

Faith & SOUL

"YOUR COMMUNITY SOURCE"

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

**HAPPY MOTHER'S DAY TO ALL MOTHERS!!! FASMG LOVES YOU ALL!
GOD BLESS YOU! MOMS EXCLUSIVE ISSUE**



Inside: Cover Photos Above Left, Chandra Winford, Book Author: " Money Matters", Below: Minister Marlice Young, Top Right: Liz and McCarley Cossey, Health Tips for Mom, Cooking for Mom, Finance Tips for Moms, Sports In A Woman's Word, Congressman John Lewis, Mothers Who Inspired Their Daughters into Higher Education and much more! Enjoy!!!!

Proverbs 31: 10-28

28 Her children arise up,
and call her blessed; her
husband also, and he prais-
eth her.

Happy Mother's Day!

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, col-
leagues and most important our advertis-
ers and subscribers. We Love You ALL!
Inside: CHANDRA WINFORD, MIN-
ISTER MARLICE YOUNG, COOKING
FOR MOM, HEALTHY TIPS FR MOM,
SPORTS IN A WOMAN'S WORD, LIZ
AND MCCARLEY, CONGRESSMAN
JOHN LEWIS AND MORE! Enjoy!

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FAITH & SOUL WISHES A HAPPY AND BLESS MOTHER'S DAY TO ALL MOTHERS.



Clarence and I thanked God for 32 loving years of marriage as we celebrated on April 30, 2014. "Jesus has to be the glue to keep a marriage together, nothing else works."

I want to thank God and Jesus Christ Our Lord and Saviour for allowing me to be a Mother! It is something that I have given high priority to and have not taken this responsibility lightly. As I grew Spiritually, I realized more than ever the work my mom and my wonderful mother-n-law did to ensure their children grew up in a Christian Home. It is a true blessing to have that childhood experience. To be rooted with God's Love. I appreciate having both of these two strong faith fill Virtuous Woman in my life. Because of them I can serve my community and share the Love of God. From the bottom of my Heart, I love you dearly. I am forever thankful that God has chosen one to be my mom and the other to be my mother-n-law. A Mother's Love is all I needed.

To all Mothers, FASMG commends you for taking that charge. We pray you much success in raising your children and the blessings of the Lord be upon you and your household. Though they maybe challenges at times, don't ever give up on your children. Continue to pray for them. God promised us when we live right our children will be bless. Be patience and calm, the storm always passes.

Children Honor your Mothers, so your years maybe long. Respect not correct your mothers. You will be rewarded for doing God's will. Don't say my mom didn't do this or that. But think of all the good things that she did. The unconditional Love, praying for you; this is worth more than money. Treasure it!

For the ones who lost their mother. I know this is no easy feat. I have close friends who shared their stories. We continue to pray for each and everyone of you. Like Apostle Paul: god strength will be sufficient in your weakness. Mother's Day usually is a hard time to endure. Go visit the nursing homes, visit the home bound, no they will never replace your mom, but this can help the healing. Share your time and talents with children who have no moms. Join a spiritual support group, get spiritual counseling seek others who have conquer over the lost of their mothers, seek help let others in to assist you.

Enjoy Mother's day 2014!!! Though I believe everyday should be Mother's Day! Blessings, M

FAITH & SOUL HAPPY MOTHER'S DAY TO OUR #1 SUPPORTER OUR MOM THERESA CALAIS WE LOVE YOU!



Happy Mother's Day to our Loving Mom Theresa Calais, Aunt Volina, Sisters Helena and Linda, Niece Sanchez. We thank you for all the Love and support. You taught us about God's Love and Jesus, His Son Our Lord and Saviour. We have so many wonderful childhood memories, the many trips going to Texas. You always encourage us to travel, take vacations, rest etc.

FAITH & SOUL HEALTHY COOKING TIPS FOR MOMS



FASMG encourages Moms to Healthy eating. Above are ideas.

Tips: Pray and ask Jesus to help you change your eating habits. Change comes with God.

Pictured to Left: Breakfast: Egg Whites, Fresh Kale and Fresh Blackberries. You should eat fresh berries everyday. Fresh Kale is very good for your health. Glass of water, drink plenty of water during the day.

Pictured to the Dinner Right: Fresh Spinach, fresh Cooked Corn, Meat, fresh Cook Sweet Potato and Glass of Water. Try not eat after 6p.m. Limit bread and rice. Eat sweet potato as a desert.



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FAITH & SOUL IN BUSINESS WITH MY MOM



Me & Mom Make Moves

By Sherise Henry

The proverb “all roads lead to home” couldn’t be more fitting when describing the journey of the enterprising Liz Todd and her daughters.

Liz and daughter McCarley Cossey are the owners of Belles Boutique in downtown Franklin, Louisiana. A walk through their doors can entail anything from a day of makeup with Merle Norman Cosmetics to a full blown makeover with racks of beautiful clothing that range from trend setting to practical. “We go from hippy sheik to sexy classy to traditional every day wear,” said Cossey.

Today’s Bellezza Boutique had a more humble beginning as Merle Norman Cosmetics. The space was opened in 1985 by Liz Todd after finding her niche. “My mom wore Merle Norman” she said. One day while picking up makeup for her mom Todd got the idea to start her own businesses and its been full speed ahead ever since. After starting the cosmetic store in downtown Franklin Todd began longing for a beach setting. She sold the Franklin store packed her bags and opened up shop in Gulfport Mississippi where she’s been for 12 and a half years.

The waves were great but the familiar faces and family along Bayou Teche eventually made its impact. Todd bought the Franklin Store back from its owner and planned to set up shop for her daughter a year ago.

“I planned to come back for a while to help my daughter and ended up staying cause I missed home.” said Todd CONT.

JAMES 1:4

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In Business With My Mom
Cont. from page 6

"Cossey describes working with her mom as an adventure. "They call us the miracle workers, a person walks in and we make them over from head to toe," she said. Cossey has been watching her mother work as a salesperson since she was a toddler. She says she learned first hand how to make a sale and its now a second language. "It's the most amazing thing ever but it can be exhausting." Cossey says with only she and her mother manning the store it can get busy at times, but she's learned to handle the traffic. "I thought about going to college and trying other things but this is familiar and its family and so I decided to just stay put," she said.

Since returning to Franklin Todd and Cossey are still expanding their talents the store will soon expand to offer interior decorating items. Meanwhile Todd's oldest daughter is following mom's example by owning her own Merle Norman business in Broussard Louisiana. Cossey describes a day at work with mom..."it's a free flowing atmosphere and it can be tons of fun. when people come in. Its like having a real life Barbie to make up and dress up," she said. The business women have kept their Gulfport store open, but as for places to live, Todd says next time she dreams of the beach she'll simply take a vacation.

FAITH & SOUL HEALTH TIPS FOR MOMS



Moms we take of everyone; here is some simple Healthy Tips for You!

1. Enhance your Spiritual Health, it starts with the mind
2. Pray; Meditate Daily and Rest, this is your Me Time
3. Exercise and Eat Healthy and Enjoy taste of the food
4. When Showering Use water as Anointing Oils, Say I am clean from all Sins and Dieases, name your body parts that is aching, claim Health and Healing In Jesus Name, Amen!
5. Eliminiat Stress, Trust God. He will handle all your worries
6. Join A Group for Support, one that is Spiritual Base, there is no changes without Jesus Christ, Our Lord and Saviour!
7. Get more active, walk, swim, play tennis, make it fun
8. Set goals;call them out, speak those things, have Faith
9. Use things as motivation, clothes, vacations, Hope
10. Keep up with all your docotrs appointments, mamograms, screenings. Activate your Faith and Hope



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FAITH & SOUL Live on Location Your Community
Connection with Congressman John Lewis
By Renarda Williams, Submitted Photo



Left: Georgia
U.S.Congressman John Lewis

Kudos to Congressman Lewis

Congressman John Lewis talks about his book *March: Book One* and the civil rights today at Arkansas Literary Festival

By Renarda A. Williams

Congressman John Lewis (GA-D) electrified a packed house at the Mosaic Templars Cultural Center in Little Rock, Arkansas on Sunday, April 27, 2014.

Lewis — one of the key figures of the civil rights movement and author of a graphic novel memoir *March: Book One*, a #1 New York Times bestseller — spoke at the center on the last day of the Arkansas Literary Festival, April 24-27.

His long career of leadership includes sit-ins, freedom rides, the 1963 March on Washington, and the 1965 Selma-Montgomery March. He received the Presidential Medal of Freedom and the only John F. Kennedy “Profile in Courage” Award for Lifetime Achievement ever granted by the John F. Kennedy Library Foundation.

He was joined with his co-author Andrew Aydin and graphic designer Nate Powell.

During the speech, he said the book tells the story about his life growing up on a farm in Troy, Alabama; facing the reality of segregation; meeting Rosa Parks and Martin Luther King, Jr.; and the beginning of the Civil Rights Movement.

“Meeting Rosa Parks and Martin Luther King, Jr. changed my life. The Little Rock Nine inspired me ... I [faced] the sit-ins, freedom rides, attended and spoke at the March On Washington, and met with [trauma] during the Selma-Montgomery March [across] the Edmund Pettus Bridge ... ,” he said.

Lewis stated that they hope that *Book One*, *Two* and *Three* will be a source of inspiration and will make people say: “Yes we can build a new world, while working together.”

Faith & Soul News Magazine “Fashion For Moms Section”



Looking for a Mother's day outfit for your Fashionable Mom.

To the Left: Black and White dress front top and back at the bottom trim with Black Leather, Black Leather Shoes and White and Black Purse to Match.

Right: Cream Color leather Dress with Cream Color Leather Jacket, with shoes with same design as dress. Jacket can be worn with jeans as a sports wear.



Shopping for Mom can be fun. Whether you are going in-store or on-line There are so many options out there.

These two outfits are flexible, they can be worn at church, business after hours, business appointments, weddings, family celebrations, or any business casual events.

They both are very cool and comfortable. The colors are great finding jewelry to match is an easy fix.

Make Your Mom Day! Get her Dressed Up for Mother's Day!

FAITH & SOUL TRAVEL FLYING TIPS FOR MOM



FLYING TIPS FOR MOMS:

1. PRAY FOR TRAVELING GRACE
2. GET TO AIRPORT EARLY
3. CHECK GATES TO MAKE SURE NO CHANGES
4. SPOT RESTROOMS SHOULD KIDS NEED TO GO
5. EAT BEFORE YOU GET ON PLANE SNACKS MEALS NOT ALWAYS GAURANTEE
6. RELAX AND ENJOY

FAITH & SOUL Live on Location: Minister Vanessa Hall 50th Birthday Celebration at the Biltmore in Atlanta, Georgia
Your Community Connection



FASMG attended the 50th Birthday party for Vanessa Hall Co-Pastor of Rhema Christian Fellowship Church. The venue was the legendary Biltmore Atlanta. Many came out to wish their Beloved Pastor and Friend a Bless Birthday. She is known to her church as one of God's Selected Gifts to the Body of Christ. It was a very beautiful night. Pastor Hall wore a red dress, escorted by her husband Pastor-Dr. Stephen Hall and greeted by the guests. She shared her life story and thanked everyone for coming. Pastor Hall is a mother of two: Stephen Jr. and Anthony.

SAVVY SISTAH

Chandra Winford writes 'Money Does Matter'

By: Melissa Tyler, Submitted Photo



"Money Does Matter" is a new book published by Chandra Winford. She is currently the chief financial officer for a worldwide ministry in Georgia. Her knowledge and skills have helped the ministry has overcome a \$10 million dollar deficit in a little over a year. Winford has more than 15 years of experience as a senior financial analyst that reinforces her distinct standpoint on how to manage and handle finances. She also worked with several Fortune 100 corporations such as Delta Airlines, Hewlett Packard, IBM and McGraw-Hill Companies. Faith & Soul News Magazine was able to reach out to the author about her new book and savvy tips for readers. You can look her up online for more information at www.moneymattercw.com. Check out the interview ON PAGE 13.

*****FASMG knows how Money Matters to Moms, so we sat down with Mrs. Chandra Winford to share her book and financial advice with our readers. it is important for Moms to have a budget, know their credit scores, save for emergency, prepare for college education for their children and run a household. MOM TO MOMS ABOUT MONEY. Chandra, married and a mother of aone daughter.

SAVVY SISTAH

Chandra Winford writes 'Money Does Matter'

By: Melissa Tyler



F & S: How and when did you get your start in financial planning and management?

Chandra: I have always been good with money and math as a child growing up. I can recall my mom wanting me to go to the grocery store with her because I enjoyed adding up how much money it would cost for the items she put in her cart. She would tell me how much money she had to spend, and I would calculate in my head as she put items in the cart. Also, I went to college and received an accounting degree so people would ask me for financial advice. As a result, after college I began assisting my local church and other small business owners that I knew.

F & S: Do you agree that women tend to spend more money than men? What are your top three tips to be a financial savvy woman?

Chandra: I agree that women do most of the spending for their households; as a result women spend more. My top three tips to be a financial savvy woman are as follows:

1. Trusting God to lead you concerning your finances
2. Living within the income which comes into your household
3. Having financial goals and a plan of action to reach them

F & S: Where can your book be purchased?

Chandra: My book can be purchased at my website, www.moneymattercw.com.

F & S: Please tell Faith & Soul Magazine readers how your book will enhance and improve their financial planning and management.

Chandra: Faith and Soul Magazine readers can expect for their finances to be improved as a result of reading my book because of several reasons. First, I wrote the book from a perspective of ensuring that the average person could read and understand how to better manage their finances. Secondly, it will give you insight of how to identify where you are really spending your money and how to take control of your financial destiny.



Retirement Party
In honor of
George J. Williams



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FAITH & SOUL 2014 CONGRATULATIONS TO WONDERFUL MOMS WHO INSPIRED THEIR DAUGHTERS



Proverbs 31: 10-29

29 Many daughters have done virtuously, but thou excellest them all.

Left: Pastor Young and daughter Danielle Young. Right: Annishka Mitchell and her Mom Ms. Caroline Mitchell

FASMG Congratulates these Moms: pastor Deborah Young and Ms. Caroline Mitchell on encouraging their daughters. Both Danielle young and Annishka Mitchell received their masters degree. Kudos to the young ladies. We pray blessings over your careers. Both moms agree this is a great Mother's day gift, both are the first in the family to receive such an honor.

FASMG commends both Mothers, preparing their daughters to be Great Mothers.
Happy Bless Mother's Day!

Faith & Soul News Magazine Mother's Message from Minister Marlice Young , Photos by: Bill Ducan



Mother - Born Great

It's nothing like the love of a mother. It's nothing that can replace the touch from a mother. There is absolutely no one that can take the place of a mother and no one can fill the space of a mother. When God made mothers him made them unique, rare and yes one of a kind. I am reminded of the scripture that states in Proverbs 31:10 that a woman of virtue is rare and her worth goes far beyond what anyone can measure.

Even from the beginning of time it was evident that women would play a very significant role. Out of all of the living creatures on earth, He could not find anything suitable for men. So out of a deep sleep he pulled woman out of man to be his equal walking along side him. This was moment mandated in time when God created "MOM."

The woman was given the duty of being the one who gives birth. And thousands of years later, the God ordained assignment for the woman is still the same. Natural birth is not her limitation. She still gives birth to dreams, visions and of course destiny for herself and she helps others as well.

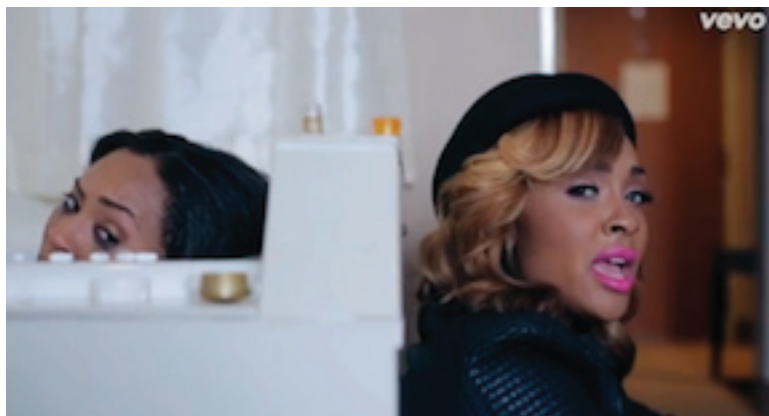
Mother's by nature are nurturers. It is nothing like the comfort of the loving arms of a mother when things seem to come crashing down on us regardless of our age. Mother's are built with a hidden inner strength. It is so amazing to see a woman when the pressures of life suddenly catches her off guard but with such incredible supernatural strength as she manages to bounce back with a greater faith and resilience to face another day. That is the power of the God given word we call MOTHER. The essence of beauty and courage as well as wisdom is only a few ways to describe the uniqueness of who she actually is.

Being a mother is a gift, a calling and ministry. A mother is a ray of hope for her family, friends and all she comes in contact with on a daily basis. She is a reflection of the Glory of God. Cont. on pg. 16

Faith & Soul News Magazine Entertainment News

INTRODUCING...R&B GOSPEL SINGER ADIA

CHECK OUT HER NEW VIDEO "RAGS TO RICHES"
WITH AN APPEARANCE BY WILLIE OF DAY 26.



FROM HER DEBUT ALBUM
BEHIND ENEMY LINES
DUE OUT JULY 29

ABOUT ADIA

The 22-year-old St. Louis-born, Chicago-bred artist says there have been lots of people and experiences throughout her life that have ushered her to where she is today but the one defining moment that sent her on a profound inward journey was one born out of loss. "My aunt passed away in 2011 and I don't know why but that experience really got to me," she says. "I re-evaluated where I was in my life and whether I was in alignment or not. I realized that I wasn't and it all had to do with my music."

Armed with years of advice from her parents and sisters, the spiritual teachings of her grandmother (and namesake), the influence of her mentor/ producer Fred "Blaze" Crawford, and the calling from the highest power of all, Adia decided to share her journey, through music, with the release of her debut CD "Behind Enemy Lines" (Xist/Malaco) is a treasure trove of songs that are not only message-driven but artistic, engaging, and entertaining. Adia is now ready to share all of her inspiration, all of her experiences and every tiny step of her journey with listeners. She wants her music to show people what real life looks like, how real faith works and how music -- in its most real and honest form -- can help to lighten loads and transform lives.

Submitted photos and article.

Faith & Soul News Magazine Mother's Message Cont. from pg. 14

She is made in His image and His likeness. A mother is equipped with His grace and has the anointing to finish her race. She is well able to do all things through Christ that gives her strength.

As I ponder on this upcoming mother's day, you may not have your natural mother in the physical, but know God has given you a spiritual mother whom you can obtain Godly wisdom. It's His reason for stating he placed gifts in the body. It is not to take the place of your natural mother, but it can help to fill that void knowing that the Father placed someone in your life to help fill the void and ease the pain of your lost. Now I am not saying that a mother figure takes the place of your natural mother, not at all. I am saying it is a way to refocus the feelings of grief and pain by giving you a sense of ease. You take the attention off of yourself and give it to someone else. I know Jesus would definitely honor that. I call that sowing seeds of HOPE, so you can reap a harvest of JOY.

This mother's day do something you may have never done before; adopt a mother in a nursing home or in an assisted living facility. Maybe there is a lonely mother right in your neighborhood or your place of employment. There are plenty mother's waiting for the love of a daughter. After all, Jesus said that we ought to take care of the widows. You never know, it could be the beginning of something greater than you could ever imagine.

In His Service,

Min. Marlice Young-Dugas



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FAITH & SOUL SPORTS IN A WOMAN'S WORD



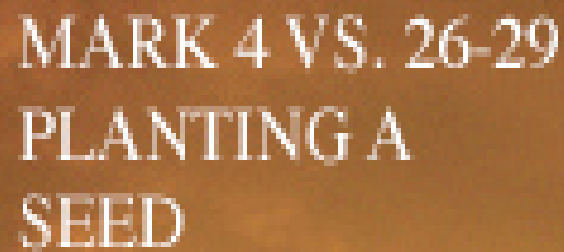
Faith & Soul News Magazine Publisher attended the funeral along with The Breaux Bridge Community and beyond to pay tribute to the life of David "Big Dave/Big Daddy" Thibodeaux. Big Dave known by many for his love for Sports, Family and God. Our condolences are to his wife Rose, a very dear and an awesome woman. As mentioned in the Eulogy by Rev. Champion during his sports commentator days, Big Dave mentioned more Fried Chicken and Hamburger restaurants than plays on the field during the football games. Sen. Mills mentioned his relationship with Dave, they late night phone conversations, Dave saying he was on a diet but always found a way to eat from others plate. Between Rev. and Senator Mills everyone could not help but laugh. Gilbert "Gilley" Wiltz brought it home with his wonderful solos, as well as Francis, Corey Ledet and Donna Angelle finished it off with the closing duo. Sen. Mills quoted I had to laugh so I would not cry. Dave was a very special guy who had great passion for sports and touched so many people lives.

It's the NBA playoffs and uproar isn't about who will be in the finals but will be the final game for Mr. Donald Sterling owner of the Los Angeles Clippers. Sterling was recorded saying some very disturbing things about the players on His team. It is said this strike a foul when his girlfriend took a photo shot with Ervin Magic Johnson. Sterling wanted that picture ejected from Instagram. As said by other media: "Do not bring your African American friends to the game and you didn't have to take a picture with him. All fair to the game and players, many are requesting Sterling pass the team on and sell it. Many greats are in line to purchase the team. It maybe great that Oprah name is in the hat or they say so. How interesting to have a Woman Owner of the NBA, well she do have her network and the games could be watched on OWN. Oprah and Magic Johnson could be a great team like her and Tyler Perry. Will LeBron and the Heat do it again, Three Time Championship. CONGRATULATIONS TO OK THUNDERS KEVIN DURANT, MR. MVP.

It's baseball time and the Braves are off to a base hit start. Support the Braves, great family entertainment. What's better than to spend an evening or afternoon in Turner Field, under the lights at night is an awesome experience. Only a few years left and the Braves will be moving on.

WNBA:

Get your season tickets now. Support Women's Professional Basketball. Great entertainment. Support all Female sports. FASMAG attended an AAU game in Suwannee, Georgia for girls in High School. It was Awesome. FYI: Women in Sports should get more pay. As president Obama is pushing for equal pay; don't forget about these wonderful athletes. ATLANTA DREAM OPENING NIGHT AGAINST SAN ANTONIO STARS, MAY 16, 2014, TIP OFF 7:30P.M. GET YOUR TICKETS NOW: atlantadream.com



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

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