

THE Anchor News

The 2015 Pearls Edition

JUNE 2015
Volume 12 • No. 11
Free



Throwback Student Athletic Organization plans \$80 million facility in Waco

Throwback Student Athletic Organization (TSAO) is a non-profit organization founded in January 2007 in Waco. Its mission is to assist high school and junior-college students across Central Texas with the transition into college and getting into collegiate sports by showing them the importance of academics, or, as founder Ronald Harris says, "by using what the kids love to do."

Harris, a Waco native, said the inspiration for Throwback came from his faith, as well as seeing the kids around his three sons that lacked the support of a family.

"Some kids don't have a lot of vision or really don't have a lot of faith or belief in themselves that they can go further in life through sports or anything" Harris said.

The TSAO program offers teens a chance to be a part



RONALD HARRIS

of a team, a family. The program instills the values of excellence, teamwork, respect, and commitment. Through the program, members receive

personal training and development in many sports, college preparation tutoring, and visits to college campuses.

Now, eight years into the program, Harris works with a group of coaches and staff that has mentored well over 500 youths from various backgrounds and high schools. The athletic organization has had success recruiting students. There is currently a waiting list for enrollment in the program. Throwback's success is seen on the court as well in winning several basketball tournaments including the Prime Time National Championship in 2007.

This summer, the program plans to have six basketball teams that will travel across Texas to cities such as Kingwood, Arlington, Dallas, and

See **HARRIS** pg. 5

Simon receives leader scholarship from Baylor

WRITTEN IN PART BY
LINDA CRAWFORD
WITH S. TRUNELL



MALIK SIMON

He was a single child in a single parent household. He was an humble child whose story has an humble beginning. He was a child destined to lead those who were destined to follow. Born to a single mom in college, Simon remembers moving several times in a year as his mother tried to find the best housing locations that would offer the best opportunities for her son. Trials such as these helped to build good and strong character in Malik Simon, teaching him to adapt, adjust and communicate in any setting. "The diversity I was exposed to was truly inspiring, moving from Mississippi, to Texas, to Washington and now back in Texas. I have had exposure to many intellectual people, and that's a reason I am so open minded to different ideas and not so quick to deem many things wrong without justification," explained Simon. "This type of environment helped polish my leadership skills, social interaction skills, and decision making skills," he said referring to his clarity of career choice.

Now as a recent graduate of Rapoport Academy-Meyer High School, he is entering the college of his choice in the fall, Baylor University. The polishing has paid off indeed. Simon recently received Bay-

lor's LEAD-LLC Academy for Leader Development Award. According to the website (www.baylor.edu/leadership/) the program "aims to graduate students who will not only be leaders and influencers, but also instruments of change. This scholarship gives students an opportunity to offset the cost of their education while making a difference."

The 17-year old has definitely much evidence pointing to his leadership qualities. The son of Robert Morgan and Shamonica Trunell Morgan, Simon recalled his emotions as he left a comfortable school environment to transfer to Rapoport Academy. He was extremely nervous about the new setting and not having his friends by his side. He was surprised at how quickly he adapted and made close, caring friends because of the

See **SIMON** pg. 5

Meet Mo'vet Entertainment's CEO Barbara Hudson

BY W.B. GUNTER

Professional playwright and CEO of Movet Entertainment brings awareness to the issues of domestic violence and abuse. In 2012, she published her first book, *FACES WITHIN THE MIRROR*, based on experiences in and around her life. It is a book of healing for anyone who finds themselves trapped by abuse. She says, "There will be repercussions, but you can get out of the sinkhole with God's help."

In addition to writing books, Barbara Hudson's organization, Fresh Spirit Wellness, works with women affected by sex trafficking. The culmi-



BARBARA HUDSON

nation of her work will come together October 31, 2015

when the Legacy Award will celebrate the lives of women and their families. The gala will take place in Houston at the Omni Hotel Galleria. The "Cinderella of the Night," will include 40 women who have been chosen. The event will focus on the worth of women who have spent years feeling isolated. It will be their night to shine and tell their stories. Hudson says, "Now, I have a mouthpiece and a testimony to help others. I was raised feeling unworthy. In my pity party, I felt nothing I did mattered. I was broken. I

See **HUDSON** pg. 6



J.L. AND LINDA CRAWFORD

A co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Independent Associate. Linda Crawford is co-owner and editor of *The Anchor News*. She is an instructor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker.

Letter to the editor...

Dear Anchor News,

Thank you for publishing the article announcing my new position with the The Dwyer Group this past February. Hopefully, the article offered inspiration to your readers. I also hope that it helped a young person gain a better understanding of their possibilities and potential.

All the best to you and your family. Highest regards,

Michael D. Green
Mr. Appliance, LLC
Vice President of Operations



This Father's Day, let's hear it for the man who made you what you are today

(NewsUSA) - You can thank Richard Nixon for all the presents about to come the way of American dads.

Yes, it was President Nixon, of Watergate fame, who in 1972 signed a proclamation making Day a federal holiday. That Mother's Day had already achieved such status 58 years earlier perhaps says everything about how -- even today -- we're only truly beginning to recognize the enormous impact fathers have on their kids' happiness and sense of well-being.

"Paternal involvement seems to predict adult adjustment better than does maternal involvement," Psychology Today reports.

Still wondering what to get your dad to show how well he helped you turn out? Read on.

Daughters: If you were daddy's little girl, frame that photo of him teaching you to roller skate in the park. Though he probably didn't know it at the time, taking such an active interest in his daughter's development helped give you the self-esteem needed to conquer the world (or, at the very least, a small corner of it).

Sons: Back in the late '80s, Hollywood discovered that, as much as some men feared becoming like their fathers, they still longed to bond with them. If that sounds like your own father-son relationship, buy a DVD of the Kevin Costner movie "Field of Dreams" to watch together -- and see who tears up first at the end when Costner's character joyously plays catch with his late father after erroneously thinking the voice that had commanded him to turn his cornfield into a

baseball diamond ("If you build it, he will come.") was referring to someone else.

Sons and Daughters: If it hasn't already, there's a video by the Swiss watchmaker Baume & Mercier (www.baume-et-mercier.com/en-us/clifton-10055.html) destined to go viral that perfectly captures the moment when grown children realize their father

has made them the adults they are today. Called "Celebrate Giving," in this case a young man flashes back to scenes from his childhood -- his father is omnipresent, even comforting him over his first heartbreak -- while out at dinner with his pregnant wife and parents.

"I had no idea how much time we spent together, how many little things he showed me," the

son silently muses in one particularly emotion-tugging scene.

In fact, the video is so on-target that you might want to rush out and buy your own dad the Baume & Mercier Clifton wristwatch the son presumably gave as a Day gift. It's definitely what's considered "the essence of urban elegance," but there's also a wide range of other styles to suit all dads.

HAPPY FATHER'S DAY

from

The Anchor News



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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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 format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

SUBSCRIPTIONS

Subscriptions are \$36 a year (12 issues) and can be paid by check or money order. Send all correspondences to The Anchor News, P.O. Box 23534, Waco, Texas 76702-3534 or email to theanchornews@aol.com.

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**BY REGINA MARTINEZ,
VICE PRESIDENT,
INCOMMONS
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You might not think you have anything in common with a bank, but you really do-if that bank is InCommons Bank. When you become part of InCommons Bank you become like family. You're more than just a transaction.

Greg Stubbs, InCommons President, grew up in the business. His father had been in the banking business all his life and moved to Mexia when Stubbs was just a child. Stubbs learned the business from his father who was president of the bank in 1984. Stubbs went to work there in 1985 and took over as President in 2000. His dad passed away on August 27th, just two weeks later.

It was his father who implanted the vision to expand business. They branched to Coolidge and Fairfield. They then decided to go to Waco for two reasons: they had many ties here, and Stubbs saw a need for a smaller community bank to serve the needs of Wacoans.

That is what InCommons Bank is- a small, stable bank. The employees are just common people, easy to talk to. Family atmosphere is what drew me to this bank. I have been in banking for 14 years and made the switch 3 years ago. Being the manager of the bank gives me the opportunity to continue to instill the same values it instilled when the bank was chartered in 1882. We pride ourselves on what is called, "hand shake bankers"-someone who knows their customers and pays attention to their needs.

We have been in Waco now for 6 years and our customer base is growing steadily. That can be credited to the great products that we offer. With a loan, payments can be structured to fit your needs and you



**REGINA MARTINEZ,
VICE PRESIDENT**

don't have to wait for an answer on whether you're approved or not. We can do this because we are locally owned and you have access to the ownership.

In addition to the variety of consumer and business loans, we also offer a high yield checking account called Kasasa. It is a free checking account that actually pays you at the end of the month. In addition to Kasasa, we also have other ways to save. A money market account, Health Savings Account, Certificate of Deposits, or an IRA may suit you.

We are also very proud of being tech-savvy. We offer online banking, and bill pay through your computer or smart device and mobile deposits with the snap of your camera phone. Easy to use and convenient.

Speaking of convenience, the Waco Branch is located at 5400 Crosslake Pkwy in Legend's Crossing right next to Chuy's Restaurant. Come pay us a visit! See for yourself what a family-friendly atmosphere we have and meet people that value you as part of their banking family.

That's why we are Waco's Best Kept Banking Secret. You Have Our Word!

Road to Damascus program feeds over 700 children daily

Meet Mia Thomas, the founder and CEO of Road to Damascus Inc., a 501c3 non-profit ministry located in the Waco area. Since 2010, this ministry has served at-risk youth and their families who are in a crisis, by providing necessities for them and connecting those to local churches and social service agencies within the community.

In addition, to feeding children at local apartment complexes and schools through their after school meal program every week, Road to Damascus is a one-stop resource center. The organization welcomes those that are in need, struggling with support, lacking skills training, love and care that everyone needs to be sufficient and successful in society.

Thomas has a bachelor's degree in universal studies with emphasis on sociology and criminal justice from Eastern New Mexico University in Portales, NM. In addition, she attended McLennan Community College in Waco and obtained a degree in Criminal Justice/Law Enforcement. She has over 22 years of experience in the fields of corrections, criminal justice and social service.

Thomas has worked in various positions during her forty years. She was an adult probation and parole officer for the New Mexico Department of Corrections/CiviGenics Adult Drug Residential Treatment Program in Fort



MIA THOMAS

Stanton, NM. There she was the first African American female probation and parole officer and the first African American female police officer for the Carizozo, New Mexico Police Department. Thomas was the first African American female corporal at the McLennan County Sheriff Department corrections facility in Waco. She created and developed the formerly known McLennan County Sunshine Committee, which is now, renamed the McLennan County Care, a committee created to provide assistance to employees and their immediate families in a crisis.

She served as a board member for Shepherd's Heart Ministry and as a member of the McLennan County Hunger Coalition. She was also blessed to work with youth that are labeled as at-risk at the McLennan County Juvenile Probation Department. There she was a juvenile probation officer, drug court officer and

boot camp team program officer.

Her long career in service oriented positions may have gotten its beginning a quarter of a century ago when she volunteered as an intern back in the 90's at an adult probation facility in McLennan County. Since then she has held positions at the Methodist Home, Freeman Center, and Heart of Texas Region Mental Health Retardation Center in the Crisis Center and as a case manager in Adult Services.

Just recently, Thomas retired from Texas Department of Criminal Justice, after working at the Waco Parole Office as a Community Reentry Coordinator for a number of years. Her duties consisted of helping offenders released from prison reenter society. Many would think that the trail stopped there, but it did not. Thomas has a passion and love for helping people. She now has the time that she needs to give herself to what God has called her to do—to continue to touch the lives of those in need as they walk the path of the Road to Damascus. The non-profit organization recently received a \$13,905 Baylor philanthropy grant to purchase a mobile food truck. With RTD serving free meals to nearly 800 children in Waco on a daily basis, the food truck will allow service to 600 additional children.

To volunteer or offer support to Road to Damascus, please contact Thomas at 254-548-9982.

Rapoport awards Waco Community Development a \$15,000 grant

WACO, TX – Waco Community Development is excited to announce that they were awarded a \$15,000 grant from the Rapoport Foundation. This grant will support our Grassroots Leadership Training Program (GLT). Grassroots Leadership Training seeks to effectively engage community members to participate in leadership and facilitation training and to work alongside others to address issues that arise in their neighborhoods and schools.

The 2012 American Community Survey Census records Waco's poverty rate at 30.1% as compared to the state's rate of 17.4% and the national rate of 14.9%. In North Waco (Census Tracts 10 & 12) and East Waco (Census Tracts 14 & 15), where we work, poverty rates average 41% and 42.5% respectively. Our communities are not void of leaders or people who want to see their neighborhoods physically transformed, but they are in need of community-based solutions led by indigenous and equipped leaders.

According to a study commissioned by the W.K. Kellogg Foundation "the strategy of (grassroots) leadership development has come to be viewed quite widely as the most effective mechanism to address the



ALEXIS CHRISTENSEN, COMMUNITY ORGANIZER FOR WCD, TEACHES A CLASS AT THE FACILITY

outcomes of healthy communities" (2003).

Waco Community Development inspires and cultivates healthy neighborhoods. Since Waco Community Development's founding in 2001, they have built 53 new homes, remodeled 17 homes, counseled 1800 families, organized 68,000 man-hours on 123 community service projects, continued to support 3 elementary schools become stronger performing and helped two geographic communities create revitalization plans.

The Bernard and Audre Rapoport Foundation was established in 1986 and has dedi-

cated more than \$61 million in grants to improve the social fabric of life. The Foundation seeks innovative solutions to intractable and persistent problems and strives to cultivate emerging talents and promising models. The entire Rapoport Family is actively involved in the foundations operations, which has touched many lives in the areas of arts and culture, health, community building and social services, and democracy and civic participation. This commitment is rooted in generations past and continues to mold our future.

Visit their website at www.wacocdc.org.

God Help the Child by Toni Morrison

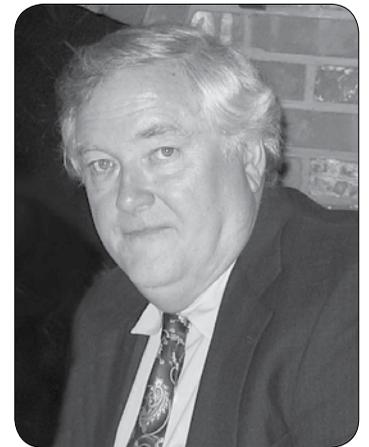
BY JIM MCKEOWN

Toni Morrison is a national -- no an international treasure -- but she is first and foremost, "our treasure." At 84, she continues to produce some of the finest works of fiction published today. Her eleventh novel came out in April 2015. When a Morrison novel enters my reading radar, I pounce and place it on the top of the pile. Even with only 178 pages, *God Help the Child* packs every bit of joy, anger, hatred, prejudice, and love, as any of her works. All this energy and emotion becomes embedded in a story a finely drawn as a silk sheet as it gently glides to cover us.

God Help the Child is Morrison's first novel set in the present day. How timely with the events of Ferguson, New York, and Baltimore to name a few. Lula Ann, or Bride -- as she calls herself -- has a stunning beauty which attracts the attention of men and women alike. Not only gorgeous, she has a rare and sensitive intelligence. She also displays a justly confident spirit. As the novel opens, Sweetness says, "It's not my fault. So you can't blame me" (3). The event she disavows is the birth of her daughter, Lula Ann. The baby is blue-black, and Sweetness cannot bear to even touch the child. Lula Ann repulses her. The father, Louis, abandons the family, accusing Sweetness of infidelity.

This reminds me of Kate Chopin's short story, "Desiree's Baby." In the story, a couple argue and fight over the color of a baby. The husband cruelly says to his wife, "You are not white!" He expels her from the house, and she takes the baby and disappears. But this 19th century story set in Louisiana is the thinnest of shadows of Morrison's novel. She digs deeply into the psyche of Lula Ann, who struggles to overcome enormous obstacles in her family and society at large.

Each chapter has a different Narrator. Sweetness opens and closes the novel, and the others -- Bride, Brooklyn -- Bride's best friend at the cosmetics company which



JIM MCKEOWN

employs both of them. Sofia and Rain are also important characters. On several occasions, an omniscient narrator intervenes and spreads lots of insight into the characters.

Morrison's words overflow with emotions and tension. In a chapter narrated by Sweetness, Morrison writes, "Oh, yeah, I feel bad sometimes about how I treated Lula Ann when she was little. But you have to understand: I had to protect her. She didn't know the world. There was no point in being tough or sassy even when you were right. Not in a world where you could be sent to a juvenile lockup for talking back or fighting in school, a world where you'd be the last one hired and the first one fired. She couldn't know any of that or how her black skin would scare white people or make them laugh or trick her" (41).

How awful and painful it must be to have to shelter a child from centuries of hate and prejudice. It sickens me and makes me ashamed that my country -- the land of freedom -- allows the ugly and pernicious actions of some people to result in murder, riots, and mass incarceration.

Read Toni Morrison's latest novel, *God Help the Child* and begin to try and understand what African American mothers have experienced for more than 400 years. My highest rating is still inadequate 5 stars.

Dr. Jim McKeown is an English professor in the Language, Literature and Communication Department at McLennan Community College.

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SIMON

Continued from page one

Rapoport family atmosphere.

His father was not surprised at all. "He is a remarkable young man, with deep convictions and very high morals and standards. I was not surprised at all."

According to his mother, whom many Wacoans know as Dr. Trunell, owner of Hillcrest Chiropractic, Simon stepped into the role of leader almost immediately, not only at the school but also within the community. He served as the Vice President of Student Government, was a member of the National Honor Society, was the team manager on the Rapoport Raven's athletic teams and represented Rapoport as a student ambassador. Simon was also named the Alpha Psi Alpha Outstanding African American Student, served as an intern at The Law Office of Simer and Tetens and as a mentor and big brother figure at Quinn Middle School. He was a Jack and Jill Regional Conference teen representative and Charismatic Practice Representative at Hillcrest Chiropractic. In addition, Simon received the first place area science fair award, and though he chose Baylor, he

was also accepted into Howard University. He has played baseball since he was 5 and was on many traveling teams. And while the Morgans attribute Simon's success to Simon, he places the credit on his parents.

"My mom has made the biggest impact on me and the great motivation for me to achieve anything that I have. Every since I was young, my mother was both parental roles. She played mom and dad until we found my blessing of a step-dad, who motivates me and supports me. My mom taught me about morals, and how to be respectful and mindful of my peers. She carried me through most of her college career and showed me that anything was possible, with the right guidance and most importantly with listening to your God. She taught me everything."

Simons is also grateful for the caring teacher and staff at Rapoport, who gave him one on one attention whenever he needed it. As part of Rapoport's Dual Credit program, Simon enrolled at Texas State

Technical College. He recently graduated from high school with 32 college credits. Simon plans to obtain a bachelor of science degree in biology with a minor in pre-medicine. After his under graduate studies, he will attend law school or chiropractic school. "My mother

taught me at an early age to get as much education as possible because no one could ever take my education away from me. My mother also told me in order to be successful, you must surround yourself with successful individuals. I have done that and I plan to continue to follow

her wisdom of experiences."

Simon says he does not worry about tomorrow. "God is already there! 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" Jeremiah 29:11.



'Cause you never know what you might run into.

HARRIS

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Houston. The program also has as step team that performs as a part of the half time show at the tournaments.

The teams rely on support from devoted sponsors and fundraising efforts to finance their travel needs.

They last won the national championship in 2007, but Harris feels that they have victory in a different way. "We get kids off the street. That's how we have been winners over the years. That's the biggest trophy you can give me," Harris said.

Although Harris leads most undertakings for TSAO, he could not do it without the support of his dedicated volunteer staff, Derrick Harris (basketball coach/mentor), Trey Jefferson (basketball coach/mentor), Robert Satchell (community relations), Datron Harris (former member/coach/mentor), Cherish Wallace (girls basketball coach/mentor), and a host of parent volunteers.

Throwback certainly has won. With a growing number of kids in the program, more students graduating and getting into college, college coach-

es attending their games, and a magazine and video production team in the works, it's no wonder TSAO will soon be breaking ground on an \$80 million athletic facility in Waco. Housing 10 indoor basketball courts, and indoor football field, track, classrooms, computer labs, and much more, the facility will be state of the art, one that has been a long time coming.

On June 1st, Throwback launched the "SPARE CHANGE" fundraising campaign whose slogan is "SPARE a dollar, CHANGE a life" through the website Go Fund Me. Their goal is to raise \$10,000 for the summer youth program. For more details, visit www.gofundme.com and search for Throwback.

TSAO can always use the support of the community. You can visit the website at www.throwbacksao.com to see how you can best support our community youth. The website offers an insight into the program, licensed apparel, events calendar, ways to donate, membership information and volunteer opportunities.

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Taking off the limits

BY MARSELO "SELO" LOZANO

Over the years we have seen many changes in our society because of breakthrough inventions and revolutionary ideas. Most of these inventions did not come from reasonable men who adapted themselves to the world, but from men who adapted the world to themselves.

Thomas Edison, one of the greatest inventors, creative thinkers and most influential men of the last century, hired new engineers in an unusual manner. He would hand job applicants a light bulb and ask them to determine how much water it would hold. Some applicants would spend hours upon hours trying to determine the bulb's interior space by using complex measurements, formulas, and calculations. Other applicants simply filled the light bulb with water and then poured the water into a measuring cup. This is what I call creative leading.

Today we have a tremendous amount of knowledge about leadership available to us, but where is the creativity? I have found that many leaders struggle with creative ways to lead, mentor, and disciple this tech-savvy generation. With Google and YouTube available to answer all of our questions, there seems to be a void of creative thinking and leading.

Proverbs 8:12 says "I, Wisdom dwell with prudence, and find out knowledge of witty inventions." "Prudent" means to make sensible decisions in practical matters. "Witty" means clever in an amusing way. To invent is "to think out or make something that did not exist before."

Ephesians 3:20 says, "Now to Him who is able to do exceedingly abundantly above all that we ask or think according to the power that works in us." Too often we forget the "think" part, or we over-think simplicity. Often we don't consider how we got to where we are, and we're really not sure how to make things better or do things better. We tend to look for a way out, or we just give up. First,

you must believe that everything you do can get better.

If we believe the scriptures as we say we do,



and if we understand that the Creator of the universe is living in us, then we just need to listen and ask for the help from our Helper. James 4:2 says, "You have not because you ask not."

At the turn of the century proposals were made to close the U.S. Patent Office because it was believed that everything has been invented. The ones who made those proposals didn't understand the God-given capability and creativity of the human brain. The human brain is a collection of 100 billion nerve cells. Scientists estimate that the brain can store more facts, impressions, and information than are contained in the entire 9 million volumes of the Library of Congress. If the brain was a digital video recorder, it could hold about 2.5 petabytes (1 million gigabytes), enough memory to hold three million hours of video footage. You would have to leave the camera recording continuously for more than 300 years to use up all that storage. Studies have shown that only two percent of adults are truly creative, ten percent of 17-year olds are creative, and ninety percent of 5-year olds are creative. The average 4-year old asks 437 questions a day. The average 15-year old has asked more than 500,000 questions.

In my experience of working with leaders, I see the need for resourcefulness, creativity. I think part of the problem is as leaders we ask wrong questions or look for answers in the obvious

places. As leaders, we need to learn to be creative in our leading. Influence is only one part of leading.

Creativity is also a vital part of leading folks, particularly when it comes to solving problems. To be more resourceful, we must learn to be curious and ask the questions that are hard and unpopular. We need to turn problems into questions. For example, the problem is this: We don't have money. The questions can be the following: What other options do we have? How can we raise the money? Another problem is that we don't have the people. The question to ask is "How can we attract the people?" If we don't have the facilities, what can we do in the meantime, and how can we acquire the facilities? If the problem is ability, we should ask, "How can we develop the ability?"⁹

Jeremiah 33:3 says, "Call unto Me, and I will answer you, and show you great and mighty (hidden) things, which you do not know." I am most creative when I spend time in prayer, both with my understanding and in the Holy Ghost. Praying in the Spirit builds a relationship and receives inspiration from the most creative Person in the universe. I also spend as much time as possible with visionary people. I visit inspirational places, and I welcome risk by stepping out in faith.

Too many believers don't realize the God-given creativity in us. It's a part of who we are, our very being. If we are in Christ and He is in us, then we are the only limits God has in showing us how to do things in a more creative manner.

The story is told about a grandson and great-grandson of Walt Disney who were walking through the amusement park one day. The great-grandson said, "I wish my great-grandfather could see all we've done and everything we are doing today." The grandfather replied, "He did. That's why you see it now."

General George Patton said, "No one is thinking if everyone is thinking alike."

When faced with a prob-

HUDSON

Continued from page one

have discovered I am worth something. I am smart, I'm beautiful, and feel honored to have been saved."

Hudson urges family members and friends to support loved ones who are in abusive relationships. Trust is fragile. Anyone involved in breaking the cycle of abuse, expects a certain level of trust and dignity from those who know. "You have to be patient, understanding, and not judge. You can't go in like gangbusters thinking you can change the situation or bring someone out. Leaving abusive relationships requires a plan. The first thing you have to do to help someone is educate yourself on how and what to do."

Hudson admits that it may take several attempts at leaving before the ties are broken. It may take years to be free of the trauma, but Hudson encourages victims to be patient. "The mind has already been brainwashed, every situation is different, so you, as a supporter, must be patient and know it may take months, years, leaving and going back to the same thing. What can be done, is genuinely offering support. Make sure if you say you can be called, you're available to take the call. When you say you'll help, keep your word."

She continues that there are triggers and warning signs that should not be ignored. "As women, we are conditioned to be nurturers and fixers. Abusers will apologize, tear up, play on emotions, and blame it on alcohol. Stop ignoring the signs and behaviors. It is so important to have patience

and education when trying to help. Follow your intuition. Find out what's going on if you suspect something may be off. Some of the signs are subtle."

She uses the example of the guy who always wants to buy the clothes and feed his girl. He then begins to tell her what to wear, how much to eat, and without warning, the relationship changes to abuse. "A lot of times, you don't see it until you're in it." She explained that resources are available, including social media and shelters.

In the play, "Faces Within The Mirror," Hudson shows the spirit of deception associated with domestic violence and how God has always covered the characters. The play reveals ways innocence was broken; however, with faith and by doing the work, God will help those who are willing to help themselves. "I thought I was in charge, but I know why I'm here. I will help anybody shine a public light on private matters. We need to open the doors to churches to get on board. I'm hoping, praying, and working towards legislative changes to make a difference."

Hudson has another play in the works that will be ready next year. Sponsorship is welcome, and auditions will be announced for the Central Texas area. Her plays have been shown in Houston and Atlanta, and have included the acting chops of Miguel Nunez, among others. Learn more about auditions and tickets at www.movetproductions.com.

lem, our first response is usually, "I have no idea as to what to do." I suggest that our first response should be, "I need help." Then we should seek God and ask the Spirit of God to give us insight. Finally, we should seek help from those around us who are good problem solvers and creative thinkers.

I am here to help you creatively lead you and those around you and take the limits off. Don't hesitate to con-

tact me.

Marselo "Selo" Lozano has been around the block a few times. His experience gives him a trusted voice in helping youth leaders understand how to reach and raise the future generations. Don't hesitate to contact Marselo and Mia Lozano. They are quality people, and they'll help you reach the young people of your community. You can contact them at: The Rise, PO Box 423, Waco, TX 76703, or at (254) 756-1240.

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The Anchor News would like to thank the following hostesses & volunteers who helped at "An Evening Anchored in Pearls."

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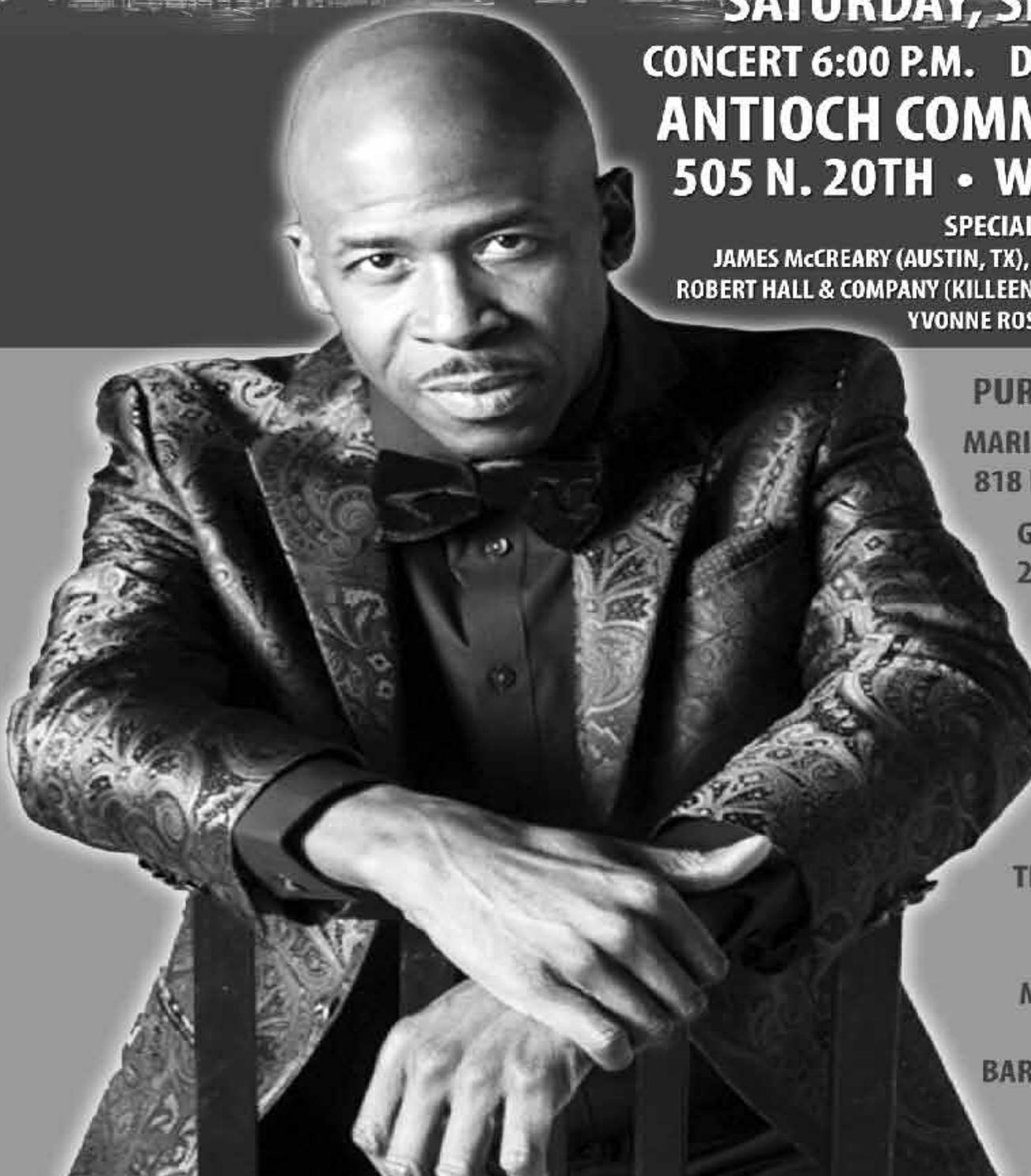
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DR. GAYLON FOREMAN WITH PEARL D. YVETTE FOREMAN

Midway students place at conference



EIGHT MIDWAY STUDENTS COMPETED AT THE NATIONAL LEADERSHIP CONFERENCE.

Eight of Midway High School's Business Professionals of America students recently competed at the 2015 National Leadership Conference in Anaheim, California from May 6-10.

The students placed in the following categories: 2nd place - Christiana Kaul and Kiara Lo-

zano, Economic Research Team; 4th place - Jordan Turner, Digital Media; 7th place - Ryan Mason, Human Resource Management; 10th place - Zach Scott, Fundamentals of Web Design; 24th place - Michael Polk, Fundamental Accounting (out of 67 testers); 26th place - Sophie

Tullos, Fundamental Accounting (out of 67 testers); and Alex Waitley - Entrepreneurship (finished top 35 in the Nation). The Business Professionals of America sponsors are Tanya Lacy, Dana Null, Kari Shelton, Jennifer Kolb, Janet Peralta, Chris Griesemer, Holly Holl and Susan Jones.

Public is invited to dedication of hall

You are invited to join us for service on Sunday, June 21 as we formally dedicate and name the newly opened fellowship hall of the Waco Full Gospel Holy Temple Church located at 512 Hillsboro Drive in Waco.

The ceremony will be held around 1 p.m. or at the close

of the morning worship service. The fellowship hall will be named in remembrance of the ministerial legacy of Rev. Martin L Trammel, Sr., the former pastor who passed away suddenly in 2012.

For more information please contact the church at 254-799-1006.

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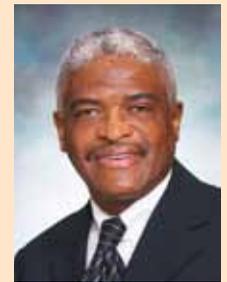
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What you need to know about divorce

**J. L. CRAWFORD,
LEGALSHIELD INDEPENDENT ASSOCIATE**

Reasons for divorce differ widely and, while couples and their children may be better off after a divorce than before, the unfortunate fact is that all parties lose something. Divorce can be emotionally and financially devastating for everyone involved. It is important to understand some important legal issues that arise during a divorce. If you are considering divorce or have any questions call your LegalShield provider law firm and speak with an attorney.

- **Early Intervention** – Starting divorce counseling early in the process may help couples, particularly those with children, create an atmosphere in the divorce that will minimize anger and enmity. Mediation and counseling also help improve communication between the couple and lead to more amicable and less costly divorce proceedings.

- **"No Fault" Divorce** – A "no fault" divorce means that neither party is considered at fault for the dissolution of the marriage. State or provincial requirements may vary. Some laws may require the parties to live separate and apart for a period of months before the divorce is granted. This period may be extended if there are minor children of the marriage. Talk to your LegalShield provider about the laws where you live.

- **Uncontested Divorce** – In an uncontested divorce the parties are able to agree on the distribution of property, terms of support and custody without court intervention. Agreeing to divorce does not mean a divorce is uncontested; there must be complete agreement on all of the divorce settlement terms. Uncontested divorces are less costly and may benefit both parties. It is still important to speak with an attorney, even in cases of uncontested divorce, to understand the laws in the jurisdiction where the divorce will be filed and because circumstances may change if a dispute arises while negotiating the settlement. In ad-



J.L. CRAWFORD

dition, a judge must approve the agreement. Approval is not guaranteed simply because the spouses agree on child custody, visitation and other terms. If the judge does not approve the matter may become a contested divorce.

- **Contested Divorce** – Contested divorces are those where there are disputes over spousal support, child support, property distribution, child custody or visitation. Most attorneys require minimum retainers of at least \$4,000 and sometimes up to \$10,000 to begin a contested divorce. Attorneys may also charge rates exceeding \$250 per hour. Early mediation can help reduce or eliminate the contested issues, significantly reducing the final cost of the divorce. More conflict in a divorce will result in a higher cost for everyone involved.

- **Discovery** – Contested divorces in which spousal or child support or distribution of property is contested will often include extensive discovery of all of the financial, insurance, retirement funds, investment funds, real estate, car titles and employment records of each party for several years prior to the filing of the divorce. The time and expense associated with discovery will drastically increase the cost of your divorce.

- **Punishment** – Divorce proceedings are intended only to dissolve the marriage, distribute property and provide for the best interests of the children. Courts will not use the proceeding to "punish" a spouse. Discuss your legal

options with your attorney to make sure your decisions are based on legal merit rather than anger and frustration.

- **Unpredictable Outcomes** – Some states do not have a set formula for spousal support or property division in a contested divorce, making the cost of the final outcome of contested divorces highly unpredictable. Working out a settlement before going to court will help avoid surprises.

- **Attorney-Client Confidentiality** – Attorney-client confidentiality protects direct communication between you and your attorney. These communications, whether in person, by phone or online, cannot be used against you in court. A breach of attorney-client privilege can seriously harm your divorce case. Avoid discussing your case with anyone other than your attorney.

- **Social Media** – Social media posts and email communications are increasingly being used as evidence in divorce and child custody cases. These communications are not protected by attorney-client confidentiality. No matter what your intention when posting something online, consider how it could come back to haunt you in court. The best advice is to take a break from Facebook or other social media during a divorce or custody dispute.

There are many other issues that affect the emotional and financial cost of a divorce. If you are considering a divorce, call your LegalShield provider law firm first. The caring attorneys at the firm will answer your questions and do all they can to reduce the emotional and financial cost of a divorce.

If you need assistance, call your LegalShield provider law firm and speak with an attorney. LegalShield can help you with your legal issues. Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of The Anchor News. J.L. Crawford, Independent Associate.

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Whiplash sufferers can benefit from Chiropractic care

(NewsUSA) - It's one of the most common injuries from a car crash, and those who've experienced it know it can be even more painful than watching a C-SPAN hearing on waste management.

But in fact, whiplash, as it's commonly known, is about more than just immediate pain. That's because this injury to the soft tissues of the neck from a sudden jerking or "whipping" of the head can also destabilize the spine -- and leave you with severe, long-term pain if left untreated.

It can take anywhere from hours to months for symptoms to manifest themselves, but they include:

- Blurred vision
- Headaches
- Neck, arm, shoulder and low-back pain
- Dizziness
- Neck stiffness
- Reduced range of motion



DR. SHAMONICA TRUNELL-MORGAN

in the neck

Since the health of your spine, which houses the nervous system, isn't something you want to gamble with, many health experts recommend seeking chiropractic care at the first sign of one or more of those indicators.

"Chiropractors are spe-

cially trained to evaluate and care for neuromusculoskeletal injuries like whiplash," said Gerard Clum, DC, of the not-for-profit Foundation for Chiropractic Progress.

Chiropractic care is aimed at what's been described as "restoring the body" center by making manual and instrument adjustments to improve spine alignment and function. This care may be supported by massage and other soft-tissue techniques. A Doctor of Chiropractic may refer a patient for additional testing or other specialized examination procedures. In situations where it is needed, he/she may also co-manage the patient's care with other providers.

The best part? "It's effective while being completely drug-free," said Dr. Clum.

To learn more about chiropractic care, please call Dr. Trunell at (254) 754-4000.

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Communication appreciation

BY MONA DUNKIN

A concerned parent asked, "How do I get my child to say 'Thank you' without prompting?"

Here are some thoughts.

Model a leadership role. Manners are more caught than taught. Be diligent in verbalizing thanks to others for acts of kindness, large or small. As you create an optimal environment of appreciation – at home as well as in social settings – the child is going to mimic you.

Give time time. It takes an incubation period, but at the end of the day, children are mirrors reflecting you. In *YOU Raising Your Child*, Drs. Oz and Roizen pronounce parents as the most powerful messenger in a child's life from day one and that the communication "may involve no words at all." (<http://abcnews.go.com/GMA/Recipes/raising-child-drmehmet-oz-michael-roizen/story?id=11790710&page=1>)

Robert B. Sloan, Jr., former President of Baylor University and father of seven, calls it the "lunch pail principle." If you plan to be a good parent, then



MONA DUNKIN

bring your lunch pail, for it is an all day affair.

Observe and comment. As a young mother I watched our daughter's childish response to an impromptu gift given to her. She received the beautifully wrapped box with wide-eyed wonder. She issued "aahs" and "oohs" while un-wrapping it, but did not utter "thanks."

As she removed the object

from its container, she said, "I have always wanted one of these." Still no magic words.

The giver was obviously receptive to the child's joy. It took great patience for me to observe without prompting.

As Melinda rewrapped the gift and returned it to its treasure chest she said, "Well, all I know to say is, 'Thanks.'"

I breathed a sigh of relief and learned a valuable lesson. A smile can imply "thank you" before words are formulated. To anxious parents, I preempt their prodding by acknowledging the child's unspoken communication. You can do that too.

Be gracious and give grace. In reflection, what is more gracious, an instant canned reply or a delayed genuine response? Extending training and patience is more a test of the parents own character than that of the child.

Parenting skills do pay off. Enjoy your child as you learn and teach each other. Bring your lunch pail and enjoy the picnic.

We welcome reprinting of articles in your newsletter or magazine, providing credit is given as follows: "This article was written by Mona Dunkin, Motivational Speaker and Personal Success Coach, www.monadunkin.blogspot.com or www.monadunkin.com." Call her at 254-749-6594.

Mothering through incarceration, Part 2

BY W.B. GUNTER

Continued from the May issue of The Anchor News.

Son speaks about the important role of family and society. "In society, a person knows their family is available, even when they ask for something, it may or may not be received, but family will always be there. Families have changed. In a family, your parents were the strength, they stuck together. Now, with families, they are surrounded by water that has seeped in and thinned the blood, so blood is no longer thicker than water.

When a person is locked up, they get visits from immediate family, but once home, that same individual finds himself surrounded by an estranged family of strangers. He no longer remembers them, and they only think about the person who they knew before incarceration. Over the years, all of our lives change dramatically. I am no longer the same person they knew years ago, and the lines of communications between family members and the inmate, likewise have been severed."

"Appreciation, empathy, and sensitivity is frequently lacking in relationships. Without that, you don't care how you make the other person feel. In the last generation or two, that appreciation seems to be lacking. Time spent with family helps build love and respect. Boundaries were in place. I remember when I was young how my mother listened to me play the trumpet, rap, or whatever. The point is, she showed an interest along with people who were a part of the same community. That's how to form a bond. Even though my mother is from a different era and time, Thanksgiving meant a whole bunch. We invited friends to eat with us. They were appreciative and excited to eat and enjoy the time. There was value, a sense of caring, and you could feel the love."

"I grew up in a city of gangs, but the neighborhoods were clean. There was pride. We cared about the neighborhood," says Son. Even people who teetered along the fringes of the law pitched in. When they saw you doing wrong, they corrected you. Everyone had a purpose, something they were striving to achieve. Somewhere along the way, there was a transition. "We seemed to have lost the community pride. With propaganda, one must ask, Do you believe your eyes or what's being told? Once the blinders went on, it was easy to manipulate people in the neighborhoods through propaganda."

"Once a person is labeled, it's a sentence. A person is given crutches to prevent a strong self-worth. I knew how to read before enrolling in first grade because my mother used to buy books. She'd read to me, and I would read it back to her. If you can't read, learn how. Unless you can read, you will have a difficult time building up the next generation. Learn the law, any aspect of business, and share your knowledge. The labels that affect learning were placed in the mind. Those labels devalue your worth and tend to become an obstacle. Everyone can learn. The process will differ, but learning happens."

Though having her son grow up behind the walls of a correctional facility is difficult, Renor continues to mother, advise, listen, and empower him. She speaks about daily activities to keep him informed and up to date on advances in technology, trends, and more. He keeps his mind sharp, working toward a brighter future so he has the skills, licensing, and certifications he needs to enter the mainstream of society. Together, they reach out to offer insight to those who may be struggling to keep their families together. For comments, bookings, or questions, contact via email renor1@yahoo.com.

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And these signs shall follow them that believe, Part 6

Continued from the May issue of The Anchor.

BY RUBY MCCRAY

Allow me to suggest that you get your smart phone or Bible and read these Scriptures whenever you have the time. Please do that for each of these teachings. These passages are taken from the New Living Translation unless otherwise stated.

"And then he [Jesus] told them, 'Go into all the world and preach the Good News to everyone. Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned.

"These miraculous signs will accompany those who believe: They will cast out demons in my name ... They will be able to place their hands on the sick, and they will be healed.'

"...And the disciples went everywhere and preached, and the Lord working through them, confirming what they said by many miraculous signs" (Mark 16:15-20).

God strictly gave instructions to Joshua to tell the Israelites what they must and must not take from Jericho (Joshua 6:18-21). However, one man decided that he would take a few items; nobody would know. Up until that time, The LORD was helping the Israelites destroy all of their enemies and take all of their cities because they were wicked (Deuteronomy 18:9-14). You can see all of the kings that Moses destroyed and land taken in Joshua 12:1-24.

After Jericho is destroyed (Joshua 6:1-27), the next stop is a small town which did not require all of the warriors to conquer. However, this was the first time that the Israelites had to turn and run from their enemies, losing about thirty-six men. Joshua and elders tore their clothes, put dirt on their heads and bowed their faces to the ground before the Ark. Around evening, God told them to get up! Sin is in the camp. He told them how to find the guilty culprit.

When they found Achan, he confesses the sin (Joshua 7:1-23). "Then Joshua and all the Israelites took Achan, the silver, the robe, the bar of gold, his sons, daughters, cattle, donkeys, sheep, goats, tent, and everything he had, and they brought them to the valley of Achor. Then Joshua said to Achan, 'Why have you brought trouble on us? The Lord will now bring trouble on you.' And all the Israelites stoned Achan and his family and burned their bodies. They piled a great heap of stones over Achan which remains to this day. That is why the place has been called the Valley of Trouble ever since. So the Lord was no longer angry" (vv. 24, 26).

Notice! Neither his wife, children, animals, tent, the other stuff nor the things taken committed the sin, but all had to suffer the consequences of that man's sin. Afterward, the LORD was no longer angry. The penalty of sin has to be paid—death (Romans 6:23).

Both of my children were born asthmatics. What had they done? Why were they sick? It drove me to my knees and to the Word of God. One concerned sister in the faith told me in a loving way that I might drive myself crazy because I was always studying the Bible. I couldn't



**EVANGELIST
RUBY MCCRAY**

stop! I finally ran across Isaiah 26:3 which says, "You will keep in perfect peace all who trust in you, all whose thoughts [mind] are fixed on you!" Then I really knew that I couldn't stop! I was praying to take my children's asthma. I just knew that I could handle it better than they could. Finally I ran across this verse, "But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed" (Isaiah 53:5).

Although I didn't have the whole picture, I knew that I was getting a break-through. I still didn't know that they were sick because of my sins or their dad's sins or perhaps a generational curse. I just

knew that I wanted to be like Jesus. I prayed that so much until I finally heard, "Every Jesus must have a Judas." "No! No! No! Let's by-pass Judas!" "Well, how would you ever know that you're like Jesus unless you have a Judas to put you through tests—and you pass them?"

Jesus showed me in His Word that John was the beloved disciple to whom He gave His mother while on the cross (John 19:26, 27). Judas was a devil (John 6:70, 71), and a thief; yet, Jesus allowed him to be the treasurer for the group (John 12:3-8). Jesus knew the beating He would get and the type of death He would die. He even

prayed for another way to redeem mankind (Matthew 26:36-46). Yet His best friend didn't know who His enemy was (John 13:21-30).

"Ruby, if you had an enemy like Judas, would your best friend know it? If not, you pass the test!" I then understood that I had to learn to love and forgive like Jesus does. You, too! You may not believe me, but... just what if I'm right?

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The crops we are reaping are from seeds we have sown

BY MATTHEW REED

Farmers don't plant cotton and expect to reap corn. Horse ranchers don't breed Angus cows and expect quarter horses to be born. Mankind can't sow hate and expect love in return. We can't sow deceit and expect trust. We can't sow discord and expect unity. We can't sit and do nothing and expect something. We can't do bad and expect good. We can't eat from the devil's table and expect God to bless us. We can't sow anarchy and look for structure. We can't sow disrespect and look for respect. We can't walk in unbelief and expect to have faith.

My point is you reap what you sow. God made this world like this and there isn't any changing it. These are universal laws and try as you may, they can't be changed. Whatever is going

on in your life you or somebody planted it. If you like the crop keep sowing the same thing; you will keep getting the same results. If you don't like it, sow the kind of seeds for the crop desired and that crop will manifest in your (field) life. It's the law.

You can't read worldly books and come to know God. You can't get a different outcome by doing the same thing. You can't deny the facts to change the truth. You can't be a felon and expect to be gainfully employed. You can't be a law breaker and not eventually go to jail. That's just the way it is (the facts of life). You can't live in a mansion working for pennies. You can't make more money if you are an entry level employee. You can't become more than entry level employee if you don't qualify yourself. You can't



PASTOR AND MRS. REED

soar with eagles if you fly with buzzards.

I was a trucker and my baby brother expressed a desire to be a trucker. I used to tell him "You can't be a trucker sitting in your living room." You see you can't be a doctor, nurse, lawyer, teacher, account-

ant, dentist and any other professional that requires formal education without going to college. You can't be a Christian without repenting. You can't do anything if you are not willing to pay the price. Nothing comes to sleepers but a dream and dreams are

just dreams if you don't do what it takes to make them reality. I don't care how good the dream is; it's just a dream until you do something to bring it to pass. I don't have any dreams left; God has blessed me to complete every dream I've had. It doesn't matter what you think about them; they were my dreams. Being free from my dreams, I am now able to serve the Lord with my whole heart. I can truly declare that the Lord has blessed me and he will bless you if you let him. You can't be blessed of God if you don't let him bless you.

You can't lie in the sack half a day and expect to keep up with those who get up at the crack of dawn. Proverbs 14:23 says, "In all labor there is profit; but the talk of the lips tendeth only to penury."

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A life in Christ: Jesus, the most gracious one

BY PAM TURNER

Grace. If you're a non-believer and someone began to speak to you of God's wonderful grace, would you completely understand just what it means? I've been a believing, born again, Spirit filled Christian for over 45 years and I learn something new about grace every day. Most of those years were spent believing that once I became saved, I had to work to stay saved. I excepted Christ into my life with a misconception that I had to give up all of life's pleasure and walk the straight and narrow. I understood the sacrifice Jesus made at the cross and what the shedding of His blood meant for mankind, and what happens when you come to Him and ask for His forgiveness of sin. However, I don't think I understood just what was given to me that night at that altar, the gift I had received. I knew I had received the gift of the Holy Spirit, and that I had a comforter to lead and guide me.

The night I was baptized, I came up out of the water a new person, totally in love with Jesus and ready to go to work for my Savior. My mistake that night was not understanding I was saved that day forward, not based on my works, but saved to do a work for Him. There was no amount of work I could do or sacrifices I could make from that day forward that could



PAM TURNER

ever pay for the price He had already paid at Calvary.

Please don't get me wrong; Jesus wants us to take up our cross, follow Him, and spread the good news of salvation to all the world. I went forth that day as a "works thinker," someone who had to get involved with as much church activity as possible to stay saved. I was a young teenager who enjoyed everything I got involved in. I loved spending time working for God and being in His house. However, my walk seemed to be centered more around rules and outward appearance rather than walking in the freedom of His love and Grace.

Grace brings freedom, a freedom to share God's love, not a fear of God's wrath of eternal hell for not carrying the weight of lost souls on your shoulders. I wanted people saved so badly, and have

Jesus happy with me that I almost felt desperate when I would witness to whom I felt was lost. I think back now and I feel Jesus wanted to stop me, pull me off to the side, wrap His loving arms around me and say "Pam, it's not your job to try and judge who is lost and who is not. I want you to allow my grace to flow through you and allow your

testimony to show my love is a gift, and there is freedom and joy in a walk with me."

I was like a runner who wanted to take off with a message, but I didn't have the complete message and took off with it anyway. I had the message of salvation, but not the message of grace and how it can flow through our lives. As

my walk with Jesus has matured, I've come to understand more about Jesus and His grace. The great thing is I'm now living in it and if you would take a moment and invite Jesus into your life, you can enjoy that wonderful love and grace also.

May God bless you and fill you with his loving grace.

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