

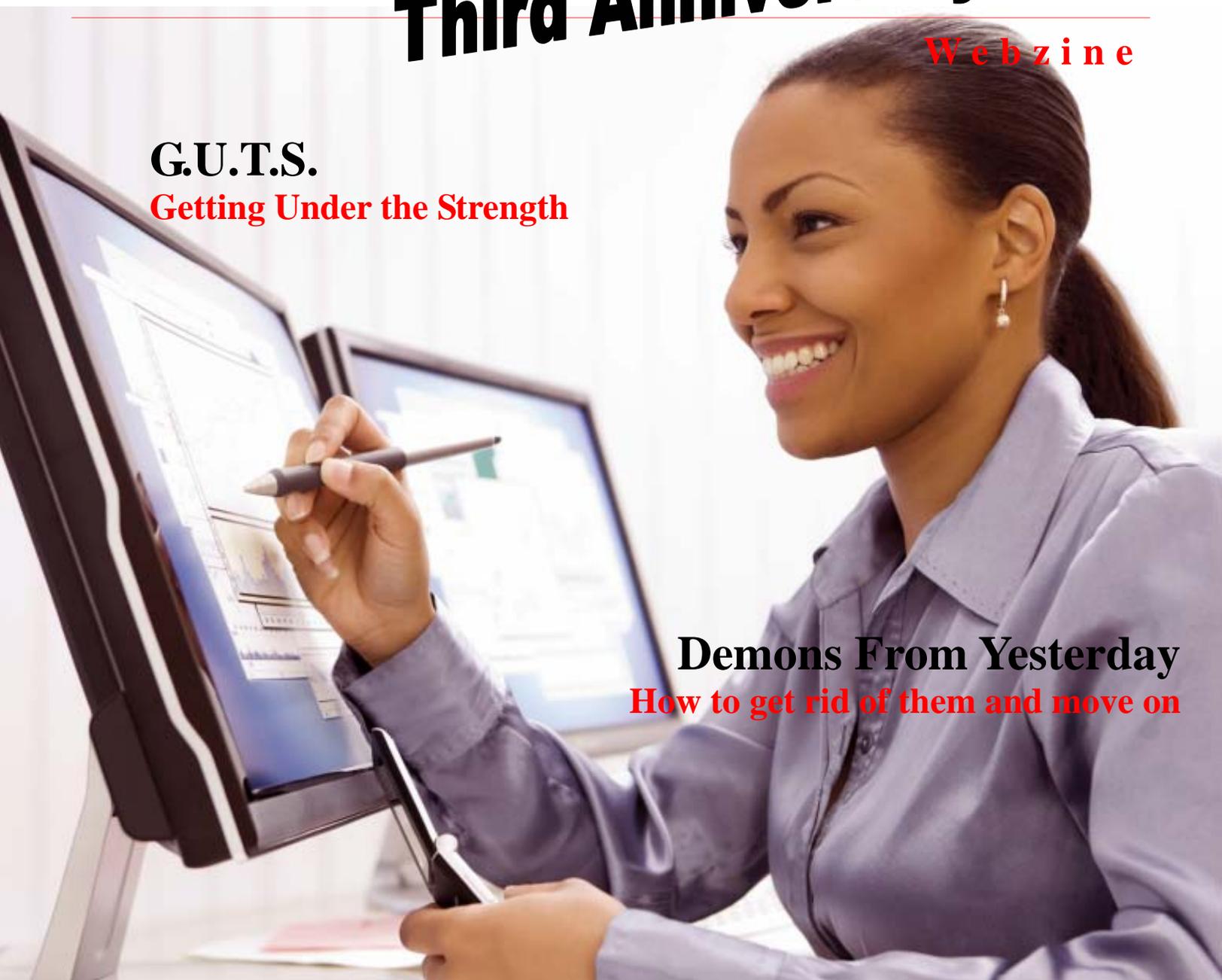
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# Press On!

## Third Anniversary Issue

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Webzine



**G.U.T.S.**

**Getting Under the Strength**

**Demons From Yesterday**  
**How to get rid of them and move on**

**Leeches**

**Why do they seek you out?**

# TABLE OF CONTENTS

Editor's Notes	3
Demons From Yesterday	4
I Am Not a Statistic	4
Take Your Time	5
G.U.T.S.	6
Stereotypes Can Hinder Fruitful Relationships	7
Leadership 101: Going to Another Level	8
Leeches	9
It's Not in the Numbers	10
I.N.T.E.G.R.I.T.Y	11

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# EDITOR'S NOTE

It's been three years since I started *Press On! Webzine*, and I thank God for the journey. Time flies when you are having fun. I've enjoyed the journey because I've renewed relationships with old friends and am getting to know new ones.

This third anniversary issue is about learning and stretching ourselves to step out of the familiar. Some of us need to learn how to avoid becoming overwhelmed with someone else's tasks and/or responsibilities. "Leeches" discusses how to detect these types of people, who they usually prey on and how to get out from under them.



If you think you know how to be a good leader, "Leadership 101: Going to Another Level" recounts a session that Dr. Samuel Chand, leadership architect and change strategist, taught at the First Baptist Church of Glenarden's Leadership Retreat, and revealed that the way up is down.

Also, I did what I talked about others doing. It slipped up on me and the outcome was almost disastrous. "Take Your Time," details how I had to repent and what I did afterwards.

And "Stereotypes Can Hinder Fruitful Relationships" shares how we can consciously and/or subconsciously come to wrong conclusions about others because of what we hear, see or are taught.

These are just a few highlights of this webzine's contents. Please forward a copy to your friends and family.

If you have any questions and/or comments, e-mail me at [pmoore@pressonwebzine.com](mailto:pmoore@pressonwebzine.com). ■

*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](mailto:pmoore@pressonwebzine.com). Submissions may be edited for length and clarity.

And, if you haven't become one of my Facebook friends, what are you waiting for? Log onto [www.facebook.com/phenolamoore](http://www.facebook.com/phenolamoore) and request to be my friend!

## Comment to the Editor

*You must have heard my cries last night. Your poems (Winter 2010 issue) are phenomenal and have touched me so. I will read and read and then re-read until they reside in my mind. Thank you for being the answer to my cries. Michelle Chandler*

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# Demons From Yesterday

By Phenola Moore

Sometimes I think I've been through too much and  
the memories haunt my mind.  
Unwilling to release the negative thoughts, cautious  
in every turn of my life.

Lurking around the corner waiting for it to reappear.  
But it never does because it's over, never to reoccur.

So why am I sweating at every turn I make?  
Is it psychological? Yes, they are demons from yesterday.

Riding and plaguing me, sometimes it's hard to break free.  
But Philippians 2:5 reminds me, "Let this mind be in you ..." and that's the key.

Key to what, my mental freedom that shackles me to yesterday?  
A place and time I experienced before but now I'm free! ■



## I Am Not a Statistic

By Phenola Moore

I am not a statistic  
I'm a child of God  
Going against all odds  
To fulfill my purpose in life

I am not a statistic  
No matter what you believe  
I didn't do it, won't do it  
Protected by His tender care

I am not a statistic  
Unique is what you see  
Stereotypes don't apply  
To a child of the King

I am not a statistic  
And neither are you  
Get up and stand out  
Because your light is too bright to be hid ■



# Take Your Time

By Phenola Moore

“Please start praying 4 me. I’m in the ER at Doctor’s Hospital. My PCP sent me here because he thinks I’ve had a minor stroke,” texted Lisa Ransome. A stroke? I couldn’t believe what I was reading.

Immediately, I started to pray for her, but in the back of my mind I thought, when was the last time that I saw her face-to-face? Yes, we email and text each other regularly, but I think it had been early fall when we last had a girl’s night out. And now it was February. How did this happen?

Had I allowed technology to replace face-to-face girl talk and laughter with my friend? Yes! Time got away from me because of work, ministry involvement and the holidays. I was distraught because I thought if I had taken more time to lend a listening ear, maybe she could have released some of the stress in her life.

After she returned home from the hospital, I visited and shared how God woke me up early one morning and I repented. I told Him how sorry I was that I didn’t stop and take time for her and, as my eyes filled with tears, I told her I would never do this again.



Lisa Ransome a few days after her stroke.

I can’t go backwards, only forwards. Therefore, I have taken inventory and reprioritized some things in my life.

1. Re-evaluate –I’ve decided that I won’t substitute face-to-face time with technology. My schedule shouldn’t get so busy that I have to plan to spend time with family and friends so far in advance.
2. Reprioritize – I made a list of my activities, responsibilities, etc., and categorized them in importance. I decided things low on my list could be eliminated.
3. Recommit – I won’t take on anything new unless God says so and if He does, I know that something else will probably have to go.

Through this situation, God told me this was an area I need to work on because I love to stay busy. He reminded me that taking time for people is one of the most important things that we can do.

Lisa is recuperating from her stroke and getting stronger every day with the loving care of God, her daughters, family, and friends. ■

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## Meditation:

*“And the second is like unto it, Thou shalt love thy neighbour as thyself.” Matthew 22:39*

Note: African American women are at greater risk for cardiovascular disease than any other ethnic group, yet they are less likely than white women to know that they may have major risk factors. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, overweight/obesity, and family history of heart disease are all greatly prevalent among African Americans, and are major risk factors for cardiovascular disease, including stroke. ([www.muschealth.com](http://www.muschealth.com))

# G.U.T.S.

By Phenola Moore

*“And David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead, that the stone sunk into his forehead; and he fell upon his face to the earth. So David prevailed over the Philistine with a sling and with a stone, and smote the Philistine, and slew him; but there was no sword in the hand of David.” 1 Samuel 17:49-50*



David is a perfect example of someone with G.U.T.S. (Get Under the Strength). He didn't look at the giant's size and claim defeat, but believed 1 John 4:4, *“Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.”* Without hesitation, he took those five stones, slung them and killed the giant.

What kind of giant are you facing? Is it sickness, unemployment, financial, or marital problems? What about depression, a feeling of hopelessness or grief?

It can be overwhelming, but you need to adopt the principle of G.U.T.S. Only through it can you overcome.

It was G.U.T.S. that Moses relied on when God appointed him to deliver the children of Israel from bondage (Exodus 3:14). Abram used it when he obeyed God's command to leave his kindred and journey to land he didn't know (Genesis 12:1). For his obedience, God promised him a great nation.

The G.U.T.S concept comes when we honor God as the source and allow Him to work in our lives. It is later developed as we pray, regularly read the Bible and listen to the preached Word. Then our experiences with God allow us to release our will to His.

Whatever you've pushed to the back of your mind because of fear, grab hold of the G.U.T.S. concept and start over again. ■

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## **Meditation:**

*Let this mind be in you, which was also in Christ Jesus:” Philippians 2:5*

# Stereotypes Can Hinder Fruitful Relationships

By Phenola Moore

“I would never marry her because she has too much and doesn’t need a man to take care of her,” said Jeff Rogers<sup>1</sup>. He was referring to Sheila White<sup>1</sup>, his current girlfriend, who had supermodel looks, a corporate executive job, a luxury car, and her own home.

He didn’t mind showing her off in public, but his view of an ideal wife wasn’t White. Yes, they were compatible, but he couldn’t get past the exterior things he saw because he had stereotyped this type of woman as a girlfriend only.

Needless to say, White didn’t know how he felt and was surprised when he broke off the relationship and sought a woman who “looked more like she needed a man.” Rogers and White later married to other people.



Do we judge people and categorize them by what we see on the exterior or what society dictates? If so, we are stereotyping them. Sometimes our decisions are formed by what we see and hear such as all men are \_\_\_\_\_ and all women are \_\_\_\_\_. If you categorize people like that, it can hinder fruitful relationships.

We can change our thinking by getting to know the person. Don’t write them off, but interact with them. Initially, it may not be easy because your head may be subconsciously filled with biased views, but get past that.

Stop feeding your flesh. If we believe news reports, and some of the music that’s popular, we will be closed minded. If you want to stop thinking that way, guard what you listen to and view.

This world is made up of diverse people and restricting yourself to a certain group is your choice. However, your life can be so much fuller if you break down those stereotypes and associate with different types of people. ■

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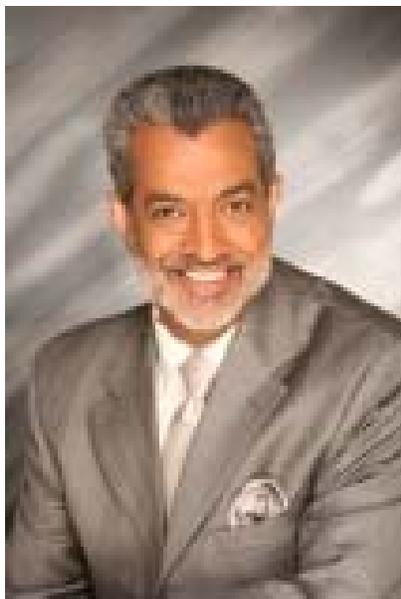
## **Meditation:**

*“For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.” 1John 2:16*

\* Names changed to protect their privacy.

# Leadership 101: Going to Another Level

By Phenola Moore



Dr. Samuel Chand

“We think the next level is up,” said Dr. Samuel Chand, leadership architect and change strategist, at the First Baptist Church of Glenarden’s 2011 leadership retreat. “But the only way you start at the top is when you are digging a hole.”

We say it and sing it in Israel Houghton’s song, “Going to Another Level,” but Dr. Chand maintains God doesn’t have a corporate ladder.

He used Paul as an example and stood on the stage as he started his illustration. He then directed us to Galatians 1:1, recorded in 49 A.D., when Paul refers to himself as an apostle, an early follower of Jesus who carried the Christian message into the world. Dr. Chand pointed out that Paul was arrogant in his title claim, but this would change as his Christian journey continued.

Dr. Chand walked one step down from the stage as we read 1 Corinthians 15:9, written in 57 A.D., eight years after Paul wrote Galatians 1:1, where he states he is “the least of the apostles.”

After reading Ephesians 3:8, written in 64 A.D., where Paul refers to himself as “who am less than the least of all saints,” Dr. Chand took another step down and observed that as Paul matured in his relationship with Christ, he stripped himself of lofty titles.

When Dr. Chand reached floor level from the stage, we read 1 Timothy 1:15, recorded in 66 A.D., “... sinners; of whom I am chief.” Paul now recognizes that he is the worst of sinners, saved by grace. This showed that Paul had reached another level illustrating Dr. Chand’s point that we must move down, not up, to a level where God can use us.

As leaders, we can get so wrapped up in our titles that we think we are all that, but it is God’s grace and mercy that allow us to do what we do.

On that day we learned the secret of going to another level in Christ is to die to self through humility. It’s not about our titles, but about being accessible to the people we lead while developing meaningful relationships.

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## **Meditation:**

*“Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.”*

Proverbs 16:19

# Leeches

By Phenola Moore

Have you ever volunteered to help someone and somehow ended up doing the entire task? Or are you in a relationship with someone who rarely offers himself/herself, but regularly takes from you? Well you, my friend, have come in contact with a leech.

According to [www.dictionary.com](http://www.dictionary.com), this type of person clings to you for personal gain, especially without giving anything in return, and usually with the implication or effect of exhausting your resources. You may become their personal assistant, gopher, etc., and don't know how you got into this role. The more you do for them, the more they give you to do.



Let's look at the makeup of a leech.

1. **Leeches are lazy people.** They want great status in the world, but are too lazy to do it themselves. Therefore, they seek out people to hand stuff off to indefinitely.
2. **Leeches are takers (give me, I need or let's celebrate me only).** They are only concerned about what is in it for them. They may feed you a bone every now and then (compliment, gift, etc.), but for the most part, they are looking for what you can do for them.
3. **Leeches look for a certain personality type.** They know that they usually can't get over on an outspoken person because they will eventually challenge them about their lack of participation. So the leech usually seeks out mild mannered people who will let things slide until it is too late.

Usually you are blindsided because the leech builds up your self-esteem with flattery such as, "I've never had somebody to take on a task like this and complete it with such excellence." All the while the leech piles more and more on you, relieving themselves of what was originally their task.

Now that you've identified a leech in your life, whether in a personal relationship, at work or in ministry, what do you do?

1. Learn to say no. No matter how persistent the leech is to give you more tasks, don't do it. Stop feeding into the flattery that no one else can do it. If you drop dead today, somebody else will do it.
2. Delegate your tasks. If it is a long-term assignment or you can't get out of it, train someone to help you with some of your responsibilities.

If you find that you are always getting into these situations, pray for wisdom to detect a leech before you are trapped again.

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## **Meditation:**

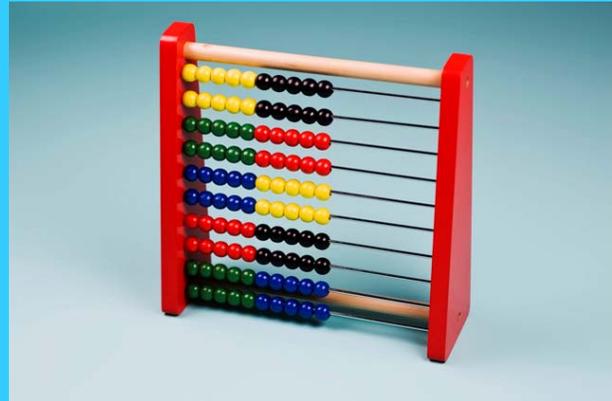
*"Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves." Matthew 10:16*

# It's Not in the Numbers

By Phenola Moore

When Playwright and Film/Television Producer Tyler Perry produced his first play there were 13 people in the audience. How disappointing it must have been for him to rehearse, plan and rent a place, and that few people show up.

Would we have pushed forward and pursued our dream or would we have taken it as a sign from God that we were out of order? Sometimes we equate a large following as affirmation that we are going in the right direction, but that isn't always the case, as Perry discovered. One of those 13 people provided the money for Perry to produce future plays.



Are you holding back because you feel that you don't have a large enough following or finances to fulfill the entire venture? It takes faith in God and yourself to persevere when you don't see your dream is flourishing.

Start today toward your destiny, and remember it only takes one person to start a movement. That one person is you. ■

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## **Meditation:**

*"So then faith cometh by hearing, and hearing by the word of God." Romans 10:17*

# I.N.T.E.G.R.I.T.Y.

By Phenola Moore

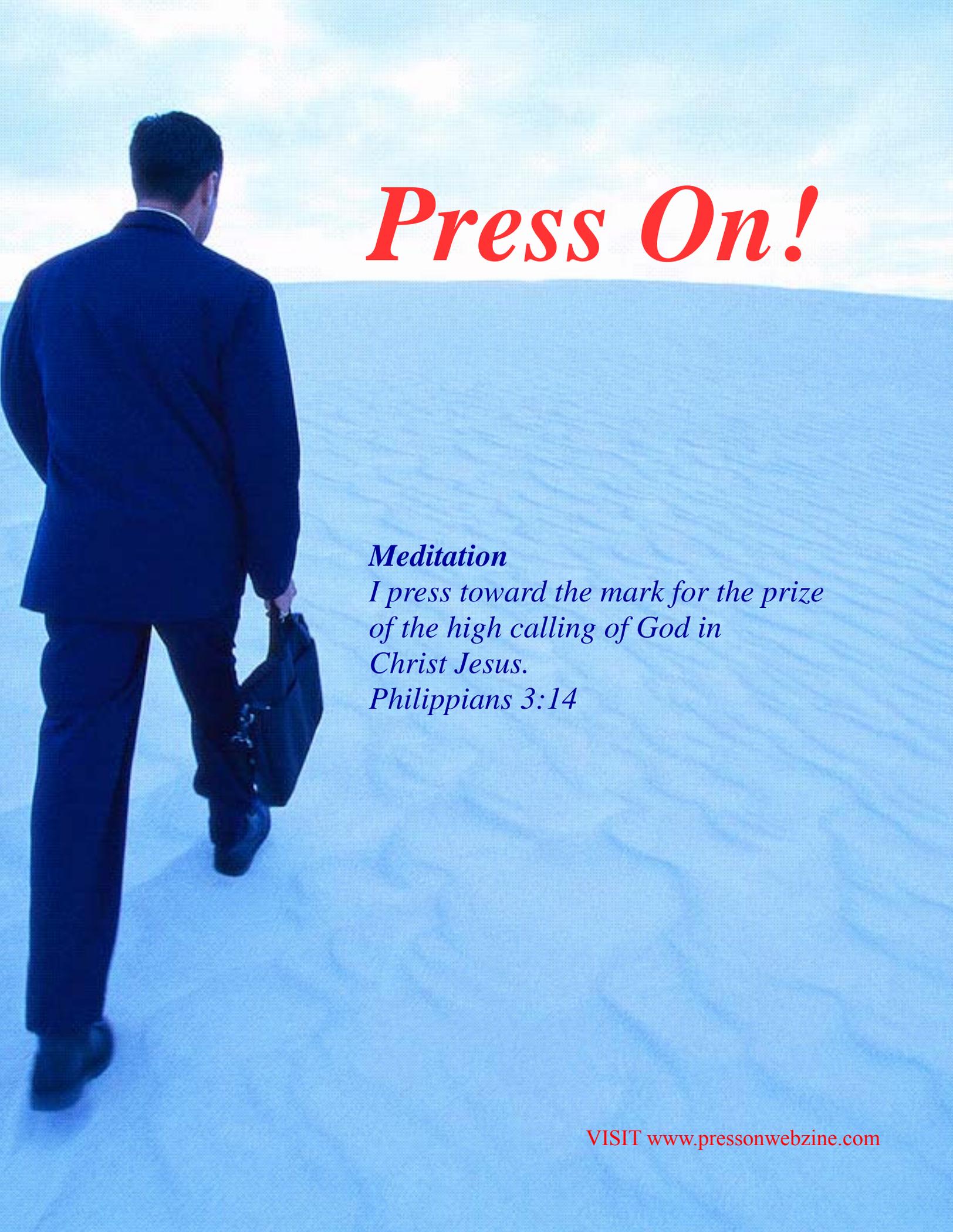
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# *Press On!*

## *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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