

FLO

Get in the **FLOW** of God!



February 2008

HURRY!!! You don't want to miss the 2008 DIVA Conference! Feb 1-2
Divine, Inspirational, Virtuous and Anointed (DIVA) ... details inside!!! Pg.3

Celebrate!

Black History



W. E. B. Du Bois • Martin Luther King, Jr. • Edward Brooke
Malcolm X • Rosa Parks • Sojourner Truth

This is an opportunity to recognize significant contributions to society made by people with African heritage. What can you do to teach your children about the rich history of African Americans like those shown above as well as those who are contributing writers of *FLO*?

You can begin by being open to the many questions that young people have concerning the history of African Americans over the years. Encourage the young people in your life to research and write short essays about the lives of those who may have paved the way for so many of us today. Help your children understand that so many African Americans, all over world – including their town – are making contributions into society.

They need to know that black history is made every day – not just 28 days out of the year!

CELEBRATE!!



Local Author: Gina J. Hall
SEE PAGE 2

Today's Word: Forgive

"Dreams" Poem

by Langston Hughes

Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly.

Hold fast to dreams
For when dreams go
Life is a barren field
Frozen with snow.

Editor's Pick:

This is so good, I
had to list it again!

A Wife's Prayer

Author: Pamela Hines



SPOTLIGHT ON *Gina J. Hall*

Wife, Mother, Entrepreneur, Playwright
 This local writer shares her thoughts through [poetry](#),
 short stories, plays and skits.

She has owned and operated Revelations Hair Salon for over 17 years, authored a collection of short stories and poetry – *My Poetic Journey* – released in 2004, written and produced a play, *What's That I Hear?*, and currently working on other collections.

She is a speaker and minister of the Gospel with a heart and mind to DO what the Lord is calling her to do. Visit our website for a sample of her work.

<http://www.hill-publishing.com/FLONewsletter.html>
 Contact info: (912) 882-2950



God's Woman

By Pastor Byron Dawson
[Abundant Life Harvest Center](#)
 St. Marys, Georgia

"Invest in Your Vision"

I trust that you have begun the new year with new, fresh zeal and motivation to invest greater effort into your vision and development.

It's another year to become you, another opportunity to be seized. Don't let life pass you by this year. Instead, create, design, and chart your course as God leads you into new and greater possibilities and outcomes.

Daughter, you are God's woman. Know it. Feel it. Think it. Persevere, press your way, and never give up on what is truly in you. You must make the best use of all your time. For it is a limited resource and we run out of it sooner than we realize.

Let's get it on daughters. We got your back!

Pastor B

Want to get in the FLO? Are you a writer? Contact us: publishinghouse2@net-magic.net or call 912-227-2197 We want to hear from you! SEND LETTERS TO THE EDITOR.

Do You Talk Too Much?

Why don't you take a break for a while and hear what the Spirit of the Lord is saying to you (the church). This isn't a question. It's a kind suggestion. You know what I mean??

Oh how often we pray and ask God for answers and then we keep going on and on and on ... and on and on and on. God speaks to our hearts but we are talking too much to hear what He says; therefore, we become impatient, angry, and frustrated (with God) – ultimately missing divine direction.

I heard someone say, "*He gave us one mouth and two ears so we could spend less time talking and more time ----- listening.*"

Woman of God...LISTEN. There's nothing (absolutely nothing) like being in the presence of the Lord. In *that place*, there's no need for you to say anything – ONLY LISTEN. SHHHH!

The Lord is speaking to you and He has equipped you. Hear ye Him and **DO** what He says!

Lady Donna Sneed

See you in Sunday School!



"If you know your Bible, the Sunday School needs you. If you don't know your Bible, you need the Sunday School."

Elder Samuel L. Sneed, Jr.

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 7109 Richardson Road
 Jacksonville, Florida
 Elder Samuel L. Sneed, Jr.
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www.nlat.org



FOCUS!

"My focus was on how sad my life was..."

*By Pegine Echevarria,
MSW 2007*

Focus is defined by Webster's dictionary as the concentration of attention or energy on something. This is the time of year when we have written down our resolutions and visions for the future (or at least heard that lots of people write their resolutions). In the past I spent lots of time either looking at the past or planning the future. A lot of that time, especially when I was younger, was focused on what wasn't working, what didn't happen or what negative things occurred. I admit, I wasn't one of those people who had laser like focus on goals of achieving or succeeding. In fact, in review, I had laser like focus on the exact opposite of goals and success. My focus was on how sad my life was and how I wouldn't amount to much, yet at the same time feeling that there had to be something better than my current condition...then I blamed the world, became angry and the cycle continued.

Thankfully I grew up, was willing to break the cycle and willing to change. As I studied, learned and experienced I found that I needed to change my thoughts and my beliefs about me and create dreams for myself to go after. That required concentration of attention and concentration of energy, in other words focus.

Everyone has stages in their lives where they are focused on one thing or the other. However, the quality of your life changes dramatically when you focus on greatly increasing the quality and abundance in your life. When you focus on making your life better your life becomes better. If you focus on the drama and what isn't working, you will continue to get drama and negativity.

1. Decide what you want
2. Focus with laser like intensity on what you want
3. Notice what you have
4. Acknowledge and be grateful for what you have and had, even the negative stuff. You changed and became a better person because of it.
5. Each day do what you can, knowing that everything is leading to what you want
6. Take time daily to really imagine what you want. See it, feel it, know it.
7. Live like you are already there. Walk, speak, smile and love knowing that you already have it.

IT WORKS!

Reprinted from "Pegine's Motivational Times" and e-zine for people who want to be courageous and successful leaders! Subscribe at <http://www.pegine.com>. Pegine motivates leaders in a diverse world and empowers people to be leaders in their lives!

"Hearts United In Christ"

2008 DIVA Women's Conference

(Divine Inspirational Virtuous & Anointed)

February 1 - Registration: 6:00 pm – 6:45 pm

February 2 - Registration: 8:00 am – 8:45 am

Camden County High School Cafeteria

Conference Registration \$20

For details, contact:

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(912) 674-7847

ENCOURAGING WORDS OF MOTIVATION

From the heart of

Cassandra J. Hall



"Take a 10-30 minute walk every day. And while you walk, **smile**. It is the ultimate antidepressant."

Daily Living

'EMOTIONAL STABILITY'
On My Last Nerves!



*This excerpt used by permission from
Jennifer Keitt – Host, TBW
Today's Black Woman Radio Show
www.todaysblackwomanradio.com*

Can't life be crazy sometimes? You're minding your own business and then, wham, someone talks about you behind your back. You get a break for a minute and then, wham, relationship problems. Sometimes we can find our nerves worked and worked and worked! What can we do?

Well experts suggest taking a time out—slowing down long enough to gain composure and cope gracefully. Guess what? The Bible agrees! James 1:19 says, *“Dear brothers, don't ever forget that it is best to listen much, speak little, and not become angry.”* Slowing down—taking a time out—especially in the heat of the moment will give you the strength that you need to respond appropriately.

Ladies, you have a faithful God Who won't allow you to be pushed beyond what you can bear. He recognizes that women all over the world are getting their nerves worked so He's provided a wonderful strategy. 1 Corinthians 10:12 – 13 says, *“So, if you think you are standing firm, be careful that you don't fall! No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”* (NIV) This scripture means there's an escape route! Escape routes tell people which way to go in case of emergency. Well honey, when your nerves are being worked for the last time, look for the nearest God escape route and run!

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February 14


February 14



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