

# The Good News Letter

*A publication of Today's Ministry Achieving Tomorrow's Triumphs*

Winter 10/11 Volume 7 Issue 4



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**Good People**  
*Kimberly Crawford  
Founder of Faith and  
Favor Ministries*

*The Spirit of the Lord is on me,  
because He has anointed me to preach  
Good News to the poor. He has sent me  
to proclaim freedom for the prisoners and  
recovery of sight for the blind, to release  
the oppressed, to proclaim the year of  
the Lord's favor.*

*Luke 4:18-19 (NIV)*

*Today's Ministry Achieving Tomorrow's Triumphs (TMATT) is a faith based non-profit organization geared toward the betterment of men, women and children. Our commitment is to love, encourage and empower through various charitable programs. There are several programs in place including Iron-2-Iron, Stay in Shape Saturdays, The Sisterhood Brunch, In His Image and The Good Newsletter.*

*The views expressed in TGNL are those of the writers and do not necessarily reflect the positions of TMATT. Also, please use discretion when purchasing any products advertised or following any advice (medical or otherwise) given in TGNL.*



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# CONTRIBUTORS



**G. Morris Coleman**  
Contributing Writer

*"Let me win, but if I cannot win, let me be brave in the attempt."*

Special Olympics  
Motto



**L. Ayanna Brown**  
Contributing Writer

*"A woman's heart should be so hidden in Christ that a man must seek Him first to find her."*

Anonymous



**Michael Moody**  
Contributing Writer

*"Where there is no struggle, there is no strength."*

Oprah Winfrey



**Vonnetta Hughes**  
Contributing Writer

*"Love talked about is easily turned aside... Love demonstrated is irresistible."*

Dr. Stan Mooneyham



**Tracylee Coleman**  
Editor-in-Chief

*"We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."*

Martin Luther King,  
Jr.

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## ANNOUNCEMENTS

Congratulations to Andrew and Lisa Kulins on the birth of their baby girl! Best wishes!

Cogratulations to Kendra Cowans on her new job at Disney Consumer Products! Best wishes!

Cogratulations to Jen Losapio and Nicholas Abbate on their recent engagement! Best wishes!

Congratulations to Jeffrey & Rica Brown on the birth of their baby boy! Best wishes!

Congratulations to Michael & Precious Adkins on the birth of their baby girl! Best wishes!

Happy Birthday to all those born in December, January & February!

## UPCOMING EVENTS

**12/10-12/12** Sisters of Substance      **12/25 Merry Christmas**  
 3rd Annual Sistah 2 Sistah Retreat

Call (917) 674-1200 for details      **1/2011 Happy New Year**

**12/18** Girls Nite Out      **2/19** E.P.F.T. Valentine's Dinner

Call (917) 749-7133 for details      Call (914) 668-7292 for details

detach here

**Prayer Requests. Announcements. Upcoming Events.**

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## A MESSAGE FROM THE EDITOR-IN-CHIEF

TRACYLEE COLEMAN

If you blinked, you may have missed 2010! It's amazing how the year just flew right on by. But it sure didn't leave us with anything less to reflect on and to be grateful for.

I want to first say a great big THANK YOU JESUS for life! Life lived, life in the making and life preserved.

As I look back over this year, in actuality, the last few months, tears of thankfulness come to my eyes. Our mighty God has truly been good to me and my family.

As I reflect even on the lives of others around me, I begin to well up with tears of praise.

OUR GOD is an AWESOME GOD! He continues to amaze me in all that He does and continues to do... this has been some year.

As we prepare ourselves to enter into 2011, I pray we all do it with great hope of what lies ahead.

Dreams, ventures, employment

opportunities all wait on the other side of midnight on December 31, 2010.

What have you been planning for in this upcoming year? Oh, didn't trust God to do the exceeding and abundant as we declared in 2010? Well, don't miss another opportunity, do it right now!

Before going any further in reading this newsletter, get up, find a place of solace and

begin to pray and ask God do the impossible...I dare you!

Don't rush to leave this precious time with the Lord. Wait and listen to what He has to tell you. Then, grab a pen and paper and write it all down. What you asked, what He replied and wait with great anticipation to see God do it!

I can't wait to here the countless testimonies that will come. We will rejoice together in unity!

Hold on tight. You're in for the ride of a lifetime. Happy New You!

*Name above all names  
 Worthy of all praise  
 My heart will sing  
 how great is our God!*

*Chris Tomlin*

**The Voice of My Tears**  
*G. Morris Coleman*

Tears flow incessantly as the guitarist strums the melody of my heart's song. The lyrical phrasing of the Psalm accompanied by the drums and keys somehow enhances my understanding and appreciation of the words penned by David, the worshipping king. Sharing in the commonality of this experience, the stranger next to me extends her hand toward me offering a Kleenex to stop the flow. Extending my hand to grab it, I quickly glance at her face to offer a nod of gratitude, but as I look up, this stranger I now see as kindred spirit as I notice a single tear making its way toward the base of her chin. United by this common experience, without words, we connect in ways that can only be described as transcendental.

***“Tears of thankfulness are not foreign to the humble believer...”***

In the presence of such an awe-inspiring God, there are few things one finds appropriate in His presence. Humbled by His excellent greatness, some bow in reverence, others lift their hands in surrender, while others simply fall silent. But a greater majority of us simply cry shedding tears not always understood by those around us and some times even we have a hard time understanding the fullness of this expression. Overwhelmed by His omnipotence, in awe of His majesty, involuntarily our eyes overflow with gratitude as His glory surrounds and overtakes us.

Whether in joy or sorrow, pleasure or pain, tears are expressions of the inner yearnings of our soul, the outer hurts of our physical being, and the fulfillment our heart's longing. At times misunderstood, oft times empathized, tears are the vehicle through which we express (voluntarily or against our will) the highlights and lowest points of our lives. Stories of grief, happiness, contentment, satisfaction, and sadness are all told through this powerful expression of humanity; however, the interpretation of each story varies dramatically based on the vantage point.

It is unfortunate for those of us who has ascribed to the belief that our tears weaken us. In fact, tears are your body's release valve for stress, sadness, grief, anxiety and frustration. Emotional tears have special health benefits. Biochemist and “tear expert” Dr. William Frey at the Ramsey Medical Center in Minneapolis, discovered that reflex tears are 98 percent water, whereas emotional tears contain stress hormones which get excreted from the body through crying. After studying the composition of tears, Dr. Frey found that emotional tears shed these hormones and other toxins, which accumulate during stress. Additional studies also suggest that crying stimulates the production of endorphins, our body's natural pain killer and “feel-good” hormones. We forget in our “greatness” that we are beings perfectly created by God who has equipped our bodies with all the tools necessary for our survival.

***Somebody Prayed For Me...***

City of Mount Vernon	Delores Crawford	Letitia Hughes
The Obama Family	Onika Slocum	Vonnetta Hughes
US Government	Boys & Girls Club of MV	Ingrid McKenzie
Denise Matthews	Morris & Tracy Coleman	The Adison Family
Edna Holliday	Danielle and Jordan Rice	Takema Robinson
Emma Gibson	Tina & David Cousart	Kevin Herring
The Moore Family	Derrick Adams	The Pone Family
The House Family	The Davis Family	The Brown Family
Arthur Crawford	John Lewis	Rica Brown & Family
Kimberly Crawford	The Dixon Family	Mr. & Mrs. Matthews
The Kendal Family	The Moody Family	Broderick Hannibal

***Our Father...***

Dear God in Heaven, Your name is forever to be praised. You are the Only true and living God. We recognize Your greatness and Your awesome power. We want to thank You for Your grace and Your tender mercies. We come before Your presence asking for a special healing. Lord, Your people need You desperately. We are in need of Your physical and spiritual healing; and Lord more than ever we are seeking You for emotional healing as well. Lord we are desperate! We have tried everything else and everyone else and we are looking to You; we look to the hills from whence cometh our help. We are looking to our Savior, because we know, no good thing will You withhold from us. We know Lord that it's Your will that we be in good health. So Lord we are asking right now for Your healing power. We are seeking You like never before. Our souls thirst after You. Lord we are submitting ourselves to Your will and looking to Your word for constant guidance. And we are praying in faith and believing Your Word for healing! We honor and bless Your name. To the only wise God our Savior, be glory and majesty, dominion and power, both now and ever, Amen! VH



## ***In His Presence...***

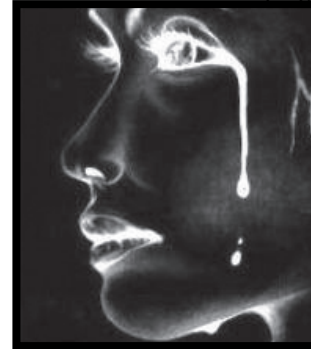
There are so many of us who are in need of healing. I am not speaking only of physical healing, but spiritual and emotional healing as well. It is not God's will only for us to be saved, but for each of us to be in good health. 3rd John 1:2 states, "Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth." In the Gospels, Our Lord and Savior Jesus Christ walked the earth healing the people. Everyone who approached Him for healing, He never denied. In Matthew, chapter 8, the Bible details a time Jesus healed a man of leprosy; physical healing. There was a few times when the Lord cast out demons; spiritual healing. And when Peter denied our Lord three times and wept bitterly over this; the Lord sought Peter and inquired of Peter's love for Him. The Lord healed Peter's hurt and Peter ended up giving His life for Christ. Whatever you may be struggling with, whether it be physical, spiritual or emotional, the Lord still heals. He did it in the Bible days and He still continues to heal today. I am a witness! He's has no respect of person, what He does for one, He will do for another. He is true to His word. Whatever you ask in His name, He will not deny. Trust Him for it!!!

<b>December</b>	<b>January</b>	<b>February</b>
<i>God Heals</i>	<i>God Heals the Broken Hearted</i>	<i>God is Healer</i>
Matthew 8:2-3		Exodus 23:25
Mark 5:6-12	Psalm 30:5	Deuteronomy 7:15
Mark 32-35	Psalm 34:18	Psalm 107:3
Mark 46-52	Psalm 126: 5-6	Isaiah 53: 4-5
	Psalm 147:3	
	Jeremiah 30:17	

*Compiled by Vonnetta Hughes*

The Bible speaks clearly and lets us know that God is not offended by our tears. On the contrary, God has a plan even for our tears. Psalm 56:8, "You have taken account of my wanderings; Put my tears in Your bottle. Are they not in Your book?" NASB (Refer to Malachi 3:16). David comforts himself, in his distress and fear, that God noticed all his grievances and all his griefs. God has a bottle and a book for the tears of His people, both the tears for their sins, and those for their afflictions. He observes them with tender concern. Every true believer may boldly say, The Lord is my helper, I will not fear what man shall do unto me; for man has no power but what is given him from above.

Tears of thankfulness are not foreign to the humble believer. The one who recognizes his dependency on God refuses to become so haughty in his spirit that he would rather uphold his own image or his own reputation rather than giving God true thankfulness from the depths of his soul. Luke 7 tells the story of a woman (Mary) who understood what it was like to be overwhelmed with gratitude. Luke records in verses 37-38, a woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came with an alabaster jar of perfume. As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them, and poured perfume on them (NIV). This woman understood what it meant to be in the presence of such a great and awesome God. As she stood before Jesus, the son of God, she knew that all she had to offer was her best. Not only the best of her wealth (the alabaster box), but also the best of her being (expressed through her tears). Make no mistake about it, tears flow from thankful hearts.



Jeremiah speaks in the 31st chapter of tears of joy streaming down our faces. Joy is the intrinsic state of bliss that differs from happiness in that it is not necessarily contingent on outside events, possessions, or rewards; rather, it is based on the contentment one has regardless of personal circumstance or situation. After being reunited with his brothers in Egypt, the Book of Genesis records in chapter 45 the joyous display of Joseph who kissed his brothers and wept over them. These are the same tears displayed at the birth of a baby, marriage ceremony, or a loved one's graduation. Tears flow from joyful hearts.

At the tomb of Lazarus in John 11:35, we see Jesus, full of compassion, wept openly before the people. And then in Luke 19:41, Jesus sheds tears over the state of Jerusalem. If Jesus, the son of God, filled with all wisdom and all truth, and being the expressed image of God cries as a result of his compassion, then we too should emulate the characteristics of our Lord and recognize the needs, concerns, and plight of others and be moved to tears by what we see and feel. Tears flow from compassionate hearts.

In no way am I advocating emotional instability or a lack of self-control, but to believe that our tears somehow weaken us is not only emotionally unhealthy, it is also unscriptural. And remember, people may not understand, but God always does. Every tear you cry, He gives voice to them and answers your liquid prayer.

## Good Word



David was the second king of Israel according to the Hebrew Bible. He is depicted as a righteous king, although not without fault, as well as an acclaimed warrior, musician and poet, traditionally credited for composing many of the psalms contained in the Book of Psalms.

King David was also significant because he is part of the lineage of the Messiah, Jesus Christ. Christ is, in fact, referred to as the “Son of David.” King David was also one of the few Bible characters who made it into the “Hall of Faith” in Hebrews 11.

**Character(s): Major:** David; **Minor:** His brothers, Saul

**Scriptures:** The Books of Samuel, 1 Kings, and 1 Chronicles

**Significance of Name:** David means beloved.

### Best Known For:

God withdraws his favor from Saul, king of Israel. The prophet Samuel seeks a new king from the sons of Jesse of Bethlehem. Seven of Jesse’s sons pass before Samuel, but Samuel says, “The Lord has not chosen these.” He then asks, “Are these all the sons you have?” and Jesse answers, “There is still the youngest but he is tending the sheep.” David is brought to Samuel, and the Lord said, “Rise and anoint him; he is the one.”

God sends an evil spirit to torment Saul and his attendants suggest he send for David, a young warrior famed for his bravery and for his skill with the harp. Saul does so and makes David one of his armor-bearers and “whenever the spirit from God came upon Saul, David would take his harp and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.”

The Israelites are facing the Philistines in the Valley of Elah. The boy David is bringing food to his older brothers who are with King Saul. He hears the Philistine giant Goliath challenging the Israelites to send their own

## Ask Ayanna

### Why is praise important to God? What is worship?

Reader that is an excellent question. Let me first ask you, why do YOU like praise? Why do we as humans have a need to be affirmed? It’s part of our nature to know that when we did something well, others were pleased with it. Praise boosts our self esteem, it acknowledges who we are, as well as our positive attributes and contributions. At the end of a performance or speech, applause, “bravos” or the kind words of waiting guests tell us how appreciated our work was. If we as humans who are fallible, make mistakes and are capricious desire praise, then what more would God?

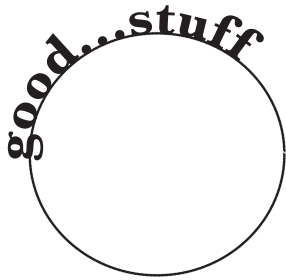
Merriam-Webster Dictionary defines praise as “to express approval of, commend; to glorify (as in divinity)...” Dictionary.com goes even further to describe praise as “the act of expressing approval or admiration; commendation; laudation; the offering of grateful homage in words or song, as an act of worship; the state of being approved or admired...” Praise is a willful act on our part. It’s something we choose to give to those we deem worthy of it. So we as humans desire praise, animals even crave it, and we as humans have the ability to give it.

Praise to God needs to be thought about slightly differently. God desires praise, even more so, He is the only one truly worthy of praise. He is the creator of heaven and earth; this life is about Him. We’re just along for the ride, reaping the benefits. Throughout the Word of God, we are commanded and urged to praise God, “sing forth the honour of his name: make His praise glorious.” (Psalm 66:2) Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name” (Psalm 100:4, KJV). Simply stated, we are created to praise Him; there isn’t a more theological answer to it than that “let every thing that hath breath praise the Lord. Praise ye the Lord” (Psalm 150:6, KJV).

Worship connotes a deeper understanding of who God is and a relationship that reflects that respect for all that He is, and does, “And I saw another angel...saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven and earth, and the sea, and the fountains of waters” (Rev. 14:6-7, KJV).

Worship as something you give, a noun is defined as, “worthiness, respect, reverence paid to a divine being, extravagant respect, admiration or devotion.” As a verb, the act that we do, worship is defined as, “to honor or reverence as a divine being or supernatural power” (The Merriam-Webster Dictionary). The Word of God reads, “O come, let us worship and bow down: let us kneel before the Lord our maker” (Psalm 95:6).

The list of scriptures can go on and on that encourage and command us to praise God. Only the ignorant or arrogant keep their praise from God. When you recognize who God is, your praise and worship become automatic and consistent.



*“Fresh” is the latest album from gospel superstar Tye Tribbett. “Fresh” is Tye Tribbett’s first solo project, in which he draws from every single element of music and brilliantly intertwines them to construct an album that is nothing short of amazing. “Keep Me,” a duet with Pastor Tim Rogers, is a perfect match with Tim Rogers rugged vocals and Tye’s equally pleading emotions that draw from the depth of his soul, make this a perfect compilation. Songs such as “Fresh,” “Take me over,” and “Only help” all come together to make this album cutting edge and avant-garde, something for which Tye Tribbett is world renown. MM*



*Elbertina “Twinkie” Clark is a musical genius whose timeless vocals go unmatched in any genre. She is known as “Queen of the B3 Hammond Organ” because of her dexterity and brilliance on the organ. Twinkie Clark’s “Live in Charlotte,” is new testimony that Twinkie is authentically astounding. “Jesus Saves,” written and later remade by Myron Butler, displays Elbertina’s vocalese, “Worship the King,” is a beautiful worship song that draws you deep into the presence of God while maintaining the excellence of her vocal ability. This is a classic album that will never lose style and will continue to be the template for great gospel music. MM*

champion to decide the outcome in single combat. David tells Saul he is prepared to face Goliath and Saul allows him to make the attempt. He is victorious, striking Goliath in the forehead with a stone from his sling, and the Philistines flee in terror.

Saul makes David a commander over his armies and offers him his daughter Michal in marriage for bringing more than 200 foreskins of the Philistines to him. David is successful in many battles, and his popularity awakes Saul’s fears — “What more can he have but the kingdom?” By various stratagems the jealous king seeks his death, but the plots only endear David the more to the people, and especially to Saul’s son Jonathan, who loves David. Saul and Jonathan are killed by the Philistines at Mount Gilboa. David mourns their death, then goes up to Hebron, where he is anointed king over Judah.

David commits adultery with Bathsheba, the wife of Uriah the Hittite. Bathsheba becomes pregnant and David sends for Uriah, who is with the Israelite army. David sends him back to Joab, the commander, with a message instructing him to abandon Uriah on the battlefield, “that he may be struck down, and die.” David marries Bathsheba and she bears his child, “but the thing that David had done displeased the Lord. The prophet Nathan confronts David, saying: “Why have you despised the word of God, to do what is evil in his sight?” David repents, yet God struck the child and it became sick and dies.

When David has become old and bedridden, Adonijah, his eldest surviving son and natural heir, declares himself king. The plans of Adonijah collapse, and Solomon becomes king (Bathsheba’s son). It is to Solomon that David gives his final instructions, including his promise that the line of Solomon and David will inherit the throne of Judah forever. David dies and is buried in the City of David, having ruled forty years over Israel. (Wikipedia)

### **How His/Her Life Impacts Us Today:**

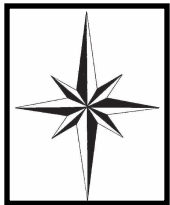
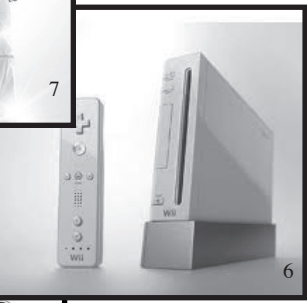
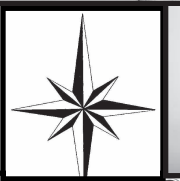
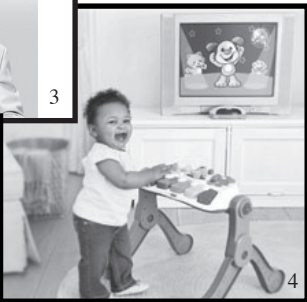
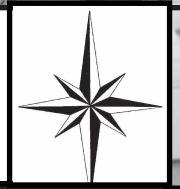
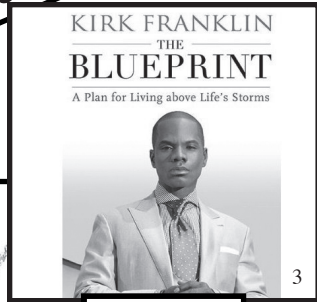
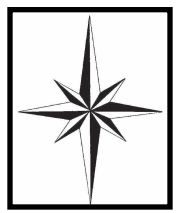
Even with all of David’s faults, being an adulterer and murderer, God still considered him a man after His own heart. This could be because David had a repentant heart and would always turn back to God. This is good news for all of us who want to honor and please the Lord but have fallen short in our Christian walk.

*Researched by TLC*

***If you have not accepted Christ in your life as personal Lord and Savior, we encourage you to do it now. Just simply say this prayer, “Lord, I am a sinner and I want you to come into my life. I believe that Jesus is your only begotten Son, and that He died to save me from sin. I repent of my sins and ask you to forgive me. Thank you for loving and saving me.”***



**Holiday Gift  
Guide  
TGNL Style**



1. Apple iPad
2. Tiffany Cross Pendant
3. Kirk Franklin-Blue Print
4. Fisher-Price Laugh and Learn: Learn and Move Music Station
5. Kodak PlaySport HD Water-proof Pocket Video Camera
6. Nintendo Wii System
7. Tye Tribbett-Fresh

And all of the years that I spent going back and forth... like I have faith, but I don't want to intimidate or I don't want to offend or I don't want to cause any problems... that is really like a dead issue now! If God gave it, then I have to go with it. So when He gave me the conference, He gave it to have it at an outside location because sometimes our local ministries meet the need of people in that very vicinity, but the mission of Faith and Favor is to be worldwide, that somebody would be encouraged. And worldwide meaning that it would reach people beyond my immediate hand reach.

**MORRIS:** So what was this experience like of planning what you believed was too much for you?

**KIMBERLY:** Well, the Lord gave me the vision. But so many people weren't communicating or registering. I didn't know who was coming, but what I like about God in me is that He never let me give up. I still ordered the bags and ordered them big. I still ordered tons of calendars, and I was planning for these large numbers because I knew that if I would just have a little bit of faith, then he would give me the favor. But just gearing up for the day was a hard process. But it was definitely God ordained, and the whole weekend was wonderful from Friday night to Saturday night. And I can't wait to do it again, the right way. This time I'm starting early.

**MORRIS:** Where do you believe God is taking this ministry?

**KIMBERLY:** Well, I see out of obedience, God's favor, and I see I'm definitely going to keep moving ahead. Faith and Favor 2011 will be November 11 and 12, location to be determined. But what I see is bigger than what I can see, and I see that God is showing me that local ministry is great and we need a covering, but he's also shown me that obedience is better than sacrifice. So I do see the Faith and Favor conference traveling. I don't see it is as a local New York thing alone. I don't know where it is traveling, but I do see it traveling! God's favor is on us!

**MORRIS:** Well, thank you for consenting to do this, and we're definitely looking for great things coming from you in the coming years.



But in the midst of all of that, I've been able to stand still and see the Lord work, so I'm yet encouraged.

And I want to say I see now where the Lord was taking and has taken my dad because although my family has always been close in the fact that we don't have like spats and disagreements as some families, but I've prayed for years that my dad would come to church and serve God fully. So the fact that I see him, now we're going on 17 weeks strong, worshipping with me has been a miracle!

**MORRIS:** What's interesting is that with the experience with yourself, with your dad, and with your mom all dealing with physical infirmities, in the midst of that, you had a Faith and Favor conference where the overall theme was God Still Heals.



First of all, let's just let our readers know what this Faith and Favor ministry is all about.

**KIMBERLY:** The Faith and Favor ministry was birthed from the Lord in December of 2006; it came from a vision the Lord gave me. It was mid-December and he woke me up in the middle of the night and I began to write the vision and make it plain. But when He gave it to me, He gave it to me large, huge, and I was very hesitant and very resistant. I guess you would just say disobedient. I didn't believe it. So I did speak to my church leadership about it, but I downplayed the vision far too much. And I've learned that through this process, to just do what He says and not what you want. Because what we want doesn't matter, but His will must be done.

So the purpose of Faith and Favor ministries is to reach the heart of people, regardless! People in our own communities are hurting and failing, and we're failing each other. So the whole goal is that people would understand if they have faith, then God would grant the favor; we've got to believe.

## LOW BLOOD PRESSURE (HYPOTENSION)

*Vonnetta Hughes*

What is low blood pressure?

Low blood pressure is when the pressure becomes low and causes the blood flow to become low as well through the arteries and veins. When the flow of blood becomes low, the oxygen and nutrients in the brain, heart and the kidneys are affected and do not function properly. Low blood pressure can cause temporary or permanent damage to these vital organs. If low blood pressure causes clinical symptoms, the cause will be in one of three general categories: either the heart is not pumping with enough pressure, the artery walls are too dilated, or there is not enough intravascular fluid within the system.

Signs and Symptoms

- Lightheaded
- Dizzy or weak
- Faint
- Chest pain (angina)
- Heart attack

The symptoms will depend upon which organ in the body is lacking adequate blood flow.

Diagnosis

Diagnosing low blood pressure in individuals is usually during a routine visit or a sick visit; where the seemingly healthy individual discloses his/her signs of weakness, dizziness and feeling faint. This usually leads to suspicion of low blood pressure. Simply measuring the pressure in the lying or standing position is the first step in the diagnosis process. Some tests include:

- CBC (complete blood count)
- Blood and urine cultures
- Blood electrolytes measurements
- Radiology studies
- Electrocardiograms (EKG)

Treatment

An individual with no symptoms will require no intervention. However, an individual with symptoms will have to undergo treatment and it is usually combined with diagnosis. Treatment can be as simple as lowering the dosage of medication an individual is taking. Another individual may need a more aggressive treatment plan such as: intravenous fluids, oxygen, antibiotics, antihistamine and/or blood transfusion.

\*If you have any of these symptoms and are concerned, please make an appointment with your primary care physician. If you would like more information on low blood pressure, please visit [http://www.emedicinehealth.com/low\\_blood\\_pressure/page14\\_em.htm#Treatment](http://www.emedicinehealth.com/low_blood_pressure/page14_em.htm#Treatment) and [http://www.medicinenet.com/low\\_blood\\_pressure/page6.htm#toci](http://www.medicinenet.com/low_blood_pressure/page6.htm#toci)\*



**MORRIS:** We're here with Kimberly Crawford, who is the founder of Faith and Favor Ministries. I'm excited for her being here with us. She's up really early this morning just to get this done for us, so I appreciate what it is that she's doing. Why don't you go ahead and introduce yourself to our readers?

**KIMBERLY:** My pleasure. I am Lady Kimberly Crawford. I'm from Westchester, NY. But simply, I am a young woman who desires the will of the Lord, finally! And it's important that you quote that. And at this point in my life, I'm going through a stretching process or a journey as we would call it,

and I'm just trusting God for the impossible and the unbelievable. So he's definitely enlarging my faith and enlarging my territory.

**MORRIS:** One of the things that we wanted to talk about is what you are journeying on right now, and I know that part of that is seminary. Let our readers know what school you're going to and what prompted you to pursue this.

**KIMBERLY:** Okay. Well, my daytime job is that I'm an educator. I work as a testing coordinator in the City of New York. We work with Albany, so I coordinate those tests and I oversee the auditing and the grading of the tests. That's my daytime job, but my first love is to be a kindergarten teacher. That's how I started. I was a teacher for several years. I did go on to school and I graduated in 2007 with a principal's license. And at this point, I'm not operating in that capacity, but who knows, maybe one day soon.

Currently, I'm enrolled in New York Theological Seminary. I've always wanted to go to seminary, but was intimidated because it's a 90 credit degree program. But the Lord sent me there to that seminary in January of 2010, and it's interesting because my car literally drove there. I wasn't planning on going there.

I thought about it. I was trying to get some information. I had spoken to another one of my friends about it, but that particular day, I made a

certain left instead of driving straight to go home, and I ended up there. And they interviewed me and they accepted me on the spot. So God is moving.

It is a very hard experience though. Last semester was good because I took a Preaching and Worship class. That was different. I won't say it was easy, but that it was an easier flow. This semester has been challenging because the work is different; the content is different. My passion for the subject is different. But it's a good experience.

**MORRIS:** Along with the challenges of seminary, I know that some of your challenges also have been personal. You've had a number of things going on in your family life and even in your own personal life as it relates to overall health.

**KIMBERLY:** Well, this has indeed been a long year, and that's one of the reasons why I was so interested in just supporting the newsletter and having the interview because sometimes you've got to push past your pain. I'm still in my 30's, but this has been the hardest year that I can recall in my life.



Just yesterday when we were trying to meet was the one year anniversary of me getting sick and I was up early in the morning in the kitchen cooking dinner for my mom because she hasn't been feeling well when I began reflecting on all of this. So it has been the hardest year emotionally, physically and spiritually. Some of the things that were closest to me this year were removed, either through death, through separation, through situations. I have a cervical spine injury that is pretty severe, but the Lord is blessing, and it has allowed me to be limited in what I carry, what I lift up, where I go and what I can move, so it's been a challenge. That happened in November 2009. Two weeks after that, I lost some close people in my life and then one week after that, I lost another person, so it's been a long journey. And then six months after that, I found out that my father had five heart attacks and he was hospitalized, and they called me (the hospital) because they had to call the next of kin. Five months after that, I found out that my mother is very ill and she's hospitalized today.