

Press On!

Anniversary Issue

Webzine

Create a Dream Board

“Limits, like fears, are often an illusion,” Michael Jordan

Where Are They Now?

I Almost Got Sucker Punched at Church

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For subscription and social media links, log onto www.pressonwebzine.com.

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EDITOR'S NOTE

The number five in the Bible means redemption and grace (unmerited favor). It's God's favor that has allowed me to publish *Press On! Webzine* for five years. Through disappointments, setbacks, and sickness, God favored me to produce articles that I pray helped someone along their destiny journey.



As *Press On* embarks on its sixth year, (Yes, the Spring 2013 issue is the beginning of year six :->) this issue has articles I hope will inspire you to overcome obstacles that may hinder your progress.

The article, "My Testimony – Surviving a Difficult Trainer," tells how God brought me through a tough situation. And I was confronted with an uncomfortable situation at church. It's interesting y'all. Read "I Almost Got Sucker Punched at Church" to find out what I am talking about.

In "Where Are They Now?" I catch up with several people featured in past *Press On!* articles and report on their destiny journeys. On a personal note, "Are You Looking for a Friend?" gives tips for making new friends, and if you want to accomplish your goals, read "Create a Dream Board" to see how to get started and what is on my dream board. I've also posted a few "Encourage Yourself Mantras" throughout this issue as affirmations to keep you uplifted.

Sunday, March 31, is Easter. And it's a time when we celebrate Jesus' resurrection! This year, I reflected on what He means to me in a video. Go to <http://www.youtube.com/watch?v=nxiy-avupWI> to view "My Life, My Love, My All."

These are a few articles that appear in this issue. Thank you for reading and sharing *Press On! Webzine*. Don't forget to e-mail me your comments at pmoore@pressonwebzine.com because I love reading them.

Take care. ■

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

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God said what He started,
He will complete.

My Testimony – Surviving a Difficult Trainer

By Phenola Moore

I knew things probably were not going to go well the day I met my trainer, Lois,* by the way she looked me up and down, the condescending manner in which she addressed me, and her body language. Is this the woman who was going to train me for my promotion, I wondered. OMG!

Throughout the process, she either treated me like I didn't have sense enough to punch my way out of a paper bag or that she was wasting her time with me. There was nothing that I could do to get out of the situation because she was assigned to my department.

So, I had to make a decision, either allow her to train me or forfeit the program. I decided to go through with it and try to ignore the uncomfortable environment.

One of the downfalls of this experience was that she tried to keep pertinent information from me that I needed to pass the training. I found this out when one of the trainees asked me if I had received certain e-mails. I had not.

Later, I found out that my e-mail address was inadvertently deleted from the routing list. Thankfully, one of the other trainees e-mailed me what she received (when she remembered).

Fortunately, there was online training that I could take. So instead of complaining about what I missed, I went online to learn what I needed to know.

I felt uncomfortable around Lois. Y'all know it's hard to work with someone who doesn't want to work with you. I found myself retreating inside of myself until a still, small voice said, "If you want this, you are going to have to fight for it." And I did!

I put her name at the top of my prayer list, and prayed every day that God would intervene on my behalf, and He did. I passed the training and was promoted.

God allowed me to go through this test to remind me that my destiny journey may not always be easy, and that I may have to be aggressive to get there. But, most importantly, I must keep Him in the center of it all. ■

*Name changed.



**God will not leave you out there
by yourself.**

Where Are They Now?

By Phenola Moore

Throughout *Press On! Webzine's* five years of publication, I've interviewed several inspiring people. I checked in with a few of them to find out how their lives are going.

Marko Hamlin — “Revealing Their Purpose,” Spring 2012



Marko Hamlin

Q: What ways are you sharing your child abuse experience with others since we last spoke?

A: After our interview, I shared my story with Resurrection Graves, a child sexual abuse expert. She wrote my story, posted it on her website, <http://resurrection.wordpress.com/2012/04/10/marko-hamlin-one-mans-story-of-overcoming-child-sexual-abuse-and-depression/>, and it went viral. My story has reached many victims of abuse. I thank God for using me to help other people begin to heal and move forward. I have a few speaking engagements in the next few months where I will also share my testimony.

Q: What challenges have you experienced in sharing your message?

A: Thank God I haven't encountered any real challenges. This is all new to me and I continue to ask God to give me strength to help me help others with similar experiences.

Q: Has anything changed in your personal or professional life?

A: Yes, so much has happened. I just started an organization named Need You to Survive to help people move past abuse. Sharing my story has opened up other opportunities for me to share the gospel of Jesus Christ.

I have also partnered with Aged Out, a non profit organization in Charlottesville, Va. Their mission is to help foster kids find their purpose in life by teaching them life skills. The most important thing I've learned throughout this whole process is the power of forgiveness. I had to learn how to forgive those who abused me, and to let it go because I was in bondage for almost three decades, due to unforgiveness. As I grow in Christ I understand for God to forgive me for all of my sins, I must forgive those who have wronged me, so I have forgiven all three individuals who molested me. Now I am now able to move forward and help others living in bondage. ■

Rolanda Pyle — “Revealing Their Purpose,” Spring 2012

Q: What writing projects have you worked on since we last spoke?

A: I have been involved in several projects. I was recently profiled on the City Meals-on-Wheels website where I discussed my volunteer work for a renowned program that feeds New York City seniors.

My poem, “The Grant Jury Experience,” was featured on the website of the Kings County District Attorney. And I was featured on a Christian talk show called *Taboo Talk* and also in a *Working Writers* interview for a blog about my books and writings



Rolanda Pyle

I am also working on one of my dreams — writing for a greeting card company — and working on a memoir. I have received a few requests for a part two of the devotional, “Beneath His Everlasting Wings,” and, of course, I am still writing poetry. ►

Where Are they Now? (continued)

Rolanda Pyle (continued)

Q: Has anything changed in your personal or professional life?

A: I am currently a social work consultant with the Assigned Counsel Project with the New York City Department for the Aging where I help seniors with housing issues. I recently obtained my Seminar in Field Instruction certification to allow me to supervise social work students, which I love. You can find out more about Pyle at www.rorosrainbowcommunications.com. ■

To read the original article where Hamlin and Pyle are featured, go to <http://www.pressonwebzine.com/sitebuildercontent/sitebuilderfiles/mag32012final4.pdf>.

Vanessa Best Tyson, “60 lbs. and Counting – Vanessa Best Tyson’s Weight Loss Journey,” Fall 2011



Q: You recently had an anniversary (March 1) in your weight loss journey. Congratulations! How much weight have you lost so far?

A: I am about 72 pounds down now.

Q: How has your weight loss journey been since we last spoke?

A: The year 2012 was, by far, the most difficult year of my life. I had several unexpected events – prolonged recovery from foot surgery, the sudden passing of my brother, and my mom losing her battle with cancer – that all became setbacks for me.

I couldn't exercise for several weeks after my surgery. My brother and mom passed within three months of each other. Food became a source of comfort as it had in times past. In dealing with the grief, I regained about 22 pounds.

But with the prayers and support of my family and friends, including my Strong Results family, I regained my focus, commitment and motivation. I knew that I never want to go back to 300+ pounds, so I had to go back to basics, mainly with my eating habits. I'm happy to report that I've lost all of the weight I gained back, and I'm now moving forward (again) toward reaching my goal of losing 100+ pounds.

Q: Has anything changed in your professional life?

A: Since our interview, my business as a makeup artist is growing. It is called Vanessa Tyson Makeup Artistry, and my philosophy is that all women possess beauty; makeup only enhances that beauty. I do makeup for people experiencing special occasions such as weddings and proms. God is blessing me with great opportunities and I am very thankful.

To read the original article that was in *Press On! Webzine*, go to <http://www.pressonwebzine.com/sitebuildercontent/sitebuilderfiles/mag92011final.pdf>. ■ ►

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Makeup: Darya Latham

Model: Nafeesa Harris
Photography: Renny Vasquez
Makeup: Vanessa Best
Tyson, Enhancing You
Makeup Artistry



Where Are They Now? (continued)

Kimberly Washington —“Instant Mom: Kim Washington’s Story,” Winter 2011

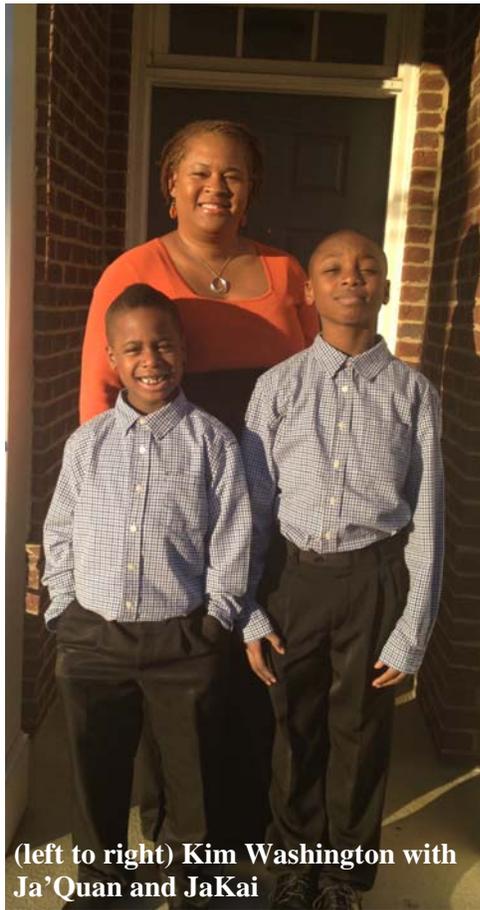
Q: It’s been almost two years since I interviewed you. What changes have you made since that time?

A: During my first year as an "Instant Mom," I was simply trying to make it through each day, and was functioning very haphazardly! Each day seemed like a never ending marathon to make it from one place to the next. I was rushing to get the kids off to school, trying to get to work on time, rushing to pick them up from after care, and then to sports practice. I have learned to pace myself and now realize that the more advanced planning and preparation I do, the less stressful life is for all of us. I now plan meals out at the beginning of the week, get school uniforms ready on Sundays, and pack snacks the night before. Being organized is critical to ANY mom's success!

Q: Has anything changed regarding your family?

A: Unfortunately, since the *Press On!* article was written, I lost my grandmother, with whom the boys were also close. They have grown to be so resilient where death is concerned and have a firm Christian foundation. When I told them she had passed, the now 10-year-old said, "Awww she's lucky because she gets to go to heaven and see our mom."

Another unfortunate and disappointing change is that the boys’ father has had little to no contact with them in a year. However, they have other positive male role models active in their lives such as their godfather and my cousin's husband, who took a day off from work to attend a field trip with my now 7-year-old.



(left to right) Kim Washington with Ja'Quan and JaKai

some things that you are doing for yourself, so you don't lose Kim?

A: Each month I treat myself to a much needed, well deserved massage. I still continue to travel, thanks to my wonderful parents who come down from Connecticut whenever I want to take a major vacation. Last year I visited Hawaii and I will be going to Aruba in May. The boys also spend school vacations – Christmas, spring break, and the summer – with their grandparents, for which I am truly grateful. The time apart has proven to be beneficial for all of us. As the saying goes, "absence makes the heart grow fonder."

For my spiritual growth, I am enrolled in the Queen Esther 18-month discipleship program at my church, First Baptist Church of Glenarden. I look forward to this weekly fellowship as it helps to keep me grounded in the midst of it all.

Lastly, I have started going back to the gym at least three times a week. I developed high blood pressure last year and am determined to get off of medication by losing weight and eating a more balanced, healthier diet. ■

To read the original article that was in *Press On! Webzine*, go to <http://www.pressonwebzine.com/id4.html>.

Create a Dream Board

By Phenola Moore

“Limits, like fears, are often an illusion,” said Michael Jordan.

What have you dreamed about that is really unusual, or sounds downright ludicrous because of your current situation? Don’t put limits on them but start working on a plan to get you there.

I am an Avon representative, www.youravon.com/pmoore, and all representatives are encouraged to create a dream board with photos of what we dream of accomplishing if we had the money. We can either cut and paste photos in a document, tape the photos to paper, or post it on a board as a collage to serve as a reminder, everyday, to push us toward our goals.

I thought, “What am I dreaming of that with money I could accomplish?” (See my dream board on the next page to find out).

Do you have a dream board where you have written your vision? If not, follow these steps to create one:

- First, take a few moments to brainstorm your ideas. Write and categorize them.
- Look online for clip art or search through magazines for photos that remind you of the dream.
- Insert the photos into your document (if you are doing it on your computer) or paste/tape them on paper or poster board.
- Display your dream board where you can see it every day.

Remember, it just takes a little faith, and sometimes money, to get us there. ■

Meditation:

“And the Lord answered me, and said, write the vision, and make it plain upon tables, that he may run that readeth it.” Habakkuk 2:2

Your ideas are worthwhile.

I Almost Got Sucker Punched at Church

by Phenola Moore



I was on my way into the main sanctuary at church and spotted an acquaintance. I called his name and walked toward him. When I got close, he turned around, looked at

me, and drew his arm back while forming his hand into a fist. I thought, “Is he going to sucker punch me in the face? As he swung back, he looked me in the eyes, stopped, relaxed his arm back and put it down to his side.

I thought, “What just happened?” We had served in a ministry together for a few years, but this was a different man. Had marriage made him paranoid toward other women?

Well, I didn’t get mad, but was HIGHLY insulted by his reaction, Did he think that my intentions were anything more than friendly (that day or any day prior to that). He was way off base if he thought I was making advances.

We had never spent any more than two or three minutes in a crowded hallway at church exchanging pleasantries, and in our ministry meeting, we just spoke to each other.

A few weeks after that incident, when he saw me walking down a hallway in church, he got this crazy look on his face, and immediately made a sharp u-turn.

Now, that’s when I almost lost it. I wanted to burst out laughing but was afraid someone would think I was crazy laughing and hollering in the middle of the church hallway.

But I thought, this is straight up silly now. Why is he trying to avoid someone who isn’t looking for him? Believe me, I got the message after I was almost punched in the face.

If only the church walls could talk. :-> ■

Phenola Moore's Dream Board Stuff Money Can Buy

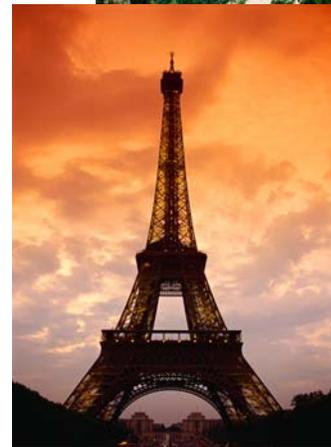
Banging Wardrobe



Extensive Travel



After School Community Center



Business Growth



Are You Looking for Friends?

By Phenola Moore

New neighbors will be moving next door to me any day. My 11-year-old godneice, Aniyah Williams, said, I hope there's someone my age to play with."

As adults, do we sometimes think like that when new people are in our midst, or do we think, "I hope they don't come my way?"

As children, we made friends all the time. Whether it was at school, church or in our neighborhood, we were always trying to find out who the new kid was so we could interact with him/her.

But as we got older, some of us changed and sort of isolated ourselves from others. Maybe it's because of the negative relationships that we've had? Or has social media given us a face-to-face phobia?

Maybe we might need to ask ourselves, "When was the last time that I made a new friend?" I'm not talking about someone we are networking with for business purposes, but someone with whom we intend to share personal time.

Has fear or pride crippled our desire for new friends? I witnessed a scenario that might mirror how some may feel about people they don't know.

I was with Lynn* and Marva* came up, spoke and embraced us (a sign of greeting, especially among Christians). Later, Lynn whispered to me, "What does she want from me? Why is she speaking?"

I answered, "I think she spoke to you, too, because it would have been rude to ignore you since you are standing right here."

If we think like Lynn, we may be running away potential friends. Proverbs 18:24 states, "*A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.*"

Ways to be friendly include starting up a conversation, smiling, looking approachable, and staying open while overcoming prejudices.

- Start up a conversation with others – Talk about what is going on in your life, current events, weather, etc.
- Smile and look approachable – Take a look in the mirror at your "walking into a room" facial expression and see if you would feel comfortable approaching that person. Also, check out your body language.
- Stay open – Prejudices against people outside of our comfort zone (different economic background, race, education, etc.) may be a big obstacle. Don't get caught in that trap because you may miss out on the best friend you may ever have because of something as simple as the person is not wearing designer clothing like you.

It's not easy putting yourself out there. But if you want a friend, it's worth it. And remember, everyone may not be receptive, so just move on to the next person. ■

* Names changed.





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

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