and Soul presents an interview with author, Yoruba priestess and ordained minister Iyanla Vanzant about her new book, Peace from Broken Pieces, African American History Parade, Northside Black History Poetry Winners, F&S Salutes Some of our Wonderful Women, Let's Move: First Lady Michelle Obama and more. Enjoy Reading!

*Articles and views expressed in this publication do not necessary reflect the views of Faith & Soul News Magazine and its staff.

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Faith & SOUL staff Publisher
Melinda C. Sylvester Contributing Writers (alphabetical order)
Melinda C. Sylvester
Renarda Williams
Melissa Tyler
Brenda Andrus Michael Sudhalter Danielle Harrison Layout Design
Tel-Mel Media Photography/Director of Special Projects Darrell Rosenthal
Chief Financial Officer
Clarence Sylvester Circulation Manager
Julius Sylvester Circulation Assistant
Simoné Savoy Consultant to the Publisher
Clara Sylvester Advisory Board
Linda Bruno
Theresa Calais
Helena Joseph
Mary Louise Orphe' Faith & Soul News Magazine is published by Tel Mel Media & Publishing Co. LLC Subscriptions are available

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FAITH & SOUL NEWS MAGAZINE / READING I\$ REWARDING / GOOD FOOD FOR KIDS SPONSORED NORTHSIDE HIGH ANNUAL BLACK HISTORY POETRY CONTEST FOR THE 3RD YEAR IN A ROW. WE CONGRATULATE ALL PARTICIPANTS AND WINNERS!



Foith & Soul News Magazine partners with Northside High School annually for the Black History Poetry Contest. Above Pictured from Left to Right are:

Nicholas Belson, JaKeyla Chavis, Mrs. Singleton, Jasmine Chartain, and Adoria Dugas.

JaKeyla Chavis-1st (I Pad winner, donated person does not want to be mentioned)
Jasmine Chartain-2nd (Faith & Soul cash prize winner)
Adoria Dugas-3rd (Faith & Soul cash prize winner)
Nicholas Belson-Honorable Mention (Faith & Soul cash prize winner)

Comment from Theresa Singleton coordinator for Northside's Black History Program: The students were very excited about their \$\$\$. God bless and keep you for your support given to our children.

Theresa

Faith & Soul News Magazine

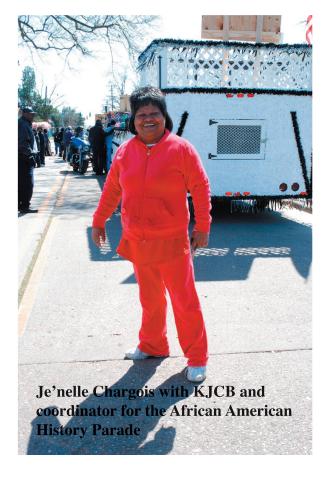
Top Right Our Beloved National Black Chamber of Commerce President/CEO Mr. Harry Alford and Executive Vice President Kay DeBow greets President Obama.

Below: F&S Travel Cruise With A Cause Missions Cruise Come Travel to Jamaica



Submitted Photo: NBCC President/CEO Harry C. Alford and Executive Vice President Kay DeBow are featured here greeting President Obama after his speech to the US Chamber of Commerce.







Picture by: Darrell Rosenthal African American History Parade. The African American History Parade will be March 13, 2011. It will be another awesome event. For more information, call Je'nelle Chargois @ 337-233-4262.

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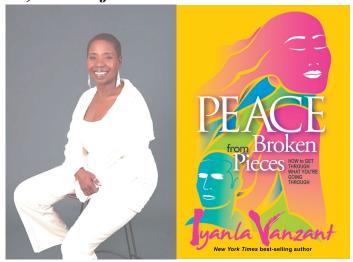
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In celebration of Women's History Month, Faith and Soul presents an interview with author, Yoruba priestess and ordained minister Iyanla Vanzant about her new book, Peace from Broken Pieces.



Finding Peace from Broken Pieces By Renarda Williams

No one — no matter how rich and famous, poor and unknown — is immune from the trials and tribulations of life. And even those who are smiling and cheerful may be experiencing such issues as depression, bankruptcy, home foreclosure, homelessness, or diagnosis of a fatal disease.

Internationally renowned Iyanla Vanzant has experienced some of the aforementioned. The best-selling author, inspirational speaker, and epitome of faith and self-confidence has faced tragedies that almost destroyed her life.

Vanzant shares these experiences in her new book, Peace from Broken Pieces: How to Get Through What You're Going Through (Smiley Books, November 15, 2010).

Peace from Broken Pieces will make some readers feel like Vanzant is peeking into their own lives, as well as serve in the healing process for those who have faced the same obstacles.

Due to Vanzant's schedule, she was not available for a telephone interview with Faith and Soul. The following is a list of questions submitted by us, and answers by Vanzant in a news release offered by her Smiley Books publicist. Here, Vanzant discusses falling to pieces; Oprah Winfrey; the Iyanla show; the death of her daughter Gemmia; facing bankruptcy; foreclosure and loss; and starting over.

F&S: What did you want to share with readers about how you started to fall to pieces?

VANZANT: I [wanted] to share how a New York Times best-selling author ends up flat broke, looking for a place to live, [and] how a 37-year relationship ends in divorce by email. I [also] want to share the intimate details of how an internationally recognized spiritual teacher ends up on the edge of the bed in a million-dollar home slated for foreclosure, contemplating suicide. I am going to tell [them] about betrayal and the devastation it causes for everyone involved. I am also going to tell you about the power of friends, faith, and prayer.

I want to share what I've learned about having and not having a vision, and the cost of holding on to a vision that is not yours. I want people to know what I have learned about personality flaws, human weaknesses, a corrupted mind, a broken heart, and a depleted spirit. These are the pieces of my life that led to its total and complete collapse — pieces of a puzzle I didn't even know existed until my life fell into pieces. *Cont. on page 7*

Cont. from page 6: Yoruba priestess and ordained minister Iyanla Vanzant about her new book, Peace from Broken Pieces.

F&S: At one point, when you were on The Oprah Winfrey Show, you were on top of the world ... then what happened?

VANZANT: In the midst of my human madness of living out my personal lie (meaning, when we tell ourselves about who we are and what we do and do not deserve in life), I got the telephone call that would change my life forever. I was invited to be a guest on The Oprah Winfrey Show. Within a few months, Oprah premiered what she called Change Your Life TV, with a faculty of experts that included Dr. Phil, Suze Orman, and John Gray.

I was invited to be a part of that faculty. It meant that I would appear on the show once a month. My area of expertise would be love and relationships. I was ecstatic about appearing on Oprah, but my personal lie led me to believe that even this accomplishment was not enough.

When Barbara Walters and her producers began wooing me to start my own show, I just thought, This is me, a poor ugly, unworthy girl from Brooklyn, talking to an executive of a major television network, who, on behalf of Barbara Walters, is asking me what to do. I was amazed. I was scared to death. I was primed for self-sabotage. I had become so busy, so self-directed, I had lost touch with my inner voice and my sense of self. My marriage, my most intimate relationship, was failing. What better way to boost my sagging ego than to have the two most powerful women in the television world talking to me, courting me, wanting to make a deal with me. *Cont. on page 12*

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Picture from top left to right: Lisa Frank, Je'nelle Chargois, Dr. Maria Doucet, Beverly Carney, Lisa Lazard, Joyce Sorrell Porsha Evans, Joyce Sorrell and Nekeisha Piecre

Faith & Soul dedicate this issue to all the Wonderful Women in the World: My mother Theresa Calais, Mother-n-law: Daisy Sylvester, My Aunts, My Sisters, Sister-n-laws, Girlfriends, Colleagues, Lil Old Church Ladies, and those that left us especially: Mary Louise Orphe' and Minister Margaret Wiltz Boone May God's Blessings Be upon you all! & MY DAUGHTER!



FAITH & SOUL COVERS FIRST MICHELLE OBAMA'S LET'S MOVE

WE WANT TO THANK KRISTEN FRANKLIN FOR SCHEDULING US IN



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She energized the pack church. The Let's Move Campaign made 1 yr. old; for more information go to letsmove.org.

We encourage you to please join in and encourage our children to be

First lady Michelle spoke very passionately about childhood obesity.

Faith & Soul News was honored and privileged to cover First Lady Michelle Obama's Let's Move Campaign in Alpharetta Georgia. Upon entering the Church there was a Dj playing our local artist song, the Cupid Shuffle. While waiting in line attendees were encourage to do the Cupid Shuffle, it wasn't just for exercise it was a great

way to keep warm in the freezing temperatures.

more active, exercise and eat right. First Lady Michelle talked about "how sweets used to be a treat when she was growing up, "You had to eat your veggies, snacks was a privilege like when you had good grades that when we were a rewarded when I was growing up"

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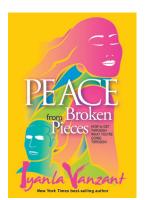
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Cont. from page 7: Yoruba priestess and ordained minister Iyanla Vanzant about her new book, Peace from Broken Pieces.



F&S: Why didn't the Iyanla show become a huge success?

VANZANT: Buena Vista spared no expense in getting the Iyanla show off the ground. The production office was in the high-rent district of upper Manhattan, with the studio directly across the street. I had an assistant, a hairdresser, a make-up artist, an apartment, and a chauffeur-driven car on call. Yet, the day I arrived in New York, I realized that things were not as they seemed.

I soon discovered that my job was to read a teleprompter to deliver the message. It was nothing like I'd imagined. Also, I was constantly reminded that daytime television was geared for housewives in Middle America, rather than the urban viewers and readers who had heretofore been my primary audience.

The producers of the show simply did not share my vision, and through trying to please them I had forgotten to be myself: a powerful, insightful, compassionate, spiritually grounded coach, well versed in spiritual principles and the laws of the universe. And because I wasn't paying attention, I was enslaved to the pattern rather than being empowered by the purpose. My purpose was to usher others on their spiritual path. It was not my purpose to do makeovers and soak almonds on national television!

F&S: How tough was it for you to cope with Gemmia's illness and death?

VANZANT: How do you watch your child die? How do you make sense of it? You don't. You go through every day, day after day, with a huge wad of despair in your throat. At times you want to gag. At other times, you try to swallow it, but you can't. Instead, you put your face in a pleasant position and you keep it there, no matter what you see or hear. When people ask you how you are, you lie and babble something ridiculous that even you don't believe. When people ask you how she is doing, you just say that you are hoping for the best.

When you bring a child into the world and find yourself with the task of placing one last kiss on the face that you have washed and kissed and muzzled just before you close the lid of that child's casket, you know something that you wish that you did not. You see things that you would rather not. And you become clear about one thing. If you can live through burying your child, you can live through anything.

F&S: What led to your financial woes?

VANZANT: ... Gemmia's care had depleted my savings. Filing bankruptcy would help me with the back taxes, but it also meant I would need to sell my house. It was unfathomable. It was devastating. It was embarrassing. I had a law degree, a master's degree, and six credits toward my Ph.D. Maybe I could get a job, perhaps go back to practicing law. Then the pathology of guilt surged up from my DNA. Why didn't I ... How come I ... I am being punished for ... Guilt's first cousin, shame, followed closely behind. Look what you did now! Everyone is going to know

Continue on page 14

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Who is a virtuous Woman? Proverbs 31 11 vs. 26

11. The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

12.She will do him good and not evil all the days of her life.

13. She seeketh wool, and flax, and woreth willingly with her hands.
14. She is like the merchants' ships; she bringeth her food from afar.
15. She riseth also while it is yet night, and a portion to her maidens.

16.She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyad.

17. She girdeth her loins with strength, and strengtheneth her arms.

18. She perceiveth that her merchandise is good: her candle goeth not out by night.

19. She layeth her hands to the spindle, and her hands hold the distaff.
20. She stretcheth out her hand to the poor; yea she reacheth forth her hands to the needy.

21. She is not afraid of the snow for her household are clothed with scarlet.

22. She maketh herself coverings of tapestry; her clothing is silk and purple.

23.Her husband is known in the gates, when he sitteth among the elders of the land.

24. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.

25.Strength and honour are her clothing; and she shall rejoice in time to come.

26. She openeth her mouth with wisdom: and inher tongue is the law of kindness.

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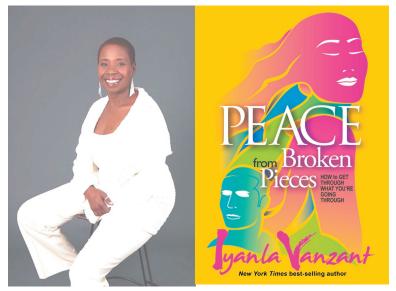
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Cont. from page 12: Yoruba priestess and ordained minister Iyanla Vanzant about her new book, Peace from Broken Pieces.



But I later realized that the house represented my fantasy of having a healthy family and a home where we all could feel safe and loved and protected. It represented the guilt I felt about achieving a level of success that no one else in my family had ever known. I had purchased that house with guilt money, and I now realized I could let it go. In that house, I felt responsible to take care of everybody and to make everything all right for everyone — Gemmia, my husband, my grandson, my granddaughter, and my staff. I had spent hundreds of thousands of dollars providing everything and working myself to death to do it.

F&S: What did you learn about starting your life over?

VANZANT: When you are starting your life over, with a new sense of self, who you once were is going to challenge you. Who you once were is going to dangle old carrots, old wounds and issues, in front of your face. When that happens, you will be tempted to revert to old feelings, old patterns of thought, and old patterns of behavior. When, however, you have made up your mind that the old you is dead and buried, when you have embraced a certain level of clarity about who you are and are not, as well as who you are choosing to be, you have a different response. You recognized that the new you has a different character, a different posture, a different presence than the old you had.

The new you is willing to get up, stand up, and step up for your honor and dignity. The old you may have behaved like a handmaiden, waiting to be told what to do and how to do it. The new you is the queen, ready and willing to take the throne of your life and rule your inner and outer kingdom with dominion, power, and authority. (F&S)



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Hebrews 13 vs. 5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

"Dare To Live"

Book Author Ve May



In our next issue we will go indepth with local Book Author Ve May. There is a lot of buzz about her new Book: "Dare To Live."

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