



HELENA

AUTHOR • PRODUCER • TVHOST

# CATCH FIRE ON PURPOSE

Follow Me Socially @authorvhelena



[www.vhelena.com](http://www.vhelena.com)

# ABOUT V

## WHAT'S YOUR PASSION?

An accomplished author, television/film producer, director, screenwriter, playwright, and business-woman, V. Helena has been writing creatively for over 30 years. A graduate of the University of Maryland, Marymount University, and the prestigious American University Producing for Film, Television and Video program, this Haitian-American has secured degrees in the areas of radio, television and film production, business administration, and law.

V has written and produced a number of feature length films (When I'm Ready), music videos (George Howard's, Let's Unwind), theatre plays (The Mountaintop Experience) and in 2010, established Phoenix Rizen, LLC, an entertainment conglomerate for book publishing, and film/video productions.

Her book of poetry and short stories entitled, His Love Is Freedom, was published in 2006, followed by its companion compilation, His Love Is Complete, in 2012. Her latest project, Lies & Fairytales, is a suspense thriller set to be released in Fall 2018.

Since September 2017, V has served as executive producer and host of The Writer's Haven Show with V. Helena. The show, with 15 episodes in its 1st season, features the work of New York Times Best Selling authors and award-winning filmmakers who discuss the craft and business of writing. Although the content was originally slated for an 18-35 year old demographic and originally placed on college campus television stations, the show has expanded its viewership throughout the District of Columbia, Maryland and Virginia areas due to demand and positive reviews.

Featured authors have included Connie Briscoe, Tina McElroy Ansa, Lolita Files, Victor McGlothin, Marcus Johnson and several other writers of poetry, inspirational, and motivational work. International and national award-winning filmmakers include Monda Webb, Haile Gerima and others who have written web shows and feature length films.

V. Helena lives in Maryland with her devoted husband, multi-talented son, elderly cat, and baby puppy, Wookie.

*"To truly find your passion, you have to be willing to fall out the nest--or take risks. Writing is my passion, although it wasn't until my later years that I made the conscious effort to fall out the nest and spread my author wings.*

*Much of my storytelling is based on my falling and soaring experiences." -V Helena*



HELENA  
AUTHOR • PRODUCER • TVHOST







# THE HAVEN

HELENA  
AUTHOR • PRODUCER • TVHOST

*"Dreamcatchers are dreamers who catch fire on purpose." - V. Helena*



V. Helena is the executive producer and host of the Writer's Haven Show, a show featuring the work of nationally and internationally known authors, directors and producers who discuss the craft and business of writing. The artists speak of their passion, process, and projects to inspire others with the same endeavor.

Entering into a new season, THE HAVEN (as it is most commonly referred) features best selling authors and award-winning filmmakers who are trailblazers in their field. The show has received positive reviews and currently airs on 21 local stations throughout the District of Columbia, Maryland and Virginia areas.

V. Helena created and produced this show to connect accomplished writers of literature, TV and film with "dreamers" inspired to pursue and "catch" their dreams. The consummate dreamcatcher, V understands the importance of growing "in purpose" and surrounding oneself with a tribe of like-minded dreamcatchers. The Writer's Haven Show is a televised forum of ideas and creativity.



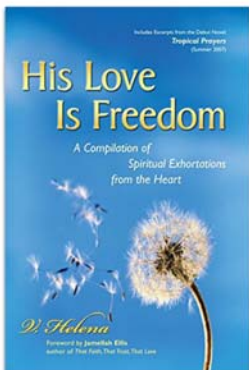
For more information about the show, visit our website at [www.writershavenshow.com](http://www.writershavenshow.com) or tune into our YouTube channel to catch missed episodes.

<https://youtu.be/7-PTPOoYA9Y> 



HELENA  
AUTHOR • PRODUCER • TVHOST

# PUBLISHED BOOKS



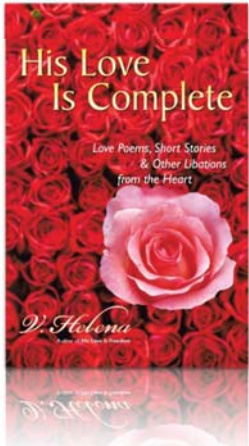
## His Love Is Freedom: A Compilation of Spiritual Exhortations from the Heart

In her debut book, *His Love Is Freedom*, V. Helena offers a compelling perspective on the challenges in maintaining a solid relationship with the Lord and using that connection to foster healthy relationships with the important people in your life. From dealing with family members, co-workers, and others who insist on wreaking havoc in your life, to that love relationship that doesn't seem to be on secure footing, V. Helena offers insight and encouragement on overcoming these impasses armed with the strength in having a vertical connection with the Father. Based on over 100 interviews with couples and singles who shared their personal challenges, V. Helena offers counsel through poetry, short stories, and scriptural devotions.



*"Although I believed He was with me, I wasn't filled with His peace and a true knowledge of His love. I was breathing, but I wasn't living. I wasn't free."*

—V. Helena



## His Love Is Complete: A Compilation of Spiritual Exhortations from the Heart

In her book, *His Love Is Complete*, V. Helena pens a sensuous and sultry body of work celebrating the triumphs of a soul-felt love as inspired by the Book of Solomon. In this collection of Love Sonnets, Short Stories, and Other Libations from the Heart, V. Helena explores the Bible's most passionate scriptures to create a collection of poetry and short stories that promise to reignite even the most dormant of relationships. Written specifically for couples, this collection reaffirms the concept of a burning and true love as sanctioned by the Creator in its most heavenly form.



*"This book was written for Christian couples that just can't get enough of each other!! Whether it's a warm embrace, a small peck, a pat on the behind, or a knowing smile, this collection celebrates a universal bond that is uniquely yours."*

—V. Helena

## TESTIMONIALS

*"I really enjoyed reading your manuscript. I felt the presence of the Lord throughout, and cannot wait to see the mighty and awesome things He is going to do with and through you!"*

—Jamellah Ellis, Author of *That Faith, That Trust, That Love*

*"Honest and Compelling."*

—Kevin Wayne Johnson, Author of the book series *Give God the Glory*

*"A spiritually insightful and emotion-evoking work. The poems and stories here will enrich the heart of anyone who is looking for love, and those of us who have found it."*

—Kwame Alexander, Author of *And Then You Know: New & Selected Poems*

*"Your words became a meditation for me—on love promised and desired; even on love that I may have found and then lost. For that, I thank you. Through pieces like *Imperfect, BUT Perfect for Each Other, Once, Embracing the Process, and Passionate Love, His Love Is Complete* became a prayer. V. Helena—thank you for praying for me."*

—Tinesha Davis, Author of *Holler at the Moon and Twice on Sundays*

*"I picked up V. Helena's latest work and didn't put it down until I had read every page...not once, but twice! I have always considered Spring was my favorite season of both the year and a relationship, but what V. Helena's personal and poignant words reminded me is that because of the completeness of HIS love there is joy in all seasons."*

—Juan H. Gaddis, Author of *The Shelf Life of Secrets*



V is available for speaking engagements and has been particularly called upon to speak about the topics of her books, *His Love Is Freedom* and *His Love Is Complete*, both of which focus on relationships. She has also been a speaker for teen and community events. With degrees in Communications, Film/Television Production, and a writing career that spans over 30 years (ten as a published author), V can bring a unique perspective to your next church function, women's conference, or teen forum.

### **The Call to Purpose**

V discusses her literary journey from the day she fell from the nest, to the challenges of soaring into purpose. This is primarily a writer's workshop that will motivate writer's to stay on the journey, as well as, provideself-publishing to boutique publishing advice. This is also a great workshop for teens and can be done in an assembly or classroom setting.

### **Coming out of the Rain**

V is a relationship columnist with *The Examiner* and has also written books focusing on the intricacies of the human love experience. In preparation for her first book, *His Love Is Freedom*, V interviewed over 100 married and single couples to discuss the impact of those relationships as it relates to the vertical relationship one has with the God.

Using her own life experiences, V candidly discusses the common challenges that plague relationships (e.g., infidelity, communication), the pain of divorce, and the joys of new-found love--all of which are featured in her follow up book, *His Love Is Complete*. This workshop will motivate those seeking to understand and maneuver through the trials and triumphs of relationships.

### **V will customize her remarks to your specific event requirements.**

to schedule her for a speaking engagement, please visit her website to complete an inquiry form or send an email to the address noted below.

[www.vhelena.com](http://www.vhelena.com)  
[author@vhelena.com](mailto:author@vhelena.com)

PHOENIX RIZEN ENTERTAINMENT  
15480 Annapolis Road Ste. 202-443  
Bowie, MD 20715 | 240.714.2038