

Press On!

Webzine

**The Other Side of the Coin –
Christian Men and Marriage
Are Some of Them Avoiding Marriage?**

**How to Effectively Witness When a
Religious Leader Falls
What to say?**

**60 lbs. and Counting —
Vanessa Best Tyson's
Weight Loss Journey**



Vanessa Best Tyson

VISIT www.pressonwebzine.com Fall 2011

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Vanessa Best Tyson's Cover Photo
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EDITOR'S NOTE

By the grace of God, I survived the earthquake and Hurricane Irene that hit the Washington metropolitan area during the week of August 22, 2011. Both experiences left me a little shaky, but reminded me that God is making a shift in our lives for which we should be prepared.

In this issue I've included articles that will encourage you to make changes in your physical and spiritual life.

In February 2010, Vanessa Best Tyson decided to change her appearance by incorporating a healthy eating regimen and regular exercise. She's lost 60 pounds so far, and you can read how she did it in "60 lbs. and Counting – Vanessa Best Tyson's Weight Loss Journey."

Also, it appears that Christian men and women's views have changed regarding their beliefs in marriage. Read the men's perspective in "The Other Side of the Coin – Christian Men and Marriage." Let me know your views on this hot topic.

And because the latest news is literally at our fingertips, people can easily be swayed by the negative images portrayed by some religious leaders. Therefore, we have to adapt and ask God how to effectively witness to unbelievers during these times. Read "How to Effectively Witness When Religious Leaders Fall" for tips.

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 in advance for forwarding a copy to your family and friends. I appreciate it. ■



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.

And, if you haven't become one of my Facebook and/or Twitter friends, what are you waiting for? Log onto www.facebook.com/pages/Press-On-Webzine/53949067685 to be my friend or on Twitter to follow me www.twitter.com/@pressonwebzine and , I will in turn, follow you. Take care. :-)

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Will You be Ready?

By Phenola Moore

When I look at my 10-year-old god niece, Aniyah, it seems like yesterday that she was crawling on the floor with a pacifier in her mouth, and I realize that time is moving fast. The end time isn't here yet, but it's getting closer every day.

We were reminded of this recently when both an earthquake and hurricane occurred along the East Coast in the same week. God used the earthquake to remind us how He is coming back "in a moment and in a twinkling of an eye" (1 Corinthians 15:52) taking back all who are ready at His appearance.



Will you be ready busy doing what He commanded you to do? Or will you be sitting idle, still stuck in yesterday?

There are several ways to stay ready:

1. **Stay Close to Him** – Read your Bible daily. Fast and pray for direction, and stay in fellowship with a local church so you can hear the preached Word regularly.

If you are not being fed spiritually seek out other means in addition to what is listed above. You can watch Christian cable television stations such as, "Trinity Broadcasting Network" and "The Word Network," to name a few, or tap into an online Bible study.

2. **Remain Open to Change** – What we did last year may be over in God's eye. If we continue to hold onto it, He can't move us to our next step. We should ask Him to give us the strength to embrace change.
3. **Stay on Track by Doing What He Told Us To Do** – Others can side track us with their vision, but if it delays or hinders what God told us to do, stop because when we stand before Him, He will want to know if we've completed what He assigned us to do on earth.

So if it appears that I'm doing a lot in a little time, realize that is how God gives it to me and I must be obedient. He is trying to reach the masses in a short time because He's coming back. And every day that goes by, it's sooner than later.

Will you be ready? ■

Meditation:

"In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed." 1 Corinthians 15:52

The Other Side of the Coin – Christian Men and Marriage

By Phenola Moore

Pastor John K. Jenkins Sr., First Baptist Church of Glenarden, recounted how he attended a wedding and saw something he thought he would never see. When the groom threw the garter to the bachelors, they let it fall to the ground. It is said that the man who catches the garter will be the next to marry. Pastor Jenkins said the bachelors' inaction sent a message that marriage wasn't a top priority for them.



According to a *Gospel Today* article, “Do Christian Men WANT to Get Married?,” that may be the case. Below are several key points of the article and my response. But remember, this does not apply to all Christian men. :>)

Men See Marriage Differently Than Women

Deborah Watkins, Singles Taking Your Life to Excellence (S.T.Y.L.E.), This is Pentecost Ministries, Sacramento, Ca., said, “Men want to marry as well, but they are more realistic with the concept of marriage as opposed to women who are sometimes idealistic. Men are much more cautious of marriage because of the high divorce rate. Men scrutinize every aspect of marriage because they want it to last forever and they believe that most people marry too quickly. One person said that they would rather remain happy and single than be married and miserable.”

Response: The media pushes the idea that women are only concerned about the dress and ceremony. However, I am sure that there are some women, who like men, know the seriousness of marriage and are looking for a lasting relationship.

It May Not be Their Top Priority

Kelly Mikel Williams, Singles Ministry, Greater Mt. Calvary Holy Church, Washington, D.C., said, “The men, on the other hand aren't watching the clock, nor are they considering moving to find a mate. In fact, I don't know if they are even looking at the women. I mean I know that there are a few of us who are seeking that 'helpmeet' and desire a relationship, but I know a number of guys that aren't in any way seeking to find a mate (at least this is what they say).”

Response: One of my co-workers said that church is the only place that she feels invisible. She said, “Her experience is that men look right through women as though we don't exist, or stare at us, but when we come near, they are petrified or ignore us all together.” She eventually stopped attending because she said their behavior was messing with her self esteem.

They Prepare Differently

Shanick Moore, Divine Wholeness Singles Ministry, The Cathedral International, Perth Amboy, N.J., said, “The majority of the men I talk with want to be married and want to have children, but they go through a different process and preparation to getting to the point of marriage. They have to know without a doubt that the woman is the 'one,' and they have no problem with taking their time before making that decision. Most men also want to be financially secure or have completed a certain level of success prior to getting married.”

Response: Financially secure? What happened to the days when married people grew together in all aspects of their lives, including financially? Has the millionaire mindset that you have to be rich before you can even think about getting married infiltrated the church?

The Other Side of the Coin – Christian Men and Marriage (continued from page 5)

I've heard so many sermons and/or teachings in church advocating that either women aren't close enough to God, or are not ready or focused on our destiny for marriage. Those statements never made sense to me because it implies that God uses singleness as a punishment. That would also mean that non-believers wouldn't ever get married because they aren't trying to get in tune with God regarding their relationships. Right?

These are just a few highlights of the *Gospel Today* article. To read it in its entirety, click on <http://mygospeltoday.com/?p=3844>. ■

What do you think? I would love to read your comments. Please e-mail them to pmoore@pressonwebzine.com and they may be included (with your permission) in the next issue of *Press On! Webzine*. Thank you. :>)

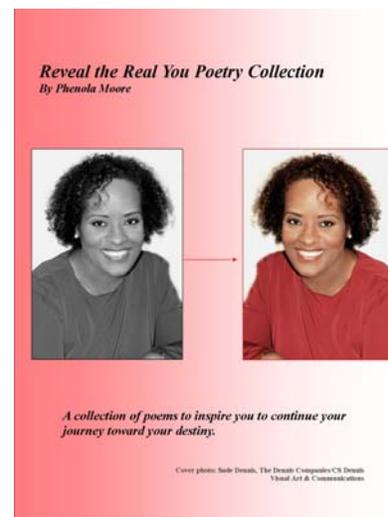
What's New on www.pressonwebzine.com?

Phenola Moore's Store — Click on [Phenola Moore's Store](#) to view more items and to order products that are available on Amazon. We have from apparel & accessories to video games. Please feel free to do your shopping here. Thank you.

Revised Version Updated 9/2011

“Reveal the Real You Poetry Collection” has been updated with the following:

- Added — “Our Love Expressed Between You and Me” poem
- Added links after the following poems that contain:
 - *Grateful* – Song: “Be Grateful” by the late Bishop Walter Hawkins
 - *His Will* – Song: “I Surrender All”
 - *I Almost Lost Me* – Song: “I Almost Let Go” by Kurt Carr
 - *Let Me In* – Song: “Let Him In”



It is available at www.amazon.com for \$2.99. You can download the FREE software onto your computer, iPhone, BlackBerry, iPad or Android. Please note that you don't have to own a Kindle in order to purchase the e-book.

Blogs

During the past few months, I've created blogs that can be downloaded at no charge. Click on www.wordpress.com to read blogs such as, “Our Hair is Beautiful,” “A Breathless Moment” and “9/11 Tribute – You Didn't Know That Day Would Be Your Last.” Type “Phenola Moore” in the search field and my latest blog will appear. Click on it and all my blogs will appear on the right side of that page. Thank you and feel free to share them with others.

60 lbs. and Counting Vanessa Best Tyson's Weight Loss Journey

By Phenola Moore

Vanessa Best Tyson weighed more than 300 pounds and wore a size 24/26. She started working out at Strong Results, www.strongresults.com, in February 2010 and now wears a 16/18.

Here's how she conquered the stronghold of poor eating habits and lack of exercise, along with tips from her trainer, Kevin Strong.

Phenola: Have you always battled with your weight?

Vanessa: Yes. I was an overweight child and have always been on a "quest" to lose weight. My weight has always been a source of insecurity and low self esteem. I've tried multiple ways to lose weight with minimal and unsustainable results. In those cases, my actions changed temporarily, but my mindset did not.

Phenola: What made you decide to stick with it this time?

Vanessa: In late 2009, my mom told my brother and me that we should take care of our health because she and my dad didn't want us to suffer with the same health issues that they have. High blood pressure, diabetes, heart disease, and various forms of cancer have affected both sides of my family. I took to heart what my mother said. That admonishment was the springboard to propel me into adopting a more healthy lifestyle.

Phenola: Who has helped you along this journey?

Vanessa: My husband, Keith, makes sure that whenever I want to exercise, I can do so. He realizes how important this is to me and has never wavered in his support.

Often times, I work out right after work, so he takes care of dinner, helps Daniel with homework, initiates cleaning, etc., to ensure I can exercise. He even researched how to make healthier meals. He is supportive and encouraging in so many ways. He and Daniel rejoice whenever I report my weight loss.



My parents and god-parents also help by picking Daniel up from school when we need additional support.

My trainers, Kevin Strong and Tarita Rooths, of Strong Results ... what can I say about them? God has anointed them to help people achieve success in weight loss and healthy living. Their support (and kick-butt workouts) and encouragement from

my SR sisters, have been essential in helping me achieve my weight loss and health goals. There is really no place like Strong Results. I believe that's because the hand of God is on that place. Never in a million years did I think that exercise could be fun and that I'd be sad to miss a class. I thank God for my SR family and I'm thankful for the day Monica Holmes introduced me to SR.

Phenola: How long has it taken you to get to this point?

Vanessa: I lost the first 60 pounds in roughly six months. My goal is to get to a total loss of 100 pounds. I'm getting there!

Phenola: What type of exercise program do you have?

Vanessa: The majority of my training at Strong Results is cardio, kickboxing and toning. At least twice a week, I do double classes. My trainers mix things up so I never get the same workout. We have an extended class time on Thursdays (my favorite day). When I can get in an extra workout or can't make it to SR, I have a membership at a 24-hour gym chain where I use the cardio equipment and do zumba classes. I've taken water aerobics and water zumba also.

(continued on page 8)

(60 lbs. and Counting,
continued from page 7)

Phenola: What changes did you make to your diet?

Vanessa: Major changes! I had to learn what to eat, how to eat and when to eat to see the results of the workouts. Kevin often says that when we don't eat right following our workouts, we train in vain. So changes in what you eat are a must in order to see changes in your body. Kevin also provided me with an easy-to-follow meal plan. The focus of my diet is high protein, high fiber, low fat, and limited carbs. I am an emotional eater, so part of my journey has been examining why I desire to eat the wrong things, and learning how to avoid those pitfalls. This is a daily struggle.

Phenola: We all have cravings. What cravings do you have and what healthy food did you substitute for those cravings?

Vanessa: Pizza, ice cream and mac and cheese are a few of the things I crave. I've learned to replace ice cream with Chobani Greek yogurt and some types of frozen yogurt. My husband now makes his famous mac and cheese with whole wheat noodles and low fat cheeses. I've not yet found a replacement for pizza and I'm surprised that none of the pizza chains have capitalized on whole wheat pizza. On occasion, I may eat a slice of pizza or some mac and cheese; I just exercise more control over my portions. I also try to avoid going back for seconds. If I want to continue to see results, I have to align food choices with my goals. Therefore, I must practice both portion control and self control.

Phenola: What type of comments have you gotten since your weight loss?

Vanessa: Overall, comments and responses have been very positive. Many people express that they've always thought or felt positively about my appearance, but that the weight loss has enhanced how I look. Most people want to know how I lost



it. This gives me the opportunity to share my experiences. Rumors surfaced early on that I had weight loss surgery. I did consider that, but my family did not support it, so I decided against it. The rumors initially upset me because I had literally worked my tail off to achieve my health goals. When I invite people to work out with my trainers, they realize very quickly that I didn't have surgery. I also realized early on that my journey is not just for me. When others see what God has allowed me to achieve through hard work and dedication, it ignites something in them. I am so thankful to God for that! It humbles me when others say that I have inspired them to make better food choices or to start exercising. What a blessing!

Phenola: How have Keith and Daniel embraced the new you?

Vanessa: Keith is the first external benefactor of the new me (smile), not just the physical benefits, but emotionally and spiritually as well. He has embraced the new and improved me with open arms – they're just not as wide as they used to be. Like his dad, Daniel has responded very positively to the new me. He notes sometimes when he hugs me that he can get his arms all the way around my waist. If I am tempted to eat something unhealthy, he'll ask, "Mommy, are you supposed to eat that?"

Phenola: As a believer, did you read a scripture to keep you motivated?

Vanessa: Absolutely! God uses several scriptures and almost every sermon at First Baptist Church of Glenarden to speak to me about some aspect of this journey. My foundational scripture is Philippians 4:13.

Trainer Kevin Strong's tips on page 9. ■

Meditation:

"I can do all things through Christ which strengtheneth me." Philippians 4:13

(60 lbs. and Counting, continued from page 8)

Q&A With Trainer Kevin Strong

How did you decide what exercise routine and eating plan was good for Vanessa?

At our initial meeting Vanessa and I discussed her goals and time availability.

The biggest challenge for most people is discovering how to reach their goal while meeting their professional, family and personal obligations. Considering her lifestyle, I created a personalized plan.

Could you tell early on that she was going to stick with the plan? How?

Yes. During our initial meeting, Vanessa was extremely focused. I could tell that she was tired of trying things that didn't work, and was ready for a change. Thanks to God, I'm able to provide the secrets to weight loss and the family-oriented environment Vanessa and many other women need. Strong Results specializes in those areas.

Five Tips For Women Who Want to Lose Weight

1. Remain faithful. Faith makes all things possible!
2. Believe in yourself. All great accomplishments started with self-belief.
3. Exercise most days of the week. It's necessary to create a weekly deficit. That's done by burning more calories than are consumed. Proper exercise helps to create the needed deficit.
4. Eat well. Consumption of four to six small, healthy meals a day is very important.
5. Drink plenty of water. Hydration is essential. ■

A Chance Encounter – Chester Eiland's Testimony



Chester Eiland

Chester Eiland had an “Ah Ha” moment that re-emphasized a series that Pastor John K. Jenkins Sr., pastor of First Baptist Church of Glenarden, taught from Jeremiah 33:1-3 titled, “Can You Hear Me Now?”

Eiland said, “I ride Metro into Washington, D.C., to work and that day I sat next to a young lady who was reading spiritual and inspirational verses. She shared a couple with me and we began to talk.

She puts a Bible verse on her Facebook page everyday. She picks them at random from a large box containing several hundred. She reached in her briefcase and handed me the message for the day. On one side of the card was a short prayer and on the other a Bible verse. I read the prayer and then turned the card over to read the Bible verse ... Jeremiah 33:3!

She explained that she was late for her first day on a new job and that she had just missed an earlier train. A chance encounter or is God trying to tell me something?” ■

Meditation:

Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.” Jeremiah 33:3

How to Effectively Witness to Unbelievers When a Religious Leader Falls

By Phenola Moore

During these times we live in, news regarding someone's personal life, negative or positive, can be viewed at the stroke of a keyboard, and religious leaders are not exempt.

A religious leader's fall sometimes makes it hard to witness to the unbeliever. Therefore, we have to be wise in witnessing during these times.



The following will help effectively witness in these situations.

- A Soft Word – *“A soft answer turneth away wrath: but grievous words stir up anger.”* Proverbs 15:1. Use scriptures to direct the conversation. Debating with people or becoming offensive about their opinions about the religious leader will only make matters worse.
- Use Examples – If the person to whom you are witnessing gets stuck because of what they've read and/or heard, use Biblical examples to gently remind them that people fall, but God forgives. A good example is David and Bathsheeba (2 Samuel 12:24 and Psalm 51:10).
- Be Prepared – Have Scriptures prepared beforehand to discuss salvation; it will help you to stay on track. You may also want to have scriptures handy regarding forgiveness, mercy and grace. Don't forget to also share your testimony about how God saved and delivered you.

These are trying times, and we must rely on the Holy Spirit to direct our tongues on what to say and when to say it. ■

Meditation:

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath:”
James 1:19

How do we Embrace the Modern Day Woman in Ministry



By Phenola Moore

I was watching a Christian talk show in which the panelists were two couples. The moderator posed several questions, but only the husbands answered. The wives just smiled.

As I watched, I thought about how most parents raise their daughters. Girls are taught to be outgoing in academics and extracurricular activities and to speak up in order to be successful in life.

But the church says to these females who become entrepreneurs, professionals, heads of households, wives and single alike, that humility may mean they have to take a back seat. If they speak up, they are often labeled as aggressive.

Now how is that working? LOL

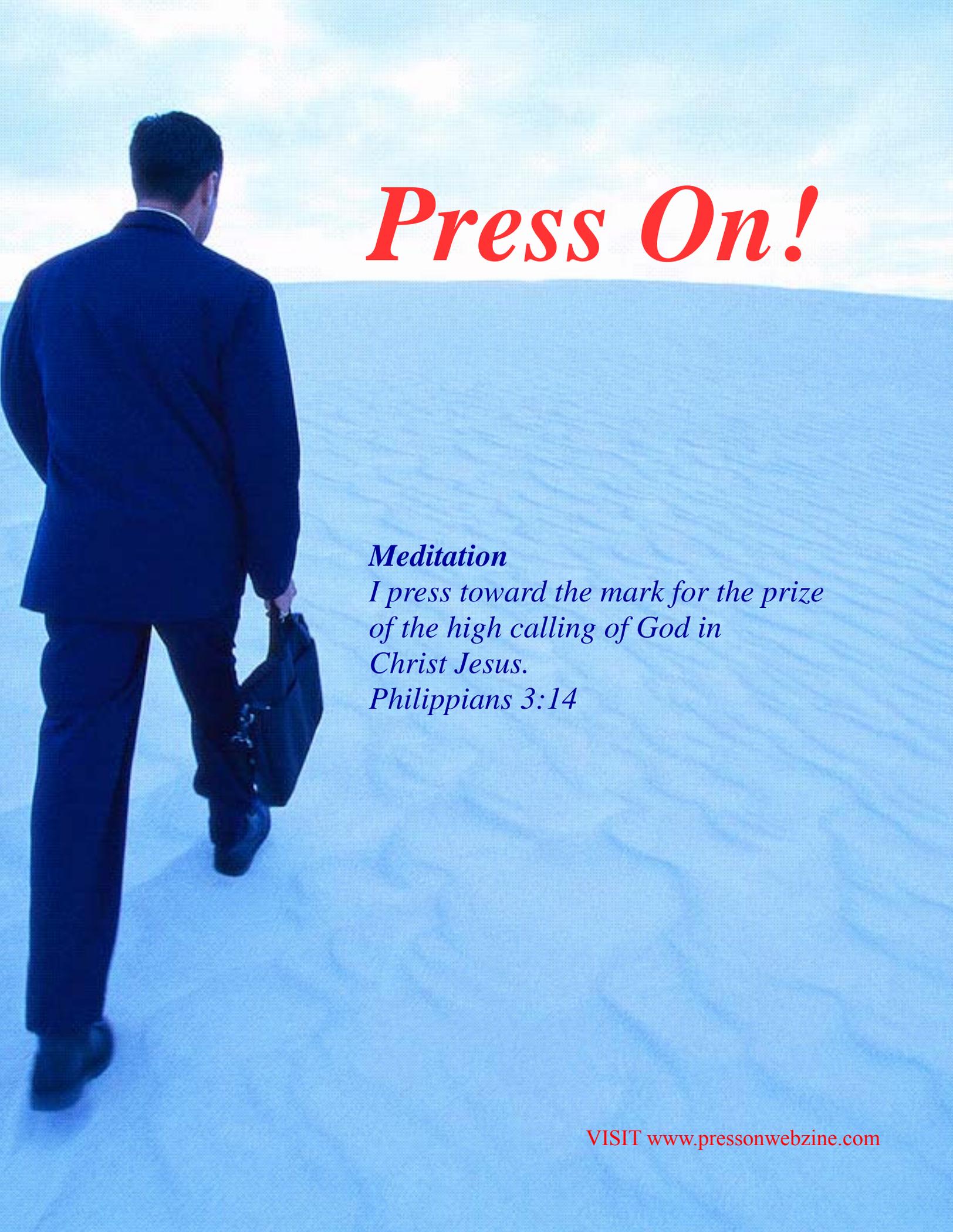
I grew up in church so I know that a woman is often thought of negatively if she is outspoken or verbally expresses herself too often.

How do we effectively incorporate today's woman who is outgoing in all areas of her life into ministry?

- **Value Her Voice** — Dispel the myth that women are to be seen and not heard. Jesus did away with these beliefs that were practiced in the Old Testament when He died on the cross. He told us in the last days that *“our sons and daughters would prophesy,”* Acts 2:17. If Jesus can handle our gifts and talents, everyone should be able to do so.
- **Don't Dumb Her Down** – Women may be accustomed to being ignored and having their input trivialized in the workplace, but they won't stand for it in ministry. They may retaliate or retreat. Women's ideas and comments should be considered as an addition to the ministry, not a threat.
- **Listen to What She Has to Say** – Her desire is to contribute, not to take over. Listen to what women have to say and offer to ministries. ■

Meditation:

“And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams:” Acts 2:17



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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