

Kenston J. Griffin

**Dream Builders Communication, Inc.**

"If Better Is Possible Good Is No Longer An Option"



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**NEWSLETTER**

April 2010

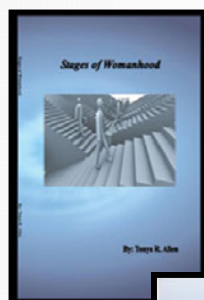
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**THE POWER OF AN EFFECTIVE LEADER**

Greetings & Good Day,

**O**nce again I would like to thank you for taking time out of your busy schedule to Read, Learn, Grow, and know Better Is Possible & Good Is No Longer An Option.

This month I would like to provide some additional support to all of you that are in a leadership role; whether it be the CEO of a major corporation or the leader of a single parent home, leadership is leadership and you should be commended for taking on the awesome task. In leadership, I know many of you would agree that some days it is great and other days it can be a pain in the you know what!!! "Think of nice words.... Smile". However, leaders do not forget for much is given much is required and if the Creator did not think you could handle it, you would not have the joy of doing it. I would like to provide you with a few tips to offer support on this journey called leadership:

1. First seek to understand others and then to be understood
2. Practice what you preach and you will be more effective in who you reach
3. The right attitude can create the right altitude in every setting
4. Understand the fine art and difference between attachment and detachment of situations, things, and people
5. It is not about you, it is about the over all good of the group/team
6. Be an effective conductor of the band. If someone misses their part, who's the blame? "The Leader"
7. Maintain your student I.D. Every leader must be a student of life, people, and themselves
8. Never get out worked and lead by example
9. Be an effective role player. If, you do it all you are not an effective leader you are a workaholic
10. Never forget where your strength comes from. Keep Praying, Planning, and Pushing toward a higher level of success

Until next time, take these 10 keys and unlock your new turning point.

**Kenston J. Griffin, CEO**

## The Devil Made Me Do It...

By: Christopher Gibbs

### ...NOT!!!

Let me start by making this controversial statement; "Get the Devil off the Hook!" This is not The Flip Wilson Show and you are not the main character, "Geraldine Jones." The character(s) also liked to use the catch phrase, "what you see is what you get." I'm afraid I'm about to burst some bubbles, crack some faces and definitely, hurt some feelings. Contrary to popular demand, you are the captain of your ship (life) and the most you can be made to do is what you want. But consider yourself warned, what you see may not be all that you get.

The Bible tells us in the Book of James that: *every man is tempted, when he is drawn away of his own lust, and enticed. Paul reminds us that, there hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. 1 Corinthians 10:13.* This tells me that when the devil comes, and he will come, to tempt us, it is usually with something that we have some desire or interest in. Don't get it twisted because the devil is going to do his job and his sole purpose is to separate us from Him who has made us. The problem is that we do not want to accept responsibility for our own actions. We have been in denial and passing the blame since the Garden of Eden. Man blamed the woman and the woman blamed the serpent but God blamed the individuals because they had a freewill choice not to mention a directive.

So often, we open our mouths and set our own traps. The devil knows what kind of cheese you like on your trap. What we fail to remember is that beneath the cheese lies the teeth of the trap that is not only designed to consume us but rather kill us. There isn't really anything new under the sun that we aren't somewhat familiar with, but the enemy just dresses it a little different. Rather the hem is a little higher, v-neck a little lower, smell a little sweeter or look a little better; you know, or at least you should, what you can or cannot have. The problem is lack of that fruit of the Spirit called temperance (self-control). We as a people have become a victim of our own lusts.



The term disciple is from the same Latin origin that the word discipline comes from. Discipline simply means training that corrects, molds, or perfects the mental faculties or moral character and a disciple is not merely a follower, but an adherer to the teachings of the one he is following. Who are you a disciple of? We claim to be followers of Christ, yet we fail to usurp His discipline when the enemy (inner – me) raises his efforts to test us. Jesus was led to the wilderness to be tempted of the devil and passed with flying colors. He (Jesus) was nailed to a cross and challenged to prove himself, but he did not yield. Many are afraid to admit it but He was even tempted by Mary Magdalene, but he did not yield. So why it is so difficult for us to do (WWJD) what Jesus would do? Because it is much easier for you to try and blame another for our weakness! One of the largest problems with our society today is that no one wants to accept responsibility for their own actions. "My father wasn't there, no one every told/showed me that, that's new to me, or if they had not, I would not have." How convenient it would be to excuse our actions by simply saying, "The devil made me do it."

However, what you see is not all that you get. Yielding to temptation brings forth sin and sin death. You may not experience an immediate physical death but separation first. The more you yield, the easier it gets and the further you move from God. This will ultimately lead to something far worse than death, eternal separation. So "get the devil off the hook," and get yourself together! Man/woman up and take over the helm to your ship and set sail to a greater destiny.

## Birds of a Feather

By: Christopher Land

Birds of a feather flock together, a simple but interesting statement. Have you considered the birds you flock with? We should take inventory of those we spend our time with, and how much time is truly being spent or invested? Often times we spend too much time with the chickens and not enough with the eagles. Take inventory of your friend, co-workers, and family; invest time with the eagles.

Consider this; chickens typically hang out together, pecking around with lots of other chickens, with their heads low, on a farm or sometimes even in the backyard. The chickens sit and wait on someone to throw feed to them. Kicking up dirt everywhere they go. They cluck, but never make much noise. The only view they have is from where they are, on the ground looking up. They have wings but only use them to fly just a few feet, then right back to the ground pecking and clucking. They come “a dime a dozen,” and get eaten (taken advantage of) by virtually everybody.

As for pigeon and crows, not much different from the chicken, typically hang out in groups. Cooing and pooping in the park or on the sidewalks, not up to much other than just hanging around. Often times just in the way and making a mess everywhere they go. They have wings too, and will fly away, although not very far, just far enough to see things from a slightly different angle. But often times, those very wings that were used to fly away, bring them right back down and they wait on a hand out, or leftovers – someone else’s

old stuff. The only difference between the crow and the pigeon is that when a pigeon thinks he has done something, he sticks his chest out, boasting and bragging. The crows fly up to a pedestal and cries out his accomplishment so all can hear. Even those that look a little different, still hang around all the others that aren’t doing much of anything but wasting time.



Eagles tend to soar alone. They utilize their wings (their gifts and talents) for a more suitable purpose. They fly high, and view things from a more elevated view. If they feel they need a closer look, they swoop down inspecting and making adjustments while making a direct “B-line” towards the target (or prey or problem). They are “go-getters” not waiting on hand-outs. Eagles are unique. They are not as common as chickens, pigeons, or crows; they do what it takes to be above the others. When someone sees an eagle, they stare and marvel, sometimes even wondering how great it must be to an eagle.

When was the last time you made notice of pigeons, crows, or chickens? Eagles spread their wings and explore new and exciting areas. Eagles soar to great heights, showing others the way. They make the most of what they have. What birds are you hanging around .... Birds of a feather flock together.

## It's Not Over

By: Tiffany Jacobs



It's spring!!! Wake up! Why are you sleeping; why are you sitting it out and remaining complacent? When people say you cannot, why are you not proving them wrong?! Wake up; your fight is not over! Arise! Get ready, get set, GO! It is time to continue going forward. Do not stop; do not throw in the towel. Keep going forward. You are growing, you are learning, it is not over! Receive what you have been claiming. You cannot allow your prize to go unclaimed. Put your stake in the ground. If it happens and manifests at any moment, will you

be ready or will you be found sitting and complaining about things that are not going right. Make a commitment not to waste any more time, not to complain, and not to allow negativity in your inner circle. Wakeup, Arise it's not over! Go get ready, set, go! Where there are showers, there is liquid sunshine, bask in its rays and do not stay just doing that. Run with it and spread the rays of sunshine along the way, let someone else know, IT'S NOT OVER!

## Health & Wellness

By: Kimberly Scott

### *Happy April Everyone!*

This year is really moving fast. As always, it is my pleasure writing you and keeping you up with my weight loss journey. This article is going to focus on your accountability partner(s). If you have not already chosen an accountability partner, I strongly recommend that you find one who will help you move forward to your weight loss goals.

As you know, my accountability partner is my husband Dericus Scott. As an accountability partner, he makes sure that I am staying focused on my goals by exercising and eating the right foods. He is not a YES man. He definitely holds me accountable especially at times when I want to cheat, such as eating some ice cream or missing a workout.

I can depend on him because he is taking this process seriously. He walks with me, coaches me, encourages me, and most of all he believes in me. I attribute a lot of my success to him for sometimes showing me tough love to make sure that I stay focused on my goals. Therefore, here are a few tips to know what to look for when choosing an accountability partner:

#### **Tip #1 Dependability**

You must have someone you can depend on and trust. This person must be able to be there for you through the good and the bad. If you have an urge to not work out, this person should be willing and able to inspire you to go and stay on task.

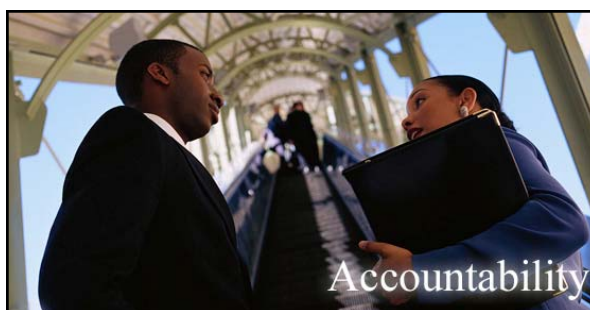
#### **Tip #2 Create a Contract**

Write your goals, diet, and exercise plan down and go over it with your accountability partner. Once you go over the plan, discuss each role, and sign the contract. This is another way to stay committed to your plan.

#### **Tip #3 Consistency**

You must have someone that is consistent. A person who will not let you give up on your weight loss journey. You will need someone that is going to inspire you and keep you on your plans. Remember, consistency is a key element in which change will occur.

One more thing to consider: Self-accountability. Your accountability partner can only take you so far. You have to make sure you are working and not giving up on yourself.



**Reflection:** Stay true to yourself and do not give up. Going through this journey is not easy but it is so worth it. Keep focusing on your exercise plan and before you know it, your mission will be complete. Stay Encouraged.



## Forgiveness - Peace of Mind

By: Tierra Parsons



It all starts with being humble.....

At a young age, I had to learn the art of forgiveness. Not completely understanding the importance of "letting go of the drama," my mind became overwhelmed with negative feelings. I did not want to be the first one to break the silence and neither did they want to break the silence. Days, months, and years passed....nothing. I acted as if I didn't care, but I did. My life felt as though it had a grey cloud hovering over it and without notice, the stronghold became heavier.

One day I decided that enough was enough and that I should humble myself and genuinely ask WWJD? Colossians 3:13 (NIV) states, "Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Sounds easy right? Not so much (especially when the hurt is deep)... but it is possible. Forgiveness leads to many things that can improve the quality of life. By adopting forgiveness, you will be able to lead a healthier life, lower your blood pressure, decrease the risk of being depressed and/or engaging in alcohol and substance abuse, lessen your stress level and gain a greater sense of spiritual well-being.

I understand that forgiveness is a commitment to the course of my transformation. It wasn't until I "desired" the change that things began to come together. To me, God was like, "NOW you're growing up my child." Living with the strain of making a purposeful effort to refuse to forgive took a tremendous toll on my mental health. I knew that life could be much more enjoyable so I said to myself, "You can choose to live in bondage or live an abundant life." Today I am walking in the path of abundance and I wouldn't change it for the world.

I was in church one day and the program included a poem entitled, "Forgiveness" by Janet Mullaly:

*Forgiveness is not easy  
To give to others when we're wronged  
But if we do not give it  
Our hurt and pain will be prolonged  
Like a wound that is infected  
And gets worse as time goes by  
We can not just ignore it  
No matter how hard that we try  
Sometimes there are no reasons  
For the things that people do  
No excuses or explanations  
That justify what they put us through  
But remember...Jesus told us to forgive  
The same way our father forgives us  
So we can move toward the love  
Instead of staying bitter and callused  
Forgiveness releases the negative  
That has consumed and taken over  
It frees us to love and live again  
As our hardened heart grows softer  
Yes, forgiveness can be very hard  
But it's something we must do  
If we want God to forgive us  
Then ....we must forgive others too!*



Your life depends on this change so make your main focus letting God reveal to you the purpose for your pain. Peace and Blessings.



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# BIG EVENTS in APRIL

**April 1, 2010**



Dream Builder Communication, Inc. (DBC) is offering the 5 Week EOG Blitz program for the second year. This program is designed to assist students in increasing their EOG test scores, while giving staff the additional support needed especially at this time of the academic school year.

**April 7, 2010**

Mr. Kenston J. Griffin and the DBC team will be in Lee County NC. This power-pack action filled day will include Student Keynotes addresses at both High schools, a Staff Development Session, an After School Session with the students of the Children of Promise program, and the finale will be a Community/Parent Awareness Night. If you are in Lee County or surrounding area, don't miss it!



**April 8, 2010**

Mr. Christopher Land will be sharing at the North Carolina Center for the Advancement of Teaching. The conference title is "Breaking Through Barriers" (to reach African American students). This conference has a host of dynamic presenters, and DBC will be a midweek feature.

**April 10, 2010**

The AGGIES of North Carolina A&T State University is honored to have Mr. Kenston J. Griffin back on their campus. This time he will present to the students involved in GREEK LIFE. The interactive workshop entitled "I Came, I Saw. I Pledged, Now What?" is sure to inspire students and create value for positive action on campus. A&T has found value and locked into DBC's College Tour, and has DBC presented several times throughout the year.



**U.S. AIR FORCE**

**April 13, 2010**

DBC is proud and honored to have one of its own, Branden Travis, spread his wings as he joins the United States Air Force. We are excited about the opportunity before him, and look for him in the wild blue yonder. The sky is truly the limit. Good Success!



# BIG EVENTS in APRIL

## April 14 2010

Bishop Spaugh Community Academy in (CMS) Charlotte, NC has taken hold of DBC yearlong program. This program includes several Staff Development sessions, Student Keynotes, Student Academic Support sessions, as well as Community/Parent Awareness sessions. On the 14<sup>th</sup> we will meet with the entire faculty and staff and present the “No Stress, It’s Just a Test” workshop.

## April 24, 2010

Huston-Tillotson are you ready? The Dream Builders are returning to present at the Pre-Alumni Council’s year-end event. This is sure to be a blast, as several other Texas colleges and universities have been invited to experience this monumental event. DBC and HT’s PAS have been working together this academic year and experienced incredible growth in multiple areas. Please contact L. Napier of HT for more information.



## April 26 & 27, 2010

DBC and the NBA have paired up again. “Rufus Lynx” mascot of the Charlotte Bobcats will be on tour to Harnett County, NC presenting his EOG prep presentation. They will be at Overhills, Benhaven, and Johnsonville Elementary schools, then traveling back to Charlotte at Westerly Hills A+ Academy. This program is sure to motivate the youth to do the absolute best on the EOG test.

## April 29- May 2, 2010



The Africentric Learning Institute, under the auspices of the Council on African Canadian Education, is hosting this exciting youth conference “**MISSION CRITICAL: OUR FUTURE EXCELLENCE WITHOUT EX-**

**CUSE”** Featuring Dream Builders Communication, Inc. (DBC). As part of the Africentric Learning Institute initiative, Nova Scotia students are invited to take part in an extraordinary weekend of activities aimed at promoting cultural development, academic excellence and leadership development. DBC will deliver the Keynote Address as well as, three workshops. So, students, parents, and youth leaders/advisors get ready, GET READY!, Get READY, for the experience of a life time, because it is truly “**MISSION CRITICAL: OUR FUTURE EXCELLENCE WITHOUT EXCUSE”**

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