

The S.E.M.O.M. Newsletter

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Created by Paula Hines Lonergan

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Writing Tip

What happens when you get into a **writing slump**? Well, most recently, I went through one. I'm not sure why, but all of a sudden I didn't have much to write, not a letter, not an article. When that happens, don't give up on your goals. Eventually, the writing desire will return. Until then, read magazines and books, feed your mind with information, engage in interesting and thought provoking conversations. That way when the slump slides away, you will have a lot to write and say.

Inspirational thought

A proverb says sweet is the sleep of the one serving. Why so? The one serving may have little in the way of material things, but can be happy with the simple things in his or her life. When one has much, there is much to worry about, particularly regarding losing all a person may possess. One can lose sleep over the loss of what can rust, decay, or be stolen. Be happy with what you got, even if it is little, you won't have to sleep with one eye open, which will make your sleep more sound.

Welcome to the first issue of The S.E.M.O.M. Newsletter.

What is S.E.M.O.M.? Well, it is short for Success Equals Mind Over Matter. You may be familiar with my father "Remember the Titans" Coach Paul "Doc" Hines' statement "if you don't mind, then it don't matter." The Success Equals Mind Over Matter attitude helps one to develop tenacity and determination and ultimately can help a person successfully reach his or her goals. It is a good phrase to remember when obstacles come your way. This newsletter is my way of keeping in touch with you in hopes that you will do the same. It will provide writing tips and hints, an inspirational thought or two, as well as an update on things happening on this side of town.

What's Happening

Well, as you might know I have written a third book. It is called *Felines Shed Fur and Purr and Other Expert Observations of a Former Dog Loyalist*. I call it my wacky, yet truthful commentary on cats and cat ownership. *Felines* is available online at www.prlpub.com.

The Young African American Women's Conference 2005, of which I was program chair, was held this spring in Pasadena. It was a joy to participate. We are gearing up for the 2006 conference and are hoping for even greater attendance this next year. To learn about it, visit www.womenatwork1.org.



Titan News

The '71 Original Titans Foundation gave their fourth scholarship in June 2005. The foundation should be proud of their efforts in assisting T.C. Williams Titans High School students. To contribute to the foundation or for more information, see the website www.71originaltitans.com.

Upcoming Events

Look out for the **August 23, 2005** issue of **Women's World** magazine at newsstands available starting August 16. In it will be an article written by me, featuring a very special person in my life (and it's not my Dad). The magazine costs only \$1.49. Don't forget to look out for it.

On **July 28, 2005**, I'll be speaking at Rosemary's Children's Services. To find out more, go to www.rosemarychildren.org.

To read my regular monthly observations about the common things in life, check out **COMMENTARY ON...** at www.prl designs.com/commentarylist.html.

Watch an inspiring cable TV show called **SMILE...and Spread a Little Joy**

What is SMILE?

- Support-
- Motivate-
- Invest-
- Love-
- Educate-
- = SMILE

The host is Debra Johnson.

Once again, I will be guest on the SMILE show talking about my writing projects.

The show will air on **Tuesday, July 19 at 8:00 am & 8:00 pm PST and Thursday, July 21 at 4:00 am & 4:00 pm PST**

To watch the show on TV: Go to the Pasadena Cable Channel 56 OR

Watch the show on your computer, go to <http://www.pasadena56.tv> (then click on the top TV screen where it says "click for video stream Pasadena @56", a new window will open and you can watch it just like it's on TV)

PRL Publishing
2245 E. Colorado Blvd
No. 104 PMB 243
Pasadena, CA 91107
626-255-1743
Email:
paula@prldesigns.com

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More Upcoming Events

For the last year, I've been giving writing and publishing seminars. I developed the seminars because I found so many people wanted to learn about how they can self-publish a book.

I will be giving a **FREE** Writing and Publishing Seminar on **Tuesday, August 16, 2005** at 2:00 pm at the La Pintoresca Library located at 1355 Raymond Avenue in Pasadena, CA, 626-744-7268. This workshop provides a review on how to pursue a writing career and become an author.

Also, I'm conducting comprehensive classes on how to write and publish a book at the **Monrovia Community Adult School/ROP**, 920 South Mountain Avenue, Monrovia, CA, 626-471-3035. The class gives a detailed review of the step-by-step process in self-publishing a book.

Order books by Paula Hines Lonergan

<i>A Titan of a Man</i>	<i>Felines Shed Fur and Purr</i>	<i>Babies Dribble & Drool</i>
ISBN: 0-9743957-0-6	ISBN: 0-9743957-2-2	ISBN: 0-9743957-1-4
Price: \$12.50	Price \$4.95	Price \$4.95
<i>Mind Over Matter Leadership Workbook</i>		Price: \$4.95
<i>The ABCs of Writing and Publishing Workbook</i>		Price: \$5.95

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