

# **#WhatsTheMessage EP 033: The Frustrated Leader with Dr. MyRon Edmonds**

In this episode Carmela and Claudia welcome Pastor, Author and Community Developer, Dr. Myron Edmonds, DMin. Author of the recent book *The Frustrated Leader: Using Frustration to Accomplish Your Vision*, Myron Edmonds is passionate about equipping leaders with the tools they need to move past the paralysis frustration brings to the beauty of executing vision in spite of frustration. This is a conversation we all need and that you do not want to miss!

Order your copy of *The Frustrated Leader* on Amazon

Register for the Frustrated Leader Conference with this link and watch the replay of the conference for FREE <http://thefrustratedleader.com/>

Follow MyRon Edmonds on Social Media @itsmyronlive

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YouTube: <https://www.youtube.com/channel/UCUIIdIXPJttzqgr831DqNyHg>

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## **#WhatsTheMessage EP 030: Voting and the 2020 Elections**

Join Carmela and Claudia as they discuss this week's Democratic National Convention, break down the electoral process, and converse about the importance of voting. They welcome Orlan Johnson, Director of PARL for the North American Division of SDA, Debra Anderson, Assistant to the President of Communications for Potomac Conference of SDA, and Garrison and Simone Hayes, the co-founders of ImpactDemocracy. This is an important conversation and we brought on some dynamic specialists to have it.

Make sure to join us every Thursday 11am EST on our Facebook page to be a part of the conversation live.

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## **#WhatsTheMessage EP 029: Make Change**

## with Shaun King

In this episode Carmela and Claudia talk with writer, activist, and co-founder of the Real Justice PAC and the Action PAC, Shaun King. His recent book, *Make Change: How to Fight Injustice, Dismantle Systemic Oppression, and Own Our Future*, is a masterpiece written to both inspire and teach readers how to effectively organize around the issues that break our hearts and our world. This is a dynamic conversation where Shaun King shares vulnerably and honestly about his experience as an activist and organizer, as well as many of his feelings regarding various cases.

Make sure you're following Message on Facebook to get notifications about our weekly podcast [#WhatsTheMessage](#) and you can watch and engage live every Thursday at 11am.

You can also follow us on Instagram and Twitter @Message1898 and subscribe to our weekly newsletter and bi-monthly print magazine at [www.messagemagazine.com](http://www.messagemagazine.com).

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## #WhatsTheMessage EP 028 Racism: A White Christian Agenda

In this episode Carmela and Claudia catch up on the headlines discussing everything from developments with the census, the importance of voting, and how research is showing that White Christians are more racist than non-religious whites. Join them for an awesome conversation right here on YouTube or on the Message magazine Facebook page. And be sure to check out Dr. Tichianaa Armah's article on Bevelyn Beatty, a Black woman who attempted to cover up a Black Lives Matter mural with black paint while declaring "Jesus matters!" and "vote Trump, vote Republican, vote Christian." This is an informative and really interesting episode. Check it out, and click on the link below to read the full article.

<https://www.messagemagazine.com/artic...>

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## #WhatsTheMessage EP 027: Bridging the Digital Divide Part 2

Carmela and Claudia welcome back Kirk Nugent and Dr. Paul McNeil to the #WhatsTheMessage podcast. In this episode Carmela and Claudia talk with Kirk and Paul about the practical ways churches can help bridge the digital divide in low-income communities. But they also learn what a good digital survival kit is. What devices, measures, and education do we need to use technology and the internet successfully and safely. This is a great episode you don't want to miss. Check this episode out today!

Make sure to follow Kirk Nugent on all social media platforms @kirkrnugent and subscribe to his YouTube channel. Visit his websites for his services and

content at [www.kirknugentspeaks.com](http://www.kirknugentspeaks.com) and [www.howitallwerks.com](http://www.howitallwerks.com).

Make sure to follow Dr. Paul McNeil on Twitter @UsableSecGuy and visit his websites for his services and content at [www.mbusecurity.com](http://www.mbusecurity.com) and [www.ctspeaks.org](http://www.ctspeaks.org).

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## **#WhatsTheMessage EP: 011 To Close or Not to Close Race, Faith, and Action in a Pandemic**

In this episode Carmela and Claudia welcome Dr. Christina Wells, MD, a physician on the front lines on the Southside of Chicago at the University of Illinois at Chicago. Carmela catches up with her about her experiences, racial disparities, and how this pandemic is affecting African Americans. They also welcome Pastor Michael Kelly, Lead Pastor of Mt. Rubidoux SDA Church in Riverside, California and Evangelist Marquis Johns, Director of Adventist Community Services and Prison Ministries in Southeastern California Conference to discuss faith, church, and social action in the midst of social distancing. This is going to be an awesome episode that you don't want to miss. Watch the play back on our Facebook page.

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## **#WhatsTheMessage EP 009: The Psychological Effects of a Pandemic**

In this episode, Carmela and Claudia welcome psycho-therapist Shivon Massenburg to discuss some of the positive and negative affects this pandemic is having on so many of us. They discuss best practices during quarantine, how you can connect your psychological coping mechanisms with your spiritual practices, and even provide resources for those struggling with anxiety, depression, OCD, or those who are quarantined in abusive and unsafe environments. This is an amazing and important episode that you do not want to miss!

Check out the article they mentioned entitled "Pandemic Spending" by Ruthven Philip by clicking on this link:

<https://www.messagemagazine.com/articles/pandemic-spending/>

Here are some of the mental health resources Shivon Massenburg mentioned:

Crisis Text Line: <https://www.crisistextline.org/>

Disaster Distress Helpline: 1-800-985-5990

Domestic Violence Helpline: <https://www.thehotline.org/help/>  
1-800-799-SAFE (7233)

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## **“What’s the Message?” The Podcast Finding the Hope in the Headlines**

“What’s the Message?” The Podcast is a weekly show that that will air live on Facebook every Thursday, Morning at 11am. A show about current events, Carmela and Claudia talk about the top headlines from that week. Their approach is to tackle these topics and find the moral, ethical, social, spiritual, and personal message in them. If you listen to What’s the Message you will laugh, be educated, inspired, and leave looking forward to the next time Carmela and Claudia find the hope in the headlines.

Be sure to keep an eye out as we set to launch THIS MONTH! You can keep up with how things are progressing by visiting our Facebook page.

We know you’re absolutely going to love it! So meet us on Facebook Live every Thursday morning at 11am to hear “What’s the Message?” and find the hope in the headlines.