

# PECULIAR PEOPLE

OCTOBER 2020 ISSUE

*Sisterhood in  
Captivity*

**Diseases and How  
it relates to  
Stress!**

*Teens & Social  
Media*

***THE RIGHTEOUS REFLECTION OF  
ONE'S SELF***



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# Health & Beauty

## Clearer Skin in 30-days

Wellness Challenge! Are you ready Sisters? So, you want clearer skin and better health? Great! Get ready for hard work, which consist of some diligence, follow-up, follow-through, and patience. The following tips below should improve our skin and health IF you apply.

### Action Plan

1. **No Refined Foods for 30 days!** Refined foods are often made with white flour and consist of bread, crackers, cereal, pasta, noodles, white rice, sodas, and pastries. Eliminate the consumption of these items.

**Challenge:** If you need something sweet, you must make it yourself! Ex: if you like donuts, find a way to bake healthy donuts via YouTube etc. Other healthy alternatives include brown or wild rice, spelt bread, ginger beverages, water, and/or whole grain pasta.

2. **No Dairy for 30 days!** This includes foods like, cheese, butter, frozen desserts, milk, sour cream, yogurt, various breads, and some chocolates.

**Challenge:** Replace dairy items with plant-based items like Almond milk, Oat Milk, plant-based butter, and/or frozen vegan ice cream.

3. **No meat for 30 days!** From breakfast, lunch and dinner, the average person consumes meat at least 3 times a day, That's Too Much! especially if you are not controlling your portion size.

**Challenge:** Replace meat with mushrooms, tempeh, beyond meat crumbles or patties, jackfruit, soaked walnuts with seasoning processed in a food processor (making it yourself), seitan, black beans, and/or garbanzo beans.

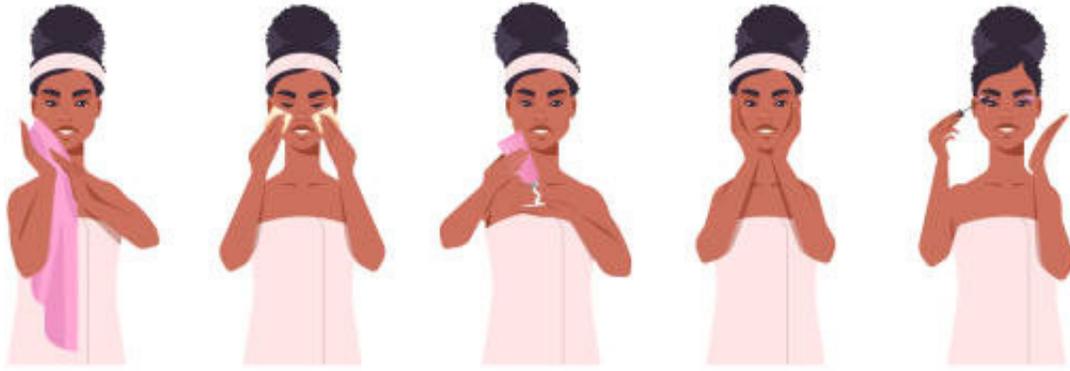
4. **No Fast Foods for 30 days!** Exceptions include steamed veggies, steamed brown rice, vegan soups, salads and dressings, and smoothies.

**Challenge:** If items are purchased you need to know the ingredients and they must be fresh or minimally processed.

5. **Exercise for 30 days!**

**Challenge:** Workout for 30 minutes at least 3 times a week. There are various platforms and videos available to help you on this path. Invite a sister to join you for accountability purposes.

YOU GOT THIS!



**\*\*Bonus\*\***

Steam your face for at least 5 minutes a day! Follow up with a cold-water rinse or use an ice cube rub it on all parts of your beautiful face, use shea butter or your favorite oil as a moisturizer. Steaming softens the skin surface, helps remove dead skin, dirt, oil, makeup remnants, and toxins. Additionally, steaming eradicates congestion in the sinuses, promotes blood circulation, and prevents signs of aging. Facial steamers can be purchased online for as low as \$30 plus shipping and handling. Make sure to purchase a facial steamer with extraction devices for a more effective and deep pore cleaning experience.

*Beautiful*



**BY: ESTHER DALLAS, TX**

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WELCOME

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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

# PECULIAR PEOPLE

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P.O. BOX 2695  
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(855) 484-4842



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## Righteous Teen Series: Social Media Usage "Is it spiritually destroying teens?"

**BY: SISTER MARIAH ISRAEL HO OFFICER ELIHU**

Young women are using these social media platforms to contact brothers they like using direct messenger. Contacting a brother you are interested in on your own is out of order. Everything has to be done in order

*"Let all things be done decently and in order." - 1 Corinthians 14:40.*

"If a young woman is interested in a brother, her parents if they are in truth and leadership must be involved in this decision. There should not be any secret messaging going on between the opposite sex. Nothing good can come from secret messaging; it will lead to inappropriate pictures being sent, and sexual texting.

*"And if a man entice a maid that is not betrothed, and lie with her, he shall surely endow her to be his wife." Exodus 22:16.*

### Wicked content on social media

There is so much wicked content on social media negatively influencing the youth. Certain social media platforms such as Tumblr, Instagram and Tik tok contain pornographic images and videos that teens are engaging in secretly.

*"For the bewitching of naughtiness doth obscure things that are honest; and the wandering of concupiscence doth undermine the simple mind." Wisdom of Solomon 4:12.*

There must be caution used when on social media. The time on social media should be limited for young teens, because it is too much wickedness so easily accessible at their fingertips. Teens are being enticed to dress immodest, fornicate and be like women in the world.

### Using social media righteously

Although there is much wickedness that takes place on social media there are opportunities to overcome that.

*"Be not overcome of evil, but overcome evil with good." Romans 12:21*

Social media can be used to let your light shine and be a righteous example which is very important. Young women in the world do not know how to dress modestly and carry themselves like princesses.

Shalom Mhncb, many teens in Israel have been becoming more idle especially with the recent pandemic. They have more time on their hands and are not using it wisely in some cases. Many young individuals who are idle spend way too many hours on different social media platforms. Most teens are currently using Instagram, Tik-tok, Whisper, Kik messenger, Tumblr, Twitter, Snapchat, Monkey and more. These are just some of the most popular apps that teens are engaged in currently. They spend a lot of time on these platforms.

### Using social media for wickedness

Many teens use these social media platforms to post pictures to entice the opposite sex. Teenagers tend to have multiple accounts so that righteous brothers and sisters cannot see the wickedness that they are doing.

*say not, I have sinned, and what harm hath happened unto me? for the Lord is longsuffering, he will in no wise let thee go" -Sirach 5:4*

We will be judged for everything we do even if it is not at that very moment. Putting enticing pictures on social media so that the opposite sex can find you attractive is out of order. By posting pictures online this way: it will cause them to get the wrong attention, and will end up fornicating eventually.

*"But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." - Matthew 5:28*

Lust starts with the eyes so it is very important that what is put on the internet is censored and modest always. Young sisters can cause brothers to stumble in the truth by not doing so.

*“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” Matthew 5:16*

Social media can also be used to spread the truth to those that do not know. You can share videos, ads and more on social media so Israel can repent.

*And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. Matthew 24:14*

Young Daughters of Sarah play an important role in this truth, and they are so blessed to learn about the truth young to avoid many mistakes when older. Young women in the truth must take advantage of this beautiful opportunity of learning the laws and making the right decisions.



# Puzzles & Games

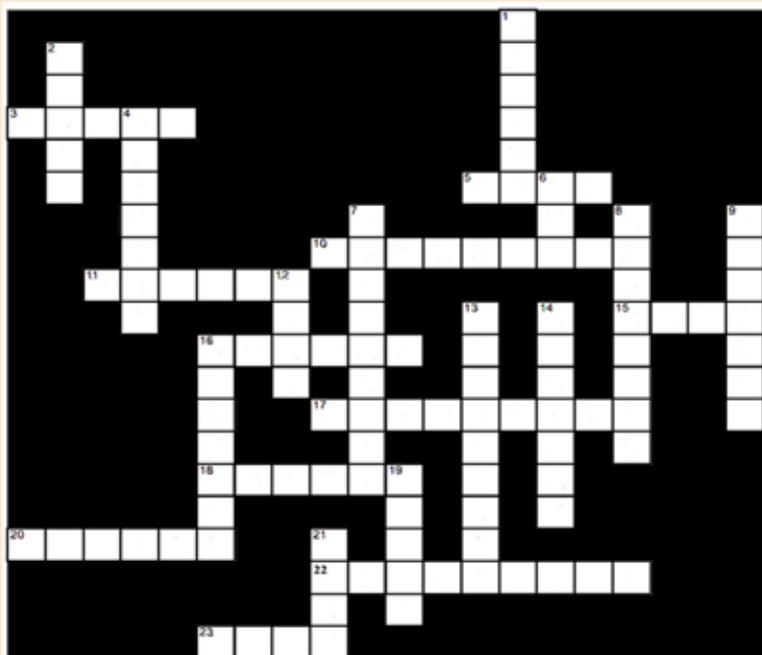
## ACROSS

- 3 Identify the Asian woman by re-arranging the name 'Oprah'
- 5 The hammer was her weapon
- 10 Her second husband was the second king
- 11 She uttereth her voice in the streets
- 15 She took woman's work
- 16 a.k.a Tabitha
- 17 She stole a child to protect it from death
- 18 She was worth the 14 year wait for marriage
- 20 She gave birth to Gad & Asher
- 22 Her neighbors and cousins heard how the Lord had shewed great mercy upon her
- 23 King David's heathen blood relative

## DOWN

- 1 She was cumbered about much serving
- 2 The Lord 'snitched' on her
- 4 She was ready to take the punishment for her husband's disrespect
- 6 She is not a Bar-B-Que Rib
- 7 Her last name rhymes with 'glean'
- 8 a.k.a Esther
- 9 She cried: "Treason Treason"
- 12 She pondered and kept things in her heart
- 13 She and her husband had to leave Rome
- 14 The mother of 'Thousands Of Millions'
- 16 The female judge of Israel
- 19 She sold purple
- 21 She was tender-eyed

## WORD PUZZLE



## NUMBERS 1-9

(SUDOKU)

							9	
2		9						
	5	4		9			3	8
				2	1	7		4
				8			5	9
5	4	7			6			1
				7	3	9	1	6
			8	6	5	4		3
3		6	4		9	8		5

## GUESS WHO? - COLORING



# WORDS FROM A SINGLE SISTER...

Shalom Y'all!

So... sometimes single sisters can get a bad rep, but we can redeem ourselves. We need to not be idle, put our brick in, and fulfill what the scriptures say single sisters are supposed to do.

## **1 Corinthians 7:34**

***"There is difference also between a wife and a virgin. The unmarried woman careth for the things of the Lord, that she may be holy both in body and in spirit: but she that is married careth for the things of the world, how she may please her husband."***

Our focus must be on the things of the Lord! This is our job and duty as a single sister, along with the learning of Titus 2. What are some of the things we need to focus on? Keeping the law, building our faith, working on putting in works, building sisterly love for one another and the list goes on.

Help, Help, Help!!! We must learn how to help! Do not wait for someone to ask or tell you to do something but volunteer your time and service. Observe and find out what is needed and how you can assist. If you do not know where to start maybe, you can begin with picking up the trash, cleaning the women's bathroom, helping with the children, folding flyers, art or media teams, cooking for the kitchen etc. No matter what office you are a part of they are all important. (1 Corinthians 12). Remember women are an important part of helping build the nation too. What are your talents or gifts? Support the troops.

## **Scripture to bear in mind....**

### **Colossians 3:23**

**"And whatsoever ye do, do it heartily, as to the Lord, and not unto men;"**

### **Ecclesiastes 10:18**

**"By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through."**

"Until Next Time Ladies, MHNCBUA!

**By: Anonymous sister**

# MAINTAIN A CLEAN HOME EFFORTLESSLY



BY: RINNAH ISRAEL HO HEZEKI (HAWAII)

Maintaining a clean house seems like a laborious task. Cleaning is something we must do and should be viewed as something we like to do. I did not always like to clean however, the more efficient I became at cleaning the more I enjoyed it. My favorite room to clean in the house is the kitchen. I enjoy cleaning it because my method makes it seem effortless. Additionally, the kitchen must be clean since food is prepared there frequently and I value the health of my family and me. After reading this article I hope you gain some tips on how to maintain a clean home without feeling overwhelmed. *"Let all things be done decently and in order."* -1 Corinthians 14:40

## Strategy

One of the most important factors in maintaining a clean home is having a strategy. There are two common types of strategies that I have experienced, group task cleaning and room-to-room cleaning. The room-to-room method requires you to focus on each room individually. My favorite method of cleaning is the group tasks.

Group tasks are when you group the different cleaning tasks throughout your



home to complete. For example, when I start to clean my home I go through the entire downstairs and pick up every item that is out of place. If a lot of items are out of place, I will grab my medium sized laundry basket, gather everything in it, sort the items and then put them away. This saves time by allowing you to put everything away at once rather than visiting the same location multiple times. Once I pick everything up and put it away, I dust and sweep the entire downstairs.





Sweeping the floors to collect dust and debris prior to wet cleaning (any task using water) helps with mopping since it will minimize grime. Next, I like to clean the mirrors, tubs, and sinks in the bathrooms throughout my home. I spray cleaning solution on all the tubs and sinks so that while one is soaking, I can clean the other. This makes cleaning the bathroom feel like I'm wiping it down rather than scrubbing it. The kitchen is my next stop. Typically, the kitchen just needs a touch up since I like to clean it as I prepare meals. Rinsing your dishes immediately after use makes hand washing effortless and it also keeps your dishwasher clean longer. After all the tasks that require the use of water is complete, I mop all the bare floors in the house. One of my favorite cleaning tools is called a spin mop. There's minimal effort to mop the entire floor since the mop does all the work, I just push it. Lastly, I ensure the bedrooms are clean. In order to accomplish my strategy, I use a schedule to ensure all my tasks are completed timely, efficiently, and effortlessly.

### **Schedules**

Schedules can be challenging as they require a great deal of discipline in order to be maintained. They are definitely worth the challenge since they help make the workload manageable. In order for your schedule to be successful, it must be realistic. Create a schedule based on real timelines and always give yourself a catch-

up day in case you are unable to complete a task. This helps to alleviate stress. Some people are satisfied with fully cleaning the entire house the same day. The reward is short lived compared to the time allotted to clean it. Cleaning your home over a span of time allows you flexibility to maintain a clean home without the stressful need to clean, laborious hours, and your house is always guest ready. *"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."* -Ecclesiastes 9:10

To create a schedule, start by listing all the tasks that you need to accomplish. Once you have listed all the tasks then group those tasks. The internet provides countless ways to create cleaning schedules if you need an example. My schedule is broken down by daily, weekly, monthly, quarterly, and annually tasks. For example, the kitchen and sweeping the floors are tasks that must be completed daily. The bathrooms are cleaned weekly but may be wiped down as needed. I like to deodorize and wipe down my furniture as well as sanitize all the door knobs and light switches throughout my home on a weekly basis since I have small children. Monthly tasks include cleaning the dishwasher, the washing machine, the dryer, and the stove. For quarterly tasks, I wipe my walls, wipe window seals, and dust ceiling fans. Annual tasks include

cleaning areas that don't require much attention but still need to be maintained. Annual tasks include cleaning cabinets inside out, washing windows, clean carpets (this could increase depending on where the carpet is located), cleaning gutters and evaluating things to throw away. I like to toss things that have not been used the entire year. Generally, I have no use for it if it hasn't been used that long and it helps with lessening clutter.

### **Organize**

Another one of my favorite attributes of cleaning is decluttering. An organized clutter free home looks and feels cleaner and more spacious. Every item in your home should have a home. The less appliances and dishes visible on your counter-tops, the cleaner your kitchen will look. Shoe racks are an amazing way to store shoes, place keys on keys hooks, throw away junk mail immediately, invest in organizers to store things, etc. Flat surfaces should not be used to store items but more for décor. If your items don't have a place to be stored, consider selling or tossing them out. My mother in law shared an awesome caveat with me. She said every time you purchase something new, throw something away. Of course, I did not like the idea much, but it definitely helps to tackle the cluttering nuisance.

### **Conclusion**

The more organized and disciplined you are in cleaning your sanctuary the more successful you'll be in maintaining a clean home. Consider some of the following caveats:

- Have a strategy and develop a schedule.
- Keep cleaners in the bathrooms and kitchen.
- Place disinfectant wipes in the bathrooms.
- Purchase the proper tools to tackle the task.
- Rinse your dishes immediately after use.
- Sweep floors prior to wet cleaning (any task using water).
- Microfiber mops are amazing for sweeping laminate or wood floors.
- Don't be afraid to throw things away. Invest in organizers.
- Use laundry sorters to better organize your laundry.

Overall, make cleaning easy and fun by making it convenient. In your spare time research cleaning hacks "*...there is no new thing under the sun*". -Ecclesiastes 1:9



PECULIAR  
PEOPLE



# Protecting Life while Leaving a Legacy!

By Yemina Israel

## Can you afford to die?

This may seem like a facetious and apathetic question, however, let us consider (1) average funeral costs between \$7,000 and \$12,000, (2) typical households have over \$137,063 of debt when factoring in houses, vehicles and credit cards. Most households require at least two incomes to cope with rising costs and inflation.

An easy way to financially protect the life you create and leave behind a legacy is life insurance.

### **In this article:**

What is life insurance?

What are the benefits of life insurance?

What are the types of life insurance?

How much does life insurance cost?

## WHAT IS LIFE INSURANCE?

A recurring amount of money – the premium – is paid to an insurance company to ensure that if the policyholder dies while the policy is active, the insurance company pays out a tax-free sum of money – the death benefit. The parties that receive the death benefit are called beneficiaries.

## WHAT ARE THE BENEFITS OF LIFE INSURANCE?

- Replace lost income
- Cover funeral expenses
- Pay off debt
- Leave an inheritance
- Diversify investments
- Peace of mind

## WHAT ARE THE TYPES OF LIFE INSURANCE?

The most common types of insurance are Term and Whole. Term or temporary insurance is insurance protection that pays a predetermined sum if the policyholder dies during a specified period of time. The term may be one, five, ten, 20 years, or longer, and the insurance coverage ends when the term of the policy expires. Since this is temporary insurance coverage, it is the least expensive type to acquire.

The main characteristics of term life insurance:

- Temporary
- Low cost
- No cash value
- Usually renewable
- Sometimes convertible to permanent life insurance

Whole or permanent life insurance provides lifetime insurance protection (does not expire). Most permanent policies offer a savings or investment component combined with the insurance coverage. This component causes premiums to be higher than those of term life insurance. The investment may offer a fixed interest rate or be in the form of money market securities, or bonds mutual funds. This savings portion of the policy allows the policy owner to build cash value within the policy which can be borrowed or distributed at some time in the future.

Here are the main characteristics of permanent life insurance:

- Permanent insurance protection
- More expensive to own
- Builds cash value
- Loans are permitted against the policy
- Favorable tax treatment of policy earnings

There are several other types of insurance such as Variable and Universal; determine your financial goals and develop a strategy to determine what makes most sense.

## HOW MUCH DOES LIFE INSURANCE COST?

Most life-insurance policies require you to undergo a medical exam that will review blood and urine samples. Prior to issuing a policy, the insurance company will also check things such as your medical history, hobbies, credit rating, and driving record - to see if you engage in reckless activities. Factors such as age, smoking and prior health issues can increase the premiums on a policy, but policies tend to be very affordable at around \$30/month.

Determine your desired duration of coverage so that you purchase the correct type of policy and keep your premium payments affordable. If you only need insurance for ten years, then you may want to consider term life insurance. Unfortunately, in many cases, the fees charged for policies with investment features far outweigh the benefits, therefore consult with an advisor before selecting a policy. Also, check out multiple-quality insurance companies for their rates. If your premiums are much too high due to medical reasons or you are denied coverage, check if a group plan is available through your company. These group plans require no medical exam or physical.

Proverbs 13:22 says “A good man leaves an inheritance to his children’s children”. Purchasing life insurance provides stability and longevity for those you love. You can ensure your final requests are met and continue to be an asset while you are gone.

1. <https://www.lhlic.com/consumer-resources/average-funeral-cost/>
2. <https://www.debt.org/faqs/americans-in-debt/demographics/>

# PECULIAR



# PEOPLE





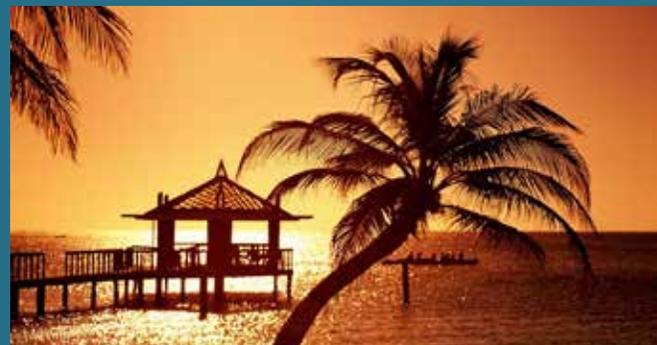
# TRAVEL EDITION

## COMING SOON

### Looking at Local or Overseas

Natural beauty such as beaches, tropical island resorts with coral reefs, hiking, camping, best hotels, inexpensive car rentals and schools to congregate.

Other examples of cultural tourist attractions include historical places, monuments, zoos, aquaria and more.





# STRESS

BY: YA'EL (HO OFF ENOCH)

Are you suffering from asthma, hypertension, heart disease, gastrointestinal disorders? (IBS, GERD, IBD, ULCERS ETC.) atherosclerosis, Migraines, Depression, Cancer, Burnout, Fibroids, Chronic fatigue, or any illness that you were not born with?

First and foremost, it behooves you to repent! Now that you are on your journey to repentance, the war is not over, it has just begun. You must learn how to live all over again. It has been said that the twentieth century has been called the age of anxiety. How much more now that we are in the twenty-first century? Throughout the years there has been an alarming increase in health problems. The basic needs for food, clothing, shelter, and safety has been man's worries then and even more so now, especially for the so-called blacks, Hispanics, and native Americans. Rent increases, unemployment, job declines, single parent homes, and discrimination that never ends has taken a toll on our people.

We are at a high risk for just about every disease/illness known to man. You may want to ask yourself why is that?

The basic needs for food, clothing, shelter, and safety are life threatening situations for our people. It has put a heavy load of stress on our people, let alone marital problems, and even the death of a love one. During these everyday life events of survival, we activate an involuntary stress response called *fight or flight, or hyper arousal*. It is also known as the acute stress response. It is a psychological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. When these hormones are released, there can be symptoms of rapid heartbeat and breathing, trembling, flush skin, dilated pupils, increase of blood pressure, muscle tension, digestive secretions decrease, and also the metabolism and immune system can shut down. This is what happens during an acute stress response, meaning these symptoms develop quickly, but they

usually do not last long, and everything will go back to normal. However, one can only wonder what would happen to the body if it remained in this stress response.

Stress is the inability to cope with a situation that causes frustration. Stress is our body's response due to the pressure from a situation in life. When we encounter stress, our body is stimulated to produce stress hormones that trigger that fight or flight response, and this reaction helps us to respond quickly in dangerous situations. The extreme important factor associated with stress is the chronic effect over time. Chronic stress is the response to emotional pressure suffered for a prolonged period of time, in which an individual perceives they have little or no control. The most stressful life events can be marital problems, divorce, single parenting, the death of a loved one, moving from place to place, job loss, unemployed, illness or injury, lack of finance,

work related stress, poor health, lack of insurance, no savings, and disobedient children. Here are some signs of stress and how to know if you are stressed: depression, anxiety, anger, irritability, restlessness, feeling overwhelmed, unmotivated, unfocused, trouble sleeping, sleeping too much, racing thoughts, constant worry, making bad decisions.

The pent-up anger we hold inside ourselves toward any of these situations, or the guilt and resentment we hold toward others and ourselves, all produce the same effects on the hypothalamus. Instead of releasing this stress, however, we hold it inside where its effects become cumulative. This can also be considered distress, which is unresolved stress.

This occurs when stress is severe, prolonged, or both, and it is the most important factor in adrenal burnout with all its manifestations, including immune deficiency and degenerative diseases.

A psychosomatic illness involves both mind and body originating from or is aggravated by emotional stress and manifests in the body as physical pain and other symptoms. Depression also contributes to psychosomatic illness, especially when the body's immune system has been weakened by severe and/or chronic stress.

Chronic stress disorder is a disease which involves both mind and body. Some physical diseases are prone to be made worse by mental factors such as stress and anxiety

Your current mental state can affect how bad a physical disease is at any given time. A person's psychological state can have a direct impact on one's health. Beliefs also have an impact on the way symptoms are presented. Stress is negative when it exceeds past our ability to cope, and it fatigues body systems and causes behavioral or physical problems. Stress causes the body to release hormones, adrenaline, and cortisol, which is produced by the adrenal glands. Cortisol is a stress hormone and is known as public health Enemy number one.

High cortisol levels can interfere with learning and memory, lower immune function and bone density, cause heart disease, and increase weight gain, blood pressure, cholesterol...the list goes on. Chronic stress and elevated cortisol levels also increase one's risk for depression, mental illness, and lower life expectancy. Cortisol is released in response to fear or stress by the adrenal glands as part of the fight-or-flight mechanism.

Eustress which is beneficial (the enhancing stress that gives athletes the competitive edge) and distress (unresolved stress) both release cortisol as a part of the general adaptation behavior. Once the alarm to release cortisol has sounded, your body becomes mobilized and ready for action, but there has to be a physical release of fight or flight otherwise cortisol levels build up in the blood, which wreak havoc on your mind and body. Stress can

disrupt nerve impulse regulation resulting in the loss of sociability and avoidance of interactions with others. Stress can kill brain cells and even reduce the size of the brain. Chronic stress has a shrinking effect on the prefrontal cortex, the area of the brain responsible for memory and learning.

Remember the saying: for every action there is a reaction. Cause and effect. Well because you are continually (chronically) stressed from .... unresolved matters and life's events that are out of your control or you just don't know how to deal with (marital problems, single parenting, lack of finance, death of a love one, disobedient children etc.) your cortisol levels are high creating an imbalance in your biological system, which puts you at a higher risk for every disease known to man. Oh ... wait, there are more stressful situations that can even leech out nutrients from our body at an astonishing rate. It depletes your body of many vital vitamins and minerals. Constant stress will cause the weakest part of your body to suffer first. The mind is a powerful instrument and can convince the body it is ill. It is possible to think you have ulcers... meaning the stress that the mind puts on the body can induce ulcers!

The body responds to negative emotions, but also responds to positive ones. Emotional balance is something you must work at; it is not something you are born with. Learn to let go of things you have no control over. You cannot control everything, but you can pick your battles. cultivate gratitude and find some way to relax.

Here are two of my many favorite scriptures I meditate on to get out of my head:

**2 Esdras 14:14 and Philippians 3:13.**

Do you remember the beneficial stress? Eustress creates a "seize-the-day" heightened state of arousal, which is invigorating and often linked with a tangible goal. Cortisol levels return to normal upon completion of the task. Distress, or free-floating anxiety, does not provide an outlet for the cortisol and causes the fight-or-flight mechanism to backfire. Ironically, our own biology which was designed to ensure our survival is sabotaging our bodies and minds in a sedentary digital age.

**What can we do to defuse this time-bomb?**

**Music!** Listening to music that you love, and that fits the mood you are in, has been shown to lower cortisol levels

**Regular Physical Activity!**

Kickboxing, sparring, or a punching bag are terrific ways to recreate the "fight" response by letting out aggression (without hurting anyone), thus reducing cortisol.

**Aerobic activities!** Activities like walking, jogging, swimming, biking, or riding the elliptical, are great ways to recreate the "flight" outlet and burn up cortisol. A little bit of cardio goes a long way: Just 20 to 30 minutes of activity most days of the week pays huge dividends by lowering cortisol every day and in the long run.

**Fear increases cortisol!**

Regular physical activity will decrease fear by increasing your self-confidence, resilience, and fortitude — which will reduce cortisol. If your schedule is too hectic to squeeze in a continuous session of aerobic activity, you can reap the same benefits by breaking daily activity into smaller doses. An easy way to guarantee regular activity is to build inadvertent activity into your daily routine. Riding a bike to work, walking to the store, taking the stairs instead of the escalator these all add up to a cumulative tally of reduced cortisol at the end of the day.

**Social Connectivity!**

Two studies published this week in Science illustrates how social aggression and isolation lead to increased levels of cortisol in mice, which trigger a cascade of potential mental health problems — especially in adolescence. Close-knit human bonds — whether it be family, friendship, or a romantic partner — are vital for your physical and mental health at any age. Recent studies have shown that the vagus nerve also responds to human connectivity and physical touch to relax your parasympathetic nervous system. The "tend-and-befriend" response is the exact opposite to "fight-or-flight." The "tend-and-befriend" response increases oxytocin and reduces cortisol. Make an effort to spend real face-to-face time with loved ones whenever you can, but phone calls and even Facebook contact can reduce cortisol if they foster a feeling of genuine connectivity.

**Laughter and Levity!** Having fun and laughing reduces cortisol levels. American psychiatrist William Fry has found links between laughter and lowered levels of stress hormones. Many studies have shown the benefits of having a sense of humor, laughter, and levity. Try to find ways in your daily life to laugh and joke as much as possible, and you will lower cortisol levels. Feeling socially connected, safe, and self-reliant also reduces cortisol.

**Here are some supplements and herbs that help support the brain, immune and nervous system:**

**Lecithin** - good brain food and will prevent deterioration of mental capacity.

**B complex** - relieves stress, boost cognitive performance, and reduces symptoms of depression and anxiety, even in people without B vitamin deficiencies

**Vitamin C** - Studies show that vitamin C can reduce levels of stress hormones in the blood, and can also reduce other typical indicators of physical and emotional stress, such as loss in body weight, enlargement of the adrenal glands, and reduction in the size of the thymus gland and the spleen.

**Brewer's yeast** - Brewer's yeast can provide energy and may help maintain healthy skin, hair, eyes, and mouth. It may be effective at supporting the nervous system and enhancing the immune system. The chromium in brewer's yeast may help control sugar levels for patients with type 2 diabetes by improving glucose tolerance.



**Magnesium** - Magnesium is a great supplement for stress. Researchers believe that magnesium helps regulate the body's stress response, and it can really help improve your mood. It is a useful supplement for anxiety and depression, too.

**Calcium** - When you are low in calcium, you can get symptoms like irritability, fatigue, anxiety, reduced concentration, and personality disturbances. Sounds like feeling stressed. Calcium could be extremely helpful if you are feeling stressed and have those types of symptoms.

**Passion flower** - The Native peoples of the Americas used passionflower as a mild sedative. Today, passionflower is used as a dietary supplement for anxiety and sleep problems, as well as for pain, heart rhythm problems, menopausal symptoms, and attention-deficit hyperactivity disorder.

**Ashwagandha** - is an ancient medicinal herb with multiple health benefits. It can reduce anxiety and stress, help fight depression, boost fertility and testosterone in men, and even boost brain function. Supplementing with ashwagandha may be

an easy and effective way to improve your health and quality of life.

**Skullcap** - It is believed that American skullcap positively impacts mood and reduces anxiety by stimulating gamma-aminobutyric acid (GABA), a neurotransmitter that helps calm nerves.

**Tulsi** - works to help support healthy cortisol levels by mitigating stress.

**Milky oats** - This tea has a cooling and calming taste and supports the body's healthy response to stress, and the optimal function of both the nervous system and the hormonal system.





**Vitamin E** – As vitamin e decreases in the body, anxiety like behavior increases.

**Licorice root** – is an anti stress helps to support the adrenal glands. An herb known to increase energy, endurance, and vitality.

Stress is a choice. We must learn that we can choose a positive or negative attitude....

Worry = stress, and stress is nothing more than fear. Fear and trust are opposite to each other. Trusting God is the antidote to stress which is fear and worry.

**2 Timothy 1:7**

*For God hath not given us the spirit of fear; but of power and of love, and of sound mind.*

**Matthew 11:28-30**

*come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am meek and lowly in heart: and ye shall find rest unto your souls. for my yoke is, easy and my burden is light*

"Stress is a choice. We must learn that we can choose a positive or negative attitude"



# Mental Health: Sorrow of the mind

WRITTEN BY PRINCESS ZION (IUIC NY)

**Often in black and brown communities mental health is an ongoing issue that is not discussed but is rather masked. Many women are facing a wide variety of mental issues but aren't properly educated or informed, and they don't get properly healed from the issues at hand. As repenting women, when healing ourselves, the steps to solving any problem is first acknowledging the problem after educating, and finally applying.**

Mental health includes emotional, physiological, and social-well being. Mental health issues can affect your thinking, mood, behavior in a negative way. Factors in creating mental health issues can be biological, life experiences, family history, etc. Research suggests women are 40% more likely to suffer depression, and twice more likely to suffer from PTSD directly connected to traumatic events. Approximately 7.5 million african american and hispanic women are diagnosed with some form of mental health disorder. According to Journal Abnormal Psychology, the key signs of mental illness are difficulties functioning in life, changes in mood (emotion), cognitive deficiencies, risky behavior, breaks in reality, weight gain/ loss, anxiety, suicidal thoughts, and substance use. There are many ways that you can treat mental health disorders. These ways include establishing a support network, seeking counseling, taking personal time, changing your environment, and exercising.

Having a support network is very important; individuals with a strong support system are 50% more

likely to overcome their issues versus being alone. Counseling is a sign of strength, for one has to confront or acknowledge their issues; studies have shown that individuals that seek counseling are more likely 40 % to recover from mental illness. Taking out some personal time, AKA self care, can also sway mental illness and is very important. Making time for hobbies and your favorite activities will boost your dopamine levels which directly affects your emotions in a positive way. Changing your environment can also be very essential. Studies done by the University of Miami have shown that a change in scenery can cause a positive interaction which is directly connected to positive emotions and enhances happiness overall. Finally, exercising improves mental health by reducing anxiety, depression, negative moods, self esteem, and cognitive function. In addition, study has shown getting at least 15 minutes of exercise a day reduces anxiety and depression by 26%, and exercise that involves high intensity / cross movement can drastically help with PTSD by nearly 30%.

In conclusion, mental health is a very big issue within our communities, an issue we often overlook. As Israelite women we must heal from all the trauma... this is a major part of repenting. As it says in 1 Peter 5:7 "Casting all your care upon him; for he careth for you", we must repent, pray, seek counsel, and most of all depend on the Most High, for he will heal us from all our issues.



PECULIAR PEOPLE

# FEAST OF DEDICATION:

## *Our Winter Celebration*

*By: Sis Roni (HOO Kolaiah-MD/DC)*

“It’s the most wonderful time of the year.....”

Anyone familiar with that song, can be quickly transported into memories of eating turkey, abominable glazed ham and cranberry sauce with auntie’s bomb mac and cheese while gathered together at Grammie’s house. Even if you didn’t feel like going, it’s what you were supposed to do, so you went to make sure you didn’t upset your momma. From the end of October to the beginning of January, commercials, sales, decorations, and gatherings happen around this time of the year to celebrate false gods and deities. Most of the general population has no idea why they honor these days...it’s just tradition.

As we come out of the indoctrination of pagan celebrations, we begin to gradually disassociate ourselves from the triggers that used to put us in the “holiday spirit.” With Christmas music constantly playing in every store you go in, you can easily find yourself humming one of those songs in the course of your day, followed by a quick self-rebuke and a prayer of repentance, LORD HAVE MERCY!

All praises to the most High for allowing us to separate ourselves from idolatrous practices to reconnect with our history of honorable High Holy Days. One of those beautiful times is the Feast of Dedication (FOD). It occurs in the Hebrew calendar month of Casleu on the 25th day, which normally falls between the Gregorian calendar months of November - December. It’s an eight day-long celebration in remembrance of how the mighty Judas Maccabees and his brethren took back our temple from the heathen and cleansed it from idols and unrighteous sacrifices. You can read more about the heroic chronicle in 1 Maccabees Chapter 4 in the Apocrypha or at <https://israelunite.org/high-holy-days-3/feast-of-dedication/>.

With all that said, how do we make Feast of Dedication an unforgettable celebration in this day and age? Let’s address some common questions you may have to ensure the proper keeping of this occasion.

Can we glam up our houses like we use to for Christmas? Do you mean, can you decorate? ABSOLUTELY! 1 Maccabees 4:57 “They decked also the forefront of the temple with crowns of gold, and with shields; and the gates and the chambers they renewed, and hanged doors upon them.”



Our forefathers decorated the temple with crowns of gold and shields and made that thing poppin'! Creating an atmosphere that encourages the essence of mirth and gladness helps anyone get in the mood. Decorating is a great way to get the kids involved to aid in the development of their visual association of FOD as a festive celebration.

Rekindling the bonding that happens when the family comes together to get the house pretty, can now be done righteously. Our camp over the years has shared pictures of each other's decoration ideas, and let me tell you,;they were creatively awesome! I encouraged the single sisters to help each other decorate their homes. Feel free to ask a member of the Decorating Committee what they suggest if you are not decorating savvy. The purpose is to have fun with it, so whether it's modestly done or super fancy, make sure everyone can step back and appreciate the view.

Can you invite your unrepented family over for feasts? WHY NOT! **Matthew 5:16** "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Most of our family members hear Israelite and think "boring," "strict," and "judgemental." This would be a great opportunity to show them the way to keep the correct High Holy Day and how it even trumps the one wicked day they love so much. A delicious meal of clean foods with some scrumptious unleavened bread, good music playing with beautiful decor can change the perspective from "Y'all don't have no fun!" to "Wow, this is nice! I really like this!" Of course, be wise and examine the matter before taking on this endeavor. You want peace during this time and no drama!

Are we allowed to give gifts? WELL...1 **Corinthians 14:40** "Let all things be done decently and in order" There is no indication according to the scriptures that gifts were exchanged during this High Holy Day. The introduction of gift-giving during FOD, also known as **Hanukkah**, became a part of the Americanized celebration in the late 19th century when Christmas's popularity rose and became a national holiday. In late medieval Europe, Jewish people would give their teachers gelt (Yiddish for "money") in appreciation for the education they administered. Students eventually received gelt as gifts too. The idea for the usage of coins stems from when we were allowed to mint our coinage during the Hasmonean Dynasty by Antiochus VII, son of Demetrius (1 Maccabees 15:6). Over time, it went from actual money to gold or silver foiled chocolate coins. According to the book "Hanukkah in America: A History", the 1950's marked the trend to exchange gifts as a way to make post-Holocaust Jewish children happy to be Jewish and not feeling sad about missing out on Christmas.

The pure focus of FOD is to celebrate how our men stood up for their nation fearlessly and boldly and cleansed our holy temple of wickedness and idolatry. To confuse that purpose with any resemblance of pagan practices would taint the beauty of this celebration. I pray you all enjoy your Feast of Dedication, Shalom!

### References

*"Hanukkah in America : A History"*  
by *Dianne Ashton*





# SISTERHOOD DURING CAPTIVITY

BY: SISTER MARIAH ISRAEL HO OFFICER ELIHU

**Shalom sisters,**

**The pandemic that is upon us unfortunately has caused some involuntary distance in our sisterhoods. We have all felt deep sorrow for not being able to congregate and see our other beloved sisters faces. However, even though we cannot congregate yet in some locations does not mean we cannot be in contact with one another or see one another.**

**Texting and calling one another**

*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"*

*Ecclesiasticus 37:12- "But be continually with a godly man, whom thou knowest to keep the commandments of the Lord, whose mind is according to thy mind, and will sorrow with thee, if thou shalt miscarry."*

If we fear the lord we will put forth an effort to text one another, call one another and spend time together. You never know what the next sister is going through. A sister could be on her way out of the truth and see your text, or receive your call and change her mind. We have to be there for one another and check on one another to keep each other in the spirit.

*Proverbs 27:17 "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."*

We should be sending one another scriptures to encourage one another to stay in the faith. We are all we have, the world is completely against us and we need to stay strong together. Many sisters feel uncomfortable with being the one to make the initiative to text or call a sister first. You may feel upset because no one is reaching out to you. When you feel this way know that you have the devil on you. The most high is trying all of us and he wants to see if you are going to distance yourself from sisters or be the one to contact them first. There is nothing wrong with being the first one to reach out to sisters. If you always wait for sisters to contact you first you will miss out on many opportunities to grow and get to know them. There truly should not be weeks passing and you have not contacted anyone if this is happening check your spirit and make that change.

### **Being active in group chats**

I am sure many of us have heard the men mention that we need to be more active in chats and check them regularly. Weeks and months should not go by and you have not checked the chats to see what is going on. We should be active and have conversation with sisters there. It is a great opportunity to meet new sisters. I know many of us have a lot of chats we are in and it can get a bit overwhelming but we have to try. In the world we spoke often to wicked people with no problem, but in the truth many sisters act as if they are being forced to. We have to reform our minds and be better.

*Ecclesiasticus 43:30 "When ye glorify the Lord, exalt him as much as ye can; for even yet will he far exceed: and when ye exalt him, put forth all your strength, and be not weary; for ye can never go far enough."*

### **Gathering during pandemic**

There are many laws being passed recently due to the pandemic and we must follow them. Romans 13:1-"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God." We must obey the laws of the land. Israel is scattered all over and there are different laws set in place because of the pandemic. When coming together make sure you are not sickly so you are not spreading your germs. If able to, we should be meeting up with one another. There are many parks beginning to open and so are other locations. We should take advantage of the slowly changing laws and come together when we can even if it is at one another's homes.

*Zephaniah 2:1 KJV- Gather yourselves together, yea, gather together, O nation not desired; Being around righteous sisters is a faith builder very uplifting.*

### **Here are some fun ideas to do at home sister gatherings:**

- Bible Jeopardy,
- Precept Flashcards,
- Baking together,
- Cooking together,
- Watching a movie and going over scriptures about it after
- Sewing together
- Name that foremother by giving hints on what that foremother did and was. (example: she is from the tribe of benjamin, she was a queen, married to a heathen)
- Name that forefather (example- he killed many, he repented, was from the tribe of benjamin)
- Board Games and more

# Connecting With Kids Requires Patience

By Kezia Phebe Baht Israel (IUIC NY)



Many women around the world desire children, some more than others. A large percentage of women are blessed with children, while others, being barren, pray for the chance to give birth to them. They love them; they cherish them, children are cute and cuddly when they're born. Then they take their first step and you think; "Wow what am I going to do with you?" As children get older, some women lose that honeymoon phase with their kids and reality sets in.

From the cute cuddly baby emerges a talking, walking toddler. Who is running around and exploring the "world". Moms are faced with the challenges of molding them to be productive members of society. Teaching these young ones to follow their dreams becoming the world's next doctor, teacher, or someone important with meaning and substance.

Many Black, Hispanic, and Native American women go through troubles in raising their kids. Some have more patience and are natural at it, however women who struggle with raising their children should be encouraged and motivated by others around them. It helps to be reminded that having difficulties does not mean they are the world's worst parent, but that it makes them human. This may help mothers to be more open minded in understanding how to gain patience with their children, and will eventually lead to a better parent/child connection. Because more often than not, fear usually kicks in as parents hope and pray that their kids don't go down the wrong path in life.

Raising children requires love and patience. Here are 4 types of children women around the world may end up learning how to raise. First, you have the fast learner that's a know it all, the quiet timid child, the slow learner, and finally the hyperactive emotional child. Each child requires special care and attention which boils down to the mom's capacity for patience. Now sisters, we as repenting Israelite women must understand that it is our God given duty to instruct our child in the way that they shall go no matter what type of child you have. So let's get started and get some solutions ladies:

The fast learner that knows it all. These children can be easy to deal with. Parents want a child that they can put a book, paper, and pencil in front of and let them do their work on their own while they get their home in order. These kids are easy-going, which requires less patience than you would think, right? Wrong! In time the information they learn will fuel their minds and they will begin to realize that there are many things they can do on their own. A side effect if you will, of a fast learner is their drive to gather information.

This often leads them to constantly question their parents and everything around them. Some parents can't handle being questioned all the time and may start to get a little irritated. However, there is a way to connect with these types of kids. These children must be humbled down while they are young and that takes patience. Mothers should help them to understand that there are some things they just don't know yet. In addition, the things they do know should be used to help build up their nation. Allow them to keep that confidence in themselves but use it to help others.

Then, there is the quiet, timid child. Some kids become like this due to being always around their mom every second of the day. They're comfortable around their mom, extremely talkative, and playful, but don't like it if she is not around. When put in a group with other kids they tend to stick to themselves. These kids aren't used to being around kids who play rough or have a dominant spirit because they never experienced that. Mothers with this type of child should be patient when teaching them how to stand up for themselves.



They should hold back that feeling of trying to save them and keep them in their arms. Timid children should be encouraged to speak up for themselves and try to be bolder in their choices. Perhaps socializing with other kids whose parents are trustworthy may help them become more confident and not so shy and timid.

The third type of child is the slow learner. This child might not be able to read, write, or do math as well, and may not take in information as good. Mothers should come up with ways to engage with them. By paying attention to the things they love to do and areas where they excel. Dealing with this type of child requires loads of patience, so taking the time to make it fun for them is a plus. If they love music, use songs to teach them different things and take it step by step. When they do good, congratulate them on it. If they get it wrong, but there was a clear effort made, be sure to point this out to the child.

Efforts must be made so that a slow learning child doesn't feel discouraged or they may shut down. Always make these types of children feel like they can do whatever they put their mind to even during stressful teaching moments, don't let them feel that energy!

Last child is the hyperactive child. Some may try to label them with all types of disorders. This child is full of energy which is great! Never look down on them, teach them how to channel this energy. They need to be aware of when and where certain things can be done. A good thing to do is to keep them busy doing work such as household chores or outside being active. Some mothers can't take the constant running and yelling around and they lose their cool. Just relax, let them know what they are doing wrong. Also clearly discuss consequences of their actions. Whatever the form of discipline being used, whether it's time outs or spankings let the child know what they did wrong in each and every case. This will ensure a better connection with your child that can lead to them becoming more calmer and aware of their surroundings.

Connecting with kids requires patience, and we as Israelite women, due to the woes of the world, may often fall short in this area. We are raising kings and respectable young ladies. It's been written that the younger women get married, bear children and guide the household. Many people think of the word "bear" as having children only, but it also includes enduring teaching, nurturing and catering to them without any perplexity. So, ladies in your patience possess ye your souls - we got this. Shalom!





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