

# ***Good News Magazine***

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## **WORDS**

**MASTERPIECES OF LIMITATION**

***Abdul-Rahmaan Abd-Raheem Muhammad***

***PEACE Associates-B2B***

***(People Education And Community Enhancement)***

***email: [mpeace44@aol.com](mailto:mpeace44@aol.com)***

***Helping People...Changing Systems & Remaking Worlds***

# WORDS

## MASTERPIECES OF LIMITATION



AS-SALAAM-ALAIKUM!

This book of poetry you are about to be exposed to, is designed to enhance your mind, enlighten your spirit, evolve your consciousness, and enrich your soul. Your desire to ever completely read this entire book of poetry is not the concern of the writer. What you gain from whatever you read and truly understand will be your blessing and your reward.

The writer is seeking to share with you, his periods of enhancement during 66 years of mental involvement, spiritual enhancement, and religious enlightenment. These motivations were based on his engagement with the teachings of the Honorable Elijah Mohammed and his son, W.D. Muhammad, following the revelations to prophet Muhammad (PDUH).

What you do with this book of poetry is on you, what you don't do with this book of poetry is also on you. May the blessing of the CREATOR be with you and your family. Thanks for your consideration.

WA-ALIKUM-AS-SALAAM!

ABDUL-RAHMAAN ABD-RAHEEM MUHAMMAD

# Getting things in order

Volume 1 Issue 2

## Good News Magazine

Good news date; 2/1/12

GOODNEWS MAGAZINE

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### Publications

- Director**  
**Hasan Abdullah**  
**Dornett Abdullah**
- Graphic Artists**  
**Dornett Abdullah**

- Writers**  
**Various writers**

- Editor**  
**Pastor Dornett**

- Photographer**  
**Jonathan Cunningham**

### Read more about these stories

#### THE WEDDING PLANNER

Wedding Planners are heaven-sent for couples who need to work on their theme, their budget and limited time. Sit back and relax and let wedding planners do the work for your special day. Wedding is one of the most awaited events in everyone's life. It is more than just celebrating a birthday. **Read More on Page 4**

#### SALON DESTINY THE HOW WHERE AND WHY

Salon Destiny, founded in 1996 by the owner and proprietor Yolanda Leatherwood, is becoming the premiere salon in the Hartford area and surrounding cities. **Read More on page 8**

#### Brenda Bates "Empowering Women

After many years of living a very troubled and sinful life, I came to a crossroad at age 29. One night I tried to commit suicide by driving my car down a city street as fast as I could. The plan was to drive until I met something that would not allow me to pass resulting in my death. **Read More on page 9**

#### Diamonds & Butterflies, Inc

As I look around at many of the women and young girls in our society today, it is very evident to me that this is a needed ministry. They have lost their sense of modesty and self-respect; they are promiscuous, brash and bold. More and more women have self-worth issues and allow themselves to be deceived and exploited by the enemy. **Read more on page 5**



#### The Fine Art of Resolving Relationship Conflict

: There are three steps to conflict resolution that, when successfully carried out, will lead to better relationships, better communication, deeper intimacy, less resentment, and a more fulfilling relationship. Ninety percent of arguments arise when one or both partners have unmet needs. This leads to unhappiness, which leads to anger, which eventually leads to a demand that ultimately leads to a stand off or a resentful compromise. **Read more on page 6**

#### Ultimate Success Formula to Achieve Anything You Want in Life

Ultimate Success Formula to Achieve Anything You Want in Life Have you wonder why some people achieve success in their life? What factors contribute to their success and why 95% of people fail to achieve success in their life? **Read more on page 7**

#### Words From The Editor



A New Year brings new beginnings, with new hopes and expectation. Live your life purposefully, don't waste your time on things and people that are not heading your direction. Understand you cannot take everyone with you on the 2012 quest. By now you should have evaluated and made some decision that involves letting go and moving forward .

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# The Wedding Planners



Wedding Planners are heaven-sent for couples who need to work on their theme, their budget and limited time. Sit back and relax and let wedding planners do the work for your special day.

Weddings is one the most awaited events in everyone's life. It is more than just celebrating a birthday. This is when a man and a woman bid goodbye to their single-hood and has decided to bind as one to start building their own family. Wedding is truly a very special moment not only for the marrying couples, but also for their parents, friends and relatives.

Planning a wedding is not an easy task. You will need to look in every detail to make sure that the event will be a successful one. Expect tremendous amount of money time to spent and needed when you decided to get married. This is really exhausting and not be good for the bride-to-be for she might become haggard on that very special day. The best way to get through your planned wedding is by hiring a wedding planner. Wedding planners are the people sent by heaven to help you in any way possible to bring you a very successful wedding.

Wedding planners are very articulate when it comes to their job. Many people say that they are too expensive, but the truth is you can hire them at competitive prices. Wedding planners will help you find a wedding package that will fit your budget without sacrificing the qualities of the event. They fully understand how special the day will be for both the groom-to-be and wife-to-be. You will never be harassed in choosing the motif, food, site, menus and even photo and video coverage.

You don't have to stress yourself during the wedding preparations. All you have to do is to enjoy yourself and be beautiful until the big day. The wedding planner will always be there to work over every detail and take off the pressure on your shoulders. They will work in close coordination with you and lay everything to you right in your place at your most convenient time.

In choosing a wedding planner, ask for referrals. You may ask your friends to give you contact so you can check how much their services range. You can also verify how successful the wedding they planned based on previous clients they served.



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# Diamonds & Butterflies, Inc.

"Empowering Women to Change Their World"



As I look around at many of the women and young girls in our society today, it is very evident to me that this is a needed ministry. They have lost their sense of modesty and self-respect; they are promiscuous, brash and bold. More and more women have self-worth issues and allow themselves to be deceived and exploited by the enemy. They are suicidal, depressed, oppressed, and increasingly chemically dependent.

I believe God wants to use my life experiences to make a difference in the lives of other women who have had similar experiences and possibly prevent some from having to experience the pain, shame, and destruction of those experiences. If I can touch the life of just one woman, then my life and all that I have gone through, will not have been in vain.



**Mission Statement:** To empower, encourage, and make a difference in the lives of women of every age, race, culture, social/economic status, or religion through the love of Jesus Christ.

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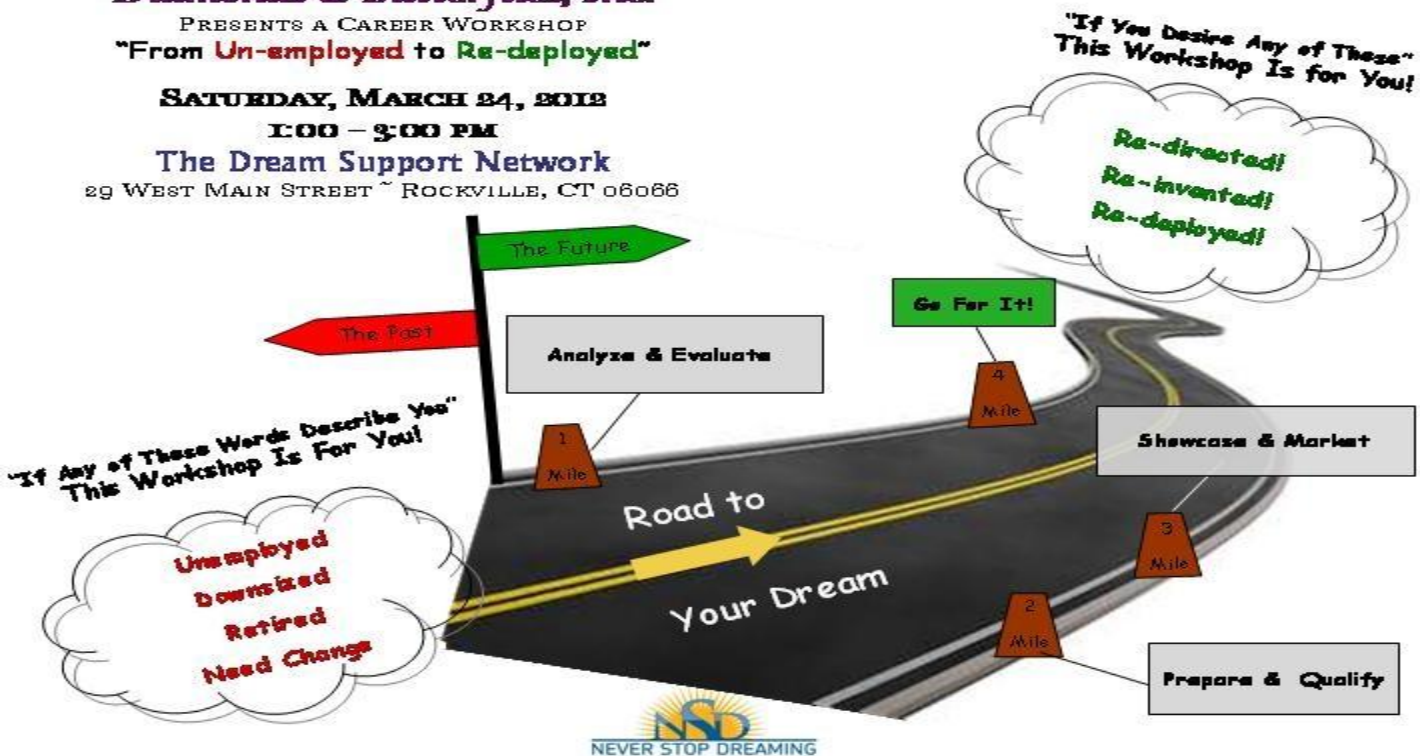
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# The Fine Art of Resolving Relationship Conflict

**Recommended By Pastor Hasan Abdullah:** By: Denise Wade: There are three steps to conflict resolution that, when successfully carried out, will lead to better relationships, better communication, deeper intimacy, less resentment, and a more fulfilling relationship.

Ninety percent of arguments arise when one or both partners have unmet needs. This leads to unhappiness, which leads to anger, which eventually leads to a demand that ultimately leads to a stand off or a resentful compromise. The topic you find yourselves quarrelling over typically is never the real issue. It is usually the acted out issue. There is an underlying unmet need that is the original source.

The best skill you can learn, if you don't possess it already, is a deep understanding of yourself, your emotional needs, your physical needs, your sexual needs, and your functional or practical needs. You see, by not being familiar with your own needs, you may react each time those needs are not fulfilled. By having a deep understanding of your needs ahead of time, you can be proactive and exercise the fine art of negotiation with your beloved. Here are the three steps of negotiation:

**Step 1 Awareness-** You cannot confront your partner about an issue unless you understand the issue yourself. If you find yourself complaining, criticizing, screaming, demanding, or putting your partner down, there may be a good chance you are not aware of what you are in need of. Take a deep breath, relax, and ask yourself "What is my need?"

Practice feeling emotions such as anger, fear, sadness, and shame. These are the internal alarms that alert you that there is an unfulfilled need. Pay attention to these negative emotions. You have been equipped with them for a reason. Be aware that for every need you have, if left unmet, you will most likely experience a fear or insecurity behind that need.

**Step 2 Make a Request** – The request is probably the most powerful communication tool you have. For men, you may be better off putting that request in writing since men tend to be visual. Don't depend on your partner to automatically meet your request. Seventy-five percent of the time your partner will not give you what you are asking for. He or she has not lived your life and do not realize the premium you put on this need. It is up to you to communicate this by being calm, clear, concise, and brief.

Now ask yourself if this request is tangible or unreasonable. Remember who your partner is—their strengths, weaknesses, limitations and personality. Can he or she realistically meet this need? Try to keep in mind this need was most likely inside you long before you ever met your partner.

Ten percent of this need originates in the present and ninety percent is linked to your past. Be honest and transparent about the origins of this need with yourself and your partner. Remember your partner is not a mind reader.

**Step 3 Negotiate** – Every need is valid and should not be dismissed. You want to resolve issues in the present or resentment will collect and store in an anger reserve bank. Eventually, the smallest issue ignites it like an emotional time bomb. If your partner is not the talking type, remember to write it down and do not be afraid to put a day and time under the written request for a consultation. Do not take it personally if you do not get your need met immediately. Think about making and keeping a promise between the two of you that you both agree to never say no. Always counter propose, but never say no. Respect the negotiation process.

Being proactive means defining the rules of engagement ahead of time, such as no shouting, using "I need" statements as opposed to "you don't or you never" statements, no emotional charges, always counter proposing and understanding the origins of the past where the need was birthed. Put these in writing and both of you sign in agreement. This is emotional maturity. One partner will possess a higher maturity and will require taking the lead.

If you both find yourselves at an impasse, the creative solution will most likely be the third option. Remember if any solution does not work for one party, then it is not a solution. Try using this line: "Let me help you understand my issue." Only resolve one issue at a time. The one who has the issue takes the lead and takes personal responsibility for the problem. Do not assume your partner should be proactive about an issue if it is not his or her unmet need. Now try to leave go of a fixed outcome. Be open and curious about agreed upon solutions. Remember this is your beloved and you need this person to help you fulfill this need. Be proactive and draw up a Conflict Resolution Agreement tonight before an issue arises.

# WOMEN INTEREST

## Ultimate Success Formula to Achieve Anything You Want in Life

By: Nelson Chen

Ultimate Success Formula to Achieve Anything You Want in Life Have you wonder why some people achieve success in their life? What factors contribute to their success and why 95% of people fail to achieve success in their life?

There are many factors contribute to the success of this group of highly successful people. Excellent communication skills, good habits, how to turn failure and setback into Million Dollar Opportunities and many more. But regardless of their background, one of the most important factor attribute to their success is that they apply Ultimate Success Formula in their life. The following are steps for Ultimate Success Formula:

1)Goal Settings - Successful people know what they want in life. They set specific goal as well as time frame to achieve their goal. The most important things are that the goal must be written very specific in details. For example a specific goal is "I want to earn 1 million dollar in 1 years' time". This is better than setting a general goal "I want to earn a lot of money "without stating the specific monetary amount and time frame. Difference goal determine the difference type of strategic to be deployed. For example, difference strategic deployed to make \$100,000 per month as compare to make \$10,000 per month. Specific goal settings help the high achievers to bring out the best out of them and achieve their target on time.

2)Take Actions - After goal settings, the high achievers will brainstorm and develop the best strategic to achieve their goals. After mapping their strategic, they will start taking massive actions to move forward. Without actions, nothing will change and nothing will ever happen. By now, you may have this question in mind. Are they guarantee of success by taking actions? More often than not, they will suffer failure. Successful people rarely achieve success in their first attempt. What differentiate successful people from ordinary folks is that they will apply the last step of the Ultimate Successful Formula...

3)Change Strategic - After initial setback or failure, successful people will evaluate their fail strategic and develop new strategic to achieve their goals. They never accept initial setback as failure and take this as learning curve. They keep changing strategies and actions until they achieve their goals.

Of course Ultimate Successful Formula is just one of the factors contribute to the successful people. There are other essential factors attributes to success which includes effective communicate skills, take charge of emotion state, and eliminate limiting beliefs and many more.

## ROYALTY

by Adetokunbo Oluwasanjo  
*Women's Interest*

Lift up your head and square your shoulders  
Stand up tall and do not be ashamed  
Though you may be clad in jeans and a pink blouse, a skirt suit and stilettos or a kitchen apron with a 'spilt sauce' stain In His eyes, you are clothed in fine, white linen. Adorned with Rubies of His Grace, Emeralds of His Righteousness Sapphires of His Strength And Pearls of His Beauty.

You are bathed in the Soul-cleansing Blood of the Lamb, Your face is smoothened with the 'anti-wrinkle' Oil of Joy (no wonder you look so young!)

You may be a size zero, full-figured, petite or athletic. When He formed you, you blew His mind away! He fearfully and carefully designed you. And when He was done, bursting with pride He said only one word "Wonderful!!!"

In Him you are perfect. Radiating more and more of His Glory as you grow in Him. Everywhere you go, you leave a hint of your fragrance - a witness of your him. In your eyes, you might be an insignificant 'one' of six billion others. In His eyes, you are to die for. Literally!

So Sister,  
Redefine your identity Wipe your hazy mirror clean. And take another look at yourself. Can you see what He sees? Don't settle for less than you are. Celebrate the love that your Father has for you.

You are the daughter of The King!  
An heir to the wealth of heaven  
A child of the Most High God.  
ROYALTY.



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Full Balayage from.....	\$175



Salon Destiny, founded in 1996 by the owner and proprietor Yolanda Leatherwood, is becoming the premiere salon in the Hartford area and its surrounding cities. Upon arrival you, as our client, will be greeted with a warm welcoming smile in an atmosphere created to make you relax and unwind. We value your time at Salon Destiny so we schedule all appointments to accommodate your specific need and desires. It is our goal to have each client experience world class professionalism and customer service at every visit. Our waiting area is complete with

refreshment for your convenience. Please come and celebrate a new long lasting experience that will have you not only feeling beautiful but will have you loving the way you look.

Individually, Yolanda is a licensed, accomplished and highly recognized Master Stylist in the world of hair and beauty. She has over 20 years of knowledge and experience and uses all that she has learned to rebuild, restore and repair dry brittle hair and transforming it into healthy free flowing manes. As a expert in cutting and coloring Yolanda has taught all the stylists that have been employed in her salon how to manipulate and style all textures of hair. Recently, Yolanda has traveled and styled as a platform artist for some of the most notable hair care companies. She prides herself on not only the dreams she has for her salon, but also the aspirations she has for her community.



# *Diamonds & Butterflies, Inc.*

## *"Precious in God's Sight"*



### **Brenda Bates "Empowering Women to Change Their World"**

For most of my adult life I have felt there has to be more to life than this. I was raised in church and was filled with the Holy Spirit at a very young age. Every Sunday the preacher would talk about all the do's and don'ts, and the consequences of not doing the right thing. However, in my young teens I began to recognize some inconsistencies in what was preached and what was actually lived.

I became confused and discouraged because no matter how hard I tried to do everything right, I just could not get past what was happening to me and what I was seeing all around me. I gave up on trying to be "good" and turned away from the church all together, but I never turned away from God. I always knew God was real and I knew Jesus was real and I knew the Holy Spirit was real, but I felt so unworthy and thought God was mad at me. As a result, I did not pray or ask anything of Him. I just felt I was doomed.

After many years of living a very troubled and sinful life, I came to a crossroad at age 29. One night I tried to commit suicide by driving my car down a city street as fast as I could. The plan was to drive until I met something that would not allow me to pass resulting in my death. I did hit an immovable object, however, it was not God's plan to let me go. He had a destiny and purpose planned just for me.

During my recovery time from the suicide attempt accident, God came to me as a light in the darkness. I was floating in complete darkness and could see a bright white line far in the distance. I kept floating toward the line and as I got closer, I realized it was a very bright light. When I got right up close to the line of light, a voice said to me "You have to choose Brenda. Will it be darkness or the light?" At that moment, I knew it was God. He had come to deliver me from the darkness that wanted to destroy me. I said, "I choose you Lord, I choose you." At that very instant I just fell into the light. A light that was so bright that all I could see was the light and nothing else.

That was the beginning of my redeemed life. I would love to say that everything was perfect from then on, but that would not be true. Even though some parts of my life were behind me, I still had habits, the stronghold of faulty thinking, and emotional scars that took over 20 years to heal. I cried a lot, I was angry most of the time, and no matter how much I tried to ignore the pain in my heart and head, it just kept pounding. I prayed and ask God "What is wrong with me? Why can't I get on with my life and just be happy?" I'm not sure, but I don't think I got an answer right then. However, since God loves me so much and saw my suffering, He sent people into my life who helped me sort it out.

I started going to church again and got involved in church activities, but as soon as something happened that reminded me of the past, I quit going because I refused to be hurt again. As a matter of fact, I spent many years running away from things that reminded me of my past in an effort to protect myself from being hurt. Then, I tried to suppress every hurtful thing until I forgot it. After a while, the pounding pain in my heart and head just became a constant dull ache that continued for years. I just learned to live with the pain and accepted the fact that it would always be there and thought the punishment for my sin was to never be happy again.

In 1997 I visited Heartland Community Church in Kissimmee, FL for the first time. Everything about it was right with me. The music, the preaching, and the spirit that engulfed me from the moment I walked in until the moment I left. I thought about it all week and could not wait until the next Sunday to go back. I wanted to know if this was a one time thing that I just happened to catch or was it like that every Sunday. I found out that it is like that every Sunday! Praise God!

Sunday after Sunday the word of God just poured out of Pastors Gary and Janis, invading every part of me. At first, I cried every Sunday, and then only every other Sunday, and finally, I wasn't crying very much at all. I felt as though God was healing me a little bit more each Sunday and He was not mad at me. He loved me. I learned to change my thinking and the way I reacted to things.

One Sunday, Pastor Janis was recognized for receiving her Master's Degree and she encouraged everyone who had not pursued a level of education that they dreamed of, to go for it. So I did! It was one of the best decisions I ever made. Going through the Bachelor's program in a Christian school was an unforgettable experience. After 3 years in the program, I emerged with an even greater degree of healing and freedom. I could see my calling and destiny. .... **To be continued.....**

# Living Healthy & Eating Healthy

## Stuffed Chard With Fresh Marinara



## Chili-Rubbed Tilapia With Asparagus @ Lemon

Reminiscent of the stuffed cabbage of yore, the mild flavor of chard makes these beef-stuffed rolls perfect for the whole family. Make It a Meal: A side of whole-wheat spaghetti to soak up the sauce plus a glass of Syrah.

### Ingredients

- 1 pound 90%-lean ground beef
- 1/2 cup plain dry breadcrumbs
- 2 medium shallots, minced, divided
- 1 1/2 teaspoons Italian seasoning, divided
- 1 teaspoon garlic powder
- 1/2 teaspoon freshly ground pepper, divided
- 8 large Swiss chard leaves, stems removed (see Tip)
- 1 14-ounce can reduced-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon crushed red pepper
- 1 28-ounce can crushed tomatoes
- 1/2 cup freshly shredded Parmesan cheese, (optional)

Tilapia, a relatively plentiful fish, has the unfortunate reputation of being dull. All it needs is a spice rub, a familiar barbecuing technique that works just as well indoors. You could also use this rub on chicken breasts or toss it with lightly oiled shrimp before cooking.

### Ingredients

- 2 pounds asparagus, tough ends trimmed, cut into 1-inch pieces
- 2 tablespoons chili powder
- 1/2 teaspoon garlic, powder
- 1/2 teaspoon salt, divided
- 1 pound tilapia, Pacific sole or other firm white fish fillets
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice

### Preparation

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, place in the pan, cover and steam until tender-crisp, about 4 minutes. Transfer to a large plate, spreading out to cool. Combine chili powder, garlic powder and 1/4 teaspoon salt on a plate. Dredge fillets in the spice mixture to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the fish and cook until just opaque in the center, gently turning halfway, 5 to 7 minutes total. Divide among 4 plates. Immediately add lemon juice, the remaining 1/4 teaspoon salt and asparagus to the pan and cook, stirring constantly, until the asparagus is coated and heated through, about 2 minutes. Serve the asparagus with the fish.

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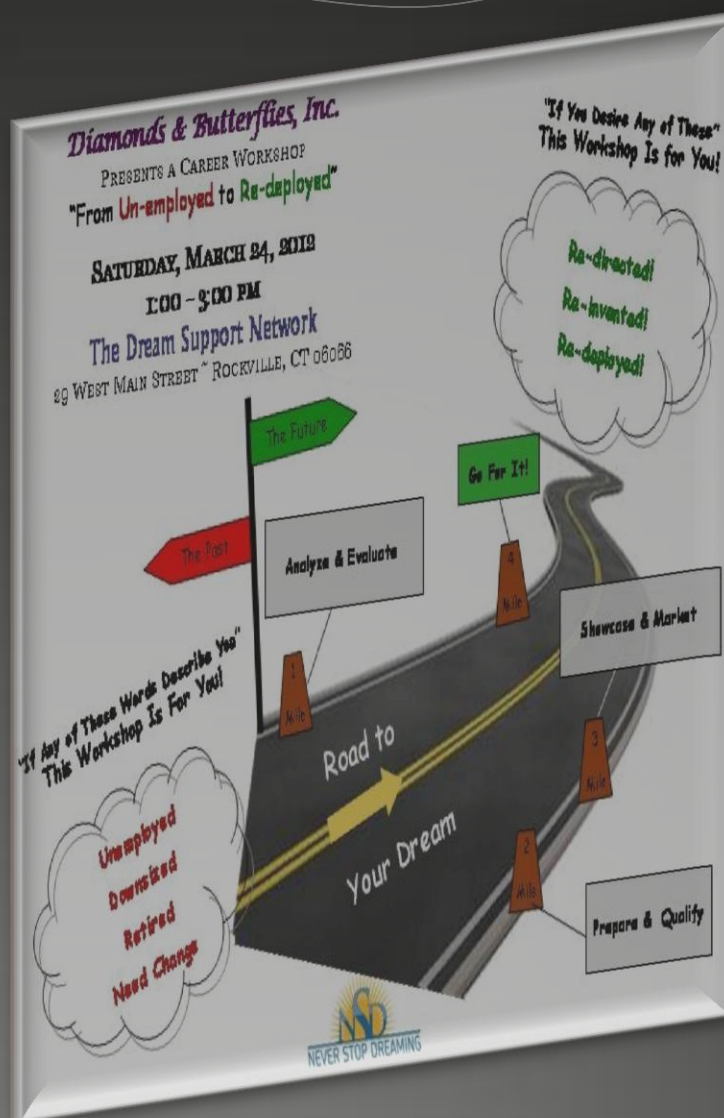
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WHERE JESUS IS  
LORD.



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