

Courage :
action in the
face of fear.

Webster's dictionary

A Special "Thank You"

To the C2BU volunteers from around the world that made a difference in an orphaned child's life in Zambia, Africa. May you be blessed as abundantly as you blessed. For more information about volunteering at an orphanage in Zambia or Tanzania visit our website at www.couragetobeyou.org or contact Theresa directly at theresa@couragetobeyou.org

"The purpose of life is to live a life of purpose."

Robert Browning,
English poet

WATER WALKERS & GIANT SLAYERS

Courage to Be You, Inc. (C2BU) is thrilled to announce the first recipient of the Elizabeth Williamson Water Walker/Giant Slayer Award.

This award will be given each year, by the founders of Courage To Be You, Inc. to an individual that exhibits the most courage to be and do all they were created to - which often entails leaving the comfort of their "boat" (the known) to walk on the water of the unknown. They must also face and defeat whatever giants attempt to stand in the way of their purpose; their destiny. This year's recipient certainly did just did that. It is our pleasure to announce this year's winner ... Theresa Grant, Courage to Be You's International Director.

Theresa is an amazing young woman that left everything she had - a well paying job in the San Francisco Bay Area, family, friends, all her possessions—to go and do—to go and be—all God has created her to—nothing more but absolutely refusing to settle for anything less. She had a burning desire to make a difference. She could not deny the voice deep within her soul, calling her to Africa—to the neglected, abused & discarded children there.

Theresa first went to Africa for three months in 2005. Talk about faith! She believed she was to go to but had no idea where. She began researching orphanages in Africa and found Messiah Ministries located in Zambia. More than one person told her she was crazy as she pursued her purpose and passion. Theresa battled faith with logic and almost talked herself out of going ... until she met a man at her garage sale. This gentleman just happened to be from the town in Africa (Lusaka, Zambia) where the orphanage she found was located . Theresa told the man from Zambia of her

heart's desire and asked him if he thought she could make a difference in his home country. He never once hesitated when he told her that "just a hug" could make an enormous difference in the life of an orphaned African child. Theresa knew she could do that. So she went, to Africa to hug and love the children. She stayed 3 months before returning "home".

Theresa returned to Zambia for 9 months in March 2006, acting as Courage to Be You's International Director and working with several orphanages in Ndola, Zambia. Theresa went with no salary, no health insurance and no guarantee that her expenses would be covered. However, she did go with a courageous faith in God, a belief in His promises to provide for all her needs and a passion to make a difference in the lives of those forgotten children. Theresa has just returned to Africa in February of this year and has expanded her work in Africa to include an orphanage in Tanzania. She continues to rely on God to meet her needs and donations from individuals wanting to make a difference in the life of a child. Theresa also has dreams of "giving a hug" one day to the forgotten and orphaned children in India.

The founders and Board of Directors for Courage to Be You, Inc. are continually in awe of Theresa's courage, tenacity and faith in pursuing her life's purpose and passion. We are honored to have her as a part of our organization. She is an inspiration to us all.



“When
God
made
time, he
made
enough
of it.”

Celtic Saying

“Be always
unhappy about
where you are if
you want to reach
where you are not.
If you are pleased
with what you are,
you have stopped
already. If you
say, “It is
enough”, you are
lost. Keep on
walking, moving
forward, trying for
the goal.”

Augustine

WHAT IS A LIFE COACH?

Crazy has been defined as “doing the same thing over and over but expecting different results”. That sure sounds like most of our lives—crazy and busy! Time seems to be a commodity that no one has enough of. We complain that we don’t have enough time to do the things we most want to do (i.e. spend “time” with our families). Heck, most of us can barely find the time to do the things we have to do. So taking the time to consider our life purpose seems a luxury we can’t afford. Good intentions are not the problem—action and change are. We have no idea how to get off the merry-go-round of our lives and stop going round and round in circles. This is

the reason most people hire a life coach. A life coach helps you realize your full potential—as a person, a spouse, a parent or employee. Coaches equip, encourage and empower their clients to be who they were created to be. They assist clients in articulating a vision for their lives and formulating a plan to move towards that future. Coaching is a powerful way to get from where you are to where you want to be. Coaching doesn’t focus on the past but continually asks the question “what choices are you making today that will propel you to where you want to go tomorrow”. Coaching is not therapy or counseling. But a life coach does help you uncover, face and take responsibility for the

areas in your life that you want change. Your life coach helps you identify patterns or obstacles that immobilize you. Your life coach tells you the absolute truth, is curious about your dreams and passions, is committed to your goals, and listens without judgment. Your coach will not allow you to sell yourself short, make excuses, blame others or participate in self-limiting talk or behaviors. The life coaches at C2BU believe you were created on purpose for a purpose and they each have a passion for helping you discover and fulfill that purpose. To schedule a free inquiry call with one of our coaches or for more information on life coaching email [Jenny Williamson](mailto:Jenny.Williamson@couragetobeyou.org). jenny@couragetobeyou.org

A PLACE TO BELONG; COURAGE HOUSE

Courage to Be You, Inc. seeks to change the world by changing lives - one individual at a time. We believe that each and every life, not only has value, but a God-given purpose and destiny. Our corporate purpose is to equip, encourage and empower individuals to discover and become all God created them to be; nothing more but absolutely refusing to settle for anything less and then encouraging everyone in their lives to do the same ... in spite of their circumstances. Can you imagine the divine domino effect this would have in our families, our communities, our schools, our churches, our cities, our country ... our world? If each and every human being had the resources and encouragement to be and do all they were created to. Lives would change. The needs of the marginalized in our society would not only be met but erased. Every individual

would begin living purposeful, intentional lives, making a difference in their worlds. They would know their life matters. They would know they were created on purpose for a purpose.

The founders and Board of Directors for C2BU believe this God sized dream can become a reality. However, we realize before individuals can be equipped and encouraged to recognize their potential and discover their purpose, their most basic human needs must be met. Water, food, shelter, medical attention and an education must be provided. On the streets of our cities and in every country around the world, there are a multitude of invisible individuals. Individuals who for a myriad of different reasons, (abuse, neglect, poverty, addiction, illness, poor choices) find themselves in a situation or circumstance that prevent them from having those basic needs met. These individuals

need to be "rescued" and brought to a place where "resources" can be provided by a compassionate hand. A place is needed where they can experience a strong sense of belonging and an assurance that their life matters, despite their circumstance. These things must be first instilled in an individual's life before true change can occur; before they can begin the process of discovering who they are and what they were created for. C2BU intends to build such a place to provide such rescue and resources for these individuals. We call the place **Courage House**; because it does take courage to leave the known for the unknown and embrace your God-given purpose. C2BU is actively pursuing donations to make Courage Houses a reality in various cities throughout the world.

For a copy of our business plan, please contact our offices.

SIMPLICITY IN AFRICA

I love helping the poor here in Africa. They have taught me so much. Many times I hear locals expressing how lucky "my" people are in the USA, because they believe we have no problems because we don't have to worry about where our next meal comes from or if we have shoes to wear. I had never thought much about the multitude of choices I do have until working in Africa. How I worried over my choices seem silly now in the face of their poverty. I have come to realize that simplicity is one of the answers to happiness.

The people I serve here daily, have no idea what mirrors are, anti-depressants, weight loss pills, gyms, plastic surgery, liposuction, People

Magazine, Starbucks, low fat, non-fat, carbs, with or without Life moves at a slower pace here and there is always enough time for everything. Focus is on families, community and giving thanks to God for what they do have. I hear more singing and laughter in this nation full of poverty and death than I have ever heard on the streets in the USA. Simplicity and community, I am reminded what is truly valuable here. We in the Western World do not realize how many daily choices we have. When I was in the states during Christmas, a friend took me to dinner. Before we even got the menu, I was bombarded with choices. Mexican or Italian? Sushi or Chinese? Upscale

or casual? Booth or table. Smoking or non. Whew! I am learning that simplicity is so much easier AND less stressful. This morning I made breakfast at a friend's home in Zambia. She is a wonderful cook and often feeds many in her home. When I went to prepare the meal, I opened her cabinet to find only 2 pots, 1 pan and a knife. I asked her where everything else was. She said, "That is all I need." Choices made simple. Here in Africa my choices are fewer and simpler yes, but some are more profound than choosing my perfect cup of coffee. I daily choose which child to love and hold. Daily I choose to go where I believe I can make the greatest differ-

ence. Today I again was tickled by the simplicity of my choices. I had chosen to go feed the blind and was wondering what to wear. After a few minutes of trying on different things, it dawned on me, "I am feeding the blind. They won't care what I wear, they'll just be thrilled I came. So simple.



Theresa Grant loving a child.

Volunteer Stories : Papa Charlie Goes Back to Africa!

He spent his 69th birthday in Africa. He had never left the United States before. Here is his story. "I grew up on a farm in Tennessee. We never had much in the way of money but we always had food, because we always had a garden. When I started my own family, I started a garden—even though I lived in the city and my kids hated to garden! I worked 30 years for UPS driving an 18 wheeler truck. I just retired but I kept the garden. My daugh-

ter came home to Mississippi from California, 2 summers ago and out of the clear blue sky asked me if I'd go to Africa. She told me the children there were starving and the adults had no idea how to plant a garden. She said I could make a difference. I said "yes" never once believing I would really go to Africa! Then the storm came. Hurricane Katrina. Without hesitation, I jumped in my

truck and began hauling water and supplies to the Mississippi Gulf Coast. After 8 straight, 12 hour days I was so profoundly struck by how appreciative the people were. My life had made a difference in another's. I prided myself on being a good provider for my family, a good golfer, basketball player and nice guy—but all that seemed to pale in being able to say "I helped someone in need." I knew I wanted to spend the rest of my life doing just that. So I went to Africa. God put it on my heart that we would need a tractor and plow implements. I asked everyone I knew to donate money. We raised enough to ship a tractor to Africa. A group from California also raised money and went with me to an orphanage in Zambia, Africa. I have no words to describe my experience there ... I don't mean planting the garden, I mean loving those children. The orphans.

Many of them did not know their birth date or their real names; their parents had died of AIDS when they were babies. Many of these children lived on the streets prior to coming to the orphanage. These children impacted my life much more than I ever could have theirs. I now love them like my own. I have to go back. Back to harvest the crops we planted, back to love the children. This time I am taking my wife Janey and we are staying for 2 months to do whatever we can to make a difference. If you too want to help these kids by going with me or donation money, contact me: charliethornton@bellsouth.net

"I wanted my life to make a difference."

Papa Charlie



Papa Charlie plowing a garden in Africa on the donated tractor.

Courage to Be You, Inc.

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Do you have the courage to be you? The you God created?

“You were created on purpose for a purpose.”

Jenny



“Courage to Be You, Inc. (C2BU) is an international, non-profit, Christian organization which seeks to change lives one individual at a time. C2BU believes that each and every life not only has value but has a God-given purpose and destiny. C2BU exists to equip and encourage individuals to become who God created them to be and do all they were designed to do - nothing more - but absolutely refusing to settle for anything less and then helping them to encourage all the people in their lives to do the same”.



Jenny Williamson, President, C2BU

Two years ago, I gave the eulogy at my 92 year old grandmother’s funeral. Courage to Be You, Inc. had just been “founded” and I was unsure of the scope of the organization. As I stood before the small crowd of people at the funeral who knew and loved “my Mimi”, I was certain of one thing—my grandmother embodied and lived the challenge of our organization “do you have the courage to be you?” My grandmother began walking on water and slaying giants half her size long before I was

even born. She had a fierce faith in God, despite some very difficult circumstances in her life —the death of her father when she was a baby, being left at an orphanage by her mother at 18 months of age, the death of her own child, difficult financial times ... all real giants she had to face, but not one of them deterred her from living a life of purpose; a life that mattered.

In the 1940’s and 50’s my grandmother passionately fought prejudice and racism in the deep south so that every child could have the opportunity to hear about God’s love for them. She crossed racial lines to teach Bible School to the black children in her community—despite death threats and rejection from her own “people”. She ignored the taunts of giants and warnings from the well-meaning souls that tried to stop her. She said, “God didn’t mean for me to be quiet.” So she wasn’t.

She choose action in the face of her fear. She had the courage to be and do all she was created to. That is why here at Courage to Be You, Inc. we named our highest honor the Elizabeth Williamson Water Walking/Giant Slaying Award, in honor of my grandmother. This award is given annually to the person we feel most demonstrates the courage to be who they were created to be. My grandmother would be the first to cheer on this year’s recipient, Theresa Grant and her passion for the world’s forgotten children. Theresa, like my grandmother, is living a life that impacts others. C2BU believes that each and every life has a God-given purpose, a destiny and that we are all created on purpose for a purpose. Have you discovered yours? If not, I pray you’ll have the courage to pursue and fulfill it. It is an amazing adventure! Blessings. Jenny