

Connecting Destiny to Destiny

Distinguished Woman

Think on

The Goodness
of God!



Magazine

Fall 2023

THOUGHT
& FAITH
LEADER



*Gwen
Franklin*

Financial Management



FALL 2023

Distinguished Woman

A FREE DIGITAL MONTHLY MAGAZINE

The DISTINGUISHED WOMAN MAGAZINE is a FREE monthly digital magazine that spotlights accomplished women of color ages 60-plus to mentor, inspire, and motivate the next generation of women via publication and social media connection.

A different accomplished woman of color will be featured quarterly. Her life's journey will inspire and motivate you to live your best life.

A Distinguished Woman is mature, wise, sharp, accomplished, and has a good reputation.

PUBLISHER & EDITORIAL DIRECTOR

SoAllMayKnow Publishing

Dr. Caretha Franks Crawford

Creative Design - Dr. Caretha Franks Crawford

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Inside this Issue

GWEN FRANKLIN

Gwen Franklin, a financial coach, thought leader, author, and business owner, will empower you through her insights on money management. Gwen established B. Lifted Up, a faith-based radio program that blends finance, lifestyle, and music as a guide to living an abundant life. Check her out on 'HUR Voices-Sirius XM/Channel 141 with Podcasts on all platforms.

This issue also highlights

"The Goodness of God!"

While You're Taking A Look Around Check Out:

- The Book Shelf and..
- Apply the Health Tip of the month from Total Person Concept!

On the Cover:



Gwen Franklin



From *the Publisher!*

Dr. Caretha Franks Crawford

The Goodness of God

CeCe Winans sings a song that has captured the heart of most born-again believers, "The Goodness of God." She not only sings this song under the power of the anointing but undoubtedly, God created her voice to tell the story of His goodness through song. The lyrics are timeless, and I believe the song is enduring.

Mortals can not comprehend the goodness of God. We know of God's goodness by what He reveals to us in His Word and through His deeds. God doesn't just do good things; He is good, it's His nature, it's who He is. It's the goodness of God that draws us to repentance.

“ ———
ALL MY LIFE HE HAS
BEEN FAITHFUL!

Dr. Caretha Franks Crawford
Founder, Distinguished Woman Magazine
<https://drarethacrawford.com>



We have often recited, "God is good all the time, and all the time, God is good." It's an accurate declaration. However, time has an expiration date. The Word says in Psalm 52:1, "The goodness of God endures continually." Time doesn't limit God's goodness.

When Moses asked God to show him His glory, God said, "I will make all My goodness pass before you, and I will proclaim the name of the Lord before you." Moses couldn't see God's face, but the goodness of God assured him of His presence as they traveled through the desert.

David declared, "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living" (Psalm 27:13).

David also knew from a little shepherd boy, "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever" (Psalm 23:6).

Everyone would faint and lose heart if God's goodness weren't running after us.

We are reminded repeatedly in the Psalter, "Oh, that men would give thanks to the Lord for His goodness, and for His wonderful works to the children of men!"

Psalm 107:15

My beloved, "The earth is full of the goodness of the Lord" (Psalm 33:5).

Before we consume the turkey, dressing, and cranberry sauce this Thanksgiving, let's thank God for His goodness toward us.

Lord, thank You for Your continual goodness toward me. I would be nothing without Your goodness. Help me to have a grateful heart for Your love and kindness. Thank You for the strength and food that You provide daily.

*Happy
Thanksgiving*





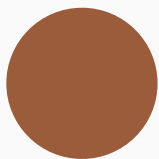
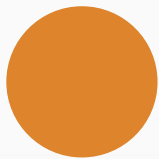
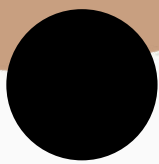
B.Lifted Up!

G W E N

F R A N K L I N

Founder & CEO

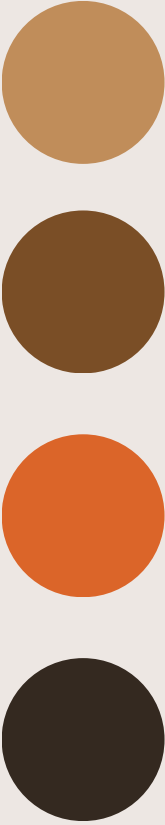
Financial Coach



Empowerment

*through insight,
education & training!*

Established in 1996 by
--- Gwen Franklin ---



B. Lifted Up! is in the business of Finance & Education. As financial coach, Gwen serves as facilitator of conferences, seminars & workshops; creating intimate group settings of diverse size & scope to encourage a greater understanding of money management. Her financial literacy program, “FLO-DAAT” (Financial Literacy One Day At A Time), is the platform that she uses to empower through the use of sound principles and relevant resources.

Gwen has served as Professor of Marketing & Merchandising at New York University’s Steinhardt School of Education (1994 – 2006); and at Ramapo College/School of Communication Arts where she taught Marketing and Entrepreneurial Business Environment (1999-2003) and was awarded the Schomberg Fellowship. In 2003 she pivoted to public education, working under NJ Department of Education standard certifications as Teacher of Business Education and School Business Administrator through 2020.

The New Hope Baptist Church of Hackensack, NJ has been Gwen’s church home since 1994, where her service included the Trustee Ministry/Financial Secretary, Business & Economic Empowerment Ministry, Judah Dance & Marketplace Ministry.

Gwen’s latest venture is “**B. Lifted Up! Radio**”-*Your Guide To Living An Abundant Life*, a faith-based radio program that blends finance, lifestyle & music. The program airs on ‘HUR Voices-Sirius XM/Channel 141 with Podcasts on all platforms.

Gwen is a graduate of Howard University (Cathy Hughes School of Communications); Baruch College/CUNY (MBA), and a 2024 candidate for Master of Arts in Transformational Leadership Administration at New York Theological Seminary.

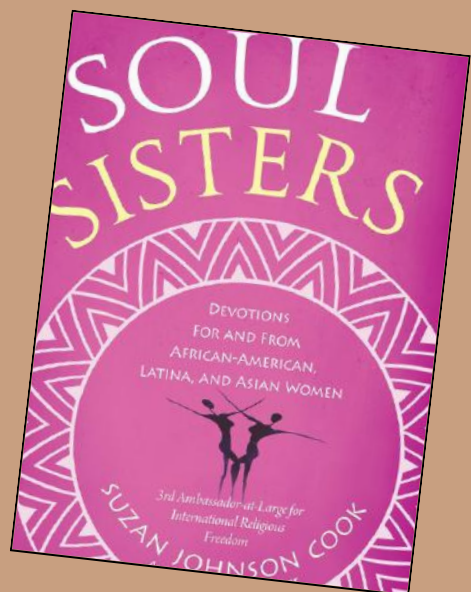
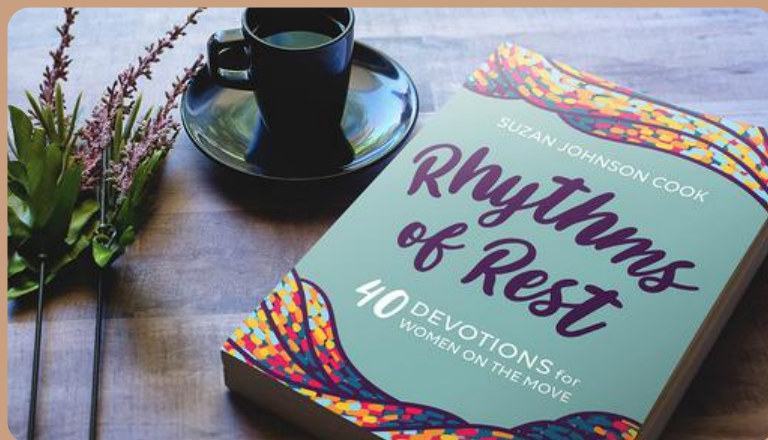
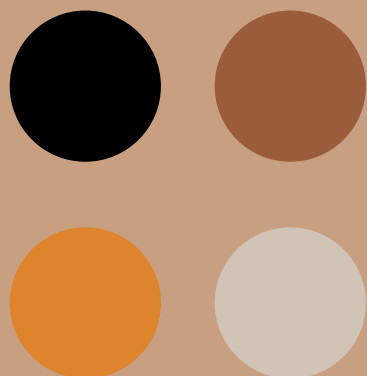


Most importantly, she is the mother of Kahlil Daniel. Gwen resides in Teaneck, NJ.

Gwen is a contributing author of two literary offerings:

“Rhythms of Rest”

(Our Daily Bread, 2021)



“Soul Sisters”

(TarcherPerigee/Penguin, 2016)

Gwen's Motto:

*Understanding
breeds wisdom,
wisdom
breeds empowerment;
and, empowerment
makes for a
good night's sleep!*

B Lifted Up! Radio-Your Guide To Living An Abundant Life



“I came that they might have
life and have it abundantly”
John 10:10

B Lifted Up! Radio/Podcasts is a faith-based motivational lifestyle program created to encourage listeners to pursue their spiritual gifts, purpose & God’s gift of abundance.

This weekly, one-hour radio platform explores topics, guests, and issues on stewardship to build generational wealth and service to community with the backdrop of the best gospel and inspirational music.

Co-Hosted by international speaker, author, certified coach and CEO of Diverse & Engaged, **Dee C. Marshall**; and, award-winning business journalist, editor/media executive with Black Enterprise, author, speaker, and personal finance expert, **Alfred Edmond Jr.** They come together each week for insightful empowerment messages designed to transform lives for financial freedom.



Connect

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Linked In: Gwen Franklin

IG: @bliftedupradio

FB: B Lifted Up Radio

Twitter: @bliftedupradio

B Lifted Up! Radio: Sirius XM/Channel 141 *
Sundays, Tuesdays & Thursdays @ 5 pm EST

Podcasts:

<https://www.mochapodcastsnetwork.com> /All
platforms

YouTube: B Lifted Up Radio

URL: www.BLiftedUpRadio.com

Gwen Franklin

on



LEADERSHIP

URBAN
MINISTRY

ABUNDANCE

Leadership has been a constant in every facet of my working career as a business owner, corporate executive, financial professional, educator, and administrator. However, it is through my studies in the Master of Arts in Transformational Leadership Administration (MATLA) program at New York Theological Seminary that add the depth of dual roles as ‘thought’ and ‘faith’ leader. It is *transformational leadership*, ‘the process whereby a person engages with others and creates a connection that raises the level of motivation and morality in both the leader and the follower’¹, that offers the greatest depth in its ability to effectively build community relationships.

The **church** holds a key responsibility to uphold the light of the Gospel of Christ. If there was ever a time to examine ministry internally and extend it outside of the walls of the church, it is now. Inherent in current-day challenges that the church encounters are opportunities for positive change and organic growth, both internally and externally. In the face of diminishing attendance, the ‘*spiritual but not religious*’ contingent who are finding other new sources of spiritual guidance, and the current socio-economic-political infrastructure, the church can position itself to be a source of help, healing and direction. At stake are the surrounding communities that need support in the midst of a shifting culture of change, from a linear (solid) to a non-linear (liquid) modality, where there are no problems that require permanent solutions. But rather *conditions* that must be addressed – for now.

¹ Northouse, Peter. G. Leadership: Theory and Practice. 8th ed. Thousand Oaks, CA: Sage Publisher, 2012, p. 162

My capability in the area of personal finance is a gift from God. I had no idea that as a child my father was grooming me to handle my 'grown-up' finances. Similarly, in my early years as a corporate entertainment executive, personal observations of recording artists whose earning power skyrocketed with sudden success was an eye opener. Most of them had no idea of their relationship to money, much less how to handle it. After observing too many horror stories of them trusting unscrupulous business managers, I knew that financial services was my path. Shortly thereafter, I founded B. Lifted Up! Inc., a financial consulting firm offering services of *empowerment through insight, education, and training* to churches, educational and civic organizations, and individuals. My work in financial services afforded more options in helping clients achieve financial goals, inclusive of building generational wealth.

One of the greatest lessons of my academic studies and professional career path is the recognition that GOD made us to be relational beings. Communication and building relationships are akin to living in the *imago dei*. Jesus met people where they lived. And we should, too. The Word of The Lord also implores us to "Go, ye into all the world..." (Mark 16:15 KJV). However, when we 'go' our messaging should reflect our understanding of relevant societal issues in order for our communication to be effective. As faith leaders, we must pursue paths of leadership that will make us effective change agents. I believe the 21st century challenges and conditions that transformational leaders must address in order to engage, energize and empower congregations and communities to keep the faith, must also embrace the change that unlocks the benefits of living in God's abundance.

Cities are dense, diverse, and growing. It's been projected that by 2050, 70% of the world's population will reside in cities and their surrounding metropolitan areas. When we talk about cities we must consider the urban context, which involves everything that constructs and surrounds a city/urban environment, including economic, social, and environmental factors.

As faith and thought leaders, it is clear that our theology must connect with the urban ecology of the city. "God is transforming the globe through the influencing impact of transformation. We may call it redefinition, regentrification, rebuilding, repositioning or remaking of the centers of God's most organized, sophisticated, complex structures of human existence, the city."² While ministry is defined as meeting the needs of the people, urban ministry recognizes the need to bring the love of Christ to urban areas and inner-city neighborhoods. God designed the city to be a place of relationships and community. Even before the birth of Christ, God gave instructions that highlighted the importance of the city: "But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare." (Jeremiah 29:7) There are so many challenges in the urban context to overcome. But in overcoming the challenges, it is a place where the power of Christ can be most visible to the masses.

Whether overcoming obstacles or leveling the playing field, God has given us the ability to create wealth -- be it in mind, body, thought, or deed. "But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today." (Deuteronomy 8:18 NIV)

2 Johnson, Alfred. Selected Chapters from "Transformation in the City: A Socio-Theological Process for Urban Congregational Transformation in the City of Philadelphia." DMin Thesis, Wesley Theological Seminary, 1994. p.44

REBUILD YOUR LIFE AFTER SPIRITUAL IDENTITY THEFT!

YOU CAN WRITE A NEW STORY

You can still invest in your life by purchasing Dr. Crawford's latest book, "Rebuild Your Life After Spiritual Identity Theft...You Can Write A New Story!"

REFRESH AND REVIVE, by rediscovering the "REAL" you, the person God created and empowered to do mighty works in the earth.

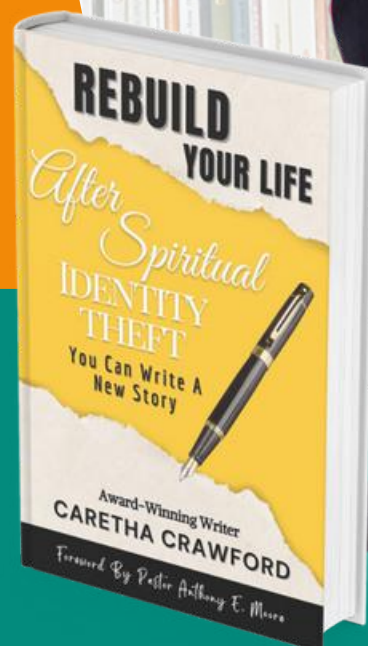
Rebuild Your Life After Spiritual Identity Theft...You Can Write A New Story will take you on a journey of rediscovering the "you" God created. It's a roadmap to rediscovering the person you were before God placed you in your mother's womb and before the world took advantage of the opportunity to taint the divine nature God gave you. Thus, exchanging your God-like identity and narrative for one that resembles the world's model.

To live a successful life according to God's standards, you must know your authentic self. Knowing who you are will eradicate striving and lusting after positions and power. You will be contented and fulfilled living the life God designed for you.

Why not discover who you are this year and write a new story?

Purchase Your Copy Today!

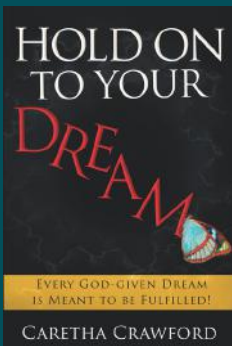
DRCARETHACRAWFORD.COM



The Author's Bookshelf

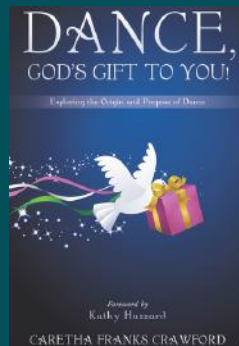
Check out these book titles from the Ladies who Graced the Cover of Distinguished Woman Magazine as well as publisher Dr. Caretha Franks Crawford

Dr. Caretha Crawford
Hold On To Your DREAM



Dr. Crawford's second book, *Hold on to Your Dream*, was written to encourage those who wonder if it is possible to achieve their dreams or if they should give up hope. Dr. Crawford inspires and challenges readers to think from God's perspective regarding their dreams and guides them on a journey of discovering their dreams or rekindling the flame of a lost passion. Using biblical principals and citing contemporary and biblical achievers, Questions are answered that many have about making their dreams a reality.

Dr. Caretha Crawford
DANCE: God's Gift to You!



"The aroma of God is being sensed throughout the earth, awakening those who God has ordained to carry forth the anointing of the dance in the earth." In the 21st century church, God is calling ministers of the dance in record numbers to fulfill His purpose-revealing His glory in the earth. This calling has prompted a myriad of questions in the minds of leaders and laypersons in the body of Christ. Dr. Crawford presents a fresh, clear biblical understanding of how God views the dance, elaborating on how and why dance should be used in the worship experience.

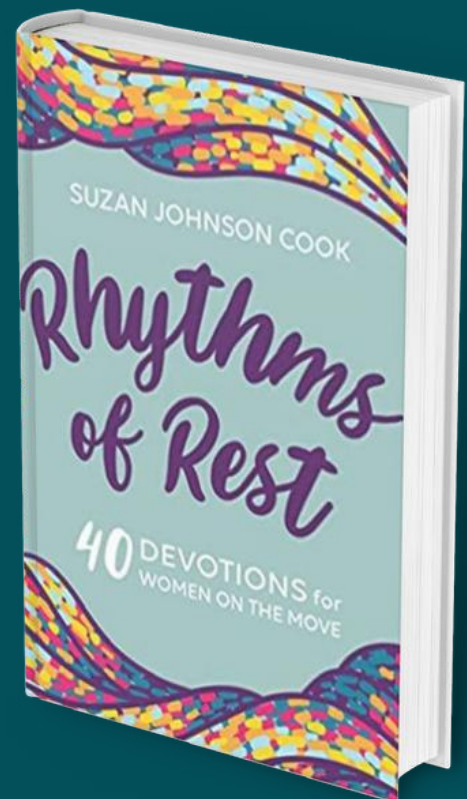
Are you so busy serving God that you struggle to find time to simply be with Him? You are not alone! Rest and retreat are essential parts of the spiritual life, but many Christian women find both elusive in the middle of lives busy serving families, churches, businesses, and communities.

Rhythms of Rest provides a respite for you to simply be still and spend time with Jesus. These 40 meaningful devotions invite you to pause and reflect on Scripture as you ponder topics like soul-care, sisterhood, seasons of life, and Spirit-led living. You'll find daily sustenance and strength from the personal stories, reflections, questions, quotes, and Scripture passages shared by your sisters in Christ.

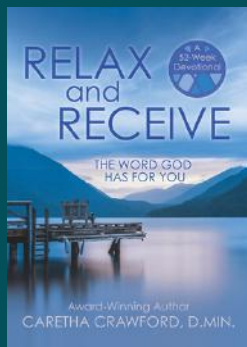
Suzan Johnson Cook and fellow contributing authors are leaders and influencers within Black and multicultural communities and churches, and their devotions speak strength to a woman's soul.

Featuring Devotions written by

Dr. Caretha Franks Crawford, Dr. Gloria Miller Perrin,
Dr. Michelle Boone-Thronton & Gwen Franklin

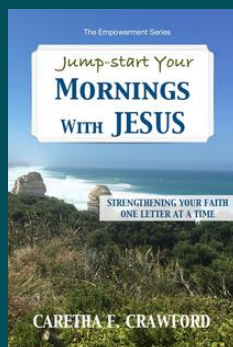


Dr. Caretha Carawford
RELAX and RECEIVE



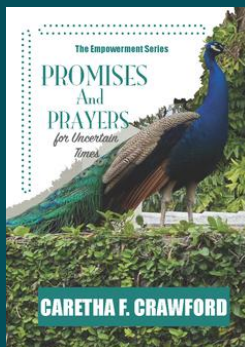
GOD HAS A RELEVANT WORD FOR YOU... RELAX AND RECEIVE IT! A 52-Week Devotional of Meditative Thoughts For Spiritual Renewal Caretha Crawford has learned the value of slowing down and relaxing in the presence of God. The words she receives during these personal moments with her "Daddy" gives her new insights and draw her into a deeper relationship with Him. In this weekly devotional, she shares some of her most precious meditative thoughts received during these quiet times. As you read and reflect on them, they will challenge, strengthen and provide you with hope and encouragement to face each new week.

Dr. Caretha Carawford
Jumpstart Your Mornings with Jesus: Strengthening Your Faith One Letter At A Time



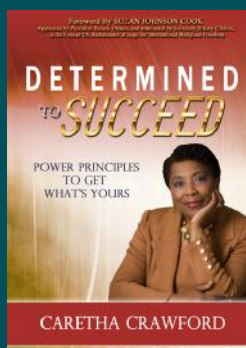
A beautiful colorful devotional. Have you ever wondered if your mornings could be more refreshing and invigorating? Need extra fuel for the day? There is no better way to be energized than declaring (lifting) the names and titles of Jesus. Jesus is the most powerful name we will ever speak. After His resurrection, God gave Him a name that's above all names. Everything is subject to this name. Storms are stilled, demons tremble, and diseases succumb to the name of Jesus. Use the power available to you in this book and move all hindrances out of your day when you Jump-start Your Mornings With Jesus!

Dr. Caretha Carawford
Promises And Prayers for Uncertain Times



Promises and Prayers for Uncertain Times is a collection of Scripture verses, affirmations, and prayers, accompanied by brilliant pictures of nature. These sixty inspirations speak of the promises that God has made to His people for challenging and uncertain times. They will lighten your heart, soothe your soul, and remind you that God is a compassionate God. He provides for your needs. As you meditate on each one, God will reassure you of His presence and power in your life. It's the perfect gift book for nature lovers.

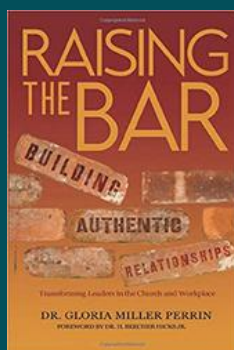
Dr. Caretha Carawford
Determined to Succeed: Power Principals to Get What's Yours



Go Get What's Yours! Everyone wants to succeed in life: achieving goals and leaving a legacy from which others will benefit. However, for some ethnic groups, it is more challenging to accomplish their goals due to the odds stacked against them. In her book, Determined to Succeed, she reveals a strategic plan for women of color or any ethnic group to live a successful life.

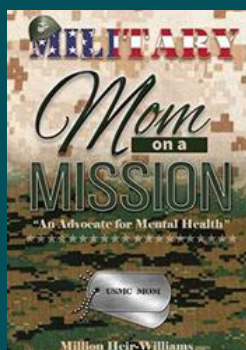
Guest Author's books can be purchased on Amazon!

Dr. Gloria Miller Perrin
Raising The Bar: Building Authentic Relationships



Will the real you please stand up! The word "authentic" has become the buzzword of our day. Everyone is looking for the real deal. The Millennials call it "Keeping it 100." More and more people are looking for authenticity with those they encounter. Authentic leaders are those that are striving to be open, honest, and straightforward. Raising the BAR offers a seven-part building process for leaders at all levels to help guide them along their authentic journey.

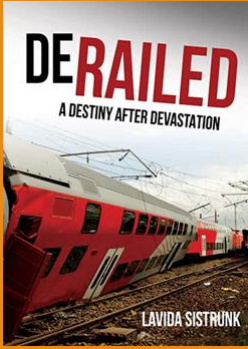
Million Heir-Williams
Military Mom on a Mission: An Advocate for Mental Health



As you read Military Mom on a Mission you will discover the journey of a mother and her family as her son returned from the Iraqi war. She was completely excited when her son returned with all his body parts, however, little did she know PTSD was lurking within the walls of her son's mind. The story unfolds taking you on this journey as every detail of the experience you feel. The confusion, excitement, loneliness, anger, frustration and many other emotions as you read along.

Pastor LaVida Sistrunk

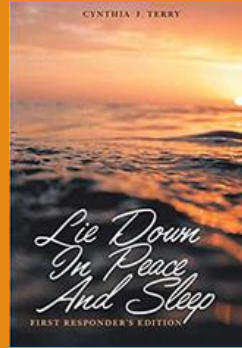
DeRailed: A Destiny After Devastation



Has life ever thrown you a curveball? Have you encountered the death of a loved one, and unexpected job loss, a dire medical diagnosis, or something else that caused your life to run off your carefully selected track? Have you ever been plunged into confusion, depression, and despair and suffered in silence? *DeRailed: A Destiny after Devastation* by LaVida Sistrunk is an inspiring book that takes a look at a common experience that is often not discussed in the Christian community for fear of shame or judgment and trying to keep up the appearance of having it all together.

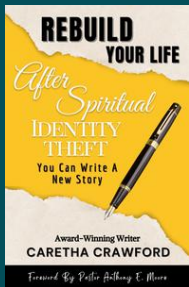
Rev. Cynthia J. Terry

Lie Down In Peace And Sleep: First Responder's Edition



Lie Down in Peace and Sleep is a clarion call for prayer for first responders at all levels. It's a devotional designed for first responders, their families and friends as well as thousands of community residents to develop a discipline of prayer and devotions leading to a good night's sleep. This book is designed to support and uplift the ones that sacrifice selflessly to support and protect US! Let's pray for our first responders and pray that they will be able to develop a dynamic prayer life so that they can sleep well for a better tomorrow.

Dr. Caretha Crawford's books can be purchased via the following sources...



CashApp - [\\$CarethaCrawford](#)
Paypal - paypal.me/CarethaCrawford
Zelle - [Caretha Crawford](#)

Amazon - [Caretha Crawford](#)
Web store: [Caretha Crawford E-Store](#)



[Purchase on Amazon](#)

[Dr. Michelle Boone-Thornton](#)

Take a Minute for Your Health!

Seasonal Changes

The season is changing, and we need to make the necessary adjustments as the weather begins to get cooler. Visiting your local health food or herb store can supply you with immune system support items, such as Elderberry Syrup.

Fresh air, pure water, a nutrient dense diet, exercise, and adequate sleep are also essential to maintaining a strong immune system. If we neglect to proactively support our immune system, we will be contributing to the inevitable demise of our own health. Remember "An ounce of prevention is worth a pound of cure."

Pastor Gregory Franks, Founder and President of Total Person Concept (TPC) will provide you with important information and tools to help you on your healthy journey

Email: Totalpersonconcept@yahoo.com
Click Here >>> [TPCHealth Tip Videos](#)

Inquiries @
drcaretha.crawford@gmail.com

Christmas Is Coming Soon!

We are no longer taking orders, but you can still
purchase one of these!



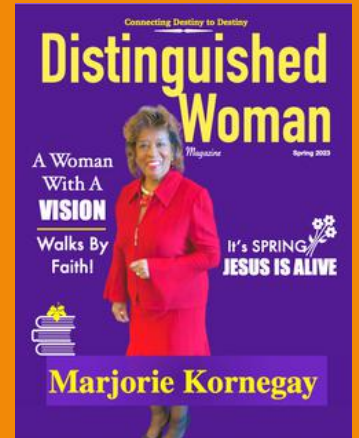
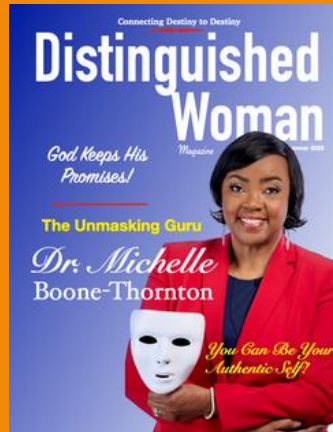
Looking for a good read?

We're Quarterly Now!



Summer DWM 2023t

Spring 2023

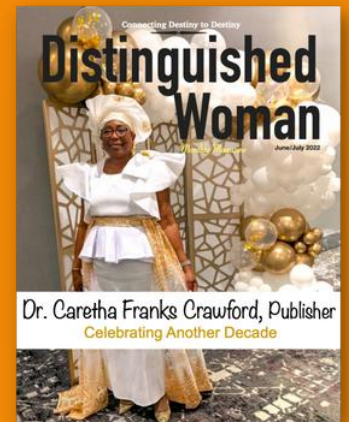
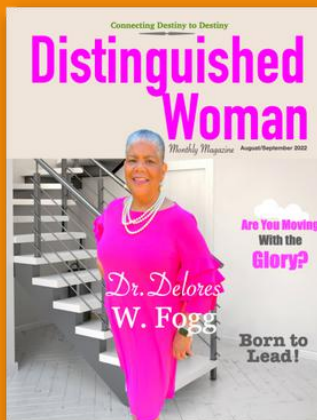
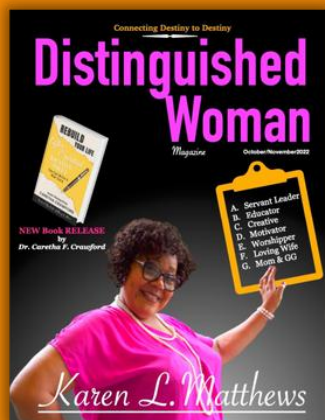
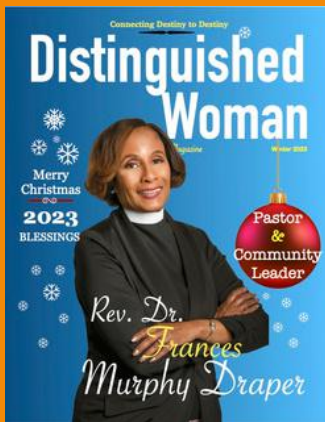


Winter 2023

Oct/Nov 2022

Aug/Sept 2022

June/July 2022

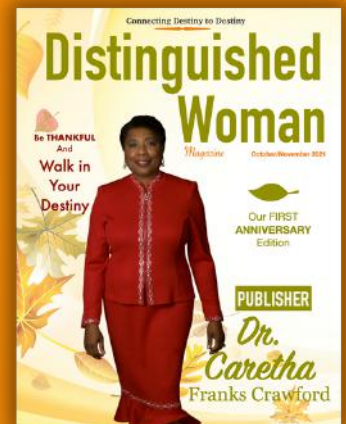
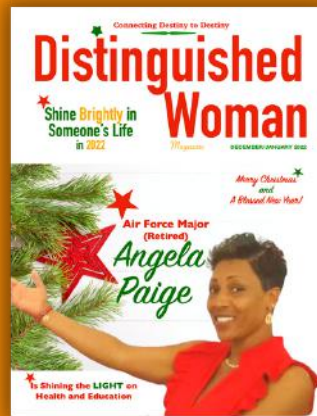
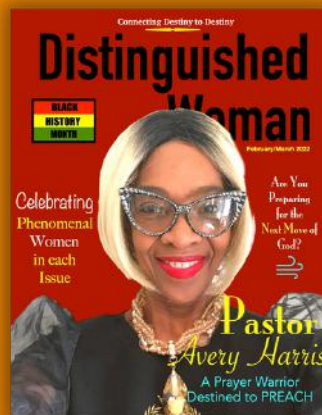
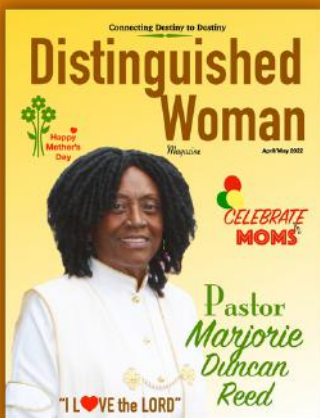


April/May 2022

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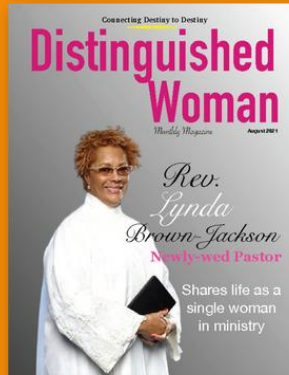
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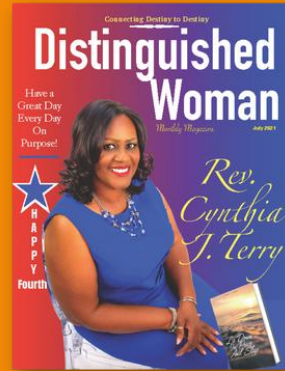
September 2021



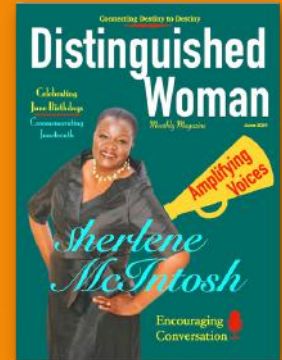
August 2021



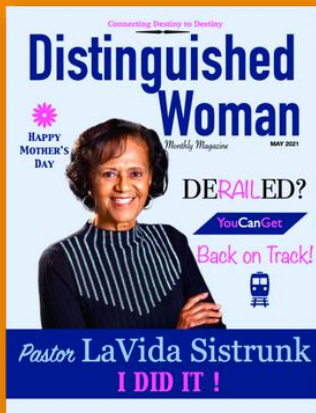
July 2021



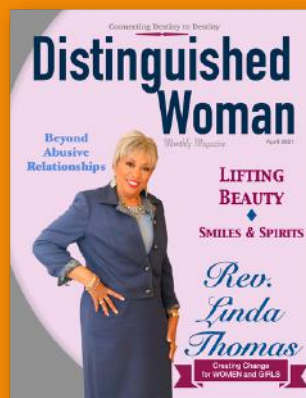
June 2021



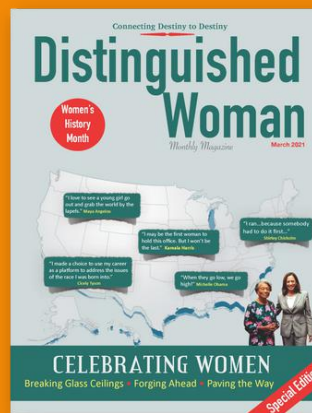
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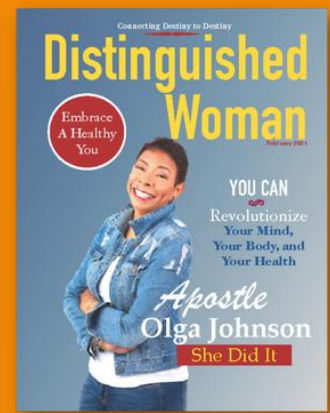
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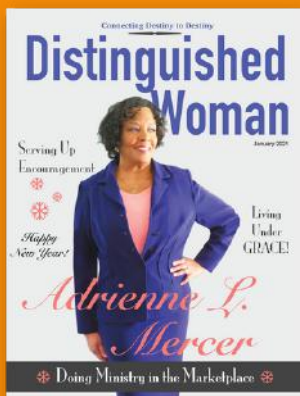
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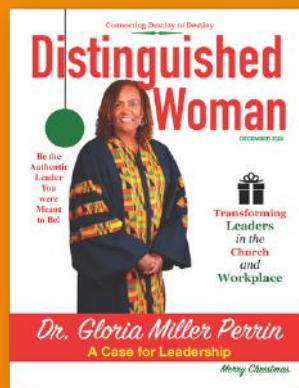
February 2021



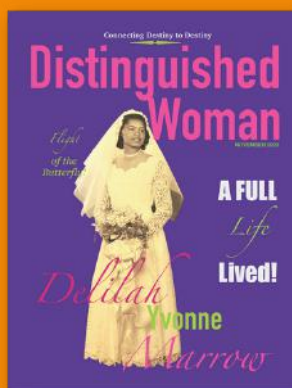
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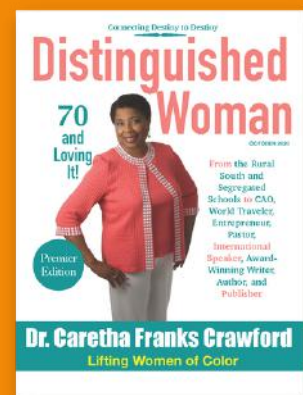
December 2020



November 2020



October 2020



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