

**P E C U L I A R**

**P E O P L E**

**AUGUST 2020 ISSUE**

**A Princess  
Quarantined  
in Paradise!**

**SUMMER  
& FALL  
FASHION**

**Getting Ready For  
Tabernacles!!!**

**Q U A R A N T I N E**  
**T H E N E W N O R M A L**



#StopTheSpread

# 7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

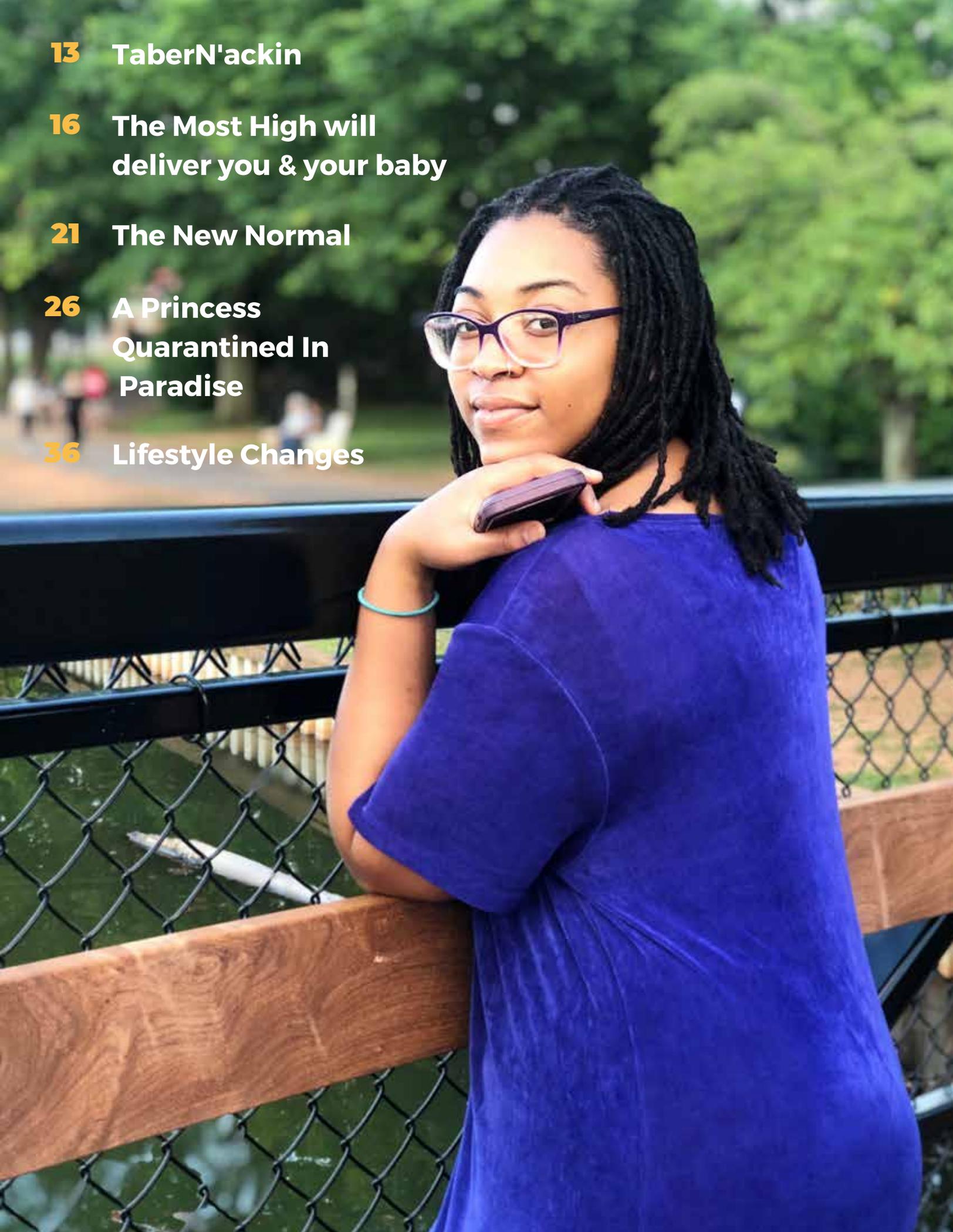
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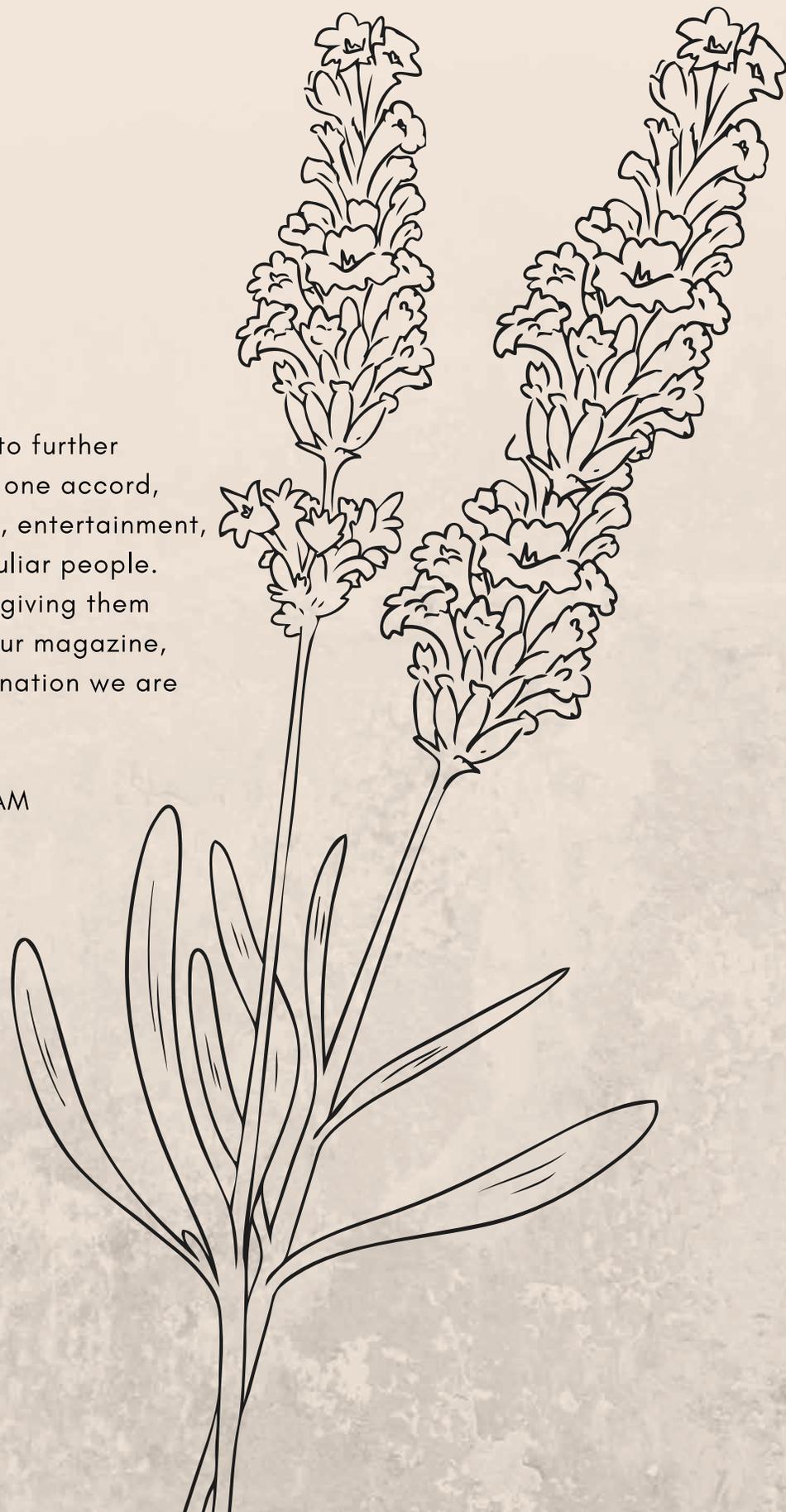
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# Publishing Statement

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









# WORDS FROM A SINGLE SISTER

BY: ANONYMOUS SISTER

So last time we discussed wanting to be married. Well let us talk about one of the things that may plague our mines from time to time. LUST! That's right I said it! According to Definition, Lust is an extraordinarily strong sexual desire for someone. We have all experienced lust at least once in our lives. The Problem with Lust is it leads to sin.

*Romans 7:7 "What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, Thou shalt not covet."*

Our Lust begins with coveting. Ex 20:17 tells us not to covet.

Our eyes see something we want or desire, then a wave of electrical energy and triggers are sent to our brain. What was only a visual has now become a thought, plaguing our mind. Now that it has become a thought what do you do? Do you react to your thoughts? Are you making provision for the flesh? [Provision= the action of providing or supplying something for use] What are you feeding your spirit? This is a well known Quote... "Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny." What do you want your destiny to be?

*Romans 13:14 "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof."*

*Sirach 18:30 "Go not after thy lusts, but refrain thyself from thine appetites."*

*We must be incredibly careful in entertaining our flesh. For there is a war going on and you must choose which side you want to win (Galatians 5:17). Remember to use different outlets to help you, for example: seek counsel (you are not alone), watch class videos, read your bible, be not idle and of course fast & pray. For all those sisters that may be struggling with this.... Let me tell you, you are stronger than you think you are! The Lord does not give you more than you can handle (1 Corinthians 10:13). You can overcome this and there will be a reward at the end. The Most High God needs you to be purified to receive that gift.*

Until Next Time Ladies.... Keeping this in mind.

- Make a covenant with your eyes (Job 31:1)
- Flee from sin (Sirach 21:2)
- You can do all things with Christ (Philippians 3:13)

Stay Blessed!



# SISTERHOOD

## ROOMMATE EDITION

*So, you have been in the truth for some time, and now you need a roommate. You look at your sisters nearest you and ponder “could we share the same space for one year or more, and survive?”*

Things to you must complete before opening up your space:

1. Get the pros and cons about having a roommate from people with experience in the body and/or on the internet. Sirach 6:36 tells us to wear out the steps of the door when you see a man of understanding. In this case, communicating with a person who has or had a roommate will benefit you greatly.

SIS,  
SHOULD  
WE BE  
ROOMMATES?

2. Talk to your potential roommate(s). Sirach 6:7-10 tells us to prove a friend and don't be hasty to credit them (approve them of being your roommate). Take your time! Observe how she interacts with the body, her works, and get a report. People in the congregation know who the good sisters are, especially senior sisters and leadership. Ask them questions like “I'm considering Sister A as a roommate, what do you think about that?” Or “I see Sister A is on this committee, how is she with cleaning the bathroom or the kitchen or with ordering children?”

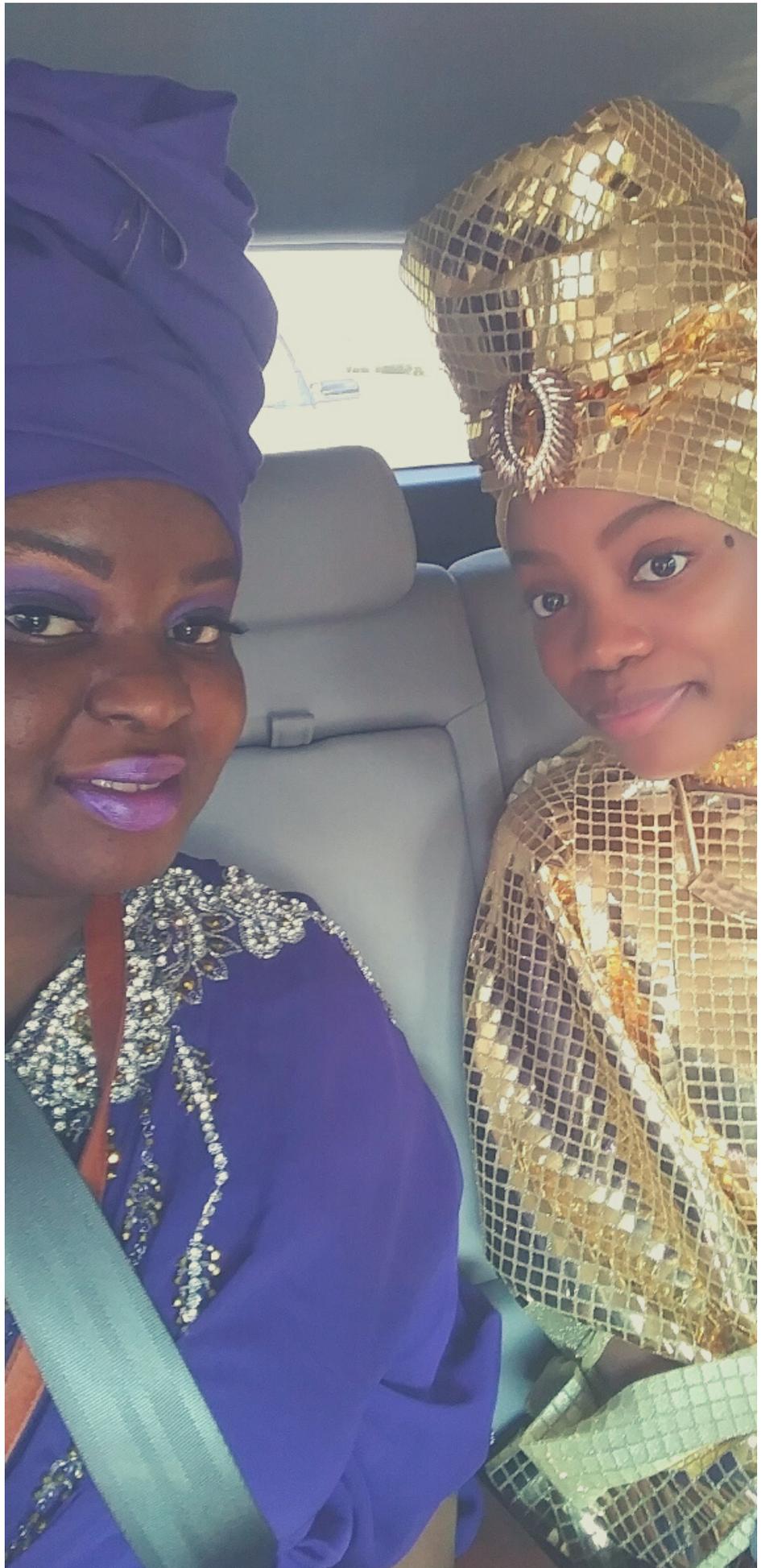
3. Know your potential roommate's job stability. 2 Thessalonians 3:10 tells us that if you don't work, you don't eat. Meaning, if she has not had a job within a year and held it for at least 6 months then she might not be a good roommate (unless you are willing to take on that responsibility by yourself).

4. Know if she is clean or odorless. 2 Maccabees 9:9-10 talks about the filthiness of smell being noisome to all, and how no man could endure the intolerable stink. In this case, you do not want to come home to a fish odor or filth throughout the home. Make sure to communicate with your roommate about cleanliness and cleaning schedules.

5. Be flexible and considerate. Know that your space will eventually become a shared space. The space will be about what works best for "us" as roommates, not "I" as head of the household. 1 Peter 3:8-9 tells us to have compassion, courteousness, and to be pitiful to one another. Your roommate and you will have differing needs, having compassion and flexibility will allow you to compromise and communicate openly.

After considering all these points, The Most High may bless you with a roommate. Remember to have all things be done orderly and in writing as 1 Corinthians 14:40 and Sirach 42:7 commands us; this goes into lease agreements and notarized roommate contracts.

**Written By Esther Israel  
(Dallas)**



# Cocoa Fresh

ANCIENT HERBAL THERAPY

## OUR PRODUCTS

Our formulas are tested over and over again until we are completely satisfied. Our products are tested on ourselves, family, and friends, until we feel 100% comfortable selling it to you!

### 100% QUALITY

All of our products are made in small batches. That way we have more quality control in each and every batch. We only use skin safe ingredients. Our ingredients are gentle enough for nearly all skin types. They do not contain waxes, fillers, or harsh chemicals.

### 100% ORGANIC

We don't use fragrance oils often, because of the chemical content. All of the smell goods in our products come from a blend of medicinal essential oil. All of our food grade products are 100% organic, kosher, and dairy free.

We can Personalize our products just for you!

## ABOUT US

Cocoa Fresh Ancient Herbal Therapy strives to bring you the best natural hair and skincare possible. We use the best ingredients, the best oils, the best products we can possibly make! Our vitamins are high end and tonics are made with perfection.

## CONTACT US

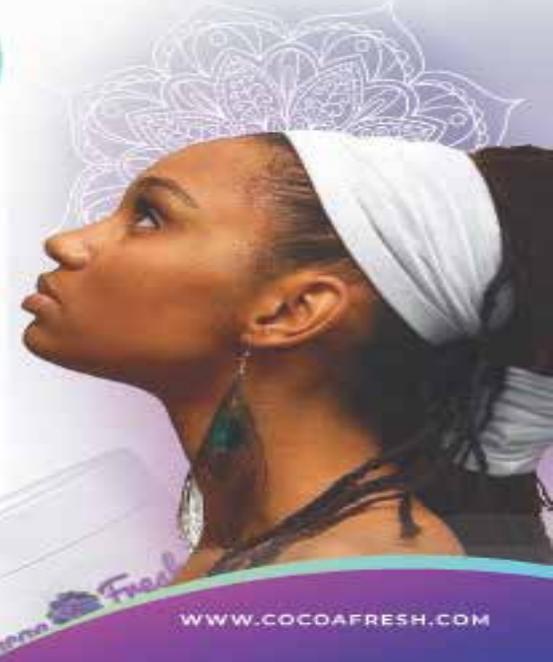
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# Cocoa Fresh

ANCIENT HERBAL THERAPY

## HAIR THERAPY

- Hibiscus Shampoo & Conditioner
- The Hair Hydration spray
- Wild Hair Growth Serum
- 3 in 1 Loc Kit

## SKIN THERAPY

- Eczema
- Dry Itchy Skin
- Rashes and Diaper Rash

## IMMUNE THERAPY

- Multimineral-Multivitamins for men, women & children
- Tonics for allergies and asthma
- Detox Powders



## Faith, Fertility, & Postpartum Doula Services

- Consultations for conception in any state, island, or country
- Scar oil
- After birth Sitz bath spray
- Postpartum belly butter
- Lady flower power soap & oil (anti yeast & BV)
- Blood building tea for breastfeeding support and womb toning
- Iron tonic
- Wombman's Hormone tea & vaginal Steam
- Herbal Coffee
- Herbal Viagra for Men



## FACE THERAPY (Coming Soon)







# TABERNACKIN'

**By Sister Roni (HO Officer Kolaiah - DC)**

The Feast of Tabernacles is one of my favorite High Holy Day celebrations, aside from the Day of Atonement (for obvious reasons). I can't say that I initially felt this way when I learned it involved sleeping outside, in a tent, with bugs and animals all around me. I had to get my spirit all the way right for that thing!

Being a citified sister myself, the closest I had come to sleeping out in nature was looking out of my bedroom window and seeing the trees behind my apartment building. It was a mini forest that I could observe at a sizable distance from the apartment complex. You might catch a deer or rabbit occasionally frolicking up to the back of the building when they passed the wildlife threshold into human territory. I knew about the little stream back there and in my youthful adventures, followed behind the neighborhood kids to visit it one time and got stung by a bee the same day. When you top it off with a pollen allergy, that pretty much ended my love affair with nature.

I nestled safely back into the arms of the concrete jungle. So imagine the anxiety I felt to know I would have to be reunited with outdoor living and have to endure it, even for a short time.

The thought of camping, for the inexperienced repenting Israelite sister, can quickly turn into mental anguish coupled with a side order of fear.

A flood gate of questions can pop up like, Is something going to try to get in my tent? How are we gonna use the bathroom? Am I gonna be able to wash myself? Now our FATHER doesn't give us a spirit of fear, but being nervous about the unknown is a natural feeling. Fret not, there's hope! The experiences, advice and camaraderie of your fellow brothers and sisters, can make the experience way better than you'd expect. Each time you take the journey to your chosen outdoor destination to pitch your tent, you gain more confidence, know how to make a comfortable and humble abode in the woods and have a great time!

## *THE BACKSTORY*

"Jews celebrate the week-long harvest festival of Sukkot in the autumn. Observant Jews build a temporary hut

or shack called a sukkah, and spend the week living, eating, sleeping, and praying inside it. A sukkah has three walls and a semi-open roof, designed to allow the elements to enter. It is reminiscent of the tabernacles Israelite farmers would live in during the harvest, at the end of which they would bring a portion of the harvest to the Temple in Jerusalem."

Wikipedia - "Harvest Festival"

In Leviticus 23:33-44, Moses was told to inform the children of Israel on how to honor the Feast of Tabernacles (FOT). For seven days, we are to dwell/live in our tabernacles (also known as tents). The first and last day are Sabbath days, meaning no buying, selling or work is to be done but because it is a feast unto the LORD, we can cook and must gather together to congregate. All males are to appear before the LORD for Feast of Tabernacles (Deuteronomy 16:16).

We take this time to remember how we lived in tents after the most High delivered us out of the hand of Pharaoh and the Egyptians. But this was also a time when we would perform an ingathering of our crops at the end harvesting season. Harvesting required communal participation. Our nation had a good knowledge of agriculture, which was given to us by the most High God. Our self-sufficiency was predicated on the ability to grow our own food and herd our own cattle and other animals. In our laws, the most High specified the ways of which we were to maintain our crops and animals.

The growth and stability of crops solely depended on the rains sent by the most High. In Leviticus 26:3-4, he made it very clear that when we kept his laws, statues and commandments, he would send rain in due season to allow vegetation to grow abundantly. In addition, he would also keep the devourer away to allot

for successful harvesting. (The devourer are the insects and animals that could destroy crops). In our captivity, in the land of the North and the Carribeans, enslavers placed rigorous labor on us to work the fields to yield the big cash crops of cotton, sugar cane and tobacco. How true Deuteronomy 28:33 proved to be that the works of our hands to grow the fruit of the land would mainly benefit our oppressors! Now most of our people are far removed from the occupation of agriculture because of the draw and migration of urban living which makes it easy for our enemies to develop ways to defile our foods. But as we return back to our heritage, we have been regaining the interest in gardening on a smaller scale and sharing tips with each other to develop a "green thumb". All praises to the most High for that!

## GETTING READY...

We know far too well the importance of preparation. Here are a few things to consider to jumpstart you in getting ready to honor the feast properly.

**The comfortable living space you desire.** The most essential part of FOT is getting a TENT. Knowing which one can make or break a good experience. How many people will sleep in the tent collectively? Is it a family of four, a couple of two or a few roommates? The specifications are based on occupancy in the sleeping position, but they don't account for functionality during the non sleeping hours (moving around in the tent). Might I suggest...if you want a nice roomy tent, look for the Cabin style or Family Size/Multi-room tents. My first tent was a Pop-up, which was super easy to set up. But by the second year of use, we both had achy backs because the ceiling was too low, so my lord and I opted to get a multi-room tent which we found was way more suitable for our optimal comfort. Not only is it more space, but we can stand up full height. We were able to make a bedroom, kitchen prep area and sitting room with the separation of rooms. Yes, we have a tent mansion and we LOVE it!

**So what if you're "camping indoors" or can't buy a tent?** We all know that necessity is the mother of invention. I remember our very first Tabernacles. We didn't have a tent and spent it in a three bedroom apartment. We had two shelving racks, two blankets, some curtains, and a cute weave basket. We laid one blanket on the living room floor, put a rack on each side of it and draped the blanket over the top of the racks. Then I got jazzy! I took the curtains and draped them across the front to make an entryway with the basket as an accent....you couldn't tell me nothing on that FOT! You can even make forts using sheets and blankets! The whole point is to use what you can creatively to make sure you keep the laws of the most High. Check out "How to make the COZIEST blanket fort EVER!" on YouTube for a good example.



*POINT TO REMEMBER: You MUST sleep in the tent...so don't go climbing in your bed with your tent sitting in the living room. If you can't do laying on the floor, use an air mattress or camping cot.*

### **Start early in getting your essentials.**

The closer you get to camping time, it seems like the more expensive things get. Collecting supplies over the year leading up to FOT will help minimize cost and alleviate your anxiety of efficient preparedness. Deacon Abbayael and the Oklahoma Camp have an awesome essentials video that I still check out to get me in packing mode to this day. It's informative and hilarious! The Israelites: F.O.T Essentials List <https://youtu.be/wsWqTcC9WQQ>  
**Don't go overboard!** Keep the televisions and gaming systems at home. The purpose is to rehearse the righteous acts by removing ourselves from the modern world to participate in the simplicity of life with our like minded family. Card games, board games, hiking and dance competitions are just a few ways we can keep it simple and have a blast!

**Location, Location, Location!** With the effects of COVID -19 still lurking around, we may still be under state regulations to limit large group gatherings when FOT time arrives, keeping us from being able to camp as a congregation. There may be families that have been blessed with a nice size backyard or some land that would be perfect to utilize as "camping grounds". Or maybe your household can accommodate a family or two to pitch a tent. Single sisters can come together for an indoor seven day blanket fort sleepover or could bunker down in a sister's backyard in her tent mansion. Be sure to discuss the possibility with your lord or

with leadership/your counselor to determine the best way to still plan for a beautiful time with proven family and sisters. Don't get the "bright idea" to host any men at your home as a single sister! Be safe and make the best decision to stay lawful with wisdom.

**Meal planning is key.** My first official time at a campsite showed me a thing or two. I was very casual on the food shopping list and didn't consider or even know how to make hot campsite goodies. I didn't think of a grill, portable propane stove, pots or pans. When I smelled that morning turkey bacon sizzling and coffee brewing, I realized real quick I had to step my camp cooking game all the way up. As part of your planning, consider what meals your family will enjoy in the wilderness. There are plenty of videos to spark ideas for hot and cold dishes. Prepacking seasonings, and prepping veggies and meats can get you in the groove of outdoor cooking. Be not apprehensive about this part of camping, because it truly helps you enjoy the experience as your home away from home. Check out these tips on camping cookware options:

<https://hellotrail.com/best-camping-cookware-for-open-fire/>

**Prepare for the ELEMENTS.** Outdoor camping is OUTDOORS, so prepare for what the most High will send your way. I remember when the remnant of a tropical storm visited our neck of the woods. We had a congregational trial that year! It rained so much and so bad, a couple of tents were flooded. Bringing a few extra tarps, some ponchos, or having a portable heater for the cold evenings can have you feeling like a camping expert! Check the weather leading up to departure to your destination.

Most importantly, prepare your spirit by being earnest to atone for your sins and letting go of any offense against your neighbors. This is imperative to have a wonderful drama free time with your family as the most High intended! Shalom, MHNCB!



# CAMPING



## SHELTER

- Tent/Camper
- Tap(s)
- Axe
- Hammer
- Mat for tent/Camper entrance
- Dust Pan & Broom

## BEDDING

- Sleeping Bag
- Sheets/Blankets/Pillows
- Air Mattress/Sleeping Pad
- Air Pump/ Repair kit

## CLOTHES

- Sneakers
- Boots
- Sandals/Flip-flops
- Jeans
- Pants
- Shorts
- T-Shirts
- Tank Tops
- Long Sleeve Shirts
- Socks
- Underwear
- Bras
- Exercise Clothing
- Sweater/Sweatshirt
- Jacket/Coat
- Raincoat
- Hat
- Pajamas: hot and cool nights
- Swimwear

## HYGIENE

- Shower Bag
- Bath Towel/Beach Towel
- Washcloths
- Shampoo/Conditioner
- Soap/Body Wash
- Toothbrush/Toothpaste/Floss
- Comb/Brush
- Deodorant
- Blow Dryer/Curling Iron/Flat Iron
- Hair Accessories
- Make Up
- Lip Balm
- Razor/Shaving Cream
- Lotion
- Toilet Paper
- Feminine Products
- Glasses/Contacts

## COOKING

- Cooler/Ice
- Stove with Propane/Fuel
- Campfire Grill or BBQ Grill
- Aluminum Cooking Containers
- Skewers/Grill Forks
- Pats/Frying Pans
- Cooking Oil/Spray
- Oven Mitts
- Pot Holder/Hat Pad
- Water Jug/Pump
- Tablecloth
- Plates/Bowls/Mugs/Glasses
- Cooking Utensils:
  - Spatula/Knife/Tongs/Spoons
- Cutlery
- Measuring Cups
- Mking Bowls
- Strainer
- Grater
- Whisk
- Aluminum Foil/Cling Wrap
- Resealable sandwich bags
- Paper Towels/Napkins
- Dish Soap
- Washing Bin/Sponges/Scrubbers
- Drying Towels/Washcloths
- Food Storage Containers
- Can Opener
- Coffee Pot/French Press
- Cutting Board

## OTHER NECESSITIES

- Compass
- First Aid Kit
- Band-aids
- Thermometer
- Rain Relievers
- Gravel/Modium/Tums/Gaviscon
- Medications
- Hand Sanitizer
- Antibacterial Wipes
- Small Mirror
- Rope
- Pocket Knife
- Extension Cords
- Bungee Cords
- Garbage Bags/Bin
- Clothesline/Clothespins
- Fire starters -
- Newspaper/Magazine
- Matches/Lighter
- Flashlights
- Lanterns
- Fuel

- Lawn Chais
- Citronella Candles
- Picnic Blanket
- Scissors
- Duct Tape
- Extra Batteries
- Sunscreen
- Aloe
- Bug Repellant
- Nail Clippers
- Tweezers
- Bikes/Bike Lock
- Watch
- Sunglasses
- Backpack
- Cards/Games/Toys
- Colouring Books/Crayons
- Books/Magazines
- Pad of Paper/Pens
- Cell phone Charger
- Camera
- Ipod/Radio
- Voltage Adapters
- Umbrella
- Sports Gear/Equipment
- Fishing Gear/License
- Cash/Wallet/Credit Cards
- Driving License
- Boating License
- Medical Insurance Cards
- Health Cards
- Maps/Directions/Guides
- Reservations/Permits/Itinerary
- Area Information
- Binoculars
- PETS:
  - Food/Bowls/Leash/Bags/Toys

## FOOD

- Water Bottles
- Condiments: Ketchup/Mustard/Relish/ Mayo/BBQ Sauce
- Seasonings/Spices
- Sugar
- Salt & Pepper
- Coffee/Instant Coffee/Tea
- Marshmallows
- Chocolate
- Graham Crackers
- Hot Dogs/Hot Dog Buns
- Snacks
- Sweets
- Beer/Wine/Liquor
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# The Most High will deliver you and your baby.

BY REBEKAH H.O. OFFICER  
CHASHAH (DALLAS)

To all the sisters who are pregnant or have recently found out they are pregnant, CONGRATULATIONS. Children are a gift from the Lord, and they are a part of nation building.

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

Now these are some troublesome times we are experiencing, with the COVID 19 pandemic being our new normal, and with all of these nations continuing to traumatize our people. I know you're probably watching the news of all the protests in the street, and the murders and persecution of our people, on top of COVID 19 risks and restrictions. You've probably already thought: "Wow, this is a crazy time to have a child. How are we going to make it through?" I know I have. I'm currently 22 weeks pregnant and due in October. I still haven't forgotten the words that the Bishop and Mother Shamarah said, "Prepare for the winter!"

There are a lot of fears and concerns we must fight off as pregnant repenting sisters, and part of that is knowing how to prepare for your birth and making those preparations NOW. However, the most important part is to endure unto the end and increase your faith in our Lord and Savior. Sisters who successfully birthed their children during these perilous times have come forth, and shared their stories of how they made it through to the end of their pregnancy, resulting in them with a healthy happy baby in their arms. Their experiences and this article is to encourage you.

First, we must remember, Israel has never and will never stop multiplying, even during affliction. In fact, the more we are afflicted the more we multiply!

Exodus 1:7, 12

7 “And the children of Israel were fruitful, and increased abundantly, and multiplied, and waxed exceeding mighty; and the land was filled with them.”

12 “But the more they afflicted them, the more they multiplied and grew. And they were grieved because of the children of Israel.”

Most High said our numbers are as the sand of the sea! We are innumerable! Infinite!

Hosea 1:10 “ Yet the number of the children of Israel shall be as the sand of the sea, which cannot be measured nor numbered; and it shall come to pass, that in the place where it was said unto them, Ye are not my people, there it shall be said unto them, Ye are the sons of the living God.”

Lastly, please remember how the Most High commanded us to continue to live our lives in captivity. To get married, to build houses, and to have babies!

Jeremiah 29:5-7

5 Build ye houses, and dwell in them; and plant gardens, and eat the fruit of them;

6 Take ye wives, and beget sons and daughters; and take wives for your sons, and give your daughters to husbands, that they may bear sons and daughters; that ye may be increased there, and not diminished.

7 And seek the peace of the city whither I have caused you to be carried away captives, and pray unto the Lord for it: for in the peace thereof shall ye have peace.”



Now that we have covered that, we can go into our first sister's experience. The sister is from NY and has already had 3 young children by the time she found out she was pregnant again. She was planning to do a hospital birth at first, however when COVID 19 hit hard, there were many restrictions that made her reconsider. The main one was that at the time NY had declared no one can accompany the mother in labor at the hospital or during the time of delivery, not even her husband. Later, the state of New York lifted that restriction and is now allowing one person to enter with the mother, however there are still more restrictions that make the hospital not the right environment to birth a baby. The sister and her lord agreed they would move to a birth center. She was 37 weeks when she was trying to transfer, and with her already having 3 children prior, she knew she always delivered early. The birth center claimed that all of her records, every last one, must be transferred over before she has the baby, and if the baby came before then she would have to go to the hospital. That very same week she started speaking with the birth center was the week she had her baby. When the sister felt the baby on its way, she called the birth center. Thankfully a woman from our nation answered the phone, and she actually was the one who ran the birth center! The sister told the woman her water broke, and the woman said she was welcome to come. The sister decided to wait until her contractions were 3-5min apart before she went to the birth center, and when she got there... they told her she was only 2 cm dilated and told her she could go home if she wanted. However, the sister had trust in the body the Lord gave her and told the midwife she'd prefer to stay. The rest took only 2 hours until her new baby girl came, and 3 hours after that she was allowed to go home. The sister explained how she had her last 3 babies in the hospital and it was a VERY different experience from what she had in the birth center. Less pressure, less interventions, and a more comfortable environment to birth a baby. She couldn't even imagine how it would have been if she had her baby girl in the hospital with COVID 19 going around.

Her advice to us new mothers who will be having their children close to or in the winter time is to try not to have the baby in the hospital at all. Because even in highly run hospitals, our women experience neglect. If you must go to the hospital make sure you can have someone go with you, whether it's your husband, your doula, your mother, etc. Most importantly, make sure that someone is an advocate for you so that the hospital will not take advantage of you. All in all, pray and fast (if you can). Those fringes and ribbon of blue on

Our second sister had a similar experience, only she gave birth at home. Like the first sister, she too was planning for a hospital birth, but when the COVID 19 restrictions took place, she found out that though her husband could enter in with her for the birth, he could not stay after the baby came. Luckily, having 2 babies prior, she went back to the midwives who delivered her previous children and they came to her home to deliver her new baby boy. The sister was 35 weeks when she transferred over. She claimed that the whole process took 2 hours for her baby to come, from the first contraction to when the baby was in her arms. Now, this could be due to her body being used to having babies. Her first baby took 12 hours, her second took 4 hours, and her most recent baby took 2 hours. However, it is evidence based that giving birth at home or a birth center is more relaxing, so therefore labor and delivery are way quicker than a hospital birth. The special thing about a home birth is that you are in control of what happens, how it happens, and you get to make up the rules. For example, the sister made sure that the midwives who came in wore masks and gloves to protect her home. Very different from a birth center, where any slight complications can get you risked out and back in the hospital. During COVID, the sister made sure to get lots of rest, stay inside as much as possible, cook at home, and take supplements plus prenats. She also stayed active, especially in her 3rd trimester.

Her advice to mothers giving birth this summer or near the winter would be to get extra rest, stay healthy, spend time with your lord, and get a doula if you can! For those who must deliver in a hospital, it'd be best to look up its restrictions before you enter into labor. She also advises to not get any medicine in the hospital if you can, for if you do, it is more likely you'll have to stay overnight or longer

Our last sister is a prime example of having faith and trust in the Most High, for she not only had a successful and easy hospital birth but a C-section at that! In the beginning, she was made aware that her lord would not be able to accompany her during the surgery. She had to mentally and spiritually prepare herself to do everything by herself. In the past she had a C-section with twins by herself. She explains how she was a nervous wreck and how it did not go well for her. And though her twins came out healthy and strong, her next baby afterward did not survive. She had to trust that the Most High knows how much she can handle, and that he would not let her go through that trauma again (1 Corinthians 10:13). Surprisingly on the day she walked into her scheduled



accompany her (before he was going to wait in the car). Of course she eagerly agreed. They had to wear masks during the surgery, but other than that, everything ended up fine! The baby came out healthy and strong. The only time she was away from her baby was when the nurses took the baby the nursery, and due to COVID her husband could not follow them. However, she trusted in the Lord that everything was okay, and her baby was back in her arms in an hour safe and sound. The sister said it calmed her to know that the Most High was with her since she is a repenting woman. She explained how she prepared herself for the absolute worst, but the Most High gave her the absolute best. She had a normal birth experience at the hospital.

So, if you are pregnant and struggling with fear because of these trying times, just know that you have options. Most importantly, you have the Most High on your side! He will never forsake you! In keeping his commandments, the Lord will never allow harm to come to your way, for he will deliver you and your baby from all evil!

Psalm 37:25“ I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.”





EVERY FAMILY DESERVES  
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# The New Normal

*Oh Lord, there has been a drastic change in life from 2019 to 2020. Mask, Death, and Quarantine has become our new normal.*

*by: Hadassa Israel NY*



Let us begin with these masks... Can you say "I can't breathe" or what! Talk about a bit suffocating. Wearing a mask everyday all day has been quite a struggle and extremely hard to adjust to. Sometimes, it feels as if you cannot breathe (but you're afraid to take it off, because you do not want to catch the Rona) and those straps hurt your ears.

There have been so many unanswered questions left behind wearing the mask; is it for my protection or someone else's? The point is, I do not like them; yet we must wear them to follow our state laws (1 Peter 2:13-14). Since we are forced to wear masks, we might as well make it fashionable and comfortable!

There are several ways to create your own mask. You do not have to limit yourself to free masks given out, hospital ones, or the N95.

You can sew your own mask, crochet it, knit it or even fold fabrics with hair ties. Let's put our righteous Israelite princess spin on it!!!



Learn How to Make your own mask.on pg 23.

Photo:  
Above

21. printed fabric

36. Crochet

48. plain fabric

The second point I like to discuss is one most people try to avoid... death! Death is not some taboo thing. It is something that will happen to everyone, sooner or later in your life (Ecclesiastes 12:7).

Death has been the surrounding noise around Covid-19. Let us please not ignore how Blacks, Hispanics and Native Americans are dying at a higher rate than our counterparts. We must acknowledge that everything is of the Lord, and the issues of death belong to him (Psalm 68:20). The media states there have been thousands of people that have died all over the world, So what is happening to those that have died of the virus or just during this time?

This wave of Covid-19 has put people in a panic, causing them to have a fear of the unknown. Results of this fear can be seen in hospitals separating families, by forbidding them to visit each other due to the fear of the virus spreading. This action alone can cause your loved one to die. Leaving them with the feeling that no one cares, feeling abandoned. Funeral Homes are no better when it comes to this fear. Funeral Homes must use their own discretion on how to handle the decedent, especially if knowledgeable that they have died of Covid-19. Majority of funeral homes had to make a health decision not to embalm Covid-19 clients and refused to have the casket open for funeral services. As a courtesy, Funeral Homes will offer to provide a photo of loved ones who have died of Covid-19 to their families as a form of closure due to having to have a closed casket service.

The fear of not knowing how this virus is truly spreading has left a lot of people with many emotions; families are confused, frustrated and in rage!!! So many people seem to think the numbers of deaths are not real or that it is some type of hoax. However, I am here to tell you that the Corona virus is very real, and all these people are dying.

In the midst of this pandemic and the death surrounding it, we must know how to cope with it all. When you lose someone, whether it is a family member, friend, co-worker, neighbor, or someone you just knew of, we must talk about it. Talking helps with the healing process. There is no shame in crying (Sirach 38:1), even the bible says there is a time to mourn (Ecclesiastes 3:4). Of course, you will miss that person, it is an adjustment of not having that person around anymore for you can no longer speak to them nor see them. However, their memory does not die. So speaking about them, and getting used to accepting their death can help you heal (Sirach 38:23).

Death is very real and affects each of us differently. Being "strong" is a myth, for this attitude can have longer unaware effects. The bible says to lament as they are worthy (Sirach 38:17). Pay attention to how you really are handling the situation. Some people tend to become overly busy, never taking the time to mourn, and then become very depressed. Remember take no heaviness to heart for sorrow killeth many (Sirach 38:20, Sirach 30:23). These times are when we need each other the most. Seek counsel, get advice, pray and fast. We need one another for comfort (1 Thessalonians 5:11). I will leave you with these words of comfort:

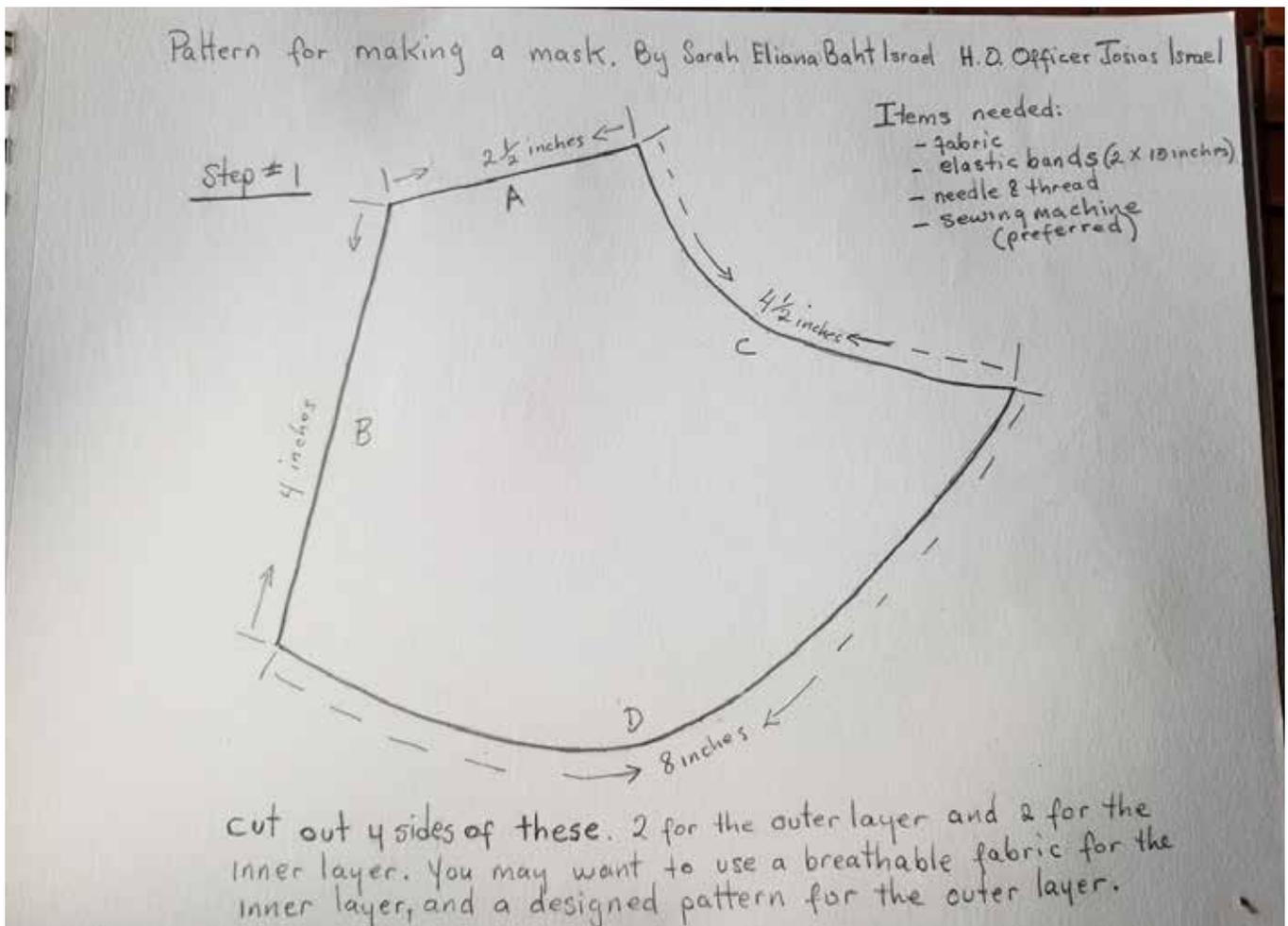
***Isaiah 57:1 "The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come."***

So, quarantine! What is that? It is a state, period, or place of isolation in which people or animals that have arrived from elsewhere or been exposed to infectious or contagious diseases are placed. Basically, it is a fancy way to say you're isolated!

How does it feel to be isolated? I just happened to be one of those sisters who loves her own house, but the idea of being forced to stay in your home is another thing. Separation, social distancing, and long lines at the supermarket are all part of our new normal. Let's not even mention curfews being put into place! Did you ever think that you would be standing in a line to just get into the supermarket or any store for that matter? I have only seen this during those Black Friday events. What an adjustment! "Six feet!!!" is what is constantly being shouted at you, huh? To make matters worse we are not allowed to have more than 10 persons gathering at once, in the majority of the states. This made congregating as a body more difficult. Although this is something we did not prepare for, it causes us to trust in the Lord more and seek him 10 times more.

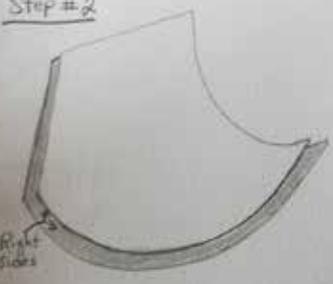
***Baruch 4:27-29 "Be of good comfort, O my children, and cry unto God: for ye shall be remembered of him that brought these things upon you. For as it was your mind to go astray from God: so, being returned, seek him ten times more. For he that hath brought these plagues upon you shall bring you everlasting joy again."***

There are some positives to quarantine life. It gives us all more time to spend with our families, completing things off your to do list, and of course, more time to study (1 Timothy 2:15). Everyone has their own experience on how quarantine life started for them; for some it was easy, for others it was hard. As time goes on, it does take a toll on you, leaving you frustrated and overwhelmed. It has caused us all to think about what is to come or if things will go back to "normal"? However, in time we will get the answer to these questions. In the meantime, we must keep the laws of God and continue to endure. (Matthew 24:13)

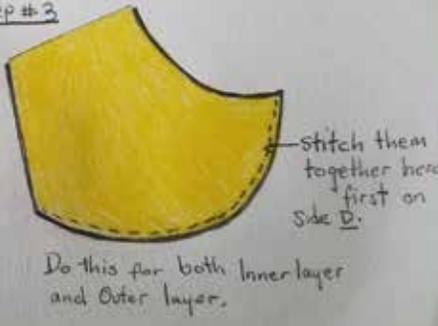


eg. Place the outer layers together both right side facing each other

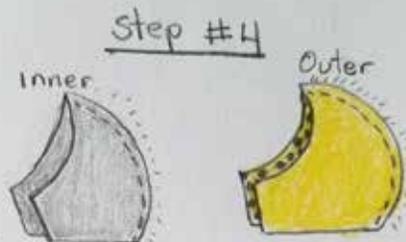
Step #2



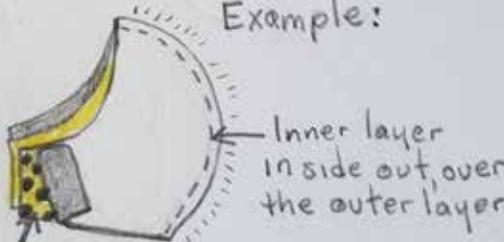
Step #3



Step #4

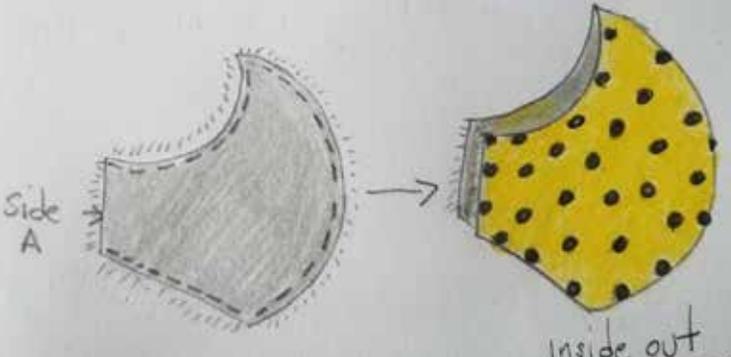


Example:




Step #5

After placing them together stitch along sides B and C. When completed Turn it inside out using Side A.




Step #6



\* Fold in and stitch

Insert elastic band at least half inch into side A on both sides and stitch side A close.

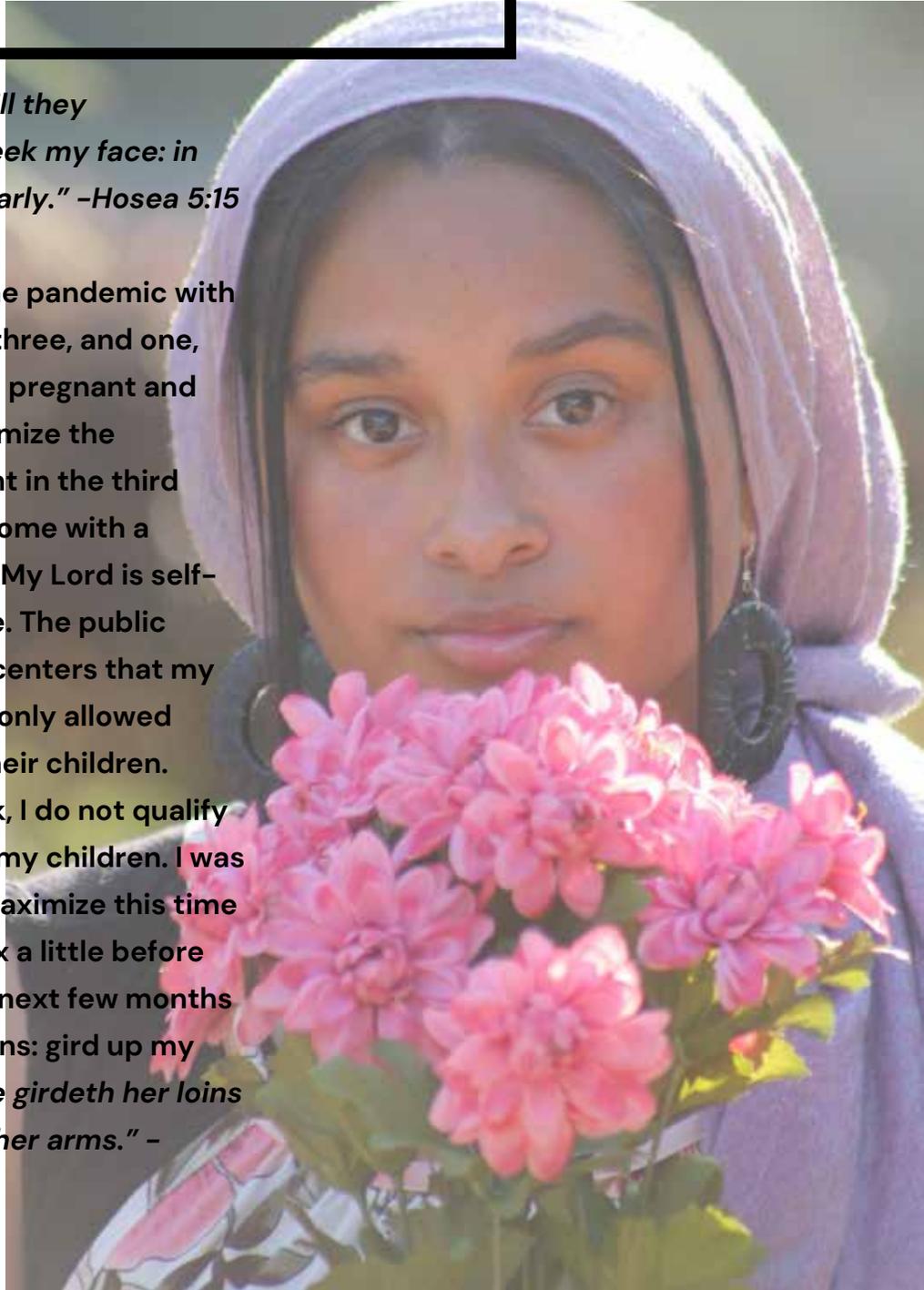


# A PRINCESS QUARANTINED IN PARADISE

By: Rinnah Israel H.O.  
Hezeki Israel (Hawaii)

*"I will go and return to my place, till they acknowledge their offence, and seek my face: in their affliction they will seek me early." -Hosea 5:15*

My first few weeks home during the pandemic with my Lord and three sons, ages six, three, and one, were amazing. I was seven months pregnant and saw this as an opportunity to minimize the struggles of working while pregnant in the third trimester. My employer sent me home with a laptop and a telework agreement. My Lord is self-employed so he was already home. The public schools closed and the childcare centers that my children attend consolidated and only allowed essential employees to drop off their children. Since I have the option to telework, I do not qualify as an essential worker to drop off my children. I was feeling great and determined to maximize this time with my family while trying to relax a little before child birth. If only I knew what the next few months would really entail. I had two options: gird up my loins or fall prey to weakness. *"She girdeth her loins with strength, and strengtheneth her arms."* - *Proverbs 31:17*



***Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" -2 Corinthians 13:5***

As an extrovert, the boundaries placed on social interactions are very challenging. Life changed so drastically and quickly. Although I do not miss my job, I miss the freedom of taking a minute to myself while at work and having the freedom to wander stores after work for retail therapy. This confinement is allowing me the opportunity to examine myself and practice the virtues of a Proverbs 31 Ruby. I started reading my four chapters each day, listening to more classes, and initiating more in-depth biblical conversations with my Lord (he normally initiates them). *"Who can find a virtuous woman? for her price is far above rubies."* - Proverbs 31:10

***I can do all things through Christ which strengtheneth me."*** -  
***Philippians 4:13***



"When the pandemic first began, I was seven months pregnant with our fourth child. I had developed a regimented schedule which was working excellent until the latter months of the pregnancy. After a month passed, my energy levels decreased as well as my patience and cheerfulness. I could barely keep up with cooking, cleaning, and caring for my family the way that I normally do. The pregnancy was weighing on me thus making the situation extremely stressful. The teleworking, homeschooling, and dealing with a preschooler and toddler had become too much to bear while eight months pregnant. The restrictions placed by social distancing were becoming overwhelming for my family and I since we are accustomed to frequent outings. During intense times, I would step away into the bathroom and let the tears flow freely. To regain my composure, I would remind myself that I can do this and that the Most High has always given me strength to handle less favorable situations. I was excited to go into labor so that I could have a break while in the hospital. Sadly, when that time came, I wanted to be home with my family. I was worried for my Lord and I missed them dearly. The hospital was too quiet. It did not allow visitors except for one; it was horrible.

***"A faithfull friend is a strong defence: and he that hath found such an one hath found a treasure."*** -  
***Ecclesiasticus 6:14***

“One of the first articles I wrote, Proving My Lord was a Self-Reflection, provided intimate details of the love that I have for my Lord. This Isolation allowed me to create more memories with him and appreciate the mercy the Lord has bestowed upon me. Since he is my best friend, being together all day, every day has been awesome. When he’s in another location away from me, I miss him. Sometimes I find myself imagining how awesome this would have been had this pandemic happened prior to the children. We endured some moments of tension but they were minimal. While being home all day around my Lord I am becoming more familiar with 1 Peter 3:1-2 and Sirach 26:14. I see this as progress in my plight to total submission. I know I am going to miss him when I go back to work. He has been extremely helpful and understanding, and this time has reminded me of how fortunate and blessed I am to be with a prophet of the Most High God. *“Wives, submit yourselves unto your own husbands, as unto the Lord.” - Ephesians 5:22*

***“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” -Proverbs 17:22***

My number one struggle during this pandemic has been trying to

give my children all they need without losing my sanity. They remind me so much of my Lord yet they all have their own little special way of doing things. Prior to the pandemic, we lived a proportionately routine lifestyle. Since the children were accustomed to set schedules, we tried our best to maintain those schedules. This made the days easier to digest. My favorite part of the day is nap time which equated to quiet time for me. Seeing as we are routine creatures naturally, maintaining our routine has been one of the most intricate parts to preserving a sound mind. *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.” -2 Timothy 1:7*

***“Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.” -Psalms 127:3***

My oldest child is a very outgoing personable little character who was attending kindergarten. In the beginning he was handling it well but as the time progressed and the social activities outside of home started to diminish so did his smiles. He would ask me questions like mommy when are we congregating or can I go to this park, and so on. Although I tried to make being home as fun as I could, my radiant ball of energy needed more.

“I would see glimpses of excitement in things like decorating for our high holy days (all praises we have so many), and being able to ride along with dad while he was working or running personal errands. Periodically, he would ask to hang out with his Israelite friends and I would have to try and explain to him that the parks and stuff are closed so we have to hang out with them some other time. My heart is heavy and full of sadness as I watch the emotions in his little face when he realizes that we can’t do what we normally do. Habitually, I have to remind myself of how pivotal this time in his life is for social interaction and learning to control his emotions. Despite my personal experience, it is my responsibility to protect and teach him. This is for the betterment of my character because I must be strong for him. As adults we think they understand because we understand when in fact they really don’t. In order to curb his frustration, I started giving him special tasks that were only for “big boys”. Since he likes cooking, I let him be my special little helper in the kitchen and when he cleans after the little ones, I give him special treats. There are certain games and activities that are age appropriate for him so I don’t let the little ones distract him when he wants his alone time.

These little things rewarded me a few more smiles and some “I love you mommies”. *“Her children arise up, and call her blessed; her husband also, and he praiseth her.”*  
-Proverbs 31:28

***“Bow down his neck while he is young, and beat him on the sides while he is a child, lest he wax stubborn, and be disobedient unto thee, and so bring sorrow to thine heart.”*** - Ecclesiasticus 30:12

***My three-year-old and my one-year-old seem unscathed. They wake up with the same mission every day and that is to find new ways to torture mommy today. The day starts off great and then once they have had breakfast and are fully awake, it's showtime. When dealing with them, I focused on trying to rule my spirit and conquer patience. They have tested every possible extreme when it comes to dealing with patience. In the blink of an eye, they write on furniture, walls and floors; play in the water in the bathroom; run through my house like they were outside; ram trucks into my glass patio; and the list goes on and on. Sirach 30 has become one of my favorite chapters in the Bible. The one year old is now saying no for everything which can be very frustrating at times. To overcome their level of need for attention, I turned the entire living room into a daycare.***

I created different centers or play stations where they can do various activities. For example, the first few weeks they had the following stations: playdough, puzzle, coloring, ball pit, blocks, and Lego. Once they were tired of those stations, I rotated some out and added hot wheels, sensory rice bins, and added different supervised activities they could do. For instance, painting, board games, electrical toys such as remote-controlled cars, trains sets, etc. The intent was to redirect their energy constructively so that everyone would be happy. I quickly learned that children four and under just need to be constantly redirected and disallowed idle time. *“Send him to labour, that he be not idle; for idleness teacheth much evil.”* - Ecclesiasticus 33:27

**“Although I tried to make being home as fun as I could, my radiant ball of energy needed more.”**

*“A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world.”* - John 16:21

After my son was born, my energy levels increased and the joy of caring for my family was restored. I came home from the hospital and was shown so much love by the sisters of the camp. They made dinner for my family and I for an entire week. It was amazing and it allowed me to clean my entire house.

Once that was complete, I was in bliss. The order was restored, my Lord and I were satisfied, and my children are still trying to figure out how to stay occupied. I look forward to trying to prepare my house for the winter. *“Set thy heart aright, and constantly endure, and make not haste in time of trouble.”* -Ecclesiasticus 2:2

# PUZZLES & GAMES

## Spot the difference between Mama & Mama!

Search and find 12 differences in the pictures below. Tools needed: a sharpie marker and a sharp eye

Picture 1



Picture 2



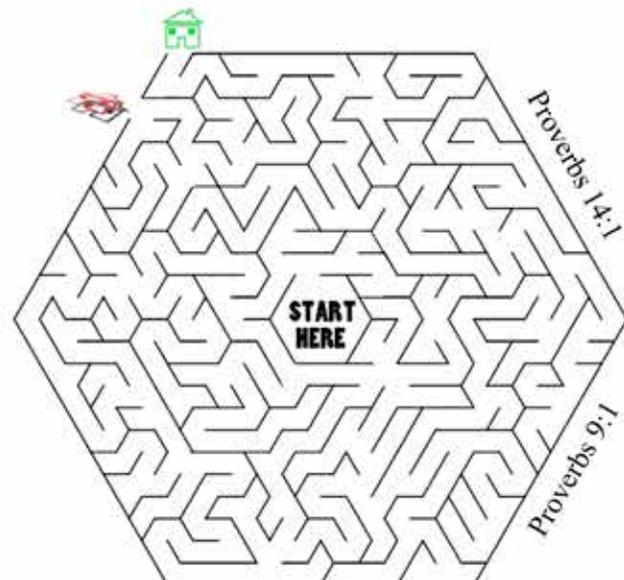
## FRUITS OF THE SPIRIT WORD SEARCH

S C V V Q D K M L S U R C G Q  
 R X Y A J K J E S A G D H N B  
 Y A O C L S G E D Q L G S I G  
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 J C G E S X S B H L P R O N I  
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 S C N C G M G F L Q X F V L M  
 E H F J L E S A M J O J Z M Q  
 T E M P E R A N C E C X M N A

GALATIANS 5:22-23

## A-MAZE-ZING!

Use a pen or marker to trace through the maze (without stopping) and find your way to the solid foundation green house. Careful! lest you find yourself at the plucked down-no foundation red house



## Day of Atonement

**This year the day of atonement falls on September 11th, 2020. Atonement is one of the most important high holy days. This is the one day out of the year you knowingly are forgiven for your sins. It is what you call a reconciliation with God. There are several places you can read about the day of atonement, Leviticus 23:26-32 is one. Afflicting your soul is to deprive, cause pain or to suffer. This is what we are doing when we fast for atonement. When we fast, it is supposed to be a cry, mourning, pleading, and praying to The Most High God for help, forgiveness, and mercy through his son Jesus Christ. We need to feel every bit of our affliction.**

**Psalms 109:24 My knees are weak through fasting; and my flesh faileth of fatness.**

**Joel 2:12-13 12 Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.**

**There are many examples of Israel proclaiming a fast for our nation and times when you read about the prophets just fasting. When a fast was proclaimed we had time to prepare for it, just as we do for the day of atonement. Preparing for a fast is done in two ways physically and spiritually. We first need to prepare our minds spiritually with the scriptures. We must know what we are asking for; from The Most High God, knowing what we need spiritually, things we need to change to better our walk in this truth etc.... The physical preparation is more about what you put in your body! During fasting there is no food, water, or anything in your mouth (Jonah chapter 3), so we must stay hydrated. To stay hydrated during the fast we need to drink plenty of water before and eat hydrating fruits and vegetables. Knowing this high holy day comes around once a year we can start preparing our bodies as early as a week before or you can just do 24hrs before. The choice is yours. The day of atonement is observed from eve to eve (Leviticus 23:32). You should also make provision to have that day off from work, since we are to do no work that day (Leviticus 23:28,31). Who wants to work while they are fasting? During this time, our focus should be on the scriptures and self-reflecting. How can we do that if our minds are occupied on task at work? If this is your first time observing the day of atonement, take your time throughout the day, pace yourself. Do not sleep all day, for there is no self-reflecting happening if you do that. Try preparing by doing a fast a month or sometime before to see how well you do. Always remember to pray while you fast! You got this!**

**Tobit 12:8**

**“Prayer is good with fasting and alms and righteousness. A little with righteousness is better than much with unrighteousness. It is better to give alms than to lay up gold.”**

# ATONEMENT

BY:  
HADASSA ISRAEL

# Top 10 Hydrating Foods

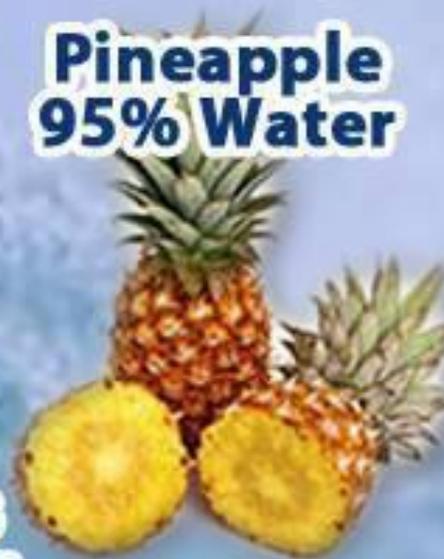
**Cucumbers**  
96% Water



**Watermelon**  
96% Water



**Pineapple**  
95% Water



**Lettuce**  
95% Water



**Tomatoes**  
94% Water



**Melon**  
89% Water



**Celery**  
95% Water



**Pear**  
92% Water



**Blueberries**  
95% Water



**Grapefruit**  
90% Water



RawForBeauty.com

# LIFE REQUIRES AN EMERGENCY FUND!

BY YEMINA ISRAEL



**You lose your job, or your hours get cut. Your kid gets sick and needs to go to the hospital, better yet, you get sick and need to go to the hospital. Then your pet needs to go to the vet, and you run over a pothole and need new tires. The A/C unit goes out, the roof starts leaking, you drop your phone and crack the screen... the list goes on and on.**

When things in life happen unexpectedly, are you prepared?

A great defense in life is money; specifically, an emergency fund.

**What is an emergency fund?** An emergency fund is your first line of defense when you are faced with unplanned and urgent financial costs that occur in life.

**How much should I save?** Ideally, six to twelve months of living expenses. To be safe, you should try to have enough money in your emergency fund to cover all of your **necessary expenses** for six months. These are expenses like food, mortgage/rent, utilities, transportation, and required debt payments.

Although saving six to twelve months is a sizable goal, it is possible to achieve in small consistent amounts. **Make your initial goal to have an emergency fund of just \$500.** That is a goal that you can reach in just a few months and it can make a tremendous difference when you have an emergency.

**How do I build an emergency fund from zero?**

- Start budgeting
- Cut back on spending
- Sell old junk/stuff
- Re-examine your recurring expenses
- Pay off high interest debt
- Be consistent and disciplined

**Do not set your savings plan too high at first,** either in terms of the amount you can save each week or the overall amount. For example, save \$25 a week. You can have a \$500 emergency fund in just twenty weeks, or you can put away \$40 a week, which would bring you to the \$500 goal in three months. Continue to work your way up and set mini-goals along the way. Your next goal could be to save a \$1,000, and then one month's expenses, and then two, and then three.

### Where do I put my emergency fund?

There are many suitable options such as FDIC cash, dedicated high-yield savings accounts, checking accounts, even money underneath your mattress! The point is to have complete immediate access to your money, without penalty, when you are in need. Everyone is on their own financial journey with unique goals to achieve and hardships to conquer. Be prepared for emergencies. With everything going on in the world, use this time as a catalyst for motivation to set up an emergency fund for yourself. Whether you use technology or old-school methods, saving your nickels or five-dollar bills, there is no wrong way to start saving.







## **Lifestyle Changes (Newly married and being in school) By: Sister Mariah Israel HO Officer Elihu**

On January 5th 2020 my life changed drastically for the better. I became a wife to a faithful prophet Officer Elihu. I wanted to be a wife for a long time and it was a blessing to become one. Along with being a new wife I am a student as well. I have been in college for the past few years working on fulfilling my early childhood education degree. Three weeks after I got married I had to prepare to begin a new semester. I was so overwhelmed I could not even wrap my mind around starting a new semester. A new semester consists of getting supplies needed, new schedule, new classes, and much more. I was still adjusting to being a wife, moving to a new location, working and then being in school too. It was no joke.

The past 4 months have been a little rocky trying to adjust and develop a schedule for myself to get things done. I was all over the place sisters during this semester.

I would be trying to cook dinner while making sure my assignments were submitted on time. There were times when the assignments were submitted late, or I forgot the time that the assignment was due because I was busy taking care of other things in the household . During this semester as you all know the pandemic started taking place and that was a huge adjustment in itself. I started online schooling which I never did before because I knew that it would not work best with my learning style. However, there was no choice. It had to be done. I took more classes this semester and would often get the meeting times confused. I was often late for my classes as well because I would be tired from waking up to get my lord prepared for work and from getting the house cleaned. I have made many mistakes within these past 4 months and I have learned a lot and started making some changes. The semester ended May 13th and I received

all A's and B's even though it was difficult. The most high strengthened me to get it done.

**Philippians 4:13 "I can do all things through Christ which strengtheneth me KJV**

Some of the things I learned:

### 1. **Do not procrastinate-**

Procrastination is something that many of us are guilty of. It is a very unproductive habit that must be stopped. It is best to get it done as soon as possible. Pushing what you need to get done off just creates more work for yourself. You are creating more work for yourself because now you have to rush to get it done and other things will come up that need to be done now as well. Procrastination is a struggle for me. I put off a lot of my assignments. Moving forward there will be no more of that. I downloaded an app that helps me plan out my day better and I am working towards setting goals for myself each day. When doing this it keeps me focused and helps me to be productive. **Proverbs 13:4 - The soul of the sluggard desireth, and [hath] nothing: but the soul of the diligent shall be made fat.**

2. **Write down due dates and schedules where you can see them-** I realized this is very essential. Writing down due

dates will help keep you on track with completing the task on time. It will also help you to be on time as well. If I wrote down due dates and kept them in a place where I could see them it would have made it easier for me to always submit my assignments on time. We all need that reminder we cannot expect to remember everything in our heads.

### 3. **Meal planning and cooking**

**large amounts-** This solution right here is everything. Meal planning is so important. When meal planning you will save your family money because you will not buy unnecessarily. Cooking large amounts is very helpful because you can have leftovers and will not have to keep cooking each day. Cooking this way saves you some time. Cooking large amounts is something I should have done even more often during the semester because of being busy with completing and submitting assignments. When I did cook large amounts I was able to complete more assignments and get other things done in the house because dinner was already complete.

**Ecclesiastes 9:10 - Whatsoever thy hand findeth to do, do [it] with thy might; for [there is] no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.**

I pray that this was helpful unto you newlywed sisters that may be considering going to school or currently in school and balancing both. We truly are stronger than we think we are. I did not think that I could balance being newly married and in school but I did. Even though some days were a little difficult with time management others were not so difficult. We all have challenges in our lives that we have to face and may be put in situations that take time to adjust to. **Sirach 2:6- Believe in him, and he will help thee; order thy way aright, and trust in him.** Pray and trust in the lord and you will get through it. I still have so much to learn when it comes to being a wife and with balancing, but it will come with time. Shalom sisters mhcnb you all.





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