



Merry Christmas!

Hello Everyone,

Welcome to another issue of 'The Total Beauty'. I pray that your Thanksgiving was a blessed and prosperous one. December is the month to give honor to whom honor is due. For all those that believe in Jesus, the son of God, know what I am talking about. Yes, we are talking about Jesus' birthday. If you think about it, we give gifts to our loved ones on that day and most of us never acknowledge Jesus. Make me a promise and acknowledge Jesus on His day by giving thanks to Him for His many blessings. Acknowledge Him by spending time with loved ones in a church service. Acknowledge Him by sharing His word with someone.

Have a wonderful Christmas!

Kenya Johnson, M.P.G.C.

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We Have So Much To Be Thankful For

By: Hope Taylor

During this Thanksgiving and Christmas Holiday we take time to pause and reflect on the months that have gone by on the year soon coming to a close. We look at the people who are apart of our lives and the memories we have made and will continue to make. Once again we realize how blessed we are to have family and friends to share our lives with and start traditions that will last a life time. We have so much to be thankful for. The conversations around the table prepared with all kinds of

delicacies. The recipes and gifts that are exchanged, the songs we sing giving praise to God's name. We have so much to be thankful for. For if it was not for God sending his son there would be no you or me or family. There would be no reason to rejoice, but thanks be to God who did send his son Jesus to die and to rise that we can be free to celebrate these festivities in giving thanks to God with our family. We have so much to be thankful for!

Toxic Relationships

By: Kenya Johnson

Characteristic: When you find yourself without a support system

Having a support system is necessary at any phase in your life. It is what keeps you grounded and focused. A support system is just that, support. It is there when you need it and it helps or guides you through important times in your life. A support system is made up of friends and family members that have your best interest at hand. They are ready to come to your rescue whenever you need them and vice versa.

When you find yourself in a relationship that slowly starts to break down those support relationships, you are in trouble. When this person you are in relationship with begins to pull you away from the people that love you and insist

that you stop contact, BEWARE! When you find yourself giving up important activities or people just to make him/her happy, this is a sure sign of a toxic relationship.

Getting you away from the people that love you will give him/her more control over you, because the only person you will be able to turn to is him/her. If you have no support system in the beginning you are a prime suspect to be controlled. If you don't have a support system, now is a good time to start building one. Find a friend or relative you can trust. Maybe there is someone in your church that is willing to give you positive support. Whoever it is make sure that they are enhancing your personal growth.

God Bless You!

Kenya Johnson, M.P.G.C.



December 2006

Schedule of Events

- 12/4—Group Session @6pm*
- 12/11—Group Session @ 6pm*
- 12/18—No Session*
- 12/25—Christmas Day!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Group Session	5	6	7	8	9
10	11 Group Session	12	13	14	15	16
17	18 No Group	19	20	21	22	23
24	25 No Session	26	27	28	29	30
31						

Building Your Self-Image Spiritually

Lesson #5

You have been given fullness in Christ, who is the head over every power and authority.

Colossians 2:10 NIV

In the Message Bible it says:

When you come to Him, that fullness comes together for you, too. His power extends over everything.

When you come to Christ every thing starts to come together. God has power and authority over every thing. He has power over your past, and all the people that have hurt you or caused you pain. I know this is easier said then done, but when you are faced with the issues of the past and who you use to be. Remember God has power and authority over all of that and He has also given it to you.

Be blessed and be encouraged and know that you are an overcomer!

God Bless You!

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"Restoring Beauty from the Inside Out"

My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see myself in the image of God. AMEN

From A Man's Point of View **By: Brian Johnson**

This is the time of year where we thank the Lord for all He has done and spend time with the people who mean the most, our family. Family and holidays are more than just getting together and eating a big meal, giving gifts, watching and playing games, but it is a time to embrace each other and express the love that has kept the family together. A father's role is important in keeping the family together and strengthened in love. Often times in many families it has been mothers who have initiated the family getting together, and expressing feelings of love, joy and care. I believe it is important for fathers to take on the responsibility of gathering the family together and expressing and giving love. As fathers we have been given the responsibility by God to cover, provide, and protect our family. However, above being a covering, provider, and protector of our family, we are to first demonstrate and give love to our family. As earthly fathers we must learn from our Heavenly Father who loved the world so much that He gave His only begotten Son to give life to us. Fathers, as we celebrate this season let's celebrate family by demonstrating love at the expense of ourselves and give life & love to our family.