

Be Found Virtuous[®] Newsletter

~ Welcome to 2010 ~

Happy 2010 Everyone! I pray our first quarter newsletter finds you with a spirit of **Thankfulness** that you are able to use your faculties to see and wake up into this new year!

I'm excited for us this year as I see bigger, better, blessed days ahead. I encourage each of you to examine your virtues as they relate to everything you have planned for the next 12 months. Begin to perfect each one of them, especially those where you are weakest. Start laying aside the weight of what didn't happen in 2009 — it's gone. Relish in the blessing of 12 more months of second chances.

Strengthen your virtue of **HOPE**. Hope is the intense desire that something desired **will** happen, **will** come, or **will** change our conditions for the better. We should hope for things that reflect favorably in our lives. We should hope for longevity. According to Psalm 91:16, that's what God promises. We should hope for prosperity. According to 3 John 1:2, God promises that as well. We should hope for success. Keeping God's word guarantees this according to Joshua 1:8. Keep hope alive.

Sharpen your virtue of **INTEGRITY**. Live according to a strict moral code. Not only will this prosper you in business, but also in relationships (friendships and romance). Oftentimes, when new friendships or relationships begin, both people are trying to "figure each other out". We generally put our best foot forward and use "our representative" to show who we desire to be. For 2010 let's not send someone else to do our works. Become a woman of integrity — walking in that virtue and showing the world you are who you say you are and there is no agent to do our pre-work.

Expand your virtue of **RIGHTEOUSNESS**. Begin to use the 2010 rule this year. Take 20 days to do 10 things that matter, things that please God, things that make a difference in the lives of others and your own. That means you have to do something new every 48 hours that will give you reason to celebrate at the end of the

20 day cycle. Put that on your resume!

These are just some of the practices we should adopt for this year. Don't let another year that you are blessed to see find you doing the same things that you did in the last year. God has granted us a second chance; 12 more months for His promise of doing a new thing in our lives (Isaiah 43:19) to be fulfilled. According to scripture it will be visible. Don't miss it!

Finally, my sisters, I want to encourage and lift you up. God is wonderful and fabulous; never leaving you, never forsaking you; the provider of whatever you need. Given the opportunity, God will turn your life upside down, empty out all the bad stuff, flip you back upright, and begin to fill your life with destiny, power, healing, anointing, love, and newness. Given the chance, God will change your marriage for the better. With an "OK" from you, God will enter into your life and your heart and change your outlook. God's presence in you life will change your entire outlook on how you see life, how you see others, and most importantly, how you see yourself. There is simply no thing and no area in your life that God won't affect. Allow the presence of the Holy One to infiltrate your mind, your heart, and your body. Saving your soul is crucial. Cancel out doubt and fear. Every believer has doubts and each of us fear something, but we don't allow it to be bigger than our belief that God's word is God's word. So as it is written so shall it be done. God tells us in Isaiah 55:11, "*So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.*" I believe God's promises. Take advantage of this blessing. Move into the beauty of God's holiness; give your life over to God today! Once you do, you won't look like what you've been through!



Peace be unto you

Qualice T. Seymour
BFV Ministry Director

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And So Much More...

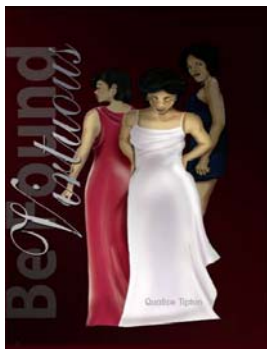
So many things will offer themselves to me for "worship" today. But reveal Yourself, God, in all Your creativity, as the only Being worthy of my true adoration.

Gary Wilde

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VOLUME 4

ISSUE 1

January, 2010

JANUARY, 2010

For the Virtuous Woman

VOLUME 4

What is BFVM doing this year?

BFVM's calendar for 2010 is as exciting as it is full. This year we plan to ensure that we begin to educate our partners, as well as new sisters, on the idea of becoming the Total Woman of V.I.R.T.U.E. that we were all designed to be. As a ministry, we want to promote safe, happy, healthy lifestyles. We want to promote balance and getting to really know one's self on all levels, in every sense of the word. The only way we can accomplish our goal is to have your support and participation. We will be hosting events, fundraisers, and classes. We continue to make ourselves available for engagements and will be out in the community as much as possible to help you be the best you ever!

Our goal is to fulfill our vision of creating and building Total Women of V.I.R.T.U.E. In 2010 we will do that by offering our reformation courses, continuing with our awards ceremony, and paying forward all that God has instilled in us as a ministry.

Our calendar, as we have set it has been posted to the right. As plans change, we hope that our events remain in tact. We will also keep our partners aware of any changes in our schedule as we wish to have full support and participation throughout the year.

Also, if you have not become a fan of Be Found Virtuous Ministries on FaceBook, please visit our site at www.befoundvirtuous.com and go to our *Services & Associations* page. The link to our fan page is located at the bottom of the page. We are working towards building our fan base to 1,000. We still have a ways to go, but we believe in the power and promise of being able to change the lives of our friends, family, and fans.

Have a wonderfully full and fabulous 2010! Stay in touch with us!

February 2010

We will begin our first fundraiser and we are encouraging everyone to participate. More will be coming online via Facebook and email.

March 2010

Attend the BFV Introductory Reformation Course. The introductory course is mandatory for those interested in participating in the full Reformation Program and this chance to attend the course for free will be counted towards future program completion requirements. Participants will only be required to pay for the course materials (\$7).

April 2010

We will host our second fundraiser. Again, we are asking and encouraging everyone to participate.

May 2010

Introduction of a new segment of BFVM for our teens! And...we are opening the voting period for the 2010 TWOV Award.

August 2010

The Total Woman of V.I.R.T.U.E. Awards Ceremony. Bigger; better; and even more exciting for those 2010 Award recipients.

September 2010

V.I.R.T.U.E. Reformation Program offering. The price will be adjusted for all participants. Completion will earn each participant entry into the Total Woman of V.I.R.T.U.E. nomination category.

2010 Plan

Have you made new year's resolutions? Why? Do you ever follow through with your resolves to the end of the year? Maybe, maybe not. Earlier, I suggested a 2010 Plan. Instead of resolving over a period of 365 days, I'm offering a 20 day plan that's a little more manageable and more of a personal challenge.

If you have ever experienced loneliness, depression, or hopelessness, this is a sure fire way to increase your self-worth. Want to know how?

A 2010 Plan will give you a sense of self-worth because you do something different every 2 days that makes a difference in your life, your community and or in the lives of others. Here's how it works.

- 1) Choose 20 consecutive days over which you would like to expand your plan. EX: Jan 15th — February 3rd.
- 2) Plan out 10 things that you know you can accomplish in that time. You may list things that you will do for yourself, for others or for the community. EX: ⁽¹⁾Balance my check-book. ⁽²⁾Take 5-10 canned goods to a shelter
- 3) Be about it! Get to work!
- 4) Use our checklist to show your accomplishments. (see the sample on page 3)

I'm going to challenge myself to do a 2010 Plan every quarter and post the results in each newsletter.

If you would like to share your 2010 with BFVM, please email them to us at bfvirtuous@yahoo.com and we'll post yours as well.

Aunt Sue's Corner

I disagree with Kay Jewelers. I found that on any given Friday or Saturday night most of my kisses begin with two Bud Lites in the back seat of a Caddy than Kay.



2010 Plan Checklist Sample

I am excited to see what this will yield at the end of the year! Make sure that when you have completed your 2010 Plan, you submit your form and we'll post your results! I wish you all the best and pray that this year is the best your life has ever seen! For a printable 2010 Plan form, visit our website's *Calendar & Events* page to download the PDF. Once your 2010 Plan is complete, enter your results at the link provided (again on our *Calendar/Events* page). For every plan we receive, we will highlight it in our upcoming newsletter. *Grace and peace be unto you...*

Be Found Virtuous Ministries' 2010 Plan Checklist		
Full Name: _____		
eMail Add: _____		City/State: _____
CODE	Plan Dates: FROM _____ TO _____	
Self (S) Community (M) Others (O)		
Tasks	Code (S/M/O)?	Date Completed
1 Enter Your Task Here Describe here how you accomplished this task		
2 Enter Your Task Here Describe here how you accomplished this task		
3 Enter Your Task Here Describe here how you accomplished this task		
4 Enter Your Task Here Describe here how you accomplished this task		
5 Enter Your Task Here Describe here how you accomplished this task		
6 Enter Your Task Here Describe here how you accomplished this task		
7 Enter Your Task Here Describe here how you accomplished this task		
8 Enter Your Task Here Describe here how you accomplished this task		
9 Enter Your Task Here Describe here how you accomplished this task		
10 Enter Your Task Here Describe here how you accomplished this task		
(Optional) Please tell us how this project has impacted your life (what you think, how you feel, what has changed about you, etc.)		
I certify that the tasks I have listed and the dates of completion are true and that no one has provided any assistance in my completing these tasks.		

Our Song for the Quarter

I know that faith is easy when everything is going well; but can you still believe in Me when your life's a living hell?
And when all the things around you seem to quickly fade away, there's just one thing I really want to know

Will you let go? (*I'll trust you, Lord*)
Will you stand on My word?
(*I'll trust you, Lord*)
Against all odds will you believe what I have said?
(*I'll trust You, Lord*)
What seems impossible (*I'll trust You, Lord*)
Will you believe? (*I'll trust You, Lord*)
Every promise that I made will you receive?
(*Yes, I will trust You, Lord*)

I know how bad it hurt you when that loved one's life came to an end
and when they had to leave you, you said you'd never love again.
But will you trust that I can help you and I'll never turn away?
Will you trust Me, child, no matter, come what may?

What if it hurts? (*I'll trust You, Lord*)
What if you cry? (*I'll trust You, Lord*)
What if it doesn't work out the first time that you try? (*I'll trust You, Lord*)
What if you call My name (*I'll trust You, Lord*) and you don't feel Me near? (*I'll trust You, Lord*) Will you believe in Me or will you fear? Oh, my child? (*Yes, I will trust, You Lord*)

I will trust (3x)
Oh, oh, oh, oh

"Live in London and More"
Donnie McClurkin
2000

I'm just sayin' ...

I hate leaving my house confident and looking good and then not seeing anyone of importance the entire day. What a waste!

BFO Pledge of Allegiance



I pledge allegiance to the Lord
to be a Total Woman of V.I.R.T.U.E.
and to those virtues for which I stand
including
Value, Integrity, Righteousness, Truth,
Uniqueness, and, Excellence
One woman, under God, indivisible,
with faith, liberty, and hope for all.

Thoughts & Wishes for 2010

It's okay to get angry with God...He can take it — and handle it!

POSTAGE

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BFV Ministry News

Be Found Virtuous Introductory Course

March 27th @ 10:00 am
Hickory Hill Community Center's Banquet Hall Room
3910 Ridgeway Road
Memphis, TN 38115-6428
Course is **FREE** (student manual \$7)
Sign up online at www.befoundvirtuous.com on the *Calendar/Events* page.

Facebook

We're still looking to sign up 1,000 fans on our Facebook page. We're listed under *Be Found Virtuous*. Tell your friends to tell their friends and they tell more to help us reach our goal.

Nomination Period for the 2010 TVOV



Coming later this Summer

Nominations will only be accepted online via our website. More information will be posted in our next issue, on Facebook, our website, and via email.

In the next issue...coming April, 2010

Virtique! For our younger BFV partners...*tailored for the teens!*

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