

Peculiar People

WHAT'S IS SELF HATE
VS. SELF LOVE?

THE ART OF
CONVERSATION
WITH LADIES OF
ELEGANCE

Colorism

DOES IT STILL
EFFECT US IN
THE TRUTH?



Zuriel's Fashion





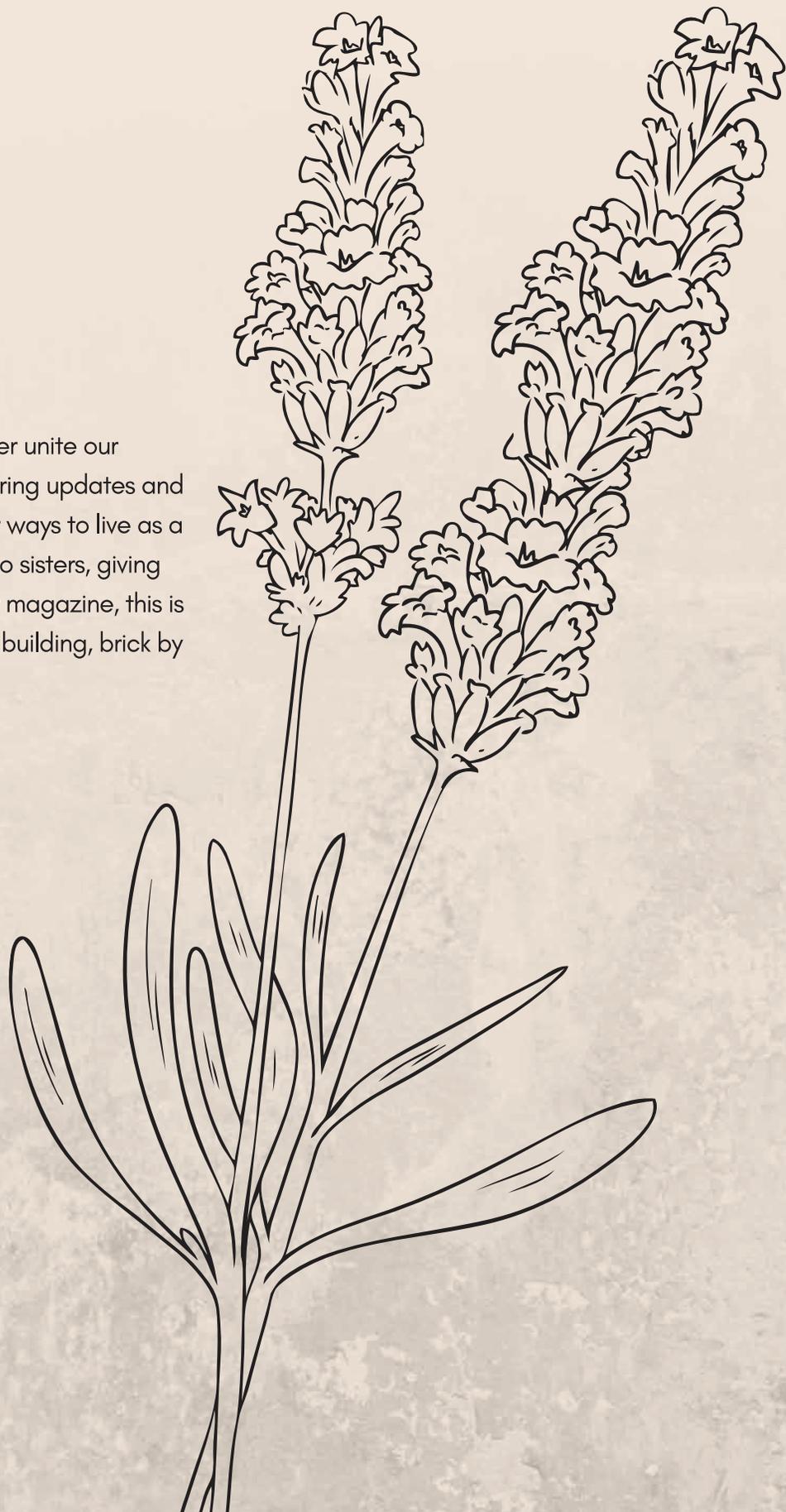
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Publishing Statement

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. This is our magazine, this is our business, and this is our nation we are building, brick by brick.

– PECULIAR PEOPLE CREATIVE TEAM



YOU'RE MY SISTER,

LETS STICK TOGETHER.

BY YASMIN ISRAEL

H.O. DEACON YAWASAP

Let's think back to a time where making friends was just as easy as trying to keep them. Whether we have had the opportunity to be born into this Truth or are recently trying to handle all of the demons we struggle with at once, retaining special bonds can somewhat be tricky. Think to yourself: when I look for a friend, is she a reflection of me? Is she trustworthy? Does she keep the statutes and laws of TMH? How about this curveball for self examination: Am I a reflection of my foremothers? Am I proven to be friendly? Do people find my presence exceptional? The scriptures clearly mention what NEEDS to be consecutive behavior to maintain sisterhood:

Proverbs 18:24 *"A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother." In this case, once you are on your way into repentance and letting go of that old woman, becoming blameless and 100% nicer than you were in the world would lead you on the right road to recovery!*

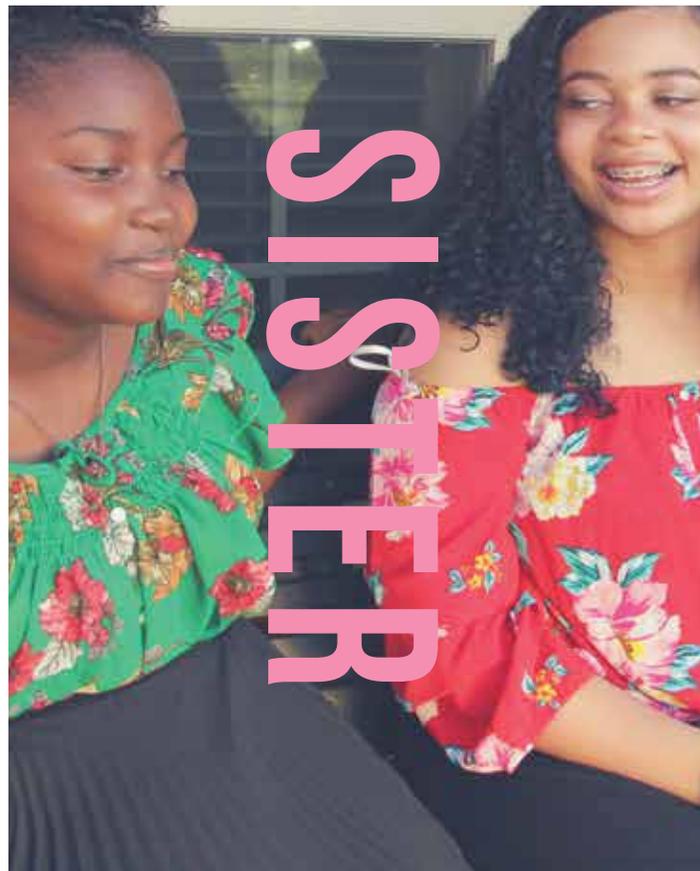
Now being raised within the discipline of the commandments, I was able to see the true benefits of keeping the laws. Under the guidance of my father and mother steering me from a young age to fast forwarding to this very moment right now being 19 years old I must say spiritual growth and true repentance can still be a daily war within your mind.

Sirach 2:1 states *"My son, if thou come to serve the Lord, prepare thy soul for temptation."* With that being said I know when I say this I speak for all Israelite sisters who either attended public or Catholic school, worldly males and females are the devil! No matter how prestigious the school you attend or have attended, this can mean high school or even college, if the company you keep does not KEEP and OBEY each commandment written in the Bible, then he or she is not a godly soul you should associate yourself with. My spirit somehow always struggled with this scripture right here: **Sirach 27:12** *"If thou be among the indiscreet, observe the time; but be continually among men of understanding."* Ever since kindergarten up until high school, I attended catholic institutions. I dealt with the bullying, humiliation and overall transition of transforming my life as an Israelite lady, while still having to let my light shine so that my peers could glorify TMH (**Matthew 5:15-16**). My fellow classmates use to jeer at the idea of me always wearing long uniform skirts, no tight clothing or never being able to show my legs. So every time we use to have days where we could wear our apparel of choice, I opted to just wear my uniform in fear that my long jean skirts or flowy dresses with fringes and a border of blue would be continuously mocked.

Upon graduating the 8th grade, here's where the real trials of my life came to attack me. To all my Israelite sisters, if you are at a point in where you are about to enter high school soon, let me prepare you now... BEWARE of all types of filth and demons! Take this as a precaution well learned.

Romans 5:3-4 "And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; 4 And patience, experience; and experience, hope." Because no matter how well learned or advanced you are in memorizing scriptures, if you are not applying them daily the devil will mess with your head instantly without you even realizing. As they say "Birds of a feather flock together." If you are not giving time to the Lord to study, unrighteous people will pick up that you are not serious in what you claim to believe in and will test you in areas you would never think was your struggle.

Even going to an all girl high school did not stop the pressure of trying to lay with boys, go to parties, drink, smoke or even lie to your parents about what you do at school and who you hang around. With that, I thank the heavenly Father for allowing me to graduate and seeing another day of life and also giving me a little more wisdom to guide sisters who may be struggling to deal with peer pressure or just the trials of repentance.



Here's my goal as I am still growing each day in this Truth, I sincerely wish that I am able to change either one or many of the sisters I encounter. There's still much to learn while putting your brick in for the Lord. If you see a sister lacking, be your sister's keeper, correct her and esteem her higher than yourself so she can learn from her mistake and move on (Leviticus 19:17, Philippians 2:3). Unity amongst sisters is a big portion of what needs to be accomplished to get into the kingdom. Although, the Bible says let our own works prove you worthy to enter into the gates of heaven, it's YOUR duty as an Israelite girl, young lady, or adult to keep in contact with righteous believers that DO the commandments of TMH and keep the unity a collective throughout all of Israel. Like I mentioned before, If it seemed so easy to please those worldly friends of yours, then you should go triple the mile to maintain peace and love amongst your sisters. Sirach 25:1 "In three things I was beautified, and stood up beautiful both before God and men: the unity of brethren, the love of neighbours, a man and a wife that agree together." The only reason we can never get along as a people is because we have been instilled with hatred for one another during slavery. Well guess what, if you want to live another day, achieve wisdom and even the Kingdom, learn how to be a kind, respectable Israelite woman. Sisters, let's do this together!



MELANIN MILK

THE FIRST 48

By Arija Israel, H.O. Zamar Israel (Dallas, TX)

Also known as liquid gold, breast milk is The Most High's gift to both mom and baby. Milk production begins months before a woman gives birth and it provides the exact nutrition needed to sustain this new life. Although breastfeeding benefits the mom as well, the first few days and weeks can be tough. On top of caring for a brand new baby, which involves lots of sleepless nights and overwhelming emotions, moms often struggle with the basics of breastfeeding. There are, however, a few tips to establishing a healthy relationship from the moment baby is born.

In the first 48 minutes, skin-to-skin contact is vital. Milk secretion, or lactation, begins when the placenta detaches from the uterus and is stimulated by oxytocin, the "happy hormone." Holding your brand new baby close will increase your oxytocin levels, in turn telling your body milk is needed. Once baby begins to "root" or make suction motions with their mouth, it is time to latch onto the breast. A good, deep latch is crucial to ensuring successful milk transfer, as well as avoiding cracked and bleeding nipples. The immediate latch can be uncomfortable for the first few weeks, but it should not be painful. Working with a lactation consultant or doula at this stage will be extremely beneficial.

"Breast milk is The Most High's gift to both mom and baby. "

In the first 48 hours, your baby will receive colostrum. It is a thick, yellowish milk full of antibodies for the immune system, carbohydrates, and protein. Because of its thickness, colostrum is harder to express (by hand or pump) from the breast, but baby will handle that. Breastfeeding during this time should happen every 2-3 hours to help increase milk production and weight gain.

A newborn's stomach is very small (the size of a cherry actually) so colostrum is the perfect first food. A baby only needs 5-7 milliliters, or 1-1.4 teaspoons of milk every couple of hours. You will know baby is getting enough by their diaper output. Day 1 should yield 1 wet and 1 poopy diaper. Day 2 should yield 2 wet and 2 poopy diapers. This pattern will continue for a bit and then completely change as breastfed babies can actually go 2 weeks without a poopy diaper. Rest assured, your body and baby know what they're doing, even if this is the first time doing it.

In the first 48 days, brace yourself as your colostrum begins to transition to mature milk. 3-4 days after birth, the body will start over-producing milk and engorgement can occur. It is completely normal, the production will regulate based on the baby's eating, and frequent nursing sessions will help this process. A pump, bottles, and pacifiers should not be used in the first 6 weeks as these things can drastically affect your breastfeeding relationship. Instead of the pump, hand expression, warm showers or towels, and massage can help the discomfort you might be feeling. Instead of bottles and pacifiers, allow your baby to be soothed at the breast. You will not spoil them by doing this. Milk spoils...babies do not! Once your milk is regulated, you will notice a change in your breasts. Lactation will occur more in line with your baby's eating pattern and the journey will get a little easier.

Overall, in the first 48 minutes, hours, and days, moms often start to doubt their bodies and begin to think they aren't producing enough milk. Why? Newborns are fussy and seem to constantly be giving the cues

that it's time to eat. We naturally equate crying to hunger and/or that something is wrong. Remember, your baby spent roughly 9 months in a warm, safe, comfortable environment and is now overstimulated by the new world around them. Attached to you (at the breast) is the best place for them to hang out, and on top of that, babies nurse for more than just hunger. Commit this to memory: thirst, hunger, love, relaxation, and development and immunities. So grab your Bible, water and snacks, turn on Periscope, get comfortable, and enjoy this wonderful new addition to your household!

Lo, children are a heritage of the Lord: and the fruit of the womb is his reward. Psalm 127:3

Interested in a prenatal breastfeeding prep session or in need of a postpartum consultation? Contact Sis. Arija Israel, Birth In Color Labor Doula & Lactation Consultant via email (info@birthincolor.com).

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IS TECHNOLOGY RAISING YOUR CHILDREN?

BY MARIAH ISRAEL (NYC HEADQUARTERS)

Today we live in a world that is extremely technology dependent, we cannot even go to the bathroom without some sort of device whether it's a phone or a tablet. We allow technology to dominate every aspect of our lives including our parenting. Many parents today barely spend quality time with their children. Instead, they would rather give their children tablets with age appropriate apps downloaded on them, to keep them busy. There is nothing wrong with a little technology use every now and then, but before doing so, it is important to understand how the use of technology can affect your children.

During the time of a baby's early brain development, technology such as phones, tablets, and television should not be introduced to them until they are at the age of 2 years old according to The American Academy of Pediatrics. Many children who are introduced to technology at a young age are more than likely to develop problems with their speech (Elise Hu, "What You Need To Know About Babies, Toddlers And Screen Time"). Children can also develop difficulties with concentration, obesity, and many developmental delays. An infant cannot mentally understand what is being presented to them on the screen, According to healthychildren.org it is not until the age of 18 months when a baby can actually relate to the world that they are living in.

Nevertheless, this does not mean that having a tablet in front of your baby at this age is beneficial to their development. A baby's

brain is not being properly stimulated by staring at a screen for hours.

A baby benefits greatly from their parents talking to them, according to WebMD children are able to develop stronger language and conversational skills when their parents speak to them frequently. There will also be greater possibilities of your baby doing well academically with a higher IQ from engaging in conversation with them at a young age according to washing-tonparent.com.

As children grow older, television and the use of technology will be harder to avoid due to some schools, as early as preschool use some form of technology for teaching purposes and entertainment. So it is important that the time children spend using technology is monitored. Children do need to have some form of physical activity daily like chores, communicating with others, going outside, along with reading the scriptures.

According to the Huffington Post when children are engaged in too much technology their visual, auditory, and sensory systems are being overstimulated but their vestibular, proprioceptive, and tactile systems are not getting the daily stimulation they need in order to properly function. The vestibular system is located in the inner ear and affects the awareness of one's body position, movement, and sense of balance (growinghandsonkids.com). The proprioceptive system consist of our bodies having a sense of where we are and

our muscles contracting in response to the external forces according to SPD Australia.

The tactile system refers to touch and how we are able to differentiate types of textures, also how to determine what kind of pressure to apply to different positions involving our hands. Keeping these systems healthy is very important for a child's development. Here is a list of things children can engage in according to growinghandsonkids.com to better their vestibular system:

Crawling

Rolling

Tummy time or stomach time

Climbing

Jumping

Swinging (upright, upside down, side to side, spinning)

Basically moving and putting their bodies, in particular their head in as many different positions or movements as possible. In order for children to develop a healthy proprioceptive system they must become active. When a child has a healthy proprioceptive system they are able to properly move their bodies.

For a child to develop a healthy tactile system they can do activities like drawing, writing, and touching different shapes. Creating a sensory board is another way to help your child obtain a healthy tactile system. The sensory board exposes children to different textures for them to familiarize themselves with.

Allowing children to engage in these type of activities to improve their tactile system will help them to not overreact to touch, and they will be able to respond efficiently to sensory information according to the inspiredtreehouse.com.



An example of a sensory board

It is so important that when your child is watching television, you are well aware of the content that is entering into their spirits. Do not for one second get comfortable in this captivity because the devil never sleeps and is always busy (1 Peter 5:8 KJV), seeking to pull us out of the spirit, including our children. There are many wicked television programs and movies out there that our children are watching. Let's take a look at a few of them.

SPONGEBOB



A show on nickelodeon that has been out for over a decade and promotes homosexuality. The Most High created man and woman to be together not two men that is against the scriptures.

THE AMAZING WORLD OF GUMBALL



A show on nickelodeon that has been out for over a decade and promotes homosexuality. The Most High created man and woman to be together not two men that is against the scriptures.

LOUD



A new show on nickelodeon that promotes homosexuality in the episode "Overnight Success" when Clyde, a young black boy, introduces his parents who are two men. This show specifically seeks to destroy the minds of our young black men by making it seem as though homosexuality is acceptable, when the scriptures clearly say it is not.

Thou shalt not lie with mankind, as with womankind: it is abomination. - Leviticus 18:22

"Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind"

- 1 Corinthians 6:9

ZOOTOPIA

A movie that promotes feminism through making young girls believe they can be equal to men in the workforce and especially when it comes to wearing pants. The Most High is very clear on how he wants the women of israel to dress and also on their role.



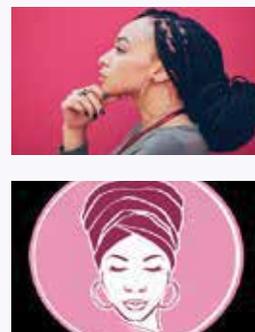
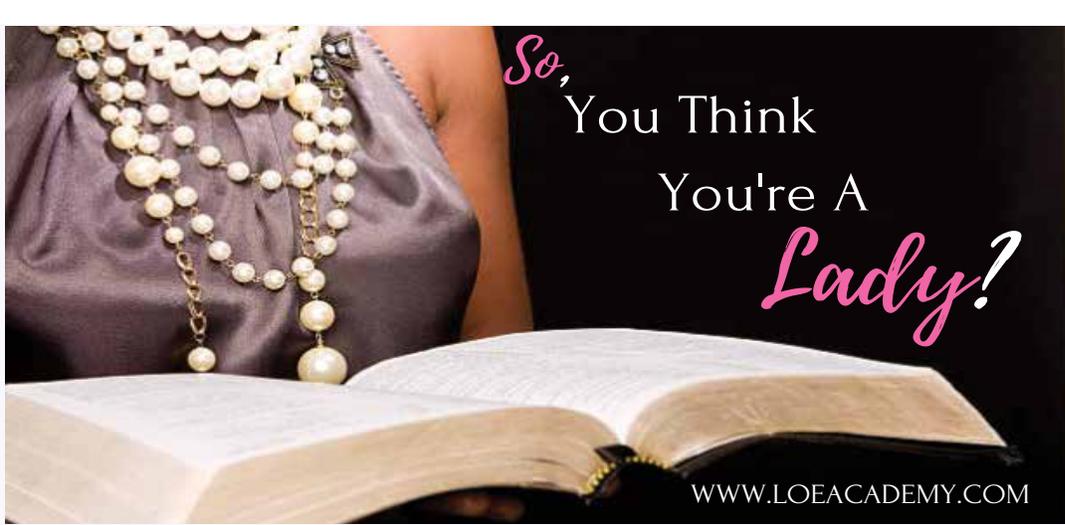
"The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God"

-Deuteronomy 22:5

"But I suffer not a woman to teach, nor to usurp authority over the man, but to be in silence"

"-1 Timothy 2:12

As you see, it is crucial that you seek to spend time with your children, instead of letting them watch TV all day, becoming indoctrinated by Babylon's whorish and defiled ways. I hope this information was insightful to all parents, seeking to stay in the Word, along with protecting their children within God's laws.



Scan & See



Join The Sisterhood!

THE ART OF CONVERSATION

BY MARIAH ISRAEL (NYC) FEATURING
NANI ISRAEL (LADIES OF ELEGANCE)

As Daughters of Sarah it is important that we are maintaining a royal standard. We must learn how to properly speak to one another. There are times when we say things to one another and it may not come out the right way it may be offensive. Speaking properly in a conversation is an art. When speaking you always want to make sure that the person listening is understanding what you are saying. Ladies always make sure that you are explaining yourselves well and representing themselves appropriately. Take your time when speaking, because when you make haste to say something it's a possibility it can be misunderstood. (James 1:20)

Here are some conversational tips....

If you have ever wondered how to gracefully exit a conversation in any social situation, wonder no more!! Follow this easy-to-use formula to leave a conversation no matter what setting you are in:

Step 1 - Use a positive comment or wait for a natural transition (pause): kick off the closing by leaving positive vibes using phrases such as -

“that’s great!”
“how funny!”
“that’s surprising!”
“very interesting!”

Step 2 - Acknowledge the interaction: tell the person that it’s time for you to leave, even though you enjoyed their company. You can use phrases such as -

“I enjoyed our conversation”
“I had a good time”
“it was nice seeing you”
or “let’s talk again!”

This leaves a great impression on your listener, because you took the time to let them know that you appreciated their time.

Step 3 - Use a salutation: Before walking away, use a basic greeting to close the conversation on a great note. You could say -

“have a great day!”
“call me sometime!”
“Shalom!”
“goodbye!”

Let’s see a few examples of this formula at work:

Example 1 - “How funny! I have to leave, but it was so nice catching up. Call me sometime!”

Example 2 - “That’s great! I need to catch a ride, but I had a wonderful time. Shalom!”

Example 3 - “Very interesting! I have to get off the phone, but I enjoyed our conversation. Goodbye!”

Have you mastered the 3-step convo closer yet? No worries, practice makes perfect!

*Brought to you by The Ladies of Elegance Charm Academy
www.loeacademy.com



Polish & Perfect

- MY SELF-ESTEEM
- MY MOUTH
- MY BODY LANGUAGE
- MY IMAGE
- MY NETIQUETTE
- MY PURPOSE
- MY DINING SKILLS

STRAIT TALK

by Yael Israel, H.O. Officer Enoch



"I've been a Licensed Holistic Health Practitioner for approximately 10 years, under the American Association of Drugless Practitioners. I'm also an alumni of The Institute of Integrative Nutrition."

So many of us are sick and going through afflictions, such as high blood pressure, asthma, diabetes, mental disorders, skin conditions, pain, gum issues, weight problems, stress, migraines, constipation, gout, anxieties. We go to the doctor to get prescriptions or to our local corner store and get pain relievers for what ails us. Many of us do not know that we have a remedy right underneath our noses, right in our homes. We do everything for our health like eat right, exercise, drink good water and wonder why were still sick and tired.

So long time ago I came across a book called "electrolytes the spark of life," and it was about minerals which are... electrolytes. Electrolytes (minerals) are the spark plug that makes our body work. They control the stability of our cell membranes, support and maintain the function of our heart, digestion, muscles, nervous system and cell communication, to maintain homeostasis in our body.

Electrolytes are loss due to sweating, saunas, emotional stress, alcohol, prescription medications, diuretics and also processed foods. We have to replenish the loss of these minerals to keep our bodies healthy and functioning like a well oiled machine.

FIVE MOST IMPORTANT ELECTROLYTE MINERALS:

- Sodium - regulates the amount of water in our body
- Potassium - helps regulate pH balance
- Calcium - aids muscle contraction
- Magnesium - eight healthy cell function
- Chloride - helps regulate the fluid inside and outside cells
- Bicarbonate - helps regulate pH balance

You might ask where are we supposed to get these minerals from? From eating fruits and vegetables and healthy animals yes from our food. But remember earlier we're doing everything for our health like "eat right" so why are we still sick and tired despite these efforts.

Nutrients in our food or being impaired due to the soil being depleted of minerals, over farming the land, and lack of crop rotation.

DR. T.K. Stone Author of "the fertile ground" said, "when a certain nutrient is deficient or completely lacking, the body and mind will not function normally. When the complete nutrition for a plant or animal is lacking nutrients, there are consequences, like weak immunity." This is why we need to supplement our diet with vital minerals to put back what is lacking in the food we eat. Today I want to talk about one of the five electrolytes (minerals) that's right underneath our noses, that's in many homes, which is magnesium Sulfate (Epsom salt) which can remedy many ailments. Magnesium is needed for more than 300 biochemical reactions in the body. It helps to maintain normal nerve and muscle function, supports a healthy immune system, keeps the heart beat steady, helps bones remain strong, regulate blood sugar levels, aid in production of energy and protein synthesis. Managing and preventing high blood pressure, heart disease, diabetes and can be used as a detox.

HOW TO KNOW IF YOUR MAGNESIUM DEFICIENT:

- * Hyperexcitability
- * muscle weakness/soreness
- *Twitches
- *Fatigue
- *Apathy
- *Loss of appetite
- *Sound and light sensitivity
- *Insomnia
- *irritability
- *Poor memory
- *Confusion
- *Reduced ability to learn
- *Irregular heartbeat
- *High blood pressure
- *Mental disorders
- *Seizures
- *Pain
- *Anxiety
- *Constipation
- * asthma
- *gum issues
- *weight problems
- *stress
- *migraines
- *Gout
- *Barium poisoning
- *Eclampsia

Why Epsom salt (magnesium sulfate)? It is the fastest way to get magnesium into the body for tissue saturation at low-cost externally and internally, it's also on the WHO (world health organization) model list of essential medicines.

How to take Epsom salt internally and externally?

INTERNALLY :

- *2 tbsp of Epsom salt to 1 liter of water with 1 tsp of pink Himalayan salt (loaded with minerals and for hydration. Another remedy right under neath our nose in most homes) drink before bed time.
- * 1 or 2 tsp of Epsom salt 1/4 tsp pink Himalayan salt in 16 oz of water
- BONUS electrolyte mix: inspired by Cole Robinson
- *2 liter water
- *1 tsp potassium chloride (no salt or nu salt or just by potassium chloride from NOW brand supplements)
- *1/2 tsp sodium chloride (pink Himalayan salt)

- *1 tsp sodium bicarbonate (baking soda)
- *1/2 tsp magnesium sulphate (Epsom salt)
- *3,000 mg of vitamin c (or just add 2 or 3 lemons juice only or just purchase lemon juice from your local grocery store add 1 oz)
- *Drink as much as you want through out the day

EXTERNALLY : Mineral bath and foot soak
*1-2 cups Epsom salt for bath if you need to go slow add 2 tsp

- *1 cup Epsom salt for foot soak
- *You can also make a paste to be useful for small boils or localized infections by adding it to bentonite clay.
- *Magnesium side effects : Stomach upset, nausea, vomiting, and diarrhea.

"Disease is mental and physical it doesn't just happen"

FOODS AND HERBS HIGH IN MAGNESIUM:

Organic raw cacao, beans, dark organic green leafy vegetables, cashews, pumpkin seeds, sesame, seaweed, basil, parsley, cilantro, caraway seed, Cardamon, celery seeds, rosemary, saffron, oregano, thyme, red clover, burdock root, yellow dock, Chaparral, wild salmon, matcha green tea, Swiss chard, spinach, almonds, avocado, Figs and black beans.

Disease is mental and physical it doesn't just happen, as a man thinketh so is he (proverbs 23:7) remember we reap what we sow (Galatians 6:7). God allows these things to happen as well (Job 1:7-12), remember the man who was born blind (John 9:1-7), that's why we have to be born again (John3:3-5)and convert our minds (Acts 3:19 (Psalms 19:7). Christ said our faith makes us whole (Mark 5:34),Faith comes by hearing the word (Romans 10:17). We have to deprogram ourselves from this wicked kingdom and BE retaught again (Hebrews 5:12). Your.... Body is the temple of God and you were bought with a price (1 Corinthians 6:19-20), so you have a responsibility, to the best of your ability, not to the defile it (1 Corinthians 3:16-17).

Bay Leaves

Flavor soups and stews with whole leaves; remove before serving.

We are going to eat our food the defiled (Ezekiel 4:13), but we have to pick the better choices out of what we have and supplement the rest to be healthy, happy, strong in mind and body (Sirach 30:15-16)!!

DISCLAIMER - The information contained is solely for general purposes only nothing contain is intended to constitute, nor should it be considered, Medical advice or to serve as a substitute for the advice of your physician. None of the information offered here is intended to replace any program that your medical doctor has prescribed for you, nor to conflict with any pharmaceutical medications you are taking. This is from my experiences and knowledge base purpose .



Wash your hands and feet with Epsom salt.



Epsom Salt

Marjoram

The fresh, citrusy flavor is great on chicken or beef.

ARE YOU FIT?

By Rinnah Israel, House of Hezeki
(IUC Hawaii)

FITNESS

Fitness improves every
aspect of your life.
Irritability decreases.
Tones your body.
Natural weight loss.
Energy levels increase.
Stress reliever.
Sleeping becomes more
pleasurable.

According to the Centers for Disease Control and Prevention, 70% of adults over the age of 20 are overweight and 30% are obese as of 2013-2014. This poses serious challenges on how we view ourselves and what we see as normal. After giving birth to my first child, I retained an additional twenty pounds. I had grown so accustomed to large food portions and the freedom of indulging in any kind of food my heart desired, that changing my mindset had become unimaginable. Then the Most High blessed my Lord and me, with our second child. Learning from my first experience, I did not gain nearly as much weight as I did with the first pregnancy, but gained more than the recommended amount. In spite of those odds set against me, I managed to lose all the baby weight from my first child, but now I am faced with the challenge of losing the weight from my second.

*"She girdeth her loins with strength, and strengtheneth her arms."
- Proverbs 31:17*

Fitness is the condition of being both physically and mentally fit says Dictionary.com. Today, most people think that fitness requires just going to the gym to exercise. However, being fit involves your commitment to healthy eating and continuous physical training. You must love and care enough about yourself to let go of the bad habits.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." - 1 Corinthian 10:31

The Benefits of Fitness

"Sound sleep cometh of moderate eating: he riseth early, and his wits are with him: but the pain of watching, and choler, and pangs of the belly, are with an unsatiable man." - Sirach 31:20

I served in the Army during my youth which gave me exposure on how to be fit, both mentally and physically. Being in shape gave me confidence since I looked and felt great. Fitness had become a regular part of my life, a true lifestyle change. Prior to becoming pregnant, for years I would participate in annual 10k runs which eventually inspired me to run a half marathon, 13.1 miles. My goal was to run a full marathon, 26.2 miles, but I may leave that for another lifetime. I was in the prime of my life and I felt amazing. I was a vegetarian who ate healthy, slept well, had lots of energy, my skin was radiant, my hair was long and healthy, and most importantly, My Lord adored me.

"The grace of a wife delighteth her husband, and her discretion will fatten his bones." - Sirach 26:13



YouTube Channel: [Shana Israel fitness](#)

Diet and Exercise

“If thou sit at a bountiful table, be not greedy upon it, and say not, There is much meat on it.” - Sirach 31:12

Cardiovascular workouts and eating healthy promotes hair growth and age defying characteristics. It sends oxygen to the skin therefore making the skin look younger. Toning helps the skin to maintain its firmness therefore minimizing wrinkles. It also aids in hair growth by increasing the blood flow which stimulates hair follicles. Physical workouts help to rid the body of toxins that can stunt the proper function of your organs. Eating healthy is an extremely important factor since the body needs nutrients to function properly. Diet and exercise, done properly together, will provide restful nights and mental stability. It alleviates stress and allows your thoughts to become more succinct which inevitably increases productivity.

“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” - 1 Timothy 4:8

Make Time

The number one excuse that people use for not working out is: I just don't have time. Instead, our time is consumed with our job(s) which pay the bills, caring for our children, and taking care of our homes. We can barely get 8 hours of rest at night. However, if you can incorporate at least 30 minutes a day to some type of physical activity, it would benefit you greatly. With technology today, you can give 30 minutes in the morning before your day starts. There's a variety of fitness videos on YouTube, and you can find videos that provide a tempo that matches your needs. If you work in an office, you can take a 20-30 minute walk around the building during your lunch break, or park your car a little further from the establishment. If the work environment permits, lift a few light weights at your desk during your short breaks. Personally, I like to keep my eight pound weights on my shelf in my cubicle (I'm not saying I used them often). Whenever you go to the restroom, do a few squats above the toilet prior to, or after you relieve yourself. If you have children, you could play more physical games with them like kickball, volleyball, soccer, etc. In this instance you are completing two tasks at one time. If you really love yourself and want to make a change, you must reposition your way of thinking. You must love yourself enough to treat your body as the temple.

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” - 1 Corinthian 6:19-20 19

Shalom!

“My skin was radiant, my hair was long and healthy, and most importantly, My Lord adored me.”

EXCLUSIVE:

WORDS FROM A SINGLE SISTER....

SO, YOU WANT TO BE MARRIED? WELL WHERE DO YOU BEGIN? WHAT DO YOU LOOK FOR? WHAT'S YOUR PREFERENCE? IS HE SPIRITUAL? DOES HE BELIEVE? ALL THESE QUESTIONS AND COUNTLESS MORE COME TO MIND WHEN CONSIDERING GETTING MARRIED. AS A SINGLE SISTER IN THIS TRUTH, I CAN TELL YOU IT IS NOT EASY. YOU WORRY ABOUT HOW TO PLEASE THE MOST HIGH GOD, HOW TO PUT YOUR BRICK IN, MAKING SURE YOU EXAMINE YOURSELF; SO, YOU'RE NOT THAT OLD WOMAN YOU USED TO BE AND TRYING TO LEARN HOW TO BE A PROVERBS 31 WOMAN. HOWEVER, FINDING A HUSBAND SHOULD NOT BE YOUR FIRST THOUGHT WHEN WALKING IN THE DOORS.

THE FIRST PIECE OF ADVICE I WOULD GIVE IS TO WAIT, WAIT, WAIT!!! THERE IS NO RUSH IN FINDING A LORD. THERE ARE SO MANY SCRIPTURES THAT COVER THIS TOPIC, THAT IT'S AN ENDLESS CONVERSATION. HOW MANY TIMES HAVE WE HEARD PROVE A FRIEND AND BE NOT HASTY TO CREDIT HIM (SIRACH 6:7)? ENOUGH THAT IT SHOULD BE DRILLED IN OUR HEAD/MIND/HEART TO APPLY IT. EVERYTHING IN LIFE TAKES TIME AND SO DOES GETTING TO KNOW A PERSON. WE ALL HAVE OUR OWN IDEA OF WHAT WE CALL "OUR PREFERENCE", BUT IS THAT SPIRITUAL? WHAT DO WE REALLY LOOK FOR? IS IT HEIGHT, COMPLEXION, WEIGHT, JOB/PROFESSION, BEHAVIOR, AGE OR FEET SIZE. WHAT DO WE REALLY WANT? ARE THESE VAIN THINGS TO LOOK FOR WHEN WANTING TO GET MARRIED IN THIS TRUTH? SHOULD WE LET OUR SPIRITUAL FATHERS FIND A LORD FOR US? IS, HE WHAT WE NEED OR WHAT WE WANT? WHAT WE SHOULD CONSIDER IS HOW LONG HAS HE BEEN IN THIS TRUTH, DOES HE PUT HIS BRICK IN, DOES HE BELIEVE, DOES HE MEET THE REQUIREMENTS FOR MARRIAGE ACCORDING TO THE SCRIPTURES, IS HE A LEADER, PROTECTOR, PROVIDER AND WHATEVER ELSE CAN BE ADDED TO THIS LIST. THE REAL QUESTION IS DO I MEET THE REQUIREMENTS FOR MARRIAGE? AM I READY? WHAT DO I NEED TO WORK ON? AM I ABOUT THE LORD'S BUSINESS? DO I BELIEVE? THE TRUTH IS, YOUR JOURNEY STARTS WITH YOU!

SELF-EXAMINATION IS FIRST AND FOREMOST THE MOST IMPORTANT THING YOU CAN DO (2 CORINTHIANS 13:5) AND OF COURSE SEEK COUNSEL (SIRACH 32:19)

UNTIL NEXT TIME LADIES STAY BLESSED.....

BY: ANONYMOUS SISTER

**WAIT
WAIT
WAIT!!!**



COLORISM.

DON'T CALL ME PRETTY FOR A BLACK GIRL.

*Song of Solomon 1:5-6
I am black, but comely, O ye daughters of Jerusalem, as the tents of kedar, as the curtains of Solomon*

BY MOTHER SHAMARAH

Colorism definition (Wikipedia)

Discrimination based upon skin color, also known as colorism or shadism, is a form of prejudice or discrimination in which people are treated differently based upon the social meanings attached to skin color. Colorism, a term coined by Alice Walker in 1982, is not a synonym for racism.

Colorism (Urban dictionary)

“The discrimination of African Americans by skin tone in their own community, usually subconsciously done...Perpetuated during slavery and throughout media to suggest that lighter skin females to be a higher stance than darker ones.”

Colorism is deep within the Israelite family culture within the 12 Tribes of Israel. Regardless if we are discussing Southern Kingdom versus Northern Kingdom, or within the very tribes themselves. Yet despite claiming to be spiritually awake, our self hatred of one another is destructive and counter productive. It is the direct result of white supremacy. The slave culture of generations of rape , in which Israelite women were forced to breed for the master. Lighter skinned children that resulted were still property but often garnered certain privileges that others did not. House nigger or field nigger. Bed wench or modern day side piece, still nigger. A nigger that speaks Spanish, creole, or french, still nigger.

We will hate each other rather than help each other for a perceived notion that if ones "color" is lighter or blacker it's more righteous than another. Our spiritual and mental being have been destroyed. Willie Lynch and the false image of the Messiah have only deepened the divide.

Deuteronomy 28:48 "...and he shall put a yoke of iron upon thy neck, until he hath destroyed thee."

Numbers 1:18 "... declared their pedigrees after their families, by the house of their fathers."

Isaiah 11: 13 "...the envy of Ephraim shall depart, and the adversaries of Judah shall be cut off. Ephraim shall not envy Judah, and Judah shall not vex Ephraim"

Jeremiah 12: 9 "...mine heritage is unto to me as a speckled bird."

YOU BLACK BLACK

Funny how I remember like it was yesterday, when a little light skinned boy named Timothy called me that in the middle of Mrs. Diamonds first grade class. All eyes on me, looking for a quick witted response I told him "So, you black too!" Everyone started laughing. He told me the reason I was so black was because "God forgot about me and left me in the oven too long." That was a devastating blow; I broke down crying. I began thinking to myself "God don't love me... and somehow this dark skin was forgotten and all others that looked like me were too." When I got home and told my mother what happened, tears still in my eyes, I asked, "Is it true? Is the reason I'm so black because God forgot about me?" She replied, "God makes all different kinds of people and colors baby." I seeked comfort from a face that looked like mine, but her answer was not good enough for girls like me. Because my skin and hair texture was not what society saw as beautiful, I grew up feeling less than, hiding my greatness. Low self esteem, envy and jealousy set in.

What if I knew then what I know now? That the Messiah and the Heavenly Father look like me. What a confidence booster!!

Revelation 1:15 "... and his feet like unto fine brass, as if they burned in a furnace."

Daniel 10:6 "...his arms and his feet like in colour to polished brass."

Jeremiah 14:2 "...Judah mourneth, and the gates thereof languish; they are black unto the ground."

Lamentations 5:10 "...our skin was black like an oven."

Job 30:30 "... my skin is black upon me."

SCHOOL DAZE

I had been called so many negative words by the time I reached elementary school. These comments weren't from white folks, but from my own people. Jokes were the norm, and somehow I managed to normalize verbal abuse on a daily basis. Outwardly desensitized to madness, not fully yielding to the pain.

This trauma, if not cured with knowledge of self, only leads to hatred. During middle school, my way of coping was to excel academically. Sadly, others with low self esteem and depression repeat a cycle of drug use, whoredom and childbirth out of wedlock. Being a good ghetto girl, with nice clothes and both parents, did not shield me from the haters. One day after school, I was heading home on a public bus in Brooklyn. A young man said I looked nice. Some girls thought it would be "cute" to start calling me names. Taking the high road, I ignored them, but my younger sister had a quick temper and did not take it well. A fight broke out on a crowded New York city bus. The MTA driver, a large tall darker hued man himself, broke up the fight. He pulled my sister off the bus through the back door.

"Black is beautiful. Don't let anyone or anything tell you different or make you feel or act different," he said. Words never spoken to me by my own father. Tell your daughters, nieces, and sisters that they are ALL indeed beautiful. Respect, admire and embrace the differences.

No one finds a rude, nasty woman attractive regardless of what shade she may be.

Don't hate on another sister based on outer appearances. Don't blame the brotherhood if you can't get a compliment or a man based on your "color." Work on yourself from the inside out.

1 Peter 3:3-4 "...let it not be the outward adorning, but let it be the hidden man of the heart, a meek and quiet spirit, which in the sight of God of great price."

Romans 12:2-3 "...be not conformed to this world; but by the renewing of your mind... to every man that is among you not to think of himself more highly than he ought to think."

My first day of high school outfit was a red shirt, denim bottoms, red patent leather shoes and a matching purse. Spanish was my last class of the day. Some classmates were passing a note around before the bell rang, and it was then placed on my desk. The note was a drawing of me, with black marker for the face complete with a red bag and shoes with the words "negra" underneath. That moment took me right back to the insecurities of the 6 year old girl in Mrs. Diamonds first grade class. Misty eyed, I sat in my seat until everyone walked out. After showing the drawing to the teacher, my intention was to drop the class.

Mr. Santiago told me, "Be proud of who you are, others can only make you feel bad if you let them."

Proverbs 23:7 "For as a man thinketh in his heart, so is he."

Deuteronomy 7:6 "... For thou art a holy people unto the Lord thy God: the Lord thy God hath chosen thee to be a special people unto himself, above all the people that are upon the face of the earth."

TO MY LIGHT SKINNED SISTERS, I SEE YOU

I've always been the chocolate girl in the midst of the high yellows, caramels and the mocha with cream complexions. Secret competitions and petty differences lead to a lack of trust. Friendships may be difficult due to low self esteem issues. For those who may think it's easier to have light skin keep in mind that they also have their own issues. Many sisters who have a passion for the movement often find themselves under the scrutiny and judgemental eyes of sisters with darker skin.

Always having to prove that they are really down for the cause and not just a pretty face. Your self esteem and self worth should not be defined by the beauty of another. There is nothing to be envious or hateful about on either side of the colorism wheel.

Sirach 26:6 "...But grief of heart and sorrow is a woman that is jealous over another woman and a scourge of the tongue which communicateth with all."

John 13:3-35 "... that ye love one another, by this shall all men know that ye are my disciples, if ye have love one to another."

The highly sexualized media image of the women of the 12 Tribes of Israel has only fueled this negative narrative. Women and their desire to be attractive to men have reinforced and financed this stereotype. By constantly portraying the lighter and darker skin tones as "us versus them" mentality we are being driven further apart as a nation. From the video vixens to television ads, we are bombarded as a people with the European standard of beauty at a very young age.

Wisdom of Solomon 13:3 "...let them know how much better the Lord of them is; for the first author of beauty hath created them."

Leviticus 19-29 "...Do not prostitute thy daughter, to cause her to be a whore; lest the land fall to whoredom, and the land become full of wickedness."

Stop comparing yourselves against the wickedness of this world. From plastic surgery, to skin bleaching and excessive use of makeup, the belief that the broadness of a nose or texture of hair is better than another has distorted our image of beauty. You may believe you are not infected with this way of thinking, but deep within our subconscious as a people we play mind games and judge each other by these unspoken rules on a daily basis. Stop with the side looks and comments.

We must change the way we think towards one another.

Isaiah 55:8-9 "...For my thoughts are not your thoughts, nor are your ways my ways."

LOOKING FOR MR. RIGHT OR JUST LIGHT

Sisters, many of us are just as guilty as the men for looking for our soul mates on the color wheel. You are making a huge error by falling into the belief that somehow you will hit the gene pool jackpot. Stop fantasizing about being accepted by a light skinned brother to pacify your own insecurities about skin color. You are feeding into the slave mentality that lighter skin will create a brighter future. That somehow you will have the ability to stop the

melanin and negroid features from being prominent in the family blood line. Fabricating the myth that you can breed children and manufacture features you desire and downplaying the ones you hate.

Many men knowing that you are weak minded and hate yourself take full advantage of your lack of self worth. Physical, sexual, financial and mental abuse can be the outcome. When a grown up Timothy asked me out in high school , my answer was an "absolute NO , and a reminder of what he said in first grade , he was like you still remember that ? Some things you never forget. Senior year in high school , I was at the top of my game and it helped that dark skinned sisters was in fashion that year. Voted "Most Likely to Succeed" , "President of the Black Heritage Club" , and much more . The Heavenly Father has a weird sense of humor. I can laugh at it now. Real life does not have to take you down memory lane, if it does remember the lesson. Find you a man that loves the Lord and keeps the commandments first and foremost. Be mindful that you are not setting yourself up for failure and that there is a genuine expectation of righteousness from the initial courtship.

Tobit 8:7 "...and now, O Lord, I take not my sister for lust, but uprightly: therefore mercifully ordain that we may become aged together."

1 Samuel 16:7 "... But the Lord said unto Samuel, look not on his countenance, or on the height of his stature: because I have refused him: for the Lord seeth not as man seeth: for man looketh on the outward appearance, but the Lord looketh on the heart."

IMAGES ARE IMPORTANT FOR HIGHER EDUCATION

Learning about the Dark Ages ,the Renaissance period during college was boring. I felt like it was such a waste of time. Lectures were drab and uninteresting. Everyone throughout art history that was of any importance didn't look like me. Or so , I thought.

"No one is going to give you the education you need to overthrow them. Nobody is going to teach you your true history, teach you your true heroes, if they know that that knowledge will help set you free " - Assata Shakur

Malachi 1:4 "Whereas Edom saith. We are impoverished, but we will return and build the desolate places: thus saith the Lord of hosts. They shall build, but I will throw down.."

1 Maccabees 3:48 "... and laid open the book of the law, wherein the heathen had sought to paint the likeness of their images."

The fulfillment of a melanated planet, under righteous rulership and direction of the Almighty father and his son the black Messiah is the antidote to colorism.

2 Esdras 6 vs 9 "...For Esau is the end of the world and Jacob is the beginning of it that followeth."



conclusions of studies such as “The Paper Bag Test” and “The Doll Experiment”.

IN CONCLUSION

Sisters, teach your children to love themselves, the skin they are in, to love their nation. We must learn to embrace the unity of the brethren. The wheels of colorism must come to an end. Within the 12 Tribes of Israel we must have peace and unity to be on one accord.

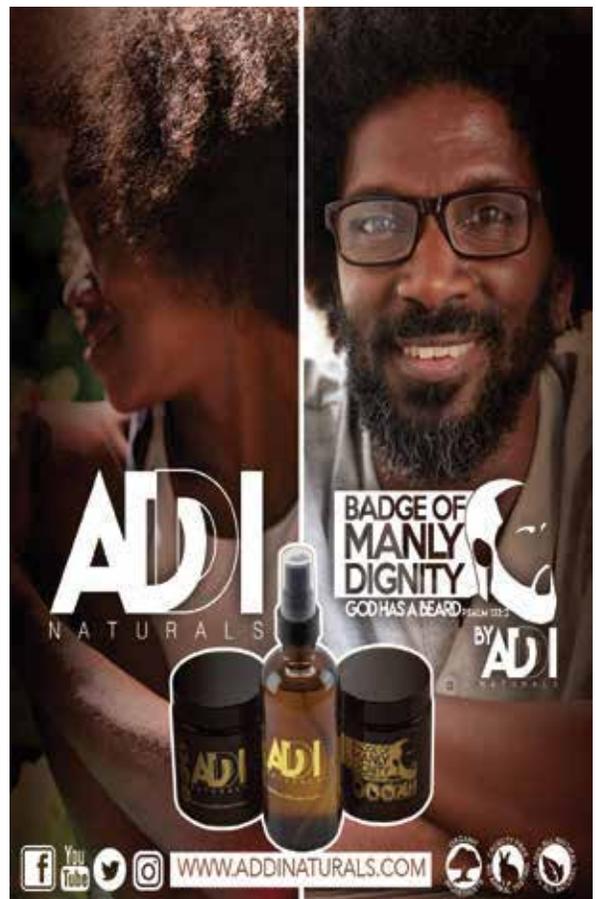
Phillipians 2:2 “... Fulfill ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.”

Psalms 133:1 “... Behold , how good and how pleasant it is for brothers to dwell in unity.”

1 Peter 2:9 “...But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hat.”

Revelation 14:12 “... Here is the patience of the saints; here are they that keep the commandments of God, and the faith of Jesus.”

It is a tool utilized by white supremacy, to divide and conquer . It is necessary for us to hate ourselves and the color of our skin so we don't see Christ in each other. Self hate has been fed by colorism throughout generations and is evident with documented



SIS, LETS HAVE A TALK:

4 POINTS TO CONSIDER ABOUT COLORISM AND RACIAL AMBIGUITY

THE MOST HIGH USED A RACIALLY AMBIGUOUS WOMAN TO HELP DELIVER ISRAEL

Our foremother Hadassah whose name was later on changed to Esther was used to help deliver the nation of Israel under the rule of her uncle Mordecai. Esther is what you would call racially ambiguous. This means that you could not tell her nationality by looking at her. Because of this and her charm, she was able to win the heart of the King. What we can take away from this is that she used her looks to help deliver her people. It's nice to be aesthetically appealing according to the world. If the Most High puts the spirit on you, it's better for one to use their looks for the betterment of their people like our foremother Esther.

BUT SIS! HE ONLY LIKES LIGHT SKINNED SISTERS!!

OK sis he doesn't like you but do you like you? Let's try to understand if you truly believe that you are a daughter of Zion and if you truly believe that you are far above rubies, why would you want someone who does not want you? If you believe that a brother is not into you because of your skin color it's up to you to be spiritually mature about it. The Most High will show us to our face when He doesn't want us to join with certain people. Make sure you are taking out the time to become the best you. Remember the scriptures let us know when our foremothers were beautiful but after that it tells us about her WORKS. Looks fade. If you are making sure that you're healthy, your mind is well instructed, and that you have consistent good works, you won't have time to worry about someone else's preference.

BUT SIS! WHAT ABOUT LIGHT SKINNED PRIVILEGE?

Light Skinned Privilege is when one receives preferable treatment due to having fair skin. This is also known as colorism.

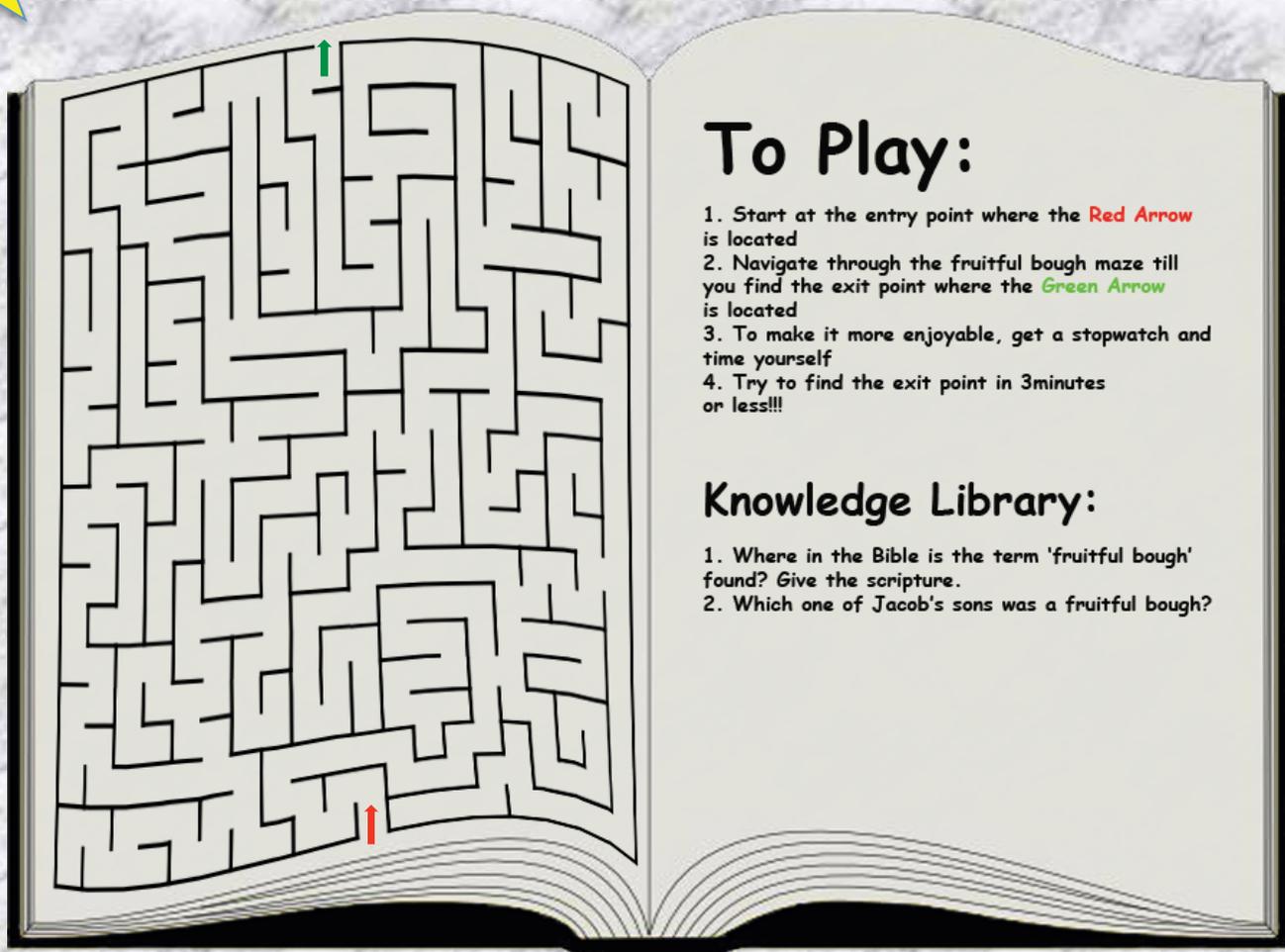
Light Skinned Privilege is when one receives preferable treatment due to having fair skin. This is also known as colorism. This topic can be uncomfortable to talk about because it's attached to too many unfavorable memories or because it's easier to pretend that it doesn't exist. Another reason this can be uncomfortable to talk about is because you can't mention light skinned privilege without mentioning racism. Both are cut from the same cloth. Just as white people don't like to admit racism exists, those who benefit from and enable light skinned privilege are most likely not going to come out and admit that it exists either. Beauty is beauty, but let's not get it twisted. Just as the black woman was raised up in this society to surpass the black man, it's not because she is smarter faster or stronger. This was set in place to emasculate our men and we ran with it. So, we have the decree of the Willie Lynch letter. Colorism was set in place to create a caste system for black people to be divided. And until this day, a lot of us have ran with it.

SIS! WHAT'S A GIRL TO DO?

Understand that the curses won't instantly melt away. If you believe you are at the latter end of colorism, deal with these persons according to the scriptures. Not with emotions. Know that our forefather Adam was made of the dust of the ground. Take pride in knowing that you look like the original people walking the earth. Remember Isaiah 42:16 as in, the ideals that were shaped in our minds in Babylon, are no longer going to take hold. And also just as we would like the Most High to have mercy and long suffering with us, we are also to practice mercy and long suffering with colorist spirits. Remember that it is a beautiful thing to have skin like Christ. He tells us that if you have seen me you have seen my father. What's more beautiful than that? Remember to ALWAYS take the high road and to meet people where they are. It is your job to place value and see the beauty in your melanin. Peace.

PUZZLES & GAMES

Created by Ann Israel (Dallas, TX)



BIBLICAL WORD SEARCH

- Blessings – (Genesis 49: 25)
- Progenitors – (Genesis 49:26)
- Genesis – (the 1st book of the Bible)
- Firstborn – (Genesis 41:51)
- Younger - (Genesis 48:14)
- Ephrath - (Genesis 48:7)
- Cake – (Hosea 7:8)
- Wittingly - (Genesis 48:14)
- Ephraim – (Genesis 41:52)
- Fruitful- (Genesis 49:22)
- Bough – (Genesis 49:22)
- Joseph- (Genesis 48:1)

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BY YEMINA ISRAEL (PHILADELPHIA, PN)

HOW TO OWN YOUR OWN BUSINESS

"We have drunken our water for money; our wood is sold unto us." - Lamentations 5:4



According to the US Bureau of Labor Statistics, "in 2015 the average annual expenditure per consumer was \$55,978" and the "average income was \$55,775". The "average man lives to be 84 years old", therefore a person will spend approximately \$3.5 million in their lifetime while living paycheck to paycheck. 2015 also showed a noteworthy increase in the average person's "cost of living".

Sirach 29:21 says, "The chief thing for life is water and bread, and clothing, and a house to cover shame"; yet we are taxed on water that falls freely from the sky, have no farms to cultivate our food, no textile companies to manufacture our clothes, and if we manage to pay off our 30-year mortgage amongst the student loans and credit card debt, we still have to pay insurance and taxes. Bottom-line, you have to put in work; for as the scripture says: "In the sweat of thy face shalt thou eat bread..." (Genesis 3:19)

Ask yourself, do you want flexibility, ownership, authority and a legacy to pass along, or do you want to create these things for someone else? Every Israelite should have their own business, below are some steps, I like to call the "5 E's" to help get started.

Step 1 – Talk with Your Lord, and Examine Yourself.

If you have a lord, get his approval and support. Then begin to understand your talents, skill sets and aptitudes as it relates to your business idea. What are you good at? What do you enjoy? What do you have access to? What can you solve for? What are you willing to learn? What are you passionate about? What are you complimented on? What connections do you have?

Step 2 – Explore the market. In order for a business to be successful, it must solve a problem, fulfill a need or offer something the market wants.

As you explore the market, some of the questions you should answer include: Is there a need for your anticipated products/services? Who needs it? Are there other companies offering similar products/services now? What is the competition like? How will your business fit into the market?

Step 3 – Evaluate legal requirements, i.e. Business structure, tax obligations, set up fees, maintenance fees, insurance, permits/licenses, certifications.

Should you form your company as C corporation, an S corporation, an LLC, a partnership, or a sole proprietorship? What do you need to know about choosing a name for your business?

Should you incorporate in your state?

Are you infringing on another companies' intellectual property rights?

What are your risks of getting sued, how do you minimize those risks?

What type of insurance does your business need?

Do you need an attorney?

Step 4 – Estimate required resources/funding/costs. Expenses that will incur during the process of creating a new business need to be researched, documented and affordable.

How much money is required to produce a finished product/service?

Do you know the contents of a business plan?

Are you able to barter?

How much money do you have saved?

Is there a cheaper alternative?

How much are you able to spend for marketing costs?

How will you brand your company?

Step 5 – Execute. Formally announce you are in business, solicit feedback and grow.

Did you budget for your launch party? How will you stay connected with your customers?

Are you digitally savvy?

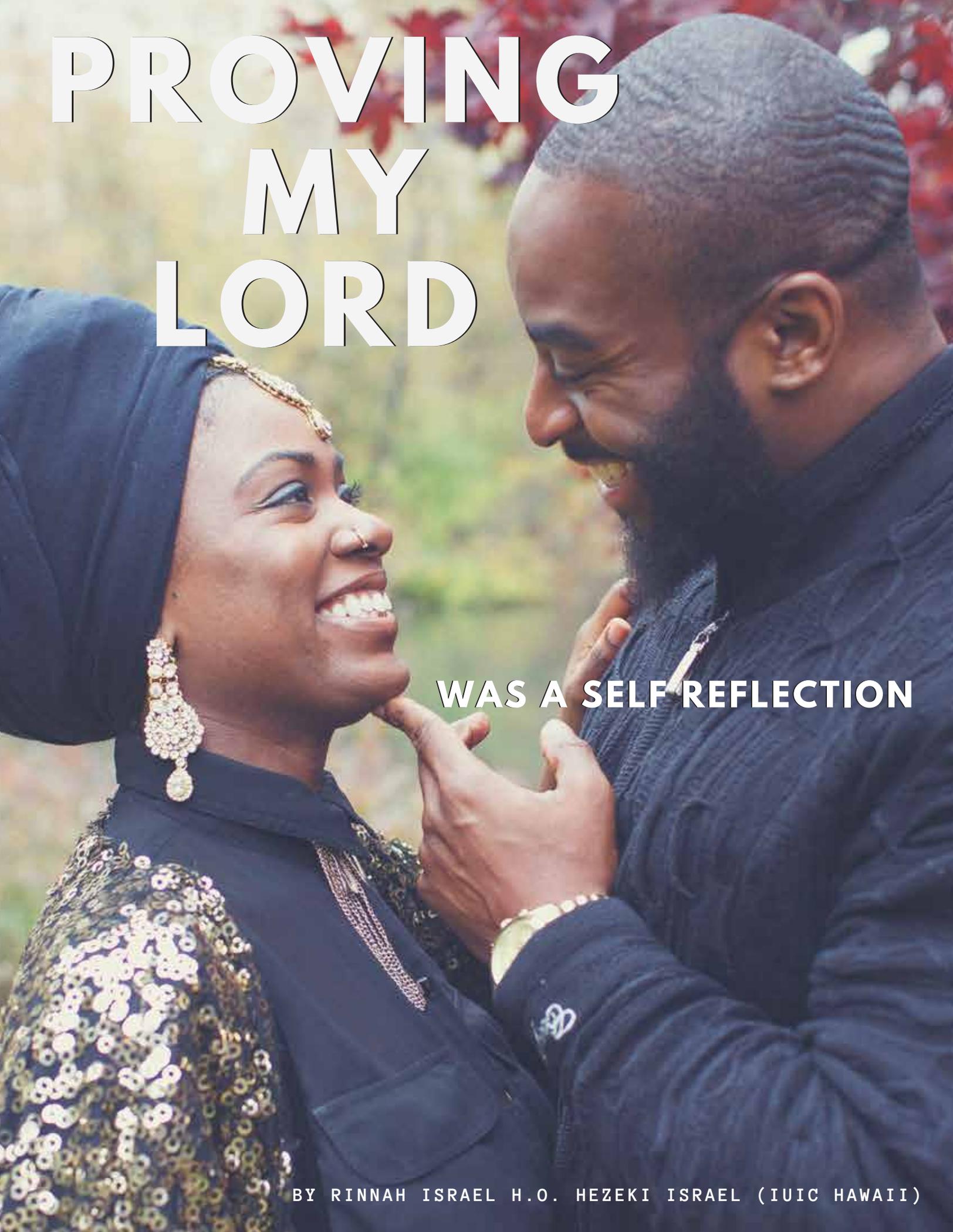
How will you track engagement?

Do you need a team?

Do you need an accountant?

Answering these questions will help you to formulate a concrete plan to create, develop and cultivate a product or service. It is easy to get overwhelmed when starting your own business; understanding supply and demand, copyrights and trademarks, cost/benefit analysis, record keeping, business communication, debt versus equity, balance sheets and income statements, production/distribution chain management, time management and advertising to name just a few, prove there is much to learn and even more to do.

In Proverbs 6:6, the Most High tell us to "consider the ways of an ant...". The work ethic of ant demonstrates self-motivation, resiliency, diligence and accountability all of which are needed to be successful in business. If the Most High gave the ant these abilities, what more has he given to us?



PROVING MY LORD

WAS A SELF REFLECTION

BY RINNAH ISRAEL H.O. HEZEKI ISRAEL (IUC HAWAII)

Proverbs 19:21 *“There are many devices in a man's heart; nevertheless the counsel of the Lord, that shall stand.”*

Prior to coming into this truth, I was this young girl with high aspirations and the ambition to work for what I had defined as success. I had left home at seventeen ready to explore the world outside of my oppressed neighborhood. I joined the military which stationed me on Schofield Barracks in Hawaii. In just three years who would've thought that I would have met the man that I would spend the rest of my life with in a faraway place like Hawaii.

Ecclesiasticus 6:7 *“If thou wouldst get a friend, proue him first, and be not hasty to credit him.”*

Although our relationship began and developed while we were still asleep in the world, we learned a great deal about each other that inevitably allowed us to agree together under Christ. Our proving process lasted for almost seven years before our union was documented. When I met my Lord, the lust demon definitely had a stronghold on me. He was the most beautiful thing I'd ever seen, in addition to, what most young women wanted. A handsome collegiate basketball player with swag. Although I was never the groupie type and was more concerned with my own success, there was just something special about this one. His dominant presence commanded respect and I hadn't ever met a man that didn't submit to me. This man was serious about what he wanted and how he wanted it. He was smart and focused on his future. I knew he was a keeper and wanted to know all of him. What he liked, what he did in his spare time, what made him laugh, overall - what kind of man was he? We became best friends and I adored everything about him. The more I learned, the more intrigued I became. The most important contribution to the development of our relationship was communication. We spent a lot of time talking and creating experiences that would blossom into something beyond describable words. In just a few short months, as children do, we professed our love for one another.

Shortly thereafter, I was given military orders to deploy overseas for an entire year. One of two things would transpire from this, our feelings would endure or they would die. The physical attraction was now irrelevant since we'd be separated beyond our control. This time apart allowed us to genuinely build a friendship without the veil of lust. All we had were weekly phone calls and emails, further confirming how essential communication is to a relationship. It allowed us to learn a lot about each other.

Sirach 26:14 *“A silent and louing woman is a gift of the Lord, and there is nothing so much worth, as a mind well instructed.”*

After I returned from overseas, we continued the tradition of the weekly phone call unknowingly.

Every Sunday, my Lord would take me to some secluded beach and we'd just sit and talk for hours just like we did while I was deployed. It was the best part of the week. We were always brutally honest. We'd talk about any and everything which helped to minimize arguments. If he did something during the week that bothered me and was still bothering me by Sunday, this was the time I brought it up. By this time, I was emotionless and could clearly articulate my thoughts. In majority of the cases he was unaware of the offenses. I discovered that many times I created fictional scenarios in my mind. Knowing that Sundays was the day we talked about everything, I was quiet when I was in disagreement and it helped tremendously because it also allowed me to digest what happened. Approximately ninety percent of the time he was right and I was wrong. So, had I said something it would have caused us to argue over nothing.

Sirach 6:14 *“A faithfull friend is a strong defence: and hee that hath found such an one, hath found a treasure.”*

For the first seven years of our relationship, I subconsciously studied this man learning what was needed to be as attractive as possible to him. I learned his favorite foods, colors, books, TV shows, movies, style of dress, what he considered fun, what made him laugh, what his aspirations were, his sentiments on marriage and children, financial acumen, what made him sad, what made him angry, what were his stress triggers, how hot he likes his food, and I was privy to the relationship he possessed with his parents. I had a chance to experience every emotion known to mankind with him. The first time I saw him angry came almost three years after meeting him. He was protecting me from something that he understood and I didn't. As I matured, it made sense that his focus was on the principal of a good name. He was definitely my protector. Whenever I was with him, I felt safe and I never worried about anything. Life was surreal. I looked up to this man. We would laugh because I would say things to him like, “When I grow up I want to be just like you” in spite of the fact he's only a year older than me. That still holds true today. I aspire to be like him and I am his number one fan. I realized that if I am out of order then it would bring shame to him and there is nothing I would ever do intentionally to bring the love of my life hurt, pain, or shame. When he's sad, I am secretly sad. If he's down or stressed, which is rare, I am too. We ride the rising tides together, however, I hide my emotions to be his pillar of rest. My mind becomes consumed with trying to figure out how we can resolve the issue and where can I help without overstepping my boundaries.

Tobit 8:6 *“Thou madest Adam, and gavest him Eve his wife for an helper and stay: of them came mankind: thou hast said, It is not good that man should be alone; let us make unto him an aid like unto himself.”*

He challenged me constantly to ensure I was strong enough to be what he needed. He was creating his helpmeet to his standard, which was high by the way. I loved every moment of it... I was determined to spend the rest of my life with him. The biggest challenge he gave me took five years to complete... achieve a bachelor's degree. One day he looked at me and said, "If we are going to be together, you must go to college." As a child, I did not understand why this was a request. I thought we were having fun. I wanted to go to college but society doesn't promote nor teach the necessary steps to attend college to blacks from certain backgrounds so I had chosen the military route. Now that it's over, sometimes I chuckle to myself thinking of how he was on this journey with me. He would ask me things like, "Have you registered yet, how did you do on your midterms, how did you do on your finals?" He would proof my papers and even brainstorm with me when I had major papers and projects due. As our relationship began to blossom, this challenge came in handy. We began reading books together leading to discussing political, social, and economic issues. Although he is still smarter than me, I loved sharing those experiences with him because I learn something new every time. Our conversations are never boring which allowed us to really enjoy each other's company that much more. There is no one in this world that I'd rather share my secrets than him.

"Finally be ye all of one minde, hauing compassion one of another, loue as brethren, be pitifull, be courteous," -1 Peter 3:8

"Bee not ashamed to confesse thy sinnes, and force not the course of the riuer." - Ecclesiasticus 4:26

Over the course of fourteen years, I can count on one hand how many arguments I've had with my Lord. Honesty and communication are very important factors for any relationship. Most times we expect others to know how we feel when in reality that is not the case. When I first met my Lord, I was so infatuated with him, that I didn't fuss or complain about anything. He wrecked my car once and I didn't even get mad. In my mind, it was just a car that could be replaced. I was so thankful that he was alive and well nothing else mattered. My level of humility with him afforded me the ability to make a request for something or to do something, he would grant it saying things like, "sure, since you don't ask for much". I had no idea I was doing it right... I just knew I wanted this man and would do whatever I needed to do for him to choose me.

Proverbs 3:15 "She is more precious than rubies: and all the things thou canst desire are not to be compared unto her."

I knew I wanted this man so I'd always go above and beyond for him especially since he treated me like I was his precious ruby. This made me want to do any and everything I could do to maintain this level of happiness. I would take his laundry home with me, wash, fold and bring it back when I came over. When I stayed over on the weekends, I would clean the entire house as it were my own so we could relax and enjoy our time together. He loved home cooked meals and since we both were so far away from home, I made sure to cook anything he suggested. If I didn't know how to make something, I googled it and learned how to do it. All praises that my mother ensured I knew the basics of cooking and cleaning a house because it played a major role in the winning of the heart of my soul mate. The love for him allowed me to grow in this arena by learning how to put love in the food because it pleased him. As they say in the world, "A way to a man's heart is through his stomach."

"In three things I was beautified, and stood up beautiful both before God and men: the unity of brethren, the love of neighbours, a man and a wife that agree together." -Sirach 25:1

Overall, I won his heart and hand in marriage. This was accomplished by loving him, submitting to him, and taking care of him with complete selflessness. Upon self-reflection, I had subconsciously achieved my goal of becoming an extension of him. I adored this man so much, I found myself liking things I previously didn't like simply because he liked it. I always put his needs above my own and the thought of cheating that practice troubled my spirit. He was mine and I refused to lose him or destroy what we had built. Lord willing, I'd like to share the progression of our marriage as we walk together righteously in this truth.

"Can two walke together, except they be agreed?" -Amos 3:3

Shalom and Most in Christ Bless.



A CHILD WITH AUTISM

By Jael Israel, H.O. Officer
Jashobeam (D.C.)

Miles, my son has Autism. Stating that mere sentence brings a range of reactions from sisters from a look of sympathy, a simple nod, a deep stare of contemplation, to a look of horror and fright. I've received them all. As any parent with a child with special needs will tell you, it is that last reaction that twists your stomach into knots and makes you question if you and your child "belong". People, in general, do not have regular contact with children with special needs so when they do, they may feel uncomfortable. However, people in this Truth, especially sisters have to remember we are all here for a reason, even those with special needs, and charity must be shown to all of us in this walk.

Below are some do's and don'ts when interacting with a sister whom child has Autism.

What NOT to do when interacting with a sister whose child has Autism.

1. The Inexperienced Expert – This is the sister who either does not have any children, has had little to no interactions with a child with special needs, or has "normal" children. This sister will tell you what you should do or what they'd do if they were you. My all-time favorite is the sister that will tell you all your child needs is a good whooping when your child is having a meltdown. Sorry sister, for children with Autism, that isn't the answer. Do not give the shallow advice of physical punishment. That isn't how I should interact with my Autistic son. Do not give council when you are not well informed on the subject matter. The council may destroy the relationship between the two sisters.

2. The Slack Gawker – This is the sister that will stare at you judgmentally, and never offers to help you. Anyone who has had a child will tell you, there is nothing worse than a baby that begins to cry inconsolably during class. What makes the situation worse, are the glares from sisters around you as if they can instantly quiet the baby if they burn their stares into your face. When a child with Autism has a meltdown, it can be a million times worse. When you initially hear a baby or child cry, it is normal to turn and look. Do not stare. Would you want a hundred eyes on you as you try to calm a crying child?

Do not make an already embarrassing episode that lasts a few seconds feel like hours. Staring isn't polite nor does it show you to be hospitable.

3. The Contagious Conscience – This is the sister that thinks she will catch something from you or your child if she is near you too long. She is usually perfectly manicured and looks at you and your child in total disgust as if you are beneath her. She is not shamefaced. Autism and other mental impairments are not contagious. Do not treat Autistic children or their family members as if you will catch something if they touch you. Do not jump or flinch if an Autistic child touches you. There is no respect a person with the Most High so do not show respect a persons amongst us.

Now that you have some basic things not to do, here are some basic scriptural things to do.

What to DO when interacting with a sister whose child has Autism.

1. The Inexperienced Expert – Talk to the sister and her child to get to know both of them. Help her in her time of need. Matthew 25:40 – And the King shall answer and say unto them, verily I say unto you, inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. Take the time to become friends first. Sirach 6:7 – If thou wouldest get a friend, prove him first and be not hasty to credit him. Once the sisters have proven each other and everyone feels comfortable, most importantly the child, offer to watch the child, even if it's just at the school during class. This could also be good practice for the Inexperienced Expert that doesn't have any children. Parents of children with special needs rarely have a chance to go out or have "me-time". Allowing yourself to become one facet in your sister's support system can give her a much-needed break. If babysitting isn't something you are not comfortable with, offer to make a dish or help her clean the house. If you haven't applied Sirach 6:7, apply Sirach 5:12 – If thou has understanding answer thy neighbor; if not, lay thy hand upon thy mouth.

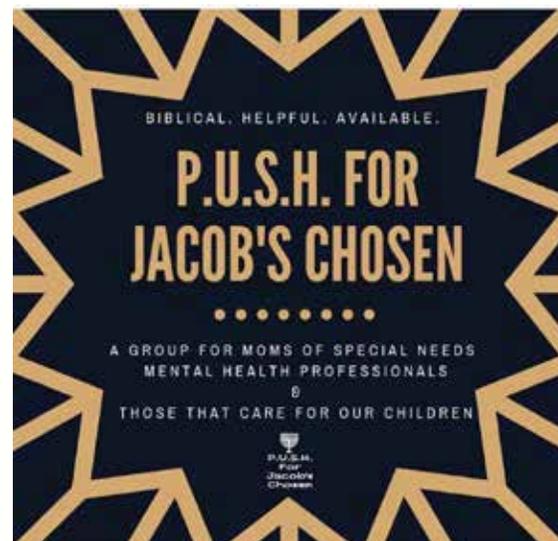
2. The Gawker Sister – While at the school, make the sister and her child feel included. Invite her and child to participate in the activities both in and outside of the school. Speak to the sister and her child, ask how their week went, and make them feel like a welcomed part of the family.

1 Thessalonians 5:14 – Now we exhort you, brethren, warn them that are unruly, comfort the feeble-minded, support the weak, be patient toward all men. Make a special effort to give them both a genuine hug and a sweet Shalom. You'd be surprised how far these go. Romans 12:13 – Contribute to the needs of the Saints and seek to show hospitality.

3. The Contagious Conscience – Offer to be an ear to listen and a shoulder to lean on. Sometimes a sister just needs someone to ask about her day, especially sisters who are rearing children with special needs. Their lives can be consumed with caring for that child depending on the severity of the disability. Be shamefaced and humble. 1 Timothy 2:9 – In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety, not with braided hair, or gold, or pearls, or costly array. Bringing over a bottle of wine or something to eat, to sit and chat and have "girl time" would be remembered and appreciated. Galatians 6:2 – Bear ye one another's burdens, and so fulfill the law of Christ. Treat your sister as a sister regardless of the struggles she may have with her child. Romans 2:11 – For there is no respect of persons with God.

To all sisters, remember our actions are being recorded. 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. Showing charity goes a long way in this walk. The absolute best thing any sister can do is pray and fast for the sister and her child that they receive healing and deliverance. Matthew 17:21 – Howbeit this kind goeth not out but by prayer and fasting.

Shalom.



BY REBEKAH ISRAEL (DALLAS, TX)
FROM OUR SISTERS IN HAWAII



WHEN YOU THINK ABOUT THE WORD SISTERHOOD, WHAT COMES TO YOUR MIND? DO YOU THINK OF ALL THE CHANGE THAT YOU'D HAVE TO GO THROUGH? DO YOU THINK OF THE OBSTACLES AND STRUGGLES ALONG THE WAY? DO YOU EXAMINE THE PATIENCE THAT YOU MUST ACHIEVE? (JAMES 1:3)

When we think of sisterhood, we have to see ourselves being around like minded women who support each other in every way. We must imagine the love and tenderness it takes to be being in unity with sisters who care for each other more than they care for themselves. However, with sisterhood comes patience and with patience comes trials, but to all those who overcome their trials will in return gain a perfect bond that only the Most High can offer. (Sirach 6:14). In all of our perspective schools of IUIC, every family is different. Some schools are bigger than others. Therefore, depending on the situation it may be harder for new sisters to get to know other sisters if the congregation is very large, especially if that sister is an introvert. A classroom with 12 students is vastly different from a lecture hall fill with 50 students. You get more attention in a smaller class and gain more personal relationships with the body, whereas in a larger setting, these things may take more time. That is why I feel like there is a valuable lesson that can be learned from our sisters in Hawaii. They started off with only a group of 5 sisters, 4 of them are married, and they were all pregnant at the same time! This truth is continually growing all over the world, and as our schools get bigger in other countries, our foundations in sisterhood and relations with one another needs to be strong in other to support the new sisters coming in. IUIC Hawaii is the beginning of that!

All of these women have their own special bonds with each other, and they learn from each other's experiences. Being in such a small school, they got to know each other quickly, and applied the scriptures when getting closer to each other. Yakira Judah Baht Israel, one of the sisters, is single with no children, therefore she wasn't used to being around kids, however from being around the sisters, they helped get use to children, teaching her how to take care of them and raise them as a mother would. "I feel like the Most High is getting me ready for that role through them," Yakira beams as she explains how the sisters are great examples to have around. When you first come into the truth, it can take time to feel comfortable around repented Israelites since you are coming in fresh from the world. Instead of just showing up at class saying "Most High and Christ Bless You", we have to be genuine to one another in order to know how to support each other. However, that can take time, especially when trying to hang out with sisters outside of the Sabbath. The Hawaii sisters usually gather together at the house of Sister Rinnah Israel (H.O. of Officer Hezeki Israel) when their lords decide to meet up. Sister Rinnah has been in the truth for about 3 years now, and is seen as a senior sister who helps and guides the group. It is a beautiful hearing how each sister has affected her in many ways and how she has affected them. Their attachments seems to have grown for one another. For example, Sis Rinnah explains the heartbreak of watching Sis Elana (H.O. of Solider Kal-El Ben Israel) move to Texas. "It was hard for me to watch Sis Elana go..." she says tearfully, "When she was around, I wouldn't have to worry about my kids. I would be busy in the kitchen cooking, and I would suddenly hear the bath water running and she would put my kids in the tub. She'd go in the kids' room and rearrange all their clothes, hang up clothes, and organize my clothes. I wouldn't have to worry about anything while she was at my house."

SUPPORT YOUR SISTERS



Sis Rinnah then proceeds as she recalls her precious moments with the other sisters, “I remember when the whole house got sick, and Sis Kelilah called me up saying ‘sis what do you need?’ She would go to the store for us and would bring us home soup. Sis Chaniyah would always come to my house and automatically start helping me with the dishes. When you have those moments they are priceless!” Sis Rinnah comes from a house with three younger sisters, and since she moved to Hawaii she learned to become self efficient. However, when she looks at her repented sisters she seems to meditate on how great it is to have sisters in the truth around you. “It’s a beautiful thing to watch us blossom in getting to learn each other.” She says. Keliah Baht Israel (H.O. of Solider Zayin Judah Ben Israel) reminisces the first time she came in the truth. “My lord introduced me to the truth,” she says, “I came in wanting to learn and be everyone’s friend. I was emotional in the beginning but I feel like with each sister, I’ve learned something different. I feel like I’m maturing in this truth.” Chaniyah Israel (H.O. of Solider Iythiyel Israel) also reminisces, saying, “I am a very personal person. I don’t like to reveal too much about myself.” However, through her trials and being around the sisters, she started to open up. “Each one of them really made me feel like I was okay,” she claims, “They really had my back.” Although, sisterhood is a beautiful thing, we must still learn how to handle correction. Sis Rinnah opens up saying, “we struggle a little bit with correction.” Our reply to that should be: who doesn’t?! We as women are emotional creatures, and therefore sisters can take correction a little hard and personal. “We want to be honest with each other,” Sis Rinnah continues, “Because when we do we are showing love to each other, not just saying shalom MHNCB, and not seeing each other all week. We have our good and bad moments. Some of us are extroverts and some of us are introverts, but its about helping sisters come out of their shells. For at the end of the day, we are all strangers trying to learn each other.” For all of us in repentance, we must remain long-suffering with one another and full charity through both the good and bad times! Its good to say the Hawaii sisters are setting up a good foundation for future sisters to come, and a good example for sisters in other schools to follow, especially ones with a larger congregation. We must never forget the power of strong bonds! Things have to be genuine! There is no such thing as faking the funk. As sisters, we are going to learn each other’s good sides and bad sides, and we are going to know each other’s strengths and weaknesses. We must always build each other up for we are all trying to reach the same goal: The Kingdom! I hope this has inspired you sisters who are always looking to better themselves and the sisters around them! Most High in Christ bless you!

“THINK SIMPLE ELEGANCE”

BY CLORRAINE SAINT CYR (NYC)

There is a relationship between space design and serenity. We can create a space in which we can experience peace, and sense of utopia. Any room in a home can be transformed into a space of indulgence, relaxation and retreat. This article will provide you with the tools to help you create a space unique to your liking. It will help you with styling, color selection, accessorizing, and how to embellish your linens and other items in the room. In the end you will have a room that represents your living style and comfort. As a designer when we think of the overall space and it is experienced at many levels and in many variations, such as, light, color, material, texture, line, form, function, and the negative and positive spaces. We are focusing on a design; to compliment the features of the room, to accentuate, to blend, and enhance the overall atmosphere of the space.

It is a declaration and choice of how we are designing to utilize the space. We create an atmosphere conducive to the client's style, needs, and personal choices. Key decisions are made at the onset to determine: the mood, the appearance, style, aesthetics, appeal and direction of the design. These factors set the tone that we are looking to fulfill for the space. For instance, let's take a Snapshot of some elements and articles in a room we can utilize to bring in style and elegance. A plain and mundane bedroom is given a new life just by embellishing the pillows, lamp shade and bringing in a pop of color with a simple floral arrangement.



Figure 1_ Before



Figure 2_ A braided trim of blue and gold ornate the frame of the pillow.



Figure 3_ Before



Figure 4_ Gold scalloped trim is added to the blue boarder thereby enhancing the embroidery design of the pillow.



Figure 5_ Before



Figure 6_ The same fringe as in fig.4, was used to balance design look yet creates its own unique element.



Figure 7_ Completed outcome of pillow embellishments.

The indirect lighting a 13w LED bulb and raw linen lamp shade creates a soft yellowish reflective glow making for a subdued atmosphere perfect for relaxation, reading and sleeping. The materials and textiles are organic, soft and tactile for variation, contrast, and to accentuate the cool/warm gray milieu. Hints of green, yellow, blues, and white is evident in the design of the linens and accent pillow embroidery. In this instance the small splash of yellow in the linen is enough stimulation for added contrast and not overwhelming. Shape and intricacy comes into play with the details and craftsmanship of the mirror, picture frames, night table, headboard and fabric print design and embroidery (observed in the pillows). You can revitalize your home or room with uniqueness and style by simply embellishing the elements to give the space an enhance new décor.



Figure 8_ Before



Figure 9_ Fringed tassels are added to the perimeter of the lampshade.; offering depth & elegance.

The design intent is; to create a space one can retreat; that enables and stimulates a sound mind, sense of peace and tranquility, aesthetically inviting and evokes spiritual connection. The color palette transcends and alludes to the effect of lighting for airiness, rich tones, and strength, while softening the hues embrace both masculinity and femininity. The images will show the before and after of each item and the overall accomplishment of the space. Let's take a closer look at how this is in the design ideology of the space. The result is an aesthetically inviting space, that evokes a sense of peace and tranquility, through light, material, texture, shape, color and form.



Figure 10_ Voila! Peace and tranquility

Self Hate vs. Self Love



When I was a little girl, I would stand in front of the bathroom mirror examining myself.

I'd pull my eyes to make them look slanted, pinch my nose to make it smaller and grin so that my lips looked thinner. I would say to myself "Why couldn't I be lighter and pretty like them girls in the videos?" This developed into a strong sense of low self-esteem. What I never realized until I came into this truth was that I hated myself and had been miseducated about self-love. Unfortunately, I am not alone.

Image programming and social conditioning taught me to devalue myself. This society has groomed our minds to have a concentrated shallow focus on our outward appearance.

When you constantly see pale skin, blonde hair and blue eyes as a standard of beauty, and you don't look like that - what you see reflecting back from the mirror is never good enough.

Many sisters of all shapes, sizes, light to dark brown skin tones and backgrounds at some point loathed some part of themselves. Self-hatred doesn't bypass the genetically blessed either. Insecurities can come by way of constant comparisons "like who is the prettiest".

This can drive you into obsessing over your appearance and looking to others as a measure self-worth.

To be clear, let's define self-hate. **Self-Hate** means **intense dislike of oneself**. It is also known as **self-loathing**. As troubling as that sounds, you can have this spirit even as a repented Israelite. Here are some of characteristics a person who exhibits self-hatred might have:

Codependency, over-or-under eating habits, being judgmental, saboteur of relationships, people pleaser, jealous/envious, pessimistic, lacking confidence, excessive worry/anxiety, can't accept or give compliments, easily influenced by other people's opinions, and inferiority. All these spirits are wicked and if not corrected, they will keep you from getting the kingdom!

How do we break this chain of abhorring ourselves and deprogram our minds?

We must learn to LOVE ourselves. Loving yourself isn't staring in the mirror all day and spending all your money on yourself. **Self-Love** means **a regard for one's own well-being and happiness**. Here are some points to meditate on to restore an appreciation for yourself.

We were created by the first author of beauty! Love your beautiful brown skin, those gorgeous eyes, those full lips, even that wide nose. You are a beautiful piece of art, the standard of beauty on this earth! That's why other nations really want to be like you!

Learn to love yourself before you can love your neighbor.

"And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these." Mark 12:30-31 KJV. Can you truly love your neighbor if you don't love yourself? No, that's impossible. Don't be negative and self-critical, instead examine yourself for evidence of you having the fruits of the Spirit.

Pay attention to what you put in your temple.

"A cheerful and good heart will have a care of his meat and diet." Ecclesiasticus 30:25. Love the temple the most High gave you by taking care of it. Eating healthier promotes a healthier mental state. Even the smallest action of drinking more water is a step in the right direction.

The Most High choose YOU because you are special.

"For thou art an holy people unto the Lord thy God: the Lord thy God hath chosen thee to be a special people unto himself, above all people that are upon the face of the earth." Deuteronomy 7:6 KJV. To the Most High, there is NO ONE who can top you! He holds you close to him as his very own, his possession of all those on the earth. Does that make you feel special?

The Most High created you from perfection.

"And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man." Genesis 3:22-23. Eve was taken from the Adam. The most High made his son Adam perfectly. So we, the daughters of the Most High, were made from perfection. Deuteronomy 35:4 says that his work is perfect.

The Most High is the creator of beauty.

"With whose beauty if they being delighted took them to be gods; let them know how much better the Lord of them is: for the first author of beauty hath created them." Wisdom



MAKEUP FOR BEGINNERS

By Arielle Israel (NYC)

Simple Makeup Application

If you find yourself confused and overwhelmed with all things makeup, don't worry I got you girl. The makeup industry is huge, and most newbies don't know where to start. I'm sure everyone has seen those videos of girls who use a thousand products and a million brushes to get and over the top look. Sure, it's beautiful, but we want something simple quick and easy. I've compiled a list to help get you started.

Tools

The tools you will need for a simple makeup application are as follows. Foundation brush or beauty sponge, blush brush, contour brush, powder brush, and an eye blending brush. That's It! 5 to 6 brushes you'll need to get started!

Prep and Prime

So, before you start to apply your makeup or anyone else's you must prep and prime your face. Putting makeup on top of dry dull and textured skin is set up for disaster. I'm being dramatic of course, but in all honesty, you won't look your best and your makeup will be very noticeable. Skin care is our BEST FRIEND! Before your application wash your face. And don't just wash, EXFOLIATE! You should be gently exfoliating your face everyday.

There are tons of gentle exfoliants on the market, some high end and some cheap. You can even make one at home using brown sugar, honey and lemon/lime. You could either have your wash & your exfoliate separate or all in one.

After washing your face, you must MOISTURIZE! Yass, we love moisturized skin, that's why our black does not crack okay! Again, find that moisturizer that works best for your skin. Even if you have oily skin you must moisturize as well. But try to keep from using thick moisturizers like shea butter and coco butter. The skin on your face is delicate like a piece of paper where as your body is like construction paper.

Now that our faces are washed and moisturized, it's time to prime. Primer is used a slight barrier between your skin and your makeup. It helps to diminish the look of pores and fine lines, smooth the skin and help control oil. Weather you have dry, oily or combination skin there's a primer out there for you!

Brow Time!

Your brows are one of if not the most important features on your face.

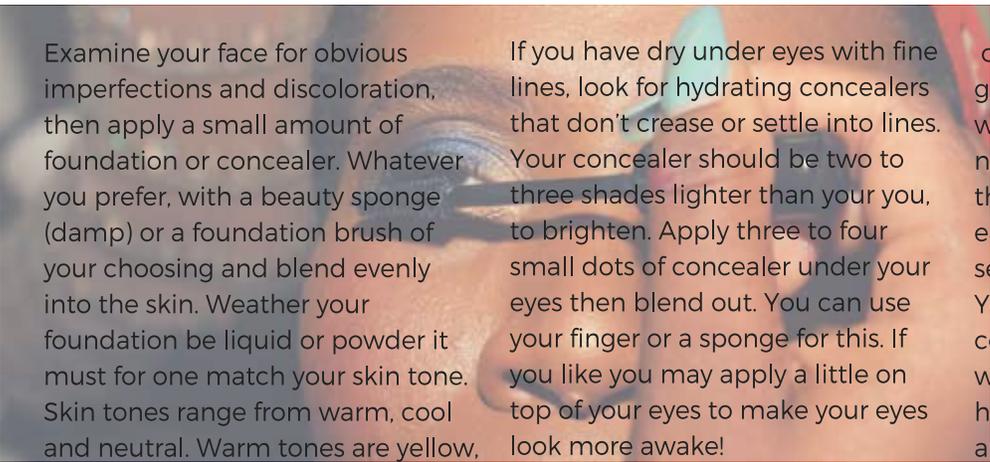
Your brows frame your eyes and if not defined properly can throw off your whole look. Keep in mind that when doing your brows, you are not trying to create a whole new brow. I know we've all seen it on YouTube or Instagram videos and it looks cool but it's unnecessary. We want to follow the natural shape of our brows using light short hair like strokes. Make them look more defined and fuller. The best and easiest way is to use a brown pencil.

NYX makes a micro brow pencil with a brush at the end to help soften the look. And after you can clean up under the brow with a little concealer to define them more. But that's optional.

Cover, Conceal & Set

It's just that simple! You don't need a ton of foundation and concealer to get even a flawless look.





Examine your face for obvious imperfections and discoloration, then apply a small amount of foundation or concealer. Whatever you prefer, with a beauty sponge (damp) or a foundation brush of your choosing and blend evenly into the skin. Whether your foundation be liquid or powder it must for one match your skin tone. Skin tones range from warm, cool and neutral. Warm tones are yellow,

peachy or orange. Cool tones are pink, red, or blue and neutral doesn't appear fall into either. The best way to determine your undertone is to look at your veins in natural lighting.

If they appear green or olive you have a warm undertone. If your veins appear blue or purple then you have a cool undertone. Now that you've got the tools to find your perfect shade, let's find a foundation that fits our skin type. This is pretty easy. If your someone with very oily skin, stay away from foundations that are hydrating or luminous. Go for foundations with a matte finish and that are oil free. For dry skin do the opposite, go for the luminous and hydrating.

Time for concealer!

Most women find that they have discoloration under their eyes (dark circles) whether you get them from lack of rest or it's just hereditary. It's nothing that a little concealer can't fix. Keep in mind the condition of your skin when using your concealer. Do you have fine lines and puffiness around your eyes? Do you have very dry under eyes? You want to use a concealer that is targeted for your issues. If you have dry under eyes with fine lines, look for hydrating concealers that don't crease or settle into lines. Your concealer should be two to three shades lighter than your you, to brighten. Apply three to four

If you have dry under eyes with fine lines, look for hydrating concealers that don't crease or settle into lines. Your concealer should be two to three shades lighter than your you, to brighten. Apply three to four small dots of concealer under your eyes then blend out. You can use your finger or a sponge for this. If you like you may apply a little on top of your eyes to make your eyes look more awake!

So after applying our wet products it's time to set!

We must always set out wet products with a powder. Especially under our eyes, a lot of women have an issue with their concealer settling or breaking up because it wasn't set properly or not at all. The easiest way to set your foundation and concealer would be to use a translucent powder. It could be pressed or loose it's your choice, whatever works best for you. But before setting make sure that everything is blended out perfectly, we don't want to set any creasing. I personally like to set under my eyes first. Taking a damp beauty sponge I dip it into my loose powder and press it under my eyes evenly, then I dust off the excess powder. After that set all over the face. You want to do a light dusting all over, but you don't want to feel any wet patches on your face. If your look like Casper when your done you've gone to far!

Contour, Blush & Highlight

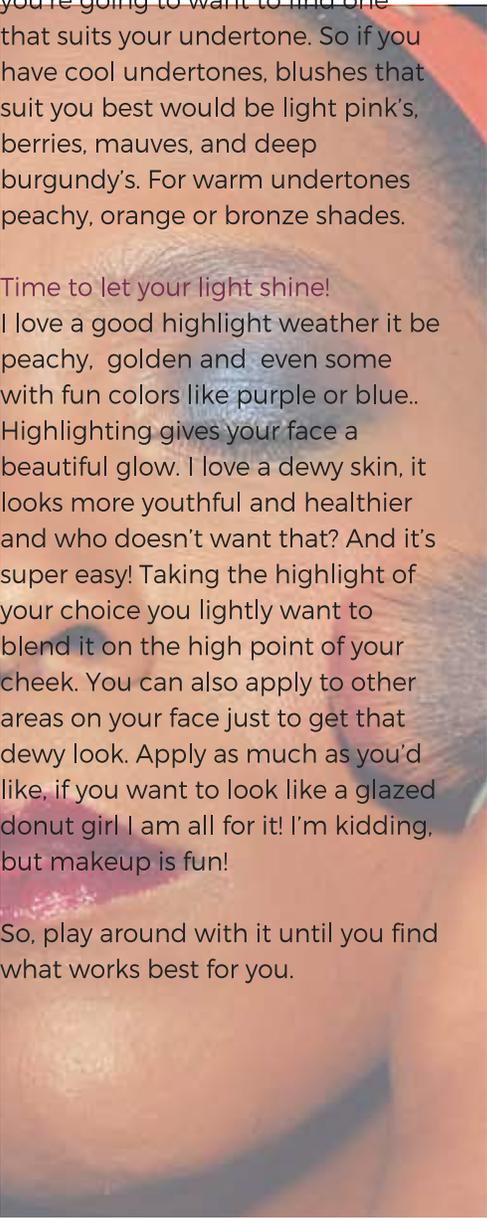
Contouring is a very optional step that a lot of women love to do. It helps to define and shape your face which can be very flattering. Your contour shade should be about two to three shades darker than your complexion and on the cooler/ ashy side. Remember we're essentially creating shadows, the easiest way to apply your contour shade is to lightly follow with the natural curve

of your cheek. Using your ear as a guideline you start at the top and work your way in. Everyone has a natural contour on their face even if their face is a little chubby so the easiest way to find it is to smile and see where the natural shadow is. You're going to want to build up in color, you don't want to start off with too much color because it's harder to take away then it is to apply more.

Now onto blush!

Blushes can be really fun! Blush can give a natural and beautiful color to your face and ultimately give you a livelier look. Choosing a blush color is like finding the right foundation you're going to want to find one that suits your undertone. So if you have cool undertones, blushes that suit you best would be light pink's, berries, mauves, and deep burgundy's. For warm undertones peachy, orange or bronze shades.

Time to let your light shine!



I love a good highlight weather it be peachy, golden and even some with fun colors like purple or blue.. Highlighting gives your face a beautiful glow. I love a dewy skin, it looks more youthful and healthier and who doesn't want that? And it's super easy! Taking the highlight of your choice you lightly want to blend it on the high point of your cheek. You can also apply to other areas on your face just to get that dewy look. Apply as much as you'd like, if you want to look like a glazed donut girl I am all for it! I'm kidding, but makeup is fun!

So, play around with it until you find what works best for you.

Susanna Our Sister

Susanna our dear sister was definitely a law
keeper
The fear of our Lord coupled with beauty and
grace
Made Susanna known in all the place
The lust of men
Their ravaging eyes
Had brought tears to her eyes
Conspired against almost to death
Her prayer to The Most High she did not hide
Her faith in the Lord stood the hardest of tests
The youngest of men brought the accusations
to rest
Upon the accusers death was their fate
It did not pass them by for Susanna's sake
For the Lord was on her side
She kept the commandments and did not
fall to pride
The Lord is our helper
He is our stay
Just love him and quickly obey

Our Foremothers

Everything that was written
Is for us to apply and understand
Our foremothers were written for us to know
how to stand
Submissive, silent, meek, and strong
They knew their place before Esau
conquered us all
Babylon has erased what is meant to be our
place
Tight Pants, loud, no laws in our heart
No wonder why our families are falling a part
Our foremothers taught us how to be wise
How to keep sin from before our eyes
Sarah, Judith, Susanna and Esther to name
just a few
All knew how to be a righteous Jew
Many examples many times
Our foremothers were seen going for the prize
Selfless, caring, loving yet strong
These women are honored wise above us all

By: Abigail Israel
Rochester, NY

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The Daughters Of Sarah

FOR THE
REPENTING
ISRAELITE
WOMAN




The Daughters of
Sarah

