
Press On!

Webzine

Let It Drive You To Greatness

Denver Bronco's Quarterback Tim Tebow
Beat the Odds And So Can You

The Voice of an Introvert
How to Overcome Shyness

Instant Mom

Kim Washington's Shares Her Journey of Raising Her Nephews After Her Sister's Death

Get Yourself Together
Overcoming Depression

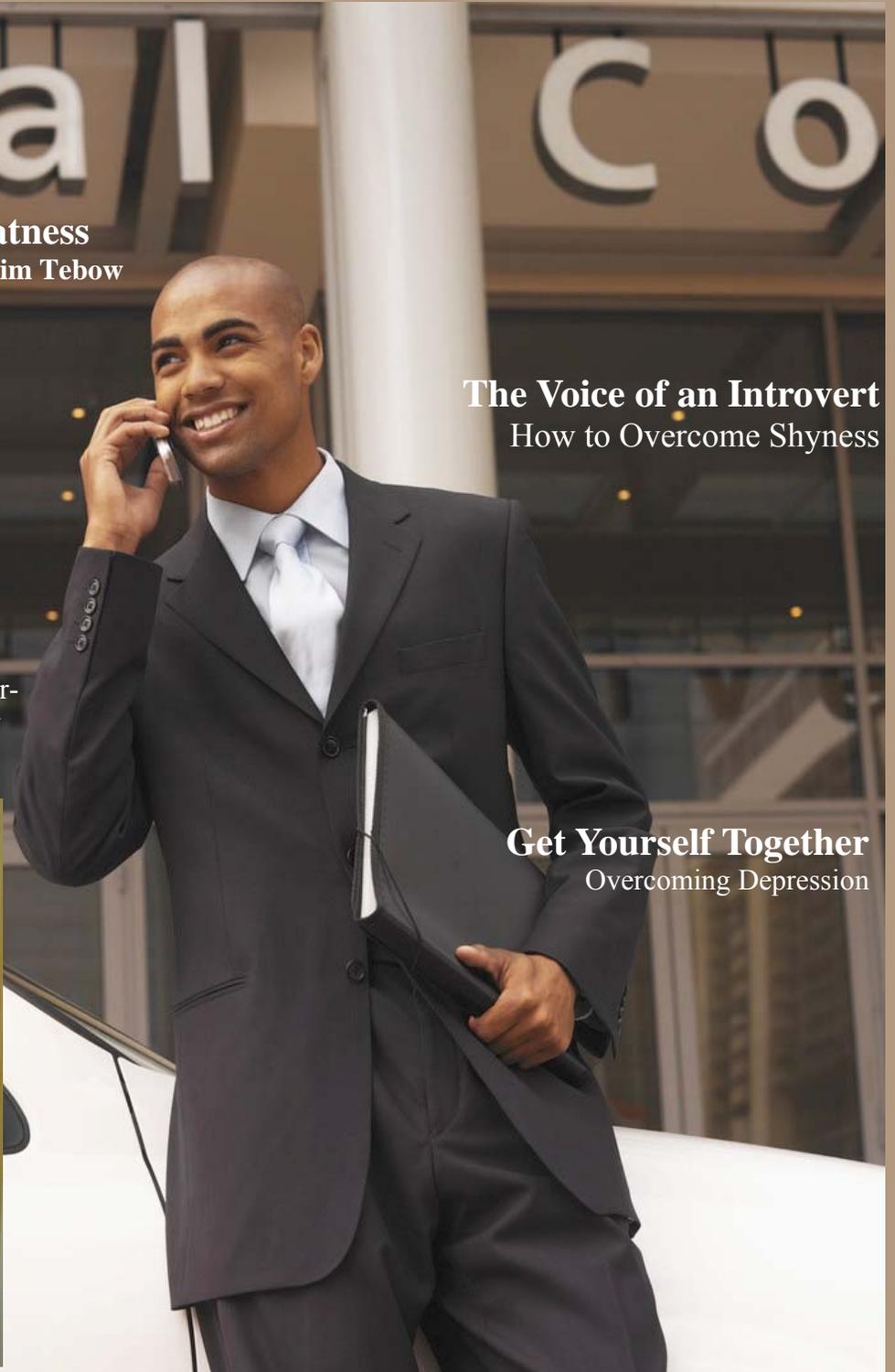


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FOUNDER, DESIGN DIRECTOR AND WRITER

Phenola Moore

EXECUTIVE EDITOR

E. Marilyn Stackhouse

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CONTACT INFORMATION

E-MAIL: PMOORE@PRESSONWEBZINE.COM

WEBSITE: WWW.PRESSONWEBZINE.COM
VISIT MY WEBSITE TO DOWNLOAD A COPY OF THE WEBZINE AND TO
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Cover Photo

Kim Washington with JaKai, age 9, and
Ja'Quan, age 6

EDITOR'S NOTE



Good grooming should not be only making sure the outside is clean, but should also include internal cleansing by the Holy Spirit to rid us of any negativity that can cloud the path toward our destiny.

“Let It Drive You to Greatness” details how Denver Bronco Quarterback, Tim Tebow, used negative comments about him as fuel to catapult him into his destiny. Read this article to find out how you can do the same thing in your life.

“Sagging (Pants) – A Flash From the Past” outlines what I believe is the concept behind why some youth wear sagging pants. Read it and let me know what you think.

In “Instant Mom,” Kim Washington shares how she is raising her nephews since her sister died from cancer earlier this year. And I share how I deal with a personality trait that I’ve battled all my life in “The Voice of an Introvert.”

Holidays are the worst for those of you like me, who have suffered a loss (loved one, job, relationship, etc). For me, it was battling depression after my sister died. Therefore, I decided to reprint this article, “Get Yourself Together,” that appeared in the Summer 2008 issue in hopes that it will encourage you to move forward. **I dedicate this issue in loving memory to my sister, Anna and included her photo with the article.**

These are just a few highlights of this webzine’s contents. I pray that they will inspire you to embrace change while pressing toward your destiny. Thank you again for forwarding a copy to your family and friends. I really appreciate it.

Also, I created a holiday greeting for you. Copy and paste <http://smilebox.com/playBlog/4d6a67794e5445354e7a553d0d0a&blogview=true> in your browser to listen to your personalized card. Merry Christmas and Happy Holidays! ■

Phenola Moore

Unless otherwise noted, all scripture is King James Version.

I press toward the mark for the prize of the high calling of God in Christ Jesus. Philippians 3:14

We want to hear from you! E-mail your comments to pmoore@pressonwebzine.com. Include your full name, address and telephone number. Submissions may be edited for length and clarity.

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Let It Drive You To Greatness

By Phenola Moore

In a FRS commercial Tim Tebow recounts the naysayers' comments about him. "They said I couldn't be a high school quarterback. They said I couldn't get a D1 Scholarship. You can't make it. You're not good enough. You're not skilled enough. They said I couldn't win a Heisman. They said I couldn't win a National championship. They said I wouldn't be a first round draft pick. They said I couldn't play in the league."



Although Tebow is now a quarterback for the Denver Broncos in the National Football League, he received a lot of criticism before he reached this point in his career. Instead of cowering under those negative words, he used them as fuel to propel him to his destiny.

According to Nathaniel Uy's article, "Tim Tebow Video: Watch the Broncos QB in His New Commercial," Tebow was one of the best college football players in history. He was the first college football player to win the Heisman trophy as a sophomore, and he was also a part of two national championships during his time as a Florida Gator (<http://bleacherreport.com/articles/568937-tim-tebow-video-watch-the-broncos-qb-in-his-new-commercial>).

Negative words such as you're dumb or stupid, you are just like your trifling mother/father or you will never amount to anything, and curse words directed at children are known as emotional abuse according to the Child Help Organization (www.childhelp.org).

So what we say may make or break someone. Some people collapse under the pressure of negativity and criticism, while others use them as energy to prove naysayers wrong.

If you have had these words spoken to you, don't allow them to stifle your progress in life. It's not easy because the minute you step forward to do something, the words roll around in your head like a bowl of marbles.

Philippians 3: 13-14 states, "*Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before. I press toward the mark for the prize of the high calling of God in Christ Jesus.*"

We have to ask God to help us forget any negativity that may hinder our growth or keep us from reaching our destiny. ■

Meditation:

"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;" 2 Corinthians 10:5.

The Voice of an Introvert

By Phenola Moore

As a girl, I remember standing in the kitchen practicing a speech for the Easter play. Because I was bashful my mother told me to look over the people's heads or at the clock in the back of the room when I recited my poem.

I confess that I am an introvert or what is commonly known as shy. My mom knew this and gently pushed me to come out of my shell because she knew if I didn't, I would miss valuable opportunities.

Although she is the exact opposite, she empathized with me because she knew I inherited this trait from my shy father.

The tool she used to get me out of my shell was the Word of God. At an early age, she told me to memorize 2 Timothy 1:7, "*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind,*" because fear is the main component that tries to cripple an introvert from going forward. So whenever I was confronted with a situation, I would recite that verse over and over in my head.

As I matured in my relationship with Jesus, the Holy Spirit equipped me with boldness to do what I needed to do. It has helped me to do everything from facilitating meetings to singing solos without anyone detecting my nervousness.

Besides memorizing 2 Timothy 1:7, below are other tips I've learned that may help my shy readers or someone who has a shy child.

- Prepare Conversation Topics – I read a lot so I can contribute to conversations. It may be the latest news, weather or current events.
- Associate With Extroverts – Gravitate toward people who are extroverts or great talkers, especially in social settings. Then you won't have to say much because they will carry the conversation. Try not to cling to another shy person or both of you will become wallflowers.
- Confess – If you want to get to know someone and it isn't working because of your shyness, you may want to let them know that you are shy because otherwise they may think you are aloof, stand-offish or stuck up.

I don't recommend revealing your shyness to supervisors, colleagues, etc., because they may think you aren't aggressive enough to get the job done when that is not the case. Remember, I said the Holy Spirit now enables me to do what I do and if I told some folks that I was shy, I would have never been given the opportunities that I have at work, in ministries and other organizations.

Accept your shyness and you will become more comfortable in how God made you. ■

Meditation:

"And Moses said unto the LORD, O my LORD, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue. And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD? Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say." Exodus 4:10-12



Phenola Moore—3rd Grade

A God Connection is the Best Way

By Phenola Moore

Networking and manipulation are methods some people use to get what they want out of life, whether it's a new job, position, finances, relationship, etc. But should these things replace prayer?

Below are two scenarios and two different approaches. Which way do you think is best?

1. You called everyone you know and one of your connections got you the interview that landed you a new job. But after a few weeks at your new job, you realize it was a bad move.

Praying for direction, instead of only networking, would have directed you to the right job and even showed you whether it was time for you to change jobs. *“Order my steps in thy word: and let not any iniquity have dominion over me,”* Psalm 119:133.

2. Your finances are jacked up and you manipulated a relative to lend you money. Now the lender is hounding you for their money.

Prayer may have showed you how to cut your expenses, barter with your creditors or God could have even impressed upon someone's heart to send the money to pay off your bills. *“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you,”* Matthew 6:33.

I'm not saying that God does not work through people (networking), but if we aren't in tune with Him through prayer, we won't know which choices to make.

Stay close to God and let Him guide your steps.

Meditation:

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;” Ephesians 6:18



Instant Mom Kim Washington's Story

By Phenola Moore

Kim Washington became an “instant mom” after her sister, Crystal Alesha Greene, died from cancer on March 25, 2011. She is now raising her nephews, JaKai, age 9, and Ja'Quan, age 6.

I met Washington through Facebook and later she joined First Baptist of Glenarden's *Grace Magazine* Ministry. It was through her Facebook page and e-mails that I read about her journey as she dealt with her sister's death and the joy of raising her nephews.

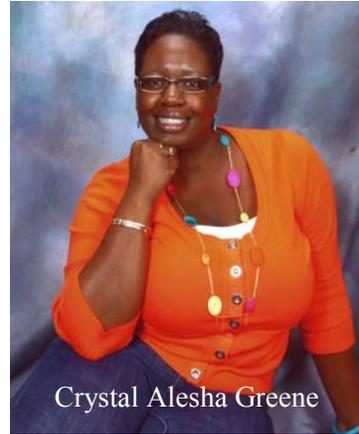
Phenola: When did you make the commitment to your sister that you would raise her sons?

Kim: On March 18th, the day we were told to expect the worse by her oncologist. He told my mother that if anyone wanted to visit, they should do so right away while she could enjoy them because her condition would continue to worsen. He also advised that she have her affairs in order.

When I received this news, I made the decision to pack up and leave my contract assignment in Santa Barbara, Ca., my first job after being unemployed for nearly a year. On March 19th in her hospital room, my sister signed her Will naming me guardian of the boys and executor of her estate.

Phenola: What was it like during the final days with your sister?

Kim: The last days were filled with worry as I watched her get weaker and more frail. She passed away on March 25th about 20 minutes after I told her: 'Me and the boys are going to have a good life together. We're going to travel the world. I'm going to take them to Aruba and Hawaii. They will not want for anything!' I told her she had fought a good fight and said a prayer. I asked God to bless her soul and spirit, and although I wasn't ready for her to go, I no longer wanted her to suffer and that His will be done. Shortly after, I watched her take her final breath. It was the hardest day of my life.



Phenola: Explain the type of cancer your sister had.

Kim: She was diagnosed with inflammatory breast cancer June 25, 2009, the same day Michael Jackson died. I will never forget! This form of breast cancer is very aggressive and is known to impact young black

women. When diagnosed, the oncologist told her it was “treatable” and was careful not to say “curable.” She told him, “I first put my trust and faith in God, and then you!”

My sister went to chemotherapy every Friday from July 2009 through January 2011. My mom went with her and would drop her off at work afterwards. She led a very full life until January when she was diagnosed with a brain tumor. When initially diagnosed, the cancer was in her breast, lymph nodes, lung, and liver, but subsided without chemotherapy.

When she started aggressive radiation treatment for the brain tumor, she became diabetic as a result of the medication to prevent its growth. She also had to stop chemotherapy, which I believe is why the cancer began to spread further and attack other organs. It seemed one thing kept leading to another and her body was beginning to break down. Through it all, her spirits remained high and she kept smiling.

In the end, her liver wasn't properly functioning. She was very jaundiced. Her eyes and skin began to turn yellow, and she began losing weight rapidly. Her organs began to shut down, starting with her kidneys and her legs became very swollen making it more and more difficult to walk.

(continued on page 8)

(**Instant Mom** continued from page 7)

Phenola: Who do you depend on to help you rear your nephews?

Kim: Definitely my mother even though she's in Connecticut! I am NOT a morning person so she calls me faithfully every morning at 6:30 to make sure I'm awake. She even gives me a 10-minute snooze. LOL.

I recently went on vacation, and she and my stepfather came down to take care of the boys. They adore their nana and grandpa. As far as local help, I have a number of friends with children in the same age range, so we're always taking turns watching each other's kids. I recently took the boys and two of their "cousins" trick or treating for the first time. We had so much fun.

They also spend quality time with their father every week.

I also have friends who help when they can. A couple of friends helped me decorate the boys' room and organize their clothes when they arrived. Another friend came over to clean and do laundry. I am so very blessed and it truly does take a village! Sometimes I get so overwhelmed that I cry. I get mad because my sister isn't here, but I again draw my strength from God and try not to question why Crystal was taken so soon.

Phenola: One day you were single and the next day you had a family. What was your biggest adjustment?

Kim: The simple transition from singlehood to motherhood, literally overnight, has been the biggest sacrifice. As my Facebook middle name says, I am a true "traveluva" and take my hobby quite seriously! No longer can I up and take advantage of a weekend e-saver getaway. I would say the biggest adjustment is realizing that my time is no longer my own. I tell people when I leave work that now my real job begins! Every second is dedicated to the boys, their well being, making sure they're properly clothed, fed, bathed, etc. Getting them out of the bed and onto the bus by 7:15 a.m. (which is frequently missed) is exhausting. By the time I sit in rush hour traffic and get to work, I feel like I've worked a full day already. Becoming an

"instant mom" is truly the hardest challenge I have faced in my 40 years of life, but I wouldn't trade it for anything in the world!

One friend had the audacity to ask me if I regretted my decision. No! For me, this was not a decision for me to make. For so long I wondered what my purpose in life was, why am I here, why am I still single and childless? I now KNOW that this is what God had predestined. So much makes sense now that it scares me. My sister had very easy pregnancies and deliveries with no complications. I would often tease her and tell her she was going to be my surrogate someday. Little did I know it was already done! I have always loved the boys like my own, and when JaKai was born I would tell people that it sparked a type of love in me that I never knew could exist!

Phenola: Is your guardianship arrangement permanent?

Kim: Yes. I was named Legal Guardian on June 21st which will remain in effect until both boys turn 18. They moved to Maryland from Connecticut to live with me a few days later.



Kim Washington with JaKai, age 9 and Ja'Quan, age 6

(**Instant Mom** continued from page 8)

Phenola: How have the boys transitioned?

Washington: The boys have transitioned relatively well. I think it has helped that they are at a new school and have made new friends. We have looked at this as a new beginning. In March when I first told the boys they'd be moving to Maryland, they wanted to come immediately. I told them they had to finish the school year and they replied, "Don't they have schools in Maryland?"

At first they asked if they should call me mommy. I said no because I felt somehow I would be betraying my sister. I emphasized that they only have one mom and I'm LIKE their mom now because I'm their guardian. If someone refers to me as their mom we all just go with it.

The six-year-old asks from time to time, "when is my mommy coming back?" which breaks my heart. I told him she's not coming back; she's going to remain in Heaven forever. We had a family friend pass away recently and the nine-year-old said, "he's lucky because he gets to go to Heaven and see my mom!"

The boys have a clear understanding of God, Heaven and their faith which continues to carry us all through. When I tuck the six-year-old in at night, he now says "Good night mommy." At first I corrected him, but now I simply say 'good night son.' I have fully accepted my role and Godly assignment of an "instant mom."

The boys also attend a children's bereavement group and see a grief counselor once a month. I also am involved in ongoing therapy to maintain my sanity!

Phenola: What do you like most about being an "instant mom."

Washington: What I like most is knowing that I am shaping the lives of two growing boys who will grow up to be intelligent, successful men! When we go out to eat (which is quite often), they order for themselves, hold the door open for me and other people, and always say please and thank you, etc. We also have so much fun together. We seem to spend the most time together in the car so we have songs we like to sing, and we joke and laugh. Every day I ask them how was school and what they ate for lunch, and the nine-year-old says, "Auntie KK, how was YOUR day?" The six-year-old is very loving and affectionate, and there are times he comes up to me and kisses me or hugs me around my legs for no reason at all. That's the absolute best! ■

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- **Reveal the Real You Poetry Collection** — Available for \$2.99 on http://www.amazon.com/Reveal-Real-Poetry-Collection-ebook/dp/B004UVQSN1/ref=sr_1_1?ie=UTF8&qid=1323507102&sr=8-1.
- **Blog** — <http://pressonwebzine.wordpress.com/>

Sagging (Pants) – A Flash From the Past

By Phenola Moore

If you know me, you know that I am not a rebel. Well maybe sometimes in my writings. LOL. But most teenagers do things that rub their parents and other adults the wrong way. My thing was what I did with my hair.

At age 15, I cut my middle of my back length hair so short that I had to use gel to slick it down on the sides. The first thing my father said to me was, “So you’re bald-headed now?” LOL.

He didn’t hurt my feelings one bit because my hair was in the latest style and I thought my new look made me fit in with others my age. And that’s what most teenagers and young adults are seeking, a look that will connect them with other young people. They are trying to find their way by not standing out too much.

And if it means driving parents crazy and/or embarrassing them with their style choices, then so be it because at that age it’s all about image.

In the 1990s some males started wearing pants below the waist revealing part of their underwear. Lee D. Baker, Dean of Academic Affairs at Duke University, states, “...It is widely believed that sagging was adopted from the United States prison system where belts were prohibited. Belts are sometimes prohibited to keep prisoners from using them as weapons or in committing suicide by hanging themselves. It is also a way of indicating homosexuality among inmates (<http://www.peoplesdaily-online.com>).” Also, this style became popular among hip-hop artists.

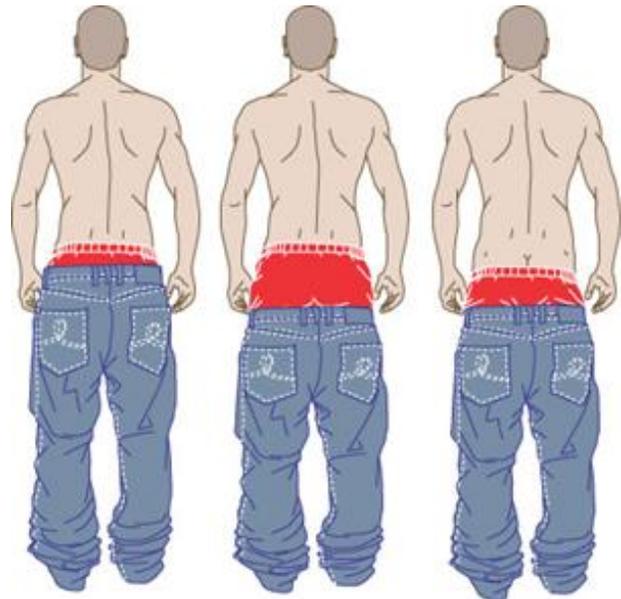
Now think back to when you were young. Did you care where the style came from in the 60s and 70s when you decided to style your hair in an afro or the way Farrah Fawcett made famous? And what about that mini skirt that was so short that if you bent over, there would have been a scandal?

How about in the 80s and 90s when you wore those designer jeans that were so tight that you had to lie down on the bed to zip them up? And let’s not forget your jheri curl that messed up everything in sight with curl activator.

I am not promoting the sagging look but writing this article as a reminder that we had our day of expression and now they are having theirs.

So stop yelling out the window to young men to pull their pants up or stopping them at the mall to explain where this fashion statement came from.

Remember how you were at that age and sit down. :>) ■



Get Yourself Together

By Phenola Moore

I prayed that God would heal my eldest sister, Anna, but in spite of my prayers she died. Dealing with the grief that followed was a horrible experience. I was so low that, at times, I didn't even feel like washing my face.

God physically took me through, but I was in a depressed state and no one but my immediate family could detect it. I hid it well to the public, but my mother kept telling me that I wasn't the same. I was in denial.

I thought about my sister every day, all day. I couldn't say her name without crying. I fasted and prayed and it got better, but it was still as though a dark cloud was over my head that wouldn't lift.

During my low time, God directed me to Philippians 4:13, "*I can do all things through Christ which strengtheneth me.*" The "all things" for me was making it from day to day.

But that all changed one night when I attended a revival where Bishop T.D. Jakes, pastor, Potter's House, Dallas, Texas was preaching. I will never forget it. I don't remember the scripture that he read or his subject but at the end of his sermon, he said something that changed my life "**GET YOURSELF TOGETHER!**"

Wow! Those three words shook me up. I was praying that God would do something, but He was telling me that "I" was holding me back because I was holding on to the grief. I hadn't fully cast my cares on Him (1Peter 5:7).

After that night I asked God to forgive me for wasting time wallowing in self-pity.

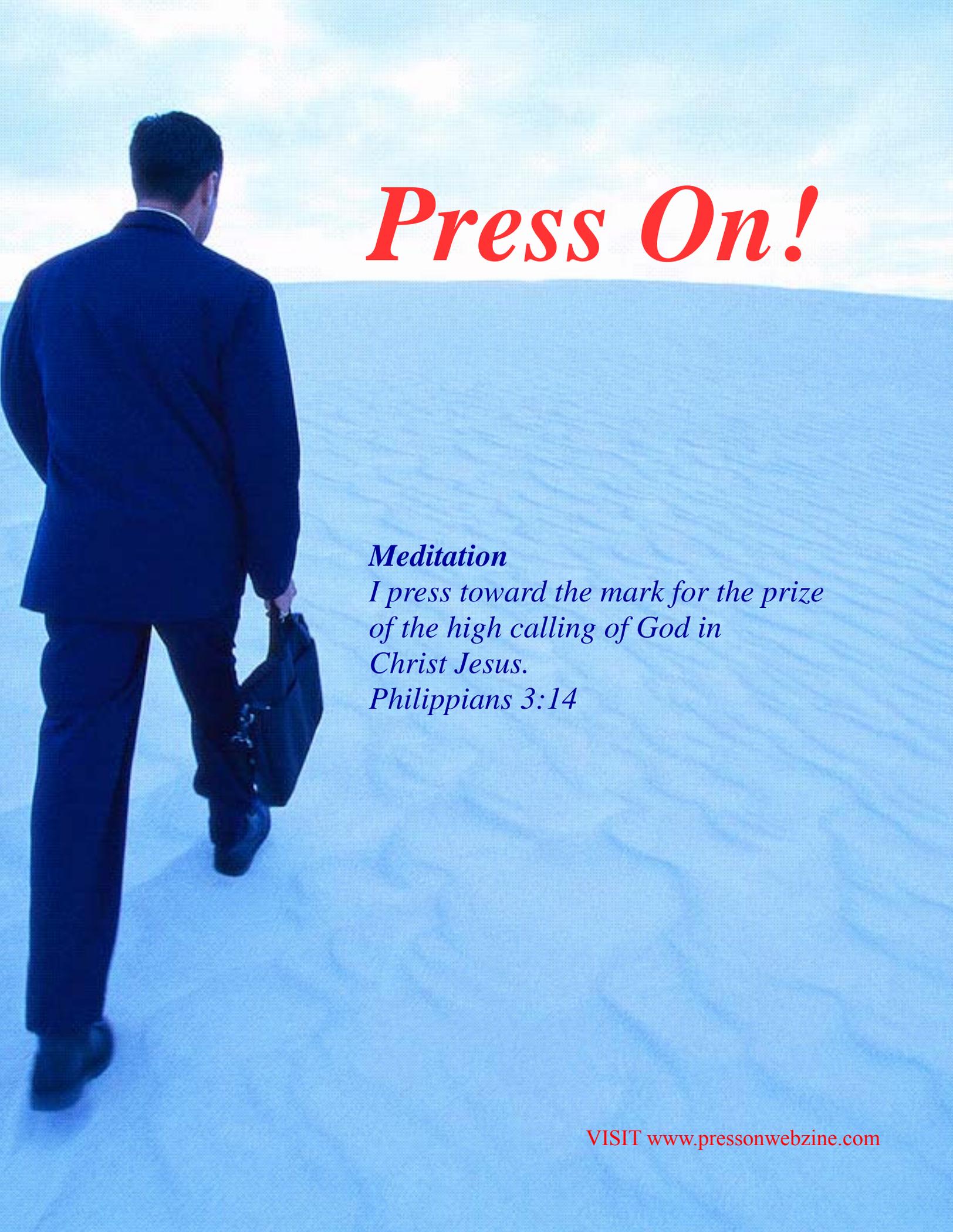
You may not be suffering from the grief of a loved one, but if something is bringing you down, rest on the fact that God cares about you. Give it totally to Him and stop dwelling on it.

That is when you will get relief and the "old you" will reappear. ■



Meditation:

Casting all your care upon him; for he careth for you." 1Peter 5:7



Press On!

Meditation

*I press toward the mark for the prize
of the high calling of God in
Christ Jesus.*

Philippians 3:14

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