

Faith & SOUL

“YOUR COMMUNITY SOURCE”

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Vol.10 No. 88 APRIL. 2014

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

**Angela Peabody,
Special Story**



Inside: First Lady Michelle Obama Recipe Contest,
Sports In A Woman's Word: WWE, Spring Financial
Tips and more!

FASMG Thanks You!!!!!!

**New President Courtney Reynolds
invites you to GSLBCC Banquet**



Acts 2:17 - And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams:

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!
Inside:
Enjoy!

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FASMG thanks each and everyone of you. It is always a pleasure to serve you. We appreciate your advertisement and subscriptions. God is so Good. Let us all give Him Praise daily.

Spring is a great time for us to do Spring Cleaning. Not just to our homes but to ourselves also. This maybe a great time to start meditation and read the bible, spring checkup schedule doctors appointments, beat the allergies with all that pollen, get a membership at a gym, start healthy eating, get our finances in order, take a class to enhance learning, volunteer: visit the nursing homes, donate time and money to non-profits organizations.

Spring Into New Spiritual Energy: Seasons Changes, as we are into Spring, make a commitment to Bloom like the flowers. Show your beauty. change your outfits, change your hair. Laugh often, make some one laugh. Think of things that are good and pure, things that are from above and not earthly. Be determine to feel good, look good and do good. Every morning declare and decree that it will be a good day for Me.

FASMG is working on enhancing our online publication. Please let us know how we can better serve you. We appreciate your patience in this process. Our online will consist of Metro Atlanta, Metro Houston and Louisiana. Be included email us: faithandsoulmag@yahoo.com, [facebook/faithandsoul](https://www.facebook.com/faithandsoul), [twitter@faithandsoul](https://twitter.com/faithandsoul).

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FASMG loves you all. May God bless you, your family and your businesses.

FASMG: What you read is just as important as what you eat! (c)

Blessings, Peace and God's Love,

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***FIRST LADY MICHELLE OBAMA AND EPICURIOUS HOST
THIRD RECIPE CHALLENGE
TO PROMOTE HEALTHY EATING NATIONWIDE***

“The Healthy Lunchtime Challenge” Welcomes Children and Their Parents to Create Healthy Lunch Recipes for an Invite to the Kids’ “State Dinner” at the White House

Recipes can be submitted through April 5th at recipechallenge.epicurious.com

WASHINGTON, DC – With the overwhelming success of the Healthy Lunchtime Challenge & Kids’ “State Dinner” in 2012 and 2013, First Lady Michelle Obama is again teaming up with Epicurious, the U.S. Department of Education, and the U.S. Department of Agriculture to host a nationwide recipe challenge to promote cooking and healthy eating among America’s youth. Teaching kids to cook is a great way to ensure our children learn healthy habits early in life. Research shows that children who help with cooking and meal preparation are more likely to consume fruits and vegetables, and they are more aware of the importance of making healthier food choices. The third annual Healthy Lunchtime Challenge & Kids’ “State Dinner” encourages kids across the country to come up with healthy, original creations.

“The Kids’ ‘State Dinner’ is one of my favorite events to host at the White House, and I am thrilled to announce the third annual Healthy Lunchtime Challenge. This event gives us the opportunity to showcase healthy creations from talented kids from across our country,” said First Lady Michelle Obama. “I’m looking forward to seeing—and tasting—this year’s selections. So young chefs, get creative and get cooking!”

The third Healthy Lunchtime Challenge & Kids’ “State Dinner” invites parents or guardians and their children, ages 8-12, to create and submit an original lunch recipe that is healthy, affordable, and tasty. In support of the First Lady’s Let’s Move! initiative, each recipe must adhere to the guidance that supports USDA’s MyPlate (at ChooseMyPlate.gov) to ensure that the criteria of a healthy meal are met. Entries must represent each of the food groups, either in one dish or as parts of a lunch meal, including fruits, vegetables, whole grains, lean proteins and low-fat dairy foods, with fruits and veggies making up roughly half of the plate or recipe.

All U.S. states and territories, including Washington, D.C., Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, and the Northern Mariana Islands, are invited to participate. Delta Air Lines will fly fifty-six children and their parent/guardian (one pair from each of the 50 states, plus the U.S. Territories, D.C., and Puerto Rico) to the nation’s capital where they will have the opportunity to attend a Kids’ “State Dinner” at the White House hosted by Mrs. Obama. A selection of the winning healthy recipes will be served.



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**FIRST LADY MICHELLE OBAMA AND EPICURIUS HOST
THIRD RECIPE CHALLENGE
TO PROMOTE HEALTHY EATING NATIONWIDE
CONT. FROM PAGE 6**

“The Healthy Lunchtime Challenge is a wonderful opportunity to help kids build healthy habits. First Lady Michelle Obama, through the Let’s Move! Initiative, offers another shining example of how we can mobilize public and private sector resources to improve the lives of our children,” said Agriculture Secretary Tom Vilsack. “The decisions parents make to keep their kids healthy often start with the meals made at home. Young people who participate in this Challenge and are inspired by [MyPlate](#) encourage other children to eat healthier and build food preparation skills that will influence their food decisions into adulthood.”

“We are truly honored that Mrs. Obama is once again partnering with Epicurious to help raise awareness for the importance of healthy eating for kids,” said Carolyn Kremins, Senior Vice President and General Manager of Epicurious. “We hope the Healthy Lunchtime Challenge can show kids that meals, especially their school lunch, can be tasty, healthy and fun to prepare.”

The winning recipes will be chosen by a panel of judges, including Nilou Motamed, Tanya Steel, Let’s Move! Executive Director Sam Kass, U.S. Department of Agriculture and U.S. Department of Education representatives, as well as junior chefs. At the conclusion of the Kids’ “State Dinner,” a free, downloadable and printable e-cookbook featuring the winning recipes, nutritional analysis, photos and drawings, will be available via [LetsMove.gov](#), [USDA.gov](#), [Ed.gov](#), [epicurious.com](#) and [recipechallenge.epicurious.com](#).

The White House Kids’ “State Dinner” will take place later this summer.

Recipes can be submitted March 5th through April 5th, online at [recipechallenge.epicurious.com](#), or via mail at “The Healthy Lunchtime Challenge c/o Epicurious.com,” 1166 Avenue of the Americas, 15th Floor, New York, NY 10036. Winners will be notified in May. For more information and contest rules visit [recipechallenge.epicurious.com](#).

JAMES 1:4

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AND ENTIRE,
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NOTHING.**

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BY FRANCINE

Spring Into Your Financial Future

It's Spring Time. What a great Time to do Financial Spring Cleaning and Checkups.

As we clean our closets, yards, paint or do touch ups.

Don't forget to look at your Financial Future. These are some tips:

1. Tithe & Pray over your finances
2. Increase your savings
3. Diversify your investments
4. Give or donate to the less fortunate
5. Look at your children college funds
6. Plan and prepare for an emergency
7. Have a petty cash fund
8. Stick to your budget
9. Look for ways to increase your income
10. Work as a family for a properouse financial future.

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14th Annual “Be A Heart Starter!” Free Bystander CPR Training Set for May 3



FASMG HEALTHY TIPS:

THESE SIMPLE TIPS WILL GET YOU STARTED

1. PRAY, TO CHANGE YOUR EATING HABITS YOU NEED TO ALLOW THE HOLY SPIRIT TO GUIDE YOU.
2. EAT MORE FRUITS AND VEGETABLES
3. EXERCISE, GET INTO A ROUTINE
4. FIND YOU A GROUP TO JOIN
5. ENCOURAGE SOMEONE ELSE TO BE HEALTHY

On Saturday, May 3, the 14th annual “Be a Heart Starter!” training day will be held at the Cajundome. Since training began in 2000, the survival rate from sudden cardiac arrest in Acadiana has increased from one percent to over 35 percent.

During the last 13 years, nearly 16,000 Acadiana residents have been trained in bystander CPR at this nationally recognized event. Last year over 1,000 people were trained.

Being prepared at home and having trained employees, combined with the rapid response of first responders, makes Acadiana a safer place to live. Seventy-five percent of all sudden cardiac arrests happen at home and many times no one knows how to administer CPR. If no bystander CPR is provided, chances of survival are reduced seven to 10 percent with each minute of delay.

“The fact that we are holding the 14th year of this event is only possible with the sponsorship and volunteer support of the Acadiana medical community and other community-minded companies and organizations that believe in making Acadiana a safer place to live,” says Dr. Charles Wyatt, event founder and medical director. “We encourage everyone to register for this year’s event, even if you have taken the course before. You never know when CPR training can save a friend or family member.”

This free event is open to anyone middle school-age or older who wants to learn how to “Be A Heart Starter!” Two, two-hour sessions will be held, one at 8 a.m. and the second at 10:30 a.m. In addition to CPR training, there will be demonstrations on administering CPR to an infant and child along with how an automatic external defibrillator (AED) works in saving a victim’s life. There will be special training table areas for participants who are not able to kneel comfortably during training. Also, a segment of the course will focus on stroke recognition.

Although there is no cost, advanced registration is requested by calling toll-free 877-242-4277 or online at www.heartstarter.org. Each participant will receive a “Be A Heart Starter!” T-shirt, a training course participation certificate and more.

Wouldn’t it be wonderful if everyone in Acadiana were prepared to save a life?

Angela Peabody talks about Female Genital Mutilation, educating boys and girls, and Black America involvement with issues pertaining to the Black Diaspora and Africa
By Renarda Williams

Angela M. Peabody, founder of Global Woman — an organization dedicated to capturing the essence of women and girls who represent international culture and experiences and are sources of inspiration to their peers — is an embodiment of a Global Woman.

Peabody survived a violent coup d'état in Liberia, which resulted in a vicious military



attack on her family's home where she and her family took refuge. Rebel soldiers of the opposing political party went on a 20-minute shooting rampage on the home and debated on whether to assassinate her entire family.

Narrowly escaping the traumatic event with her family's lives, Peabody fled to the United States where she quickly assimilated to American lifestyle as a mother of two young boys. After a celebrated career as a television journalist in Liberia and press secretary for the country's Minister of Agriculture, Angela resorted to sundry jobs to make ends meet in the United States.

Finding a niche in the transportation industry, Peabody worked at the International Monetary Fund (IMF) in a related capacity. Angela's job in transportation took her to countries all over the world where she learned and embraced cultures in nations such as Austria, Thailand, Germany, Denmark, Singapore, Czech Republic, Japan, France, Great Britain, Slovakia, Puerto Rico, St. Martin, St. Lucia, Jamaica, Cote d'Ivoire, Senegal, Sierra Leone, Italy, Spain, Holland, Ghana, Kenya, Nigeria and United Arab Emirates.

In her career, Peabody found time to become a published author. She is the first Liberian woman to pen and publish a full-length novel. Her first book *Exiled* — within the bowels of American society was a tribute to the survival of the Liberian coup, which was endorsed by the Liberian Ambassador cont.on pg. 14

Cont. from pg. 9 Angela Peabody talks about Female Genital Mutilation, educating boys and girls, and Black America involvement with issues pertaining to the Black Diaspora and Africa

By Renarda Williams

and Liberian Minister of Information in 2003. She also wrote *Unconditional Love*, a collection of poems; co-authored the biography of Sarian Bouma, *Welfare to Millionaire*; and is the author of the play, *What Goes around Comes Around*.

Peabody released a second novel entitled *When the Games Froze* (Xulon Press, 2013, www.xulonpress.com). This “thought-provoking” book focuses on Nana Nkuku, a travel agent from Accra, Ghana, and her group of friends who come together by fate. Their spiritual friendship led to a bond that created a foundation against Female Genital Mutilation/Cutting (FGM/C) that will make a difference in the lives of little girls and needy families all over the world. Cont. on pg 11

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Cont. from pg. 10 Angela Peabody talks about Female Genital Mutilation, educating boys and girls, and Black America involvement with issues pertaining to the Black Diaspora and Africa
By Renarda Williams

FAMAG: Besides what you experienced in Liberia, during the coup d'état and being appalled over how girls and young adult women were abused by genital mutilation, what else touched your spirit to create the Global Woman?

Peabody: What else touched my spirit was surviving the coup d'état and how my family fled the country to begin a new life in the U.S. Life was not easy in a new country, but the healing process was even more challenging.

I saw so much injustice done to women and girls [all over the world ... especially in Africa]. A lot of them [referring to girls and young women in Liberia and other African countries] do not want to talk about being genitally mutilated because it is hush-hush in the part of the world where we come from. People sweep it under the rug and hide it as though nothing ever happened. It is my wish that our campaign against Female Genital Mutilation (FGM) will inspire women and girls to come out and admit that they are survivors and not victims. They should be applauded for surviving such heinous attack on them.

I was spared genital mutilation because I was fortunate to be born to parents who did not believe in the practice. We lived in the city and not in one of the villages. My father would have wanted to bring anyone to justice if they tried to do that to my sisters and me. He would have never allowed or believed in such practice, and for that, I consider myself very fortunate.

I decided to start a non-profit organization to have panel discussions, workshops and forums to talk about female genital mutilation, rape, sex trafficking, spousal abuse forms of violence against girls and women. There are 11 and 12 year old girls being married off to 60-year old men in Africa, after they have been genitally mutilated. The desire to end this atrocity on girls became a passion of mine! Cont. on pg 14

FAITH & SOUL 2014 COMMUNITY CLAENDAR

FASMG Congratulates Greater Southwest Louisiana Black Chamber of Commerce New President: Ms. Courtney Reynolds. Kudos to Ms. Virginia Jones on a job well done. FASMG encourages the community to get engage in the chamber and to support Black Business owners .



FROM THE PRESIDENT OF GSLBCC

The Greater Southwest Louisiana Black Chamber of Commerce has been in existence since 1999 in the community. We as the Chamber host an Annual Trailblazer/Scholarship Awards Banquet and we invite everyone to attend this event, which we prepare for throughout the year. GSLBCC honors influential members of the Community who has made a tremendous affect thru Community, Business, Education and Law. Awards and recognition are given to Trailblazers among the Community. The Greater Southwest Louisiana Black Chamber of Commerce also recognizes kids in the community by giving away scholarships to kids for advancement of their education. We emphasize growth thru education. We are honored to invite those in the Community to attend our Trailblazer/Award Banquet and In return gain knowledge of the influential members of the Community and hopes of Networking possibilities throughout the Banquet. We hope to see everyone April 4, 2014 6pm at MLK Center.

GSLBCC

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Cont. from pg. 11 Angela Peabody talks about Female Genital Mutilation, educating boys and girls, and Black America involvement with issues pertaining to the Black Diaspora and Africa

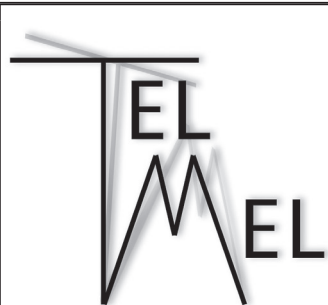
FAMAG: How important is it for churches, organizations, and communities to create programs to educate boys and girls life-skills and empowerment?

Peabody: I am glad you asked that question ... because it is vital! My organization is raising awareness about genital mutilation of girls and young adult women, and one of our approaches is to develop relationships with various churches in Northern Virginia, Maryland, and Washington, DC. We are mobilizing our workshops, forums and panels and taking them to church congregations to get our message out to the masses of American women and men alike. Education is our approach. We are raising awareness to the American people through information and through education to the African people will help us eradicate this practice.

We are in the process of plans to build a school and for boys and girls in Liberia. The school will instill in them the importance of obtaining an education. However, our school will not only teach academics; our curriculum will comprise of self esteem, self respect and respect for others, how to be a lady and gentleman, and how not to be violent against each other. We will teach the boys that it is wrong to hit a woman, and when they grow up and become fathers, they should never allow anyone to genitally mutilate their little girls.

By getting to young boys and girls early is the only foreseen approach toward ending gender based violence. This approach is not only for Africa, but for children all over the world. Gender based violence is an universal problem, and reaching the future men and women at an early age is the only method.

Girls will be taught about loving themselves first before loving anyone else and develop moral character. Boys need to [also] learn about how to love themselves, manhood, responsibility,



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Genesis 1:26 - And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.□



John 1:1-5 - In the beginning was the Word, and the Word was with God, and the Word was God.

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Cont. from pg. 16 Angela Peabody talks about Female Genital Mutilation, educating boys and girls, and Black America involvement with issues pertaining to the Black Diaspora and Africa

By Renarda Williams

discipline, and treat girls with the utmost respect. Both boys and girls need to be proud of themselves. We want to teach them that they are our FUTURE!

My vision is to live long enough to see girls and boys fulfill my legacy; and that is what Dr. Martin Luther King, Jr. envisioned one day seeing little Black girls, White girls, Black boys, and White boys together in the same classroom and holding hands together. We are seeing his dreams come true today. I pray that I live long enough to see my vision materialize.

FASMAG: Do you see Black America experiencing problems similar to what Africa is facing with genital mutilation and sex trafficking?

Peabody: Black America has not faced genital mutilation. But Black America has spousal abuse, domestic violence, rape, pedophilia and incest. Africa also deals with rape, and domestic violence, in addition to genital mutilation.

FASMAG: Are African Americans getting involved enough with issues pertaining to the Black Diaspora and Africa?

Peabody: Not enough, but some African American organizations, churches, and grassroots leaders are involved in issues pertaining to the Diaspora and Africa. We need to join together and resolve our problems collectively. However gender based violence does not discriminate among races, nationality and religion; it happens in every society. This is why we all should work together to end the problem and not divisively.

There is so much to be done and unfortunately, there are only a few people willing to make the sacrifice! (F&S)

FAITH & SOUL SPORTS IN A WOMAN'S WORD

A promotional poster for a WWE SmackDown TV event. The background is a dark blue gradient with light streaks. At the top, five wrestlers are shown: The Shield (two members), John Cena, and Daniel Bryan. In the center, John Cena is prominently featured in a green 'U ME' cap and wristbands. Below them, the text 'TEN MAN TAG TEAM MATCH' is written in a stylized font. The main title 'WWE SMACKDOWN TV' is in large, bold, blue and white letters. Below the title, five more wrestlers are shown: Kane, Randy Orton, The Wyatt Family (two members), and another wrestler. At the bottom, the date 'APRIL 8 2014' is in large blue letters. To the right, the event details are listed: 'TICKETS STARTING AT \$15', 'TUESDAY 6:45PM', and 'CAJUNDOME'. Logos for Twitter (@WWELafayette), Ticketmaster, and the Cajundome are also present.

TEN MAN TAG TEAM MATCH

WWE SMACKDOWN TV

Kane

Randy Orton

The Wyatt Family

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APRIL 8 2014

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MARK 4 VS. 26-29 PLANTING A SEED

26 And he said, So is the kingdom of God, as if a man should cast seed into the ground;

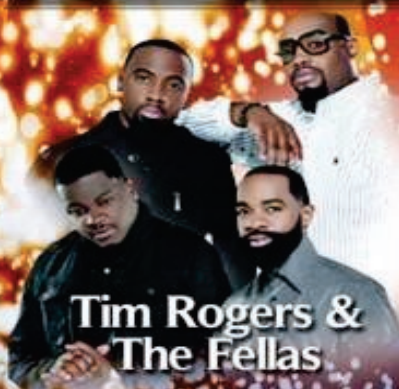
27 And should sleep, and rise night and day, and the seed should spring and grow up, he knoweth not how.

28 For the earth bringeth forth fruit of herself; first the blade, then the ear, after that the full corn in the ear.

29 But when the fruit is brought forth, immediately he putteth in the sickle, because the harvest is come.

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