



Ekundayo
the legacy of a life dedicated to giving

Love & Giving
the immutable duo

The Green Advantage
the health benefits of green tea

Which Path
all alone

**Ufoma
Emerhor**
FAIR LIFE AFRICA
FOUNDATION

March 2012

inspired
be tile
the inspired life magazine



The Inspired Life

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But there is a spirit in man: and the inspiration of the Almighty giveth them understanding. Job 32:8



table of contents

contents

- Meet the Team **04**
- Editorial **05**
- Main Article **06**
- Grassroots **07**
- I-Plus **11**
- Memoirs **12**
- Model of Inspiration **15**
- Health **19**
- Which Path? **20**
- Gemstones **21**
- Father's Heart **22**
- Hilarious **22**

extras

- Loving and Giving **09**
- Love **09**
- The Gift of the Magi **10**
- The Give Initiative **13**
- Inspiration from Fairytales **14**

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MEET THE TEAM...



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Editorial

BLESSED TO BE A BLESSING

The Word "Love" has been grossly undermined and abused over the ages. We are quick to say it but not as willing to show it. A phrase you'll see time and time again in this edition is "You can give without loving but you can't love without giving"; which is true as it is apt. When we truly love, we express that love by the act of giving...time, money, attention etc. Love is not in words, but in deeds.

Without undermining the importance of loving and giving to family and friends in need, I wish to pay more emphasis on showing love to the less privileged in our society by attending to their special needs. These are the orphans, street kids, destitute, widows, the aged, the physically, emotionally and financially challenged; which informs my 'motto' for this edition – **Blessed to be a Blessing**. I believe our resources should be channeled towards helping those who are less endowed.

In this area of giving I have found two people I admire. One is Mama Ekundayo of blessed memory, who opened her doors to homeless and abandoned children and took them in as her own. You might know her from TY Bello's "Ekundayo" video which was put together in her honour. Till she passed, she was celebrated for her act of love. The second person is our Model of Inspiration - Ufuoma Emerhor, the coordinator of Fair Life Africa Foundation, a charity organisation geared towards the welfare of street children. I met her at one of her organisation's street kids feed, where I participated as a volunteer and I was moved by



her

passion for these kids and was even more moved by the interview I had with her.

On a lighter note, our up and coming artist for the edition is the "Sunkunife" crooner DTone Martins. This is one promising music artist of our generation that you need to look out for in the coming months.

Without further ado, I welcome you to our first quarter edition for 2012. My utmost expectation is that you'll be informed, entertained and moved to embark on a worthy cause of love and giving as you go with us on this journey. And lest I forget, I definitely expect that you'd be truly and wholly "Inspired".

Dammie



Love is such a beautiful thing. It is the most wonderful feeling in the world to know that someone cares about you, your pains, your struggles, your dreams, your life... every one yearns to love and be loved. It is our greatest need.

Love is so vital that our Creator, God, describes Himself by it. The character of God is love. God loved us so much that He gave His only begotten Son to die so that we may live life abundantly. God expressed His love to us by that ultimate act of "giving". Both Words – "Love" and "Give" come hand in hand, the former leads to the latter.

Now, if you've been in the business of loving for a while, you'll recognize that loving another person and giving yourself is no small task. We all come with our imperfections which make loving hard on both ends. Even though it comes with grievances and frustrations, love is a decision and a directive from God. **We have been called to love.** His Word says in Romans 13, verse 8 that we should "*Owe no one anything except to love one another, for he who loves another has fulfilled the law*".

Why should we love? God requires it from us, and by loving we become instruments in His hands. By showing our love to another we bring joy to the lives of others and ours and thus get true fulfillment. By loving and taking care of our fellow men, we also show that we love God. By loving, we show that we

are true children of the Love Being Himself.

How do we love? We love by giving... giving of our time, our resources, our attention; giving of ourselves to help that person in need. Loving entails the expending of ourselves. It may be downright uncomfortable and inconvenient sometimes but know that love is a sacrifice that has its rewards right here on earth and in the life afterwards.

Who do we show love to? Love your God ...and love your neighbor as you love yourself: true words from the Holy Bible and God's directive to us. The recipients of our love are therefore three-pronged: our God, our neighbor and ourselves as individuals. You may wonder who your neighbor is. A Yoruba folk song has the answer: ***Whosoever you have the means or ability to help, that person is your neighbor – take care of him (or her).*** Your neighbor is that destitute child hawking 'pure water' by your car window, that orphan in the motherless babies home, that guy that just always seems to get on your very last nerve, your estranged parent or spouse, that colleague crying in her cubicle, that insufferable boss... You can show love even to the seemingly unlovable.

When to love? Everyday, every moment, whenever we can. God is willing to bless us as we seek His face for material, emotional, spiritual and physical blessings. But we should also bless others with our blessings. Let the blessings flow from life to life; don't stop the flow, don't hoard the blessings. Loving is giving. Give cheerfully, give bountifully, give lovingly. Show that you care by giving. Right in front of you and not so far away, there is someone in need of your love, attention and resources. Opportunities to love abound everywhere you look. Do seize them.

GRASSROOTS

My name is Tony Dolapo Martins. I'm into music and my artistic name is 'Dtone Martins'. I went into the music industry to affect millions of lives positively. I also believe being in this industry creates a platform for me to help other youths to actualize their dreams and make a living.

Apart from the regular challenges in the music industry, the peculiar challenges for me include meeting the right people and raising adequate capital for projects. I have to work harder to get people's attention. I have become creative about it, though. I get people to render services for me for free and I also do some free shows. This helps me to build better relationships with people in the industry.

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Loving & Giving

*...for God so loved the world that he gave...
John 3:16*

There are certain words that we love to hear
They always seem to calm our fears
They speak to the deepest longings of our
hearts
And answer the silent questions of our soul

We want to know that someone cares
That our lives count for more than fears
That we live and not just exist
We all long to know that we are loved

To get, you must be willing to give
To harvest, you must be willing to sow
To be loved, you must be willing to give love
And risk letting your love be more than
words

Loving is kindness, help offered whether
deserved or not
Loving is patience, taking hurts in stride
without getting even
Loving is humility, taking your eyes off
yourself
Loving is enjoying the successes of others

To love, you must believe the best of others
Cancel all debts without remembrance
The depths of love you are capable of
Is evidenced by how much of you you're
willing to give!

Tobiloba

LOVE

Love is a choice—feelings to be
learnt...
It's tension- its fulfillment...
It's deep longing, it's hostility...
It's gladness; it's pain...
Not one w/out d other...
Happiness's only part of love...
This's to be embraced...
This's d misery of Love...
Its beauty; it's burden
One has to give up dreams..
Such standing in d way of true joy..
Ev'n as it pays to suffer a lover's grief...
The ups: the downs cycle...
One that attempts not
To lord it over d other...
It matures immature love!

Adewale



THE GIFT OF THE MAGI: Naija Edition

David admired the gold necklace which he wished to buy for his wife Chioma. In the golden light of the store, the necklace glowed seductively; willing him to purchase it, for it would match the gold Rolex watch which Chioma had inherited after her mother's death. But David could not afford the N200,000 price tag; it was his salary for 5 months.

Chioma counted out the sum of her savings with increasing sadness; she had seen a lovely Patek Phillippe watch on her way to work and had determined to get it for David, for it would match his only designer suit and position him for promotion in his office; her only obstacle was that after 6 months of scrupulous saving, she had only come up with N100, 000 out of the N500, 000 price. On the day before their wedding anniversary, Chioma made up her mind to sell the gold watch, which her mother had

“David broke down and wept, he had seen the watch and desired it, but even in his wildest dreams he couldn't have afforded it, so he had put it away from his mind.”

bequeathed to her before she passed on. It was the hardest thing to part with - such a treasured heirloom, but she comforted herself in the potential growth her sacrifice would bring to David. She quickly sold the Rolex and bought the Patek Phillippe.

On the evening of their wedding anniversary, Chioma rushed into the bedroom to bring out the gift she bought for David, knowing that he would be delighted. David broke down and wept, he had seen the watch and desired it, but even in his wildest dreams he couldn't have afforded it, so he had put it away from his mind. He wondered how she was able to buy it with their limited income.

When Chioma informed him that she sold her watch to buy the gift for him, David became silent and sat down in shock. He put his head in his hands.... and started to laugh, he laughed and laughed and laughed, till he could laugh no more. David reached into his pocket and brought out his gift; it was the golden necklace; he had sold his only suit to buy the necklace.

EKUNDAYO

TRUE LOVE TALK A LA 'EKUNDAYO'

Tinukemi

There's 'Heal the World'. Then, we have 'We are the World', 'Do they know it's Christmas' and 'What's going on'. And there are so many other songs like them. A good number of songs appeal to that part of our hearts where we are like God the most, that part of us that seeks to love, not for anything we get in return but just for love and mercy's sake.

We're looking at a special song this edition, a song that's evergreen. It's titled 'Ekundayo' by **TY Bello** and **Olufunmi**. It's a simple, amazing song inspired by Madam Ekundayo, the proprietress of **Ekundayo Children Home** in Kogi State. Madam Ekundayo is an example of someone who obeyed the call of her heart to take loving care of abandoned children.

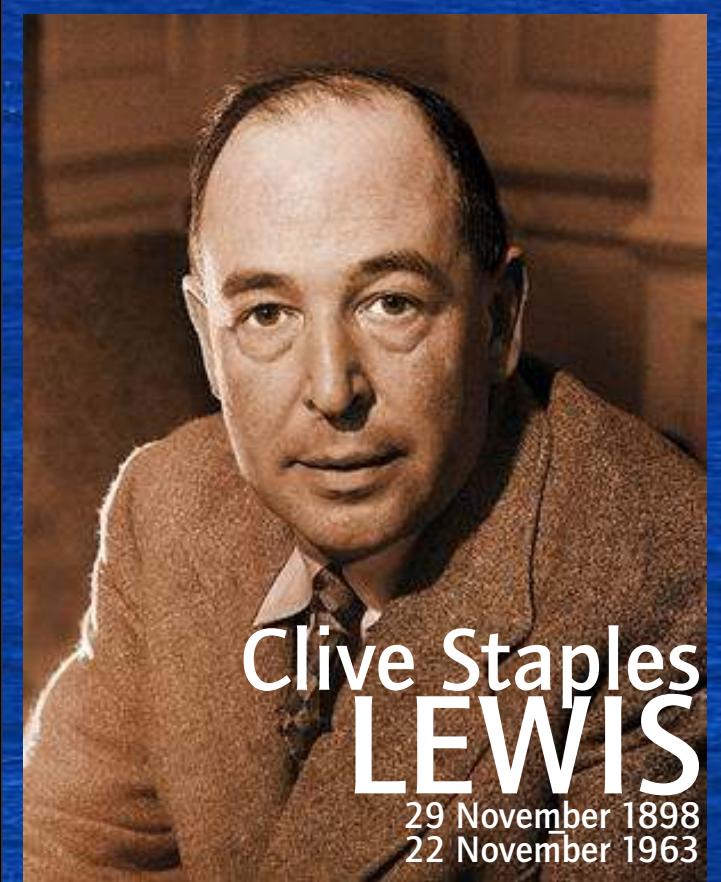
The song 'Ekundayo' is a tribute to a special form of love, a special form of giving- adoption of abandoned children. Very few acts of love come close to that of adopting a child, especially when you do not necessarily need any children. With adoption, you may not have to go and bring a child home, but you can take specific interests in specific children and see to their care and development.

There are many forms of charitable and merciful giving. You could take a few moments on the road to dip your hand in your wallet and give alms. That's good, and it's also convenient, as you can be on your merry way in less than a minute (except you're that kind of lady who has to dig through everything to locate your wallet in that humongous sack you call a handbag). However, when you decide to support the abandoned children by adoption or any other way, the benevolence involved is a little more costly, you have to seek these children out.

The message of the song is clear: **Do you know how beautiful you become when you make way for all the little ones who otherwise would not have made it through the day? You become a part of God's hands.**

The reward of such kindness is also clear: **Blessings from heaven's gate will shower you every day.**

The government cannot take care of all the abandoned and challenged children in Nigeria. We can lend a helping hand through our money, our time, our talents and our efforts. Like Madam Ekundayo, who loved and served in obscurity, we should know that love is the reward of itself and it is indeed more blessed to give than to receive. True talk; true love talk.



Clive Staples LEWIS

29 November 1898
22 November 1963

mostly dealing with Christian themes such as sin, humanity's fall from grace, and redemption.

Lewis's works have been translated into more than 30 languages and have sold millions of copies. The books that make up The Chronicles of Narnia are considered classics of children's literature and have sold the most and have been popularised on stage, television, radio and cinema.

Even though he was born and raised a Christian, at a point during his adolescence, Lewis abandoned his childhood Christian faith and became an atheist. However, in his early thirties, he converted to Christianity, and his interests gravitated towards Christian spirituality, with his faith having a profound effect on his work. He is regarded by many as one of the most influential Christian apologists of his time and his essays and public speeches on Christian belief remain popular today.

Lewis has been the subject of several biographies, and has inspired a few screenplays and many books. Several C. S. Lewis Societies exist around

Better known as C.S. Lewis, Clive Staples Lewis was a novelist, poet, academic, literary critic and Christian apologist who was born and raised in Belfast, Ireland. He is known for his fictional and non-fictional works especially The Chronicles of Narnia, The Screwtape Letters, The Space Trilogy, Mere Christianity, Miracles and The Problem of Pain.

In 1916, he was awarded a scholarship at University College, Oxford, where he won a triple first, the highest honours in three areas of study. He then taught as a fellow of Magdalen College, Oxford, for nearly thirty years, and later was the first Professor of Medieval and Renaissance English at Cambridge University and a fellow of Magdalene College, Cambridge.

In addition to his scholarly work, Lewis wrote a number of popular novels, including his science fiction The Space Trilogy and his fantasy fiction books- The Chronicles of Narnia, mostly dealing

the world and his name is also used by a variety of Christian organisations, often with a concern for maintaining conservative Christian values in education or literary studies. Lewis continues to attract a wide readership. In 2008, The Times ranked him eleventh on their list of "the 50 greatest British writers since 1945".

C.S. Lewis is the example of a man who did his life's work with the kind of excellence which still lives on long after his death. He sought the truth, he found it, and he was not afraid to share it, using his talents. In whatever situation or sphere of life we find ourselves, let us not hesitate in sharing the true values of life. It is in worthwhile sharing that we give a part of ourselves to others, and that is always fruitful, both ways.

“Till we realize that love goes beyond what we receive, then we cannot realize the power of love”
TY Bello sums my thoughts above when she had a conversation with someone from Hi Magazine.

D: When do you plan to release the video for 'Ekundayo' and 'Funmishe'?

T: I am currently working on the documentary and video release for Ekundayo...to raise social awareness in the month of Independence, on the focus of Adoption.

D: Brilliant! So, why don't we put you on our October cover? You are after all part of the family, and this is great work you are doing...

T: Oh NO! ...this is not about me, but the abandoned children, and encouraging our fortunate citizens to give a lending hand. It will be really nice if you put Mama on the cover.

D: Who is Mama?

Read more at <http://himagazine.tv/celeb/Mama%20Ekundayo>

Mama Ekundayo as at when I first ran into her story was clocking 95 and had been taking in abandoned children since 1967 at Ekundayo's Children's Home where it is boldly written on the entrance "Agbara Mi Ko, Agbara Olorun Ni" meaning "Not by my power, but the power of the Lord". She took care of the first child [that wasn't hers biologically] as a pure favor and the Lord helped her through more than 40years. She made sacrifices of time, effort and money that many of us will see impossible today for many reasons.

We all go through life with thoughts of 'how we will do this', 'how we will do that'; 'how we will buy this' and 'how we will buy that'. As much as it is only human to think about the "I need", "I want", "I have to" etc, I also believe in the need to see beyond ourselves. See life as an opportunity to have an impact on the world. A chance to make the change we so desire to see in the world. An opportunity to be truly happy.

Givers are happier people than non-givers. A survey of 30,000 American households shows that people who gave money to charity in 2000 were 43% more likely than non-givers to say they were "very happy" about their lives. Similarly, volunteers were 42% more likely to be very happy than non-volunteers. It didn't matter whether gifts of money and time went to churches or symphony orchestras — givers to all types of religious and secular causes were far happier than non-givers.

Over time I have come to realize that no matter how much you make or how fast you make it, there will always be a hunger for more on the inside of you. You will always feel the need to get more. So why don't we all start today? Why don't we be the reason one or two people are smiling today? Why don't you make yourself happy? Do you remember how happy you were the last time you genuinely gave some form of help to someone who needed it? I do. It is always an extremely fulfilling moment even though I could be dead broke at that point. If for anything I am sure that YOU CAN NEVER LACK HAPPINESS BECAUSE OF THE THINGS YOU GIVE. If you make someone happy, you will inevitably be happy.

As I write this "small" note, today is my birthday and my current display picture on all my social network accounts read thus **“not by might, not by power but by the spirit of God”**. Today I may have finally given birth to my second idea ever. STAY TUNED!

AdeLeke Farayola



Hansel & Gretel

The Story in Summary

A poor man had two children; Hansel and Gretel. He couldn't feed them. The children's stepmom insisted he leave them in the forest. The children overheard and dropped stones to mark their way and thus came back. The second day they dropped breadcrumbs and could not find their way. A wicked witch captured them for food. They overcame her, found jewels in her house and took them back home to their father whose wife had now died and was longing for his

The Inspiration

This is a story about difficult times, dependence and abandonment. It's about the value of love.

Difficult Times, Dependence & Abandonment

Let us strive on to finish the work we are in: ...; to care for him who shall have borne the battle, and for his widow and his orphan...

Abraham Lincoln - Second inaugural address

Once in a while, we experience financial trouble and we tend to drop weights - financial responsibilities. One of the first we drop is the people who depend on us. In this poor father's case, it was his children. Whether or not his wife compelled him, he consented to it. The question is; should hard times make us abandon our dependents?

It is my duty to make money and still more money and to use the money I make for the good of my fellow man... - John D. Rockefeller

No matter what confronts us financially, it is our duty to strive even harder till we get what we need, not just for ourselves but also for those who depend on us. You might not be able to give

as much but you would at least be giving something. If the father had spent time foraging the forest for food (hunting meat or plucking wild fruits) and enlisting the help of the children, would they not have survived a little better instead of wasting time on getting the children lost in the woods? Hard times should not automatically enable us to abandon responsibilities; we should strive harder together instead.

Love

I was lost in a lonely place ... holding on to yesterdays far too long - Westlife

When abandoned, you feel lost and sometimes cheated and you may want to hold on to that feeling and the cruelty of it. Remember however that your relationship comprised of a lot of moments. The moment of abandonment should not be its end. View the person as a victim of circumstance and forgive him/her. That's how Hansel and Gretel got back their father. Help them if you can.

Funmilayo Omowunmi Falade

Model OF Inspiration



Ufuoma Emerhor
FAIR LIFE AFRICA FOUNDATION

The first child of Olorogun and Mrs O'tega Emerhor, with four siblings - two sisters and twin brothers; Ufuoma Emerhor is a qualified Social Worker from

Manchester

Metropolitan University, England, with four years experience working in social care, supporting disabled adults and two year volunteering experience as a children's advocate. During her studies, she gained experience and understanding in child and adult mental health, she did her dissertation on prostitution, and her elective on 'children and families'. Ufuoma is the Coordinator of Fair Life Africa Foundation with a passion for the rehabilitation and care of street children.

Tell us about your Charity Project/ Organisation – Fair Life Africa Foundation

I run a non-profit organisation and NGO, called Fair Life Africa Foundation, which was founded in January 2011. We operate through social initiatives that address specific social problems from a holistic point of view, delivering preventive and empowering solutions. Our first initiative is the Care Continuity Challenge (CCC) Initiative for Street Children, which we are still setting up. Our aim is to rehabilitate children from street life and reconcile them with their families, where possible. We also aim to re-



Ufuoma Emerhor

FAIR LIFE AFRICA FOUNDATION

integrate children and their families back into society by providing support to prevent a breakdown of the family and return to the streets.

We will soon open our home in Lekki, for a pilot programme, which is the

CCC Respite Project with a focus on reconciliation between children and their families. The programme offers short-stay accommodation, rehabilitation support and empowerment for children and their families.

What inspired you to embark on this Project?

I have never been comfortable with inequality and injustice, and from a young age the divide between the rich and poor was very clear to me. I first noticed street children on one of my trips to Staff School, Unilag in a car, while other children were begging me for money on the street. This tore my heart. I think it is really a temperament, a state of mind, and you can know your calling by the things that fill you with passion and fire, either because you are so excited and motivated, or you are so angry and annoyed. Both are powerful to make change and make you successful in your ventures. So, it is a concern that was dormant in me for a few years, but would be stirred up by different life experiences. Hence, my decision to enter into social work. And when I



returned home in March 2010, it was all I wanted to do.

What has been the effect of your Project since inception?

Since we started, Fair Life Africa Foundation has been great with raising awareness about the plight of street children, and has sought to collaborate with like-minded organisations in this regard. Following the success of our Street Child Awareness Seminar (SCAS) in May 2011, the Street Child Agenda radio programme was approved and began in October 2011, hosted by me, on behalf of Fair Life Africa Foundation.

The programme is part sponsored by Radio Continental 102.3fm, and is a live programme to discuss the issues facing street children with experts and professionals in the field. Fair Life Africa Foundation is also facilitating the Forum For Child Practitioners

Concerned With Street Children, which arose out of SCAS, which we did in partnership with the Nigeria Network of NGOs and Gilgal Partners. The Forum is gaining momentum as a body to professionals, who will shape the

practice of organisations and individuals working with street children, to ensure greater accountability and better outcomes. Our effect will be best gauged in a year or two, when our home has been opened, and we would have been able to reconcile many children back home.

What do you think individuals can do to help the less privileged in our society?

I think people should know exactly who they are, and also exactly who they want to be. We deceive ourselves a lot, and most of us think we are better than we really are. So, many people may offer their help and finances, but then life gets too busy, and money gets too tight, and we never actually come through on our proclamations and promises. It is better not to make such promises, but to really think about what you want to contribute to life, and make it a part of your life by doing a little bit each day. If you know you don't have the time, consider if you have the funds to help those who are doing the work to make society a better place for all. And if you don't have the

time and you don't have the funds, maybe you can start by living your life in such a way that you bless those closest to you. Change begins at home, and if you can make your immediate environment a better place, you have made the world a better place. The point is, we shouldn't be

indifferent, and we all need to recognise that, however rich or poor we are, our contribution is valid and necessary.



What has been the response so far, from individuals, corporate bodies and the government towards your cause?

The response so far has been a lot of praise, declaration of support, understanding about the necessity of our work, awe about the depths of the issues; but little action. This is the same no matter if it is individuals, corporate bodies or the government. No matter how much people believe in what we're doing and the need for it, they are generally sceptical that change will happen, and unfortunately, their sceptism is validated by their lack of resolve to act and be the change. We do have the support of friends and family, and are building a network of friends on Facebook and other social media. We are hopeful that we can turn all our friends into supporters and donors. We have received some favour from corporate organisations, such as RC 102.3fm and Standard Alliance Group and its subsidiaries. As yet, we have received no support from the government, and our membership in the Committee for the Rehabilitation of Kuramo Beach, set up by the local government last July, is yet to bear fruit, as the government has continued to procrastinate to act on the recommendations made by the committee. Kuramo beach is a former tourist spot, which is now 'home' to many street children who are exploited and exposed to all sorts of abuses and corruption.

How can readers help out under the umbrella of your organisation?

We are in need of financial support primarily, and we have several platforms for people to make one-off or regular donations. People can donate through our website at www.fairlifeafrica.org, or via our project page on GlobalGivingUK (<http://www.globalgiving.co.uk/pr/9200/proj9103a.html>) or they can deposit directly into our Guaranty Trust Bank account, 214/795111/110 – Fair Life Africa Foundation.

We also need professional support, through volunteering your time and skills, providing discounted or free services,

mentoring and training our children and staff, or giving good counsel and advice based on your area of expertise. We need physical contributions in the form of clothing donations, books, equipment, etc. We also need volunteers to help us at our different events and to help us raise funds and support, by spreading awareness about our work. Finally, we need friends, people who champion our causes and encourage us to go on. **You can be a friend simply by joining us on Facebook at www.facebook.com/fairlifeafrica, following us on Twitter at <http://twitter.com/CCCInitiative#> and tuning in every Tuesday at 11am to support our Street Child Agenda radio programme on Radio Continental 102.3fm.**

“Thanks for any support you can give. The key message here is to be real. You don't need to do what others are doing, or be what someone else thinks you should be. What do you want, and how much do you want it. Do you really want change? When you know the answer to these questions, and you're real with yourself, the rest is just perseverance!”





HEALTH BENEFITS OF GREEN TEA

Hi all you tea lovers out there! Well, this is a general health segment but I couldn't help but share some interesting information I came across. Hope you find it helpful and useful; and if you don't think it applies to you, well, at least, no knowledge is lost.

Is any other food or drink reported to have as many health benefits as green tea? The Chinese have known about the medicinal benefits of green tea since ancient times, using it to treat everything from headaches to depression. Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea.

Epigallocatechin gallate (EGCG), an antioxidant found in green tea, is at least 100 more times more effective than vitamin C and 25 times more effective than vitamin E at protecting cells and DNA from damage believed to be linked to cancer, heart disease and other serious illnesses. This antioxidant has twice the benefits of resveratrol, found in red wine.

Decaffeinated brewed green tea contains only 56 milligrams, less than half of the catechins found in an original brew. Flavored brewed green tea has 43 milligrams. Disappointingly, instant green tea has only 12 milligrams.

Here are just a few known health benefits of drinking green tea:

Lowers cholesterol: Aids in weight loss by burning calories

Reduces high blood pressure: Prevents arthritis

Boosts your immune system: Lowers blood sugar

Helps prevent cavities and tooth decay: Slows the aging process

Reduces the risk of heart disease: Reduces the risk of stroke

Lowers the risk of blood clot

It's also reputed to be helpful in preventing:
Cancer: rheumatoid arthritis

High cholesterol levels: cardiovascular disease
infection: impaired immune function

Harmful Effects?

To date, the only negative side effect reported from drinking green tea is insomnia due to the fact that it contains caffeine. However, green tea contains less caffeine than coffee.

Kunmi



LOVE

ALL ALONE

Morayo Adebayo

Sitting in the darkness
Pondering my loneliness
Asking why you love me not
Why a broken heart is my lot

Observing me in the mirror
My being robbed of its glamour
My smile not as charming
My twinkly eyes not as daring

Yet deep in my heart
Is the beginning of its budding
I swear, not again!
I shan't do this to me

Love, a bird on my inside
Spreads its wings, daring to fly
I, puzzled by this defiance
Vowed to hold tight the reigns

Love's springing- a valuable lesson
It words I remember clearly
“I am not yours to hold,
I am only yours to give”

Hence I remember, if I hurt today
The love I give tomorrow
Will surely heal me!
Behold the charming daring me!



Gemstones

Love grows by giving. The love we give away is the only love we keep. The only way to retain love is to give it away.

- Elbert Hubbard

Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others.

- Barbara Bush

No one has ever become poor by giving.

- Anne Frank

Think of giving not as a duty but as a privilege.

- John D. Rockefeller Jr.

We make a living by what we get, but we make a life by what we give.

- Winston Churchill

Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.

- Eleanor Roosevelt

If you judge people, you have no time to love them.

- Mother Teresa

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

- Lao Tzu

You can give without loving, but you cannot love without giving.

- Amy Carmichael

'For God loved the world so much that He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life.'

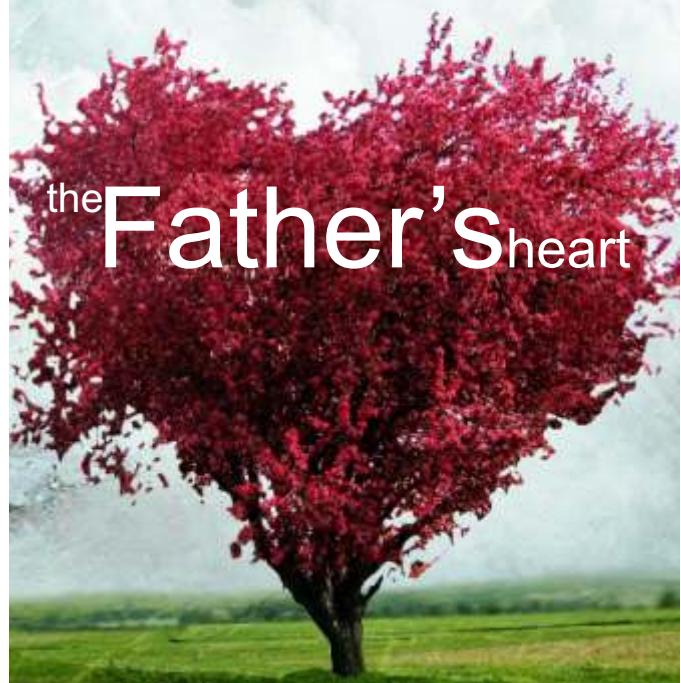
John 3:16 (New Living Translation)

This popular and profound scripture captures the whole essence of life and God. The God kind of life which is manifested in love gives- it's as simple as that!

We have been called to live that higher life, that supernatural God-life, which always put others first before ourselves all the time, just as our Father showed us.

This year, there is a challenge for us to desire that higher life, the call of God to live a love-life, not a lust-life.

We are to make a more conscious effort to love more, give more and live more. We may be required to give material things, your time or your service, let us heed the call. His grace is sufficient for us.



12 VALID REASONS WHY DRINKING SHOULD BE ALLOWED AT WORK

1. It's an incentive to show up
2. It reduces stress
3. It leads to more honest communications: employees tell management what they think, not what management wants to hear
4. It cuts down on time off because you can work with a hangover
5. It helps save on heating costs in the winter
6. It encourages carpooling
7. It increases job satisfaction because if you have a bad job, you don't care
8. It eliminates vacations because people would rather come to work
9. It makes fellow employees look better
10. It makes the cafeteria food taste better
11. Bosses are more likely to hand out raises when they are wasted
12. Salary negotiations are a lot more profitable



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