

THE STRUGGLE IS REAL

One of the most difficult and crippling positions to be in on our journey with God is to feel like we have failed God in one way or another. If we are not careful this mindset of failure can easily lead to stagnation and eventually defeat. None of us are perfect! In many instances the CHURCH can be extremely insensitive and unrealistic when it comes to the day to day struggles of the Believer. We are not exempt to the vicissitudes of this life because we are Believers, actually it is quite the contrary! Now that we have found our true identity which is in Christ we have now become strangers in the only world that we've ever known. People, places, and things that used to appeal to us do not appeal to us anymore and life as we have known it and perceived it has been drastically altered! As we begin to grow and mature in

Christ we ALL still have residue left on us from our former selves and way of life. Although sin no longer has dominion over us it still lives in us, and thus the battle the REAL BATTLE BEGINS!

The Word of God tell us "to confess our sins one to another". It also says that there is NO CONDEMNATION to those that are in Christ Jesus; if there is NO COMDEMNATION to those in Christ how come there is condemnation to those that are in the Church? We must do better with RESTORATION in the church people of God. Sometimes we can be trying to do the right thing but in a wrong way and we end up doing more harm than good. Yes indeed we are to hate the sin, however we must love the sinner! The Word of God also tells us in Galatians 1:6 that WE WHO ARE SPIRITUAL ARE TO RESTORE our brothers and sisters that we see OVERTAKEN in a fault in a Spirit of LOVE and MEEKNESS. Many times in the church people feel like they have to fake an image of perfection in order to be accepted by the body. Folks are apprehensive about confessing their sins due to the lack of compassion, understanding, and acceptance of where they are presently at on their journey, and what they are struggling with. Therefore we have walls and pews filled with Saints that are bound and suffering in silence. The word restore in this text can be defined as setting someone right; as in someone that is currently operating in error we are to set them right in the spirit of LOVE and MEEKNESS. If you deem yourself as SPIRITUAL this should be easy peasy considering that these are 2 of the 9 gifts the SPIRIT! We are not to condemn, judge, ridicule, reprimand, slander, ostracize, criticize, gossip, degrade, deplore, tear down, humiliate, assassinate, etc. (I think you get the picture) unfortunately this is the operation and response of many 'SPIRITUAL' folks! As if it was not the grace and mercies of a faithful God that has brought you this far, SHAME ON YOU!

BE WELL WITH GAIL

Let's talk about body odor. We all know to stop body odor we should take baths, shower, wash our hair and use deodorant. This is the 1st step to "fighting the funk" but to go further have you considered doing inner cleansing to decrease body, feet and underarm odor?

Those smells didn't just get there from nothing. Meat takes longer to digest than any other food. To digest meat dishes always include a vegetable. One idea to limit body odor is to drink lots of water with fresh lemon and cucumber slices with mint. Gargling with 1 tsp of baking soda and water and flossing your teeth helps to fight bad breath.

Disclaimer: My Nutritional Therapy Certification allows me to educate, assess and offer counseling on healthy foods, vitamin supplements, natural remedies and embracing a wellness lifestyle.

Contact information:

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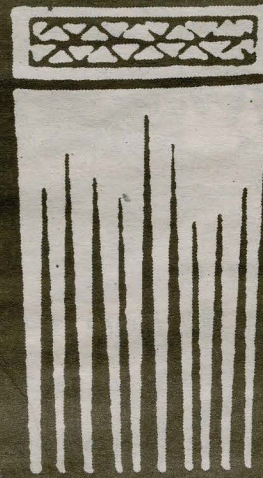
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URBAN BUSH WOMEN



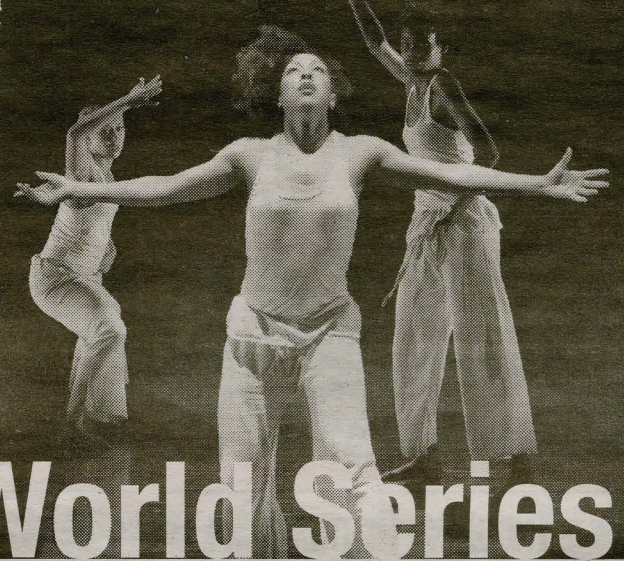
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HAPPY BIRTHDAY NU BLACK ARTS WEST THEATRE!!

TWENTY YEARS AND COUNTING!!

Let me start out by saying, "Thank you Mr. Douglas Barnett (founder of the original Black Arts West Theatre 1969) for having the dream and inspiring that dream in me. Wow, I didn't realize that it had been that long! I started working with Black Arts West Theatre 40 years ago in 1975 and after the theatre took a fifteen year hiatus (1980 - 1995). I was driven to bring it back as Nu Black Arts West Theatre 20 years ago. It's been 40 years since I first laid eyes on and performed at Black Arts West Theatre on 34th and Union Street. I remember being so proud of its existence in our community. This theater company to me was at long last our voice, perceptions and history all rolled up in a beautiful ball. I fell in love with the unity and self-pride that it invoked in my people. This is why I was compelled to bring it back in 1995 especially after seeing the decline that was and is taking place in our culture here in Seattle.

Nu Black Arts West Theatre has accomplished a tremendous amount over the past two decades, where do I begin?

Nu Black Arts West Theatre has achieved the following:

- * Partnered with many other organizations to connect positively with the youth here in the US promoting Arts in Education
- * Providing cultural heritage workshops, lectures and seminars, throughout the United States as well as Abroad
- * Continued efforts to build study Abroad Programs for citizens and students
- * Provided school supplies to Primary Schools in Ghana
- * Establishing a pin pal program connecting students from Africa and the United States
- * Conducts tours to Africa and Europe for nine + years
- * The National Theatre of Ghana partnership
- * Providing self-empowering seminars for Adults and Students
- * Mayor McGinn of Seattle's Proclamation "Nu Black Arts West Theatre Day"
- * Nelson Mandela Tribute
- * Free Summer Youth Education Programs 4 years
- * A Memorial Commemoration for Ruby Dee and Maya Angelou
- * A letter of recognition from Mayor Edward B Murray for our 19+ years of contributions we've made to our city.
- * Tribute Dinner honoring Mr. Ben Vereen