
Press On!

Webzine

How to Unclutter Your Vision

Create a Plan

Life is Fragile

Why you should get it right

Getting Control Over the Web

Is it Making You Sick?



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Press On! Webzine is published quarterly: March, June, September and December.

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Cover Photograph of First Lady Michelle Obama on cover and page 8 by Phenola Moore.

EDITOR'S NOTE

Every now and then I take a look at my life and the direction it is going, and ask God if I'm still on the right course or if I need to make any changes.

This issue of *Press On! Webzine* is devoted to getting back on course.

Busyness can be the ruination of our dreams and goals. "Getting Control Over the Web," discusses how we can become so engrossed in it that it can become dangerous to our health. And we may know what our destiny is, but it's scattered about in our thoughts. "How to Unclutter Your Vision" gives step-by-step tips on how to move forward.

What do you do when something or someone knocks you off course. You didn't do anything, it just happened. "Perplexed Because You Didn't Do Anything" reminds us how God doesn't leave us out there alone, but provides a way for us to recover.

Sometimes we get off course because of something that has happened in our lives. "Life is Fragile" reminds us that we don't have time to waste, and now is the time to get it right.

And I was so impressed by First Lady Michelle Obama's 2012 Democratic National Convention speech that I wrote a short tribute.

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.

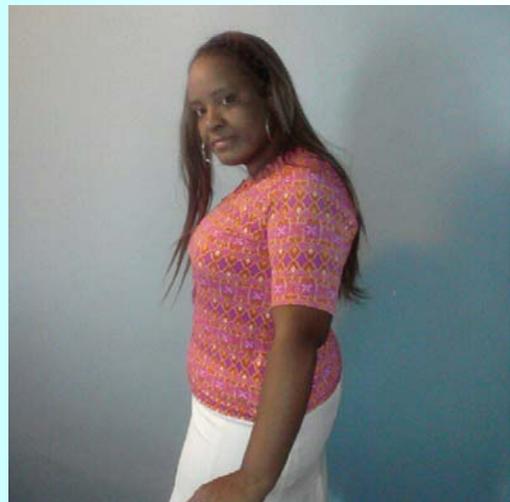
Take care. ■

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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Life is Fragile

By Phenola Moore

The last words my sister Anna said to me before she went into a coma was “I love you.” And I told her that I loved her, too. It’s been years since she passed away, but I can still see us in her hospital room uttering these words like it was yesterday.

How we leave one another matters because we never know when it will be our last time. My mom taught my sisters and me *Ephesians 4:26*, “*Be ye angry, and sin not: let not the sun go down upon your wrath:*”

That meant if we had a disagreement, we had to say “I’m sorry” before we went to bed (even if we didn’t sometimes mean it). :->



I still carry this with me today. If I can’t get to you verbally, I may send a text, e-mail, or something to let you know that I am upset with you and need to get it right.

Life is so fragile. James 4:14 states, “*Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.*”

But how do you make amends with someone who you’ve had a disagreement with for days, months or years? It’s never too late to say I’m sorry. Reach out to them in some way to let them know and start repairing the relationship. If you didn’t do anything wrong, just let them know that you want to work on repairing the relationship.

If that person is deceased, pray and tell God to heal you of this hurt and ask for forgiveness, if applicable. He is right there to heal your heart and ease your conscious.

Get it right today! ■

How to Unclutter Your Vision

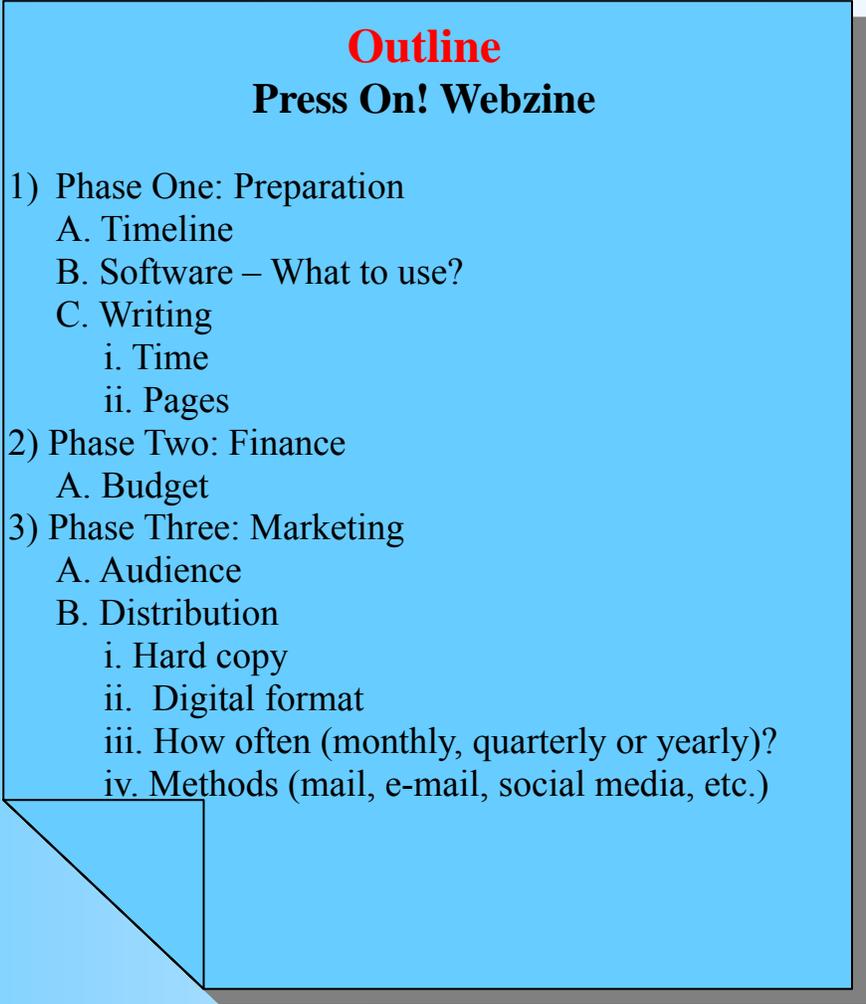
By Phenola Moore

Habakkuk 2:2 states, “*And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.*” When I read the scripture, the phrase “make it plain” jumped out at me.

Some of us have created a plan so detailed that it is overwhelming. I encourage you to brainstorm, categorize and process your ideas or vision.

The brainstorming process includes writing down everything that comes to mind. After that, it’s time to edit, decipher what you’ve written and categorize. A good way to do this is to create an outline (see example below).

The final step is to proceed with your vision by taking one step at a time from your outline. ■



Outline
Press On! Webzine

- 1) Phase One: Preparation
 - A. Timeline
 - B. Software – What to use?
 - C. Writing
 - i. Time
 - ii. Pages
- 2) Phase Two: Finance
 - A. Budget
- 3) Phase Three: Marketing
 - A. Audience
 - B. Distribution
 - i. Hard copy
 - ii. Digital format
 - iii. How often (monthly, quarterly or yearly)?
 - iv. Methods (mail, e-mail, social media, etc.)

Gaining Control Over the Web

By Phenola Moore

It's so easy to become engrossed in the cyber world for hours. In the *Newsweek* article, "Is the Web Driving Us Mad?" about Jason Russell's web documentary, "Kony 2012," The principal became so engrossed in doing things on the Internet such as texts, tweets, etc., that he barely slept for days.

The articles states:

On the eighth day of his strange, 21st-century vortex, he sent a final tweet—a quote from Martin Luther King Jr.: “If you can’t fly, then run, if you can’t run, then walk, if you can’t walk, then crawl, but whatever you do, you have to keep moving forward”—and walked back into the real world. He took off his clothes and went to the corner of a busy intersection near his home in San Diego, where he repeatedly slapped the concrete with both palms and ranted about the devil.

Afterward Russell was diagnosed with “reactive psychosis,” a form of temporary insanity. It had nothing to do with drugs or alcohol, his wife, Danica, stressed in a blog post, and everything to do with the machine that kept Russell connected even as he was breaking apart (www.thedailybeast.com/newsweek).



Whether it's e-mails, social media, texts, playing online games, etc., we can have balance by becoming more aware of our time spent in the cyber world.

Since I love to write, I can spend hours at my computer researching and creating. However, I try to have to give myself a deadline to stop and come back to it later.

Below are ways I manage my time on the web.

- Social media and texts – If you are my Facebook or Twitter friend, you know that I love social media. Various apps on my phone help me cut down my time on these sites. In less than a minute I can submit what I want to relay to friends and followers. And, if I am with others and need to respond to a message or post, I try to do it in a few minutes or less.
- E-mail – I have multiple e-mail accounts for different purposes. I have four e-mail accounts that are categorized in the following on page seven.

(continued from page 3)

E-mails that show up on my electronic device

- Urgent – Personal and church related emails and Twitter (personal) messages.
- Vision/Destiny – Anything that pertains to my writing, *Press On! Webzine*, “Reveal the Real You Poetry Collection,” Facebook and Twitter for *Press On! Webzine* messages.
- Business/Avon
 - Business – Since my full-time job doesn’t require that I am on call after hours, I only have to check it during work hours on my computer.
 - Avon – These e-mails are usually orders that need to be printed, therefore, I check them on my computer.
- Miscellaneous – I use this when ordering something or need to give a generic email address. This is where 99.5% of my SPAM e-mail goes.

With a filtering process in place, only the most important email addresses will appear on your electronic device. If you opt to have all your email accounts on it, assign certain e-mail addresses to specific people, groups, etc., or a different ring to help filter what is urgent.

Otherwise, you could possibly spend your entire day looking down at your electronic device, missing out on face-to-face communication with people who are a touch away. ■

When Ministry Begins

By Phenola Moore

Some of us have it all wrong. Ministry isn’t within the four walls of the church, but begins when we step out the door. It’s how we live and share God with others.

What we receive at church (the Word, church work, etc.) prepares us to deal with what happens outside of the church walls. Because if the truth be told, if we can handle some church folks and situations, we can rule the world. LOL

So why are we shunning the world by only associating with church folks? It can’t be because we are patterning ourselves after Jesus because He mingled with everyone.

We need to trust God in every situation. Even when we meet that old friend we use to run with at the after-work social event or a family gathering where the party gets a little wild.

Yes, we may feel a little uncomfortable in some situations, but the Holy Spirit within us will constrain us if we allow it to operate in our lives.

Remember, “*Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house,*” Matthew 6:14-15. ■



First Lady Michelle Obama's Democratic Speech Wowed Us

By Phenola Moore

First Lady Michelle Obama delivered a dynamic speech at the 2012 Democratic National Convention in Charlotte, N.C., Tuesday, September 4. According to *The Atlantic* article, Michelle Obama's DNC Speech Goes Viral in China, video clips of Michelle Obama's speech garnered more than 9,000 retweets and over 1,000 comments September 5, on Sina Weibo, China's Twitter (<http://www.theatlantic.com>).

When President Bill Clinton gave his speech on Wednesday, he said, "After last night, I want to nominate the man who had the good sense to marry Michelle Obama. Proverbs 31:23 talk about this type of woman.

Although women have come a long way, it's not always popular for us to reveal our strengths publicly because some may think we are too independent or aggressive.

Dr. Miles Munroe talked about this type of woman when he addressed the men at 2009 Man Power. He said, "You call her aggressive because you don't know what to do with the equipment." Thankfully, President Barack Obama knew what to do and he married Michelle Robinson October 3, 1992. And today she is the First Lady of the United States of America and a great role model for all.

To view the speech, click on <http://www.youtube.com/watch?v=ZTPdKUA9Ipg>. ■



Meditation:

Her husband is known in the gates, when he sitteth among the elders of the land. She maketh fine linen, and selleth it; and delivereth girdles unto the merchant. Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her," Proverbs 31:23-28.

Perplexed Because You Didn't Do Anything

By Phenola Moore



A few years ago, I woke up in a sweat because I dreamed I had been fired. I shook it off and tossed it aside when I reflected on the fact that I was the only one at my firm who held that position. I felt safe.

About a year and a half later, my supervisor called me into his office to tell me that my position had been abolished and my duties were being outsourced. I was laid off indefinitely. What? Immediately, my mind went back to the dream where God had warned me about this.

But I still didn't understand why He was allowing this to happen to me. Have you had situations come into your life that almost knocked you off your feet? It may have been a job loss, divorce, or death that threw you for a loop, and had you perplexed about why it was happening to you.

On September 9, 2012, at First Baptist Church of Glenarden, Pastor Paul Sheppard preached "The God of the Comma," 2 Corinthians 4:8-9, "*We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;*"

He said, "There will be times when you don't get it. You are living right, praying, in the Word of God, etc., but you don't know why you are going through this. God is the God of the comma and He didn't leave us in our perplexed stage (on the left side of the comma in the Scripture), but gave us a way out (on the right side of the comma). In other words, He

didn't leave us hopeless."

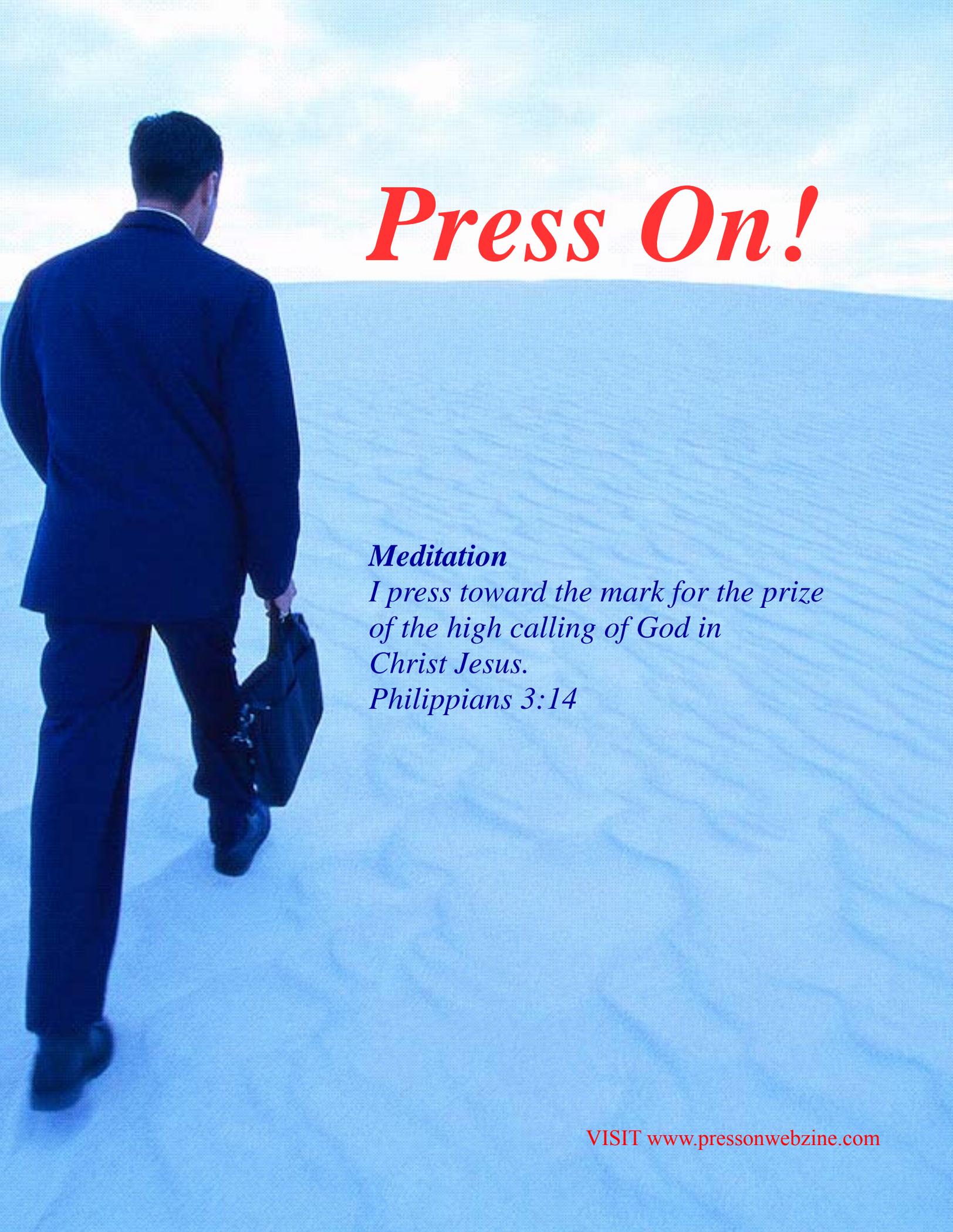
In my situation I got another job two weeks before my severance pay ran out. God is able to sustain and take you through any situation you give to Him in prayer. ■



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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