

Thrive! newsletter

Like a phoenix, we shall rise from the ashes.

Oct/Nov 2013

Volume 1 Issue 2

Welcome to the **Thrive!** newsletter



www.kaynijo.wordpress.com

Welcome and thank you for being a subscriber to the Thrive! newsletter.

Recently, a friend invited me to go watch a movie about an ordinary man who did ordinary things and was making a huge difference in people's lives. She said that he reminded her of me. What a compliment for me that was! It made me reflect on so many other people in this world who fit this description.

Life is a journey, and this is exactly what Thrive! is about – life – a collection of different journeys, views and lessons learnt. The main objectives of Thrive! Is to empower and motivate you into action. It is my hope that in these pages, you will find some words of encouragement. Please feel free to share Thrive! with your family and friends.

This issue's contributors are **Alicia Reid**, **C Obasare** and **Lesmarie Nicholson**. Thank you guys! There would be no Thrive! without your contribution.

What is your story?

After years of being afraid, I have now mustered up the courage to take action and pursue one of my many dreams.

What is your dream? Do you have an encouraging story that you would like to share? Do you offer a product and/or service and want to tell others about it? If yes, then we want to hear from you!

Cheers to living in victory and to becoming a more authentic you – dream it, believe it, achieve it!

K Nicole Johnson

Editor

E-mail: thrivein2010@ymail.com



Inside this issue:

- This issue's theme: Like a phoenix, we shall rise from the ashes
- Feature story: The Woman behind the Educator
- Letters to God
- Article: Mentoring My Younger Self
- Poem: Redeeming Love
- Promotions:
 - She was born to dance – Jance HD
 - Three Sixty Gum – sugar free gum with Xylitol
 - BAD (Bridal Affair Destinations)

"With God's help, I can and I will – watch me."

Images courtesy of FreeDigitalPhotos.net & pagemodo.com

Like a phoenix, we shall rise from the ashes



"Suffering and joy teach us, if we allow them, how to make the leap of empathy, which transports us into the soul and heart of another person. In those transparent moments we know other people's joys and sorrows, and we care about their concerns as if they were our own."

~Fritz Williams

As the story goes, the phoenix is a mythical bird with fiery plumage that lives up to 100 years. Near the end of its life, it settles in to its nest of twigs which then burns ferociously, reducing bird and nest to ashes. And from those ashes, a fledgling phoenix rises – renewed and reborn.

Life Coach Debra Gehrke says, like the Phoenix, we continue to rise from and rise above adversity, challenge – the contrast.

We rise stronger, surer, keener, and more aware.

We rise knowing ourselves more deeply than we did before.

We rise appreciating the vastness from whence we came and the greatness toward which we direct ourselves as a result.

When life delivers something seemingly less than we had hoped for, we can wallow in it, carry it around with us like an old-over-stuffed piece of baggage, or we can take one look at it and see the something more than amazing that arose as a result of it.

It's a choice.

Time and time again, we rise!



www.aflourishinglife.com/2011/01/coping-with-challenging-life-circumstances

www.earthharmonyhome.com/brilliant-phoenix-rise



The Woman behind the Educator

by Alicia Reid

"Once I'm convinced that it is the will of the Lord I tend to act fearlessly. I have faith in God and His ability to do exceedingly above that which I could ever dream or imagine."

"A Teacher is not like every other adult; our calling is a much greater one. We are in the company of the Master Himself. Jesus' main profession was that of Teacher."

Those words, spoken by Sharon Reid at a recent staff meeting, reveals just how seriously she takes her role in the lives of the thousands of people she has helped to mould.

Many people know *Mrs Reid*: a teacher for the past 34 years, Principal of St. Andrew High School for Girls for 13 of those 34 years, the inaugural Principal of the Year, President of the Jamaica Association of Principals of Secondary Schools...

She has become an institution in the landscape of Jamaican society and a voice in the consciences of thousands of *Andrewz girls*.

"I was about to tell that lady off when I heard Mrs Reid's voice say 'self-control' in my head!"

is a common remark made by women who long ago passed through the halls of St. Andrew High. A testament to

the indelible mark this principal leaves on all those in her care.

But who is the woman behind the educator? Who is this woman who inspires fear, respect and love all at the same time? Well, for me she has always been, simply, *Mommy*.

One afternoon I took the time to sit down and talk with my mother – the access that only a daughter has – catching her relaxing in her bed at home and completely off guard to talk to her about who she is. So, of course, I started with the obvious...

Did she always want to be a teacher?

"It appears so," she answered thoughtfully, "my mother tells me that it was the only career I expressed any interest in as a child. I would teach the flowers, the windows, anything I could find and I was always trying to teach my younger cousins."

The reason for this natural affinity to teaching was two-fold. Sharon comes from a family of teachers – her mother, uncle,

grandfather...the list goes on. So genetics had a part to play.

She added "And I think it was God-ordained. As a Christian I believe the Lord plans your life and it was in His plan for my life."

Knowing her purpose from a young age did not stop her

I was about to tell that lady off when I heard Mrs Reid's voice say 'self-control' in my head!

from wearing many other hats: pianist, poet, dancer, camp counsellor, actress... When asked if she regretted not pursuing those other passions she laughed. "Yes, it's true, if I were not a teacher I would've loved to be in the performing arts. I love theatre, but I don't regret not doing it because I believe I'm doing what God wants me to do, so I'm at peace. Wherever the Lord places you, your work is done to His glory. I believe that in this job God has given me to do, I am bringing honour and glory to His name and that's the

important thing.”

Sharon grew up in May Pen, Clarendon, the youngest of four siblings born to Ivan and Daisy Kenny, also a principal. She attended May Pen Primary, the Hampton School, the University of the West Indies, and Central Connecticut State University where she completed her Master’s degree in Educational Leadership. However, it was in high school that she would have the experience that changed her life forever.

What was the most significant event in her life?

“The most significant event...Alicia me ah fifty-five year old, how mi fi memba?!”

After the slight protest, she recalled that it was a Sunday evening in the chapel at Hampton School when she took *that* decision. A Reverend Porteous, from a Bible college in Mandeville, was speaking to the students, and she could still see herself at eleven years old making that commitment to the Lord.

The foundation for her spiritual walk was laid at that boarding school in Malvern, St. Elizabeth. “At Hampton, God placed me among a group of friends and it was as if He set us apart for a reason. We had the opportunity to grow in our faith without the trappings of denomination. Our faith was rooted in a relationship with Jesus Christ and that has made it easier for me to cope with life’s challenges.”

She has been married for 30 years. What is her secret?

Sharon believes that a big part of the reason she has such a successful marriage is that she and her husband were good friends before they got married. “We built a solid friendship. He claimed that the Lord told him early on that we should be married but he never told me at the time. We grew to love each other and eventually I got confirmation from the Lord as well.” Thirty years later they are still very much in love and the proud parents of two children. “It has proven to be a really wonderful relationship, we get on very well, and we are soul mates. We are different in many ways and we love each other and complement each other.” Being good friends, sharing with each other, sharing lessons learnt and understanding the covenant they made with each other, are elements of the healthy marriage that Sharon and Donovan enjoy.

“I really don’t hold on too tight to anything on earth”

That was the response when Sharon was asked if there was anything in particular she wished she had gotten the chance to do in life. She admitted that she had wanted to travel more, to Africa, Europe and Asia. “If it happens, it happens, if not, I’m not gonna die over it. That’s how I approach things in life. I believe the Lord has a plan, a blue print for my life, and the most



“From a young age I developed a very close relationship with the Lord, learning to hear His voice, studying His Word, so I had a very solid foundation.”

"Love isn't a feeling, love is something you do."



important thing is for me to trust Him. There is a phrase I learnt in high school, '*Trust God even when you can't trace Him*'. It reminds me that, if God is in charge of my life, all things will work together for good. So even if it isn't going the way I thought it would go, I know he'll make a way for me."

Sharon was blessed to achieve her lifelong dream of being a teacher. However, one aspect that didn't go as planned was that she had originally wanted to be a Spanish teacher. As no Spanish teacher was available at her high school at a crucial point in her school career, she ended up teaching history instead. A wistful smile warmed her face as she looked at me and said "But I'm pleased that my daughter is now a Spanish interpreter, the Lord has a way." Her smile widened.

Sharon has also always had the desire to go into business, a drive inherited from her father who owned several businesses in May Pen, Clarendon. Although, due to her focus on teaching, she has not yet ventured into the business world. Her son Jason is currently studying Business Administration at the University of Technology, Jamaica. "I see myself in both of my kids, different aspects," she added.

"Trust God even when you can't trace Him."

She has been an educator for over 30 years. What does she believe young people in Jamaica need more than anything?

Without so much as a pause she replied, "**They need Jesus.**" She went on to explain: "We must never apologise for sharing with young people their need for the Lord." Sharon sees the difference in her school between those students who have committed themselves to Jesus and those who have not. In her many years of teaching, her experience has shown her that all the problems being faced in schools, the violence, the lack of respect, could be dealt with much more easily if more young people had a firm commitment to the Lord Jesus Christ.

And that is the purpose of the woman behind the educator. She isn't just teaching academics, she is winning souls for Christ, one student at a time.



"Remember your creator in the days of your youth."

Letters to God



Have you ever stopped to think about what you would say to God if you could see Him face to face or if you could pick up the phone and call Him?

In Psalm 13:1, David was not afraid to let the Lord know exactly how he was feeling. At the end of it all however, David always chose to trust in the Lord. Perhaps we could follow David's example.

Dear God,

What direction do You want me to take – in terms of my career, in terms of my relationship? Lord, is she the one? Will it work?

Right now, all I am hearing in my head is noise. In the past, I took the route that I thought You were telling me to take – and look how that turned out – look where I am now! Feeling like I am not contributing anything meaningful to society.

Lord, I am **afraid** – afraid of stepping outside of Your will; afraid of failing; afraid that I will not have enough; afraid that I'll not be able to provide for my family and to make ends meet.

As a result of these fears, I feel like I am settling for less than the best – the best that

You promised me in Your Word.

Lord help me – answer me – guide me – help me to quiet the noise in my head and to listen to You.

Sincerely Yours

Confused and afraid

Lord, excerpts of Tamela Mann's Take Me to the King say it all:

Chorus: Take Me To The King, I don't have much to bring, my heart is torn in pieces, it's my offering - Take Me To The King.

Verse 1: Truth is **I'm tired**, options are few, I'm trying to pray, but **where are you? I'm all church'd out, hurt and abused**. I can't fake - What's left to do?

Truth is I'm weak, no strength to fight, no tears to cry, even if I tried. **But still my soul refuses to die. One touch will change my life.**

Verse 2: Truth is it's time to stop playing these games. **We need a word for the people's pain.**

Bridge: No rules, no religion. **I've made my decision to run to You, the healer that I need.**

Lord we're in the way, we keep making mistakes – Glory is not for us, it's all for You.

Regards

Trying to hold on – but sometimes it's hard





Mentoring My Younger Self (Part 1)

by Lesmarie Nicholson

When my girlfriends and I get together we often talk about some things that have blindsided us in life or things we would do differently. Things I am sure you have thought about and even discussed with your friends. We have no regrets because our experiences, whether amazing or challenging, have helped to shape our characters and made us who we are today. As well as, it's never too late to live your dreams and achieve your desires in life.

However, there are just some things that you'd do differently if you knew then, what you know now. In this 3 part series, I would like to focus on three areas: **Career/Money, Relationships, Family and Friends**. These are just my experiences and I am sure others may have many more to share. With that said, there are a few things I would like to tell the younger me (and/or anyone in their late teens and into your twenties). Let's start with **Career and Money**.

There are many exciting career options. You don't have to be a lawyer, a doctor or an engineer (or any of the traditional careers) in order to have a financially satisfying career. When I was growing up those seemed to be the only options available. Although I am currently in a profession that I love, I think it was by God's grace and mercy that it turned out that way.

We have no regrets because our experiences, whether amazing or challenging, have helped to shape our characters and made us who we are today.

As I have gotten wiser (and older ha ha), I have come to realise that people are working in some very exciting fields, following their passions and truly enjoying their work. More than ever before people are innovating and exploring, thinking outside the box and creating opportunities for themselves while making some serious moolah. On the other hand, some people are stuck in jobs for years that they do not like and are sitting by and watching others live their dreams.

If fashion, photography, graphic design, film, cooking or carpentry is your passion; pursue that. I know a young man whose parents recognised very early that he was not going to have a traditional career and that he was developing a love for dancing. With his parents facilitating his desire to dance, he is now the artistic director of his own dance company.

It's never too late to live your dreams and achieve your desires in life.

Now my friend's passion for dance has expanded him internationally, so that brings me to my next point. There is a big world out there and the world needs your talent. Don't limit yourself in your search for employment. So many people are either out of work or unhappy with their jobs. Do not be afraid to search far and wide especially if and when you are single and have not yet had children. Many of my friends are beginning to venture to new countries and are working for great companies and organisations around the world. It's such a great opportunity to gain new skills, learn new languages, travel and make yourself more marketable.

Here is one I am currently diving into right now; learn as much as you can about money and investments, retirement accounts, mortgages etc. I am still trying to figure out all of that now. It's just not sexy, but so important. Start increasing your financial literacy very early so that you can begin to break free from financial worries later in life.

Money makes life so much easier and we all want lots of it but be careful when making sacrifices for it. I know someone who everyone always thinks is making loads of money and his life is so great, but when you really take a close look at his life he works very hard. I don't mean your average nine to five hard but four hours of sleep per day while sacrificing time with his family, hard. Try to find a balance by working hard but also playing hard. Spend time with the people you love, enjoy your life and don't make money your focus.

To earn more you must learn more (Bryan Tracy). I have never been a big fan of school and most days I want to do nothing but curl up on my sofa and watch my favourite reality

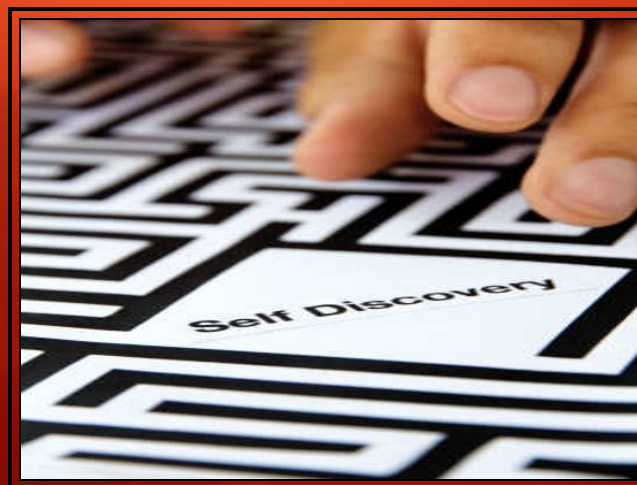
There are many exciting career options. You don't have to be a lawyer, a doctor or an engineer (or any of the traditional careers) in order to have a financially satisfying career.

Spend time with people you love, enjoy your life and don't make money your focus.

shows, or just be downright lazy. When I look back on my university days and at how much more I could have accomplished, I could kick myself. It is very important to keep learning about new things in your field. Now learning more doesn't necessarily mean more school but it means, reading more books, finding a mentor, finding the right summer employment to gain the real world knowledge (not just for summer money). The way I see it, do it now or do it later.

Last but certainly not least, work for your next promotion not for your pay check. You need to decide if you are working to establish a career or if you are simply doing a job. The truth of the matter is in order to get ahead you will need to invest a lot more time than your average 9 to 5. The eight hours you put in at work is for the company; additional hours are for you and your career/promotion. If you are simply working a job then it's all about life from pay cheque to pay cheque. Don't expect to stand out and you're likely to be among the people who complain about not getting ahead.

I know this sounds like a lot and even a little scary **but pray for God's guidance, trust Him to help you to make the right decisions; then do it afraid.** You will be happy you did. Join me next time for part 2 as I look at what I would tell my younger self about 'Relationships'.



Redeeming love

by C Obasare

Author of Fingerprints
www.readmyfingerprint.wordpress.com



Every day I walk
Through the valley of shadows
Kiss the lips of regret
Close the eyes of tomorrow
Caress the face of darkness
Drink the wine of passion
Taste the sting of desire
Dance the swing of emotion



I let myself go
Body, mind and soul
Rest purity on the floor
Undress dignity once more



Tease the air of attraction
Feel the countless eruptions
Scream silently in reaction
Close my eyes in devotion
Let his large hands cleave

As satisfaction peaks
Feel my breath humbly leave
As sense and reason retreat
I've tasted of the fruit
I've drunk of the wine
I've gone and done again
What I said I wouldn't last time

Reason now descends
As I sit in my own filth
Too weak to even cry
Too disappointed to even think

Why did I go back
Why didn't I just say no
Why am I so weak
And this desire in me so strong

Every day I take these chains
These chains of heated passior





Shackle them with bloody nails
Then walk through the valley of shadows

The valley of shadows
My prison of choice
My home of comfort
My own bed of thorns

I sit at its feet
I pray for its love
Pour on me like oil
But only emptiness comes

I chain myself still
And watch You walk away
I see Your tears spill
But this fruit might go stale

I nail You to that tree
Over and over again
I drive that rusty nail in
Every time I call his name

I pierce Your very skin
With the thorn of my own flesh



I bruise Your holy brow
With my tears of deep regret

You never disrespect
You never cross the line
You never try to touch
What so many have defiled

You save me every day
Time and time again
I'm so sick of yesterday
Too sick to even ask why

Yet You softly take my hand
You kneel down at MY feet
You ask me, "Be my bride,
And let me be your King"



She was born to dance

www.facebook.com/JanceHD

JANELLE JOHNSON
presents:

Tuesdays: 6:30 - 7:30 pm; Thursdays: 7:30 - 8:30 pm

JANCEHD

Hip-Hop and Dancehall Classes

at THE DANCE JAMAICA SKOOL
22 Barbican Rd, Liguanea, Kgn 6
(across from Burger King)

Cost: \$500
DANCE INSTRUCTOR:
JANELLE JOHNSON
janjohn2010@hotmail.com
☎ 876.821.8699

SPREAD THE WORD! COME OUT AND BREAK A LEG!!!!



Three Sixty Gum

Sugar Free Gum With Xylitol

All-Natural Xylitol for Safe, Effective Dental Care

Your smile is often the first thing people notice about you. But taking care of your teeth and gums isn't just a cosmetic concern – it's a key part of a healthy lifestyle. Introducing LiveSmart 360's Gum

THREE SIXTY GUM WITH XYLITOL

Since childhood, we have all been told how important it is to take care of our teeth. Brush, floss, and visit the dentist regularly. Now you can do more to protect yourself and your family against tooth decay, plaque, and gum disease by choosing all-natural Three Sixty Gum with Xylitol. This sugar-free chewing gum works together throughout the day to promote a clean, healthy mouth that not only looks good, but feels good, too.

Three Sixty Gum



Sharp Spearmint
Ahhh – the cool taste of spearmint. Not only is it refreshing, it leaves your mouth and digestive system feeling clean.



Peppermint Chill
Oooh – the chill of peppermint. Peppermint is used for many conditions, but is most well known for supporting a healthy digestive system.



Spicy Cinnamon
Mmmm – the warm feel of cinnamon! The fragrant, sweet, hot herb has a long history as a great spice, and as a health supplement.

Benefits of Xylitol:

- Does not promote tooth decay
- Decreases dental plaque
- Remineralizes teeth

ALL-NATURAL XYLITOL FOR SAFE, EFFECTIVE DENTAL CARE

Xylitol is a natural sweetener found in fibrous fruits and vegetables, birch trees, and various other hardwood trees. Dentists worldwide recommend Xylitol to help with tooth decay the natural way. Xylitol is naturally produced in the human and animal metabolism and also in the metabolism of several plants and microorganisms.

THREE SIXTY GUM

Chewing sugar-free Three Sixty Gum does not promote tooth decay, reduces gingivitis, and decreases dental plaque. The key is dentist-recommended Xylitol, an all-natural sweetener used as a safe, effective defense against cavities. Choose peppermint, spearmint or cinnamon flavor to moisten the mouth and freshen your breath.



Supplement Facts

Serving Size: 1 piece (1.5 g)
Servings per Container: 50

	Amount per Serving	% Daily Value*
Calories	2.4	0%
Total Fat	0 g	0%
Sodium	0 g	0%
Total Carbohydrates	1 g	1%
Xylitol	1 g	0%
Protein	0 g	0%

*Percent Daily Values are based upon a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Xylitol, gum base, natural flavors, soy lecithin, gum arabic, titanium dioxide, carnauba wax.

Supplement Facts same for all three sixty gum



*The statements above have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contact me for more information

www.kaynijo.livesmart360.com

Bridal Affair Destinations

www.bridalaffairdestinations.com



To subscribe go to:

www.kaynijo.wordpress.com

and enter your e-mail
address

E-mail:

thrivein2010@ymail.com

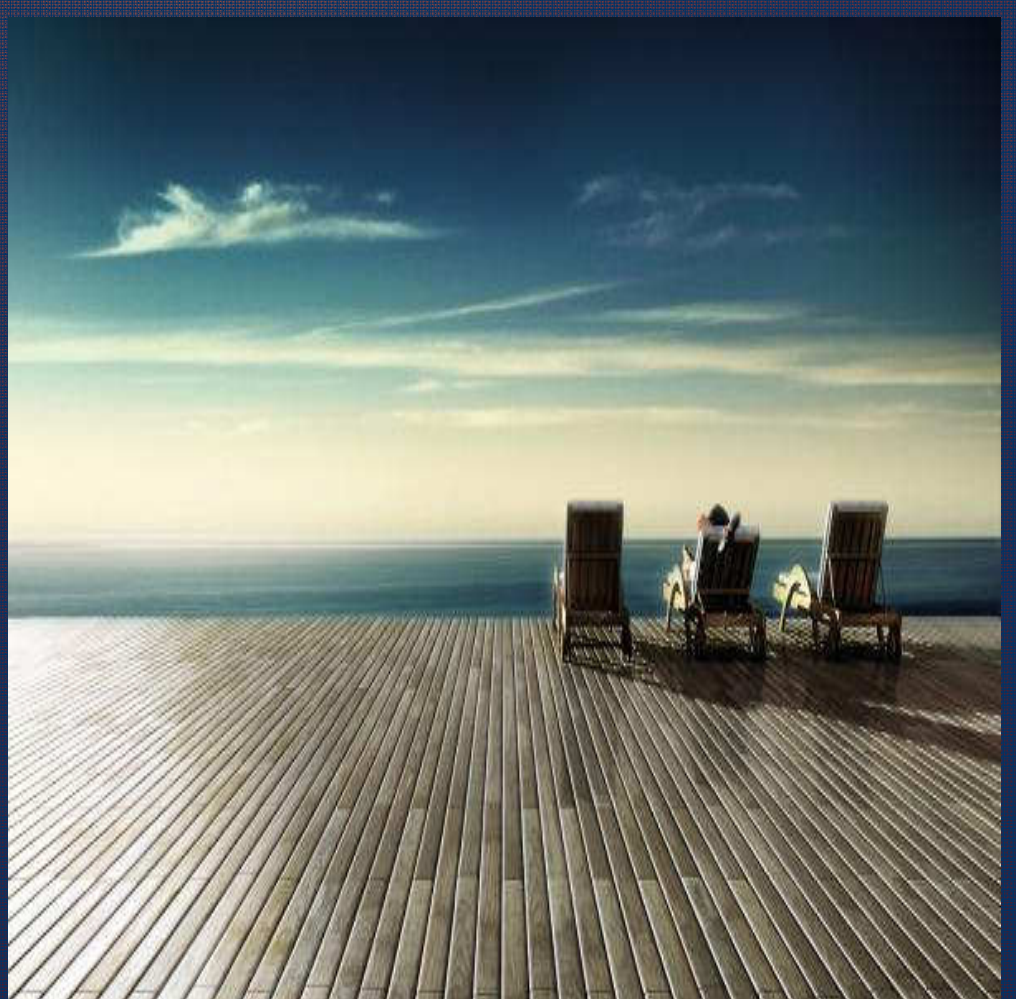
Images courtesy of:

FreeDigitalPhotos.net

&

pagemodo.com

*"With God's help, I can
and I will — watch me."*



This issue's contributors:

Alicia Reid

C Obasare @ www.readmyfingerprint.wordpress.com

Lesmarie Nicholson

Promotions:

She was born to dance:

www.facebook.com/JanceHD

Three Sixty Gum – sugar free gum with Xylitol:

www.kaynijo.livesmart360.com

Bridal Affair Destinations:

www.bridalaffairdestinations.com



Made in Jamaica