



Words of Wisdom

“Don’t let your body be destroyed by disease just because you want to have a good time sexually.”

– AIDS Victim

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With enormous enthusiasm we present the 1st edition of HEARTBEAT, the newsletter providing information that will equip the family with the tools necessary for them to perform their God given role in society



1st

Proactive Parenting Empowerment Seminar

The opportunity has been created to assist society with the issues that have been affecting the youth and their parents

FHM to Host Parenting Seminar

Family Heartbeat Ministries is pleased to inform the public of their Proactive Parenting Empowerment Seminar scheduled for August 20-21, 2010 at Sir Lloyd Erskine Sandiford Centre, Two Mile Hill.

In light of the current social climate, Family Heartbeat Ministries has deemed it fit to host the Proactive Parenting Empowerment Seminar at this time, since the opportunity has been created to assist society with the issues that have been affecting the youth and their parents. The opening ceremony for the two-day

Proactive Parenting Empowerment Seminar will be on August 20th, at 6:00 PM where the participating organizations will share useful information with parents.

This free event will continue on Saturday August 21st with booths and workshops facilitated by several organizations including PAREDOS, a top computer consultant, and Child Care Board.

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PROACTIVE PARENTING STRATEGIES

PARENTING STRATEGIES TO BE TAUGHT IN FHM WORKSHOPS

On Saturday August 21st, 2010 Family Heartbeat Ministries will be hosting the second day of the Proactive Parenting Empowerment Seminar at the Sir Lloyd Erskine Sandiford Centre from 10:00 am until 7:00 pm. Several workshops will be facilitated including 'Discipline is not a Disease;' and 'Tasting your Child's Audio Visual Diet- how to block

garbage from entering my child's mind,' by computer consultant Cortez Downey. For most of this year, the negative behaviour of the youth has been highlighted; FHM has created an avenue in which parents can gather useful information and creative new strategies to assist them in parenting the 'new teenager.' UNICEF, and PAREDOS, as well as

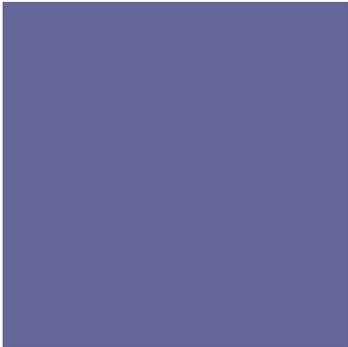
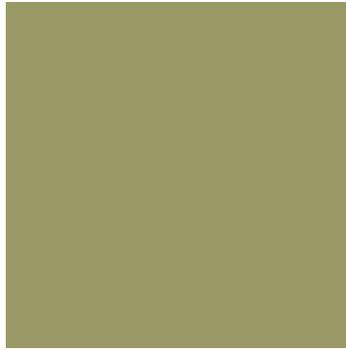
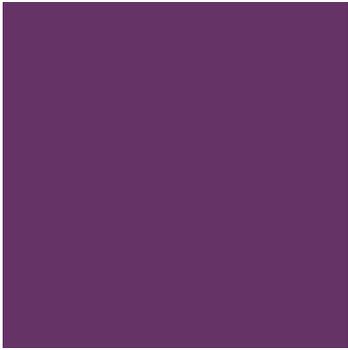
the Child Care Board will also be on hand to answer questions and share information concerning our nation's youth. Call Family Heartbeat Ministries at 429-5757 for further information on this seminar.



Family Heartbeat Ministries Appoints New Chief Operations Officer

On March 1st 2010, the executive team at this leading nonprofit counseling agency made an addition. Kim Henry Charles, a former educator, joined the family at FHM. A

trained artist and qualified nonprofit manager, she has dedicated her life to this ministry. Mrs. Charles said, 'I will assist in any way that I can to help the family regain a strong footing in our society and in turn set the country's future back on its feet again.'



Words of Wisdom

'Don't let your body be destroyed by disease just because you want to have a good time sexually.'

"I don't know what to do; I don't know what to do!" Her tears were uncontrollable and flowed freely. Her body shook with nervousness and intensity. "I'm going to die; I'm going to die! Please help me." She was very young, beautiful, intelligent, fun loving and full of leadership potential. Despite several warnings over a long period of time to keep her body pure, it was now confirmed. HIV virus now flowed in her veins with deadly intent. Her sexual exploits had now come to a tragic end.

Within one year her beauty gradually turned to ugliness. Before her painful death she asked me to give this message to all young people. "I thought I was enjoying my life when I constantly allowed my body to be used

for my own pleasure. I suffered the consequences. Don't let your body be destroyed by disease just because you want to have a good time sexually; follow God's way and live." What a powerful message from the voice of experience!

The call was urgent. "Please go and pray for my nephew who is in hospital." I could not believe my eyes when I reached the hospital. The young man was in his early twenties. The sight of the once lively, energetic, muscular, athletic looking male now baffled description. He looked far from human. He too had ignored several warnings about his sexual adventures and fell prey to the subtle lethal weapon of the

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microscopic HIV virus. Full blown AIDS had now taken its toll after crippling the body's defense system.

After counseling with and praying for him, I left that medical institution with a deep sense of emptiness and sadness and saying to myself "what a waste! He could have lived such a productive life."

Young people, HIV/AIDS is going to kill you. That is its goal. This killer on the loose does not care whether you are black, white, pink or blue. It loves the blood of young people. It is going to hunt you down to ravish your life. The most brilliant of the scientific brains has not been able to out smart it. It is going to seek you out at your primary school; lure you into its web at your secondary school, beckon you to its bed at college; it will entice you at the technical institutions, seduce you into its arms at university. It will turn up at your bashment; it will approach you with big rides and alloyed rims; it will welcome you to your wet fete; it will offer you the latest in fashions. It will jump with you on Spring Garden; it will fascinate you with its music; it will take advantage of your desire for love and affection; your insecurity and self-hate; your resentment towards your parents; your depression and disappointments; your emptiness and sadness; failure and frustrations; your broken relationship and broken promises.

It delights in taking advantage of your emotional weakness because it is there you are most vulnerable. You will definitely mistake sex for love and before you know it, this mean, merciless, murderer will strike a deadly blow to the members of the defense force in your body and render them powerless.

But there is a lethal weapon from which this smart intelligent virus will give "nuff respect". It is called Abstinence. It sucks its teeth and

pushes out its mouth and walks away from Abstinence.

Abstinence was handed down to thousands of preteens, teenagers and young adults from 1989 by a courageous African leader in Uganda called President Yoweri Museveni who told them "wait, that they had their entire lives ahead of them to have sex. Abstain until marriage. Delay the onset of sexual activity. Early sex was not worth dying for". (Tom Carter, The Washington Times, March 13, 2003).

Thousands of young people heeded the message to keep their underwear on to stay alive.

Many of the 13-16 year old boys and girls used to fool around with sex, but they both decided to pull up their underwear and keep them up. Within 7 years, the number of sexually active boys decreased from 60% to 5%. The girls dropped from 25% to 2%. The rate of older men and women having multiple partners also reduced drastically.

There was another firewall the President set up against this deadly virus that possessed the power to destroy your mental, physical, social and spiritual hard drive. It was called B. "B" meant "Be faithful" to your married partner. In other words, "stop running around with other women or men."

President Museveni offered yet another weapon called "C". "C", meaning condom. He said if you make a decision not to take hold of Abstinence and Being Faithful, "C" can still save your life but it is not 100% fool proof. Therefore the risks are high.

Dr. Anna Peterson a USAID director of global health said, "the historical approach to HIV has been little A, little B and big C. The public health community at large did not believe in abstinence, but Africans were far ahead of the worldwide public health

community on this. Kids are willing and able to abstain from sex. "Condoms play a role," this doctor said. "They are better than nothing but the core of Uganda's success story is big A, big B and little C."



... HIV/AIDS is going to kill you...

"Wait, they had their entire lives ahead of them to have sex. Abstain until marriage. Delay the onset of sexual activity. Early sex is not worth dying for."

- Yoweri Museveni
President of Uganda

You ask the question, "Can any good thing come out of Africa? The evidence continues to be very clear to the whole world that this country which had one of the highest HIV/AIDS prevalence rates in the world; this country with a population of about 25 million has seen "over 940,000 HIV/AIDS related deaths since the onset of the epidemic in the country." This country which has seen the shattering of its health care service, the paralyzing of its educational institutions and the crippling of its working population because of HIV/AIDS, now according to the Washington Times March 13, 2003 is "the biggest success story in the course of the pandemic."

You ask can any good thing come out of Africa? I say, examine the facts.

Harvard University researcher,

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**...young people
saw their
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girlfriends
slowly dying...**

Edward C. Green, who did extensive HIV/AIDS research in Uganda, confessed in light of the startling overall statistics that, "significantly fewer people were getting AIDS; no other country in the world has had that kind of decline." (TIMES)

Again I ask can any good thing come out of Africa? Young people open your eyes and see.

In Africa, young people saw their boyfriends and girlfriends slowly dying, their fathers and their mothers were being mowed down by this killer. Those that sat next to them in their classrooms deteriorating in hospital, they saw their siblings gradually reduced to skeletons before their eyes. Their uncles and aunts, their enemies and friends, their leaders and their followers were all placed in coffins and buried six feet in the earth.

These young people made a decision to stare this sexually transmitted microscopic deceiver in the eyes and say, "you are not taking us down with you."

Many of them decided to hold tight to the proven successful weapon of big A and big B in the face of the virus and said sorry pal, we are going to keep our underwear on."

Again I ask can any good thing come out from our continent of origin.

President George Bush in 2003 saluted the success model of Uganda. With abstinence as top priority, he dished out 15 billion dollars to Africa & the Caribbean to fight AIDS.

Tom Carter in the March 13, 2003 edition of the Washington Times said, "While condoms distribution and so called "safe sex" have been the core of failed U.S. and international efforts in Africa to inhibit HIV transmission for 20 years, ...'Abstinence, be faithful and condoms' campaigns in Senegal and Zambia, modeled on the one in Uganda, have begun to show positive results."

He went on to say that Andrew Natsios who distributed for 20 years "more

condoms than anyone on earth " sent out a Christmas Eve cable directing USAID offices around the world that ABC (model) is now officially U.S. policy." Uganda now proudly stands out as a beacon among all the countries in the world.

Now young people take a look at the winner. Abstinence is his name. He wins all the time, every time.

Take a look at another winner; being faithful to your partner in the context of marriage. HIV/AIDS is unheard of between two married persons who are faithful to each other.

Take a look at C.; the Condom, and ask the question how high are the risks for my life if my partner is HIV positive and I am not. Listen to the words of the President of Uganda again. He said, "we are being told that only a thin piece of rubber stands between us and the death of our continent, condoms have a role to play as a means of protection, especially in couples who are HIV positive, but they cannot become the main means of stemming the tide of AIDS."

Begin to think for yourself; young people begin to think for you as a person.

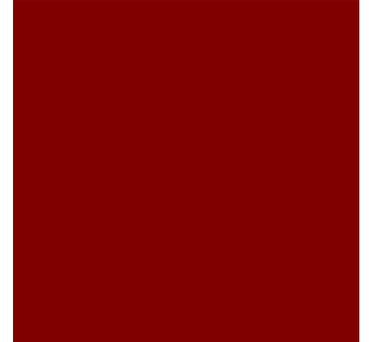
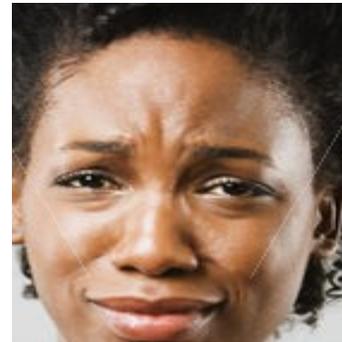
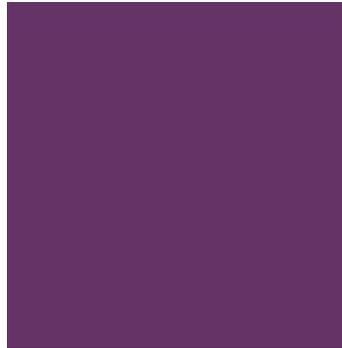
Young people, your bodies have been designed by God who placed a very high premium on them. He has given you as a very important part of your body, sexual organs for the ultimate purpose of using them in marriage and not for freelancing. It is now clear to all that abstinence until marriage makes sense. It is now documented by scientists that being faithful to your marriage partner makes sense. It is something God said from beginning of time.

This speech was delivered before an audience of about 5000 people, the vast majority of whom were between the ages of 11 and 35.

Rev. Haynesley Griffith

Hope for the Youth

According to UNICEF, youth living in the Caribbean region are commonly physically and mentally healthy, but a growing number of them are displaying symptoms of emotional and behavioral disturbance. They are increasingly being forced to deal with violence, gender-based conflict, drug abuse, and particularly HIV and other sexually transmitted infections (STIs), depression, anger, as well as negative school experiences. In the increasingly negative social environment, the region has been experiencing rising levels of interpersonal conflict in schools and in the wider community and many adolescents report having experienced violence in one form or another. According to the international AIDS charity Avert, at the end of 2008, an estimated 240,000 people were living with HIV and AIDS in the Caribbean. Some 20,000 persons were newly infected during 2008, and there were 12,000 deaths due to AIDS also in 2008. Family Heartbeat Ministries has an enviable track record established over the past ten years and is competent to give assistance in alleviating the school-based challenges that are decimating the lives and opportunities available to our youth. Family Heartbeat Ministries believes that their youth arm, **Youth Pulse**, has the potential to provide fresh approaches that complement any existing initiatives to help our troubled youth. Indeed it is based on the ever-increasing troublesome realities in the national social situation that **Youth Pulse** was recalibrated to combat and counteract the problems facing our nation and region's youth. **Youth Pulse** now has a core team comprising a



young and gifted husband and wife team and five other individuals who are providing sound leadership and direction to other young persons affiliated to the movement. This core group of persons is responsible for designing, and implementing suitable and relevant programs that appeal to the target group for which concern exists. Its very first initiative is entitled 'Decent Decisions' a joint media campaign and school initiative, which target individuals between the ages of 9 and 21. Issues related to Sexual Purity and Wholesome Living will be addressed. For further information on Youth Pulse and its initiatives, please call Kim Charles at Family Heartbeat Ministries, 246-429-5757



www.familyheartbeat.org

246-429-5757