

THE MOTHER'S DAY ISSUE | CELEBRATING **22** YEARS!

THE *Anchor* NEWS

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MOM AND DAUGHTERS KNOWN AS CHARLIE'S ANGELS

—MIN. MARVA HARRISON—

Min. Marva Harrison, is a Co-Pastor for The First Baptist Church, NBC of Waco, Texas, where her husband, Dr. George Harrison Sr is the senior Pastor.

For 22 years, Min. Harrison has worked for the Midway Independent School District; where she has served in many roles, such as Facilitator for the Discipline Alternative Education Program and

presently as the Truancy Officer and Pre-Court Judge, to name a few. Harrison is accredited for implementing a number of life-changing student programs. Most recently, she has been named a Pre-Court Judge for Midway ISD working with families of truant situation.

She exhibits her musical talents by the results of her work as a licensed and or-

dained Minister of Music for The Willow Grove Baptist District Association, First Baptist Church, NBC and choir directress for 5 choirs at her church. She is founder, director and promoter of several gospel recording groups and is extremely active within the Willow Grove Baptist District Association.

She and her two daughters are known as Charlie's Angels.

—MINISTER DR. SHERATON DUFFEY—

Minister Dr. Sheraton Duffey is a licensed and ordained minister of the Gospel Ministry and serves as an Associate Minister at First Baptist Church, NBC, where Rev. Dr. George Harrison, Sr. is the pastor. She is the Assistant Dean for The Willow Grove District Association and cur-

rently the Principal at Universal Academy in Irving, Texas.

Dr. Duffey has published doctoral research on Educational Rounds and excels in training educators and administrators on various educational topics, including the Educator Code of Ethics, Teaching and Learning,

Educational Leadership, and Testing. Additionally, she is a curriculum writer, having developed K-8 core content curricula, and serves as the CEO/President of [organization].

Dr. Duffy, her mom and sister are affectionately known as Charlie's Angels.

—CINDY HOWLETT—

Cindy Howlett, along with her mother, Co-Pastor Marva Harrison and sister Minister Dr. Sheraton Duffey, are affectionately known as "Charlie's Angels" because of their strong dedication to their Christian mission, educational efforts, and community service.

Cindy is a member of the Gospel Recording Group "Serenity" and is actively involved with New Life

Church in Dallas, Texas. At the church, she serves as an usher, participates in the music ensemble, acts as a youth mentor, and is a member of the NLC Prayer Intercessors group. Previously, she sang with Gospel Recording groups such as Nero Foster & True Vision, Unity of Waco, and The Inter-City Choir of Waco.

With a career in education spanning 22 years, she

is currently working as an Instructional Interventionist at Universal Academy in Irving, Texas. Additionally, she has been a cheer coach at the same academy for over two decades, leading her teams to first-place finishes in multiple events. This Charlie's youngest angel also serves as the Executive Director for Creative Resolutions that Empower Students & Teachers (C.R.E.S.T.).



MINISTER MARVA HARRISON, MINISTER DR. SHERATON DUFFEY AND CINDY HOWLETT

**J.L. & LINDA CRAWFORD**

Co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He has retired from teaching at McLennan Community College. JL is a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of *The Anchor News*. She is a retired professor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker. Linda also owns Enjoy the Journey Life Coaching Service.

POWER DUO: A MOTHER-DAUGHTER TEAM LEADING CHANGE IN THEIR COMMUNITIES

—JOCELYN GAIL WILLIAMS PIERCE—

Mrs. Jocelyn Gail Williams Pierce, a native of College Station, Texas, is a retired public-school educator and administrator with over forty-five years of experience. After retiring, she continued to work with adults as an adjunct English professor at McLennan Community College.

Mrs. Pierce received her Bachelor and Master degrees in Secondary Education from Sam Houston State University in Huntsville, Texas and acquired her certification in Educational Leadership from Tarleton State University in Stephenville, Texas. Her primary experiences are on the secondary level as a former high school teacher of English, Speech, and Theatre Arts as well as an administrator on

both high school and middle school levels. She was named Teacher of the Year three times during her career, received an Education Excellence Award for her administrative talents and contributions, and was an Outstanding Administrator nominee for the HEB Excellence Award.

Mrs. Pierce is a member of the Waco Alumnae Chapter of Delta Sigma Theta Sorority and served as one of the chairpersons for the sorority's 75th Anniversary Celebration. She is a past president and member of the Gamma Upsilon Chapter of the National Sorority of Phi Delta Kappa, Inc., and the past Education Committee Chairperson for the Waco NAACP. She also serves as a member of the National Association of Negro Business and Professional Women's Waco Club. In addition, she is a forty plus year member of the historic New Hope Baptist Church, the oldest African-American Baptist Church in Central Texas, and

serves as the church treasurer and vice-president of the Women's Ministry.

Mrs. Pierce is the proud daughter of the late Joseph and Eunice Robinson Williams. She has been married to Mr. Joe Michael Pierce, an English teacher at Texas State

Technical College, for forty-six years and is the mother of Jessica Nicole Pierce, a graduate of the renowned Texas A & M University in College Station, Texas, where she earned her Bachelor's degree in Biology and her Master's degree in Public Health.

**JOCELYN GAIL WILLIAMS PIERCE AND JESSICA NICOLE PIERCE**

From the Editor...

MOTHER'S DAY

Mother's Day is the happiest of times for some, but it is bitter-sweet for others. My husband and I are among those who feel glad that our mothers aren't suffering anymore, but we are sad be-

cause we miss them so much. We believe we will see them again and wish them an awesome Heavenly Mother's Day. On that note, I hope you enjoy this Mother's Day issue of the *Anchor News*.

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—JESSICA NICOLE PIERCE—

Ms. Jessica Nicole Pierce, a native of Waco (Bellmead) Texas, is the proud daughter of Joe Michael and Jocelyn G. Pierce.

She attended public schools in LaVega ISD and graduated as the Salutatorian of her 2005 graduating class. She continued her ed-

ucation at the renown Texas A&M University and earned a Bachelor of Science in Biology and a Master's degree in Public Health.

Jessica is currently employed at U.S. Dermatology Partners and serves as a clinic manager in College Station. She is a member

of the Brazos Valley Area Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Jessica is also a member of the New Jerusalem Missionary Baptist Church in Bryan, Texas under the leadership of Pastor Marie Nutall where she has fellowshiped for eighteen years.

THE *Anchor* NEWS

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PURPOSE

The Anchor News, dedicated to serving the community and surrounding areas, focuses on positive news and accomplishments of minorities.

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Anchored on the principles of scripture, *Anchor News* will at no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

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Signed opinion articles do not necessarily reflect the opinion of the editorial staff. Unsigned editorials

reflect the opinions of the editor.

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The comments and opinions of our readers are welcomed. Letters and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg

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THREE GENERATIONS OF MOODY WOMEN

—NELDA ELIZABETH WHITING MOODY—

Nelda Elizabeth Whiting Moody, born in Washington, Texas, is a former third-grade teacher with the Bryan Independent School District. She is the proud mother of four children: Mia Moody, Todd Howard, Wayland Moody, and Ashley Moody-Greer. Nelda is also an accomplished author, having written more than a dozen books, including her notable work, "Sweet Pain."

Married to Jerry Moody, Nelda has always had a passion for writing, reading, and traveling. Her love for these activities has not only enriched her life but also inspired her literary works. Nelda's dedication to education and her creative pursuits have made her a beloved figure in her community and a role model for her children.



NELDA ELIZABETH WHITING MOODY

Nelda's teaching philosophy is centered on the belief that every child has the potential to succeed when provided with the right support and encouragement. She emphasizes

the importance of creating a nurturing and inclusive classroom environment where students feel valued and motivated to learn. Nelda believes in fostering a love for learning by making lessons engaging and relevant to her students' lives, and she is committed to helping each child reach their full potential.

In addition to her professional achievements, Nelda is actively involved in her community. She volunteers at local libraries, participates in literacy programs, and is a member of several community organizations dedicated to promoting education and the arts. Her commitment to community service and her passion for making a positive impact have earned her the admiration and respect of those around her.

—DR. MIA MOODY —

Dr. Mia Moody is a professor and chair of the Baylor University Department of Journalism, Public Relations, and New Media in the College of Arts & Sciences. She joined the faculty in 2001 and has maintained an active research portfolio in addition to her teaching, mentorship, and leadership roles.

Moody's research focuses on image repair, intersectionality, critical race theory, and the media framing of women and people of color. She is the author or co-author of four books. She has been widely published in several academic journals, including *Journalism & Mass Communication Quarterly*, *Howard Journal of Communication*, *Journalism Educator*, *Journal of Black Studies*, and *Public Relations Review*.

During her tenure as department chair, she has had the privilege of collaborating with an exceptional team of faculty and staff. Together, they have accomplished numerous milestones, including reaccreditation by the Accrediting Council on Education in Journalism and Mass Communications (ACEJMC) in 2022, the successful launch of a broadcast sequence in 2023, the introduction of updated concentrations and curriculum, and the establishment of several scholarships. Her efforts have led to job placement and first-year student re-



DR. MIA MOODY

cruitment rates of 90-100% for multiple semesters.

She is the social media chair of the Western Area Links, Incorporated. She has served in many roles in the Waco Central Texas Chapter of the organization, including chairing the ACE Baylor Links Digital Media Program for students in Hearne in Calvert, which she initiated in 2023. She is also a lifetime member of Jack & Jill of America, Inc.. She served as President of the Waco chapter for several years while her children were active members.

She received her B.A. in journalism from Texas A&M University, her M.A. in journalism from Baylor University, her M.S.Ed. in Educational Psychology, and her Ph.D. in journalism from the University of Texas at Austin.

She is the proud mother of Heidi, a pastry chef, and Tim and Bill, both Baylor students.

—ASHLEY MOODY KELSEY—

Ashley Moody Kelsey is a dedicated personal trainer who resides in Stella, North Carolina. Originally from Bryan, Texas, Ashley has built a life centered around her passion for fitness, teaching and her loving family. She is married to Michael Kelsey and together they are raising three wonderful children: Brooklynn, Rayven, and Braiden.

Ashley's fitness and teaching philosophies are similar in how she approaches every student or client. She emphasizes the importance of balance, consistency, and maintaining a positive mindset. For Ashley, fitness is not just about achieving short-term goals; it's about finding joy in movement and embracing a lifelong



ASHLEY MOODY KELSEY

journey towards health and well-being. Her goal as a 7th grade math teacher is ensuring that everyone, regardless of their ability, can achieve

their personal best and show growth.

Throughout her career, Ashley has been recognized for her dedication and excellence in the fitness industry. She has received several prestigious awards, including the status as an "IFBB Pro" This status is recognized worldwide. Her innovative training programs and unwavering commitment to her clients' well-being have earned her a reputation as a leading personal trainer in her community.

Ashley continues to inspire and motivate adults as well as children around her, helping them to lead healthier, happier lives through her expertise and passion for fitness and math.

—HEIDI PARKS—

Daughter of Dr. Mia Moody, Heidi Parks, a native of Hewitt, TX, is a passionate baker and chef who graduated from Midway High School and later from culinary arts school. Her journey into baking began in 2012, a year after her high school graduation, when she decided to bake for her brother's school holiday carnival. Noticing a lack of baked goods among the craft vendors, she seized the opportunity, leading to the creation of BestBakes! Bakery.

Since graduating from culinary school in 2016, Heidi has immersed herself in the culinary world, producing meals for small families and large groups, including a summer camp of around 300 children and staff. Her expertise extends to creating stunning wedding cakes, birthday cakes, and a variety of other baked goods. After managing a bakery for five years, she recently transitioned to working full-time for herself, pursuing her dreams with dedication.



HEIDI PARKS

Heidi's path hasn't been without challenges. The COVID-19 pandemic significantly impacted her custom orders, especially during her busiest months. To adapt, she started a neighborhood group where she offered daily baked treats for free, which quickly gained popularity. This initiative led to the launch of her website, www.bestbakesbakery.com, featuring her most requested sweets.

Currently, Heidi operates under

two brands: ChefHeidiParks, focusing on savory dishes and catering, and BestBakes! Bakery, specializing in sweet treats. Her mission is to create original products using high-quality, organic ingredients, ensuring that her customers can enjoy delicious food without compromising on quality. Heidi's baked items are now available for local delivery through the Favor Delivery App, making it easier for her community to enjoy her creations.

EDDIE MAE HALL WILSON, ALEISHA HALL & LAKESHIA HALL

—EDDIE MAE HALL WILSON—

Eddie Mae Hall Wilson is the youngest in a family with six sisters and two brothers. Later, her father remarried, resulting in six more siblings—three brothers and three sisters—creating a large family. She has four children: two sons, James and Julius, and twin daughters, LaKeshia and Aleisha. Additionally, she has a stepson named Bryant and a daughter named Eloris. She loves all her children and is proud of the individuals they have become, appreciating their responsibility and caring hearts. She considers them special. Eddie Mae is retired after working for over 20 years at the Veterans Administration Medical Center, which provided for her family and was a rewarding experience. Be-



EDDIE MAE HALL WILSON

fore retiring, she met and married her now-deceased husband, affectionately known as Mr. Wilson, and they were married for over 25 years until his

death from cancer in 2023.

Eddie Mae gained seven stepchildren from this union: five stepsons (Arnold II, Ronald, Cedric, Arnold III, Isaac) and two stepdaughters (Tish and Tanisha). She enjoys spending time with family and grandchildren. She has three beautiful granddaughters (Jameshia, Kamryn, and Juliona) and three great-grandchildren (Ja'Coryeon, J'Loni, and Jamieson). She also finds pleasure in playing spades with her girls (The Corsicana clan), sitting in the yard enjoying country life, landscaping and plants. She currently works as a caregiver as needed, constantly finding peace and humility in helping others. And off to work she goes.

—LAKESHIA HALL—

LaKeshia Hall is the daughter of James Hall and Eddie Wilson. She is the second child of five, with two brothers, James and Julius, and two sisters, Aleisha and Eloris. LaKeshia is an identical twin with Aleisha. She also has seven stepbrothers—Bryant, Arnold II, Ronnie, Arnold III, Cedric, and Issac—and five stepsisters—Brittney, Khelsea, Jeneica, Tish, and Tanisha. LaKeshia met her life partner, Amber Smith, in 2020, and they are getting married this August. She loves her family, especially her auntie's children—Meme, Kam, Juliona, Prosperity, JJ, Loni, and J3—with whom she enjoys spending time.



LAKESHIA HALL

Temple of Deliverance under Pastor Anise Payne

LaKeisha's mother has always been an inspiration to her. She has overcome numerous obstacles in life and never allowed challenges to defeat her. She has taught LaKeisha to be the strong woman she is today, and LaKeisha expresses gratitude to God daily for her. The highlight of her day is being on a three-way call with her mother and twin. LaKeisha dreams of one day running a family restaurant with her sister and plans to return to school to major in business.

LaKeshia takes pleasure in planning family gatherings and cooking. She also enjoys reading a good book or binge-watching a captivating series. As a customer service advocate, she works with members to help them understand their behavioral health benefits and claims. Additionally, LaKeshia enjoys crafting, making shirts and cups with her Cricut. She loves the Lord and attends church at Trinity

—ALEISHA HALL—

Aleisha Hall, 43 years old, was born and raised in Waco, Texas. She graduated from Waco High School in 2000. After high school, she attempted college but ultimately left to work full time, having not been fully committed. Aleisha secured a position at Baylor University, where she worked for Baylor Dining Services for nine years before realizing she wanted more and returned to school.

In 2010, she began working as a teacher assistant at Premier High School of Waco, where she is currently employed. She served ten years as an assistant in the 9th/10th grade girls' class and now



ALEISHA HALL

holds the roles of Jr/Sr Lead Teacher and Campus Testing Coordinator. Her experience at

Premier High School has reinforced her belief in the importance of education. Aleisha received her Associate of Arts in General Studies from MCC in December 2012 and her Bachelor of Science in Organizational Leadership from Texas A&M Commerce in May 2020. She is set to graduate in December 2025 with a Master's in Leadership from East Texas A&M College (formerly TAMUC).

She was recognized in 2023 as the Regional Teacher of the Year for the Responsive Solutions public school district. Aleisha enjoys spending time with her loved ones, traveling, and reading when she has spare time.

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Author, Artist &
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RUBY MCCRAY & JOYLIET MCCRAY-HARRIS

—EVANGELIST RUBY MCCRAY—

At the age of 81-years young and climbing up the hill towards 82, Ruby McCray is still going strong! She now understands perfectly well just what her mom meant when she was in her 80s and would say, "I feel just like I did when I was 16, I really can't tell the difference."

McCray began teaching only piano in her music studio on Monday, August 30, 1976. Her son, Joel McCray, had just turned 6-years old on August 12. She thought that was the perfect age to begin teaching him professionally.

Her daughter, Joyliet McCray, was only 4-years old; therefore, she didn't give her a time slot, but began teaching her finger numbers, the different notes' names, and even clapping the rhythm in a fun way. Now, they are both professional musicians with Joel being a music producer and owning his own music studio where he teaches multiple instruments.

Periodically, McCray added other instruments until she now teaches not only piano, but saxophone, harmonica, drums, bass and lead guitars along with

teaching the Spanish language set to music.

Linda Crawford recognized her teaching qualities and recommended her as a Spanish teacher for Waco Christian Fellowship High School, as well as for the Continuing Education Department at McLennan Community College where she's currently teaching Spanish where the students are rapping, tapping, clapping and singing their way into speaking the language.

Although this is the month in which Mother's Day is celebrated, McCray says that she has a

message to encourage everybody.

Proverbs 18:21 says, "Death and life are in the power of the tongue, and those who love it will eat its fruit." In other words, what you keep confessing, you will eventually possess. If you keep saying that you can't do this, and you can't do that, then you won't be able to do it. Phil-

ippines 4:13 tells us that there's nothing that we can't do with the help of Christ.

McCray has 6 grandchildren and 4 great grandchildren with whom she still hangs, quoting the phrase that "there's nothing old but money!"

She has also been a contributing *Anchor News* writer for 22 years.



EVANGELIST RUBY MCCRAY & JOYLIET MCCRAY-HARRIS

—JOYLIET MCCRAY-HARRIS—

Agent Joyliet McCray-Harris's story is truly inspiring—a testament to determination, talent, and the impact of community-focused endeavors. Her journey, from mastering piano as a child under her mother Ruby McCray's guidance in Riesel, Texas, to using that skill to support her family and serve churches in Waco,

paints a vivid picture of resilience and adaptability.

Her dedication to education and partnership in Guardian Investigation & Security alongside her husband reflects her commitment to creating meaningful relationships and fostering safety for others.

As highlighted in this Mother's Day issue of *Anchor*

News, her life is a beautiful blend of professional success, mentorship, and family devotion.

Agent McCray-Harris's journey is undoubtedly one worth celebrating. It's women like her who remind us that combining passion with purpose can lead to an empowered and brighter future!



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ANNIE F. & DEANDREA PETTY

—ANNIE F. PETTY—

Annie F. Petty is a native of Marlin, Texas. She is a proud Alumni of Marlin High School, Class of 1983 "Go Bulldogs". She received her Bachelor of Science in Dietetics from THE Prairie View A&M University, Prairie View, Texas in May of 1988. Ms. Petty is the daughter of the Late Mr. Dorrice Petty and the Late Mrs. Sara Petty. Ms. Petty is the mother of Attor-

ney DeAndrea Petty.

Ms. Petty has worked for over 35 years as a certified Dietary Manager in the Falls and McLennan County areas. She is a member of the Certified Dietary Managers Association and the Certified Food Protection Professional Association. She is also a member of the Order of Eastern Star, Peace Chapter #232.

Ms. Petty has been a member of the Church of the Living God PGT, Marlin, all her life. She works in various capacities within the church such as financial secretary, program coordinator and senior usher.

In her spare time Ms. Petty enjoys spending time with family and friends, worshipping God with her Church family, and playing bingo and word puzzles.



ANNIE F. PETTY AND DEANDREA PETTY

DEANDREA PETTY

Attorney DeAndrea Petty is a native of Marlin, Texas. She earned her undergraduate degree from Baylor University in 2013 and her Juris Doctorate from South Texas College of Law, in 2016. That same year, after being admitted into the Texas State Bar as a licensed attorney, Attorney Petty opened her own Office in Waco, where she practices family, criminal and juvenile law. This year, she opened a second office in her hometown of Marlin TX.

From a young age, Attorney Petty has had a strong passion for helping others, especially those who need a second chance. This passion led to her journey of being a Criminal Defense Attorney. She also has a passion for bringing and keeping families together and does so as an Attorney Ad Litem in CPS cases. In 2019, Petty had the honor of being her hometown's City Attorney.

The last four years Ms. Petty has been recognized by The National Black Lawyers Top 40 Under 40, by Super Lawyers as one of the Top-Rated Criminal Defense Attorneys in Waco, Texas and as one of the Top Women Attorneys Rising Stars in Texas, via Texas Monthly.

It has been an honor for Attorney Petty to work with the National Association of Negro Business and Professional Women's Club, Inc. as the Waco Club's Parliamentarian since March 2022 and the South-Central District, District Parliamentarian since August 2023. As of October 2024, Attorney Petty was appointed as one of two National Attorneys for the National Association of Negro Business and Professional Women's Club, Inc. As a National Attorney she helps navigate any legal issues that may arise on the National level.

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GOD, DESTINY AND A GLASS OF WINE, AN EASY READ AND PERFECT GIFT

The best gift sometimes comes in a small package. Such is the case with *God, Destiny and a Glass of Wine*. All chapters begin with one of Linda Crawford's own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com. *God, Destiny, and a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

Chapter 1: This Too Shall Pass, but When?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the backyard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That was the safest place to keep my valuables, like my car keys and what

little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well...a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so



LINDA MASON CRAWFORD

fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back again as he, too, gripped the wheel. We came within inches of hitting a minivan. I saw head lights of an 18 wheel-

er that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years old, married to a drug addict. I had so many similar stories to contend with, jumping fences to get my car back from the drug dealers, standing toe-to-toe and nose-to-nose with dealers who threatened to kill me if I didn't leave them alone about getting my car back, knocks on the door in the middle of the night from thugs demanding money my husband owed them, stealing my own car back and driving backwards, trying to miss the flying bullets. You name it; I just about dealt with it. Many times over the years, I walked into my house to find that every piece of furniture and every appliance was gone—sold in exchange for drugs. I remember waking up one Christmas Day to find that my babies'

gifts were gone, sold for drugs. Once, I frantically searched the streets of Tampa because my husband put our 6-year-old out of the car since it was "too dangerous to take him to the crack house," he said. This was before the days of cell phones. I don't even remember how I found my baby boy. I could go on and on, but the only thing that matters is that one day, I accepted the truth that I had to forgive if I expected to move on with my life. I have since come to grips with the truth, that my now ex-husband was a good person, who loved people. When he was straight, he would give away his last. When he was not, he would take another person's last. I literally saw him take his shirt off and give it away. Once he pulled off his watch and gave it away, and then took my watch and gave it away, too. He had a heart of gold, but in addiction, he was the devil. Still, I had to find a way to forgive. I owed it to myself, my children, and my God.

To order *God, Destiny, and a Glass of Wine*, paste the following into your browser: <https://www.amazon.com/Destiny-Glass-Linda-Mason-Crawford/dp/069211761X>.

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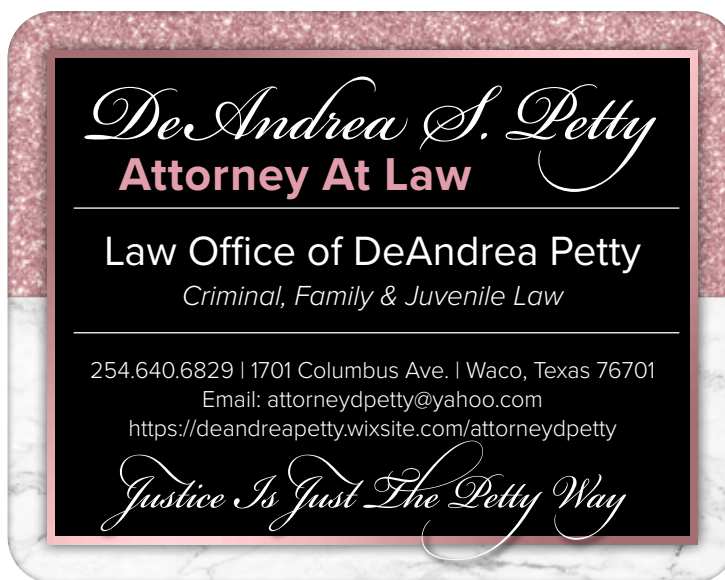
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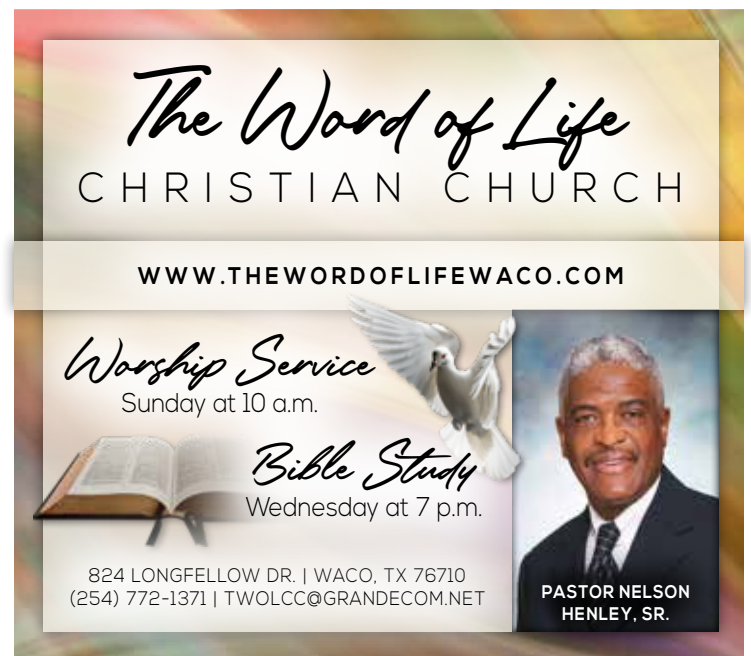
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GOD'S WORD IS TRUE

BY PASTOR
MATTHEW REED

God is not a man that he should lie, and he does not have to repent. Numbers 23:19 states: "God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? Or hath he spoken, and shall he not make it good?" This should encourage the hearts of the saints. As we look at the state of the world, we, the church, should find comfort in the scriptures. I say to the church, as Jesus often



PASTOR MATTHEW
AND LADY HELEN REED

spoke: Fear not, because the steps of a good man are ordered (Psalm 37:23). "The steps of a good man are ordered by the LORD, and he delighteth in his way. Though he fall, he shall not be utterly cast down: for the LORD upholdeth him with his hand. I have been young and now am old, yet have I not seen the righteous forsaken, nor his seed begging bread."

As I witness the deterioration of the world order, I thank God for the hope of salvation that we have in the name of Jesus.

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THE BOOK OF CERTITUDE

BY MICHAEL JONES

Everyone with a religious upbringing knows about The Golden Rule: "Do unto others as you would have them do unto you." Indeed, the Rule is integral to literally all the great world religions. For me, that's always been an indication that they are more alike than not, and one which led me to the Bahá'í Faith.

In the early 1860's, our Faith's founder, Bahá'u'lláh, wrote The Book of Certitude, which maintains that the great religions are in fact a series of progressive revelations from the same God; part of one continual process of spiritual guidance designed by Him to lead humanity toward peace and unity. Dictated over the course of two days, this remarkable work lays a unique

foundation for the establishment of unity between all religions, especially Judaism, Christianity and Islam, which all trace their heritage back to Abraham. But the founders of other great faiths, Buddha, Zoroaster, and Krishna, are also considered divine messengers.

In The Book of Certitude, Bahá'u'lláh created a new vision of these founders of the world's largest religions, whose followers often see them as competing prophets. Wars have been fought for centuries in attempts to prove the superiority of one Faith over another. But Bahá'u'lláh did not see God's messengers or their religions as competitors—he saw them as divine educators in the same school of religion. He explained that the same God



MICHAEL JONES

sent them to different peoples at different times to help them progress spiritually and materially.

In Bahá'í belief, each consecutive messenger prophesied the messenger to follow.

As Jesus himself said, "And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd." – John 10:16

This central Bahá'í teaching links all the founders of the world's great Faiths in one chain of being, one single system of belief. Bahá'u'lláh taught that the prophets of God bring the same ethical teachings in every age. Their specific prescriptions for living, the social laws of their Faiths, vary from age to age, however—because the

needs of each time are different. In The Book of Certitude, Bahá'u'lláh wrote that God sends all of these successive prophets "...down from the heaven of the Will of God, and as they all arise to proclaim His irresistible Faith, they therefore are regarded as one soul and the same person. For they all drink from the one Cup of the love of God, and all partake of the fruit of the same Tree of Oneness."

To learn more, please visit our local Bahá'í website at wacobahais.org or the global information site at bahai.org/beliefs.

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BREAK THE BOREDOM CYCLE FOR YOUR HEALTH

BY JERRY SNIDER

As someone who runs a lot, I often get asked if I ever get bored while running. The honest answer is that I do get bored on occasion but it's far less frequent than people think.

I find that being focused on a goal that is meaningful to me prevents the boredom from setting in, even when I'm running the same streets in my town day after day. When I don't have a race picked out in the future to train for is when the boredom can tend to drift in during a run and guess what, boredom runs are always more difficult...even for an accomplished runner as myself.

How does this relate to health? Well, I often hear from people that healthy eating is boring and it can be at times. Boredom tends to attack our



JERRY SNIDER

disciplined decision making. When was the last time you were bored and ate something healthy like carrots or a banana? That might be hard to remember, but I bet it hasn't been that long for most people to have been bored and snacked on cookies, cake, or a bigger than should have

been serving of chips. I vividly remember as a teen being bored watching a movie on television and not realizing I had eaten an entire family size bag of starburst.

Boredom can lead to many unhealthy decisions, not just food related ones. The amount of time we spend scrolling on social media can cause mental health issues.

While discipline and will power are great ideas, I don't think they are the answer to combat boredom. What we need is a true desire to achieve something. Doing something constructive will always leave you feeling better once you finish it. You can test this out the next time you are bored in the evening and watching television. Instead of going to the kitchen to get an unhealthy snack, find a chore that you can do while watching tv such as folding laundry. No one likes folding laundry but we all feel a little better when our clothes are neatly put away. The boredom breaker doesn't have to be as uncomfortable as going for a walk (replacing an unhealthy temptation with a healthy activity).

To break those unhealthy lifestyle habits that you find

yourself doing out of boredom, simply ask yourself "What do I really want to get done" and then do something, either big or small, towards achieving that desire. Boredom is a part of life but it doesn't have to create unhealthy habits.

Have a health question for Jerry? Send it to jerry@allinhealthandwellness.com.

Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through Health, and is the host of the podcast Confidence Through Health. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

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TAKE CARE OF YOU

BY MONA DUNKIN

I call myself a Motivational Speaker, but the truth is, I cannot motivate anyone to do anything. And neither can you. I am not even going to try. Why? Because it is too stressful. Maybe you can identify.

We are each self-determining and make our own choices based on the pleasure-pain syndrome. We seek pleasure and success while avoiding pain and failure. In the body-care realm, one may see vegging out in front of the TV as more pleasurable than the boredom of exercise. However, after a near-death experience, one sees death more painful than the pleasure of staying alive, even if that means exercise and healthy eating. Our mind is fickle in that it is capable of being deceived, as well as being enlightened and being changed.

We are motivated when a solution is found that meets an individual's needs.

I love the Alcoholics Anonymous 12 Step Program. Although the primary focus is on releasing alcohol addiction, the 12-Steps are guidelines for a spiritual awakening to effective management of our lives and affairs. The 12-step guidelines can be used for any ineffective life-controlling issue such as drugs, gambling, food. Or we could insert character flaws such as anger, selfishness, pride...

The second of twelve steps is "I came to know there is a Higher Power that can restore me to sanity."

My higher power is and has restored me in several areas. At a particular low point in my life, the Holy Spirit spoke to me saying, "Mona, give up the struggle. Just let me be your friend."

Not only did I need fixing, I

needed a friend. I breathed a silent, "Okay." And this friendship is all sustaining.

John Wesley (1702-17910) taught a manner of holiness and emphasizes three themes:

1) preserving the "well-working body" which is the proper mechanical functioning

2) encouraging "sympathy" among the bodily processes that influence one another (such as the rightly ordered passions, or emotions, that can prevent disease

3) the "healing power of nature" by which wholeness can be regained

The Twelve Steps

1. We admitted we were powerless over ____; that our lives had become unmanageable.

2. We came to believe that a



MONA DUNKIN

power greater than ourselves could restore us to sanity.

3. We made a decision to turn our wills and lives over to the care of God, as we under-

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stood him.

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, ourselves, and another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of people we harmed and became willing to make amends.

9. Made direct amends wherever possible, except when to do so would injure.

10. Continued personal in-

ventory, and when wrong, promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening, we tried to carry this message to others and to practice these principles in all our affairs.

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at www.monadunkin.blogspot.com 254-749-6594

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"BE HOLY" IS A COMMAND, NOT A SUGGESTION. PART 4

BY EVANGELIST
RUBY MCCRAY

Continued from the April issue of The Anchor News. To find the previous parts of this article and other subjects, please go to www.theanchornews.org. Click "Archives," and you'll find several years.

"But now you must be holy in everything you do, just as God who chose you is holy. For the Scripture says, 'You must be holy because I am holy.'" 1 Peter 1:15-16

I must lay this foundation before I get to this subject matter.

Many times, when I'm out witnessing on the streets, some tell me that they don't consider the Old Testament, (Old Covenant), as being relevant for today because we are not under the law, but grace. I show them Scripture references that Jesus didn't come to abolish the Old Covenant, but to fulfill it, as He explained in Matthew 5:17, and I quote, "Don't misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose."

Allow me to share some oth-

er passages of Scripture that Jesus said to assure us the Bible would not be complete without the Old Testament. Perhaps you've heard that Jesus is concealed in the Old Testament and revealed in the New Testament.

Please read Luke, Chapter 24 so that you'll be able to understand this better. After Jesus had risen from the dead, he suddenly joined two sad men walking to the village of Emmaus and asked them why they are so sad. They couldn't believe that He hadn't heard about the crucifixion of Jesus. They began telling Him, and in Verses 25-27, Jesus said, "You foolish people! You find it so hard to believe all that the prophets wrote in the Scriptures. Wasn't it clearly predicted that the Messiah would have to suffer all these things before entering his glory?" "Then Jesus took them through the writings of Moses and all the prophets explaining from all the Scriptures the things concerning himself."

Verse 44 says, "When I was with you before, I told you that everything written about me in the law of Moses and the prophets and in the Psalms must be



EVG. RUBY MCCRAY

fulfilled."

Jesus said in John 5:46-47, "If you really believed Moses, you would believe me, because he wrote about me. But since you don't believe what he wrote, how will you believe what I said?"

If you are a born-again, water baptized believer in the Lord Jesus Christ, you are a spiritual child of Abraham. See Galatians 3:7-9, 26-29. If you don't know anything about the Old Testament, you'd have no idea who Moses and Abraham were.

When God chose Israel to be His special Covenant People in the Old Testament, He constantly told them through the

prophets that they must be holy because He is Holy.

Exodus 22:31, "And you shall be holy men to Me: you shall not eat meat torn by beasts in the field; you shall throw it to the dogs."

Leviticus 11:44-45, For I am the LORD your God. You shall therefore consecrate yourselves, and you shall be holy; for I am holy. Neither shall you defile yourselves with any creeping thing that creeps on the earth. For I am the LORD who brings you up out of the land of Egypt, to be your God. You shall therefore be holy, for I am holy."

Precious people, we must know that it doesn't matter what we think; the only thing that matters is what He has already said in His Word. At the end of the day, we all will be judged by what is written in His Word and not about what we think. Revelation 20: 11-15.

My oldest sister was telling me on yesterday that when certain dignitaries visit other countries, often they are shown their magnificent temples of worship and their gods. We talked about how Christians are the Temples of the Living God. That's why He commands us to be holy because He's the God who lives in us.

1 Corinthians 6:15-20, "Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a harlot? Certainly not! Or do you not know that he who is joined to a harlot is one body with her? For the two He says, 'shall become one flesh.' But he who is joined to the Lord is one spirit with Him.

"Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore, glorify God in your body and in your spirit, which are God's."

This is the conclusion of this series. All Scripture is taken from the New Living Translation Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments e-mail rubyacorm@yahoo.com or write to: A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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HOME OFFICE DÉCOR

As more people are transitioning to working from home in some capacity, the need for a well-designed home office is paramount. Having a space where you feel comfortable and motivated will lead to increased productivity and happiness. To create the perfect home office space, consider the following tips.

Embrace Your Windows. You may be tempted to place your desk in the corner, but consider having it sit in front of the window, parallel to the panes. This allows you to have the benefit of natural light when working, providing a nice view of the outdoors to keep your mind clear.

Lamp Lighting. A table lamp is best when working during the darker hours of the day. Strictly using overhead



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lighting creates an uncomfortable work environment, so supplement with the soft-er light of a lamp.

Comfort is Key. Sitting upright at a desk may lead to fatigue, so every home office should have a place to

get comfortable. Add a comfy chair or small sofa (with an ottoman to kick your feet up) for a nontraditional workspace, helping spark creativity.

Go Green(ery). Adding plants or flowers to your workspace can increase your happiness and your willingness to spend time in your office. Consider populating the office with plants that don't need water every day, in case you prefer to disconnect from all things work-related on the weekends.

Smart Storage. Install magazine racks or wall shelves to declutter your space. Is your home office a converted guest bedroom? Add shelves and drawers to the closet space to decrease the need for storage in your main workspace.

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HOMELESS BUT NOT HOPELESS

BY MARGARET IVORY

I once encountered the former editor of The New York Times on the streets of Dallas. I recognized him immediately from reading the paper and seeing his photo over the years. Our conversation took a turn I didn't expect.

He opened up about his struggles with severe bipolar disorder. At his lowest point, he actually threw himself a funeral. He invited friends and family, said goodbye to each of them, and kissed them as if it were truly the end. He felt that his illness was causing so much pain that it would be kinder to say goodbye for good.

But instead of disappearing, he redirected his pain into purpose. He started a newspaper created by and for the homeless. They wrote the articles, sold the issues, and

found dignity and hope in the process. Some even managed to reintegrate into society through this initiative.

I supported the paper regularly—buying 5 copies each month. I'd keep one for myself and took four to Hood Street Church of Christ to distribute there. I made sure to purchase from five different vendors each time, paying \$2 per copy. It wasn't charity—it was respect.

Through that experience, my friends and I met many intelligent, insightful people who happened to be home-



MARGARET IVORY

less. It challenged every ste-

reotype that many of us had been taught to believe about the homeless.

My husband, Leon, and I once helped a homeless man named Tommy. He was a kind man, a Black man who had spent time in prison but wasn't using drugs or alcohol. He just needed a break. Leon took him around town to help him get his Social Security card, a state ID, and a copy of his birth certificate.

Sadly, someone stole all of his belongings shortly after. We stepped in again to help him recover, and eventual-

ly, Tommy made it back home to Arkansas. His family welcomed him with a place to live and a job.

I later checked with others in the homeless community, and they confirmed—he really did go home.

There are so many people like Tommy, like that editor, like the men and women selling newspapers on street corners. They're not just stories of loss—they're stories of hope, resilience, and second chances.

Margaret Ivory, Medicare Plan Advisor, 254-313-7413.

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J.L. CRAWFORD

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LEGALSHIELD,
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