

You Are Beautiful

Ordinary Women doing
Extraordinary Work, what are you
going to say?
—You Are Beautiful—
Joy Wu

Only You Can Do

By Joy Wu

The last time I wrote a poem was a while ago. I was about 20 years old, or maybe even younger. So I was surprised to find myself writing a poem, and this time I was writing it in ENGLISH!!!! I think my parents in heaven would be so proud of me.

In my school years, I was never a 5 star (or in America, a straight "A") student. From high school to college no one would have thought that I would be one of only two students who passed the college exam among my 300 peers.

I met my husband when I was 20 and we got married when I was almost 23. I came with him from Taiwan to America 20 years ago. Being a student's wife I stayed home most of time. I still remember the first time I went to the grocery store and the cashier asked me, "Cash? Or charge?" I just stood there and couldn't think

what to say!

It sounds funny doesn't it? But it really happened. Here I am, 20 years later, and today I am leading "You Are Beautiful" to help women. I look back at my life and I can only say, "God did a miracle"! I am smart, bold, confident, strong, and independent. And I'm telling you, if I can do it, so can you...

I am thankful for all my girlfriends. Your entire life testament inspires me and encourages me to walk this step with you and many others.

There are things only certain people can do.

Only George O'Keefe can paint the flower bold.

Only Elizabeth I can build an Empire from chaos

Only Marie Curie can find the cure and save millions of lives

Only Mary Kay can create a corporation of women

Only Maya Angelou can conquer our hearts with her pen

Only Joan of Arc can lead the French into battle

Only Mother Theresa can hold the beggar so lovely

Only a woman at the well can



Joy Wu, September 2005

*minister to a woman who slept
with many
And only you can do certain
things that no one in this earth
can*

That's my poem. Isn't it beautiful? In each one of us, God put a purpose in our life. We did not come here by accident, but we have a calling, a destiny. The sad thing is lots of people don't know this, and they live day to day and waste it.

My compassion is to see you fulfill your destiny and live a rich and meaningful life.

"Ordinary women doing extraordinary work, what are you going to say? You are beautiful!" Joy Wu

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Coming Events

October
Jobs & Career
November
Spa Night
December
Be My Guest

Contact
Information

Joy Wu
3010 Wells Terrace
State College, PA 16801
814.231.3910
joywu02@yahoo.com

Investment Opportunities

- Outreaching to single mothers in our community for the December **Be My Guest** event.
- December outreach to women in Taiwan through dance .
- We need your encouragement, prayers, and financial support.

There are many cookbooks on the market , but I find that.....

From my pot

From the Stone Age to the 21st century women have had their secret recipes that come from their daily pot. They use their instinct or sense to create amazing dishes that bring joy and health to their family. In our YAB newsletter we would love to share with you these wonderful secrets. This month we would like to start the first Pot - Whole Food

There are many cookbooks on the market, but I find that today's women need knowledge about nutrition. Because this is a microwave generation, everything we see in the supermarket has been refined, packaged, and processed so much that we have no clue about what the original food looks like or should taste like. In addition, look at our kids – they

are growing bigger and bigger, but in the wrong direction. Obesity in children is a huge problem in the US, with more than 15% of our children classified as "obese". That's up from 7% in 1980!

As parents, what can we do and how can we help them? I remember my grandmother used to tell me, "Eat your whole grain, and you will have a long and healthy life." It is a very important principle. Of course, I don't mean that you can't have chips, pizza, subs, hamburger, soda, or whatever foods you enjoy. I am saying that whole food must be at the center of your nutrition plan. Whole Foods are the answer.

What are whole foods? Whole foods are those that are unprocessed or are minimally processed so that none of their nutritional characteristics have been in-

tionally modified. These include whole grains, whole fruits and whole vegetables.

I will be sharing more information with you in future letters. For now, though, I just want you to begin thinking about what you eat. I'll leave you with this thought - Food should be pleasurable and Eating should be a beautiful thing in your life.

Talk to you next month...

Find the Best, Eat the Best, Live the Best, For your Health
----YAB A-Z POT

A Good Woman is hard to find....

A good woman is hard to find, and worth far more than diamonds.

Her husband trusts her without reserve, and never has reason to regret it.

Never spiteful, she treats him generously all her life long.

She shops around for the best yarns and cottons, and enjoys knitting and sewing. She's like a trading ship that sails to faraway places and brings back exotic surprises.

She's up before dawn, preparing breakfast for her family and organizing her day.

She looks over a field and buys it, then, with money she's put aside, plants a garden.

First thing in the morning, she dresses for work, rolls up her sleeves, eager to get started.

She senses the worth of her work, is in no hurry to call it quits for the day.

She's skilled in the crafts of home and hearth, diligent in homemaking.

She's quick to assist anyone in need, reaches out to help the poor.

She doesn't worry about her family when it snows; their winter clothes are all mended and ready to wear.

She makes her own clothing, and dresses in colorful linens and silks.

Her husband is greatly respected when he deliberates with the city fathers.

She designs gowns and sells them, brings the sweaters she knits to the dress shops.

Her clothes are well-made and elegant, and she always faces tomorrow with a smile.

When she speaks she has something worthwhile to say, and she always says it kindly.

She keeps an eye on everyone in her household and keeps them all busy and productive.

Her children respect and bless her; her husband joins in with words of praise:

"Many women have done wonderful things, but you've outclassed them all!"



Caption describing picture or graphic.

Charm can mislead and beauty soon fades. The woman to be admired and praised is the woman who lives in the Fear-of-GOD.

Give her everything she deserves! Festoon her life with praises!

—From The Message

This poem was written 3000 years ago by a Jewish King, Lemuel, and it still needs no explanation. It is a brilliant description, for a woman, a godly woman. By any measure, she's a woman of value, the woman we admire. Our society may change, placing value on looks and other superficial things. But I think in God's eyes the true value of this woman has never been changed.

Can we find Proverbs 31 women today? Sure, that is why we are here. We would love to share the true stories with you. Beginning next month you will meet Proverbs 31 women from our community.

Proverbs 31 woman ,2005