Faith & SOUL

"YOUR COMMUNITY SOURCE"

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Vol. 9 No. 75 MAY 2013

"REJOICE IN THE LORD ALWAYS, AND AGAIN I SAY, REJOICE. PHILLIPIANS 4:4"

HAPPY MOTHER'S DAY TO ALL OUR LOVELY MOTHERS



AN OPEN LETTER TO MOTHERS 50 YEARS OLD AND 50-ISH BY: THERESA CALAIS





Mothering - A Virtuous Woman teaches her children the ways of her Father in heaven.

She nurtures her children with the love of Christ, disciplines them with care and wisdom, and trains them in the way they should go. (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)

Source: A Proverbs Study Ministry

I want to thank our Lord Jesus Christ, who continues to give me strength and wisdom to publish Faith & Soul News Magazine. I want to thank my dedicated staff,my beloved family, friends, colleagues and most important our advertisers and subscribers. We Love You All!!

In this issue: An Open Letter by Theresa Calais, Festival International, Cooking: Gumbo, Health Tips for Mothers, Finance Tips for Mothers, Travel: Essence Music Festival, fashion for Mothers, Business: NBBC Conference, Sports in A Woman's Word and More

Faith & Soul Loves You:

*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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Publisher's Pointers "Come Grow With Us!!!!!



I want to say Happy Mothers Day to all the Bless Mothers out there. You have accepted the call of duty and God has anointed you for the job. You will be forever bless for all you do. Love your mother like no other. You are Proverbs 31. Celebrate all year long!

I have been fortunate to have a wonderful Mother. Mom, I thank you for all the Love you have given me. Most importantly, I thank you fro introducing me to God and teaching me about Jesus Christ Our Lord and Savior. Because of you I am living my dreams. In this issue we have introduce to you a book that is written by my Mother Theresa Calais. Yes, it has lots of words of wisdom. Now, that I will be 50 this year, I am really paying attention to those words. it will be available for purchase soon. It will change your life!

Pray for some else everyday. Share your talents with the young people and look after the elderly.

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Faith & Soul News Magazine Travel Section... You could Win A Trip To New Orleans and Attend the 2013 Essence Festival



FOR IMMEDIATE RELEASE:

GIVE YOUR READERS & FOLLOWERS A CHANCE TO WIN A VIP EXPERIENCE

ESSENCE FESTIVAL ANNOUNCES ITS FAN FAVORITE SWEEPSTAKES FEATURING BEYONCÉ, MAXWELL, JILL SCOTT, NEW EDITION, TREY SONGZ JANELLE MONÁE & MORE: ENTER TO WIN

Give your followers a chance to win a VIP trip to one of the most talked about Festivals in the country. The ESSENCE Festival just announced its <u>Fan Favorite Sweepstakes</u>, giving fans a chance to win a trip for two that includes VIP access passes and floor seats to all three nights of concerts at the 2013 ESSENCE Festival in New Orleans during the July 4th weekend.

Whether a fan of Jill Scott's soulful voice, New Edition's intricate choreography, Beyoncé's mind-blowing performances or if you're just looking forward to seeing Brandy at the Festival for the first time—entrants can simply tell <u>ESSENCE</u> who their favorite Festival performer is and why by May 22, 2013 to win a VIP trip of a lifetime.

Visit <u>ESSENCE Fan Favorite Sweepstakes</u> for more information and for rules and restrictions. For more information on the 2013 ESSENCE Festival, visit <u>ESSENCE Festival</u>. Become a fan on <u>Facebook</u> and follow the Festival conversation on <u>Twitter</u> #essencefest.

Girl, Get Your Money Straight

This month finances are dedicated to all the mothers who spent their money on their children for the good, bad or ugly. It is not too late for you to receive financial freedom. I was in a local department store when I chatted with a mother who said she was in huge depth with her children's educational loans. Many experts have reported that it is bad depth; but through it all we will claim victory. We will trust God and believe that your heart was right and God's system will work for you. Change your thinking and change your doing. Let's consider it was a seed planted into your children's lives. One thing about money once it's gone it's gone. But remember; God said he will supply all our needs according to his riches and glory. So Mothers if you are in depth, don't fear there is a way out. According to Dr. Leroy 'Money Cometh' Thompson conference that I attended at Successful Learning Christian Center in Fayetteville, Georgia. You may want to get the tapes. Here are some notes:

- 1. You will stay in need if you don't understand the seed (Cont. on page 11)
- 2. Become a systematic sower, not inspirationally. A define fact. Whether I am sinking or whether I am fine.
- 3. The secret to all Financial deliverance; You got to understand this is a process. As you dig yourself out you will be successful and have financially blessings and freedom.
- 4. Study Psalm 126
- 5. You can't just say it you have to sow it. All dreams and desires are in a seed (Matthew 13 vs. 11 7 12).
- 6. All prosperity is in a seed Zechariah 8:12



Faith & Soul Mother's Day Fashions





Fashions For Mother's Day, Outfit suitable for Sunday Morning Church. A Two-Piece Silver Suit. Purse/Bag: Black and white to compliment suit. Black open toe shoes. Silver earrings. Burgundy toe nail polish with pink finger nail polish.

Faith & Soul News Magazine Cooking Section

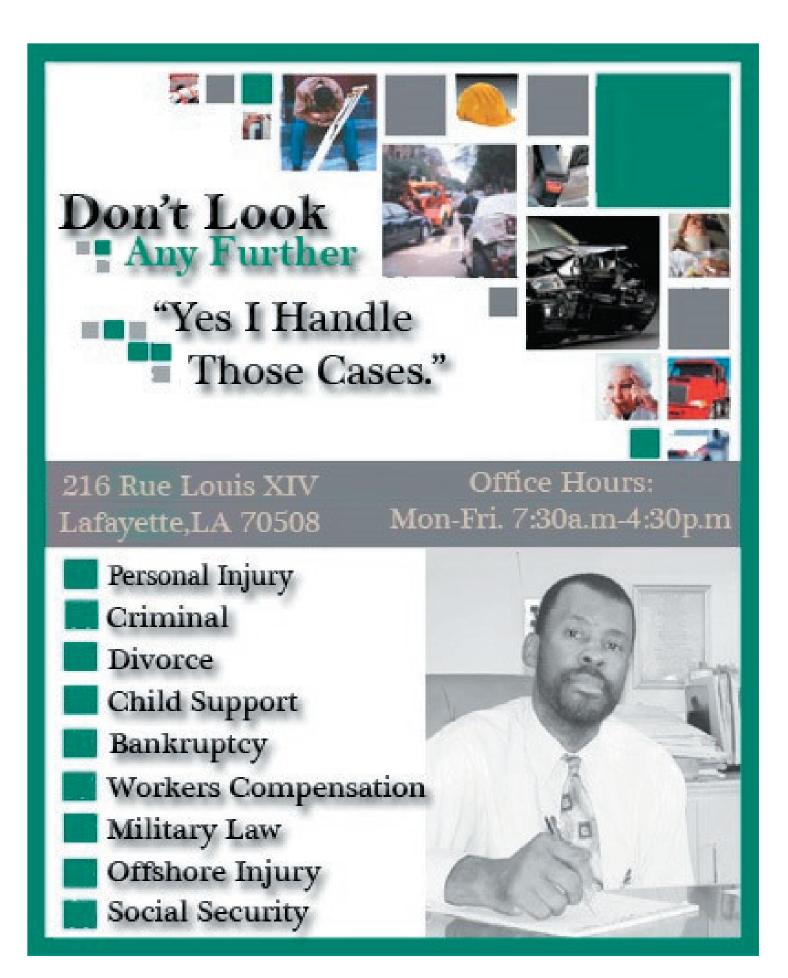






Faith & Soul had requested from readers on how to make a Chicken and Sausage Gumbo. So we decided to publish a simple gumbo recipe. Should you be from Louisiana it's always "Gumbo Time"; it does not have to be cold.

Start with a half pot of water, add roux (there is Richard's or Savoie's or local stores have their own brand. Measure roux to color; stir in water add bell peppers, onions and green onions Cook your chicken in the oven until brown, boil your sausages, andoilles, chaurices when cooked then slice and put in your roux water, make sure all your roux is disolved and taste for flavor add chicken and season to taste with Babineaux's creole/cajun seasoning.



Remarkable Event: Festival International de Louisiane 2013



Remarkable Event: Festival International de Louisiane By: Melissa Tyler

Festival International de Louisiane is in its 27th year of operation with 2013 the most successful one yet.

It was crowned the Best World Music Festival of 2012 from receiving the most votes in the 2012 World Music category on About.Com Readers' Choice Awards.

Festival International attracted an estimated 400,000 visitors from April 24-28.

Bands from all over the world gave breathtaking shows to the diverse population of attendees, and dynamic performances from bands such as Keith Frank & the Soileau Zydeco Band, Lil' Nathan & the Zydeco Big Timers, The Wailers and Destination Gospel Choir entertained and connected African American families. There were also stilt walkers to see and an ensemble marching the streets (Cont. on page 13)

Faith & Soul News Magazine Business Section



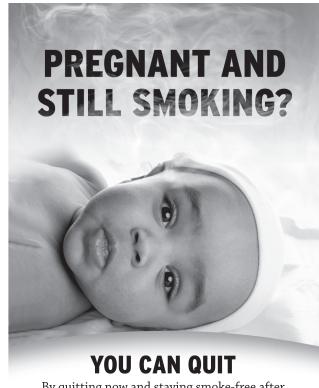


21st Annual Conference: Palm Beach is calling you to the ocean and the 5 star Four Seasons hotel during July 24-26. We have negotiated a rate of \$149 per night. Avoid disappointment and make your reservation now by calling (561) 582-2800. Early Bird registration, at just \$200 for members, is now available at www.nbc cconvention.org.

Clark/Smoot/Russell Announces Remaining Trades Bid: The last trades bid for the African American Museum on Culture and Heritage will be on June 5, 2013. For those businesses interested in competing go here.

TCPN will Issue RFP on Audio-Visual: The Cooperative Purchasing Network will be issuing a RFP for Audio-Visual Equipment and Service. It will cover but not be limited to: Equipment Sales, Installation, Service/Maintenance and Design — Build. The ability to perform in at least one of these areas qualifies a firm to compete for this RFP. For those who are interested or for further information please contact John Ricks at jricks@tcpn.org.

Hos 4:6 (NIV) My people are destroyed from lack of knowledge.



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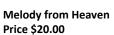


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MOTHER'S DAY CARDS ARE ALSO AVAILABLE

Faith & Soul News Magazine Health Tips for A Healthier and Happier Mother

Faith & Soul encourages Mothers to Meditate in the word of God. Mothers do a great job of taking care of everybody; please take time to take care of yourself. It is important for the care taker to take care of her herself. Make it a point to keep your schedule appointments, regular mammograms and physicals. Eat Right, Exercise, and have some me time. Mothers need to find ways to reduce stress. Health Tips for Mothers:

Isaiah 53 vs. 5: But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed

- 1. Read the word of God daily, the more the challenge the more you read the word of God; increase your Faith.
- 2. Form a group in your community and church to encourage each other, check out motherheart.org
- 3. Know that the Grace of God is with you to handle all your health needs; use wisdom
- 4. Eat Right, Exercise and Rest properly, change is not easy; remember Jesus can help you through it all
- 5. Give your cares to God; no matter what it is. Believe you are healed by Jesus stripes Read: Psalm 6vs.2: Proverbs 3vs.8 and Luke 4 vs. 18

Faith & Soul News Magazine salutes all Mothers and want you practice Good Health Prayers plus believing Healing and doing something about your health issues; whether it is to take physical therapy or medicine know your body and listen to it. Use preventive measures when possible.



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Faith & Soul News Magazine Wishes ALL Mothers A Very Bless and Happy Mother's Day! We Love You All! We Understand the Job And Task At Hand! We Are Proud Of You! You All Do A Great Job! Thank God For Loving Mothers! Below are our Faith & Soul Mothers, thanks for the Love, Support and Work! Left to Right: Melissa Tyler and Ms. Tonia Askins, these women juggle career and motherhood and are very deidcated to providing our readers great stories and pictures.







Happy Mother's day to our Beloved Mom: Dasiey Sylvester. A True Vrtueous Woman. Proverbs 31. Thank you for all you done and still do. Your prayers work. We Love you!

THE NATIONAL ASSOCIATION OF UNIVERSITY WOMEN LAFAYETTE BRANCH GREEN & WHITE BALL



DATE: Saturday, June I, 2013

LOCATION: Hotel Acadiana, 1801 West Pinhook Road

Lafayette, LA

TIME: 8:00 P.M. until

ATTIRE: Formal – Optional color for non-members

TICKETS: \$30.00

Contact: Nakeisha Pierce (337) 366-5939 or

Stephanie Minix (337) 384-9043

(Purpose: Fundraiser resource to assist in the many programs within the organization – Reading Projects, Scholarships, Single-Parent mentoring, etc.)

Remarkable Event: Festival International de Louisiane 2013 Cont. from page 8





with sounds of New Orleans Jazz from their trombones, trumpets and tubas.

Local and internationally-inspired food and beverage vendors served the multitude of festival-goers tirelessly. Booths featuring worldwide assortments of fine art, modern crafts, unique clothing and natural skincare products were an accentuation to the streets of Downtown Lafayette.

The festival receives financial and physical support from the community and in exchange, helps to produce more than \$30,000,000 in economic impact from its five-day duration. Corporate and private financial contributions, government resources, in-kind support and more than 2,000 volunteers honor Acadiana's cultural connection to the Francophone world.

Get ready and look forward to Festival International de Louisiane April 23-27 2014! (F&S)







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AN OPEN LETTER TO MOTHERS 50 YEARS OLD AND 50-ISH BY: THERESA CALAIS



Above photos by Tel-Mel Media & Publishing, LLC

Left to Right: Top Pictures Theresa with her Daughter Melinda, Son Clayton, Daughter Helena and Granddaughter Sanchez, center sister Volena; Theresa praying with family before Thanksgiving Dinner with her family members Uncle John and Aunt Jeanette and family friend Annishka. Below Pictures: theresa with her daughter Linda, Nephew Leander and daughter Leah, Theresa chilling with former neighbors jermaine, his nephew and brother Rod.

To All the Wonderful Mothers; Happy Bless Mother's Day. Your job as a Mother is very important to God. God has anointed you with everything you need to be a Mother. Keep God's Love close to your heart; it will help you through those difficult times. GOD SAYS IT IS WELL! 5 CHILDREN TOUCHED BY AN ANGEL: Clayton, Helena, Linda, Melinda and Leander.

I want to encourage All Mothers but particularly those who are making 50 years of age and in their 50's. This is an important time in your life. 50 is a game changer. You must know where you are going at the age of 50. Should you decide to move then it is better to do it now; change career or go back to school. Don't let anything cause you to lose your focus. Pray more during that time. I have seen many Mothers around that season in their life struggle with life's situations. Many Mothers let their physical appearances decline and their spiritual relationship with God dwindle. Many Mothers are getting tired younger. As Apostle Paul says: In my weakness God's strength in suffice. Don't depend on your own strength call on God. God says "Come to me those who are heavy burden and I will give you rest and peace. Mothers are to Encourage one another. Start community groups to give each other support. Please don't be a Gossip Messenger; Be A Gospel Messenger. Tell a Mother some kind words. Yes, sometimes children stray away from the teaching in the house. But don't fear or let that control or consume you. Keep your eyes on Jesus. Cont. Page 19

2013 Mother's Day Fun Fest held at the King Center By MS. Brenda

Andrus, Photos and Bylines.











Picture byMs. Brenda Andrus, Above Top Left:Mr. Patrick Henry of Sunset, LA a local Recording Artist gave out roses to all the Mother's at our Annual Mother's Day Fun Fest plus promise to be in attendance next year for 30 minutes to 1 hour.anese Brooks-Galathe with of New Orleans was born and raised here in Lafayette she's a graduate of LHS and Dillard's, Jay came out with plenty of educational materials on Bissap breeze explaining the health benefits to the community. Janese, is an exercise instructor in the Big Easy where as she teaches brazilian dance, yoga, zumba, soulistic body conditioning, african dance, etc. She recently started designing her own touch of african attire with beautiful colors of your choice to fit your needs. Bottom Photo: MLK members gives free hot dogs and sodas to the guest at their 2013 Mother's Day Fun Fest.

Above Middle Photo: Playing Bingo.
Bottom Photo: a local artist here in
the city goes by the name of Bryant
Benoit who will open his gallery located
downtown Jefferson St. here in Lafayette
this mid summer.

IT'S TIME TO SIGN YOUR CHILD UP FOR THE BOYS & GIRLS CLUBS SUMMER PROGRAMS

(LAFAYETTE, OPELOUSAS, NEW IBERIA, ABBEVILLE, LA)-Are you looking for a summer program where your children can have fun and learn at the same time in a safe environment? Boys & Girls Clubs of Acadiana's 7 week summer programs are about to kick off. This is a very busy time for the Clubs. The summer programs will run 7:30 a.m.-5:30 p.m., Monday through Friday, beginning, Monday, June 3, 2013. Due to Independence Day, the Clubs will be closed July 1st -5th. The Boys & Girls Clubs are educational and fun. They include programs such as reading, computer time, spelling and trivia competitions. Members will get to have a little summer vacation time. Some of the outside fun activities are field trips, bowling, skating, swimming, museums, parks, and movies. If you are interested in signing your child up, please contact your local Club. You will find the phone numbers and each address below.

Jackie Club-1000 Marie Antoinette, Lafayette, LA	988-2582
Granberry Club-121 S. Washington St., Lafayette, LA	232-6401
J.W. Faulk Club-711 E. Willow St., Lafayette, LA	962-3952
Opelousas Club-814 E. Laurent St., Opelousas LA 70570	407-9962
Iberia Club-430 E. Pershing, New Iberia, LA	364-7040
Vermilion Club-301 Memorial Drive, Abbeville, LA	898-9745

Okra & Creole Zydeco Festival

May 24-25, 2013

Festival Grounds on Bayou
Teche, 203 N. New Market
St., St. Martinville, LA. This
event supports the AfricanAmerican Museum. Friday
from 6-11pm with music by
Geno Delafose. Saturday
from 11am-12 midnight with
music by SideShow and Keith
Frank. Okra cook-off will take
place on Saturday morning.

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Girl, Get Your Money Straight Cont. from Page 5

- 7. Don't listen to any sob stories; Sower has no sob stories.
- 8. Dr. Leroy Thompson spoke into my life: Always handle money with the side within God we trust side up. When you have money in your purse fold it with the side with God we trust. Too many people trust in Man.
- 9. The seed you sow in Faith; no man or demon shall stop it.
- 10. Satan despises the seed for he know it's his defeat over your finances.
- 11. There will be a relief and then a release (Galatian 3vs. 5; John 6 vs. 16) money miracles to the body of Christ. yes, God can and will perform the miracles I need. A miracle is a supernatural that comes in our lives. God is and always will be a miracle working God. There is a huge inventory of money miracles from God; all you have to do is believe.
- 12. See God as is. Take your eyes off of your circumstances; see your problems as a miracle opportunity.
- 13. When doubt comes talk in the spirit; don't let the natural mind talk.
- 14. Money comes from a direct impact from God (Matthew 17 vs. 23 & 24)
- 15. Act on God's words.

You can send us your testimonies to info@faithandsoul.net or faithandsoulmag@yahoo.com

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MATTHEW 6:33 BUT SEEK YE FIRST THE KING-DOM OF GOD, AND HIS RIGH-TEOUSNESS; AND ALL THESE THINGS SHALL BE ADDED UNTO YOU



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SPORTS IN A WOMEN WORDS:

Congratulations to ULL Women's Softball team. We are so proud of you for making it to the finals. Awesome Season and more success to the Players, Coaches and Staff but more important to the wonderful fans who are traveling the journey with them.

Well the WNBA season is starting and I can't wait to go see Skylar Diggins play against my Atlanta dream. Yes, I have my tickets and hopefully I will get to meet Skylar. Though I am looking forward to meeting Angel and her teammates with the Atlanta Dream. By the way Skylar received a Mercedes Benz from RocNation Agent owner Jay-Z as a graduation present. Brittney Griner will be look upon as a game changer for the Phoenix Suns and the WNBA. Brittney is a great player who needs to be respected for her athletic abilities and talents. Faith & Soul News Magazine encourages you to support the WNBA, get your tickets at WNBA.COM.

The finals are here with the NBA and we hope it will be exciting one. Lebron, Dwayne and Miami Heat gang is still going strong; fans seems not too confident. Dwight Howard is shopping around for a new team, let's give him advice and tell him to stay put, we believe Kobe will be back in full force and Los Angles Lakers could be prime for another championship before Kobe retires.

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Tiger Woods is still playing impressive golf. We should see more winnings coming from Tiger; he will definitely keep the sport very interesting.

For football, do they know the Angel in Tim Tebow. This guy will perform miracles on the field; they need to give him the chance in the NFL. Good guys always wins.

College Football: Who will be able to beat Nick Saban and Alabama Tides; yes they are a team to reckoned with. We will keep our eyes on LSU Tigers and see how they bounce back from all the fumbles on and off the field.

AN OPEN LETTER TO MOTHERS 50 YEARS OLD AND 50-ISH

BY: THERESA CALAIS Cont. from page 14







What inspired me to write this letter I have met several Mothers around that age and my recent conversation with one of my nieces. Like my niece's saying: When a woman turns age 50 everything changes and all kind of stuff happens, your body get sick, children not listening, disappointing relationships etc. I told her No way. Rebuke that in the name of Jesus. Yes, one may get ill, genetics may play a part. But this is not the breaking point but the Pinnacle Point for your Life. When you could be fired up about Jesus Christ Our Lord and Saviour. Think on all the things Jesus saved you from. How bless you are! Use your Tests as a Testimony. Believe God is able to give you an abundant life; in all areas of your life including finance, health and peace of mind. John 16 vs. 33(KJV): These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

When I was in my 50's, I was traveling all over and driving to Texas. Back then, I was determined not to think that way. I ate right, exercise and prayed more. I joined a bible class at church, decided to do Good Deeds. Not to live for myself but to live doing God's work. And through God's Grace he have given me strengthen to reach a lot of people in my ministry. I believe travel and vacations helped me also. I have traveled from New York to California and many places in between. Mothers need to take time out for themselves. Getting away is good remedy. So many in the community I live in do not travel. Many work 2 and 3 jobs with no time for vacation. Jesus took time to get away. Our bodies are not made to do all this and not stop to rest and relax. I do understand the role of single mothers. I was one myself. I do understand when children stray, I experienced that myself. I do understand what it is to be a widower, I was one before age 40. I do understand what it is to be sick; I had surgery and God healed me. I took care of my Mother and many others. My mother shared a lot of wisdom with me. You should respect and Love your Mother. One of God's commandment is to Honor Thy Father and Mother. It did not say to judge or correct your Mother. You will get very bless by "Honoring Your Mother". Love her unconditional like God loves us. You will receive a blessing over your life.

I had an opportunity to have a beautiful relationship with my Mother Claudia Charles. Later on in Life I had another opportunity to have a Ruth in my Life: Ms. Hilda Robertson. Like my Mother; Ms. Hilda shared with me spiritual insights about Motherhood. She said don't' let the problems with your children affect your work for God. Take care of God's will and work and God will take care you and your children. Through trials, tests and tribulations: "Still I Rise". I was able to talk to her about anything going on in my life. Mothers find you a Ruth, be a Naomi and listen to the wisdom of the elderly Mothers. In appreciation I would go and pray the Rosary with Ms. Hilda until the Lord took her home a few months ago. My Life was forever bless. I would not be able to feed the home bound people, visit the sick, encourage and encourage the young Mothers without wise council, wisdom and lots of prayers. Seek Peace and God's Love.! Pray Always! In Him, Theresa Calais (F&S)

J.K.L. HEALTHCARE SERVICES DR. KIMBERLY R. SMITH



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