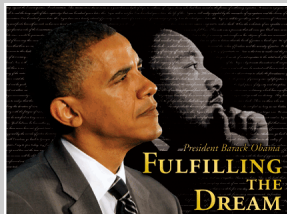


URBAN FAITH

MAGAZINE

A Christian Lifestyle Publication



GO BIG in 2013!

Small Thinking Could Be Dangerous

10 Habits that Will Change Your Life

Poetry for Your Soul
Change Your Life

Gospel News



ROSHANDA SPEARS

"If you can walk, you can dance!"



Share Your Faith with Your Family



Contents

ON THE COVER:

Roshanda Spears is a multi-talented award-winning dance artist and owner of Shufflin' Along. Her talents have taken her to some pretty great places but it is her faith that keeps her grounded. Read her story on **page 12.**



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URBAN FAITH

A Christian Lifestyle Publication for Women

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A MESSAGE FROM THE
PUBLISHER & EDITOR-IN-CHIEF
ALYNETTA L. BECK

Going BIG in the New Year!

Happy 2013! I love celebrating ringing in the new year! As a matter of fact, I love celebrating new beginnings. It is a chance for us to learn from our errors and try again. As the seasons change and the earth renews itself, so, too, does God allow us to be renewed. What a mighty God we serve who allows us to begin again!



Our cover story features a woman who has been renewed and has committed herself to bringing creativity to the community one dance at a time. According to my friend, Roshanda Spears, “if you can walk, you can dance!” Check out how she is GOING BIG on page 11. Maybe you can take a lesson or two.

Speaking of GOING BIG, find out why it may be dangerous to think small when we have such a BIG GOD on page 13. And, there are some habits we should start and keep because they could save your life. Read “10 Habits that could change your life.”

Bet you didn’t know that I am a big fan of poetry and all forms of literature. I share some of my poetry with you. I encourage all readers to share your poetry, prose, short stories and more with us. You can even upload your spoken word videos on the website. I’m looking forward to reading your work!

I am also looking forward to an exciting year! I wish you a very blessed and prosperous 2013. GO BIG!

Until Next Time,

Alynetta

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GO BIG in 2013!

Thinking Small Could Be Dangerous

Ready or not, 2013 is here! As we prepare for the new year and new possibilities, let us remember not to limit God with our small thinking. Psalm 37:4 says, "Delight yourself in the Lord and He will give you the desires of your heart."

Envision, plan and strategize, but do not hesitate to praise Him right now for what He will do! Do not settle for mediocrity, overwhelm or less than God's best for you.

How many opportunities have you missed out on or dreams have been sabotaged because of your small thinking? Why do we underestimate God? Why do we put him in a box? Thinking small can be dangerous. It can affect not just you but those you influence - your family, your friends, mentees, etc.



Thinking small sends a message that you do not deserve more.

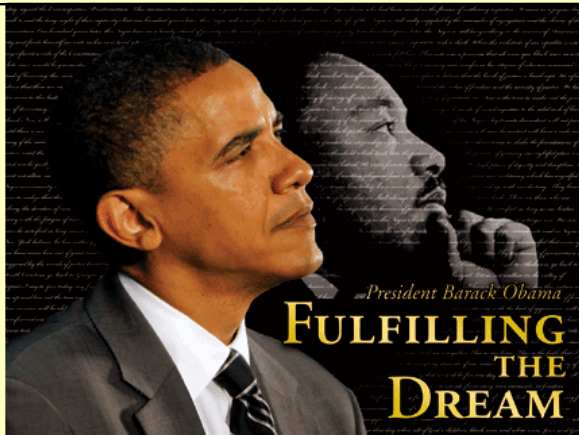
When you think small you stop the supernatural divine intervention of God from flowing in your life. God is a Big GOD. Thinking small does not allow Him to be who he is.

Thinking small allows mediocrity in our lives and we settle for less. Thinking small allows us to remain in the "coulda-shoulda-woulda" zone. Instead of our energy going toward fulfilling our purpose, we are stuck in reflecting on what could have been.

Thinking small fuels low self-esteem and lack of confidence. We cannot possibly feel good about ourselves when we think small. Low self-esteem and lack of confidence effects our relationships with others.

My challenge to you today is to GO BIG! Think big. Hold God to His word. He promised he would give you the desires of your heart.





A DREAM FULFILLED

a poem written by Samme S. Samareta (copyright)
on the night of November 4, 2008
dedicated to the hearts and souls
of every man and woman living and dead
and dedicated to President Barack Obama

Thank you for the dream

The dream that was once deferred

The dream that is now no longer a dream

A dream that is now fulfilled

They say this dream

Is an impossible dream

But no star is unreachable

Everyone is teachable

To the ways of the heart and soul

Everyone is able

Go tell it to the mountain

Because their eyes were watching
god

Mountain high, river deep, valley
low

Swing high, sweet chariot

The promised land is not a land

It is a heart of a man or a woman

This time of a man who will lead us

To change and give us new hope

Go set the table for we will dine

We're all one and all is fine

We will sit with the spirits of those

Who came before us

Who sadly perished

Who built the foundations of this
nation

Along with the indigenous peoples

Who worked and toiled this soil

Who breathed the same air

That they even wanted to sell

Come let us sit among kindred

The souls of black folks

Nameless faces

Forgotten tribes and races

Erased traditions and communica-
tions

Still they rise

Tubman, Dubois, Harriett Beecher
Stowe

Langston Hughes, Frederick Doug-
lass,

John Brown, James Baldwin

Rosa Parks, Malcolm X,

Martin Luther King, Jr.

who ignited the dream

Countless dead folks

And living people

I am the dream

You are the dream

We are the dream

Together as one

We will make it

A reality.

The Free God Tour

"Letting God Out of the Box"

A Spiritual Renewal Service to "Fire Up"
Young Christians Ages 18 - 35!

- Praise and Worship
- Choral Performances
- Spoken Word Poetry
- Liturgical Expressions
- Gospel Rap
- Young Adult Ministry
- Creation Tools

Refreshments Will Be Served!

Be not conformed to this world but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable, and perfect will of God—Romans 12:2

For more information, please contact us @ greysportyoungadultministry@vahoo.com.

Saturday, January 19, 2013
Williams Memorial CME Temple
1501 Peebody St. Shreveport, LA
12:00 PM



Speaker—Rev. Donna Brooks
Pastor, Carolina Bluff CME Church



Join us for Sunday School at 9:30am
and Morning Worship Service at 11:00am at

Lane Chapel CME Church

1007 Norma Avenue, Shreveport
318-425-

Rev. Earl J. Griffin, Pastor

www.lanechapelcme.org



Stellar Awards Live



Two of Gospel music's biggest acts will share the microphone when **Kirk Franklin** and **Tina and Ericka Campbell** of **Mary Mary** co-host the **28th Annual Stellar Gospel Music Awards**.

The annual salute to Gospel's best and brightest performers returns to Nashville's iconic Grand Ole Opry House Theater **Saturday, January 19, 2013**. The Stellar Awards will air live in broadcast syndication on 150 stations in over 125 markets around the country and on the GMC network from January 19 to March 3, 2013.



[Pastor T.D. Jakes](#) of the Potter's House, located in Dallas, Texas, will be a part of the Black Entertainment Network's "BET Honors" special airing in February 2013, the network announced last week.

Michelle Williams, singer-songwriter and actress who was introduced to the world while singing in Grammy Award-winning group Destiny's Child, recently announced that she will judge a gospel singing competition that will benefit the American Stroke Association.



Tracy Randall drew early inspiration from Gospel music, and once you hear his testimony, you'll understand why he left secular music to return to his Gospel roots. Watch Tracy Randall tell his compelling story here, and download his latest album "**Troubled Times**" [**right here**](#).

ROSHANDA

"If you can walk,

by Alynetta Beck

Busy woman. It's what I call my friend Roshanda Spears. I meet her at Christian Dance Center where she is either getting ready to teach a class or just finished. We catch up on what is happening in her world. Seems she has been busy doing everything. So, of course busy is the appropriate word.

This multi-talented, award-winning dance artist is the owner of Shufflin' Along, LLC, a flexible-mobile company that has been in the "dancing" business since 2004. Mobile, meaning you have the option of you coming to the studio or Ms. Spears coming to you. Her company provides choreography, dance instruction, and private lessons to youth and adults, specializing in African, Modern, Jazz, Tap, Musical Theatre, Lyrical, Pre-School, and Liturgical (gospel) dance.

Spears has been moving to her own beat since the age of five. Whether teaching it (long before she had a "business"), as a student or involved as company member, she knew dance was her "thing." She began her structure dance career in African, Tap, Jazz, Ballet and Modern Dance under the direction of her second eldest sister, dancer/actress and grassroots leader, Felicia B. Spears. A native of Los Angeles, California, Spears, the daughter of the late John L. Spears, Sr. and Fannie Joyce Spears, was raised in a family extremely gifted in the arts, business and civil rights.



In her pursuit for higher education, Spears received a Bachelor and two Masters Degrees from Grambling State University. During this time, her dance career continued to blossom under the direction of Dianne Maroney-Grigsby with the Orchesis Dance Company. She later became the Assistant Director of the Orchesis. Ms. Spears has performed in various venues, including commercials, plays, musicals and movies.

Since migrating to Shreveport, LA in 2001, Roshanda's career has stayed on point. Since migrating to Shreveport, LA in 2001, Roshanda's career has stayed on point working in a host of community venues (Shreveport Regional Arts Council-SRAC), schools, dance studios, and universities teaching dance. She is the owner of Shufflin' Along, LLC where she instructs private dance lessons and choreography for churches, weddings, plays, dance lines, dance studios, special events, commercials and movies.

A SPEARS

you CAN dance!"

A Northwest Louisiana Roster Artist, Roshanda has received awards on the state and regional level including a Professional Artist Mini Grant, SRAC Artist Fellowship in dance for 2007-2008, Outstanding Choreography and Excellence in Choreography for the 2011 Louisiana and Regional American Association of Community Theatres (AACT) Festival. In April 2012, she was a Choreographer/dancer for the CD release Musical Revival by National Recording Artist Forever Jones.

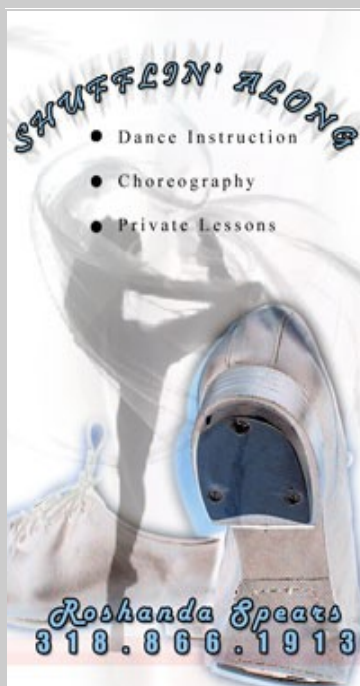
In addition to running Shufflin' Along, LLC, Spears is the Executive Director of the Shufflin' Along Foundation & Performing Arts Scholarship Fund. Its mission is to provide financial assistance to recent high school graduates and incoming sophomore college students enabling them to pursue academic studies in the areas of dance, acting, singing, music and musical theatre at an accredited institution of higher learning within the United States of America.

Spears saw a need to support the gifted and talented in the performing arts. As a dancer, actress and musician growing up in Los Angeles, she recognizes that the performing arts are vital to us as people. These are forms, no matter what language or cultural background barriers we have, is the glue that connects, educates, entertains and humanizes

As if all of this is not enough, Ms. Spears is the Dance Professor at Southern University at Shreveport and is a dance instructor at Christian Dance

Center. She also provides fitness/exercise/dance with Shreveport Parks and Recreation (SPAR) and is the resident choreographer for Mahogany Ensemble Theatre. She also sits on a number of arts affiliated boards and organizations in Shreveport. Future projects include, national choreography projects as well as working toward her doctoral degree. Her motto is, "If you can walk, you can dance."

Spears is a member of Greenwood Acres Full Gospel Baptist Church, where Bishop Fred A. Caldwell, Sr. is pastor/teacher.



10 Positive Habits That Will Change Your Life!



1. **Start the day with a positive mind-set.** When you wake up, make a commitment to face the day and whatever it brings with a positive frame of mind. Pray. Prepare yourself for the fact that everything may not go smoothly, or as planned, and be willing to handle any challenges in a positive way.
2. **Practice gratitude.** Be grateful for, and focus on the good things you have in your life. Many of us get in the habit of sweating the "small stuff" and let it get in the way of appreciating the important things - family, friends, good health, freedom and the many opportunities we enjoy. When we let that happen it downplays the fact that we really do have much to be grateful for.
3. **Learn something new.** Make a conscious effort to keep your brain active and functioning at optimum levels. Learn a new vocabulary word or a new piece of information as often as you can. It will keep you sharp and alert.
4. **Have a good laugh.** Read the comics or tell a joke just to loosen things up. It will help relieve stress, keep things light and change your perspective.
5. **Smile at someone.** When you walk through the office, down the street or are in a store, make it a point to smile at someone to acknowledge them. It will make you both feel good. We are usually so preoccupied and caught up in activity that we do not take time to notice those around us.
6. **Give a heartfelt compliment.** If you notice someone at school or work that has a new hairstyle or outfit that you like, or has just given a good presentation, do not hold back, give them a compliment. Everyone enjoys positive feedback.
7. **Tell your spouse, family member, or friend how much you appreciate them.** Just as we enjoy a nice compliment now and then, it makes us feel good to know a loved one appreciates us. Quite often we take those we are closest to for granted.
8. **Perform an act of kindness.** Do something nice just for the sake of being nice. Help an elderly person lift or carry something. Clear the table after a meal if it is not your normal routine. Offer to take your neighbor's kids to the park. It generates and promotes good will.
9. **Be a better listener.** Take the time to listen to another's point of view. Even if you do not agree with what they are saying, try to put yourself in their place and understand where their point of view.
10. **Take 10-15 minutes of quiet time.** Give yourself a break. You deserve time to reflect and regroup, too. Even a little 15-minute catnap can be surprisingly refreshing and rejuvenating.

These 10 positive habits can be incorporated into your daily routine at whatever intervals are comfortable for you. To be aware of them, and to practice them regularly, will help make each day more pleasant for you and those around you.



Happy 100th Delta Sigma Theta Sorority, Inc.

On January 13, 2013, twenty-two young women established Delta Sigma Theta. This year on January 13, over 200,000 college women and graduates celebrated 100 years of sisterhood and service. Here's a snapshot of the celebration in Shreveport, Louisiana.





Shreveport District Speaker

Rev. Donna Brooks

Pastor, Carolina Bluff CME Church

**Tour Location: Williams Memorial CME
Temple**

Shreveport, LA



Monroe District Speaker

Rev. David Hartsfield –Dyels

**Pastor: Lewis Temple & Martin Temple
CME Churches**

Tour Location: Mays Chapel CME Church

Ruston, LA

*Presented by the Louisiana Region
Young Adult Ministry*



*****For m

Free God Tour

Letting God Out of the Box



Minden District Speaker

Rev. Raymond Hampton
Pastor, Mt. Zion CME Church

Location: Mt. Zion, CME Church
Minden, Louisiana

*"One Spiritual Renewal Service
in Three Locations"*

Shreveport- January 19, 2013- 12:00p.m.

Monroe- February 9, 2013- 6:00p.m.

Minden-March 9, 2013- 10:00a.m.

Elder Larry Anders, Shreveport
Elder Kaylan Walker, Monroe
Elder A.B. Caesar, Sr., Minden

Bishop Thomas L. Brown, Presiding
The Mighty Fourth Episcopal District
Louisiana Region

For more information, please contact: Mini. Desmond Desdunes at 318-426-5338 or Rev. Brenda Davis at 318-503-9489.

A pink awareness ribbon is centered on a black rectangular background. The ribbon is tied in a loop, with the ends hanging down. Overlaid on the ribbon is the text "Have you scheduled your mammogram?".

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