

# INSIGHT

## How to Get Our Children to Take Initiative

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True Holy Church  
Brooklyn, New York

I work in the field of education. I've often pondered and analyzed the strategies and methods we use to motivate children to take initiative in school. I've come to the conclusion that many of these same methods will work in motivating children to take initiative in the House of God.

First I would suggest that we as saints of God serve as models. Matthew 5:16 states, "Let your light so shine before men, that they may see your good works".

**HELP YOUR CHILD SET PERSONAL GOALS.**

Children tend to imitate what they see. We must actively

volunteer and participate when we see the need. Our children watch our actions. If we see that bibles are left on the seats, pick them up without being asked.

As we are participating in acts that show initiative it is important that we do a "Think Aloud". By this I mean verbalize what you are doing. For example, we can say, "I see there is a shortage of ushers. I am going to take the initiative and join the usher board. I know this will help the church." We are summoned to "consider one another to

provoke unto love and to good works." (Heb. 10:24)

It is also necessary to present opportunities for children to make choices. Making choices is the foundation for children to make independent decisions. Quite often we tell our children what to do; let's begin to include them in the decision-making process and hold them accountable. Of course, we must provide guidance along the way. This gives us the opportunity to reinforce positive behavior and point out acts of self-initiative.

Help your child set personal goals. Have them start off small before tackling larger goals. They can set a goal of studying their Sunday school lesson, cleaning their room, or participating in a youth program. When the smaller goal is achieved, it builds confidence for them to set higher goals. Christ has also encouraged us to set goals. Luke 14:28 states, "For which of you, intending to build a tower, sitteth not

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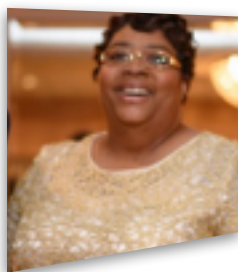
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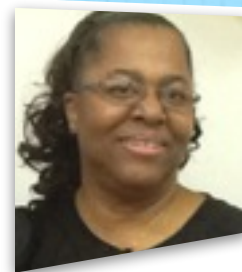
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# Recipe for a *Healthy Marriage*

Min. Jennifer P. Watson  
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As I sit here and ponder on the words “marriage” and “family”, a lot comes to mind. First, I think about how many marriages and families seem to struggle to survive these days. Many have lost faith in marriage and the traditional family design- the way God intends for it to be. I’m getting ready to enter my seventh year of marriage and the saying has already proven itself to be true “marriage takes work.” I truly believe that in order for a marriage to remain strong, happy, healthy, and produce a strong family; the willingness to listen, be selfless and endure even the hardest of times must exist.

I often like to use everyday examples in my writing. Anyone who knows me well knows that I truly enjoy cooking. Whether it’s roasting a chicken or baking a pie, I love it all just the same. Any good cook will tell you, that you have to follow recipes precisely if you want your dish to come out perfect or close to it. With marriage and family there is no exception.

There are some key ingredients to building a healthy marriage and a joyful home. Omitting even one of these ingredients may cause you to become less than successful. But take heart, these ingredients are available to all. Here’s what you’ll need:

- ✱ Honesty
- ✱ Communication
- ✱ Love
- ✱ Quality Time
- ✱ Prayer

If you’re not sure how much of each ingredient to use, sit with your spouse and do some reflecting and be honest about areas in which you may be lacking. Finally, blend all of these ingredients with time and patience. Once blended, place in the warmth of the Lord’s hands and allow it to “bake” for a lifetime.





# CONVOCATION 2014 WOMEN OF ROYALTY COLORS SELECTED

After giving consideration to the availability of seasonal colors, the impact on personal budgets, and our feminine focus as united sisters, pink and black have been selected as the Women of Royalty colors for this year. As an outward display of unity, all ladies are asked to dress in the following color combinations for our Wednesday evening service.

- Solid black skirt or dress
- Solid pink top/jacket/sweater
- Black lapel flower



We are *Sisters United* ... "a sisterhood that positively impacts the church and community."



## Introducing a UCJC Entrepreneur: VERY RICH STYLE

Velica Stedman  
First United Church  
Washington, DC



### VERY RICH STYLE

got its humble beginnings from Velica's mother, Lady Annie Burroughs, and her desire to teach and pass on to young women the dying art of sewing. Velica initially envisioned sewing as just a hobby for making small decorative furnishings for the home. After much encouragement from her mother, she soon turned her attention to dressmaking and creating men's accessories.

To her surprise, she felt a great sense of fulfillment in constructing something that would be admired by so many. More and more her passion for sewing grew stronger as she set out to perfect her technique with each garment she completed. She loved the idea of making something that was unique to her personal aesthetic. Almost instantly family and friends began to take notice of her talents as a dressmaker and designer; so much so that she began receiving requests to sew for others. The idea of having her

own label was something that she never would have imagined. Velica solicited the help of her family to come up with a company name that would not only embody her personality, but also mimic her initials. Thus, "Very Rich Style", or more affectionately VRS, was born.

Not every woman can afford to spend thousands of dollars on clothing, but every woman deserves to have that star quality look. VRS' look is considered funky chic with an added mixture of retro couture and modern flare. The juxtaposition of color and texture distinguishes VRS' designs from any other. VRS

strongly believes that fashion is an extension of one's self-expression. Every woman is different and through fashion we can express our own uniqueness.

### WORKING TO EXPAND...

Currently, VRS is working to expand the brand to include fragrances for men and women. The first signature fragrance for women, which is currently in development, was launched in A/W 2013.

Very Rich Style (VRS) is a family-owned and operated clothing business specializing in women's apparel and men's accessories. Catch up with us at [www.veryrichstyle.com](http://www.veryrichstyle.com) and in our retail space at The ARTisan Café at Stony Point Fashion Park, 9200 Stony Point Pkwy, Richmond, VA.



# Change for Change

Sara Wolfe  
Word for the World  
Shrewsbury, Pennsylvania

Four years ago, my future husband and I were in the honeymoon phase of our "dating" relationship. At that time, our focus was clearly on getting to know each other; learning each other's likes and dislikes and exploring new adventures together. We didn't see flaws and imperfections; everything was perfect.

While dating my husband, John, I learned that he loved chocolate, was a diehard football fan, had a favorite athlete Ray Lewis and had a passion for fitness. I also noticed and paid most attention to how he carried himself in public, how he maintained his outer appearance, and how well he kept his house in order. He frequently talked about his enjoyment of cooking and cleaning; and I must say it put the

things were never out of order. I made up my mind that he was a keeper. Even though to me he was a keeper, there was still some molding that needed to be done for us to successfully work together.

After the "I Do's" John and I began to notice things about each other that needed some work and at times we addressed them. However, some things didn't change so I decided I had some training to do. If talking didn't work, it was time to take action.

## Funny story: "How to Train a Guy in 10 Days"

One day, while trying to "train" my husband to wash the dishes properly, I decided to take all of the plates, cups and bowls out of the cabinets and all the silverware out of the drawer and stack them in the sink so that they would be rewashed. The next day when I came in from work everything was put away. With a big smile on my face I felt like patting myself on the back; my training had been successful, until... I found everything still filthy yet placed neatly away in the cabinets. When I asked him if he had washed the dishes he said, "No, they were all stacked so neatly in the sink I thought they were clean." TOTAL BUST!! I'm sure the look on my face was priceless and all I could do was walk away. I found myself washing all of those dirty dishes by myself; all of them. When it was all said and done it

was just a mess I made that I had to clean up in the end.

One Sunday morning while Bishop Lewis Payne was preaching, he brought up an excellent point that would be the solution to my problem. He mentioned how people often want to change the other person for their own benefit; but seldom try changing themselves in order to solve the problem. In taking heed to Bishop's advice, I did just that. Instead of letting my husband wash the dishes incorrectly I would wash them and he would dry them. So he would clean more, I would write him a "To Do List" and instead of him cooking on the stove he would grill. All of these things worked out for the good and bettered our relationship.

Women, when we are being courted the first thing we usually put on our "To Do List" is finding a way to "train our man." During the dating process you see his handsomeness and perfections but after you say, "I do", the flaws surface...for both you and him. You now see how he leaves his shoes in the middle of the floor while he sees how you suck your teeth after every meal. Those annoying little habits were there all along; you were just blinded by love. Now the smallest things make you upset.

Instead of trying to change a person, I learned to examine myself first. I had to refer back to Matthew 7:3-6. How could I look at my husband's flaws before trying to change my own? I realized that no one can change a person but God. Instead of trying to change him, I learned to work with him and to highlight those things at which he is good. Most important, I learned to allow him to work using his strengths to build our household, our relationship and our family.

"Instead of trying to change a person I learned to examine myself first."

biggest smile on my face. I found these attributes to be very impressive. The fact that he could prove it to me was even more intriguing.

One evening while I was working, John surprised me with a plate of homemade corned beef and cabbage with mashed potatoes and homemade honey mustard for lunch. That night he found the way to my heart through my stomach. Occasionally, I would stop by his home unexpectedly to say hello and found that his place always smelled nice and

## Control Your Assets – Protect Your Children

Debra Johnson, Esq.  
Rehoboth Pentecostal Church  
Trenton, NJ

It is critical that we plan for the end of our natural lives. It is important that we assure that all that the Lord has allowed us to secure on earth be distributed as we wish it to be distributed, as opposed to being taken by the government, or endlessly fought over by relatives, some of whom may have a natural claim, but no emotional claim to what you have left behind. Even more importantly, those of you with young children must put in place a plan for them. Should you and your spouse go on to be with the Lord simultaneously, what is the plan for your minor children? Where will they live, who will take care of the assets you leave for them?

A Simple Will should be done professionally by someone you trust. If you have a large estate, you will need an Estate plan. Do not use Legal Zoom or Wills from the website; they do not in my opinion offer adequate protection. Your Will should include a guardian and a back up guardian for your children. You will also need a Trustee and a backup Trustee for your minor children's assets.

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# Can You HEAR ME?

Listening is a lost art. We live in a world that is filled with a never ending cacophony. It fills each minute and every second of everyday. As women, we are pulled in many directions throughout the day. Numerous people and things vie for our attention. Our society praises and expects multi-tasking, which only adds to the noise around us. People speak to us. We smile and nod, or frown and shake our heads. However, did you really hear what was said? Were you really listening?

The word listen is a verb, which means it requires action. The definition of listen (from Dictionary.com) is: " 1. to give attention with the ear; attend closely for the purpose of hearing; give ear, 2. to pay attention; heed; obey, 3. to wait attentively for a sound".

As listening is a verb, it is something that should be practiced to be mastered. We are instructed to listen for the still, small voice of the

**“By listening to God  
we can learn to listen  
to ourselves.”**

Master. We attend retreats and conferences that focus on listening to the voice of God. As Christians this is our first duty: to recognize the voice of our heavenly Father, and obey his leading commands.

This requires being in the place to hear Him and subsequently the action of obeying Him.

“But be ye doers of the word, and not hearers only...” James 1:22 KJV

## **(How to Get Our Children...continued on page 1)**

down first, and counteth the cost, whether he have sufficient to finish it?” Goal setting is an essential life-skill.

It is important to compliment, praise and encourage your child. Develop an “I can do all things through Christ which strengtheneth me” (Phil. 4:13) attitude in your child. Remember an essential building block to taking initiative is building self-confidence.

Most of all we must remember to pray for and with our children. We have the power to speak success, achievement and spiritual growth in their lives. Let's use our God given power to guide, strengthen and encourage our children to take the initiative to become the leaders we know they can be.



Dr. Leslie Frinks  
St. Matthews Church  
Darlington, South Carolina

After learning to hear the Spirit and being sensitive to Him, we need to learn to listen to ourselves, our own bodies. God has created us so that our bodies give us clues and signals to its needs. We can be very good at taking care of others while neglecting tender, loving care for ourselves. In the words of our Apostolic fathers, “I admonish you” to listen to your body. What is it telling you? Are you experiencing: headaches? Indigestion? Aching or tight muscles? Palpitations? Slow down. Stop. Listen. Does your body need more sleep? Are you skipping meals? What do you do for relaxation? When was the last time you took a moment to yourself? How can we be effective servants for Christ if we are physically and psychologically depleted? We have to allow time to renew our minds and bodies. I think that this is a lesson for all women, not just mothers or wives. Women are created as caretakers, helpmeets. We have to be careful that we do not sacrifice our own health and render ourselves unable to complete the tasks ahead.

As effective witnesses for Christ, our listening skills must be sharp. Communication comes in many different forms, many of them nonverbal. We must practice listening even when those in need are not physically speaking. Yes, I am speaking of discernment, the ability to know something without the other person expressing the thought or information. Are we as Christians able to hear the true needs of those around us? Are we allowing the business of life to drown out the cries of the lost? Are we allowing the Holy Spirit free reign to guide us to the lost?

Wow!! Here we are back at the beginning, learning to listen to the Spirit of God. By listening to God we can learn to listen to ourselves. We are after all His creation. He knows what is best for us. By learning to listen to ourselves, we can learn to truly listen to others, not just those in need of salvation but our fellow laborers in Christ also. Can the church help save the lost art of listening? My sister, will you help save it?

## **(Control Your Assets...continued on page 4)**

Your Will should state generally who inherits what and names a specific Executor or Executrix along with backup names. The Will should have attached to it a very specific letter to the Executor/Executrix that you could change without having to get the entire Will redone, depending on the change.

A Will protects your interests and preserves your beneficiary's rights.

It is also necessary to have a Power of Attorney and a Living Will (Advance Directive). But we will discuss that more next time. I cannot encourage you enough to reach out to an attorney regarding end of life planning. No matter if wealthy or working towards wealth, you need to determine who gets your home, car, jewelry, bank accounts, CDs, etc. And of course, even more importantly, you should plan for your children's future should you or their Father not be able to care for them.

God Bless!

# Steps to Balancing Home and Church – Part 2

By First Lady Vivienne Johnson  
Rehoboth Pentecostal Church  
Trenton, New Jersey

There is no single formula for finding and maintaining balance since our individual lives are so different. Below are a few steps you might find helpful:

---★ **1. Put God first**

Spend personal time with God reading the word and praying. If we are not equipped, we have nothing to offer. If your relationship with God is lacking, it will be difficult for you to guide someone on how to develop their relationship with him. Let's practice what we preach.

---★ **2. Prioritize your responsibilities, make a schedule and adjust as needed**

If you make a schedule it is unlikely that you will overbook yourself and agree to another engagement when you already have plans for that allotted time. It will also help you not to forget an important appointment or meeting because this list will be checked frequently. This will also help you to relax, knowing that you don't have to constantly try to remember all that you have to do.

---★ **3. Simplify whenever possible**

Eliminate unnecessary tasks and limit your involvement in activities don't add value or others can do a more effectively. Don't volunteer for everything. It is more beneficial to be involved in one or two activities and do it well than to participate in five activities and do a mediocre job. At times it might be necessary to take on all five activities if no one else is available to perform them, but do that temporarily. When a capable individual becomes available, it is ok to relinquish that task so you can focus on those activities that you do

best. Another example of how we can simplify is, if you are having company over for dinner and time didn't permit you to prepare as you would like, instead of rushing to make four covered dishes (main courses), just do one or two. Invest your time in making those dishes the best, so everyone can enjoy them.

---★ **4. Ask for help.**

I know many of us find it difficult to ask for help, this includes myself. Let us utilize the people around us, whether it is the children at home or the spouse or family or someone at church who is willing and able to assist. Let us use our time wisely and invest our energy on the things that glorify God and bring us joy.

---★ **5. Make time for yourself**

Take time to rest and rejuvenate yourself so you can continue to do all that God has called you to do. Find ways to relax, relieve tension and minimize stress; whether it's taking a walk, a long bath, reading a book or magazine, take time to reenergize yourself. Being a good parent, spouse, employee and servant for Christ also means being good to yourself. Remember, the race is not given to the swift or the strong, but to those who can endure to the end.

*"...let us focus on quality, not quantity."*

May you find balance, joy and peace in all that you do. I pray that the joy of the Lord will continue to strengthen you. God Bless!!!

Meet the **Support Staff** of *Women of Royalty*



**Sister Marcia Boardley**  
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Baltimore, MD



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# Spiritual “Vitamin C”: Being Content (Philippians 4:11-13)

Evangelist Edna D. Williams  
Rehoboth Outreach Apostolic Ministries, Inc.  
Cleveland, Ohio

“I feel as if life is just passing me by. If it's not one thing it's another.” How many of you have heard that familiar phrase? I have and it is so true. When it rains it pours!

The reason we feel that way is because there is always a storm brewing somewhere in our lives. The high winds of life just keep on blowing; dark clouds keep hanging over our heads; the rain keeps on falling; lightning keeps on flashing as the thunders roar; and we wonder if the sun will ever shine again. That's when the Holy Spirit shows up in our lives to remind us, that "no weapon formed against us shall prosper." (Isa. 54:17)

Being Content is the “vitamin C” necessary for our spiritual growth and development. When we are through so many things in our lives seemly all at once, there is an opportunity for the enemy to step in and cause anxiety attacks, stress, headaches, heartaches, and pain. When that happens, it can result in a spiritual vitamin deficiency. We then need the daily recommended dose of contentment in our diet. Faith in the promised Word of God is needed for the renewing of our minds that God is still with us. “...be content with such things as you have: for He has said, I will never leave you nor forsake you.” (Hebrews 13:5)

Vitamins are used for many different reasons. We may take vitamins for our natural bodies to keep our bloodstream healthy or to have healthy bones. But, we also must feed on the vitamins of God's Word. By doing so, not only is the body healthy, but the spirit man, the mind, and soul are also healthy.

**SPIRITUAL  
VITAMIN C  
(CONTENTMENT)  
IS A PROVEN  
REMEDY FOR THE  
SOUL**

and put in jail, and still he declared, "I know both how...to abound and to suffer need." The secret is he learned how to

★ In the book of Philippians 4:11 Paul said, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content."

be content. We too must learn how to handle the pressures of life and realize that they come to make us strong. We must learn how to handle those things that come to push us out on a ledge. We must allow what we have learned to show up during the testing of our faith. The ledge will give out only if we give up.

Whatever state we may find ourselves in, whether it is pain, money problems, relationship problems, children problems, or spiritual problems we must learn how to be content. Contentment can start with prayer, fasting, studying and obeying God's Word. Learning how to be content in any given situation in life will restore our joy, peace, and happiness.

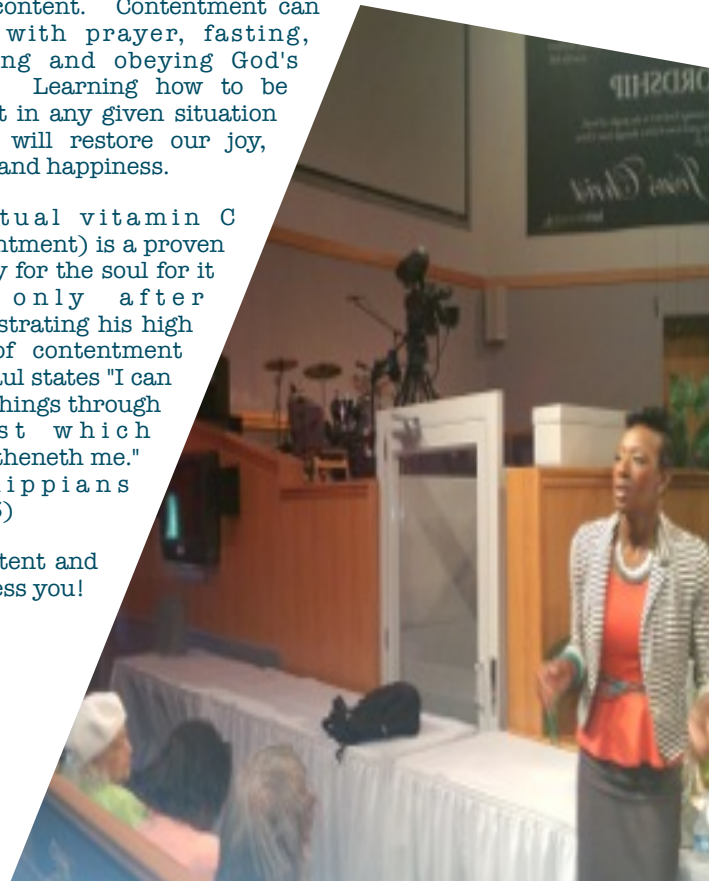
Spiritual vitamin C (contentment) is a proven remedy for the soul for it was only after demonstrating his high level of contentment that Paul states "I can do all things through Christ which strengtheneth me." (Philippians 4:11,13)

Be content and God bless you!

In the book of Philippians 4:11 Paul said, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content."

There are many other scriptures that reference being content, but this one was chosen because it illustrates how Paul wanted for nothing even in

dire circumstances. Paul had been ship wrecked, lied on, beaten,





CO-PASTOR SUSIE OWENS



DR. CAROLYN SHOWELL

# Women of Royalty Convocation at a Glance

WEDNESDAY, JUNE 25

## Sisters United in Worship

- ★ WOR leaders will conduct evening worship
- ★ Co-Pastor Susie Owens, Evening Speaker

THURSDAY, JUNE 26

## Sisters United for Action: Let's Go To Samaria

- ★ WOR conference workshops
- ★ Dr. Carolyn Showell, Plenary Speaker

FRIDAY, JUNE 27

## Sisters United in Fellowship

- ★ Women of Royalty Fellowship and Luncheon
- ★ Informal meet and greet
- ★ UCJC version of "The View"
- ★ Praise Dancers
- ★ Guest speaker
- ★ Community outreach



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- Deaconess Paulette Pace**, Past Coordinator for Events and Hospitality
- Pastor Joyce Washington**, Past Vice-President, Intercessor

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