



Glenda Taylor Presents Her First CD Project to JOY Family and Friends



CD Concert Choir included many members of the Voices of JOY: Wendy Solomon, Michelle Brown, Lynn Hynson, Starr Busby, Bridgett Hadnott, Dorian Allen, Lauren Williams, and Lydia Davis.

Years of fervent prayer and hard work combined with diligent service has paid off for Glenda Taylor, Minister of Music at JOY Baptist Tabernacle. July 12, 2008 Glenda introduced her first solo CD project “**Lord I Wanna Thank You**”. The room was filled with well wishers and project contributors like V. Michael McKay, who wrote two of the songs on the CD, producer Keith Leak, and others who made significant contributions to Glenda’s project. The CD release provided the jumping off point for other opportunities for Glenda. She is on a promotional tour currently, stopping at the Gospel Music Workshop in Nashville, TN, meeting with gospel greats like Dottie Peoples. Glenda’s project is on sale now and is being played on gospel radio stations in Houston.

We Fall Down, But We Get Up!



These are familiar words from the gospel song by Donnie McClurkin. But **Miss USA 2008-2009, Crystle Stewart** gives the Houston Chronicle her view of life and how to handle its slips and falls. Here are some excerpts from her interview, August 3, with Houston Chronicle reporter ,Corilyn Shropshire, revealing her character and inner strength of Crystle:

Q: What did you take away from your first Miss Texas Competition?

A: *“It totally enhances my communication skills and it just gave me more confidence to be who I am and to be myself. I really wasn’t Crystle until my last year, until I won (Miss USA). I figured that they just want to see me, they want to see Crystle, not someone I’m pretending to be. I think they wanted to see genuinely who I am.”*

Q: What do you do as the head of your own business, Inside/Out?

A: *“The three things that I do are motivational speaking, character development and birthday party planning. I talk to 6 to 18 year old girls about self esteem, how to make wise decisions and how to withstand peer pressure. I was a teacher at Elkins High School and I would see what these girls were going through. And I had already been there, done that.”*

Q: What are your plans for next year as Miss USA ends?

A: *“My book, **Waiting to Win** will be out soon. I want to open a charm school-an extended version of my self improvement program that includes a summer program. I think people are expecting acting or singing. I’ll never say never. I don’t think that’s truly in my heart. That wasn’t the reason I started competing in pageants at all.”*

Q: What was going through your mind as you walked out during the evening gown competition and fell?

A: *“I walked out. I stepped on the second step and the heel got caught in the bottom of my dress. It was basically like I was on roller skates. ...It was a simple, honest mistake. I’d worn it in preliminary and it was fine, and I had different shoes on. At the last minute I brought a different pair. That shoe wasn’t prepared for that floor. You really need something to put friction between the floor and the shoe.”*

Q: Is there anything you could have done differently?

A: *There was nothing I could’ve done differently. Things happen for a reason. Hopefully this is a testament to anyone who has fallen in life. Be confident in who you are and hopefully see the bigger picture. I think now people will listen to me even more. That it (the fall) will make my message even better. To me, it tests your character when you go through hard times in life. When you do well all the time, you don’t have to test your character.”*

Kudos and Congratulations to...

Correction from last issue: It was erroneously reported that the debate title won by Lanier's Debate team was a state title...

James Fonteneaux II, a member of the **Lanier Middle School Debate Team**, that just captured the **National Title** in the tournament held in Nashville, TN. James has been a great contributor to his team all year.

Nia Gordon, who successfully completed the **S.T.A.R.S. Dance Camp** program this summer. During the camp's final musical production Nia performed a vocal and dance solo. The camp is a brain child of Debbie Allen, well-known dancer, choreographer, and a native Houstonian.



Happy Birthday August

Kenneth Davis	2	Jerard Johnson	10
Joe Pinney	2	Selena Watts	10
Ovit Pursley	6	Alfreda Gamble	12
		Mary Mitchell	12
		Carolyn Perkins	12
		Sharon Gee	13
		Victor Bonner II	14
		Victor Bonner III	14
		Robert Stewart III	14
		Andrew Malveaux	15
		Latosha Broussard	16
		Johnny McCoy	17
		Cheryl Allen	23
		Judith Christmas	26
		James Harris	28

JOY BAPTIST TABERNACLE

Schedule of Services

- **Sunday**
9:30 am...Mid-Morning Service
Praise and Worship,
Ministry of the Word
- **First Sunday**
9:00 am...Celebration of the Lord's Supper
- **Wednesday 12 noon**
Pastor's Noon Day Bible Study
- **Wednesday 6:30 pm**
Intercessory Prayer
8:00 pm...Mid Week Bible Study
(Nursery and Children's Services Provided)

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The Wellness Ministry

I Want Peace of Body!

Fitness Training Tips

Everyone talks about peace of mind, but what about peace of body? You really can't have one without the other.

It all starts with total acceptance of where you are today. From there, start training.

Make yourself a weekly exercise routine, whether it's walking 3 days a week or working out 5 times a week, and do it religiously. Pick a schedule that you know you'll be able to keep.

Next, stop thinking about the results. Your body will respond if you get yourself into the athlete mindset and workout like you mean it. Your training has to be not only consistent, but also effortful. Walking on the treadmill for 30 minutes a day while reading a magazine isn't going to get you what you want.

And if you are going to dedicate 30 minutes to exercise, you might as well make it count. Follow a guided program, or work out with a partner, an instructor, or a coach, someone or something that will push you to the next level. Of your own accord you've gotten 'here.' To get 'there,' or where you want to be, put your training in someone else's hands. Find a class, a group, a CD or something that will help take you 'there.'

Now look at your diet -you're going to have to eat like you mean it, too. What you eat is a big part of your training. When you don't eat well, or overeat, you feel badly, even when there are lots of other good things going on in your life.

Food really does greatly determine your peace of body. Make it your goal to become more conscious of what you put in your mouth. Plan ahead, have a conversation with yourself about what you're going to eat, or not eat, before each meal. Sometimes it's helpful to call a friend and make a commitment to them, or write it down.

Freedom will come from following a regimen, having boundaries, and being really conscious about what you are doing to your body.

Peace of Body will follow.