

Infinite Possibilities Inc.

EMPOWERED!

For The Uncompromising Christian

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SPRING Volume 6 Issue 1

May 2016

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Be True to Yourself!

INFINITE POSSIBILITIES INC.

Don't miss our next event!

Live
FEARLESS

Infinite Possibilities Women's Beach Retreat

October 8-10, 2016
Water Island, USVI

*"For God has not given us the spirit of fear, but of power and of love and of a sound mind."
- 2 Timothy 1:7*

Visit www.infinitepossibilitiesvi.com for more information.

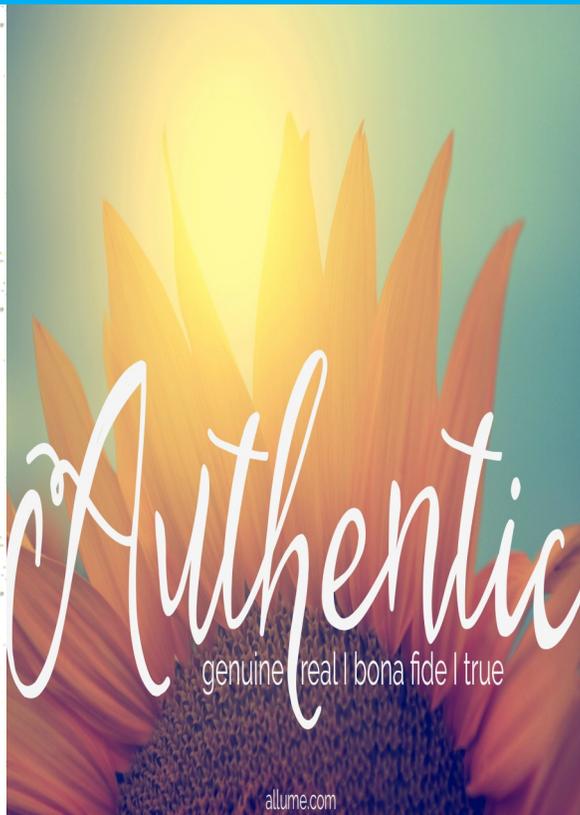
If you could change anything about yourself what would it be? Many women would love to change their nose, lips, eye color complexion and on and on. In all fairness, most of us just want to look our very best. Is there anything really wrong with that? I would say no but I would also ask "what is the motive behind the change?" what defines "your very best?" For many the change is driven solely on what society dictates as beautiful and unfortunately we live in a society that has a narrow perspective on what beauty truly is. Sad to say, many of us have bought into society's lie. Remember God is our creator and God say's we are fearfully and wonderfully made. **Psalms 39:14** God makes no mistakes. He does everything well. We are His best work, there is no one on the planet with our finger print, We are a one of a kind masterpiece, a designers original. So why aren't we satisfy with the Master's one of a kind design. Why do we feel we need to change what God has deemed perfect. Why can't we be content and true to ourselves? Beloved, we have allowed the world to infiltrate our mind and dictate what beauty is. First and foremost we are made in the image of God **Genesis 1:27**. God does all things well, everything He created

Is good! Therefore we must be authentic. Our persona and appearance has purpose. **God created us exactly the way we are on purpose with purpose!** Our ethnicity, our voice, our eye color everything about us is purposeful. Being true to yourself begins with knowing who you are and accepting who you are. Embrace your strengths and accept your soft spots. Remember, people are attracted to your strengths but we are connected through our weaknesses. So remove the veil, stop trying to be something you are not. Being true to yourself means you don't worry about pleasing other people or living by someone else's standards, you are content to live your best life without compromise. You realize that you are beautiful just the way you are because God says so! Now of course, there is absolutely nothing wrong with being the **BEST YOU** you can possibly be by making certain you are spiritually, physically and mentally strong, sound and secure. So lets live life according to God's standards not the world's standards. The Bible reminds us that "We are in the world but not of the world." John 17:14 **Beloved, there is no better way to live other than being true to God and being true to who God created you to be!**

TRUE YOU

Michelle Smith Roberts

Early in life, as we become aware of ourselves, we ask a simple but profound question: "Who am I?" That question is asked thousands of times throughout life as we experience the spectrum of life with its highs, lows, joy, pain, sunshine and rain. Without realizing it, who we are and who we are becoming is being shaped by each of these experiences. Amazingly, God, our Creator, knew each of us before He formed us in our mother's womb. (Jeremiah 1:5). That means that God knows me. He knows who He created me to be. **I am a spirit. I have a soul and I live in a body.** Who I am is a journey of discovery. God, through his Word and the Holy Spirit has planted, watered, torn down, built up, shaped and reshaped me. In the process, I have learned that I am who God says I am. I am not my sin. I am not my failures and I am not my flaws. I am a righteous, royal daughter of the Most High. Discovering who I am, and who I'm not, continues to free me to walk out the plan and purpose God has for my life. Living an authentic life means that I acknowledge my strengths and weaknesses, but those things don't



Or limit me. "But we have this treasure in earthen vessels, that the excellency of the power may be of God and not of us." (2 Corinthians 4:7) The day I forget who God says I am is the day I stop living an authentic life.

Authenticity

~ Uncover your true self ~

What's true:

- ◇ I'm a designer's original – my who and my do!
- ◇ God loves me – therefore I love me!
- ◇ God's plan is perfect – my plan is flawed!
- ◇ He chose my function and my dys-

Crafted by the Hands of God

Ethlyn O. Farrell

Beautifully created when we were born our existence was planned. Our Creator decided to make and design us in His image. Mankind was the only being that God created for a relationship with Him. He spoke, it was done; birthed and came into existence. Then He declared all that He created was good. As you were made as an original; **beautifully crafted from the hands of God. Designed with the same ability to create what you desire by the words that are spoken by you,** as God spoke and it was so. Beautiful, resilient, strong and courageous women. I would like to encourage you to grab a hold of the Word of God. It contains life transforming power that changes all that it is applied to. The Bible states in Hebrews 4:12, "*For the word of God is quick and powerful and sharper than any two-edged sword piercing even to the dividing asunder of soul and spirit, and of the joint and marrow and is a discerner of the thoughts and intents of the heart.*" Sometimes when the challenge of life comes and it causes us to focus on what we consider not good or



what we do not have. For some of us it's the extra weight that we are carrying around. For others the negative words spoken to us or about us or the fact that our money is funny. Often time we allow the enemy to steal our peace and replace it with worry. When we give our attention to these minor things we take our minds off of our God. We must remember that no matter where the negative things, circumstances or words originate from we have the ability to change it with the Word of God. We must always give attention to who we are and Whose we are. Ladies open your mouth and say what God says about you. Dispelling and destroying the lies of the enemy, the media and any source that contradicts the Word of God. When you speak the Word all that is not life sustaining dies. Life springs forth from the Word and transforms everything, we apply it to. Healing every and any that is broken, infirmed and painful in our lives. Like a river of life giving water the Word of God washes, cleanses and purify us from the inside out until we are radiant, gorgeous and beautifully transformed.

Truly Authentic

Lita Aleese

Act 1, Scene 3 of Shakespeare's novel, Hamlet, meets us in a home where Laertes is in a hurry to leave home and his father, Polonius, begins to give his last piece of advice to his son. **He says, 'To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.'** It is an often quoted Shakespearean line that speaks about connecting to our true inner self. The truth of it all is that Laertes was running away from his ever-controlling father. But you would never know this unless you read Hamlet. Polonius was so bad that he even hired a man to spy on his son when he left. Does authenticity come naturally to us? I pondered on this question for a while and it took me back to Mark 12:31 (GW) 'love your neighbor as you love yourself'. Let us look at what it doesn't say. It doesn't tell us to love ourselves because it is assumed that we should already love ourselves.



To be authentic or true to yourself is to know you and to know you is to love yourself first. If not, you will be confused, used, abused, misused, tossed and shaken in times of trial, circumstance and situation that comes your way. Ephesians 4:1-16. Jesus loved and knew Himself. We, the Church cannot get away from love. Our foundation begins on love. When you love yourself, you know your value and you set a standard of living because your foundation is solid. Laertes knew his father was controlling. He couldn't be himself around his father and he didn't want to be like his father. He was desperate to leave everything and everyone he knew to discover and know his true self image. How about you? Have you let go of what others say and embraced what God says about you? You are fearfully and wonderfully made! Ps

You are A Designers Original Michelle Mardenborough

Fingerprints are considered as a specific mark of identity but some of us know that not only are the finger prints a mark of identity but also there are other parts which are person specific.

Here are a few. **Iris**

Eyes are the window to your soul and your identity. The iris, a muscle that opens and closes the pupil to control how much light enters the eye, has tiny textural patterns. DNA determines the color and structure of the iris, but its random pits, furrows, swirls, and rifts occur during fetal development, **which makes every iris unique (even your two irises don't match each other).** The patterns are thought to appear as the fetus opens and closes its developing eyes, and iris tissues tighten and fold.

Ear

Trace the rim of your ear. Do you feel those curves and ridges? You're the only person in the world with that exact shape. The ear is such a great identifier that Yahoo is developing technology to unlock smartphones with an ear scanner. Someone receiving a call would unlock the phone by simply pressing it to the ear.

be confident. be unstoppable.
 be successful. be knowledgeable.
 be beautiful. be sympathetic.
 be intelligent. be honest.
 be hardworking. be worthy.
 be carefree. be straightforward.
 be modest. be courteous.
 be driven. be polite.
 be forgiving. be gentle.
 be creative. be strong.
 be relaxed. be open.
 be motivated. be loving.
 be educated. be funny.
 be thoughtful. be selfless.
 be kind. be encouraging.
 be determined. be generous.
 be good. be humble.

just
 be
 you.

Lip Print

Hypothetically, detectives could seal evidence with a kiss. A study in the Journal of Forensic Dental Sciences found that the pattern of elevations and depressions in the lips are as unique as fingerprints. There's just one problem: Though lip prints have been used as identification in the court in isolated cases, criminals typically don't leave lip prints at crime scenes.

Tongue

Like a fingerprint, the tongue has its own shape and texture, and its tiny bumps and ridges are distributed in a way that is uniquely yours. These patterns rarely change over time since the tongue is protected inside the mouth (unlike fingertips, which may become scarred). Researchers are developing 3-D tongue imaging to aid in a person's identification.

Voice

It's not quite a body part, but your voice is unlike any one else's. Some vocal characteristics are easy to detect, such as frequency (high or low) and intensity (loud or soft). Based on the combined traits, scientists have already created systems to automatically recognize a person's voice if it is pre-recorded in a database.

Toe print—contd. Pg. 4

A fetus's toe prints develop at the

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Health & Wellness



MEET DR. J



Dr. Lewis is a board-certified Orthopedic Surgeon, a personal trainer, a health coach and a nutrition expert. She has practiced Orthopedic surgery for 18 years, relocating to the US Virgin Islands 3 years ago. She joined Comprehensive Orthopedic Global adding to their internationally renowned practice. As an Orthopedic surgeon, Dr. Lewis strives for excellence with all of her patients and is a firm believer in patient education. She is an excellent surgeon who goes that extra mile. Although exceptional at General Orthopedics, she is additionally fellowship trained in Foot and Ankle Orthopedic Surgery. She is the first Foot and Ankle trained Orthopedic surgeon in the Virgin Islands-providing services previously not available. Dr. Lewis graduated Summa Cum Laude from Stanford University. She was the highest ranking student in her medical school class at Morehouse School of Medicine. She completed her Orthopedic training at Louisiana State University, where she was the first and only African American woman in the program. Dr. Lewis was also the only orthopedic resident in her class to successfully pass the board examination upon graduation. She completed her Foot and Ankle Fellowship at Baylor College of Medicine. Dr. Lewis has always been an athlete running competitively throughout her formative years. She was 2nd in the state of Alabama in the 110 low hurdles. Maintaining an active lifestyle and being extremely physically fit has always been of utmost importance. Fueled with the desire for maximum health, Dr. Lewis became a vegetarian in 1998. She avidly studied nutrition, the history of America's food sources, diet styles, and traditional people's eating habits. Teaching by example is her goal. Dr. Lewis is an advocate for clean eating and lifestyle changes improving the health of everyone that she encounters. In 2015, she started her health coaching business, Dr. J's MD, Healthy by Design—filling the great void that exists in our community concerning health. She guides clients through the process of lifestyle change on every level food education, meal selection, fitness routines, and medical knowledge. As a physician, fitness and nutri-

-tion expert who devours knowledge she can provide a complete all-encompassing service. All of Dr. Lewis' patients will attest to her great passion concerning all things related to health. She constantly "gives" her gift of health knowledge freely and is willing to help anyone desirous of "change".

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**EMPOWERED** readers please join me in welcoming Dr. J to our team of writers. We are excited about the overall wellness and healthy lifestyle information Dr. J's column will provide. Stay tuned better health is around the corner.



### *You Are A Designers Original* Cont.

#### Toe Print

A fetus's toe prints develop at the same time as fingerprints, and are just as unique. Since criminals are more likely to leave fingerprints behind, the FBI maintains a national database that links **66 million people to their fingerprints**, but does not record foot or toe prints. **So, we truly are a designers original no one has your finger print, eye color, ear lobe, voice, tongue print or toe print. There are over 7.3 billion people on the earth and Almighty God knows each of us by name. He knows the number of hairs on our head. God knows the cadence of your heart beat and holds you in the palm of His hand.** Its absolutely overwhelming to think about it! Beloved we serve an incredible, amazing, powerful, phenomenal, compassionate, loving God!