

MAGAZINE

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Men Love Feminine Women

FEAST OF TABERNACLES PREP

FASHION

WILDERNESS BEAUTY FOT HACKS & TIPS

LIVING JOYFULLY

Publishing Statement

This magazine is to provide a way to further unite our sisters and help put us in one accord, offering updates and news, advice, entertainment, and peculiar ways to live as a peculiar people. The goal is to reach out to sisters, giving them strength and reassurance.

- PECULIAR PEOPLE
CREATIVE TEAM



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halom sisters, in these hard and perilous last days it is so easy to let the cares of the world stress and depress us. I get it, life is hard, things are not getting any easier, however

we have to remember to be joyful while keeping the laws. We have to keep in mind that the Lord punished us for not serving him with joyfulness and gladness.

Deuteronomy 28:47-48

"Because thou servest not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all things;

Therefore shalt thou serve thine enemies which the LORD shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and he shall put a yoke of iron upon thy neck, until he have destroyed thee."

Ask yourself do you still have that same fire you once had when you first came to the truth? Are you reading your bible daily? Are you calling sisters throughout the week? Are you putting in enough bricks for this truth? Do you attend events within the body? Are you listening to righteous music? Are you fasting often? Are we growing in our offices?

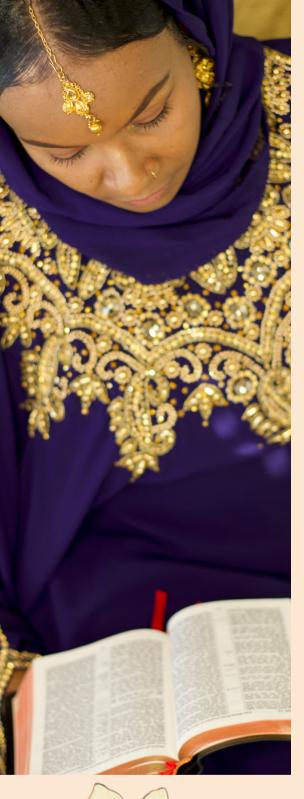
These are the things that help keep us grounded in the truth, and if you are lacking in these areas it's time to make some changes.

Reading Daily - We should be opening our bibles everyday. Reading the bible gives us hope and helps us learn from the mistakes and the successes of our foreparents.

Romans 15:4

"For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope."





When we go through things we tend to think we are the only ones, but we truly are not. Our foreparents went through the same things that we are going through today. In addition, reading the bible helps to strengthen our faith because reading how our savior and our foreparents got through very challenging times, means that we can as well.

Revelation 1:3

"Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand."





Applying Malachi 3:16 - We should be speaking to one another often as the scripture says:

Malachi 3:16

"Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name."

When you speak often to one another it really helps to uplift your spirit. We need to speak to each other to keep one another in the spirit and sometimes you just need a good healthy laugh to keep you going. We are family so we should be checking on one another as much as possible. Never forget you are not alone and it is okay to be the first one to contact a sister.



Putting In Your Brick and Getting Involved - We must put in work in order for the kingdom to be established.

Luke 17:21

"Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you."

In this truth we cannot just sit around and expect the kingdom to come. We have to put in our bricks. There are so many different offices to be a part of in the body. There is the kitchen, social media team, teaching our children, graphic designing, medical and so much more. It is important for you to see where you fit in. Get involved in an office that interests you. Also keep in mind you can always be trained in the office you're interested in if you don't possess that certain skill at that very moment. If you are interested and have a willing spirit, you can learn

anything.

Attending Events In The Body -When there are events taking place in the body and you are able to attend, you should attend. You shouldn't be making excuses to not be around the body. There will come a time when we won't be able to gather like we are able to currently. We need to take advantage of every moment we are able to spend together.

Hebrews 10:25

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching."

Psalms 133:1

"Behold, how good and how pleasant it is for brethren to dwell together in unity!"

On the other hand, attending events can also allow you to meet more sisters in the body. Also you have the opportunity to get to know sisters a little more and see them in a different element.







Listen To Righteous Music - Music has such a huge influence on our lives. It is so important that we are mindful of what we feed our spirits. We should be feeding our spirits with righteous music to help us stay in the spirit and grow in this truth. Listening to righteous music does your spirit good. Music is spiritual.

1 Samuel 16:23

"And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him."

Fasting Often- In these wicked last days that we are living in, we need to fast more often. Many of us are battling with serious demons and the only way to get them off is to fast and pray often. The Lord will make us whole. We just have to trust in him and work hard on our spirit.

Matthew 17:21

"Howbeit this kind goeth not out but by prayer and fasting."

If you are struggling to find joy in this truth, pray to the Lord to restore unto you the joy you once had in the truth.

Psalms 51:12

"Restore unto me the joy of thy salvation; and uphold me with thy free spirit."

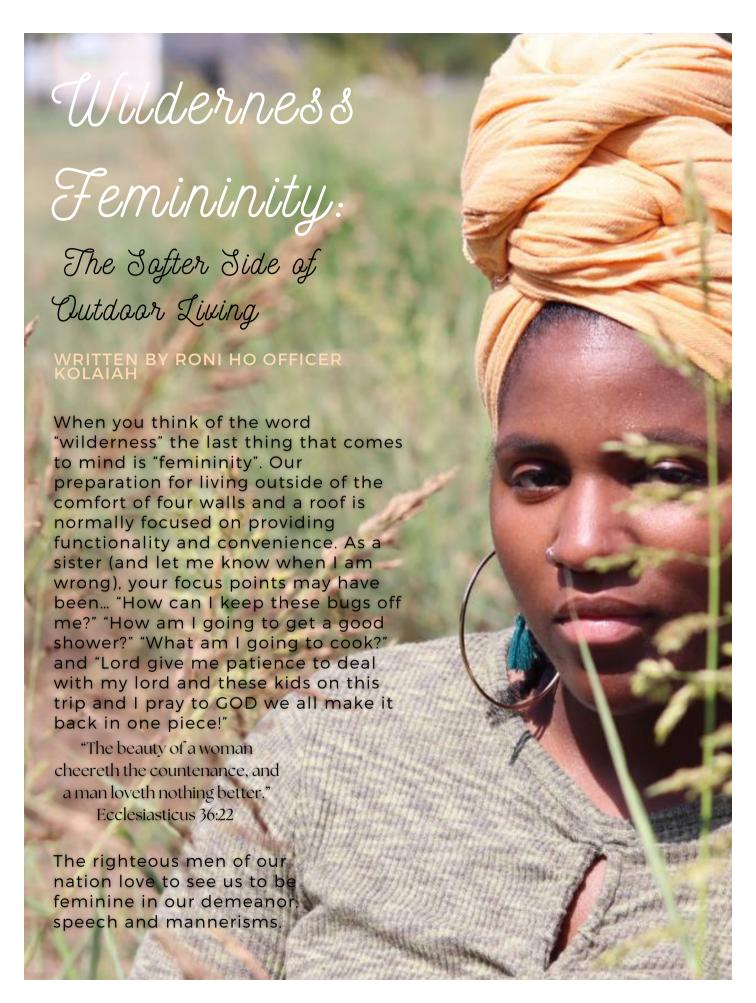
Psalms 55:17

"Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice."









Femininity is the qualities or attributes regarded as characteristic of women or girls. which has been associated with the color pink, frilly dresses, cute fingernail polish and high heels. Those are all accurately attributed to the female gender, and we definitely own it, but when it comes to living in a less sophisticated environment to a rustic one. how do you maintain and display the "girly" side of you without it becoming a hindrance to the overall experience?

As we have prepared for a weeklong wilderness stays in tabernacles of nylon and canvas houses, outside of the necessities for day to day living, packing items to ensure we remain comfortable in our beautiful melanated skin should be a deep consideration and the proper preparation should be performed. To start off, consider your style profile. Don't know what that is? Here are a few types....

- Ms. Fashionista This sister loves to be glamorous.

 Moisturized skin, glossy lips, well-manicured fingers and toes are a must or she'll feel out of sorts. She is willing to try new daring colors and designs all to make a fashion statement. With her makeup bag in tow, and a well-coordinated wardrobe, she's ready to bear the wild.
- Ms. Simplicity This sister sticks to the classics, with the addition of her own touches of style without the dire necessity of glitz and glamor. She prefers moderate enhancements to accentuate her natural beauty, has a staple color palette she rarely deviates from, and dresses up only for special occasions...but she dresses up WELL! With a pair of her most comfortable shoes, lip balm and some hand sanitizer, she is good to go!
- Ms. Natural Woman This sister is adventurous and outdoorsy. She is big on natural care products,

herbal beauty alternatives and loves the smell of clean air freshness. Her style may come across as eclectic, whimsical/boho or earthy. A natural fresh face with dainty face jewels makes her happily beautiful.

You may find yourself in one of these examples or even a combination of all three. The main point is that these styles showcase femininity in diverse ways and by identifying with any of them, you can build on personalizing your femininity regime.

Judith 10:3-4

"And pulled off the sackcloth which she had on, and put off the garments of her widowhood, and washed her body all over with water, and anointed herself with precious ointment, and braided the hair of her head, and put on a tire upon it, and put on her garments of gladness, wherewith she was clad during the life of Manasses her husband. And she took sandals upon her feet, and put about her, her bracelets, and her chains, and her rings, and her earrings, and all her ornaments, and decked herself bravely, to allure the eyes of all men that should see her."





With the example of our Foremother Judith, we can see the steps she took to beautify herself in cleanliness, haircare, her apparel and accessories and footwear. I asked a few sisters that I have observed in action that exudes their femininity in outdoor living to provide their input in those areas as well as operating in the spirit of servitude. These lovely ladies were graciously willing to share suggestions with us all on how they keep femininity alive and well for a rugged way of life.

Sis Yafeh (House of Soldier Gideon DC) - Licensed Hair Stylist with tips on Hair Care & Maintenance for Wilderness Living.

How important is moisturizing, cleansing, detangling and trimming your mane for wilderness?

They are all VERY IMPORTANT! It's good to begin with a clarifying shampoo, followed by a moisturizing conditioner. Hair should be shampooed and conditioned every 2 to 3 weeks depending on hair styles. Coconut and/or Shea Butter works well as hair moisturizers.

Utilize plastic caps for deep conditioning. You can use plastic bags and wrap a cloth around to keep in the moisture without using heat. Put a headwrap on top it off and stay looking classy! Wide tooth combs are essential but you can always finger detangle your hair if you are short on combs. I suggest a good hard or soft brush; hard brush (for medium coarse to coarse) and soft brushes for a softer texture. You should trim your ends at least 3 to 4 times a year or as needed depending on hair growth and styles. Hair trims are needed to maintain healthy hair, hair growth and for preventing split ends and breakage.

How can you avoid thinning out your edges? What can you do to grow them back?

The use of satin/silk scarves and bonnets help protect your edges. If you are currently dealing with breakage or to prevent breakage you can use some of these oils:

Jamaican Black Castor Oil, Peppermint Oil, Rosemary Oil, Grapeseed Oil. Minimizing the tension on your edges is necessary to lessen damage and regenerate growth. Go easy on pulling your hair too tight around the hairline, especially with protective styling.

Israel has various hair textures. What are some protective hairstyles that can be maintained while living outdoors to keep your hair from damage and

tangles? Protective hairstyles are meant to limit the stress of environmental factors on natural hair by keeping the ends of hair tucked away or protected in order to discourage tugging, pulling, and manipulation. Some great protective hairstyles that can be done by a stylist or DIY are Bantu knots. Plaits. Cornrows. Two Strand Twists and Low Maintenance Buns. Headwraps can also serve as a protective option for your hair.

Sis Stephanie (House of Officer Mordecai DC) with her input on various styles that fit wilderness living while exuding modesty and comfort.

When putting together outfits for your outdoor living experience, what are some key elements you consider enhancing being modest but stylish? It is based on the season. However, wearing the proper undergarments like a slip and/or leggings would be your base. My next step is to select loose-fitting or flare clothing, a colorful headwrap and a nice pair of sunglasses, adding a jean jacket or sweatshirt that is elements friendly, a crossover bag or backpack, comfortable & trendy shoes that protect the toes and a touch outdoor jewelry for a well coordinated modest but stylish outfit.

Is layering important while wilderness living? Yes, if so, why and how does it help? It covers your Silhouette/figure. The layering keeps the chest area modest and protects you from insect bites and exposure while participating in an activity.

What are your recommended color palettes for various skin tones? Light skin tone = Beige, Pink, and Light Blue. Medium Skin tones = Gold, Copper, Olive, and Yellow. Dark skin tones = Purple, Brown, Orange, and Green.

Give 5 must-have pieces that add feminine **energy to an outfit.** Headwrap or hat, a scarf around the neck, flowers in your hair/headwrap, accessorize with bracelets or belts, etc.

Sis Mari (House of Officer Azzur DC) gave us her expertise in Foot care/Footwear for stylish and smart footwear for an all terrain environment.

In your experience, how do you showcase a hospitable spirit towards your fellow wilderness dwellers? In my experience, I work hard to continually operate in a hospitable spirit towards my fellow dwellers

with a smile. To do so requires for you to be welcoming, helpful and to have the willingness to provide assistance for anyone in need. I will provide meals, shelter and encouragement to anyone to erase fear and doubt for wilderness survival. Offering tips on food prepping and maintaining food along with proper storage for preservation is another way I aim to assist those around me. It delights in my spirit to help others have a memorable and exciting experience in the wilderness. All this can not be done if I am out of the spirit or murmuring about anything that presents a challenge or trial. It's easy to get out of the spirit, especially when something happens that throws you completely off. Meditation on 1 Corinthians 13:1-8 has to be on the top of the list when taking on the role of servitude, whether you are fulfilling that role for your lord's house, leadership and within the congregation. Patience is also a huge factor to operate in the spirit of servitude. Our patience gets immediately tested in the wilderness, especially after the Day of Atonement.





COOKING TIPS AND IDEAS FOR FEAST OF TABERNACLES.

BY JAAZANIAH HO OFFICER AZAREL

Shalom sister's Most High in Christ Name bless you all. It's that time of year again and the time to prepare is now. Proper preparation prevents poor performance and as the keepers of our homes our performance needs to be on point both inside and outside the home because our families depend on us. So let's jump straight into it.

TIPS FOR FOT FOOD SURVIVAL:

- 1. Preparing a full menu ahead of time will save you money, headache and time!
 Prepare your Breakfast, Lunch, and dinner menu and be sure to add snacks. However many times you eat already have your menu planned on what you all will be eating.
- 2. Pre-wash, Precut, pre-season, pre marinate etc. Our access to water and sanitation is minimal. So prepping ahead will ensure less mess and could potentially prevent any cross contamination or food borne illnesses.
- a. Wash all your fruits and veggies, cut them for the various meals You've pre planned; ziplock them or vacuum seal pack them
- b. Pre wash all your meat, season/marinate them. Vacuum seal or freezer bag. Freeze them so they last longer throughout the duration of the trip. We only have coolers so keeping your meats at a safe temperature is important. (Don't not thaw out meat, season then refreeze!! Only freeze and pre meat that you purchased fresh.)
- c. Try to pack your meats in a cooler on its own just in case fluids leak. You wouldn't want that going into other cold packed items. Have a separate meat cooler.





You want everything to have an organized space. Easy to find and hassle free. Organization is a must when camping. For my lord's home I use a clear drawer plastic dresser set to hold my kitchen items. I pre pack everything in those drawers. So when we set up all we have to do is put that dresser into the food area and it's already prepped to go, no unpacking necessary. It's packed with items like utensils, paper plates, napkins, sanitizer, dish liquid, toothpicks, cutting boards, kitchen cleaning towels/supplies etc.

3. Your 2nd cooler should hold your Veggies, fruits, and other desired cold items. Try to pack your cooler in the order of your menu so as to not create a mess having to dig out food from the bottom.

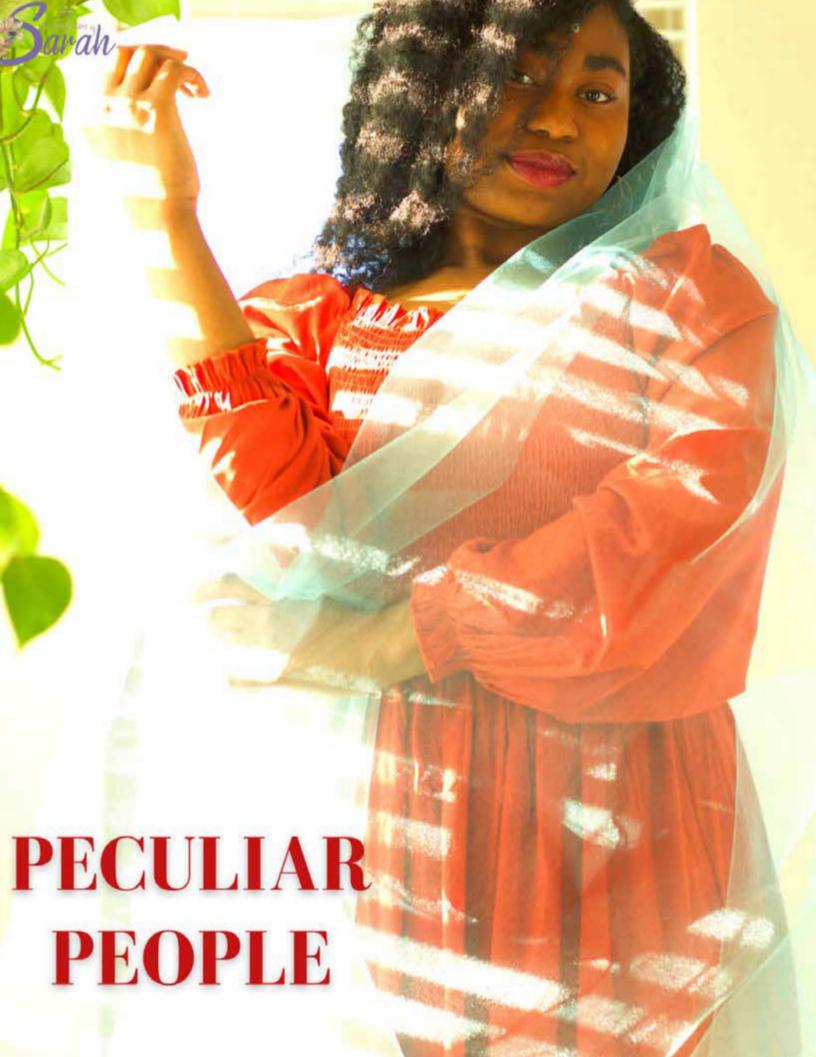
4. Make a pantry Tote (with a top) for all of your dry items, (cereals, breads, crackers, seasonings, etc.). This keeps your food dry and protected from insects & rodents.

5. Have a separate tote for your kitchen gear, (hotplates, griddle, pans, cooking utensils, grill ware, cast irons, etc.) And if big enough you can store your disposable plates, utensils, paper towels, etc., in there as well or in a separate bin.

6. You can also fully cook all your meat beforehand, vacuum seal pack and just heat up once you're there, for those that aren't too familiar with grilling or cooking over a fire. (This isn't for everybody, My lord personally wants his food freshly prepared, but do what will benefit your lord's home most and what he would prefer you to do).









by Yo<mark>ela Tsrael H.O.</mark> Deacon Tssac

WHY MEN LOVE FEMININE WOMEN AND HOW WOMEN CAN BECOME MORE FEMININE

Femininity is a quality that has been admired by men throughout history. While the definition of femininity may vary depending on the culture and the time period, it generally refers to qualities such as softness, gracefulness, nurturing, and emotional sensitivity. In this article, we will explore why men love feminine women and how women can become more feminine.

Why Men Love Feminine Women

1. They feel more protective: Men are biologically programmed to feel protective of women. When a woman displays qualities that are traditionally associated with femininity, such as vulnerability and nurturing, men feel a strong urge to protect and care for her.

- 2. They find them attractive: Men are attracted to feminine women because they embody qualities that are opposite to their own. Masculine qualities such as strength and assertiveness are attractive to women, while feminine qualities such as gentleness and empathy are attractive to men.
- 3. They appreciate their nurturing nature: Feminine women are often more nurturing and caring, which makes them great partners and mothers. Men appreciate women who can provide emotional support and create a warm and loving home environment.
- 4. They admire their gracefulness: Feminine women are often graceful and elegant, which makes them stand out in a crowd. Men appreciate women who can carry themselves with poise and confidence.



How Women Can Become More Feminine

- 1. Embrace your femininity: The first step to becoming more feminine is to embrace your femininity. This means accepting your emotions, nurturing your relationships, and expressing your creativity.
- 2. Dress the part: Dressing in a feminine way can help you feel more feminine. Choose clothing that accentuates your natural beauty and softens your features. Wear dresses, skirts, and blouses that make you feel beautiful and confident.
- 3. Practice good posture: Good posture is a key component of femininity. Stand up straight, keep your shoulders back, and hold your head high. This will not only make you look more feminine but also increase your confidence.
- 4. Develop your emotional intelligence: Emotional intelligence is the ability to recognize and manage your own emotions and the emotions of others. Developing your emotional intelligence can help you become more empathetic, nurturing, and supportive.

In conclusion, femininity is a quality that men find attractive and appealing. By embracing your femininity and practicing the tips mentioned above, you can become more feminine and attract the attention of the men around you.

<u>Proverbs 31:30</u> - Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.

<u>Psalms 139:14</u> - I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

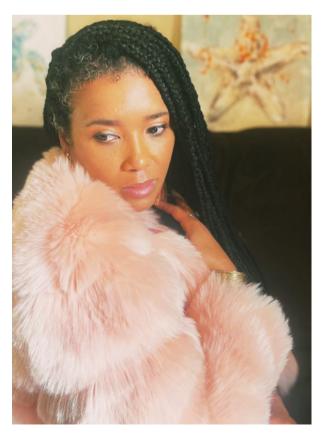
Ecclesiasticus 36:22-23 - 'The beauty of a woman cheereth the countenance, and a man loveth nothing better. If there be kindness, meekness, and comfort, in her tongue, then is not her husband like other.

COUNTENANCE & SOFTNESS The Path To Change

The resting "B" face is what they call it in mainstream society, but God calls it your countenance; a person's facial expressions. And let me tell you I had a few. I remember as a young teenager my mother saying "you wear your feelings on your face". I didn't understand it then but now keeping God's laws its meaning is clear. I would get asked often: "Are you ok?". Not understanding why, it was a frequent question. I was not aware that I was making those facial expressions. As women in Israel, we tend to wear many hats. For me, if I'm completing one task, I'm mentally creating a timeline for those to soon come. So, my focused look gave others the impression of me being upset. Which couldn't be further than the truth. One of my biggest joys in this truth next to being married to a Prophet, is putting my bricks in! I hold every office at a high priority after completing the tasks of my Lord's home. So, his home and The Most Highs work is something I never want to fail at. So, how do I remedy this issue with my facial expression? Once I became aware of them and now acknowledge them, there is only one thing to do, change. There's a saying "it takes more muscles to frown than to smile". And although those who truly know me know I'm good for a laugh, I do frown often when in deep thought.

I was told it's a Gadite thing, but no excuses. So how do I soften my countenance? One thing I've done is to be aware of my surroundings. When at the Sabbath, at home, or anywhere my presence has an impact I have a slight smile and lifted eyebrows. This actually relaxes my face and puts me Spiritually and physically in a place to welcome others into my space. I also reduced the amount of overthinking, which I am known to do. Not negative thinking but more of how I can support others and current projects to reach its highest potential. I say "Adiya, one thing at a time" or there's time for it tomorrow. Being able to control your countenance is equivalent to ruling your spirit. If you rule your spirit, then you can rule your facial expressions and actions. So become aware of your facial expressions, and acknowledge the type of countenance you may be presenting, then change. It's our softness we should strive to always put forward as Israelite Women.

Peace & Blessings











Shalom sisters, so traveling with children can sound intimidating and down right danting; and believe me, it will be if you're not prepared. Whether you have one child or several children you'll want to make sure you are always prepared, to ensure a peaceful, stress-free and enjoyable trip.

Ezekiel 38:7 - Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them.

Your lord shouldn't have to be bothered by unruly kids, or being late to every event, having to buy unnecessary items you already have at home, or deal with your attitude because the kids are 'getting on your nerves'. And if you're single, I'm sure you don't want to endure the above alone. So we will go through a few tips and tricks by sections. First let's talk about:

Planning Ahead:

So ladies when planning ahead this involves making a budget (if possible and with your lord's approval) and a little research. When choosing a place to lodge you not only want to consider what is affordable but also be very considerate about the amenities and location! Depending on how long you are lodging this is going to be a 'make or break' situation. You want to consider having a place with at least a fridge and microwave but if you can... go ahead and get you a kitchenette sis. I say this because you come out cheaper (especially for larger families and longer stays) if you cook. I know, I know, you're thinking why do I want to cook while I'm traveling, but sis we are supposed to be prudent (wise) women and wives.

Proverbs 19:14 "House and riches are the inheritance of fathers: and a prudent wife is from the LORD."



For example: You will save tons of money by spending \$200 on groceries versus going to brunch and dinner for 4 days straight with a family of 5. If possible find a place that is washer/dryer accessible, we all know accidents happen. So plan ahead, know your area. Already know where the local supermarkets are and affordable restaurants. Location is important because you don't want to be 40 minutes away from the events, 20 minutes from the nearest grocery store, 25 minutes away from the nearest restaurant etc. You didn't do your due diligence when choosing a location, now y'all are in the boondocks having to drive your car or a rental (more gas), or no car and having to Uber everywhere (\$\$\$). And make sure you're doing your research on any Airbnb you may be looking into! Take the time to check out the reviews online and look up the neighborhood on another credible site! You want to make sure that any place you choose is child friendly. Don't pick the place with all white rooms and glass fixtures everywhere. Also, keep in mind the sleeping arrangements for everyone to be comfortable. Try to NOT pick the place where your lord is having to sleep with 3 kids feet on his back in a queen size bed. Your lord's comfort is number one! Consider a suite with a living room so when kids go to bed you can lodge in an area away from them, if you're in a hotel. If getting a rental then this will be easier for some alone time with your king. This is also the time you want to plan out to see attractions and map out your stay. Look ahead of time, you may find coupons and discounts you can utilize while you're there, you don't want to be in the ticket line thinking "wow this cost more than I expected". Being proactive saves money and time. That way you already have an idea of how much you'll need.

**If you're a single sister consider traveling with another proven and willing sister that can assist you with the children.

Pro Tip: If you have small children, look up large playgrounds/parks or free activities such as river walks, or swimming in the hotel or local pool. You don't want to spend \$500 on major attractions that they won't even remember by the end of the week. Let alone the next day! Trust me, children are much more simpler then we make them out to be entertainment wise.

Packing:

Speaking for myself, I used to be an over-packer. After years of trial and error my lord has finally stopped calling me bag lady. My advice to you all: pack smart, light, and realistic. What I mean by that is to plan all of the outfits ahead, don't bring what you're realistically not going to use, and think in terms of usability. Be prepared, but not overzealous. You do NOT need 10 outfits for a three day trip!

Pro Tip: Use packing cubes or if you're balling on a budget, buy Dollar Tree 5 gallon bags. I pack my children their entire day fit from undies, socks, shirts, pants/skirts in ONE bag. I do that for each kid, for each day, for the entire stay with two extra outfits bags for the smaller children and 1 extra for the older ones. I have a bag for extras such as undies, and socks. At the end of the day you can put that outfit back into the bag and label it 'Soiled'. This keeps the suitcase from being messy and clothes all over the place. You don't have to worry about finding any one part of the outfit, it's all conveniently in one bag.





A few things to consider:

- Don't forget to pack your child carrier/harness.
- Pack a busy bag, to keep kids busy during travel or
- Don't forget to pack the snacks, buying from airports or gas stations can get costly and don't always offer nutritional choices.
- Always pack a light jacket and blanket. Israel loves to fellowship late, you want to prepare for sleeping children.
- Fringe the jacket (mentioned above) in case you have to buy your child a new outfit and can't fringe it, they can throw on the jean jacket and be lawful.(or bring a fringed
- Remember to pack your children's insurance cards. Accidents happen or sudden illnesses happen. (I spent Passover: Royal night, in the ER with one of my son's)
- Have incidental money, you may have to buy something. you didn't think you needed.
- Don't forget medications, and a small travel size first aid. You would hate to buy a 10\$ box of bandaids for a 'boo boo' to only use one or two.
- Leave a little pocket of room in the suitcase to bring home extra items. Wouldn't want to pay for extra baggage at the airport over a few small items.

Carryon:

Here are some suggestions to get you thinking about what your child needs in their carry-on:

- Pacifiers or teething toys have extra in case one gets lost or dirty
- Wipes and diapers have more diapers than you expect to need have some napkins or wet wipes handy for clean-
- Extra clothes for the child.
- Snacks think about things that don't make a lot of crumbs (avoid muffins!) or 'hard to re-seal and will get goo everywhere' items (like yogurt tubes). Try large items they take bites of (chewy granola bars or protein bars, fruit strips, applesauce packets).
- A sippy cup for water (if you're traveling by plane, fill it after security)
- If you're flying with an infant, be sure you know TSA rules for packing breastmilk or formula -

https://www.tsa.gov/travel/special-

procedures/traveling-

- Children for plane rides: the pressure changes during takeoff and landing can be really hard on a baby or child's ears, causing a lot of discomfort and leading them to cry a lot. For a baby, plan to nurse or give a bottle during these times. For an older child, have them chew gum, suck on a lollipop, or use a sippy cup with a straw to relieve the pressure on their ears
- Toys / activities to keep them entertained.
- A plastic bag for trash, for wet clothes, for an "I don't have time to re-pack these things properly so I'll just shove them in here for now bag).

Busy bag suggestions:

- Tablet or phone with books, movies, or apps loaded and ready to ao. Yep... no matter your usual attitude toward screen time, this may be a great time for it. Normally I advocate for passive toys to encourage kids to be active, but here, we actually want a passive child so occupying their attention with the screen can be helpful.
- Reading materials.
- Puzzle books / activity books/workbooks
- Art supplies / drawing toys: You could pack a small pad of paper and a bundle of colored pencils or markers. These are great for art, but also for all sorts of paper-pencil games like Hangman, Dots, Tic Tac Toe, etc. I also like small white boards and magna-doodle toys, and paint with water books, and Wikki Stix.
- Magnetic travel games, like chess or magnetic tangrams.
- Assorted small toys (That if lost, you wouldn't lose sleep over) - you know how random inexpensive toys enter your life from time to time? Things that aren't great toys, but do provide short-term entertainment? Toy cars, plastic animals, and so on... Pull those out for trips. Dollar tree toys.

Strollers/Car seats:

When it comes to strollers and car seats. Know the airline policies, some will charge some won't, be prepared. Or if you have a few extra bucks. Some cities have kids equipment rentals businesses that provide strollers, car seats, playpens etc at a very affordable price. That may be easier than lugging these things around. Some places we've flown and couldn't bring 3 booster seats so we invested in these (Portable car seats). A lot of Ubers/Lyfts will not let you ride without your child being in a car seat.

Things to avoid:

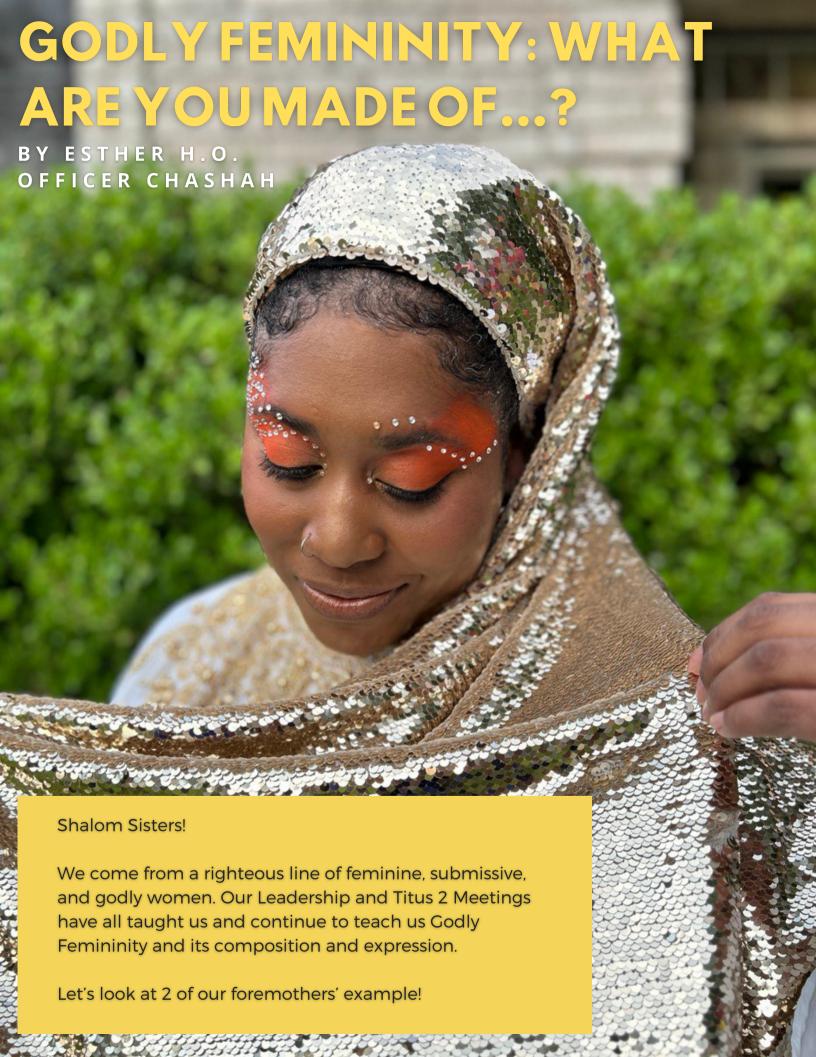
- Don't bring anything that is irreplaceable. If they are utterly reliant on a single comfort item that is irreplaceable and that gets lost or damaged, that can be devastating (for them). Encouraging your child to rotate between multiple comfort items - if possible - gives you more flexibility. And you can leave the irreplaceable one-of-akind item at home, and bring the generic, easily replaced item along.
- Don't bring expensive or valued items you feel you must bring home with you.
- Don't bring things that are really messy (Paint, playdough, stickers with backings you remove!) or really loud items (instruments, electronic toys).
- Avoid items with lots of little pieces where if you drop / lose some pieces it will create great frustration (puzzles, Lego sets where they want to follow the instructions precisely, games with irreplaceable pieces). Travel Day
- If you can check in online, print baggage tags online, get your maps ahead of time, or any other preparation, do so! The less you have to juggle on the road while juggling kids, the better. Dress everyone in comfy clothes, with layers to adjust for too much heat or too much air conditioning, and shoes that are easy to get on and off.
- Allow LOTS of extra time. More than you think you'll need! If you get somewhere early, you can always walk around to burn off some kid energy, or play I spy, or whatever, and you won't be nearly as stressed when inevitable long lines or delays crop up.











Foremother: Susanna

Susanna was the very beautiful wife of Joacim, a very rich man.

Two elders/judges lust were inflamed for her so much so they lied and tried to get her to have sex with them.

But, Susanna was made of Godly Femininity!

Susanna went straight away to The Most High God! She prayed and cried aloud. Susanna did not try to physically harm the wicked elders, she did not conspire to have them killed, she did no disrespectful act to them; Susanna simply went to God, prayed, waited and was delivered. (The History of Susanna v1-v64)

Susanna's Composition: faith, prayer & trust in God, a great name, patience, honest & honorable, unmovable, and respectful

Foremother: Abigail

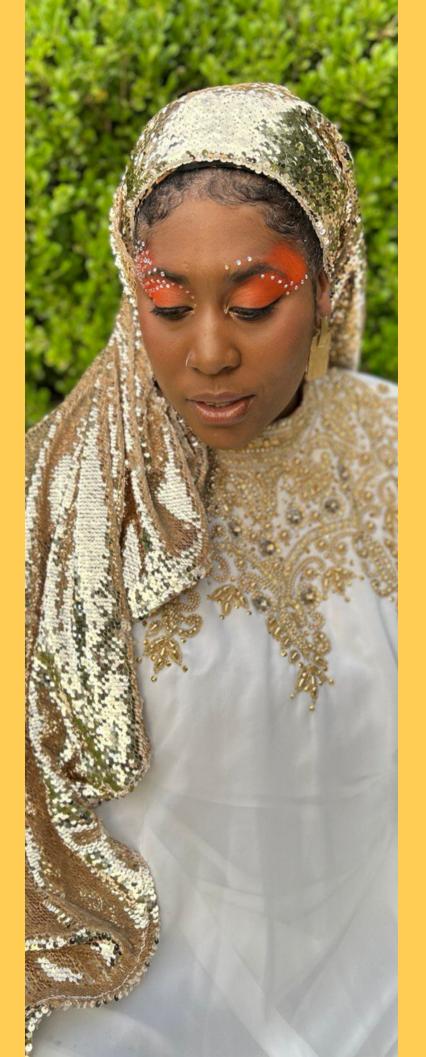
Abigail had good understanding and was very beautiful; she was married to Nabal, a foolish man with great substance.

Nabal's had thousands of sheep and goat which King David and his men watched over meticulously for safety. One day the men of King David went to Nabal for food and were foolishly and arrogantly denied by him. King David and his men packed their swords and went to kill Nabal's entire house!

But, Abigail was made of Godly Femininity!

Abigail immediately hasted and gathered food for King David and his men. She and her maidservant met King David. Abigail made obeisance and pleaded her case with a large display of fine food and with respectful, encouraging, and wise speech. (1 Samuel 25:1-38)

Abigail's composition: wise, courageous, motivator, good speech, self-less, respectful, and good cooking skills.





TABERNACLES PREP: FIRST TIME MOM **EDITION**

By Mariah Israel H.O. Officer Elihu

Shalom sisters, It is about that time of year again it is almost Tabernacles Time. The Feast Of Tabernacles is near and it is one of my favorite high holy days hands down. I enjoy spending quality time with my righteous family outdoors. In addition to this, Tabernacles is a great time to self-examine and see how your spirit aligns with the word of god. During Tabernacles, we are oftentimes faced with many challenges being outside of our comfort zone. I have experienced Tabernacles single, married and now I will be experiencing Tabernacles as a first-time mom. I have no idea what to expect since this is my first time celebrating Tabernacles as a new mom. I have been thinking about so many items my baby will need for the feast. I have spoken to multiple experienced sisters regarding preparation. After speaking to sisters and doing research I have compiled a list of important things to consider.

Clothing: Celebrating Tabernacles over the years has taught me a lot. One of the major lessons I have learned is to expect the unexpected in the wilderness. Things do not always go as planned. The weather is constantly changing. We truly never know what the lord has planned regarding the weather during the feast. I want to make sure my baby has clothes for all weather conditions. I will be bringing my son jeans, thermals, long-sleeved shirts, boots, hats and scarves, thick blankets, and more. During Tabernacles up north, it tends to be Warmer during the day and cold at night so I will bring a variation of clothes to be safe.

Medicines and vitamins: When being in the wilderness you never know how the weather will affect your little one so it is best to bring medicines such as cold, cough, fever reducer, immunity vitamins, etc. Of course, consult with your pediatrician first especially if your baby has underlying health concerns. Make sure to bring any prescribed medicine and medical items your baby will need.

First Aid Items: First aid items are essential to keep on hand especially when having little ones. Some of the items to keep on hand would be band aids, antibiotic ointment for scars, alcohol pads, thermometers, fever-reducing items, and more.

Cosmetics: Bring the cosmetics that work for your baby. It is best to stick with what you know works well for your baby already. It is not a good idea to start your baby on new products while in the wilderness because you do not know how they will react. Stick to what works and also consider different ways to keep baby skin moisturized in different weather conditions. I will be using shea butter on my baby's skin during tabernacles since it keeps you warm and moisturized.





