

truelife

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THE VALUE OF FRIENDSHIP

Mañana mi
Amigos
Tomorrow my friend

SEX,
Romance &
Employment Regulations

Dealing *with* Betrayal

"Take time to think through what happened, how it happened, the role you played and your next lines of action in order not to worsen the situation."

Sonnie Badu's Covenant

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pay attention!



So this is what I did, I made a list of all the different things that I was working on or involved with, anything that is important in my life and I want to see working very well and I have decided to pay attention to them. This is not as easy as making a list, especially when your list is as long as mine! But it is an important step to making things work.

You can begin to prioritize and take a realistic look at what you are involved with and plan to ensure that you have some quality time for everything. Even if you don't have a busy schedule the principle of paying attention applies. There is such a sense of relief when

you begin to do this. Then the difficult part is following your plan. Trust me just when I started following my plan I seem to be going off, but because I made a conscious effort to pay attention to the situation on a daily basis even when I err I get pushed back to my new resolve.

I like to be busy; being bored is not my cup of tea! I always need to find something to do. Thankfully I seem to have my hands full with doing different things with work and having to play other roles. For me anything that I do just has to work right and perfectly, no excuses! So long as the idea was brilliant it should work. Truth is, not everything has worked out great! I have been reflecting recently on why some things have worked so well and others haven't, once I started paying attention to this issue I had my answer. Apart from all the other reasons why they didn't work the most significant or the constant in all these situations was the fact that those that worked great were the one's that I paid attention to and those that didn't work had no or very little of my attention.

Sometimes we spend time praying for situations that prayer cannot change,...

This got me really thinking and I began to look at several situations in my life - work, family, friends, relationships, religion etc. Indeed any area that I had paid attention to was doing very great whilst other areas that I had no time for just didn't work great.

Why don't you spend time and do the same, you will realise the magical power that paying attention to anything or situation that you want to work in your life has. Sometimes we spend time praying for situations that prayer cannot change, what we need is a change of attitude. Check your prayer list, perhaps the answers you need will come from just paying attention. Begin to pay attention to the situations that need attention and you will see the miracle power of Attention! It's not rocket science; it's as simple as planning and making time for the things that count.

Don't forget, Pay Attention to your DREAMS! You will be amazed at the result.

True love ✨

Dedo

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to hear
from you!

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Keep it Simple

When Dedo Kofi, the editor, came to my office with a friend, Safoa to ask me to write a piece for the current edition of Truelife, I was in quandary as to what to write about. In a conversation with them, I remarked that the Bible says God made us simple but we make ourselves complex, she blurted out “that should be the title of the piece: ‘Keep It Simple’”. She intoned that life should be simple; what we eat, what we wear and where we live should be simple. She added that ostentation should be frowned upon.

Variety, they say, is the spice of life and simplicity should be the food that is spiced. Imagine seeing someone who has wrist watches on both hands, I suppose your first reaction would be “what is wrong with this fellow?” even before you know the reason for that act. The Good Book, in Proverbs Chapter 8 and verse 5 says “You who are simple gain prudence...” (NIV) What it means is that the simple-hearted is wise (prudent).

A simple person is not a simpleton that is “a person without the usual ability to reason and understand”, rather the simple takes informed decisions after weighing things; he or she is virtuous. Hard work and honesty are attributes of simple hearted. Take a listen to Prov. 12:1: Hard work means prosperity; only fools idle away their time (NLT).

Dishonest money dwindles away but he who gathers money little by little makes it grow (Prov. 13:11 NIV).

Let us take a look at Proverbs chapter 31 verses 10 to 31, where a virtuous or prudent wife is copiously described and praised. A few of the verses are worth listening to:

She finds wool and flax and busily spins it, she get up before dawn to prepare breakfast for her household and plan the days work for her servant girls. She goes out to inspect a field and buys it; with her earnings she plants vineyard.

She extends a helping hand to the poor and opens her arms to the needy.

She has no fear of winter for her household because all of them have warm clothes.

She dresses like royalty in gowns of finest cloth.

Her husband is well known, for he sits in the council meeting with the other civic leaders...

She is clothed with strength and dignity and she laughs with no fear of the future. When she speaks, her words are wise, and kindness is the rule when she gives instructions.

She carefully watches all that goes on in her household and does not have to bear the consequences of laziness.

Her children stand and bless her, her husband praises Her: "There are many virtuous and capable women in the world, but you surpass them all!"

Charm is deceptive, and beauty does not last, but a woman who fear the LORD will be greatly praised.

These virtues can be replicated in simple-hearted and prudent people who are also God-fearing. In this get-rich-quick and grab-as-much-as-you-can world, the simple-hearted and virtuous person is an example for all to emulate!

Keep It Simple, and I must add Virtuous or Prudent!!! 🙌

Kwabena Aboagye
Accra Ridge Church

Contributors

"Do you believe in Dreams? How significant is it in shaping your everyday life?"

Kofi Boateng



Every big thing starts with a thought, an idea, a dream. I'm a big dreamer and I believe following my dreams has served me well. Granted, not all dreams are achievable, the only way to know is by trying. Others are achieved at an immense cost; through sacrifice, perseverance and faith. If I have to do it all over again, I will continue to dream bigger and ask the giver of all good dreams for wisdom, direction and discernment to know which dreams to follow for good success.

Archie Anaba



"Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world." Oscar Wilde, the Critic as Artist I believe that we are defined by our dreams. For those who have an envisioned destiny, our choices are based on that vision; that dream. Parameters like our attitudes, character, appearance, choice of language, and our use of time are all defined by the visions and dreams kept in the focus of our mind sets

Shirley Akwafo



I absolutely believe dreams can come true! I can recall how all the dreams I believed in came to past. The amazing experience about being passionate with your dreams is that it makes you confident, gives you a clear vision and propels you to make it happen.

Steiner Wood



I make a wish and I dream my wish. To have a wish and to realise my dream I need to work at it and keep believing till it comes true. My dreams have kept me focused on my ambitions and aspirations. It has empowered my drive to achieve my desires. Dreaming my wishes into actualisation is simply magical. I dream because dreaming works!

Your Letters

We asked,

What do you do to keep your eyes & heart open to the needs of others?

>>>As people we live and interact with one another and that defines our very essence. For me, I try to put myself in the shoes of anyone I come into contact with. By so doing I am able to understand their opinions and the angles of their thoughts and actions and therefore I am better able to understand their needs. I always situate the circumstance of others to myself to help me better understand and meet their needs.

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>>> I keep my eyes and heart open to the needs of others, by showing genuine love and personal interest. In doing this I help within my means by listening to understand their challenge and try to offer the help they may need.

George Osei Ampey
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You answered

Star Letter



>>>I think its only when you love people that you can do this. Life is like a party, some people leave early, some stay throughout and some show up really late, but after the party few people stay to help clean up the mess. And most of the time those people aren't the one's who created the mess. So when I love a person we enjoy together and face the problems together. Also, I make time for the people I truly care about. I don't wait for something to happen before I show up and care. People don't need lots of advice, they need a listening ear and someone who will just be there for them.

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OUR QUESTION TO YOU!

*How do you keep your **dreams alive** till they come true?*

Send your response to editor@truelifeworld.com or Truelife, P.O. Box CT8290, Cantonment Accra or Drop them in the Truelife drop boxes provided at your church.



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DON'T LET OTHERS LIMIT YOUR DREAMS

“What if some did not have faith? Will their lack of faith nullify God’s faithfulness?”

(Romans 3:3, NIV)

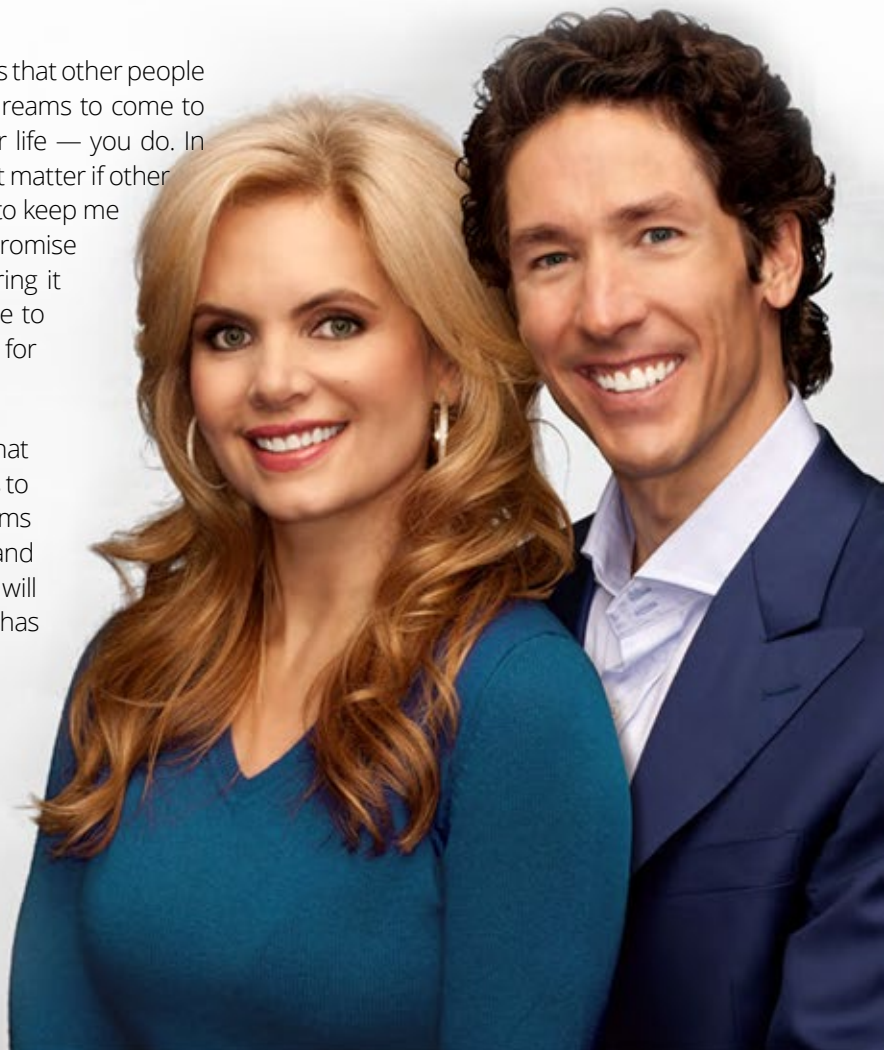
Have the opinions of other people caused you to water down your dreams? There will always be critics and naysayers in life. It's not what's said about you that affect your life, but what you say and believe about yourself.

One of the most important things you can learn is that other people don't have to believe in you in order for your dreams to come to pass. Other people don't set the limits for your life — you do. In Romans 3:3, the Apostle Paul is saying, “It doesn't matter if other people don't believe. Their unbelief is not going to keep me from believing in my dreams.” When God puts a promise in your heart, it's not up to other people to bring it to pass, it's up to you! You don't need everyone to validate you. You have to follow the voice of God for yourself and allow Him to order your steps.

Remember, God sees the hidden treasures that you've had buried on the inside of you. He wants to bring those treasures out and make your dreams reality! As you get rid of old, defeated thoughts and replace them with what God says about you, you will remove the limits and live the abundant life God has in store for you!



From Today's word
with Joel & Victoria Osteen





Dont talk
to God about how
big your mountains are;
talk to your mountains
about how big your GOD is

- JOEL OSTEEN

DARE
TO
dream

Dealing WITH Betrayal

He wouldn't get out of bed, wouldn't attend lectures, and wouldn't eat. He was sick; at least that's what we, his friends, thought. With a little bit of coercion, he was taken to go see a Doctor and was subsequently admitted. Two days later, he was discharged with an inconclusive diagnosis. Then he confessed; he had been jilted by his girlfriend, someone we all knew. Oops, my friend was heart-broken. He was in shock, had cried secretly, and thought he could not go on without his hitherto sweetheart. He was also angry and felt humiliated but in good time, he learnt to move on.

It is always painful when someone you love or loved, trusted and confided in betrays you. These were people you were in relationships with, family members, colleagues at work or just casual friends. We feel let down when a promise is broken, an engagement is called off, a marriage is unjustifiably annulled or dissolved. We feel even more betrayed when a loved one leaves us for someone else, another woman, another man. When what we thought was a secret between two people becomes the talk of town, not to mention the internet and its ability to spread news without bounds. We feel betrayed when in our lowest moments, we expect friends and family to be there and disappointingly, no-show! How about when we're passed over for a promotion or recognition we believed we deserved or had earned at work or in a social organization?

Betrayal involves lying, cheating and of course, broken promises. The feeling of bitterness, abandonment, powerlessness, loneliness, self blame, self pity, low self esteem, fear of the future and denial are among the effects of betrayal. Additionally, one may feel offended, unloved, depressed, paranoid and even mistrust people.

The Healing Process

Dealing with betrayal can be nightmarish but there's hope. In no particular order of significance, the following are steps you may take during the period of healing:

➔ **Think:** Because you're hurt, there is the tendency to rash with your decisions. Take time to think through what happened, how it happened, the role you played and your next lines of action in order not to worsen the situation. Can the relationship be salvaged; has the other party shown any remorse? You may need more time to ponder over your options in order not to take any actions that may be counterproductive.

We feel betrayed when in our lowest moments, we expect friends and family to be there and disappointingly, no-show!

➔ **Stay calm:** Be gentle and compassionate with yourself. Do not blame or hate yourself for what happened. The last thing you should consider doing is hurting yourself physically or in any way thinkable. Confront or not to confront? Having analyzed the entire situation, it may be time to confront your alleged offender. Let them know exactly how you feel in a clear and direct manner. If you are not sure of all the facts of the incident, approach carefully and make known your desire to find out the truth. Be bold; let it all out while also taking care not to escalate the issue.

➔ **Grieve:** Grieving at this stage is important but you have to grieve for the right reasons. Do you know exactly what happened? Do you know exactly what you're losing or going to miss? Grieving and crying during this period may be uncontrollable and it is perfectly normal but make sure the period does not define you and become a long term event. The earlier you put yourself together and move on, the better.

➔ **Acceptance:** If someone left you or betrayed your trust in one way or the other, there's a good chance that you may be better off without them. Thank God that you're still here to make a better choice next time! In cases where they have decided to move on, you may be better off accepting their decision and not pursue them. If you fight to get them back into your life or to keep them, you may only be setting yourself up for a bigger disappointment in future.

Dealing WITH Betrayal

Truelife FRESH

**“LIVE your life
knowing that all things
work together for good to
them that love God “
(Rom 8:28)**

➔ **Take Care of Yourself:** Having locked up yourself in your room and cried your eyes out for days, it is time to put on your best behavior, best clothes and step out in style. Take care of yourself by eating well, getting adequate sleep and indulging in activities that you know will cheer you up. Exercising may also help keep your mind off the pain while also keeping your mind and body healthy in such a difficult time.

➔ **Get uplifted!:** Hanging around people who impact you positively, listening to your favorite preacher or motivational speaker and reading inspirational books may be helpful. Words that encourage, comfort and build you up are what you need to hear at this time. Choose your companions carefully and keep reminding yourself that you will get through it in due time.

➔ **Forgive:** Being able to forgive is a step towards total healing and emancipation. It is true that the last thing you need is for the offender to get the opportunity to hurt you again but keep an open heart, pray to God to help you to forgive. If you can, pray as well for the other party and watch the power of forgiveness transform you.

➔ **Let go:** Letting go of your hurts will help to bring closure to this episode in your life. The unforgiveness and bitterness in your heart may even be more draining and agonizing than the pain you suffered at the hands of someone who goes about their life normally, oblivious of what you are going through.

➔ **Don't be vengeful:** It is important to avoid the temptation to be vindictive towards the other person. Will you really be satisfied if you got back at them, just so they know how it feels? Save your time and energy and focus on your healing as revenging or wishing them evil will do you no good.

➔ **Trust again:** It is not easy to forget the pain the betrayal may have caused you but you can put your mind to it and learn to put it behind you. Your inability to forget and move on may hinder future relationships. Remember,



just because you were betrayed by one person doesn't mean that everyone cannot be trusted. There are good people out there and you can give someone else a chance.

➔ **Seek help:** If all the self help measures do not produce a favorable outcome, it may be time to talk to someone else, a person of influence, a professional. Someone who understands how you feel and will be straight and honest with you. A trusted friend, church leader, counselor, therapist or a reputable group may help you to understand that you are not alone as they help you to come to terms with the situation and deal with it.

➔ **Move on:** Moving on with your life should be your ultimate goal. After a careful reflection on the situation, you may decide to part ways or maintain the present relationship. Moving on mentally helps to bring closure to the painful experience.

Remember that no matter how much you grieve, the other person may never really appreciate your pain or see your point of view. Their assurances and apologies may be taken in good faith but there's no guarantee that what you suffered will never happen again; that no one will ever cheat on you again, betray your confidences or abuse your trust again. LIVE your life knowing that all things work together for good to them that love God (Rom 8:28) and that even if you were to encounter another such situation, you will be better prepared to handle it. ✨

Kofi Boateng



Justice Delivered!

Testimony of Justice Marful-Sau

If the beginning of one's life is any indication of how they turn out, then Justice Marful-Sau should be nowhere close to his current position. For someone whose conception was initially denied by the man responsible, for someone whose childhood was filled with work to support himself, his mother and siblings and for someone whose father accepted and took him in later years, only to end up in a worse situation than the working childhood life with his mother, he is indeed a living testimony of The Living God.

Sharing some of the testimonies he has encountered in his life, the current Director of the Judicial Training Institute and an Appeal Court Judge supported his numerous encounters and victories with the Word of God.

Hailing from Assin Adubiase in the Central Region, his fondest memory of the power of God was at the initial stage of him being born again. This was several years ago, when his then seven year old daughter became ill and yet the hospitals were unable to diagnose her ailment. After a Full Gospel Meeting he had attended, he felt the need to pray for his daughter. He did and the sickness just disappeared completely. No traces of this mysterious ailment, has since been experienced by his daughter, who is now 27 years old and in her final year at the Law School.

He narrated another incident when his wife, Mrs. Eva Marful-Sau got involved in an accident. She was treated and discharged yet after two weeks, her situation got worse. The pain and discomfort grew to the point where she could not walk. He believed Jesus to heal her so when his aunt and husband persuaded them to seek prayers from a "powerful" woman of God, they reluctantly agreed after a series of persuasions. The prayer meeting was finally arranged but on the day, on their arrival, she refused to see them as arranged. They returned home perplexed amidst confusion and the unexplained reason why she has refused to see them. In time, his mother in law passed away and at her funeral at Accra Ridge Church, his wife had to be assisted (practically carried), to the podium to read a tribute for her mother. On another occasion, at the same Accra Ridge Church, Reverend Lyanne Koffi was having a one week program of revival.

On the first day, he attended with Eva, however on the second day of attendance, he left earlier to attend a Full Gospel Fellowship Meeting. He was later informed of the wonderful news that miraculously, his wife had been healed. He believed that The Lord had presented his wife in her weak and poor state to a congregation at Accra Ridge Church, and to the same congregation on another occasion, The Lord caused her to be healed. The sequence of events revealed to Justice Marful-Sau the demonstration of God's power and confirmation that He listens to our prayers.

At The Lord's appointed time, He makes all things beautiful. Justice Marful-Sau was one of two Judges who was selected in 2007 to read a postgraduate programme in Petroleum Law at the University of Dundee, just at the time when Ghana discovered oil. In 2002, he was appointed a High Court Judge. In 2004, the first Commercial Court in West Africa was commissioned in a new facility built by Danida (a Danish Aid Agency). The then Chief Justice appointed six Judges to manage this facility. Out of the six, Justice Marful-Sau was appointed President. Before this appointment, he was presiding in Koforidua. In 2006, he was appointed an Appeal Court Judge and in the same year appointed Director of the Judicial Training Institute in 2011. With all these progressive successes and unparalleled strides of achievement, would you believe that right after his University Education, his Uncle secured a school in the United States for him to read his masters yet his visa application was refused? Would you believe that while in Form three at Breman Asikuma secondary school, his father left the country without notice abandoning him without any financial support and no idea how he was going to secure help to complete school yet before the following school term, he had been awarded a full scholarship? "The power of God is always at work" muted Justice Marful-Sau with a broad smile.

"When one door closes, you have the choice to stay behind it and cry, turn yourself and look at another option or to decide to leave all your cares to God" he adds. Listening to the humble Judge who shared his testimonies willingly he made one thing clear, that there is indeed a whole lot of uplifting for humble people.

On one New Year's Day, he went to visit some relatives and as he was being served a drink, the drinking glass cracked into fragments. He was very surprised, so he took the bottle, prayed over it and drank the remaining content from the containing bottle. He sought explanation from friends with some science background who told him that it is possible for liquids of certain temperatures to crack glass of another temperature, but the puzzle was that, if that was the case, how come the bottle did not break? He prayed fervently about it and The Lord revealed to Him later that He did not want him to drink from that glass because it had been defiled. Indeed, The Lord takes care of His own!

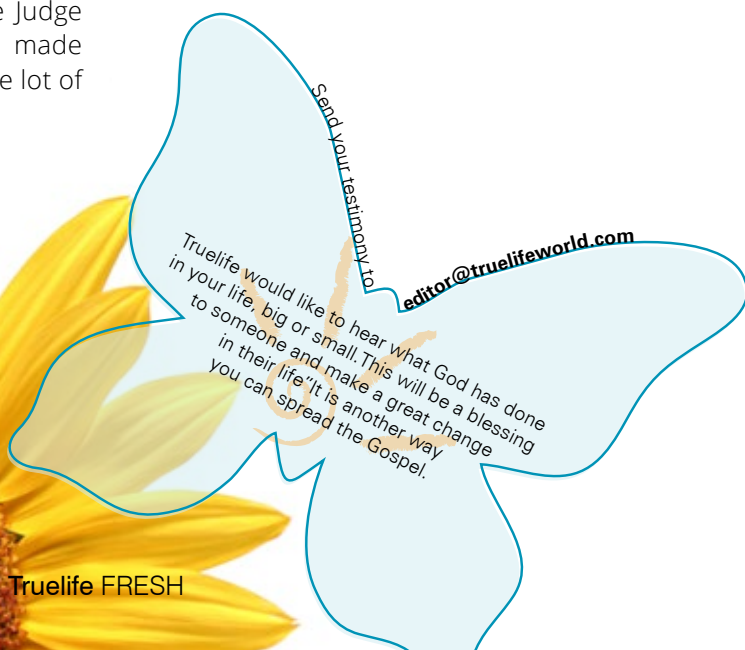
The word and power of God have been the same as from creation. He that keeps us has not slumbered. He is near unto all who call upon Him in truth. He demonstrates His love for us in so many ways. He has been, is, and will be the only constant, for while all others have changed, he has remained unfazed. Trust In The Lord with all your heart and He will lift you up. If Daniel, Paul, Moses, David and Solomon are too far away for you, if the miracles performed and narrated in the Bible are far reaching, and have you thinking that it may never happen to you, here you are with a living testimony, he is living amongst us today, and he has just shared a few of his testimonies with us.

Justice Marful-Sau is proof that God is an unchanging God, same yesterday, today and forever! 🙌

*"When one door closes,
you have the choice to stay
behind it and cry, turn yourself
and look at another option or to
decide to leave all
your cares to God"*



Truelife FRESH





Handling My TEENS peer pressure

Teenagers & Peer Pressure

Whether it's the latest and hippest dance, "Azonto" or the latest fashion styles, every teenager wants to "fit in" in one way or the other. Like the proficient marketing professionals some will grow to become, they understand that image is everything and they care about what others think about them. They want to be accepted by their peers hence, the desire to hang out with the cool and popular guys in school and in the community they live.

As a teenager, I came up with all kinds of excuses including "losing" and "accidentally" breaking a pair or so of my glasses (spectacles) when I wanted to upgrade to a trendier one. You probably remember the amount of time you spent looking at yourself in the mirror prior to an important outing or date, making sure your clothes were right, the shoes matched whatever they

were supposed to match, hair in good shape, and you were well coordinated with borrowed accessories from big sister, big brother and even friends just to be hip. Or, do you remember when you sneaked into mum or dad's closet and "borrowed" a pair of shoes for that special occasion with your friends? And when they found out? Well, you just didn't want to stand out in a bad way, you wanted to impress, you wanted to be accepted, you wanted to fit in!

Most teenagers are influenced positively and or negatively by the people around them particularly, their peers. This is peer pressure and it comes in the most subtle form to the most blatantly applied pressure. Negative peer pressure may lead your teenagers to experiment with drugs, alcohol and other dangerous substances, shoplifting and other misdemeanors, hooliganism, truancy, premarital sex to mention a few. These 'adventurous' behaviors lead to trouble with parents, school authorities and ultimately, the law, potentially destroying and wasting young lives.

When friends influence your teen to do good things such as encouraging them to do public speaking, take up leadership roles, learn and achieve academic goals, and even to say no to illegal and immoral acts, that is positive peer pressure.

What Every Parent Should Know – Some Peer Pressure Facts

Now, if you thought peer pressure among teens is nothing to worry about, here are some startling facts most of which can be attributed to peer and other environmental influences:

-  90% of teenagers in a survey admitted to have been influenced by peer pressure. (Parent Further)
-  28% agreed that their social standing improved among their friends when they gave in to peer pressure. (Parent Further)
-  About 30% of teens are offered drugs in middle and high school. (Adolescent Substance Abuse Knowledge Base)
-  74.3% of high school students have tried alcohol. (National Housing Survey on Drug Use and Health, US Dept of Health and Human Services)
-  70% of teenagers who smoke have friends who smoke or started smoking due to peer pressure. (Canadian Lung Association)
-  50% of teenagers feel pressure from their friends to have sex. (Kaiser Family Foundation)
-  49% of teens experience a pregnancy every year. (Communities Responding to the Challenge of Adolescent Pregnancy Prevention)
-  44% of teenagers drive better without friends in the car (Allstate Insurance Company)
-  Bullying and harassment by peers is one of the top reasons why teenagers harm themselves (Sheffield Information Giving Network). Others entertain suicidal thoughts as a result of bullying by peers (Yale School of Medicine)

How to Combat Teenage Peer Pressure

It is clear that many teenagers feel pressured to indulge in self destructive behaviors such as smoking, alcoholism and pre-marital sex which may impact them both physically and emotionally. The feeling of guilt that follows in most cases can even be more troubling. Teenagers need to develop self confidence and a good sense of independence in order to withstand peer pressure. Here's what you can do as a parent.

1. Keep the Communication Lines Open:

Growing up, it was a taboo to talk back to one's parents and other adults. Most teenagers feel inhibited to share their desires, fears and other adolescent concerns with their parents. As a parent or adult in a position of authority, you ought to be approachable and be willing to listen to your teenager without being judgmental. Talking must not only be limited to when there is the need to reprimand or give instructions. You must be prepared to talk about other subjects especially those your teenager is interested in including, fashion trends, sports, popular TV programs and latest high-tech gadgets. Once you have a good rapport with your teenager, it will be much easier to discuss and caution them about the dangers posed by substance abuse, pre-marital sex and other negative peer influences.

2. Set Clear Boundaries and Expectations:

Your teenager must know what behaviors are acceptable and which ones are not at any point in time. They must also be made to understand what the consequences of their actions would be including, relevant disciplinary actions at home, the impact on their future and even potential encounter with the law. Set the rules about their responsibility to report their whereabouts and who they are with at specific times as may be necessary.

3. Know their friends:

“Show me your friend and I will show you your character”. This is a common Ghanaian adage every teenager should know. As a teenager, the only friends my parents didn't know were the ones most likely to influence me negatively. These were friends you didn't invite home knowing very well that your parents will not approve of them. Parents must know who their teenagers' friends are and possibly who their parents are, where they live and even what the parents do for a living. Encourage your children to bring their friends home so that you can keep an eye on them as well as know exactly who and what your child is playing with.

4. Spend time with your teenager:

It is said that children spell love, T-I-M-E. Spending quality and uninterrupted time with your teenagers will help create the bond necessary to open the lines of communication, trust and positive peer pressure. There must be mutual respect and trust between adult and teenager in order to foment a frank and honest relationship. Remember, even though your child is likely to spend more time with their friends than they do with you, you are the first line of defense against negative peer pressure.

5. Be prepared to compromise:

Some teenagers become prey to negative peer pressure in their quest to rebel as a result of unresolved conflicts at home and elsewhere. While parents may need to be firm on a variety of issues, they must be prepared to compromise on issues of less importance. In other words, pick your battles. Areas of compromise may include your teenager's choice of clothes, colour on their bedroom walls, decorations in their rooms and their choice of music especially if they continue to excel in their education.

When you notice a sudden change in your child particularly, when they start being overly secretive, sudden change in friends, sudden change in clothes, sources of which may be unknown to you, disinterest in school, sudden attitudinal change and unusually rebellious, your teenager may be succumbing to negative influences by peers. This may lead to



experimentation with drugs, alcohol, sex and other deviant adolescent behaviors. Do not panic. Pray for your child and ask God for wisdom and direction. If you haven't been talking to your child, it is time to engage them in order to find out just what may be going on in their lives.

Whatever you do, remember, your teenager may well be going through exactly what you experienced as a teenager and there may be no cause for alarm. Even though your child may be about to cause fear and panic in your house, there is no need to employ all the covert Bureau of National Investigations (BNI) and Criminal Investigations Department's (CID) investigative methods to get answers as this may only worsen the situation and further alienate your teenager. It is important your teenager knows that you love them and that your actions emanate out of love and in their best interest. Let them know that God loves them too and He has better plans for their future! 🙌

Kofi Boateng

*“Show me your friend
and I will show you
your character”*



“Kayayoo”
turned

MIP

The Story of
Honorable Gifty Klenam
Kekeli Agbemava

True Woman/ True Man
Nomination

Do you know anyone who is an inspiration? Nominate your True Woman or True Man and email to editor@truelifeworld.com.

Sharing our lives with the world is a gift.... it is priceless.



“Kayayoo” turned MP



This is the story of a head porter, popularly referred to in Ghanaian language as “Kayayoo”, now a Member of Parliament (MP) in Ghana, her name is Gifty Klenam Kekeli Agbemava. Her father hails from Anlo in the Volta Region and her mother from the Eastern Region of Ghana. She was born and spent part of her early life in the Eastern Region. Now an Honorable member of the Ghanaian Parliament, she represents the Lower West Akim Constituency on the New Patriotic Party Ticket. Honorable Gifty Klenam, as she is called by all and sundry is one very beautiful woman on the surface and a one with a super strong will within.

The Honorable Minister is the fourth child of her parents until her Engineer father decided to marry another woman from his home Region. He left this nucleus family of five children alone with their head teacher mother and didn't look back for a very long time. In those times, teachers were not exactly remunerated well in Ghana so her mother travelled to Nigeria to seek a better life to enable her support the children better. She left the children in the care of their bed ridden grandmother in Kyebi Amankrom. Gifty was eight years by then and from that moment, the transition from a well catered for child, to one who had to cater for herself set in. School ceased to be an option. Survival was her main worry. She started going to the forest with a friend, Akua Ataa, to look for mushrooms,



snails and anything she could sell while her other siblings also struggled for their survival. At age ten, she had started carting heavy logs of wood from the forest to the roadside in order to earn some money for food.

One day, she went to the school she had been enrolled in but was not attending. She just happened to pass through the school in her tattered clothing, just to check what was going on. Fate may have smiled on her that day because her father showed up at the school and ordered her and her younger brother to get into his car. She protested but her father succeeded in getting them into the car. Seated in the car was one of their half brothers, well dressed and obviously being chauffeured to boarding school by their father. He drove them to Ho, where the half brother was attending school and took Gifty and her brother to Tema, where they were to be catered for by their aunt, their father's sister. Ironically, this was the same sister who got an Ewe wife for their father. Once in Tema, the children's dream of a better life was never lived. Instead of school, this aunt made ten year old Gifty work in her local restaurant, popularly called “Chop Bar” which was at the Tema Main Harbor. She also worked as a “Kayayoo” (Female Porter) during this period. Every day for three years, young Gifty walked to her new place of work from their Tema Community

One Residence. She was not taken care of, even food to eat, despite where she worked was a struggle. She always had to steal food for her younger brother and herself.

After two years of living with her aunt and three more years of working as a “kayayoo” in order to support herself and her brother, the aunt’s fiancée confronted her aunt concerning the status of the children and their schools. This man took it upon himself and enrolled the children at Datus Complex Schools. At age fifteen, Gifty was admitted to stage five. She later used savings from her “kayayoo” business to pay for extra tuition. In a year’s time, one of her other brothers came to visit from the Village and she used her “kayayoo” money to register for the common entrance exam through her brother in another town. When it was time for the exam, she left to Asamankese with one “olonka” (Measuring Cup) of gari, palm oil and enough money for her transport to the village. She sat for the exam and came out as the second best in the whole school. She gained a government scholarship and enrolled at Assoum Secondary School where she wrote her O’Levels. She found her way to Accra and sat for her

*she used her
“kayayoo” money
again to register
for the common
entrance exam...*

A’ Level exam. Just around the same time she conceived her first son.

Gifty however promised herself while in Secondary School Form three that she will never work for anyone in her life. She started her now successful fruit juice company, Sun Harvest Ltd with her small kitchen blender. Eventually, she got a loan facility which helped her to expand the business. With hard work, diligence and a desire to be successful, Klenam is now a happy woman whose happiness is consolidated when she sees salvation being preached to people. She joined the Scripture Union while at Assoum Secondary School and though life was extremely challenging, she found hope in the word of God.

The Member of Paliament decided to go into politics when she was disrespected by a Minister sometime ago. She felt Ministers of State are supposed to be serving people and as such the disrespect was totally uncalled for. She then decided to eventually get into politics so she can serve people. Gifty lost her first primaries but remained resolute in her quest. During the struggles and difficulties of going into politics with an unsupportive husband and still striving to be as good a mother as she could possibly be to her two children, she held on, prayed feverishly and pressed



on because she believed she could do more to help the wider community of her Constituency. Eventually, her husband who was not supportive of her political career divorced her in this very trying times. In the 2000 General Elections in Ghana, Gifty Klenam was the voice of all the Commercials in the Ewe language for her party.

She currently worships with the International Central Gospel Church. Everyone has a burning desire and at times this desire can make people cause a positive turnaround to a situation in life. Her innermost desire now is to create jobs and take as many "kayaye" off the street as possible. She also has a campaign for boy child education in the pipeline. Her advice to the youth is that life is not straightforward as we expect and therefore they should accept and go through all struggles as a stage with hope in the Lord. They should not enjoy sympathies for too long. Wherever they find themselves, they should strive to be better 🙌

*.. with **hard work,**
diligence and a desire
to be **successful,**
Klenam is now a
happy woman.*





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Financial Literacy

Paul Kofi Mante

Head, Business Development
EDC Investments Limited



MONEY IS PLENTIFUL for those who understand the simple laws which govern its acquisition. (George S. Clason)

Every day millions of people dream of becoming rich. They imagine what it would be like to have more money but they do not have any idea about what to do to get there. Have you been dreaming about how to get there? Financial literacy is fundamental to achieving your dream. "You cannot change what happens to you until you change what you know (Mike Murdock).

Jim Rohn in his book "Seven Strategies for Wealth and Happiness" said, "Give a million dollars to someone who does not possess the attitude of a millionaire and that person will most likely lose it. But take away all the wealth from

a true millionaire and in no time he or she will build a new fortune. This is because those who earn their millionaire status develop the skills, knowledge, and experience to replicate the process again and again". Do you possess the attitude of a millionaire? Get this straight; money alone does not make one rich. People win thousands of Ghana Cedis through lottery and in no time find themselves paupers again.

In the effort to achieve economic growth and development, one of the major challenges facing individuals, families, and most developing countries including Ghana, is illiteracy. One form of illiteracy that plagues not only the uneducated but also the educated is financial illiteracy.

Financial literacy is one's ability to understand and deal effectively with basic economic and financial issues that confront individuals from day-to-day.

"You cannot change what happens to you until you change what you know"

Mike Murdock

Financial Literacy means having the broad-based knowledge, skills and the ability to read, understand as well as undertake basic financial activities such as money management, investing in treasury bills, bonds, shares, collective investment schemes and other instruments on the financial markets.

Did you know that;

- *Most of the things we buy and call assets are really liabilities?*
- *You do not always need money to make money?*
- *You could send your money to work for you?*
- *You could have very good academic results and have a good job but become financially poor?*
- *Your wealth is limited to the financial knowledge you have?*

Information available to you determines how you think and how you think determines how you behave. Again, how you behave determines what you become. Appropriate information will help you change how you think, and this new thinking will determine how you will handle money. How you will handle money can make you either rich or poor.

Robert T. Kiyosaki and Sharon L. Lechter in their book Rich Dad, Poor Dad –What the Rich Teach Their Kids about Money That the Poor and Middle Class Do Not, said “Money is one form of power. But what is more powerful is financial education. Money comes and money goes, but if you have the education about how money works, you gain power over it and can begin building wealth”.

It is important to understand the fact that more money does not necessarily make one rich, if you are not financially literate and you are given more money, your problem will only be compounded. Becoming financially literate will help you to address questions such as:

- 1 ***How can I invest when my salary is already insufficient for my needs?***
- 2 ***If I have GH¢1,000 how should I invest it?***
- 3 ***Does it take money to make money?***
- 4 ***How can I maximize my returns and minimize my risks?***
- 5 ***I have bought some shares but the prices have started to decline, should I sell them?***
- 6 ***I have the option of receiving GH¢10,000 at the beginning of the year or GH¢12,000 at the end of the year. Which option do I choose?***
- 7 ***I have paid GH¢10,000 into my account. I am not sure when I would need the money in my account. What do I do with the money?***
- 8 ***I need some household goods, should I take a bank loan to buy them?***
- 9 ***Should I apply for the loans available at my office when I do not really need the money?***
- 10 ***Should I buy my first house with a mortgage or not?***
- 11 ***My investment is providing me returns below the inflation rate, what should I do?***
- 12 ***My investment is providing me returns below the Treasury bill rate, what should I do?***

Becoming financially literate does not mean that one does not need the advice of professionals like fund managers, investment advisors, brokers, lawyers, and accountants. Rather, the more financially literate you become, the better you learn to use these professionals. Some of the basics of financial literacy include the ability to understand the time value of money, financial independence, and the effects of inflation on our daily lives among others. Let me use this opportunity to introduce you to the concept of the time value of money.

A cardinal principle of investment is that “a (Ghana) cedi today is worth more than a (Ghana) cedi tomorrow.” If given the choice between receiving the GH¢10 at the beginning of the year and the same amount at the end of the year, most people will prefer to receive the money at the beginning of the year. The reason being that, one can do more with the GH¢10 at the beginning of the

year than at the end of the year. That is, the value of money changes with time. This is the concept of the time value of money. So what has the concept of time value of money got to do with financial success? Whenever you have money you will not use immediately, you must put it in an investment that can yield some returns else you would be losing out. Most people are not aware that there are investments for various periods of time – 7, 14, 28 days and in some cases overnight.

Whenever you enter into a financial transaction and have the option of receiving payment either immediately or at a later time, remember “a cedi today is worth more than a cedi tomorrow.” I remember a conversation I had with a painter who has just completed a job for a client. The contract stipulated that 50% of the amount should be paid upfront and the other 50% at the end of the contract. Due to some delays on the part of the client, it took the painter three years to complete the job before he received his final payment. What the painter did not know was that the amount he charged three years earlier did not have the same value as the amount paid to him at the end of the third year (time value of money).

It is a noble thing to pay debts on schedule, but, whenever it is possible to negotiate an extension without additional interest, please do so because it affords you time to earn returns on the money. On the other hand, whenever you have to receive payment from other people, it is financially prudent to negotiate early payment due to the concept of the time value of money.

“If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest”.

Whenever you have money you will not use immediately, you must put it in an investment that can yield some returns else you would be losing out.

What is the way forward?

You have to become a student of the subject of money management and wealth creation. Note that the subject of money management and wealth creation is not taught in regular schools in Ghana. If you do not have books on the subject, get some books and study them. You have to be willing to pay for the cost of financial literacy. You can also enrol in short term financial literacy courses as well as attend seminars on wealth creation and financial independence.

Benjamin Franklin puts it this way:

“If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest”.

Becoming financially literate will cost you money, you can be sure that the benefits will far outweigh the cost. The Bible even puts it better *“Wisdom is supreme; therefore get wisdom. Though it cost all you have, get understanding” (Proverbs 4:7).*

If you think education is expensive, try ignorance.

There are some good books on the market but I would recommend (as a must read) my book “Master Your Personal Finance – A Starters Guide to Becoming Rich”.

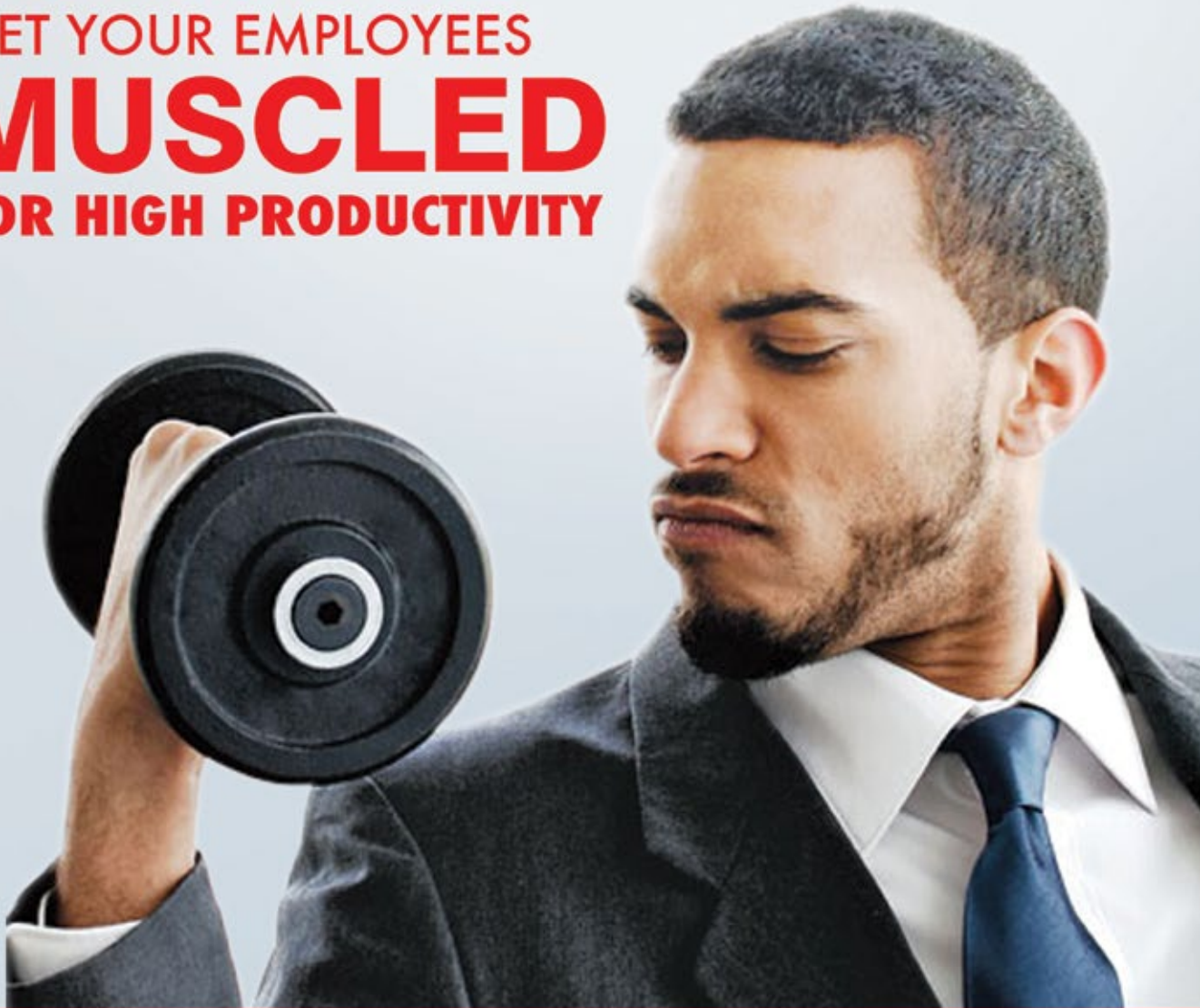
“Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honour. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who embrace her; those who lay hold of her will be blessed” (Proverbs 3:13-18).

Financial success is possible but financial literacy is a must! 🙌



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Truelife FRESH



Senyo M. Adjabeng



Romance & Employment Regulations

There is a factual principle of life which validates the belief that when you put adults in an enclosed space, they are bound to relate sexually at a point in time. This fact of life has been proven even in the event of putting only single sexes in an enclosed space such as conditions that pertain in prisons.

Many of us spend an average of 10 hours in the workplace each day and sometimes even weekends. The workplace passes as a conducive and enclosed space that has the potential of breeding sexual activity. The tendency to keep sexual issues hush hush is very high especially in our cultural dispensation. But where issues of sex especially in the workplace are becoming a plague and robbing organizations of productive time, wrecking marriages and dismembering our communities, then it is essential and unavoidable to talk about it. Romantic relationships in the workplace may generally be classified in terms of the parties involved in the relationship and especially their positions in the organization.

Types of Romantic Relationships in the workplace

The first type of romantic relationship you are bound to find in a workplace is one between the owner of the business or the boss and an employee. Some female owners of businesses also engage in romantic relationships with their male employees. This type

of relationship always has a stubborn repercussion for indiscipline in the workplace. The second type is a romantic relationship involving two managers or supervisors. In this case, the problem is not insubordination but reduced concentration on the job, little or no supervision of subordinates, and a reduced quality of work. The third type is a romantic relationship between a Manager/Supervisor and an employee. This I believe is the most common you may find in the workplace. This also breeds a lot of contempt against the employee within the work team or department because the employee involved may all of a sudden begin to act



Sex, Romance & Employment Regulations

as if they are superior to their contemporaries. They may become insolent and disrespectful towards other managers or colleagues in the workplace because of the relationship with the manager.

Finally, workplace romance may take place between two employees. I must admit that even though it has the tendency to affect the work of the individual employees involved, adverse effects of this type of romantic relationship is not as high as that of managers/supervisors and employees but do have same devastating effect. Employees in romantic relationships in the workplace have a lot of time on their hands when unsupervised and do all they want to do such as send emails, talk to each other on the phone, chat on the internet, write love notes, letters and poems to each other, meet each other in the washroom and other private places to do all the amorous and sexually illicit things unimaginable.

Employment Regulations on Workplace Romance...

So what are the regulations that guide sexual activity in the workplace? There are no specific regulations on romance in the workplace. The Labour Act, 2003 (Act 651) is specifically silent on workplace romance but generally addresses it through a provision for the "protection of interest" of the other party in an employment relationship. The Labour law also has provisions on sexual harassment. However, sexual behaviour is only harassment if such behaviour is without consent and unwelcome to the other

party. In workplace romance, mutual consent is actually the beginning and cannot constitute sexual harassment. Hence, sexual activity is often regulated through individual company policies. While some organizations do not condone such activity, they fail to regulate it. Other organizations however strictly prohibit any form of romantic relationship in the workplace.

Regulations or policies for effectively dealing with office romance and sexual relationships do not and must not seek to take away the rights of employees or anyone for that matter to fall in love in the workplace. Such policies and regulations must seek to inform employees that all employee activities of a romantic or sexual nature that evidently have adverse effect on their work performance and hence productivity cannot be tolerated in the organization. It must also clearly state that such acts if proven can lead to specific sanctions against the perpetrators. To effectively enforce such policies, core values and codes of discipline of the organization must clearly prohibit activities of a sexual and romantic nature between all employees and management staff within the company.

A business is a profit making venture. Anything other than that is unwelcome to the interest of the business and hence the organization. Romance or sexual relationships do not and are not aimed at satisfying the interest of the organization but individual interests. This is a conflict of interest and must be treated as such. By all means, employees may fall in love. But please and please, they have to keep all romance, romantic, and sexual activity outside the four walls of the offices and workplaces. That can lead to gargantuan disciplinary troubles. 🙄

WHAT YOU NEED TO KNOW ABOUT MORTGAGES

Home ownership is a key priority for most Ghanaians. Indeed, a local adage has it that “one is asked of where he lives but not where his money is”. As if further confirmation of the importance of housing were needed, Maslow’s theory of needs places shelter as one of the primary needs of man.

Even though most people start life as tenants, they quickly initiate arrangements to buy or build a place of their own. It is generally accepted that as a tenant it is almost impossible to make long term plans since you never know when your landlord will ask you to move out.

A critical first step towards home ownership is an analysis to determine how much money you will need to raise to pay for the property. This analysis may be quickly followed by the realization that you simply do not have enough money in your savings account and therefore you need a home loan or mortgage to attain your dream.

In other words, once you have identified the house you wish to purchase, agreed on a selling price with the owner, and checked the balance of your savings account, you should conclude you definitely need the help of a mortgage company to conclude the transaction.

A mortgage or home loan is a long-term loan (up to 20 years) which is used to buy a property. The loan is usually secured by the very property that it is used to purchase. As such you do not need to provide any additional collateral to apply for a mortgage.

Ghana Home Loans, the nation’s leading provider of residential mortgages, has simplified the application process in order to enable as many eligible applicants as possible become home owners.

To apply for a Ghana Home Loans mortgage, the following key documents are required:

1. Proof of ID – this shall be in the form of a passport, drivers’ license, national ID card;
2. Proof of address – Utility bills, tenancy agreement etc. should be submitted;
3. Proof of income – pay slips, receipts, retainers, dividends etc. Self-employed applicants can present any form of proof of income that is acceptable to Ghana Home Loans.

4. Anyone who earns at least **GHS600** should qualify for the minimum **\$10,000** facility offered by Ghana Home Loans. This facility may be used to build or buy a house or alternatively acquire a plot of land;
5. Bank statements – the applicant shall present the three most recent monthly bank statements and any additional statements that shall be requested by Ghana Home Loans
6. Additional documentation – depending on the type of mortgage application, it may be necessary for the applicant to add an offer letter from the vendor, bill of quantities, evidence of ownership etc.

Additional details of products and services offered by Ghana Home Loans are available at the company website, www.ghanahomeloans.com. Prospective applicants may also visit www.ghlpropertyfinder.com to identify houses for sale in the various price ranges. This website is a very convenient tool which facilitates the search for property from the comfort of one’s home.

Most of the properties currently on sale are priced from \$25,000 to \$30,000 upwards. It is a fact that some applicants do not earn the requisite income to qualify for a mortgage to acquire properties in this price range. However, it should be possible for applicants who earn at least GHS600 to acquire a plot of land using the recently launched Ghana Home Loans land purchase mortgage.

The purchase of land is a critical first step on the property ladder and should encourage you to work your way upwards towards homeownership. Once you have bought the land, you can apply for a Ghana Home Loans Home Construction Mortgage in order to build your dream home.

Existing property owners can qualify for a mortgage by using their property as collateral to raise long term financing. This mode of borrowing is often used by entrepreneurs who need to acquire new equipment or order inventory to expand their business. Equity release mortgages can also be used to meet personal financing requirements such as educational expenses or medical bills.

Ghana Home Loans, the mortgage specialists, has produced a Borrower Education Video which provides a detailed explanation of the mortgage product and how it can be used to attain home ownership. This DVD is free of charge and available at the Ghana Home Loans office at Airport, Accra.



Ghana Home Loans
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why we need Contracts

“He said” “She said”
“They said” “I said”

How many times has the story been told of how an individual gave financial assistance to someone who did not pay back? Or how people default on their payments for goods and services? Most likely, you can relate to this situation yourself, because someone refused to pay what he or she owed you.

What should have turned out to be a favour or perhaps a gesture of goodwill could result in financial loss and further lead to feelings of betrayal, breach of trust or eventually the loss of a previously good relationship.

We often tend to adopt an informal approach to our transactions with family and friends. Surprisingly, this is also where we can be let down.

It is advisable to enter into formal, written contracts in our ordinary transactions, particularly in instances where the value of the money, asset, services or goods involved is significant.

There are numerous benefits of entering into formal contracts in such circumstances.

Formal contracts can save relationships. For instance, when you're working with a friend, and problems arise concerning the work, both persons can refer to the contract to appreciate their respective rights and obligations and this can help resolve such problems.

What is a Contract?

A contract can be defined as a legally binding exchange of promises between two or more parties (persons, entities or bodies) that the law will enforce.

A contract may be created in any of the following ways:

- *Orally;*
- *In writing;*
- *By inference or conduct; or*
- *By a combination of all or any of the above*

Key essentials of a Contract

This article will not deal exhaustively with the essentials of a contract but will guide you to clearly understand why you need to have a contract in place for one reason or the other.

In order to have a binding contract, there must be an offer by one party which should be communicated and an acceptance of the said offer by the other party. The contract must be supported by consideration which is the value or benefit accruing to one party which he/she is willing to give away for some other valuable or beneficial thing or act or property. The parties involved must intend to create legal relations by entering into the contract. This means that they should from inception understand that their rights can be enforced by the courts. It is important to note that the courts will not enforce domestic or social arrangements which the parties entered into with no intention of creating any binding legal obligations. Consider a situation where your uncle is in the habit of giving you a sum of money monthly, and fails to give you this sum in a particular month, you are likely to fail in bringing an action to demand payment from your uncle. The courts will view these payments as a domestic arrangement which was not intended to create any binding obligation. This requirement should be borne in mind especially when entering into contracts with friends and family.

You are advised to ensure that the terms of the contract are certain in order for it to be enforceable. Where the terms are vague it creates problems with enforceability. In a contract for cleaning services it is advisable to state among others the specific areas to be cleaned, the number of times in a week the service is to be provided, quality of cleaning materials to be used.

It is important that the persons entering into a contract have the capacity to do so, for example a contracting party should be a person of sound mind and should

have attained the age of maturity. There are some instances where contracts can be entered into with a minor who has a guardian acting on his behalf. The issue of capacity often poses problems in contracts. There have been instances where persons have rented properties from someone claiming to be the owner when indeed the person is simply a caretaker with no authority to rent the property. It is important to insist on reading documents that establish a person's ownership of an asset or their authority to deal with the property. Having read these documents there may be the need to verify the information before signing the contract.

It should be noted that the courts will not enforce a contract for purposes which are illegal.

It should be noted that the courts will not enforce a contract for purposes which are illegal.

It is also imperative that a party should perform his part of the contract. Non-performance of a party's promise will not entitle the person to enforce performance of the contract by the other party.

In conclusion always remember that you can minimise damage to your relationships by taking the time to agree and set out in writing the terms and conditions governing transactions between you and your friends and family members. To ensure that the law protects you, it is important to seek legal advice where you are not conversant with the law regarding the transaction you are undertaking. It is advisable to secure the services of a lawyer to draft the contract. People often complain about the cost of legal fees. It should be noted that you protect your interest and save money in the long run by engaging the services of a professional.

Always remember, a contract does not mean I don't trust you, it's only a way of safeguarding the interest of the two parties and more especially to ensure that we don't take each other for granted. ☺

Don't Reinvent the Wheel

Experience is a teacher but not the best teacher if the experience in question is your own experience. If you have to go through something yourself before you can learn from it, then your life on the Road of Progress is too slow.

Your own experience is a good teacher but learning from someone else's experience is certainly the best teaching one can get. It comes at no cost to you.

Life is too short for us to learn mainly from our own experiences because death would have caught up with us long before we would have gathered enough wisdom for life.

Here are some statements derived from the life stories of some bible characters. Let their experiences teach you;

The best wisdom is to obey God regardless of how much wisdom you think you have.

-Solomon-

The beauty of a woman can break through the barrier of your principles, so turn away your eyes before it is too late.

-David-

No battle in your life is useless; it is a preparation for a greater victory. If you have overcome your lion and your bear, then you are ready to face your Goliath.

-David-

Normally one's past greatly affects one's future but in Jesus the brightest future is possible for even the one with the darkest past.

-Mary Magdalene-

Do not think too highly of yourself; God always has alternatives. Just be humble and serve your term for things might even be better after you.

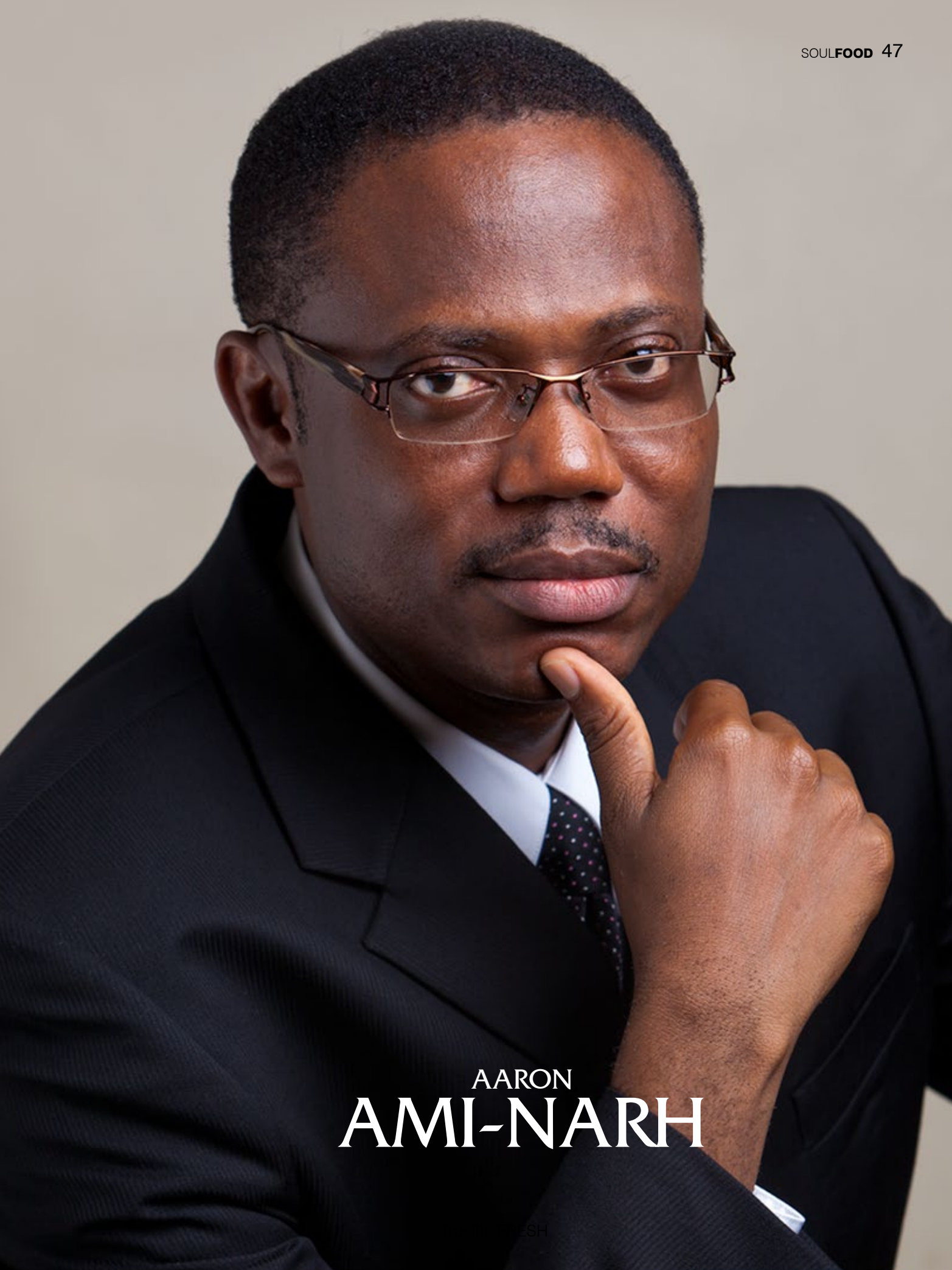
-Elijah-

Your closest relations are your best asset but they can also be your worst nightmare. Listen to advice but make sure that you listen to God first.

-Abraham-

God stretches our faith to make us stronger but not to break us. When God makes a promise, He keeps it. His promises are like wine; the longer they take to materialize the better and more fulfilling they become.

-Abraham-



AARON
AMI-NARH



Safoa Cablie

of Lamra Galleries is an FCA member
(Foundation of Contemporary Art)

Safoa's Profile

After becoming an interior designer, Safoa Cablye studied decorative arts and has always had a passion for motifs and a very keen interest in textures. For 3 years, she was under the supervision of her Mother who is a renowned painter. With her extensive background in the art and design field, she knows how important art is to a space, and she has the knowledge and experience to guide you through the processes involved in designing, remodeling, staging or selecting colors and pieces that are right for you!

BEAUTY • COMFORT • FUNCTION

ALWAYS TOGETHER

Hire an interior designer or not?

Art should always be reflective of you and its surrounding elements, such as furniture and architecture. The art that you select will help dictate how you and others feel in the space. Art has the power to make any space feel comforting, happy, dynamic, calm, energetic, or soothing. You decide how you want your space to feel – the best way to create this is to use an expert, the interior decorator.



by Safoa Cablye

Many people think, that hiring an interior designer will be too expensive, or that they will lose control. This is not true. When you work with a designer:

- You are more likely to meet your budget.
- You are much less likely to make expensive mistakes.
- You have an expert working with you, someone who will make sure the end result is exactly what you were hoping for.
- You will save time, headaches, and money.

Great spaces do not happen by accident. Some people have a gift for putting together rooms in a way that is pleasing to the eye, as well as functional. However, most people struggle with this. It seems so easy, but still, they cannot make it happen.

Interior designers have extensive training that accompanies an interior design degree. When we look at and plan a room, we always base it on the principles of design: scale and proportion, balance, rhythm, emphasis, and harmony. For a room to come together well, all these principles should be considered. We also pay attention to the elements of design: space, line, shape and mass, texture, light, colour, and pattern. As a designer, I use my knowledge in these areas to create interiors that are physically and psychologically comfortable, as well as beautiful and functional.

An interior designer, will:

Help you find and enhance your style – They have the knowledge and expertise to help you pinpoint your style and needs. Their suggestions for you will work towards creating a home that reflects who you are. There are a myriad of design choices, and their advice will always guide you to what will work best for you.

1

Solve problems – Every project, small or large, presents challenges. A good interior designer is trained in knowing how to come up with solutions that work, and solve the problems when they arise.

3

Prevent costly mistakes – there are so many choices out there, and how do you know what is better than something else? By engaging the right interior decorator, their expertise will guide you to make the right choices.

4

Simplify your life – Interior decorators can make the most of what you have by conducting the necessary research to find what you need. They will do the work for you, and when your projects are done, your home will not only be beautiful, it will also be more functional.

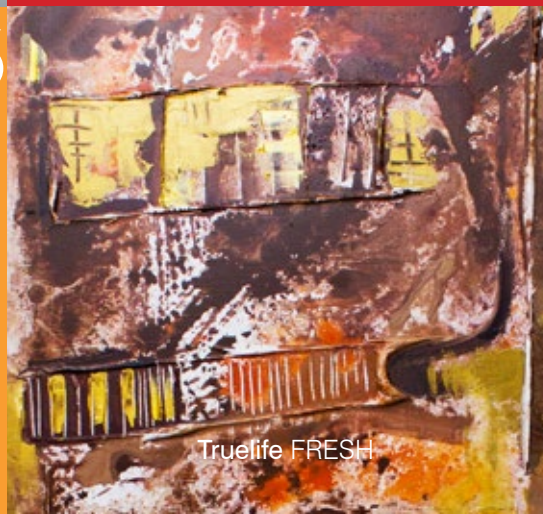
5

Give you access to resources unavailable to you – there is a world of furnishings, fabrics, accessories that are available "to the trade only". Working with an interior designer gives you access to these.

Sometimes, all you might

6

Make sure the job gets done – A good interior designer has a good network to compliment their work, for example the best painters, installers, contractors etc. During a project they will make sure that everything is completed, and that all the details have been taken care of.



Truelife FRESH

need is for someone to come in for a couple of hours and give you some professional advice and ideas. ✨

RECIPE 4

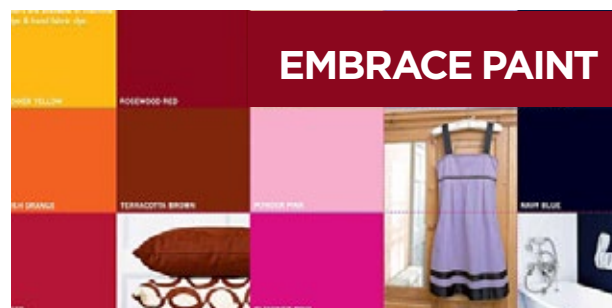
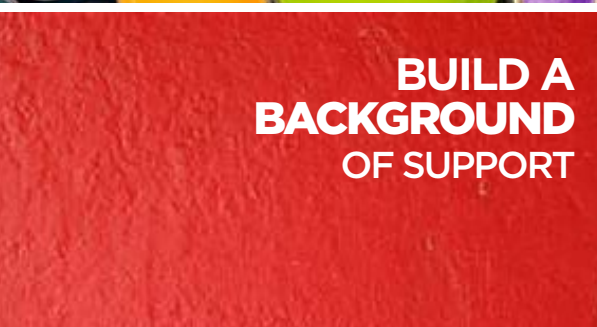
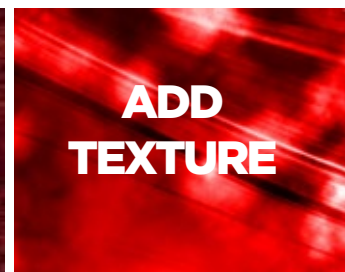
DECORATING

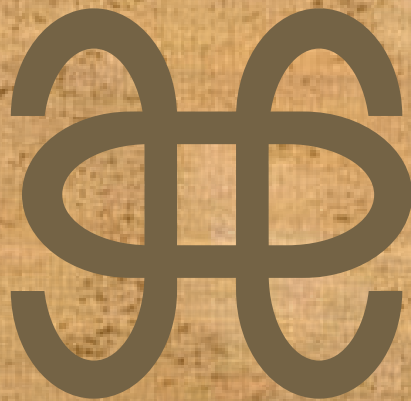
To discover what you really like,

Start by gathering objects, colours and patterns that draw you in or elicit a strong positive response.

The objects you collect will include a leaf gathered on a walk, a photo pulled from a magazine, a paint chip or fabric sample, your grandmothers vintage button, pages from decorating books or magazines, or a funny greeting card. Keep your options always open and leave the editing for later!! Right now be in the mood of uncovering the style that's personally yours!!

Safoa Cable.





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foot prints

ONE NIGHT I HAD A DREAM

I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in
the sand, one belonging to me and one to my Lord.

When the last scene of my life shot before me
I looked back at the footprints in the sand.
There was only one set of footprints.
I realized that this was at the lowest and saddest
times of my life.
This always bothered me and I questioned the
Lord about my dilemma.

"Lord, you told me when I decided to follow You,
You would walk and talk with me all the way.
But I'm aware that during the most troublesome
times of my life there is only one set of footprints.
I just don't understand why, when I needed You
most, You leave me."

He whispered, "My precious child,
I love you and will never leave you.
Never, ever, during your trials and testings.
When you saw only one set of footprints it was
then that I carried you." 🌸

by Margaret Fishback Powers

ASA SEED becomes a VISION

GOD HAS PLANTED A PRECIOUS SEED

Deep within our hearts
The seed of a future vision
That He wants to impart

As we are quietly being prepared
To fulfil that which He's given
We must gently nurture the seed
Until the full grown vision

God then begins to open doors
Little by little as we are led
So each opportunity we have in Him
Is leading to what lies ahead

Then just at the time God chooses
We walk into what He has called
So we can be a blessing to others
Sharing the love of the Lord 🌸

by M.S. Loundes

THE TRUE MENTOR

Who is a mentor? What are his functions in the life of his protégé?

Is it necessary to have a mentor? All these questions run through the minds of the youth of our day and even some daring

older persons as long as the question of purpose comes into perspective. God in His ingenuity and brilliance placed a sense of purpose in Adam and made Him a care taker of the Garden of Eden and since then, man has had an inner craving of purpose however short-termed that purpose might be. Man sees his resources and a small probing question flickers in his mind making him wonder why he should possess such qualities. So Adam knew that a purpose for his very existence was to till the garden and take care of it and the animals in it. And until Adam came to the fullness of that realization God did not cause it to rain in the garden. Have you ever wondered why you are so smart? Or why you seem to be able to sing so powerfully? Or why when you sit behind an art board, you produce work the quality of Michelangelo? Only God can answer those questions. Attached to this sense of purpose is the need for a form of guidance. After Adam knew his purpose was to keep the Garden by the commandment of God, He had to figure out what to do with the huge garden given him. He needed to know what to do with the apple seed and how to prune the mango or how to shape the rose bush or when to gather the ripe fruits. God created the things and Adam's knowledge came from Him. Adam would have to learn from the one He was created to be like. His Mentor.

We live in a time of lost direction and misplaced priorities. There is a strong need for guidance. The myriad of voices make it impossible for a sense of direction to be picked up. Different clusters of social groups scream different ways to make it in life. The distraction of electronic gadgets closes our minds and confines our imaginations and possibilities to a little gadget. These are just two of the uncountable encumbrances of those who have already discovered some part of their purpose. We need our mentors. That takes me back to the first question. Who is a mentor? Is he the man or woman who gives you advice concerning your mission in life? Or is he the one whose life style you follow and whose material you study?

If so, I will agree with you that you may have found a mentor. Everything that you must become has had a form of precedence on earth and there is wisdom in identifying those precedencies in men and women who were super in their generation. But I have another mentor to introduce.

In the Bible, Jeremiah 29:11 says,

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

This verse presupposes that God is aware of an in born purpose in us and created us to gravitate towards this purpose. Let's consider this scenario: Imagine what your life and activities would be like if you knew you were made to become the president of this country, or the CEO of a company that would head the financial stock market? Can you picture what books you would be reading and what friends you would be making and what you would be doing with your idle time. Close your eyes and picture the man or woman who did everything to become that great personality. Just picture yourself in your forties with all that power and wealth and discipline and respect. That man you're seeing right now is your Mentor.

He is the person God created you to be. All other mentors are people you were created to be like but this person is the one you were created to be. Mind you, I refer to the man fulfilling the purpose that God made for you. He is your mentor.

So when you're faced with an impossible situation and you don't know what to do just ask the Holy Spirit what you need to do to become that man or woman.

There have been many times when I felt like everything was wrong because I thought I won't be able to accomplish the dreams that I knew were made for me but I received this inspiration from The Holy Spirit. He determined my future and wants me to be that man that He created me to be and He will give me the wisdom to become that Great person. ✨

By Archie Eastwood Anaba



Public schools are supposed to remove barriers so people can succeed. For some, the system does remove barriers and provide a solid base for achievement. For others, the system replaces one set of barriers with another. For example, creativity is killed by pressuring students to accept the status quo, by establishing a fear to be different and a fear of failure. Independent thinking is replaced by dependency. In some cases, pressure to excel in academics kills the love to learn — a skill needed for success in the real world. People, who have a vision that motivates, will maintain a love to learn and overcome all barriers.

Does this sentence sound familiar, “You are a failure! If you don’t pay attention you will continue to be a failure!” When words like these are used on you, you must refuse it and believe that you are not a failure. This must push you to prove to the world that you are not a failure as they perceive.

You may be asking, “How does one make their dreams come true?” There are three elements:

First - We must have a dream that motivates us. No one has ever achieved anything without a dream attached to a burning desire.

Second - We must learn how-to-learn. In school, we learn how to memorize or be taught. Learning how to learn frees our dependency on others for knowledge.

Third - We must learn from failure and learn how to bounce back from failure. No one ever succeeded without failure. In the classroom, failure is a no-no.

Every man-made object around us is the result of someone’s dream and failures. Consider the light bulb. Thomas Edison believed something could burn white-hot and not burn up. A wild unrealistic dream? Everyone knows everything burns up in a short time. A thousand failures later, Thomas Edison burned a steel wire white hot that never burned up. Continuous white heat creates light.

Opportunity is attracted to people with a dream. They are the first to be hired, first to be offered opportunity, and first to be promoted. The bigger the dream the faster doors open. People without a dream are last to be hired, last to be promoted and first to be laid-off in a force reduction. For non-dreamers, doors remain closed. WHY? People with a dream act differently than non-dreamers. Dreamers develop an attitude that radiates energy; they have a sense of purpose and meaning to their lives. Radiant energy is an attitude that bosses like and to which they offer opportunity. This is how the impossible becomes possible.

OUR DREAMS HAVE A WAY OF GOING STALE, BUT WE MUST LEARN TO BRING IT LIFE. WHENEVER YOU ARE CONFRONTED WITH A SITUATION SAY TO YOURSELF, “I MUST FIND A WAY!”

Opportunity never stops. Opportunity will come your way because you educate yourself, you are motivated and do not let your dream die.

DREAM & BECOME!

Extract from “How I made my dreams come true”

by Captain Bob Webb

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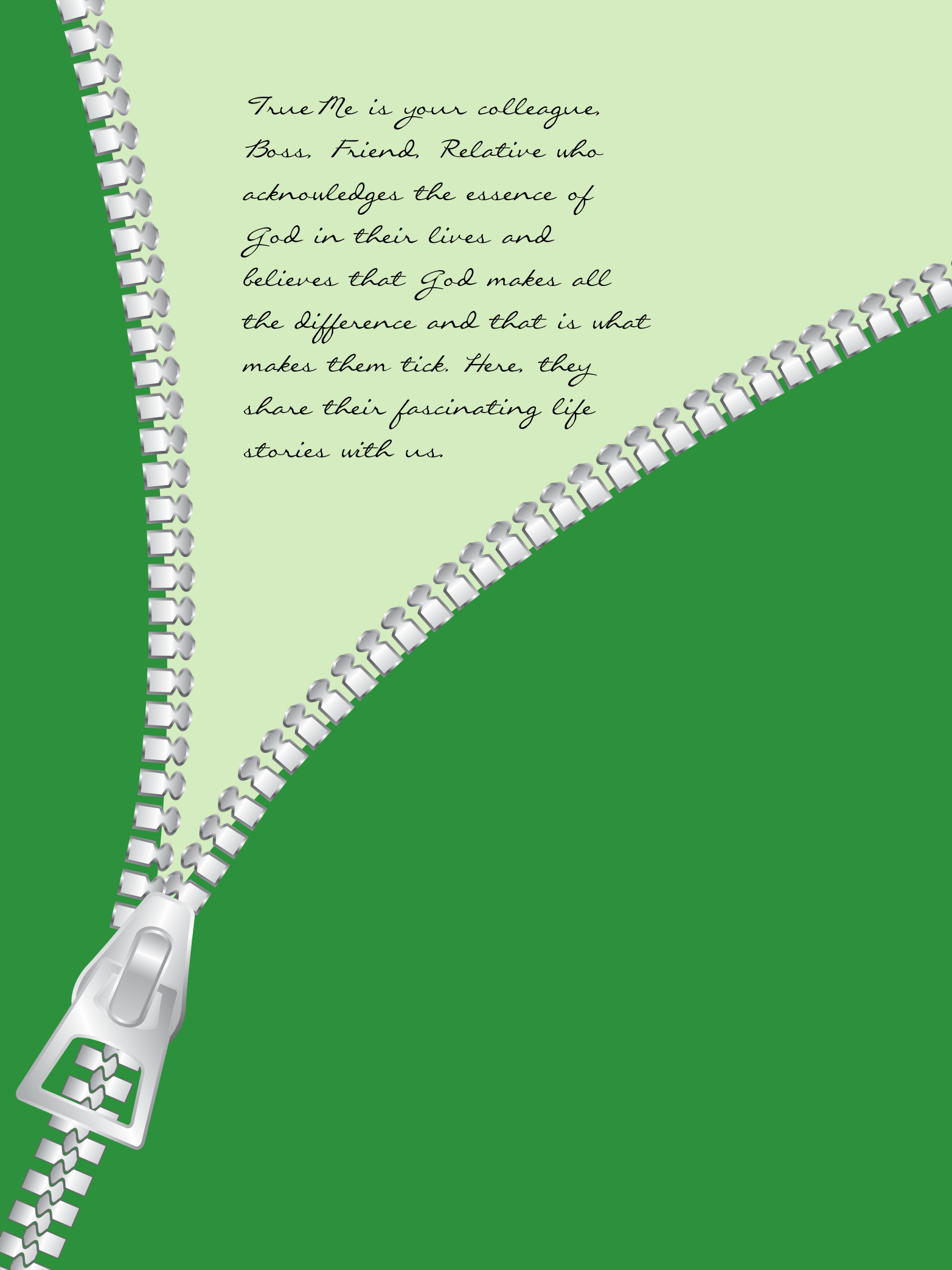
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believes that God makes all
the difference and that is what
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Pusher - Leaving a Mark

Calm, collected and with a seemingly shy disposition, Actor and Theater Facilitator, Adjetej Anang is a married man who worships at the International Central Gospel Church where he is one of the Youth Facilitators. Growing up in Tema, through Baptist Church School, SOS School and then to Labone Senior High School for his secondary education, he describes his growing up period as fun and full of happiness. He grew up in a neighborhood he prefers to call diverse as it comprised of people of various classes, color and caliber in there. He has a sister and is the only son of his parents.

Adjetej, who is quite passionate about applied drama, emphasized the point that drama and film making should not always be about making money and commercializing. He admonished producers and other stakeholders to produce pieces that will seek to educate and change behaviours.

In a meeting with Truelife magazine, he gave his straight and honest answers to the following questions.

**TM: (Truelife Magazine):
What got you into acting?**

AA: (Adjetej Anan): It was by chance. Mere coincidence. I accompanied my friend, Wakefield Akuoku to a rehearsal at GBC a long time ago. As fate would have it, one of the actors did not show up. The Director asked that I take the script and read those parts to aid in the rehearsal. He was impressed with my delivery. He asked if I had ever done anything close to acting. I said no and he said I would be a good actor. The next time,

I accompanied Wakefield again and well, one opportunity led to the other and here I am today, by grace. The television series, "Things We Do For Love", however propelled me, though I had been acting before then.

TM: Can you share two of your main challenges with us and what motivates you?

AA: At a point, the roles became boring because it was almost the same thing. Some producers or directors seemed to be comfortable with me playing certain roles only and that came with its own associated boredom. Another is the fact that I stick to my principles of not wanting to play certain acts, mainly sexual roles. Sometimes other people do not respect that. They think that once other actors are doing it, I must do it as well. On the issue of motivation, I believe I can impact the lives of other people through acting. Besides, I want to leave a mark in the industry, a mark of discipline with humility, so yes, that motivates me to keep going.

TM: What is your take on prayer and success? Do you think they are intertwined?

AA: Very much so. Often I hear people complain that prayer does not work or that they have prayed for one thing for so long. What I think is that prayer must be backed with a lot of faith. I love praying. I pray constantly and indeed, most things we gain in this life is as a result of prayer. I prayed about further schooling. I was a bit taken aback on how much it was going to cost me yet I received a full scholarship to study in Johannesburg, South Africa. Prayer helps. Prayer saves. Prayer propels.



ADJETEY
ANANG

Truelife FRESH



TM: What are some of the practical things you do to show God's love?

AA: I help people as much as I can, especially when I get the chance to be invited to talk to others. I appreciate such moments because I get to share my story, my mistakes, my pain and successes. In one way or the other, such occasions definitely will impact on someone. Besides that I am a Youth Facilitator at Church.

TM: Which one moment can pass for your happiest?

AA: It has to be two! That is when Elom, my wife, agreed to marry me. The day she agreed to marry me and the moment I got to know about the full scholarship for my Masters program.

TM: Is there any mystery you would want God to solve for you?

AA: Well, The Word says in Heaven, it will always be praises and worship. I would like to ask God if I will get the chance to spend some time with my wife in Heaven.

TM: What is your favorite Bible verse?

AA: That is 1 Thessalonians 5: 16 – 18.

Gaining admission to the University of Ghana to read Drama and Radio and Television for his first degree, he has become more humble with his successes. He loves watching tennis and movies and is a believer of the great commission that Christians should go into the world and share the Gospel; through words and deeds. For this reason, and on the 'election euphoria', he hopes Christians in politics would impact on leadership. 🙌



PHOTO CREDIT BY SPARROWS PRODUCTIONS



ASENATH
COMMEY

From Boardroom To Backyard.... The Journey To Fulfilling Destiny.

Life is full of training grounds for everyone to find the path to their God-given purpose. Family, friends, critics, career and education all provide a “vineyard” to lead each one of us to the place of fulfillment. Elikem acknowledges the rewards of the rich experience she gathered from working in several marketing roles both here in Ghana and other countries across West Africa.

Elikem grew up learning about diversity in various ways. Starting with a primary education in Owerri, Imo State, she followed the footsteps of women in the family to Aburi Girls Secondary School then on to study French at Kwame Nkrumah University of Science and Technology and Université Nationale du Bénin. She soon found that her career will take her back to these places and many others where local knowledge was an asset. Her work required her to have the minimum linguistic and cultural skills to effectively connect with consumers from diverse backgrounds and socio-economic groups.

Elikem soon found that the most dynamic and connected consumers were the children she interacted with in her pet entrepreneurial project – babysitting. A big fan and lover of children, she explains why she found this role much more rewarding. The ability to soothe a child’s worries with just 5 minutes of undivided attention, reach out with a helping hand to a parent juggling many tasks and a career, provide a solution for a family needing support with a child or two is all bundled into the mission of Playpen 24/7.

Elikem quit her regular job at The Coca-Cola Company to focus on this dream entrepreneurial venture. The confidence to move from boardrooms to backyards, spending time holding sticky baby fingers can only be an act of grace and a leap of faith.

This native born Ga called Elikem smiles and explains that her name is a unique asset that people find unusual in a society where names are meant to quickly identify your background.

Elikem Asenath Obiorkor Commey (**EAC**) was engaged in a chat by Trulife Magazine (**TM**) and here are excerpts from the conversation.

TM: What has been your major challenge since you started working on your own, full time?

EAC: Ability to pre-finance our services. It was immediately critical that we have access to funds to allow us provide first class offers that appeal to parents through their wards. Once we gain the child’s confidence (believe me the children have to endorse us), word of mouth does the rest of the work and you can breathe easier.

TM: How have you been able to solve, or minimize this challenge and what keeps you motivated to keep on?

EAC: I ensure that I have a transparent system of billing that keeps the parents informed about rates upfront, once the fees are agreed I have a backup plan for cash flow to put the services in motion. Don’t be deceived though there is nothing like a rosy start. You have to be willing to have nothing in your pocket and sacrifice many small comforts and luxuries to make a lasting impact. It’s important to know that every day is an open door to walk through. There are days I felt I would faint but by the time I got on then off my knees from prayer, the next morning looked very bright and possible.

What keeps me motivated?

It’s always simply refreshing when I meet a child’s need, especially the need for their own space. That is the concept behind the layout of my backyard where we have ample space for kids to run around.



ASENATH
COMMEY

TM: Does prayer play any role in your life and the path you've chosen?

EAC: Prayer has a lot to do with everything. Prayer is the one thing you don't want to make excuses about. The common one is "I can't make the time". Your success, triumph, happiness and peace are all hinged on your ability to say a word of prayer in your heart or silently on your lips every moment of the day. Skip lunch sometimes and sit quietly in your car or at your desk in the office and pray – it just changes perspective from my little experience.

TM: What has been your greatest achievement?

EAC: Your question makes me reflect on why Apostle Paul was not hasty about what he had done but said he counted all things foolishness for the sake of the gospel. You know what? The only time you should measure a great accomplishment is when you know you've truly served your generation through Christ. Till then nothing qualifies yet.

TM: What practical things do you do to show God's love?

EAC: (Amidst laughter) I love to offer lifts to people in my car. That is my favorite thing and it always fills me with joy especially because the ladies always look at you with surprise when you stop for them to sit. Take it from me; it's the easiest way to find people to witness to about Christ- use it.

TM: Is there anything you would want to ask God, if you are given the opportunity?

EAC: I would ask him why He gave us the opportunity to have our own will. It still baffles me. We tend to have the knack for simply going the other way when the right way is in front of us!

TM: Would you say you are more humble?

EAC: I would say yes, growing up in the knowledge of God is making me more humble daily. I understand now that EVERYTHING including the ability to even love is a gift from God.

On the point of whether Christianity is boring, she became very emotional and emphasized that those persons who do not know their commission in Christ are the only ones who think that Christianity is boring. She challenges Christians to follow their calling and

do as Christ commanded because time spent interceding for others in prayer, visiting and helping the poor and hungry, healing the sick and performing miracles will hardly qualify as dull if we all just practice it. Elikem worships at the West Legon branch of the International Central Gospel Church and serves in the protocol department. She is fully guided by her favorite scripture in 1st Corinthians 6v12 **ALL THINGS ARE LAWFUL BUT NOT ALL THINGS ARE HELPFUL.** 🙌





ELSIE
KUMODJI

Truelife FRESH

A Heart For Kids

Elsie Kumordzie has a strong believe in the teachings of Christ and His admonishing. She holds a strong faith in prayer and believes that prayer is important because it is a way of communicating with God. It keeps her closer to God and makes her appreciate certain things better than she did some time ago.

The Banker and mother of four with one being her biological child grew up with four siblings and had a relatively happy childhood. She shared aspects of her life and beliefs with Truelife Magazine.

TM (TrueLife Magazine): Let's start off with where you fellowship and some activities you engage in at Church, if any?

EK (Elsie Kumordzie): I fellowship at the Charismatic Evangelistic Ministry and I am part of the Christ To The Rural World Team. Christ to the Rural World is the church's mission wing that undertakes crusades in rural areas across the country and the West Africa region.

TM: What is your favorite Bible verse?

EK: I have a number of favorite verses but I prefer Psalm 23, psalm 25 and philippians 4.6

TM: With all the successful strides you have achieved, do you think they have made you more humble?

EK: Yes. I have become much more humble and I have learnt to appreciate life much deeper. I will not say I am successful yet. I would rather say that I am "still a work in progress". I have not yet reached self-actualization yet so, I am "still a work in progress".

TM: What are some of the practical things you do in your daily life to show God's love for others?

EK: I try to pray first thing when I get out of bed. For all days that The Lord has granted me life, I thank Him and commit the day, my home and my family into His hands. I generally help people as much as I can. I am also a foster parent to three adopted children as well. The Lord has been good to me. He has blessed me immensely and so as much as I can, I extend support and help to other people.

TM: Has there been any time that you can easily point to as your happiest moment?

EK: (With laughter) When my daughter first called me in soft voice "mommy" with a smile,

TM: Let's just say God is here right now, in front of you, physically, and He is ready to answer a mystery that has lingered on your mind. What one question will that be?

EK: I honestly will ask why we as humans are unable to predict and know the future.

TM: And anything in particular you would love to ask Him for, or maybe more of?

EK: Oh yes. Wisdom, knowledge, strength, and above all patience.

TM: In your spare time, what would one possibly find you doing?

EK: Watching movies, spending time with my family.

Elsie was asked that given the opportunity to build a Church, a school and a hospital, which one will she go for and why, she mentioned that she would love to build a school. Her reason is that she loves to teach and to impart knowledge and a school will afford her the chance to do so.

The highlight of Elsie's interview was the fact that she had adopted three children! Truelife was indeed amazed and we share Elsie's "hmmmm" on why she adopted:

What motivated you to adopt?

I grew up in a home of 15 kids and only 5 of us were my parent's kids. The rest were either relatives or kids that my parents had brought home from the village to take care of. My parent's love for kids has been a motivation to also do same. In addition to this, I believe that when God blesses you in any way, you need to also give back something, and this is my small way of giving back.

How did you adopt them?

I have one boy who is 20 years, and two girls who are aged 22 and 16. I first adopted the boy and put him through school. When I had my daughter I needed a nanny so I took on the second child (a girl) to assist. She had completed Junior High School and could not further her education and was helping a trader in the market. I took her in and put her through Senior High School. Apart from putting them through

school under my full guardian status, I also support them with monthly allowances. The third child, also a girl is the daughter of my parent's house help that I decided to also take care of. She is currently in Junior High School.

How do you manage with the four kids?

The older girl is able to attend school on her own on public transport, and I have a driver who runs the pick ups for the rest of them. As they are sufficiently matured they are able to comport themselves at home after school before I return from work.

How does your Daughter feel about it?

She is only 3 years old. She looks up them as her siblings.

Elsie Concluded: I believe that anyone who can afford to take care of less privileged children should grab the opportunity and do so. Especially families believing God for the fruit of the womb, if you take care of others, God will take care of you. I believe that it may not be the portion of everyone to have kids and if we cannot have our own then we should take care of others. Even families with children can add other kids to their families. If this was to be the case then you can imagine the number of smiles we would put on the faces of numerous children orphaned and poverty stricken. There is such fulfillment in doing this and I know that God will reward abundantly anyone who takes care of his own.

It doesn't take much to adopt, it only takes kindness and a good heart! 🙌



*It doesn't take
much to adopt, it
only takes kindness
and a good heart!*

A portrait of a woman with long, dark, curly hair, smiling and leaning back against a black chair. She is wearing a dark blue sleeveless top with a pearl necklace and a gold chain. Her left arm is resting on the chair's backrest, and she is wearing a gold bracelet with blue beads. The background is solid black.

ELSIE
KUMODJI

Truelife FRESH

Success in the Making!

Daphne Lariba Nabila is a Human Rights Lawyer who hails from the Northern Region of Ghana and is based in Accra. She has five siblings and grew up in the comfort of her father, a lecturer at the University of Ghana her mother who was a teacher, and with numerous cousins who came to live with the family at various times. This inculcated the habit of giving and sharing in her, one trait that has become so much a part of her personality. She is single and worships with the Assemblies of God Church, where she is part of the ushering and announcement unit.

Sakyiwaa Mensah of Truelife Magazine met with the soft-spoken and warm Daphne and she shared her views on some of the goodness and favours of The Lord which is evident in her life.

TM (Truelife Magazine): Did you decide, from infancy, to become a lawyer?

DN (Daphne Nabila): It actually happened by chance. After secondary school education, there were two choices of possible university courses. I settled on Business Administration but my father hinted that I do law, following the footsteps of my maternal grandfather. I thought about it for a while and decided to go with it. Mind you I was not pressured to do law.

TM: Would you consider yourself a successful person?

DN: Relatively, yes and no. I would like to consider myself as a success story in the making, rather.

TM: Has your success made you more humble than you most probably were some time ago?

DN: In a way, yes, and in a way, no. Success has made me proud in the sense that I can confidently call myself a child of God. I am happy that I do not experience negative traits like jealousy and ill temper which I used to harbour. Additionally, I have become more humble because despite my challenges, the Holy Spirit still relates to me as if I am spotless. Jesus hears my prayers and that makes me even more humble.

TM: What practical things do you do in your daily life to show God's love to others?

DN: That, I will say being generous and having a healthy enough attitude to relate to others, no matter their background.

TM: What has been your greatest and happiest moment so far?

DN: Greatest achievement, urrrmmm lets see. (With a bright glow on her face and a warm smile) The day I graduated from university was one of the happiest days of my life. The day I graduated after my Master's program, I felt a lot happier than my undergraduate happiness. I am not yet married so I do not know if my wedding day will bring me a lot more happiness but for now, yeah, these two occasions have been the most happiest in my life, so far.

TM: Given the opportunity to ask God for anything, what would you ask of Him?

DN: I have honestly not thought this but I have grown to believe and understand that God works in his own time and makes things beautiful in His time. If there is anything He wants me to know or have, He will make me aware and give, in His own time.



DAPHNE
NABILA



*“I have grown
to believe and
understand that
God works in
his own time
and makes
things beautiful
in His time.”*

TM: Any hobbies and sports you indulge in?

DN: I used to watch a lot of movies before. I still do but it is not as much as it used to be. I love action, drama and romantic comedies. On sports, I used to swim a lot as well but I haven't in a while.

Daphne has an open mind to adoption. Her cultural background makes her a mother to all her nephews and nieces so in many ways, she has children and adopted children. One great impact she has made, and continue to do so to humanity is making legal representations to clients who are unable to afford her services, adding that she feels a sense of fulfilment winning and seeing smiles of content. Her favorite verse in The Bible is Psalm 142 v 3 and 4. Daphne strongly believes that prayers and success go hand in hand as whatever one gets, it will either be as a result of them praying or someone else praying on their behalf. 🙌





MAWUKO
AFADZINU

Truelife FRESH

Simply Grace

With a warm and welcoming personality, either on phone or in person, the head of Marketing and Public Relations of Stanbic Bank Ghana Ltd, accorded Truelife the audience to share his story. Mawuko Kweku Afadzinu was born in Kumasi but grew up in a village called Sekesua in Somanya in the Eastern Region of Ghana. He has a sister and some very close cousins from the maternal part of his family and from his father's part of the family, eight siblings. His father was an accountant. Mawuko spoke openly answered questions, preaching in part and giving credence to the enduring influence of a very prayerful mother.

During Truelife Magazine's (TM) meeting with Mawuko Afadzinu (MA) at his office in Accra, we shared following dialogue.

TM: Tell us a bit about your family.

MA: I am married with two children, both boys. I have been married for close to thirteen years and counting.

TM: You most certainly must have had some challenges in your life. Would you want to share some?

MA: Challenges, yes, certainly. There have always been some challenges with all aspects of my life, be it work, social life and family. There are always targets to be met, no matter what and no matter the circumstances.

TM: There must be times when you feel like giving up. What motivates you to keep going?

MA: My motivation is that my God always gives me hope and a future. I have been able to overcome the challenges by grace, and with the particular mindset that there is a God who is ever so faithful, One who has promised never to let me down and One who has kept, keeping, and will keep His promises. Knowing that only He is the constant in life, with everything else a variable that changes over time. Faced with challenges or not, I look to Him.

TM: Do you think there is any relation between success and prayer?

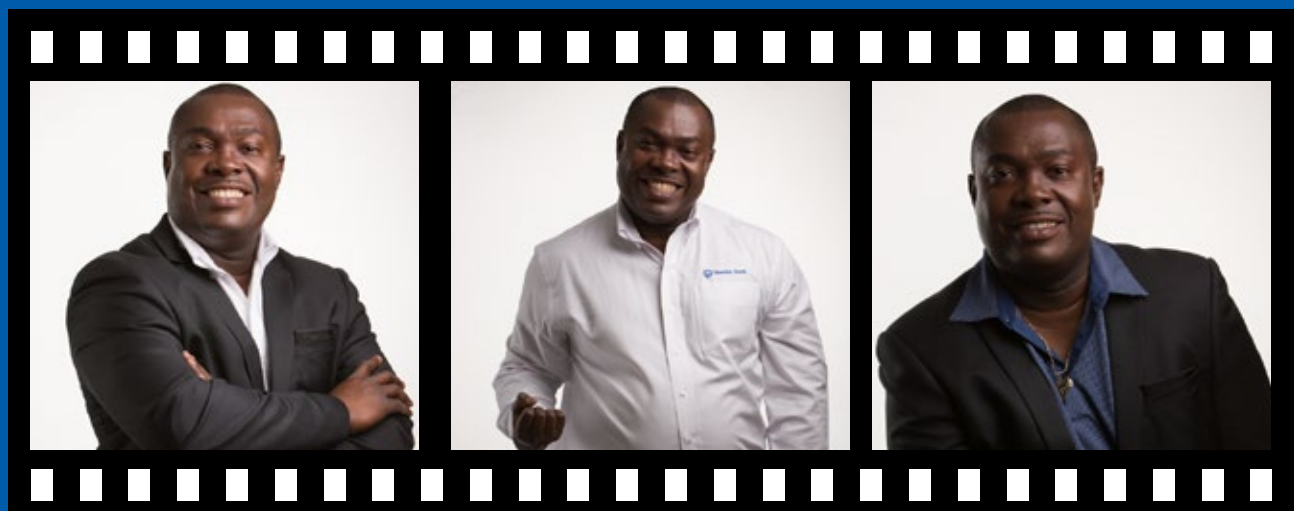
MA: Most definitely. The Bible says we should pray without ceasing. Everything we (mankind) consider to be successful will not stay. They will be erased, some will get lost, what comes across as green pastures today may easily become the Sodom and Gomorrah of tomorrow. With God being the only constant in life, it is imperative to always ask Him for strength and grace. Hard work is a truly good trait but if your focus is lost, all your work will be in vain. Besides there are a lot of daily struggles we all go through. We need prayers to rejuvenate us and to keep us focused. If not, we will never attain the success we seek.

TM: Has your success made you more humble than you were some time back?

MA: What do we have in life that is not given to us? And what is it that should make us proud and conceited? I have known lots of people who are smarter, better, more endowed, more gifted and imposing etc, so whatever I am today is the result of grace, simply grace. It is all grace, it is by grace that I have been able to talk to you. ✂

“Hard work is a truly good trait but if your focus is lost, all your work will be in vain.”





I keep slipping, I keep falling but I share David's testimony that when I fall I shall surely rise again because of His grace. Bottom line is that, it is by grace that we even are alive. Some people have had better opportunities yet they have blown it all up, whilst, others have the opportunities alright but they just have been unable to be achievers. Some haven't had the opportunities available to me at all. It is all by grace and this knowledge keeps me humble. Any feeling of pride is quickly contained by the huge banner of grace. I am a child of grace.

TM: What are some of the things you do to show God's love in your daily activities?

MA: I always seek to help others as much as I can. Sometimes it could be as little as offering coconut for someone in need. Sometimes I listen to people who approach me with their problems, I offer advice, and generally reach out a helping hand out as much as I can any time it becomes necessary.

TM: Where do you fellowship?

MA: I worship at the Legon Interdenominational Church.

*“I keep slipping,
I keep falling but
I share David's
testimony that when
I fall I shall surely
rise again because
of His grace”*

TM: Given the opportunity, is there anything you would want to ask God for?

MA: I would want to ask Him to continue giving me grace to live in His glory and do all things according to His will.

TM: Given the opportunity to build a school, a church and a hospital, which one option will you choose?

MA: I would go for a school. Schools feed minds, hearts and souls. People spend a lot more time in school than they would spend in Church or in a hospital, so I believe the impact of school in society will be greater.

Mawuko attended Prempeh College in Kumasi and then proceeded to the University of Ghana, Legon. He is currently the Vice president of the Ghana Table Tennis Association. He used to be a goalkeeper and is a keen fan of Accra Hearts of Oak and Barcelona.

Mawuko attributes his hope in life to his believe in God and adds that he clearly sees his future with God as his guide through the challenges in life. He quotes his favorite Bible verses as, Psalm 46:10 and Psalm 23: 5 and 6. 🙌



KWASI
DEH

Truelife FRESH

Success Counts With God!

Truelife met with Kwasi Deh, of Chase Petroleum Ghana Limited, an indigenous bulk oil distribution company. Kwasi doubles as a Pastor of Lighthouse Chapel International, where he worships with his family. He completed Achimota School and the University of Ghana, Legon.

Quite outspoken on general issues, with his intensity and passion palpable, Kwasi made this interview a delight, turning it into a conversation of beliefs, as he easily gave answers to the questions. Below is a brief of the interview session.

TM (Truelife Magazine): Could you please give us a brief of yourself?

KD (Kwasi Deh): Name is Kwasi Deh. There are other names but I prefer these two. I hail from Alavanyo in the Hohoe North District of the Volta Region, Ghana. I have three siblings and I'm married with two boys.

TM: You work at Chase Petroleum. In what capacity are you and how long have you been with Chase Petroleum?

KD: I am Head of the Commercial Department at Chase Petroleum. This is my fourth year with the company. Before that I had been with Standard Chartered Bank for four years as well.

TM: Did you have any particular reason for wanting to join Chase petroleum?

KD: The main conviction was that Chase is an indigenous Ghanaian company in the oil sector and the company was doing well. But what really made the case was that it was an opportunity to work with Ghanaians who had ambition to make something

great of the business. When we achieve that we will have impacted our fellows in Africa in ways that politics has never been able to accomplish. That was a basic driver for my wanting to be part of Chase Petroleum.

TM: Would you consider yourself as a successful person?

KD: Success is relative. There are so many aspects to life that it is a hard claim to make. I am also too young to make such conclusive claims. There are a lot of things to do. I will rather say, I am a success story in the making.

TM: Do you think God and prayers have any bearing on success?

KD: Absolutely. There are basic things that have to be learnt in order to help in one's success in any chosen field. School and education and morals form a part of these basic requirements. However, prayer and the belief in God is what will propel one to astonishing heights. There are a lot of discussions around this sort of thing, but my Christian belief gives me a different bias. What shall it profit a man if he gains the world but loses his soul? Success must count God in!

TM: Where do you fellowship and are you part of any group at your church?

KD: I worship at the Lighthouse Chapel International. I am also a Pastor in the Church, an assistant to Bishop Emmanuel Nterful. I am also in charge of the choir and all song ministration at the Cathedral. Aside these, I am also a part of the Fellowship of Christian Business People and Professionals International (FCBPI).



TM: That sounds like your life is a very packed one; family, work and church. Do you have time for any sports and hobbies and which ones do you indulge in?

KD: I do make time to play golf and go to the gym as much as I can. I love and support Manchester United and a lover of Chelsea Football Club and Jose Mourinho. I love all genres of Gospel Music as well as Classical and Rock Music. I read as well. I used to read novels but now I have shifted more towards factual and classic books as well as biographies. I am reading the biographies of Tony Blair and Steve Jobs now, and I love them. I do read a lot of leadership books as well as books by Bishop Dag Heward Mills.

Kwasi Deh was asked that if he gets an opportunity to ask God for the solution to any mystery, what it will be. He answered that at the moment, he cannot put a finger on anything but definitely if he should get that chance, he knows he will have a conversation with The Creator. He's humbled by the opportunities he's had in life. Whatever successes, like passing an examination, or little luxuries we have like a car, are really God's mercies for us. He emphasized that it humbles him to enjoy such blessings.

Kwasi's favorite scripture passage is Psalm 23.

On a more topical issue of whether Ghana's middle class is shunning the country's politics as they are being accused now, he admitted that indeed that is the situation. He cautioned that Nigeria had a similar situation a while back. The middle class abandoned the administration of the country to "politicians" and looked on unconcerned.

He admonished that ... 🙌

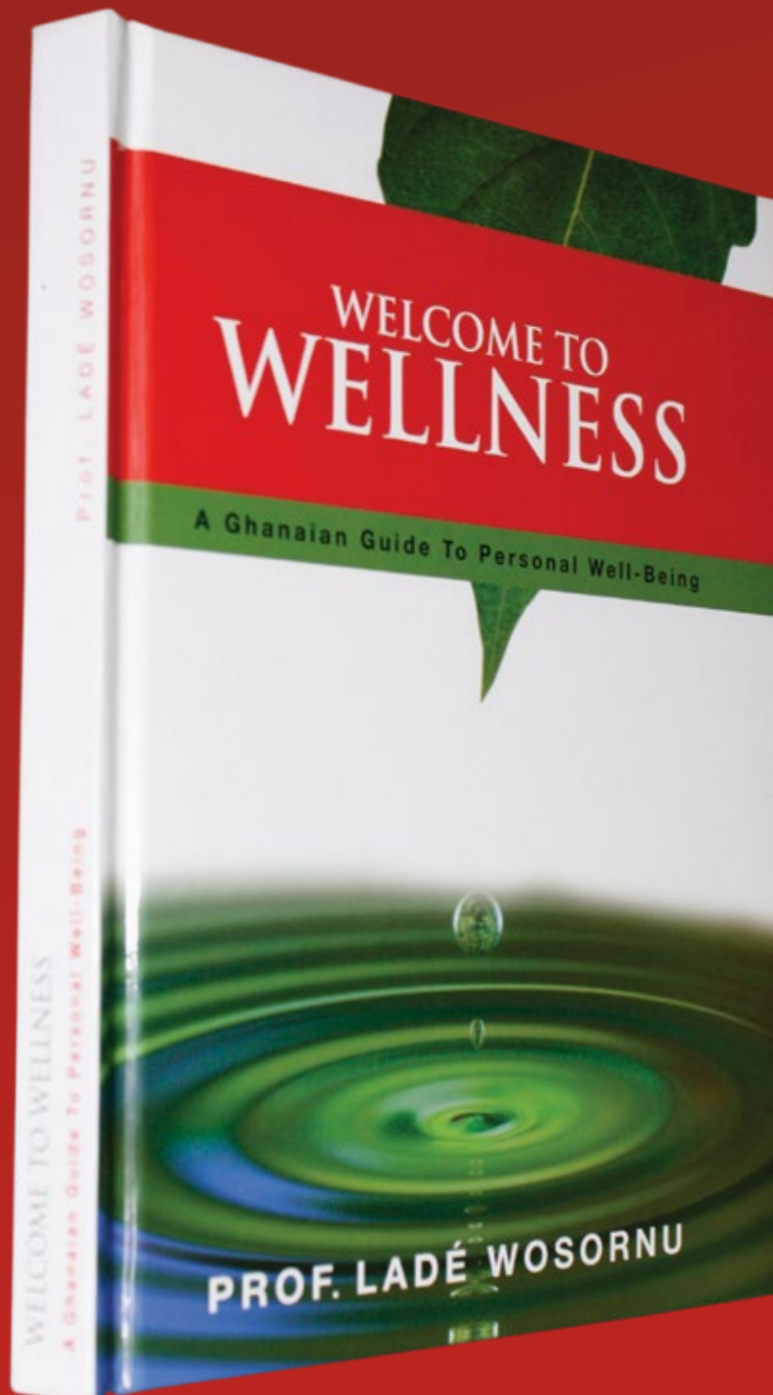
Whatever successes, like passing an examination, or little luxuries we have like a car, are really God's mercies for us. He emphasized that it humbles him to enjoy such blessings.

A full-page portrait of Kwasi Deh, a Black man, sitting on a black folding stool. He is wearing a light blue pinstriped dress shirt, a dark navy blue vest, and a blue patterned tie. His hands are clasped in his lap, and he is wearing a watch on his left wrist. He is smiling slightly and looking towards the camera. The background is a solid dark color.

KWASI
DEH

WELCOME TO WELLNESS

A Ghanaian Guide To Personal Well-Being



by Prof. Ladé Wosornu
available in all leading book shops in Ghana

**“TEACHING YOUR
GRANDMOTHER....”!**



breastfeeding

- WE GOT IT RIGHT

They will not quit. The afflicted will forever try to teach grandmothers how to eat eggs. [The saying is “how to suck an egg”. But we don’t do that.

We eat, not suck eggs.]

The general issue here is the positive impact which our culture and received traditions can make on health and wellness. [In *sankofa*, we have rich pickings]. Breast feeding is the specific case in point.

The evidence is clear. Pretenders from the west *had* got it wrong. Decades later, they see their folly. Today, they turn around, and, declare: “Here, let us teach you a thing or two about the health benefits of breast feeding.”

They blush not, neither will they hush up. How can they? Afflicted as they are with the *Promethean* curse. [‘Prometheus’ is a character from Greek mythology. The chap was punished by the gods for stealing fire to give to humans. Courtesy: Prof Kofi Awoonor.]

Breast Feeding On Front Pages

About three weeks ago, this headline hit the air waves: “Breastfeeding Time magazine cover divides opinion”. [Source: BBC, 11 May 2012.] The cover of the magazine in question showed a mother breastfeeding her son. [The woman was from California. The boy was three years old.] That article is the trigger for this.

The writer continued: “While the publishers and breastfeeding organizations have backed it, it has provoked an angry reaction.”

You too would have seen the photo? It was daring. Joanna Moorhead from the 'Guardian' says the real issue is this. Mothers are stopping breastfeeding too early."

We Got It Right

As for breast feeding, our received tradition has got it spot on! Let us review some of the booklong ways of looking at the health issues involved.

"Children who are breastfed for four months or more develop *fewer* behaviour problems, Oxford researchers say". The study, involving 10,000 mothers and their kids, says that it may be because of the make-up of breast milk. Or, breastfeeding may lead to better mother-baby interaction.

Health Benefits For Babies

Breastfeeding is associated with health benefits for babies. That we know. Five examples are allergies, asthma and diabetes, as well as infection and obesity. The infections are in the ear, lungs and gut. These are the sort which give running tummy, running nose and running ears.

Breastfeeding lowers the risk of obesity in childhood and in later life. However, one fact must be added. Obesity is a saga. The controversy continues.

Serious Study

Known as the Millenium Cohort Study, it roped in over 10,000 mothers. They were asked to assess problems in their kids by the age of five. Behaviour problems included anxiety, clinginess and restlessness, as well as telling lies or stealing.

Only 6% of kids who were breastfed misbehaved. That number contrasted with 16% of kids who ate formula stuff. The Researchers concluded: "Our results provide more evidence for the benefits of breastfeeding."

MOTHERS ARE STOPPING BREASTFEEDING TOO EARLY.”

Breast Milk, Or, Mom's Smile?

Researchers went looking for explanations. What is the source of the goodies associated with breast feeding? Is it breast milk as such? Mom's touch, perhaps? Or, both?

“Breast milk contained fatty acids, as well as growth factors and hormones”. These were important for the development of the brain and nervous system. That is one side of the coin.

The other side is this. Moms who breastfeed tend to interact with their kids more. This could mean that, in turn, their kids learn more about acceptable ways to behave.”

Hitching A Ride

The advantages extend to moms, too. They are allowed to hitch a ride with, or sail in the slip stream of the breastfeeding boat. The benefits are truly striking.

First, moms who breastfeed lose the weight they gained in pregnancy *faster*. Secondly, they have a lower risk of pre-menopausal breast cancer.

More Good News For Mom

Moms who breastfeed lower their own risk of three common killers: heart attack, heart disease and stroke. If you breastfed for more than a year, you are 10% less likely to develop the conditions than women who never breastfed. Even breastfeeding for at least a month may cut the risk of diabetes, high blood pressure and high cholesterol.

Nor is that all. Research has found that breastfeeding reduces a woman's risk of osteoporosis (brittle bones) in later life, as well as two cancers: ovary and breast.

Data Source & Numbers

The study, by the University of Pittsburgh, focused on some 140,000 post-menopausal women. The beneficial impact lasts for decades. As well as cutting the risk of heart problems, breastfeeding for more than a year cut the risk of high blood pressure by 12%, and diabetes and high cholesterol by around 20%.

What We Are, And, Are Not Doing

In response to these research findings, one officer said: “We must not send a negative message to mothers that they have failed, or, make them feel guilty because they bottle-fed their babies.”

To make moms' feel guilty about breast feeding is one thing these columns are certainly NOT doing. Instead, we are returning to our roots. We seek the good that lies embed in them. And, we've found that, with breast feeding, we can feel justly proud of sankofa.

The Bottom Line

“Breastfeeding is an important part of the way women's bodies recover from pregnancy. When this process is interrupted, women are more likely to have a number of health problems, including heart attacks and strokes.”

And here comes the bottom line: “The longer a mother nurses her baby, the better for both of them.”

For centuries, our received traditions have preached and practiced exactly that. Sankofa! Need more be said? 🙌

Prof Lade Wosornu



Manana Mi Amigos

(Tommorow my friend)

*...“I’ll get around to it”,
“I’ll start tomorrow”.
“I’ll start next year”*

Procrastination manifests itself in every aspect of your life. You wait until the last minute to buy birthday or Christmas presents. You put off seeing the dentist, or getting that pain or condition checked out by the doctor. You forget to register to vote. You need to get your car oil change. There is a pile of dishes getting higher in the kitchen. Shouldn't you wash clothes now so you don't have to waste a Sunday cleaning everything you own?

You keep saying “I’ll get around to it”, “I’ll start tomorrow”. “I’ll start next year”, “There’s a growing list of books I’ll read one day”. The list gets longer!

Before you do though, you begin to think, maybe you should check your email, check your Facebook too, just to get it out of the way. The excuses keep coming

You keep promising yourself this will be the year you do all these things. You know your life would improve if you would just buckle down and put forth the effort.

Procrastination is when things are put off and not done. Procrastination is when you put off things that you should be focusing on right now, usually in favour of doing something that is more enjoyable or that you're more comfortable doing.

Other definitions, suggest procrastination occurs when there's "a temporal gap between intended behaviour and enacted behaviour." That is, procrastination is occurring when there's a significant time period between when people intend to do a job, and when they actually do it.

In psychology, procrastination refers to the act of replacing high-priority actions with tasks of lower priority, or doing something from which one derives enjoyment, and thus putting off important tasks to a later time. Procrastination may result in **stress**, a sense of **guilt** and **crisis**, severe loss of **personal** productivity, as well as social disapproval for not meeting responsibilities or commitments. These feelings combined may promote further procrastination. While it is regarded as **normal** for people to procrastinate to some degree, it becomes a problem when it impedes normal functioning. It is believed that chronic procrastination may be a sign of an underlying **psychological disorder**.

There is a misconception that people procrastinate because they are lazy and can't manage time well. But research has revealed that in truth procrastination is fuelled by weakness in the face of impulse and a failure to think about thinking.

There is something about your own behavior you should have noticed by now, something which keeps getting between you and the things you want to accomplish.

The slips become more frequent, but you keep saying you'll get around to it. You'll start again on Monday, which becomes a week from Monday and then the next and so on. Your will, succumbs to a death by a thousand cuts. By the time the end of the year is out, it looks like you already know what your resolution will be the next year.

To have a good chance of overcoming procrastination, you need to spot straight away that you're doing it. Then, you need to identify why you're procrastinating and take appropriate steps to overcome the block.

Remember that the longer you can do without procrastinating, the greater your chances of breaking this destructive habit for good!

Procrastination is such a pervasive element of the human experience. It is a problem everyone admits to, so why is it so hard to defeat? 🙄

Steiner wood

**FIND OUT HOW TO OVERCOME
PROCRASTINATION IN THE NEXT ISSUE**



Truelife FRESH

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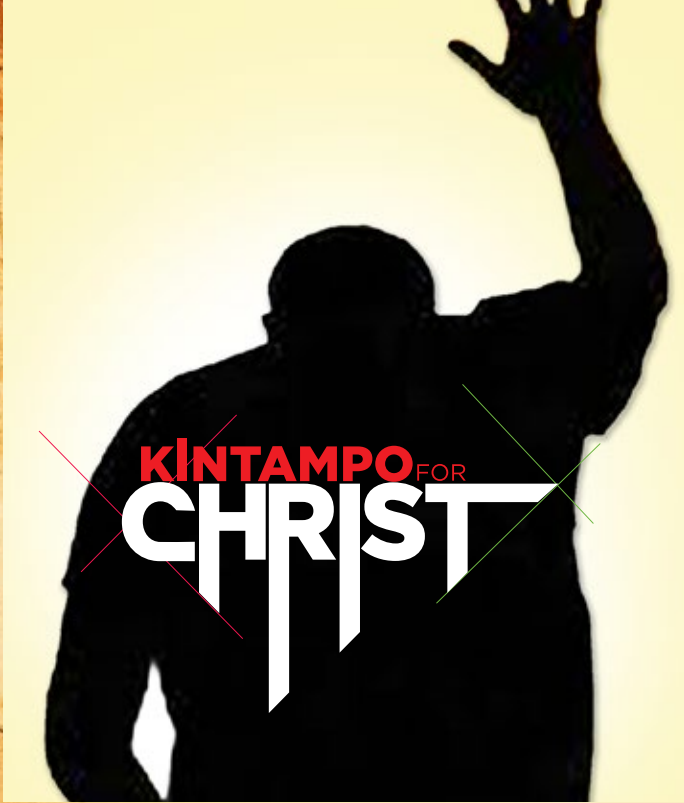
Minimum 5 years, Maximum 10,15,20 years



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KINTAMPO FOR CHRIST

Christ to the Rural World is the rural-outreach ministry of the Charismatic Evangelistic Ministry. The objective of the ministry is that Christ to the rural world will continue to reach out to people in the remote areas of the world with the transforming word of God. The Ministry of Christ to the rural world in addition to preaching the gospel provides free clothing, food aid to the poor, the hungry, and the needy, and free Medical Care to the sick. All these are in direct response to the Great Commission our Lord Jesus gave to his church and a demonstration of the total gospel. The church holds this outreach programme three to four times in a year.

Christ to the rural world began in the 1980's when the Charismatic Evangelistic Ministry was a fellowship. Since its inception, the ministry has organised humanitarian services to towns and villages in seven (7) out of the ten (10) regions of Ghana. This ministry has been instrumental in strengthening and equipping the churches in the towns and villages by organizing training seminars and meetings for Pastors, Leaders, Church workers and interested individuals.

Christ to the rural world in partnership with Lighthouse Chapel International and the Bible Society of Ghana have provided and continue to provide books bibles and relevant Christian literature to people in the rural areas which aids in church growth and personal development.

The mission to Kintampo saw a massive demonstration of God's love in the lives of the people. The expression on their faces as they were given free food, clothing and medical care was so satisfying and fulfilling to witness. Being a part of this mission is always a humbling experience as you realize how very fortunate you may be and the need to be thankful and grateful for the status of your life, as there are many worse off than you.

It is important that as we live our lives we affect and influence other people's life by engaging in benevolent acts such as this.

Matthew 25:31- 46

The Sheep and the Goats

31"When the Son of Man comes in his glory, and all the angels with him, he will sit on his throne in heavenly glory. *32*All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. *33*He will put the sheep on his right and the goats on his left.

34"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. *35*For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, *36*I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

37"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? *38*When did we see you a stranger and invite you in, or needing clothes and clothe you? *39*When did we see you sick or in prison and go to visit you?'

40"The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'

41"Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. *42*For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, *43*I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.'

44"They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?'

45"He will reply, 'I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.'

46"Then they will go away to eternal punishment, but the righteous to eternal life."

What will your life on earth count for? Will you be with the sheep or the goat?

Let your life count for something good!



KINTAMPO FOR CHRIST

















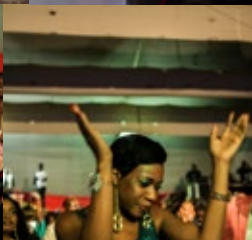


true life
Inspire | Transform | Empower

SONNIE BADU'S Concert









Let
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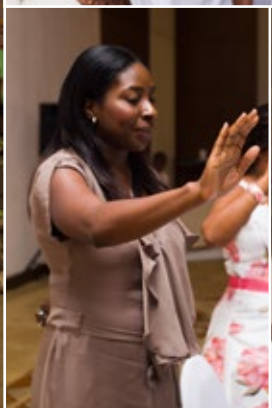




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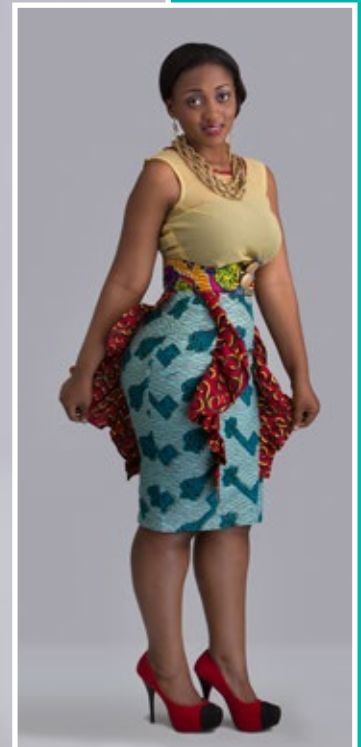
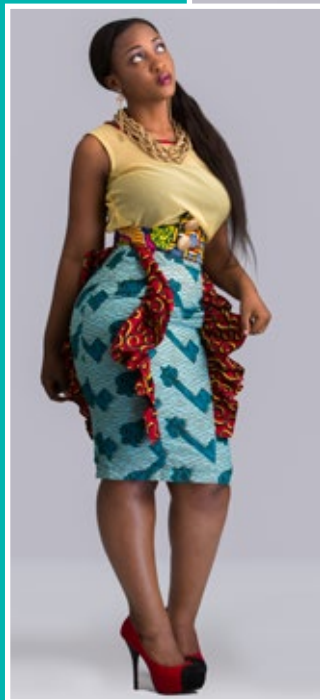
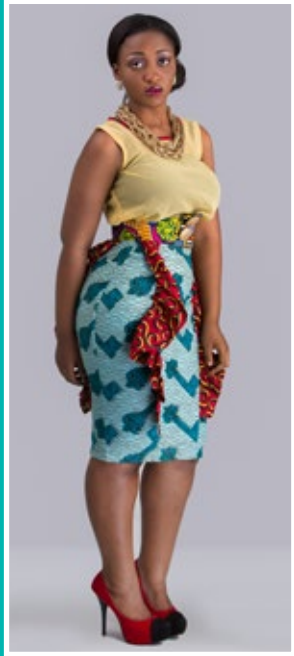
True style

By Bluemae







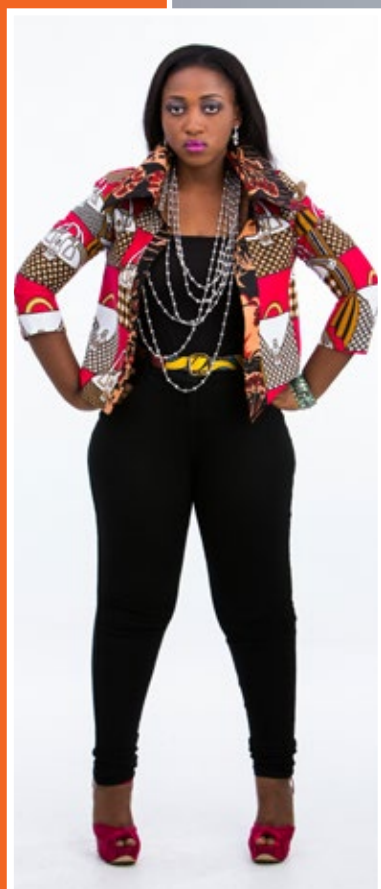
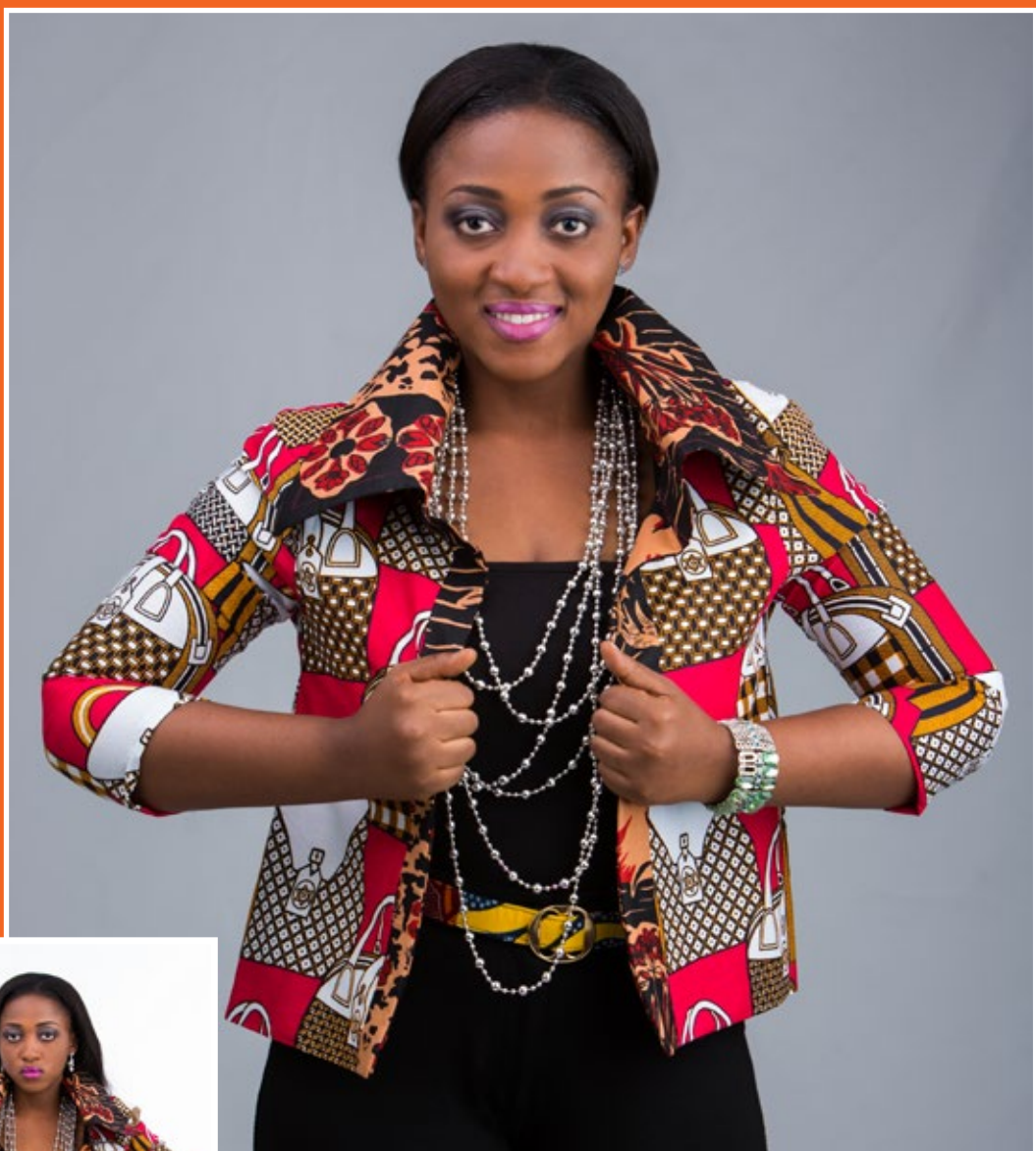








Truelife FRESH







HARDTALK

with Joyce Aryee

Q.

I have been wondering if giving a tip or money to facilitate work that needs to be done for you can be classified as bribery. Is bribery sin at all? It happens in different ways, very subtle and obvious ways but I wonder if it can all be classified as bribery. For example giving money to a nurse at the clinic so they call you to see the doctor before it's your turn and giving the customs officer some money so you don't have to pay duty as required on goods imported. Can you weigh these two on the same level?

Joyce: If I am paying the stipulated cost for a service rendered, it cannot be classified as a bribe, but when I influence a nurse, a teacher, a policeman or anybody to break the ethics of his profession in rendering a service, then I am bribing and it is therefore a sin. A sin by the giver as well as the receiver. We should not compromise on our values nor should we tempt someone to compromise their values.



Q.

I have always liked anklets and looked forward to wearing one. I got one and was surprised at my mum and some other people's reaction to this beautiful piece of jewelry on my leg. Then I began to find out it was associated with all sorts of meanings but for me, I just think it's pretty. Is this just a cultural thing that is frowned on or it is Biblically wrong to wear anklets?

Joyce: I think biblically speaking as in 1 Tim. 2:9 says: "I also want women to dress modestly with decency and propriety, not with braided hair or gold or pearls or expensive clothes." Modesty is the word. We must not cause anyone to stumble. Christianity is about forgoing our rights so that others will grow and see Christ in us clearly, just as Phil. 3:1-10 says.



We all have questions that are unanswered. We have questions that we seek biblical answers in the bible but cannot find straightforward answers. Drop your questions in the Truelife drop boxes in your church and address your envelopes "HARDTALK". Alternatively you can email hardtalk@truelifeworld.com with your questions and Joyce Aryee will help answer these questions.

Q.

I really want to go to heaven but try as I do I am unable to live the perfect life. What really are the criteria to go to heaven?

Joyce: The Bible says in Colossians 2:6-7 that "So then, Just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and over flowing with thankfulness." "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing" – John 15:5. We have to depend on the Holy Spirit to help us to live to please the Lord as we read in John 14:21 & 23 as well as Phil.2:13. Jesus calls us to remain in Him because in Him we have a new life – 2 Cor. 5:17 & 21.



Q.

My wife refuses to have sex with me and for the past three months I am sexually starved. I am tempted to satisfy this desire with someone else. How do I deal with this?

Joyce: In 1 Cor.7:1-5 The Husband and wife belong to each other and in this case she should not starve you. Find out from her why she is doing that and resolve the issue. Satisfying your sexual urges with someone else is a sin. She could be going through some issues which she is afraid to share with you. Do some soul searching – you could have hurt her so deeply that she is finding it difficult to have sex with you.

Q.

Must I have a church wedding to be considered as rightfully married as a Christian? Is Church wedding biblical? I would really like to know the basic rule of getting married and how?

Joyce: In Gen. 24 we see Abraham seeking a wife for Isaac and Gen. 29 gives us an example of how Jacob married. It should be with the consent of the bride's parents and since we live in a country and also belong to a fellowship, we must marry by the agreed methods. Jesus attended a wedding ceremony in a home and not a synagogue. A church wedding in itself does not constitute a Christian marriage but those who do it with the right motives do so as a witness of their faith in God.

Q.

We have been dating for 2 years and just started planning our wedding two months ago and my girlfriend told me that she is barren. I don't mind the fact that she is barren but I have lost my trust in her because she took so long to tell me. I don't know if the relationship is going to be the same. I am confused, kindly advise!

Joyce: Your fiancée took so long because she did not know how you would take it. Loving you as she does, it must have been a struggle for her. Please understand her and if you truly love her you would put it behind you. What about if she had not told you at all? The late Mackeown of the Church of Pentecost, Madam Theresa and many other people did not have biological children on their own but had many adopted children. Love must be your watchword. Many have delinquent children which makes them wish they had not given birth.



MICHAELA

NAA AFI

WELLINGTON



As I will remember her.

When the news of Michaela's death reached me all I could think about was the last time I sat by her bedside at the clinic. We held hands and rubbed each others palm and talked about how she was going to have a big testimony to share upon recovery, the dresses she was going to wear when she resumed for work and just how everything was going to be ok. She indeed encouraged me that all will be well more than I did, I guess my countenance gave me away as she could imagine I was worried about her.

I left her bedside looking forward to seeing her soon, she told me how she wanted to get some gifts for the staff who were taking care of her after she had recovered to show her appreciation to them and asked that I think of something that will be her token of appreciation.

As I think about her death I only think of how She never gave up on

herself; she did not resign herself to her current situation but always talked about the future that she dreamed of. How everything was going to be well.

Now she is no more with us but she left a mark of strength that I will always remember her for. Remembering her gives me hope to keep dreaming to the very last minute. She is a pillar of hope in my heart, that regardless of your situation just hold on with your very last breadth.

If you knew her you probably understand what I am talking about. If you don't know her, I share this to encourage you to hold on to life with hope and confidence, looking always at the brighter side.

**NEVER STOP DREAMING
EVEN UNTO DEATH.✍**

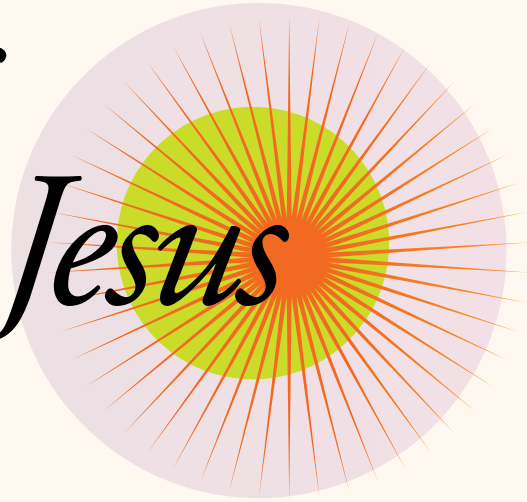
Dedo Kofi

— RIP —

ATHOMEWITH daughters



Daughters of Glorious Jesus



From being called the Asare sisters, the annals of gospel music in Ghana cannot be written without the name of the vintage gospel music group, Daughters of Glorious Jesus. Arguably the all time best gospel group the country has witnessed. The trio, Cynthia Appiedu, Edna Owusu Sarpong and Monica Owusu Ansah make up this group. Blessed with the gift of singing, the trio started singing at an early stage of their lives in Santaase, Kumasi. Cynthia and Edna are siblings. The two however met Monica in the same choir at Resurrection Power and Living Bread International Church under the mentorship, guidance and tutelage of Rev. Akwasi Asare Bediako who was the then assistant to the founder Rev. Amoako of blessed memory.

To help nurture their musical talent and Christian life, the trio lived with Rev. Asare Bediako an arrangement which their parents obliged to and were happy about. Rev. Akwasi Asare Bediako secured opportunities for them to perform at gospel concerts, shows and crusades thereby providing them the needed exposure and platform in their song ministration.

In 1989, the gospel trio was formally christened Daughters of Glorious Jesus and they subsequently released their maiden album in 1990 and have never looked back since, churning out over a hundred classical gospel hit songs year in year out. Even though singing is a full time passion they pursued, Cynthia and Monica furthered their education in Secretarial Studies whiles Edna pursued a course in Fashion Design after their basic education.

Symptomatic of a well structured corporate entity with clearly defined roles and responsibilities, each member in the group is charged with a specific task apart from their core function of composing songs and singing together. Edna takes care of the group's wardrobe and their general look and feel as a brand perhaps informed by her fashion design background. Cynthia is charged with the responsibility of deciding which songs to perform at any given time and the general coordination of their musical performances. Monica is responsible for their prayer life and spiritual bonding as a group.

Asked about how they come by their songs, Cynthia revealed that, a lot of prayer goes into their preparations for brain storming to churn out the ever lasting soul searching inspirational lyrics in their songs that we all love. Monica postulated that their day to day interaction with people helps them to draw some musical lines to use in their music. Sometimes some songs come to

them in their dreams especially for Cynthia. Rev Akwasi Asare Bediako came up for mention by Edna as being of great help when it comes to their compositions.

*real love
underpinned their
interactions with each other*

With 22 years in song ministration, Daughters of Glorious Jesus have touched the lives of many gospel music lovers across the globe with their stupendous and inspirational performances on big international platforms such as the Euro Spirit Concert in the Netherlands and have gained both international and local recognition for their works having received over 30 awards with the most recent being the All time Best Gospel Group award.

For Monica family life began a bit early, she was first amongst the trio to get married. She got married to Rev.





Owusu Ansah of Resurrection Power and Living Bread International Church in 1993 and they are blessed with a girl and three boys namely Mitchel, Kwabena, Kojo and Inyira. Monica recounts moments when she cried after her colleagues first visited her in her matrimonial home and were leaving her, all attesting to the level of bonding between them as a group and thus, one family.

Mr. Kofi Appiedu is husband to Cynthia. After courting for five years the two married in 1997 and are blessed with four adorable kids namely Petra, Ezra, Jude and Ithra.

Edna is married to Mr. Edward Owusu Sarpong and their union is blessed with two wonderful children, Athaliah and Levi.

For leisure, the trio expressed their love for going for family outdoor events together with their families, listening to music, swimming and in the case of Edna doing a lot of kitchen duties.

The trio draw a lot of inspiration from Mary Ghansah who is also a renowned gospel artiste in Ghana and regard her as their mentor. Internationally, another personality they adore and are in love with is Cici Winnas.

Quizzed about the secret of the success of the group, Monica attested to the good foundation they had as a group living with Rev. Asare Bediako and the wise council he continually provided for them on the need to lead exemplary lifestyles in glorification to Jesus Christ. The need for them to always remember to ask the rhetorical question, "what would Christ do in this situation?". Edna mentioned the fact that real love underpinned their interactions with each other and for that matter even though they debate and disagree sometimes they are conscious of the fact that they are but one family and inseparable no matter what. They always look out for each other, Cynthia opined.

*... the need for them
to always remember to ask
the rhetorical question,
"what would
Christ do
in this situation?"*









The level of telepathic understanding amongst the trio is simply remarkable. As Edna remarked, “if my husband sought my opinion on any issue, my opinion would not differ from what Monica or Cynthia would say if their opinion were sought on the same issue”

When asked about some of the challenges they face in the music industry as a group, Cynthia lamented the way some event organizers manage them after they have graciously performed at shows at their request and agreement. Sometimes you don't even see the person who invited you to the program after you have performed and the program has ended she said. They don't even acknowledge what you have done.

On their advice to up and coming gospel artistes, Monica iterated the need for young artistes to be modest and not be money conscious but focus on the mission of propagating the gospel through songs. Cynthia mentioned the need for young artistes to love God and make God come first in all their considerations and lead lives that emulate the songs that they sing.

On the way forward for their musical carrier, the trio revealed that they are currently brewing a new album which they would God willing release in 2013. They have also institutionalized a Back2Back annual concert which they perform every first Sunday of the year.

From the on set of their musical carrier, their humble prayer and wish is that God in his infinite mercies grant them long life to sing in their old age even when they use walking sticks. They said “we will sing till death do us part.” This is how passionate they are about what they do, as they have desired may God grant them their wish. Amen! 🙌

*“we will sing till
death do us part.”*

- Daughters of Glorious Jesus

Coffee Banana Cooler

This creamy milkshake combines the ever – popular flavours of banana and coffee with niche vanilla ice cream for the ultimate chilled drink.

300 ml/ 10 fl oz milk
4 tbsp instant coffee powder
150g/5.5 oz vanilla ice cream
2 bananas, sliced and frozen

1

Pour the milk into food processor, add the coffee powder and process gently until combined. Add half of the vanilla ice cream and process gently, then add the remaining ice cream and process until well combined.

2

When the mixture is thoroughly blended, add the banana and process until smooth.

3

Pour the mixture into glasses and serve.

Traditional Duck & Roast Potatoes

TRADITIONAL DUCK INGREDIENTS:

- * 1 orange
- * 1 sprig thyme
- * 1 sprig rosemary
- * 2 tbsp salt
- * 1 tsp black pepper
- * 2 tbsp sugar
- * 3 Earl Grey tea bags
- * 3 cups water
- * 2 tbsp molasses

METHOD

1. Squeeze orange over the duck and place the cut orange rinds inside.
2. Sprinkle thyme, rosemary, salt and pepper on the duck.
3. Place the duck inside the refrigerator overnight.
4. Place earl grey tea bags inside steamer.
5. Place the duck inside the steamer and let steam for 30 minutes.
6. Preheat the rotisserie to 275F.
7. In a medium bowl, mix the salt and molasses.
8. Remove the steamed duck and rub the mixture on.
9. Place the duck in the rotisserie for 1 hour or until meat is cooked and skin is crispy.

ROAST POTATOES METHOD

Put a roasting tin in the oven (one big enough to take the potatoes in a single layer) and heat oven to 200C/fan 180C/gas 6.

Peel the potatoes and cut each into 4 even-sized pieces if they are medium size, 2-3 if smaller (5cm pieces).

Drop the potatoes into a large pan and pour in enough water to barely cover them. Add salt, and then wait for the water to boil.

As soon as the water reaches a full rolling boil, lower the heat, put your timer on and simmer the potatoes uncovered, reasonably vigorously, for 2 minutes.

Meanwhile, put your choice of fat into the hot roasting tin and heat it in the oven for a few minutes, so it's really hot.

Drain the potatoes in a colander. Shake the colander back and forth a few times to fluff up the outsides.

Sprinkle with the flour, and give another shake or two so they are evenly and thinly coated.

Carefully put the potatoes into the hot fat, then turn and roll them around so they are coated all over.

Spread them in a single layer making sure they have plenty of room.

Roast the potatoes for 15 minutes, then take them out of the oven and turn them over. Roast for another 15 minutes and turn them over again. Put them back in the oven for another 10-20 minutes, or however long it takes to get them really golden and crisp. Scatter with salt and serve straight away with traditional duck roast.



Rosemond Anaba
on

STAYING *Connected*

THE VALUE OF

friendship!

PART 1

“Many people will walk in and out of your life; but only true friends will leave footprints in your heart.”

- Unknown *

Many years ago I had a classmate in Aburi Girls' Secondary School who was close to me. We remained so until we finished our secondary education. We continued in different universities and later got married and found ourselves in different countries.

We met after twenty-three years when I visited her in Michigan U.S. Even though the time spent together was short, it was enough to recover all the years lost. Recently I was going through a very stressful time when she called me on phone saying, “Nana, what is happening at your end? I just returned from work and the Lord has impressed upon me to call you”. We spoke for a while and it brought great relief to me.

It is a greater blessing when one has a spouse who is also a true friend. Nothing can compare or ever replace

the genuine, caring connection between people who not only understand, but also want only the very best of all things in life for each other.

Friendship is a gift; it is a treasure. It is companionship based on **knowledge, trust and appreciation**. The value of true friendship is infinite and priceless.

Friendship is a gift of God. It emanates from God and we see the demonstration of this in the Garden of Eden where He ‘walked in the cool of the day’ to have fellowship with Adam and Eve in Gen 3.

Throughout the Bible, we see God demonstrate friendship with Abraham, Noah, and Moses and finally gave His only Son so that He could make friends with the whole world.

Adam and Eve had a close relationship. Some interesting characteristics that can be gleaned from the relationship symbolize a classic example of true friendship.

11 Tips for Staying Connected

- They shared things in common – Rib (same nature; made in the image of God) and also the fruit.
- They protected each other – They hid together from ‘danger’.
- They preserved one another – Sewed leaves to cover them from shame.
- Had shared assignment – They had to till the ground together. Friendship should not divide effort.
- Survived challenges together – Went out of the garden and lived together.
- True friendship produces fruit – Adam knew Eve and produced Cain, Abel and Seth. There was good reward for their labour. Eccl 4:9
- True friendship produces confidentiality and vulnerability – They were naked and not ashamed.
- Friendship can withstand time and distance – No matter how long and how far apart they are, recovery is quick.

*The most beautiful discovery that true friends can make is that they can grow separately without growing apart,
- Dick Gregory.*

The need to be in a loving relationship is one of the strongest needs we have. Being in an intimate relationship makes us feel connected, not only to our partner, but also to the world at large. Experts on the subject of love agree that the key to a vitalized, long-lasting relationship is what you and your partner do every day. Indeed, keeping your love alive requires continual time and effort. Here are tips to keep the flame burning.

1

Be Friends

A healthy relationship is based on a solid underlying friendship. Remember to treat your partner with the same kindness, respect, and appreciation as you would a close friend. Support, listen to, and laugh with each other. Don't allow yourselves to be rude or disrespectful.

2

Get Physical

Physical intimacy is a natural, and healthy, extension of a relationship. Hugs and kisses in the morning and at the end of the day, quick neck or shoulder massages, gentle arm touches and holding hands are all thoughtful and easy ways to stay physically and emotionally connected to your partner. Our best sexual intentions are often put to rest, however, as we collapse into an exhausted heap at the end of the day. Instead, you and your partner need to consciously commit to turning up the heat. Learn to communicate your loving energy through touch.



3

Celebrate Each Other

Saying something kind and affectionate to your partner should be a daily habit. The expression of loving thoughts nourishes your relationship by helping you both remember what it is you treasure about each other. Let your partner know how much you appreciate him or her, and be generous with compliments and expressions of affection.

4

Fight Well

Disagreements and arguments are inevitable in any relationship. What is important is not whether you fight but how you fight. When disagreements surface, keep them short. Keep boundaries on the subject matter. Don't allow it to bring up issues from previous arguments and issues. Keep your dispute focused on the matter at hand.

5

Listen Carefully

Moreover, good listening encourages partners "to open up and be willing to share." Being an attentive listener lets your partner know that his or her thoughts and feelings are important to you. The secret, say is not just to "hear" what your partner is saying, but to be truly "present," having a heartfelt desire to understand what is being said and listening without being judgmental.

6

Nurture your partnership

It is important to realize that your marriage or partnership is the foundation of your relationship. It is important to constantly work at this relationship. As you nurture it, you will be able to work as a team to achieve your goals in the partnership as a family.

7

Continue to "date"

One of the ways that you can continue to feel connected to your spouse is to continue to date. This is a wonderful opportunity to spend quality time together. However, you should consider whether or not the dates are helping you to stay connected. For example, if you go to a movie you may not spend time talking together. Choose activities that allow you to continue to work on your relationship together.

8

Plan together

Planning together will also help you to stay connected with each other. As you plan you should talk about immediate family needs, and long-term goals. This will help you to keep perspective on the problems you may be facing now, as well as where you want to end up being.

9

Serve and pamper each other

Another great way to help you to stay connected with your spouse is to find quiet ways to serve each other. This helps the feelings you may have towards each other stay focused on positive aspects rather than negative ones. It also helps you to see your spouse in a new light.

10

Grow together spiritually

You should work on growing spiritually together. You should spend time studying the gospel and praying together every day. This allows you to feel the spirit together. It also makes the gospel an important part of your relationship. Take the time to go to church on a regular basis. This will help you to keep the eternal perspective in mind.

11

Develop some ground rules and strategies for communicating with your partner.

We often resort to "quiet breaks" when we feel like we've reached our limit and are about to blow. It's always better to go this route than to say things you may later regret.

TRUE MAN WILLIAM ORHIN



An

ORDINARY

MAN

with

Extraordinary
Belief!

Truelife story of God working through an ordinary man who believed in Him and endured the hardships of life.

Born in the early sixties to fante parents in Fante New Town, a suburb of Kumasi in the Ashanti Region, Mr William Orhin, is a certified Chartered Accountant and Business Executive and a family man, married to Mrs Millie Orhin, a trained Child Evangelist with whom he has six children, one of whom is adopted. Both William and Millie are members of the Full Gospel Business Men's Fellowship International.

As with many children growing up, William had dreams of his adulthood. He dreamt he would be a Doctor or an Engineer but circumstances with his upbringing saw him venturing into accountancy and rising to great heights in that profession.

Right after his sixth form education, William found himself working as an Accounts Clerk at the United African Company (UAC), now known as Unilever Ghana Limited. He had studied Science subject during his secondary school education, but he found



himself excelling in all the in-house training programmes and courses at the time. One of his colleagues advised him to consider pursuing a course in accounting following his keen interest in the subject area.

At the time, life was really difficult, as he had lost his father, the only breadwinner of the family. His meagre income had to support his mother and the rest of his siblings. This notwithstanding he still managed to save some money to enable him pursue an accounting course with the Institute of Chartered Accountants, Ghana. During these very trying times, transportation costs were totally out of the question for him. He would walk from Mamprobi to Accra Central, then to Accra Polytechnic and back home to Mamprobi, a journey of some 15 miles.

Willie Orhin has had a lot of challenges in his life. He has had close encounters with death and has had some very trying times but finding Christ and growing in strength by reading the Scriptures has helped him tremendously. "I was frustrated having lost out on a number of scholarship opportunities to study abroad, yet I found reason to keep my head up high and kept going."







While still a child, he was pronounced dead on arrival at a hospital after an unidentified driver knocked him down. As he was being prepared for autopsy, one nurse saw him moving his finger and asked that the Doctor examine him again. Alas he was alive but after two weeks at the hospital, he was reported missing. As to how he was found still remains a mystery, he has still not been able to understand the circumstance.

At age twelve, when he started boarding school, his father asked a senior student to be his guardian. Unknown to his father, this senior student was hooked on drugs. He could have easily been introduced to drugs but for the intercession of some Scripture Union member friends who realised his apparent exposure and danger, and prayed to save him from such a life.

During his secondary school education, the young William one day took a trip to the beach, together with some of his colleagues. He did not know how to swim and was being taught by one of his friends. The unfortunate happened when they were swept away by heavy waves they could not fight. William was lucky to have been rescued but his friend was not found. He had drowned!

Although he always dreamed of a better and brighter life, life remained difficult for a long time. He wanted a new employment as his current one at the UAC did not pay enough to support himself and his younger siblings. During this period, he started attending one of his friend's church. This friend always brought food items home and this was the main attraction for William to go to that church. After a while, the items were not forthcoming.

All this while William, was not paying attention to the sermons, but when he started, he realised that, the church was using different books and doctrines aside the Bible. They did not even believe in the Holy Bible at all. Six months later, he decided to quit particularly after a two-month period of no food hand outs.

William realised he had been fed with a doctrine so different from the teachings of the Bible. This he adds made him very argumentative. William joined another church. He recalls, one morning, while arguing with Reverend Tetteh Djangbah, he said in a gentle but authoritative voice that "William, you will end up in hell if you die without surrendering your life to Jesus". This statement killed his argumentative self as he started imagining pictures of hell as he had been taught at Sunday School. Eventually, he started reading and studying the scriptures on his own and praying a lot more. He later left that church as well.

William, who now works at the Ghana Civil Aviation Authority loves to smile. He is always smiling, so much that one can hardly notice his anger, should he ever get angry. He intimated that when he got a job at the Ghana Civil Aviation Authority, one of his very first bosses told him that due to the pressures of the position, he will suffer from one of two predicaments: he will suffer hypertension and get grey hair much earlier than nature had planned. William told himself that he will not suffer from any, so he decided that no matter what the situation, he will find strength to overcome any circumstance and smile rather than get angry. William added that, *"People do annoy me sometimes but I still choose to smile and when eventually their anger subsides and they question in awe why I did not get angry, I seize the opportunity to minister to them."*

On advice to the youth, William said it is very important for the youth to plan their lives and to adopt role models. The role models should be someone very admirable yet close enough to be able to give advice and counsel once they reach crossroads. He added that aside all these; it is very imperative to get closer to God.



*...you will never know
what is in store for you until you have
surrendered all to Christ.*

William Orhin worships at the Global Revival Ministries and is a Board Member of the church as well as a Lay Preacher. He is also the financial Controller of the Church and head of the Deacons Board. He also heads the Church Projects Committee and is a life member and National Vice President in charge of Chapter Development of the Full Gospel Men's Fellowship International. ✨

MOVIES



COURAGEOUS

HONOR BEGINS AT HOME

Four men, one calling: To serve and protect. As law enforcement officers, Adam Mitchell, Nathan Hayes, David Thomson, and Shane Fuller are confident and focused. Yet at the end of the day, they face a challenge that none of them are truly prepared to tackle: fatherhood.

Filled with action-packed police drama, **COURAGEOUS** is the fourth film from Sherwood Pictures, the moviemaking ministry of Sherwood Baptist Church in Albany, Georgia. Riveted moviegoers will once again find themselves laughing, crying, and cheering as they are challenged and inspired by everyday heroes who long to be the kinds of dads that make a lifelong impact on their children.

FACING THE GIANTS

After six consecutive losing seasons, high school football coach Grant Taylor believes things can't get any worse. He's wrong.

After his best player transfers and his Eagles lose to the worst team in the conference, Grant discovers a group of fathers—and one of his coaches—is plotting to have him sacked.

Barely making ends meet as it is and unable to start a family with his wife, who longs to be a mother, Grant Taylor has no help in sight, until ...

With fear and failure seemingly defeating him at life's every turn, the downtrodden coach and husband turns to God in broken desperation.

Trusting that God can somehow do the impossible, Coach Taylor and his Shiloh Christian Eagles soon discover how faith plays out on the field ... and off.



THE GRACECARD

After the death of his oldest son, Mac McDonald's life goes into a tailspin of bitterness and depression. For 17 years, Mac's anger has torn his relationship with his wife and youngest son apart and destroyed any hope of faith in God. Unable to advance at the police department, Mac is immensely frustrated with his life. Things get worse when he's partnered with newly promoted Sam Wright, a loving family man who doubles as a part-time preacher in their hometown of Memphis, Tennessee. Both officers must look past their differences - the color of their skin, their lifestyles, and beliefs - **for Mac to accept God and for Sam to forgive his partner's racial hatred.**

BOOKS

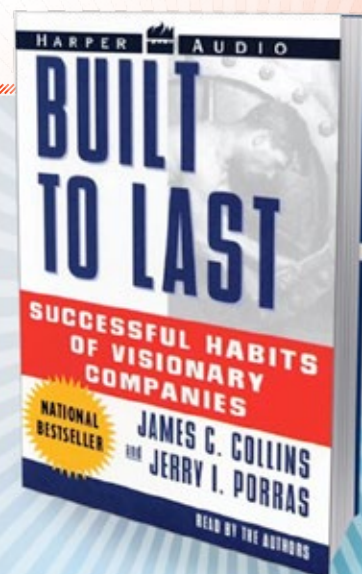


GOOD TO GREAT

Jim Collins states in his book *Good to Great* that “almost any organization can substantially improve its stature and performance, perhaps even become great, if it conscientiously applies the framework of ideas found and used by Good to Great companies.” The book touches on the following themes, which were found throughout companies that have gone from good to great:

Good is the Enemy of Great.

This idea is similar to the “good is never enough” concept from *Built to Last*. In this section of the book, Collins urges companies to focus equally on what to do, what not to do, and what to stop doing. He believes that most companies focus too much on what to do and ignore what not to do or what they should stop doing. What are you doing based on tradition or industry standards? What assumptions or processes have you rested on because they were “good enough?”



BUILT TO LAST

Imagine discovering what successful people have in common, distilling it into a set of simple practices and using them to transform your company, your career and your life.

Authored by three nationally acclaimed thought leaders in organizational development and self-improvement – including *Built to Last* co-author Jerry Porras – *Built to Last* challenges conventional wisdom at every step.

It draws on face-to-face, unscripted conversations with hundreds of remarkable people from around the world, including billionaires, CEOs, presidents of nations, Nobel laureates and celebrities. Meet unsung heroes who’ve achieved lasting impact without obvious power or charisma. Famous or not, almost all started out ordinary. The authors’ use of interviews helps set this book apart from others in the field. So does their reliance on original independent survey data rather than third-party sources. The authors’ survey shows that whether respondents perceived themselves as successful or not, “The traditional dictionary definition of success no longer describes what success means to them.” Their book is an engaging effort to demonstrate both the varied ways of interpreting success and the varied paths that lead to it, unburdened, they write, “by the need to believe or disbelieve.” Above all, this book describes how successful people stay successful and how you can too.

In addition, this summary will show you:

- *Why leadership is pointless without an understanding of what success means.*
- *Why it’s so hard to do what matters, and what you can do about it.*
- *Why it’s dangerous not to do what you love.*
- *Why you don’t have to be charismatic to be successful.*
- *How to overcome adversity and tackle what are known as “Big Hairy Audacious Goals.”*
- *How to apply positive thinking to mistakes.*

BOOKS

You Are Made for More!

Lisa Osteen Comes delivers honest, inspirational stories while engaging the reader with biblical truths in her new book, *You Are Made for More!*

In a foreword by her brother, Joel Osteen tells readers that *You Are Made for More!* will help you “recapture your joy, renew your faith, and respond to every test with integrity.”

Lisa Osteen Comes openly shares painful and personal stories including heartbreak, loss, and failure, in addition to her recollections of being a young woman and facing debilitating stereotypes. Her book even describes the agony and humility she encountered when her marriage unexpectedly ended.

In describing her life’s ups and downs, Osteen Comes reminds readers of her undying faith in God.

“He knew that just because I’d known tragedy I wasn’t a tragic figure, that just because I had a marriage that failed I wasn’t a failure, that even though I’d suffered loss I wasn’t a loser,” wrote Osteen Comes.

Additionally, the author skillfully takes readers on a journey of forgiveness following an act of hate. Osteen Comes suffered severe injuries after becoming the target of an explosive directed at Lakewood church. The events resulted in Osteen Comes receiving an outpour of sympathy from the nation, including the U.S. President at the time, George W. Bush, reaching out in a loving way.

“When that bomb threatened to shatter my life in the goodness of people, God brought me the well wishes and prayers of those I’d never met,” wrote Osteen Comes describing her physical and mental recovery from the incident.



Throughout the descriptive, in-depth chapters, Osteen Comes uses quotes from the Bible to further establish the point she makes, that people who serve God are blessed.

She assures readers that “you are made to reach your destiny” and that God is at work “making a masterpiece” in you. Osteen also promises that despite disappointments and failures, that “you’re made to move on -- and move mountains.”

By incorporating both stories from her life and stories from the Bible, Osteen Comes demonstrates that faith requires perseverance and delivers overall uplifting and motivating words of wisdom.

You Are Made for More includes a section for note-taking and reflection, and in closing, Osteen Comes writes that God “doesn’t want you to give up. He wants you to taste the sweetness of His promise -- to bite, not into thin air, but into your destiny, to swallow it and live it, to feed off him forever.”

“you are made to reach your destiny”



SONNIE BADU'S Covenant

When I met Sonnie Badu for the first time my first words were, "I have been looking for you!". That is so true because Truelife was looking to share the life of Sonnie Agyeman Badu (I bet you didn't know his full name) with its readers, and as fate will have it we met with him and he obliged to share his story with us.

Just as I expected, he had a very busy schedule but I admired the fact that he was polite, courteous and willing to make time for Truelife. It was almost impossible to find the right time so we had to have his interview over breakfast on the last day of his visit to Accra, en route to the UK. Even though I inconvenienced him, he warmly welcomed me. Thanks to me, he only had very little to eat and we left the table with his omelette untouched! Sorry Sonnie!

Sonnie Badu was born in the UK to Ghanaian Parents, Juliana Agyeman Prempeh and Rev Agyeman Prempeh, former employees of the then National Airline of Ghana, "Ghana Airways". His dad is now a full time Reverend Minister and his mum owns and runs Blue Sky Travel Agency. Sonnie began his education at Alsyd Academy, (The great Alsyd Academy, as he put it!) and then to Ghana Secondary Technical School (GSTS). As Sonnie recalled memories of his childhood his eyes sparkled and he was so expressive you could feel the emotions of the moments he recalled as follows:

I was very active in school; I was a Cadet Officer, entertainment prefect, footballer etc. I was a very popular guy in school, and everyone knew me for all the bad reasons. The prefect who punished you for all sort of things including praying! I was part of every juvenile vice that happened in school but was never caught. I was a very good dancer and singer at entertainment events in school. Together with some of my friends we composed some songs which we sang and till date some of our school mates still remember the tunes. I also remember how I would lie to my mum that I was sick and needed money, she would rush to the school and when they were looking for me I would be out of school doing one thing or the other. This annoyed my mum a lot. But she always fell for the trick! Despite being a naughty boy, I was loved by all the teachers in school because my mum was very nice and kind to them".

Family Values

Sonnie noted that his dad was very strict and brought them up with strong Christian values, which he is grateful to have experienced. He adds that, at the time some of the experiences did not appear great but today they have formed the foundation of his life. "Daddy did not accept lateness for Church" he recalls. "As soon as daddy entered the car he was moving and you must be in church, else.... Whenever we were late for church, we would run into the car with our socks, shoes and a comb just so we get in the car before he did!"





“Christianity was a tradition at home and even if you were reluctant to follow the regime you had to do it because daddy was so strict you will be punished if you didn’t do the right thing”.

You should see the expression on his face as he recounted this. And yet he called it great family times.

We asked Sonnie a few questions to get an insight into his life to bring inspiration to readers.

Are you still following the Christian Tradition from your home?

No! I found Christ for myself

So how did you encounter God?

What was the turning point?

My turning point was at secondary school, I collapsed at a Cadet performance where we had the president and other dignitaries present. All I remember was stepping forward to give the salute and the next thing I knew; I was in the hospital, this was the worst time in my life. I really thought I was going to die. I was put on admission and when I woke up, the patient who was by my side had died and this really scared me. I requested to be sent back to school, but my condition got worse and the situation looked so hopeless, so I asked my friend to take me home as I preferred to die at home rather than in school. I can remember that journey on public transport from school to Accra. On arrival I saw my dad with a glass of water in his hands. This slipped out of his hands amidst tears when he saw me. When I was taken to the hospital the doctor could not believe that I was still alive. Apparently a doctor who was a family friend had just died of similar symptoms. It was an infection which caused phlegm’s to block my blood vessels. Lying on my sick bed I had lost all hope and I believed I was going to die. But I put God to the test and made a covenant with him, that if he spared my life, my voice will forever be used for his purpose. And I haven’t looked back till date.

“Christianity was a tradition at home and even if you were reluctant to follow the regime you had to do it because daddy was so strict you will be punished if you didn’t do the right thing”.

The Process

Sonnie mentioned that after the turning point, came the process of transition. During this transition his mischief did not just disappear, they gradually faded away with time. For a period of time he continued to hang out with his old friends like going out to their usual hangouts, his friends however noticed a difference and started asking questions. Sonnie was no longer the life of the party. He did not participate, but sat back and watched everyone. He mentioned that his life began to change and he started attending Scripture Union (SU) meetings. The junior students became worried and scared because they thought he was there to ridicule them! (I couldn't help but laugh. Wow! Sonnie must have been really terrible to attract such a reaction). In summary Sonnie said it took sometime to completely depart from his old ways. He then went on to say; **"Today my life is a testimony to my friends of what God can do to a man. One of my friends, Pogasty, who was my PIC (Partner in Crime) is still my PIC (Partner in Christ)!"**

I asked Sonnie how his ministry in music started and he recounts:

After secondary School I moved to the UK and was living with my sister. I was working at Boots Pharmacy and played the role of a drummer in church. My Pastor at the time, whose name I would like to withhold asked me to quit my job and work for the church fulltime. I decided to do full time ministry wholeheartedly with no salary, provided my rent was paid. This promise was not fulfilled, to my disappointment. During this difficult period my personal belongings comprised of a suit that I wore to every program for two years. **My shoes had holes in them and in the winter I would feel so cold. There were countless times when I had no money even for food and had to beg church members and friends so I could have something to eat or travel from one place to the other. I saw all this as part of my transition and remained steadfast in my belief that all would be well. I turned my struggles and hardships into creating a success story, and with regards to the suit, I still have the jacket to date. Every now and then I wear it as a reminder of how far God has brought me.**





Things began to take a positive turn in my life when I met Daniel Korsah, he became a mentor that God used to mould my life in a positive way. It was during this period with Daniel Korsah that God gave me the inspiration to write the song "Baba". Daniel told me I was not ready to record the song. I listened and waited patiently for the right time. Whiles waiting for the right time we made so much money through several businesses we jointly owned. I had enough money to build a custom made house in London which I named Soni's Court. However, we lost everything due to mismanagement and immaturity. We went our separate ways and I had to find my feet again!

I then met Kwame Yeboah who helped me finish the song Baba. This was a huge challenge because I had no money to pay for Kwame's services but he offered to help me out. There were times I didn't eat so I could save to pay some of my bills. When I didn't have money to catch the bus or buy fuel I would resort to walking to the studio. Due to Kwame's quest for perfection I had to record the song Baba over fifty (50) times. To the Glory of God the song became a blessing to many and still is.

I have been in Ministry for 15 years but it is in the last four years that God's hand picked me. I believe everything I went through was preparation for his time. For every person to be truly successful you have to survive the journey through the wilderness.

I am still amazed at what God is doing with me. Recently I performed at the Wembley Arena for the global day of prayer. I am humbled to say that I am the first Black African to minister on that platform. To the glory of God I have shared stages with renowned artists such as Phil Driscoll, Alvin slaughter, Wanita Bynum and many more.

Songs from Sonnie Badu's latest album Colors of Africa was played at the funeral service for the former president of Ghana, John Evans Attah Mills.

Sonnie has already started work on his next album entitled *"When Worshippers gather"*

Sonnie Badu is a teacher as well as a preacher and holds conferences and seminars in various places and venues. He mentioned that his conferences were one of the moments when he feels real fulfilment. Christianity is so much fun, and when people see tangible manifestation of Gods power, then people will give credibility to Christianity.

Talking to Sonnie Badu was so easy; he had no airs around him, which is unusual of most successful and famous people.

I asked Sonnie why he made things so easy?

He said: *"When Jesus heard that people were being prevented from seeing him, he told the disciples to let them come to him. Humility is paramount and will take you far, it's Gods requirement, when you humble yourself he lifts you up."*

Yes I asked the Million Dollar Question, Are you married?

"I am not married yet but making plans to tie the knot soon"! So now we know he is taken!

Sonnie concluded his interview saying, "I have not started yet, God was just preparing me and now is my time to take off. My Mission is to keep divinity and humanity together. People must be able to play our songs in their moments of trouble and feel the power of God work through them. It's a promise that even when we are not there our songs will keep people going". 🙌

AWARDS WON BY SONNIE BADU

AFRICA GOSPEL MUSIC AWARDS 2011

Best Event Of The Year 2011
Best Male Artist 2011

GUBA AWARDS 2010

Best Musician 2010

AFRICA GOSPEL MUSIC AWARDS 2010

Best Male Contemporary
Artiste 2010
Best Song
Best Album

AFRICA MUSIC AWARDS 2010

Best African Gospel 2010

EUROPE MUSIC AWARDS 2010

Best Gospel Artiste 2010
Best Song
Best Album

BEFFTA MUSIC AWARDS 2009

BEFFTA Awards
Best Gospel Act 2009

UK GOSPEL MUSIC AWARDS 2009

Best Male Artiste 2009

BUSINESSES

Clothing Line
Investment Company owned
with two partners
I worship magazine
Author of 10 books
Ambassador for
Compassionate Kids Charity
with 15 kids on sponsorship

Humility is paramount and
will take you far, it's Gods
requirement, when you humble
yourself he lifts you up.





Marie Noelle Yakubu

CEO, Marie Noelle's Spa
& Beauty School

Ask Noel

What is the best way to remove my body hairs including pubic hair? Shaving Stick, Blade or hair remover?

What is the best way to get rid of unwanted body hair? It is a question millions have asked. The answer depends on you. How much time, money and effort do you have to devote to getting rid of unwanted body hair? Having smooth, hair-free skin doesn't always mean pain or high cost. Let's look into a few of your options.

The simplest involves the use of special preparation depilatory (hair removing) creams, which are available over the counter and will generally be effective for two to four weeks. This is straightforward and relatively cheap, being performed in the privacy of your own home.

The other is laser treatment, involving three or four treatments spaced several weeks apart. This can be expensive and is not a permanent way to remove hair, but produces a good long lasting result for most patients.

Sugaring (the use of a sugar paste) and waxing (using hot wax and strips of cotton material), which remove the hair by the roots and last for four to six weeks, are two of the most efficient and popular methods of hair removal for facial, abdominal and chest hair.

These techniques can be rather uncomfortable depending on the sensitivity of the area being treated and the experience and technique of the practitioner.

Over a period of time, these methods can lead to a weakening of the hair growth, resulting in thinner and finer hairs.



Plucking may be the best method for the relatively sparse hairs around the nipple area.

Electrolysis is not a permanent way of removing hair, because regrowth is possible. It is reported to be effective and long lasting, but is considered by some to be too painful for areas other than the face and chin.

Marie Noelle Yakubu



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Manicure
Pedicure
Nail Design
Massages
Facials
Waxing
Hairdressing



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NAIL COLOUR TRENDS

By Marie Noelle Yakubu

By my observation and research, brighter colours are in vogue. The combination of colours are outstanding indeed; with compliments to the home and interior fashion at Pantone. As a globally recognized authority on colour, I am delighted to bring you the following colour palettes you can expect.

1

ELEGANT AND OLD-WORLDBY

Pastels, off whites, understated drama, champagne beige, silver. These are your neutrals with a muted luxurious flavour.

5

FOOTPRINTS

Deliberate, bright colours, you'll see a continuation of 2012's oranges, and pinks with rich blues and greens.

2

SLEEK/SENSUOUS

Think art deco and peacock feathers, dark, bold, dramatic. Black, white, red, blue, purple, abstract patterns.

6

SOJOURN

Plums, muted jewel tones, a more saturated version of pallet number one.

3

NEW-OLD SCHOOL

Reminders of past, twisted traditional/quirky prep, patriotic, nautical, and school uniform color schemes, similar but not as heavy as palette number two.

7

SURFACE TREATMENTS

All about textures, blues, greys, influenced by aquatic, vegetation, and metals

4

COWBOY AND COWGIRL.

Dusty pink, clays and denims. Focus on rugged comfort and recycled and up-cycled materials, woods and leathers.

8

OUT OF THE ORDINARY

Amusing and entertaining is the goal – bright, "off", out of the ordinary, rich jewel tones.

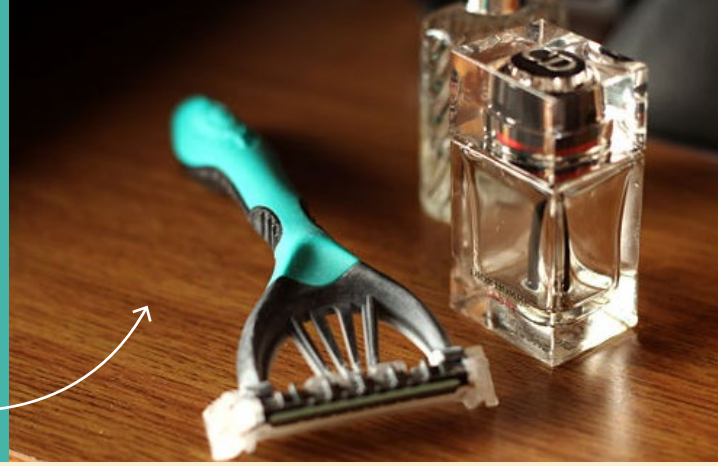


NEW DESIGNS
COLORS
AND FINISHES



Grooming

TIPS



FOR HIM

HAVE YOUR CLOTHES TAILORED TO FIT YOUR BODY.

You could be wearing the most expensive suit in the world and still look awkward if it's too small or too large on you. Your clothes should fit you as well as possible, which in general means that the bottom of your pants should hit or cover your ankles, long-sleeved shirts should hit or cover your wrists, and the bottom your shirts should hit your hips. Figure out which colors of clothes look good on you. The right color will make your skin look awesome, while the wrong one can make it look washed out and sallow. Also match your belt to your shoes as often as possible.

FOR HER

START FROM THE BASICS

Personal grooming is about presenting yourself in the best possible way at all times. It tells people what you think of yourself. From looking good to smelling great, grooming does not have to be expensive. Paying special attention to personal grooming is of utmost importance for each and every woman. Skin care, dental hygiene, constant removal of facial hair, make up for a fresh and healthy appearance, dressing for the occasion, constant exercising and a healthy diet will make any woman elegant and well groomed. Occasionally pampering yourself at the spa with some massage, facial treatment, manicure and pedicure will make you feel relaxed and special.



A sound foundation is **essential** to building **a lasting career**

that will make **YOU STAND OUT** in everything you do
or wherever you find yourself



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Lets Play SUDOKO

Each Sudoku has a unique solution that can be reached logically without guessing.
Enter digits from 1 to 9 into the blank spaces. Every row must contain one
of each digit. So must every column, as must every 3x3 square.

EASY (49)

3		1	9		7			
9			6			4		2
	8		1	5				9
7				6		5		
	2		4					1
	9		3		1		6	
5			8				2	
		8	7				5	
	7		5		6			3

MEDIUM (52)

1	2		8					4
			7		2		3	
	4		5				7	
		4			8			3
	3			9		8		
2				7			9	
	8		9		7		4	
	1		6					
	7	9				6		2

HARD (54)

	8					9		7
4					7			3
		9		8			5	
		7		6		8		9
9					8		4	
	4		2		9			
5			7				6	
			8		6			
	6		4				7	

VERY HARD (58)

		9				1		7
7			1					
	1			7			4	
					1		8	
		3					1	
			6					9
2					3		9	
	9		8			7		1
		1		9				

Walking

Tell me what you see when I pass by
A shadow, a cloud, or a line in the sky
Am I gettin' you wrong or am I gettin' you right
Well, all I can take is one,
One step at a time

[Bridge:]

Look at me, I'm trying
Everyday, I fall down
I make mistakes
Get back up
Try again
Next time that you see me

[Chorus: 2x]

I'm walking, I'm walking, I'm walking
I'm walking, I'm walking, I'm walking

[Verse 2:]

Some people say walking takes too long
But I say with walking you can't go wrong
Why should you rush your way through life
You won't get very far, running all the time

[Bridge:]

Look at me, I'm trying
Everyday, I fall down
I make mistakes
Get back up
Try again
Next time that you see me

[Chorus: 2x]

I'm walking, I'm walking, I'm walking
I'm walking, I'm walking, I'm walking

[Bridge:]

What does my life say about me
Can anyone see
Does it show I rock with the greatest
I can't get back the time I spent
Use the rest of it
To show all the world how I made it

[Chorus: 4x]

I'm walking, I'm walking, I'm walking
I'm walking, I'm walking, I'm walking



*Marry
Mary*

Dreams



Have you looked at the achievements of people and said they are just lucky? They may be lucky but behind that luck is always a dreamer! They may have been lucky to be born to the right parents, to have attended the best schools, to inherit their family business, but all of this would come to nothing if they were no dreamers. There are people who have been more lucky than you can imagine, having everything necessary to set them up for life but they have amounted to nothing because they were no visionaries or dreamers. Whatever is put in their hands goes waste in no time. But give the dreamer a dime and he will make a million out of it.

Our dreams can be anything that we aspire to be or have and it can be small or big. The desire to be happy, the desire to have children, the desire to be married, the desire to be promoted, the desire to ... are all dreams that we can achieve. There are two things that can happen to us, we either live in self pity or live in hope of the dreams that we are yet to see as a reality. If we keep the picture of our dreams in our minds, live daily in hope of those dreams and work towards achieving them we will live happier and more fulfilled lives.

There is a period of waiting that many of us may not like, because by our timing things may have delayed, we should have been rich by now, we should have been married, after eight years of marriage we should have had kids, we should have been promoted, etc. Think about it this way, God makes all things beautiful in his time. When we have dreams that are unfulfilled there is the tendency to take anything that comes our way and this can lead to consequences that can ruin our future. So while you wait to realize your dreams enjoy life as you have it.

I am anxious a lot of the time to see a lot of things happen in my life and I wonder why it will not happen as I planned it. But when I remember this word and the fact that God has plans for our lives and in the appropriate time it shall come to pass I stop beating myself.

Never ever ever give up on your dreams... Hold on and keep dreaming, for the great things in this life were all built from dreams in people's mind. The journey of becoming a reality can take time, but I have come to realize that no one can take away your dreams but you. And remember it is your dream, God gave it to you only and so it is not possible for everyone to understand it.

In realizing some of my dreams I have learnt a number of things:

- ✎ *People will only have confidence in you if you have confidence in yourself.*
- ✎ *Persistence pays off.*
- ✎ *Practice makes you better*
- ✎ *You don't need a formal education or years of experience to make it. Passion is more important.*
- ✎ *It's mostly about how you view yourself – that's how the world will perceive you.*
- ✎ *Courage is important*

Courage is very important in seeing our dreams come true. The emotional resistance and fear of failure is so great, it can paralyze you into taking no action. When you believe strongly in something, or some seemingly impossible dream, just go after it, and trust that it will become a reality soon. Your faith in yourself and your ability is vital. Do everything you can now to get one step closer to your dream. Do it despite fear. Do it despite insecurities. Do it despite no one else believing in you. Do it despite a lack of education or experience. Do it despite not knowing how-to. Just start with baby steps. When we follow our hearts, magic happens. Do it, even if sometimes following your hearts mean doing uncomfortable things like walking up to strangers, or saying things that might make us look stupid, or potentially getting caught for not knowing what we're doing. We all have those insecurities.

From years of developing a thick skin and doing things that scared me, I know one thing to be true: when you sincerely take steps towards your goal, regardless of

what that goal is, you will be rewarded in unexpected ways which will propel you to surpass your original goal and reach your dreams.

The trick is to keep going, despite not knowing exactly how we will arrive there, and despite all of these mental tricks we play on ourselves. The only thing we know right now is the next baby step we can take. Don't trivialize or demoralize the power of baby steps. It's important. It's important, because baby steps in the direction of our dreams, can mean that we eventually get there. And along the road, someone may surprise us and give us a ride in their car, allowing us to get there faster than anticipated. We tend to give too much credit to luck and natural talent. And then we judge ourselves for lacking talent and luck so we can justify why we can't make it.

I love the saying that luck is the intersection between preparation and opportunity. It truly is. So if you are not prepared you will rarely be lucky!

When you are a dreamer you see opportunities everywhere you are but it is very easy to miss your opportunity if you don't have any expectation.

What is it that you are dreaming about? What would make your dreams come true? What can you do this week, tomorrow, tonight that will take you one step closer? Remember, the step doesn't have to be big; a tiny baby step is all you need.

We are all ordinary people, the difference is that some are extra ordinary thinkers while others aren't. Extra ordinary thinkers think beyond the ordinary, they imagine, they visualize, they create. Inventors dream of how things could work in a certain way and then they begin to find the solution to make those things possible. You don't always have to reinvent the wheels, but you can create something else to ride on the wheels.

Dreams are not carved in stone; they change and evolve with time. As we grow we acquire new tastes, society changes and so we must align our dreams to these changes.

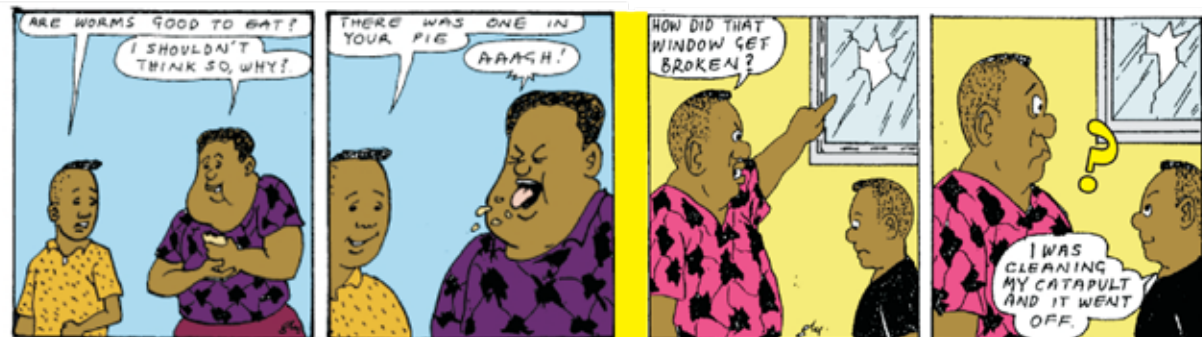
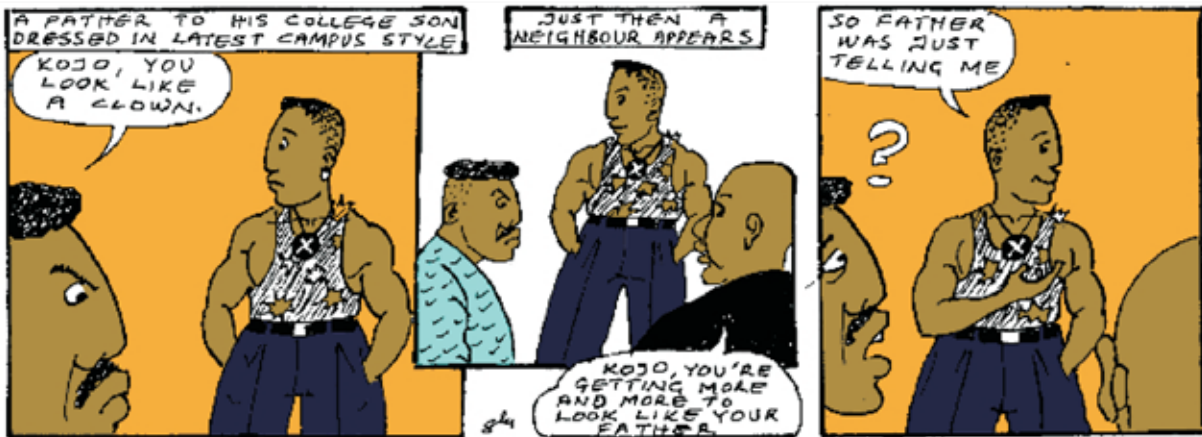
If it's going to be, it's going to be up to you.
Dream On!

Truelove 🌸

Dedo



Humour...good medicine



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your home then you must visit Niche



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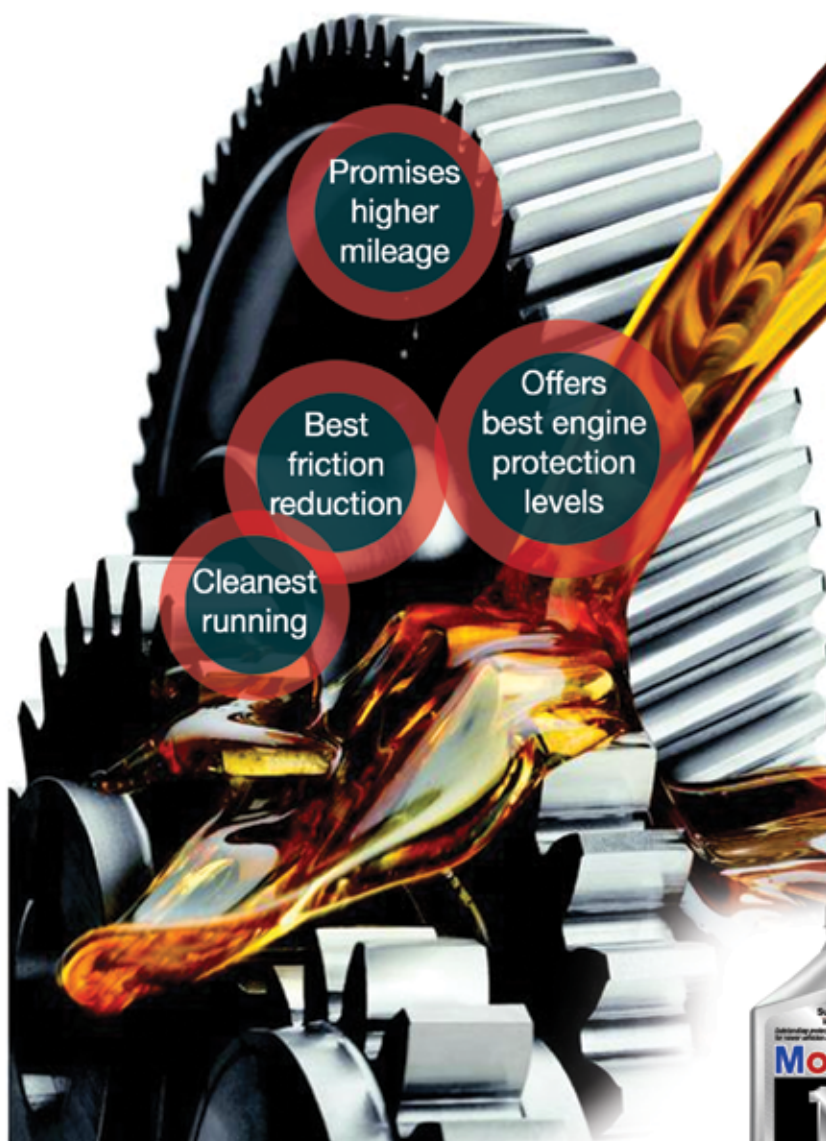
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