

Faith & SOUL

"YOUR COMMUNITY SOURCE"

www.faithandsoul.net/faithandsoul.com

Vol. 9 No. 77 JUNE 2013

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

**HAPPY FATHER'S DAY TO ALL OUR HANDSOME FATHER,
WE ALL HAVE A FATHER, A FATHER WHO LOVES US FROM ABOVE!!**



Happy Father's Day!!!! Celebrate Juneteenth!!! Pictured: Carlos and baby daughter Regina, Walter and Uncle Arthur, Mr. Abram Freeman, Cooking for the Father/Dad, Father's Day Travel, Father's day Health, Father's Day Fashions and more

Proverbs 13:22

A good man leaves an inheritance to his children's children, But the wealth of the sinner is stored for the righteous.

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: Happy Father's Day, Father's Day Health Tips, Financail Tips for Men, 2013 Juneteenth, Cooking for the Man, Sports in A Woman's Word, Faith & Soul Home Living, Armentor Paying It Forward Scholarship Fund, Mills & Angelle Goes Up In Air For Adoption, and much more!

Faith & Soul Loves You:
May God Bless You Abundantly!!! 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

Eze Onukwube

Melinda C. Sylvester

Renarda Williams

Melissa Tyler

Donald Lee

Brenda Andrus

Danielle Harrison

Tonia Askins.....New Orleans Editor

Francie.....Financial Editor

Layout / Design

Tel-Mela Media

Photography/Director of Special Project.....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'

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Publisher's Pointers

"Come Grow With Us!!!!"



Thank God for Fathers, Dads and Granddads.

In this issue we want to salute all of you outstanding men who stood up to the challenge of Fatherhood. We Love You all! May God continue to bless you and your family.

Also we congratulate all the Juneteenth committees around the country. In Lafayette Mr. Abram and volunteers have an exciting schedule of events. We encourage you all to make it a family event attend some of the activities going on in your community.

Let's not downsize Father's day. I know many like myself were raised by single parent mothers, (my dad died when I was in the 3rd grade, but the childhood memories are with me forever). Many mothers have done an excellent job raising their kids. Just like there are single parent Fathers who are barely known and do an excellent job. We thank you fathers for it. Let's celebrate the man who was part of your life; he may not be your biological Father but he was there to provide for you. Blessings, Peace and God's Love.

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In Recognition and Celebration of Juneteenth



louisianalottery.com

Ticket purchasers must be at least 21 years of age. If you or someone you know has a gambling problem, call 1-877-770-7867.

Faith & Soul FINANCES FOR FATHERS

Being a Father comes with many responsibilities; one of them is finances. Here are a few tips for a better financial future. **Luke 6:38 Give, and it will give to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.**

1. Pray to put God first in all financial decisions
2. Pay your tithes
3. Take care of the household expense, set a budget and goals
4. Diversify your financial portfolio (savings, stocks, bonds, 401k retirement, cds etc), seek financial advice
5. Keep communications open about money in your home, with your spouse teach your children
6. Do good deeds, help someone who is less fortunate than you
7. Lay-a-way is fine you don't have to have it now, save up for the luxury or hobbies
8. Know your credit score and look for ways to improve it, reduce debt and increase savings
9. Don't buy on emotional, especially a new vehicle or home
10. Look for ways to increase your income or have multiple streams of income put the extra funds in emergency account or cash fund account. Plan for future start a college fund for the kids.

1 Timothy 5:8: But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

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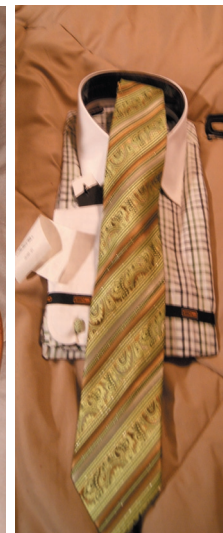
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Faith & Soul Father's Day Fashions & Gifts



HAPPY FATHER'S DAY TO ALL THE FATHERS, DADS AND GRANDPAS!

Congratulations to Carlos who is celebrating his first Father's day! Let's celebrate Fatherhood.

Above: These are a few styles for Father, whether it's a blazer/suit coat and shirt, casual blue jeans and casual shirt with loafers, Sunday Best shoes, Italian Tie and Dress Shirt for that important business meeting.

Or maybe he is Fast & Furious: A motorcycle or a sports car may do. Below:

A massage, Fathers deserve a break also. Photo: Uncle Arthur and nephew Walter Gerard proud fathers!

Ephesians 3:15 from whom every family in heaven and on earth is named,

Proverbs 23:24: The father of a righteous man has great joy; he who has a wise son delights in him. (NIV)



Don't Look ■ Any Further

■ "Yes I Handle
■ Those Cases."

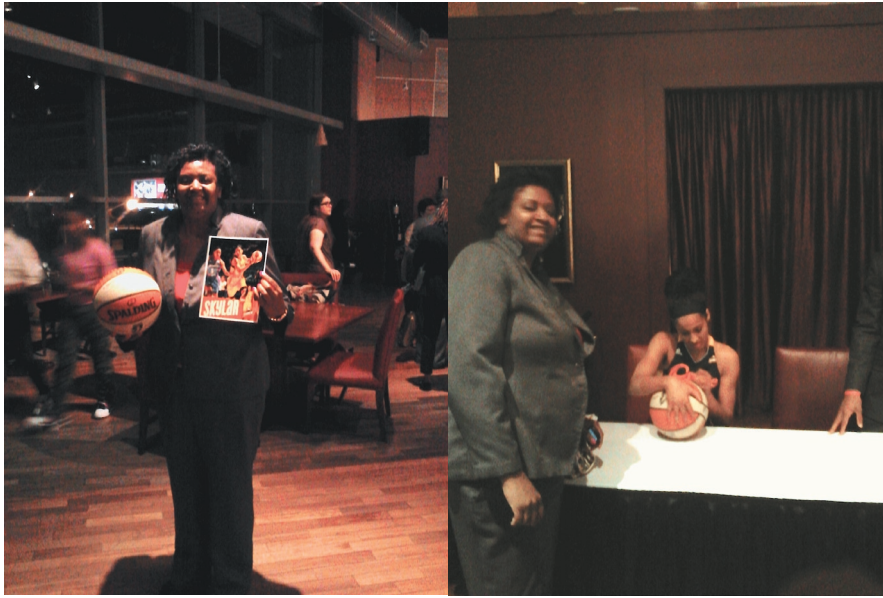
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Faith & Soul *Sports In A Woman's Word*



Sports in A Woman's Word was created to increase the dialogue between men and women. We have gotten positive response from our men readers: "This is great I can chat with my female co-workers about sports and have some things to talk about at a conference or work. This breaks ground on our conversations." "Women told us they love it because it is in their language."

We want you all to know Baseball is very exciting in person. We attend our first Braves Game, with 46,000 plus energetic fans. The Brves won and yes thanks to BJ who had one of the greatest come-back after being benched for no-hitters.

The Spurs and the Heat are at with one game a piece. We sent word to LeBron and Miami Heat you shut up critics with a win. But there is a concern in the last two minutes of game two, we believe the Heat only made 3 points. Not good the Spurs set a momentum for game 3. Tiger is still high paying atlethe and a lot of holes and one to go! Support the WNBA!!!!!!!!!!!!!!



A CHAT WITH MR. FREEMAN “THE MAN”

Faith & Soul chats with the Juneteenth Man Mr. Abram Freeman

Let's chat about raising the spiritual child:

Freeman: Raising a spiritual child starts in the womb. I mean while the baby is in the mother's womb we should be reading the bible to the child. We should be listening to spiritual music and classical music; which helps to develop both the right and left-brain of the child. So it's important to know that the world is after our children's mind, not their money. By creating a presence of God in your child's life; it is easier to manage your child in the Lord. By having prayer every morning and evening as a family incorporating prayer asking your child to say Amen at the end. In comparables children who grow on prayers rely on God's ability and not their own and not the government. And become they adults who rely on the Lord.

F&S: How that makes better people? They become better assets to the community.

F&S Comments on President Obama:

Abram: A great Father figure. He is the President(Politician) and not a Preacher; his focus is on public policy and his party. One should not get mad with the President; you do have a right to disagree with his decisions on certain policies.

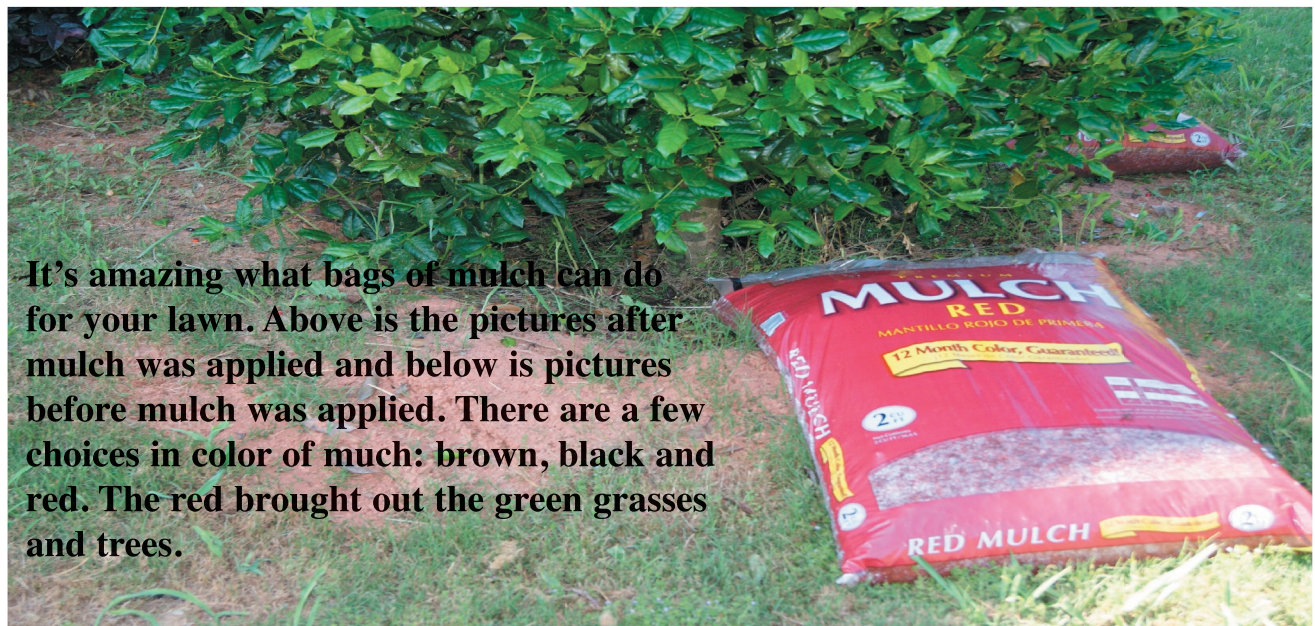
F&S: Comments on Juneteenth:How can participate the all these wonderful events you guys have going on:

Abram:Go to our website and look at schedule events and decide which events fits your family if not all of them. (see page 15 in this issue of F&S) These events are no liquor and secured event. Main reason to come they and extended family should come to celebrate with others did gather together gather without harassment. In addition we should celebrate for those who lost their lives so that we can an opportunity to be part of this country.Fewer of us have family reunion anymore, we encourage people to come to early and get them a spot to start rebuilding family reunions. This is has been accustom in Texas on Juneteenth. In most part of the country the celebration is about family. Juneteenth when freed African Americans they didn't give them nothing and they made back then and we make it right now. One example is we learn to educate ourselves, we learn to have our own baseball leagues and our own grocery stores. (F&S)

An advertisement with a black and white photograph of a baby's face lying down. The text is in bold, sans-serif font. At the top, it says "PREGNANT AND STILL SMOKING?". Below the photo, it says "YOU CAN QUIT". Underneath that, it says "By quitting now and staying smoke-free after pregnancy, you can reduce your baby's risk of dying from Sudden Infant Death Syndrome (SIDS).". Then, "Help is free, caring and confidential. Call now." followed by the phone number "1-800-QUIT-NOW (800-784-8669)". At the bottom, it says "To learn more about SIDS visit www.giveyourbabyspace.com". In the bottom left corner, there is a logo for "QUIT WITH US, LA" with the website "QuitWithUsLa.Org" below it. In the bottom right corner, there is a logo for the "DEPARTMENT OF HEALTH AND HOSPITALS" with a stylized 'X' symbol.

Faith & Soul Home Living

This is our new section, we will cover Home & Garden, Home Improvements, Home Maintenance, Home Ideas, Home & Lawn and just enjoy Living at your home.



It's amazing what bags of mulch can do for your lawn. Above is the pictures after mulch was applied and below is pictures before mulch was applied. There are a few choices in color of much: brown, black and red. The red brought out the green grasses and trees.





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Important As What You Eat"*



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Why we celebrate Juneteenth

Juneteenth is a bitter sweet moment for most African Americans. We have mixed emotions about celebrating a time when most of our people were freed from brutal slavery system. Imagine for a moment a time when you were owned by another who could end your life in a whim. A moment when freedom was so as far from your reality as the heavens from the earth! Some wonder why one would celebrate delayed freedom or the end of such a horrifying event such as slavery.

I reply with the following. The reason to celebrate is because Juneteenth was the beginning of the end of Slavery for all of America. It's true that 2 times prior to June 19th 1865 congress issued two proclamations that Lincoln did not support. He did not want to break the fragile peace he had with southern states. The President needed to keep America together and strong. Therefore his proclamation only applied to those states rebelling against the Union. As a result well over 700,000 Blacks remained in Slavery until the 14th Amendment was signed into Law.

Though we must drink that bitter cup of slavery as a country freedom was well overdue. We must forever own up to our past, forgive our debtors and open a progressive dialogue of reconciliation. There were about 13 million Africans taken from the continent. Millions of Africans lost there lives on the Journey from Africa. They were stacked side by side with less then 12 inches moving room from side to side. They laid in feces, urine and dead bodies. Some Africans jumped to freedom of death, some died in the ships while others were thrown over live or killed and disposed of. These stories need to be passed to our children. The Juneteenth Committee. More on www.faihand soul.net

Traditional Juneteenth Prayer

The deep spiritual faith of enslaved Black people is reflected in this traditional prayer. Similar prayers are often recited in Juneteenth celebrations:

Father, I stretch my hand to Thee--for no other help I know. Oh my Rose of Sharon, my shelter in the time of storm. My Prince of Peace, my hope in this harsh land. We bow before You this morning to thank You for watching over us and taking care of us. This morning You touched us and brought us out of the land of slumber, gave us another day--thank you Jesus. We realize that many that talked as we now talked, this morning when their names were called, they failed to answer. Their voices were hushed up in death. Their souls had taken a flight and gone back to the God that gave it, but not so with us. We are thankful the sheet we covered with, was not our winding sheet, and the bed we slept on was not our cooling board. You spared us and gave us one more chance to pray. And Father, before we go further, we want to pause and thank You for forgiving our sins. Forgive all our wrong doings. We don't deserve it, but you lengthened out the brickly threads of our lives and gave us another chance to pray, and Lord for this we thank You... Now Lord, when I've come to the end of my journey, when praying days are done and time for me shall be no more; when these knees have bowed for the last time, when I too, like all others must come in off the battlefield of life, when I'm through being 'buked and scorned, I pray for a home in glory.

When I come down to the river of Jordan, hold the river still and let Your servant cross over during a calm down. Father, I'll be looking for that land where Job said the wicked would cease from troubling us and our weary souls would be at rest; over there where a thousand years is but a day in eternity, where I'll meet with loved ones and where I can sing praises to Thee; and we can say with the saints of old, Free at Last, Free at Last, thank God Almighty, I am free at last. Your servants' prayer for Christ sake. Amen!

***Acts 10:2 A devout man who feared
God with all his household, gave alms
generously to the people, and prayed
continually to God.***





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ARMENTOR'S PAY-IT-FORWARD PROGRAM GROWS TO \$130,000



This year's recipients include: Samantha Watson of Ovey Comeaux High School, Nicole Templet of Acadiana High School, Krislyn Romero of Erath High School, Gabrielle Vincent of Erath High School and Dillion Freddie of Crowley High School. Each of these students has experienced hardships many adults have never or will never face, such as homelessness, hunger, death and abandonment all the while maintaining 3.3 – 4.0 GPA's.

In recognizing these outstanding young people with \$10,000 Pay-it-Forward Scholarships, Armentor remains committed to expanding the program throughout the Acadiana community and the state, "Through my position as President of the Louisiana Association for Justice I intend to bring this program to other Louisiana attorneys and firms. As practitioners of law, criminal or civil, we have a ringside seat to what can happen when at-risk youth are ignored or neglected. They become the kind of adults we see sitting in the courtrooms and eventually behind bars." This year, Armentor has also established a Pay-It-Forward Scholarship Program at SLCC, giving multiple scholarships. Educators throughout Louisiana are encouraged to submit the names of high school students that meet the basic requirements of the program for future awards. For more information contact: The Scholarship Department at The Glenn Armentor Law Corporation at 337.233.1471, Scholarship@GlennArmentor.com, or visit www.GlennArmentor.com/Pay-It-Forward-Scholarship.

Cont. from Page 12 Why We Celebrate Juneteenth

Faith & Soul
News Magazine
encourages you
to celebrate
Juneteenth!
Educate your
children and
grandchildren
about Juneteenth.

There are several
events going on
around the coun-
try. This is
a great time to
take an educa-
tional event. A
great time for
family to spend
together inspira-
tional and with
lots of God's
Love.

Proverbs 1:8

*8 Listen, my son,
to your father's
instruction and do
not forsake your
mother's teaching.*

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Saturday June 18, 2011

2013 Schedule of Events

All events will be held at the MLK Center unless noted.

JUNE 13 Wednesday 6:30 PM
Juneteenth Play at MLK Center
\$ Free

Friday June 14, 2013
Juneteenth Pageant and Banquet

Bring your family out to celebrate Juneteenth 2011. This pageant will be a competition for Miss & Mr. Teen and Miss & Mr. Jr. Teen Juneteenth. The winners will receive a award and trophy. Also, the winners will compete in the 2012 National Contest. See website for registration details and additional information.

6:00 pm

ADMISSION: 10:00 /open to the public

ENTRY FEE: \$ 0

Jazz Picnic In The Park

Come and hear free music, bring your picnic basket and enjoy the celebration of the 2011 Juneteenth weekend kickoff event. There will be food, fun and lots of games for the children. There will be a number of contests so check out the website. See website for team details and rules. Concessions will be sold.

Location: Heymann Park

8:00 am to 5:00 pm

ADMISSION: Free /open to the public



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Faith & Soul Health Tips For Fathers, Dads and Men

Third John verse 2: “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”

Faith & Soul Encourages you to take your Father/Dad/Husband/Brother/Son/Nephew/Male Cousin/Grandfather(Great)/Father-in-Law to the doctor, men are knowing for not going for preventive care. This is a great way to show you love them.

Faith & Soul Encourages Men to:

- 1. Pray for good health***
- 2. Eat Right and Exercise daily***
- 3. Know your numbers: Body weight & height, Body Mass, Heart Rate Blood Pressure, Blood Sugar, Cholesterol, Routine Blood and Urine, Ear & eye exams, lymph node, abdominal, stool test, skin exam, neck examination, breathing test and x-ray. It is a good idea to get a physical done.***
- 4. Schedule your Colonoscopy, Prostate Checkups***
- 5. Communicate with your doctor, your spouse and family about health concerns***

A Man To Man Conversation On Your Health

By: Randy Pitre

Diet and exercise are essential for men. You must find a balance to incorporate the two. Your body is a temple and you shouldn't defile your temple. I have been doing intense walking and other forms of cardio for an average of 75-100 miles per month. You must be destined, determined and dedicated. Set realistic goals.



Above photo: It is to encourage my brothers to do preventive care. Please get a colonoscopy. It is a simple process, you are put under anaesthesia. you sleep through like a baby. You do not feel a thing. There is a solution you drink the day before.

Healthy Daily Diet Tip: eat a lot of fiber (fruits, vegetables, wheat and grain) and drink plenty of water.

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Cooking for the Father/Dad/Man in your life



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MILLS AND ANGELLE GO UP IN THE AIR AND OVER THE EDGE FOR ADOPTION



MILLS AND ANGELLE GO UP IN THE AIR AND OVER THE EDGE FOR ADOPTION

On May 24, Senator Fred Mills and Public Service Commissioner Scott Angelle was “Up in the Air”, living on a billboard in the 600 block of Kaliste Saloom Road, in the vicinity of St. Pius Church, in Lafayette, Louisiana, donating their time and efforts to raise money for the Louisiana Family Forum’s

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Child Adoption campaign. There are nearly 500 children ready for adoption in Louisiana alone. The Family Forum’s goal is to place 100 of these foster children into loving, adoptive homes.

According to Mills, “I couldn’t be happier spending 24 hours with a lifelong friend and supporting the foster children of Louisiana.” Angelle added, “I’m pleased to team up with Family Forum in raising awareness for adoption. It’s a great chance for the pro-life community to express their support for adoption.”

“We are committed to being a part of providing these children with a loving home,” said Angelle and Mills.

Donate Now! 1-800-606-6470

www.CajuNation.org <<http://www.CajuNation.org>> Text Cajun to 99000

FATHER'S DAY TRAVEL BIRTH PLACE OF JUNETEENTH, GALVESTON, TEXAS



When Blacks in Texas heard the news, they alternately sang, danced and prayed. There was much rejoicing and jubilation that their life long prayers had finally been answered. Many of the slaves left their masters immediately upon being freed, in search of family members, economic opportunities or simply because they could. They left with nothing but the clothes on their backs and hope in their hearts. Oh, freedom!

Freedom meant more than the right to travel freely. It meant the right to name one's self and many freedmen gave themselves new names. County courthouses were overcrowded as blacks applied for licenses to legalize their marriages. Emancipation allowed ex-slaves the right to assemble and openly worship as they saw fit.

As a result, a number of social and community organizations were formed, with many originating from the church.

Freedom implied that for the first time, United States laws protected the rights of Blacks. There was a run on educational primers as freed men and woman sought the education that had for so long been denied them.

The Bureau of Refuges, Freedmen and Abandoned Lands, commonly known as the Freedmen's Bureau, was founded by Congress in March 1865 to provide relief services for former slaves. Schools were established and joined churches as centers of the newly freed communities. The promise of emancipation gave freedmen optimism for the future; few realized slavery's bitter legacy was just beginning to unfold and that equality was to remain an elusive dream. Oh freedom!

At the beginning of Reconstruction, the period immediately following the end of the Civil War, rumors were rampant that every freedman would be given forty acres and a mule. Ex-slaves petitioned for land and, with federal troops stationed throughout the South to protect their rights, looked forward to participating in American society as free citizens. In some cases ex-slaves were successful in obtaining land. Landgrants by Congress allowed several states to establish black colleges. The optimism was short-lived,

however, and soon replaced by a betrayal

so soul shattering that Blacks questioned whether the United States was serious about granting them their freedom. Ex-slaves found

for the most part, that despite the Freedman's Bureau, they were left to fend for themselves. The abject poverty and the racism that maintained

it prohibited any hope for assimilating

into American society. In Texas, the editor of the Harrison Flag

newspaper denounced as "treasonable"

the sale of land to Blacks. The Texas Homestead Act, passed during

Reconstruction, granted up to 160 acres of free land to white persons only. The Texas legislature in 1866 passed a new set of Black codes that attempted to reverse the limited gains (more on www.faithandsoul.net)

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