

PECULIAR PEOPLE

MAY
2022

**SUMMER IS HERE: HAVE
YOU GROWN IN THIS
TRUTH?**

EXCLUSIVE:

KEEPING YOUR LORD'S
HOUSE PEACEFUL
DURING HARD TIMES

HOW TO WATCH AND PRAY!

SURIVOR SERIES:
BASICS PREPPING
101!

New Year, New You!

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

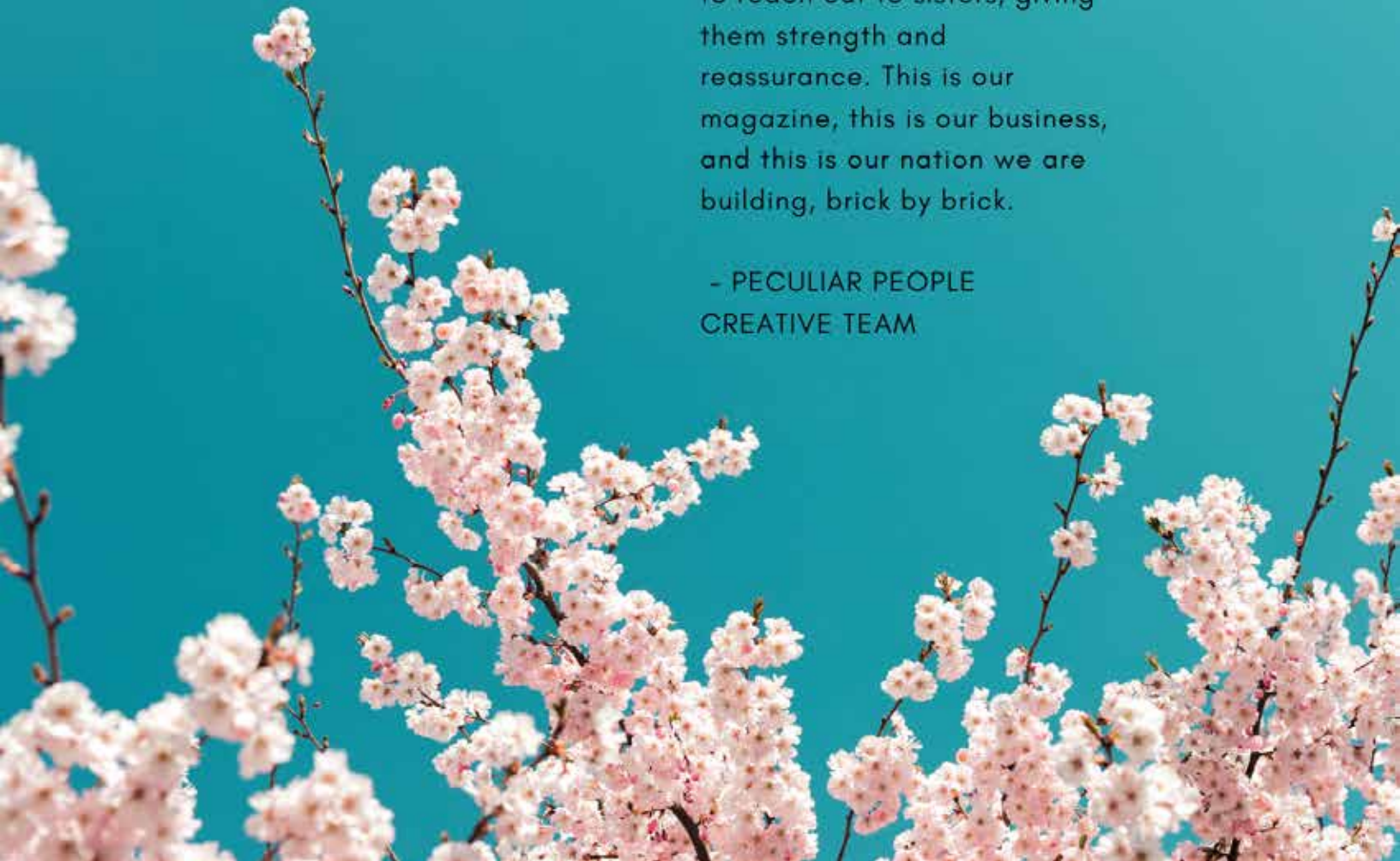


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EXHORT YOUR SISTER!

HEBREWS 13:3

But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.

PECULIAR

PEOPLE



Sarah



HAVE YOU GROWN IN THIS TRUTH?

WRITTEN BY:
ESTHER ISRAEL
(DALLAS TX)



ADVICE TO YOUR
YOUNGER SELF





Sisters, your growth in this truth matters! Things you experienced in your spiritual journey in the beginning should be easier to recognize and handle in your current state: **The New Woman**. Of course if you are new, under one year with IUIIC, be patient and give yourself the opportunity to get things right. Below is advice to apply to your younger self and now.

Things to Accomplish:

- Don't be Ms. Know It All: Proverbs 3:5 commands us to trust the Lord and lean not on our knowledge.

Solution:

Get counsel and direction from Senior Sisters and use them diligently. Be continually under righteous spiritual guidance.

- Talk to Your Senior Sister Always: Sirach 6:33-36 Senior Sisters have Godly advice that can help guide you spiritually.

Solution:

Talk to Senior Sisters about issues that impact your spirit. Don't keep issues in that will cause anxiety and/or depression. Let It Out.

- Have At least One Counselor: Sirach 6:6 commands us to have one counselor out of many.

Solution:

Seek out a Senior Sister and/or use the Sister recommended by leadership. This is for your wellbeing, growth, and protection.

- Be Friendly: Proverbs 18:24 commands us to be friendly if you want friends.

Solution:

Smile more when at IUIC events, have a warm and inviting disposition, invite sisters out to events, like cooking, sewing, studying, skating, and/or exercising.

- Prove Your Friends: Sirach 6:7 commands us to examine sisters and don't give credit hastily.

Solution:

When sisters come around, don't trust so quickly. Don't place all your thoughts, secrets, fears, and issues with them. Observe, study, and ask questions to get to know them.

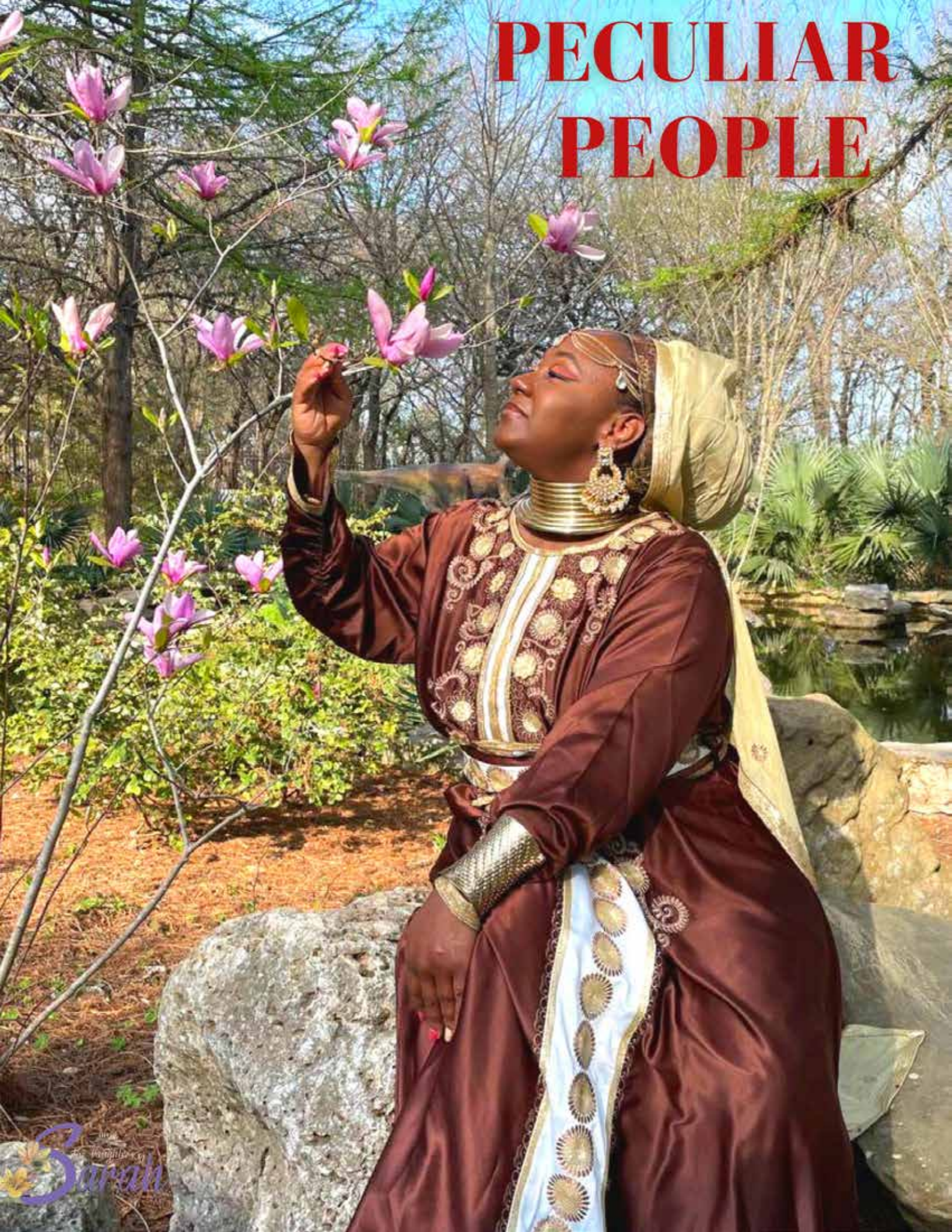


- Watch Conversations & The Old woman: Ephesians 4:22-24 Commands us to put off old wicked deceitful conversations and be renewed spiritually.

Solution:

Stop talking and reminiscing about your hoe/lesbian days, stop talking and reminiscing your robberies and setups, stop talking and reminiscing about clubbing and drunkenness, and stop talking and reminiscing about your tight pants and revealing clothing you once wore. Apply your idle mind with sewing, baking, cooking, cleaning, baby-sitting, self care, etiquette, new business, and/or a college degree.

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CONFESSIONS

FROM A NEWLY REPENTING SISTER

By Samala Israel (Dallas TX)

(My First Trials During Passover)

1 Corinthians 5:7 Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us:

My first Passover was a hot mess much like myself. I remember watching the sisters on our zoom call bake unleavened bread while I attempted to follow along, but failed. I mixed the wet with dry and dry with wet! When all I needed was some vanilla extract and cream cheese. Just kidding!

My point is sis, it's not that difficult.

Finally, I decided to go back to Walmart and re-purchase the ingredients. I took a deep breath and looked at the recipe in the chat. You got this. I began to hype myself up imagining I was one of my foremothers. While the bread cooled, I remember fanatically thinking

I have to get every piece of leaven out of this house. Every crumb out of the couch! My toothpaste! Oh my goodness my lotion! Even my shampoo has leavening agents.

Pure madness and inaccuracy! Keep your cosmetics sis.

My nerves ran rampant as if they had just found out they weren't the father on Maury. I went from throwing things away to snacking on everything in sight. Whew chile! I'm sure I gained a couple of pounds that day. Discarding leaven in our homes is one piece of a major puzzle. Wanna know a secret? That's the easy part.

While the aroma of fresh bread filled my home and no leaven was present, my mind was filthy. Galatians 5:9 A little leaven leaveneth the whole lump we know is facts. My lump was weaker than a three legged dog stuck in peanut butter!

My thoughts were full of lust, envy, hatred, and even murder. That's right! I didn't know how to love my neighbors. I didn't know how to love God. My desire to appear to be in the spirit was stronger than truly applying the laws to my life. As our Bishop always says **"Study. Pray. Apply."**





Youtube: Help with Lust - IUIC explains that we must refrain from our appetites. Your appetite is what you have a craving for, must have, and probably willing to do anything to get it. I wasn't taught that list was more than just sex.

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

Youtube: OUR DAILY BREAD - Fruits of the Spirit reminds us to be meek towards God by being willing to listen.

Ecclesiasticus 6:33 If thou love to hear, thou shalt receive understanding: and if thou bow thine ear, thou shalt be wise and submitting to wisdom Ecclesiasticus 6:25 Bow down thy shoulder, and beare her, and be not grieved with her bonds.

Youtube: OUR DAILY BREAD: Mortify Your Members reminded me that I must learn to set my affections upon the word.

Wisdom of Solomon 6:11 Wherefore set your affection upon my words, desire them, and ye shall be instructed.

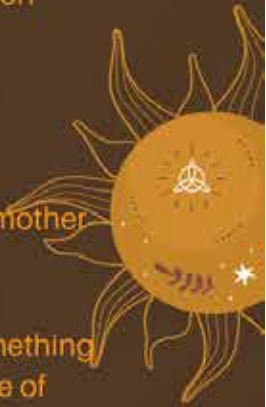
The word of God is our only instructions. Fall in love with wisdom.

Youtube: Feminism-The Destruction of the Israelite Woman is a phenomenal class for our foremother Eve's spirit. Have your first aid kit on deck sissy! Those cuts are major!

Some of the best counsel I've received is to not be phony and envious. If I see a sister that has something I want, I ask her how she did it. Some sisters have extremely well behaved children or a great sense of fashion, femininity, and confidence. Some sisters have an amazing business mentality or embody submissiveness. Some sisters keep joy, flow under pressure, and take things cheerfully more times than not! Whatever you feel you lack can be obtained through humility and being willing to set pride and bashfulness aside.

Romans 12:9 Let love be without dissimulation: abhor that which is evil, cleave to that which is good.

Youtube: IUIC-How to Build Self Esteem was super helpful for me coming into the truth. I've found that the scriptures used in this class can be daily affirmations to keep myself built up. Coming out of Babylon, I lacked confidence in Christ which in turn made my self esteem extremely low. I've noticed that a low mindset of self can crop up feelings of envy. Yes! I *thought* I had the heart to genuinely be happy for other's wins. Absolutely not! Especially with the feeling that I don't deserve it or I should have had it first.



The struggle was real sis! I spent so much time in the world that I didn't even know how much I was the same person I used to repost shady memes about. Disloyal, dishonest, at a disadvantage and destined for death. A hypocrite!

These 3 things help me spiritually remove the leaven:

Stick to the milk.

1 Peter 2:2 As new born babes desire the sincere milk of the word, that ye may grow thereby

The deep things are good to know, it just works out for me to learn and keep the commandments of God.

Flee from sin.

Ecclesiasticus 21:2 Flee from sin as from the face of a Serpent: for if thou comest too near it, it will bite thee: the teeth thereof, are as the teeth of a lion, slaying the souls of men.

Sis, I gotta watch my mouth, eyes, and attitude!

Pray and fast often and with sincerity.

I must be real with The Most High.

Jeremiah 11:20 But, O LORD of hosts, that judgest righteously, that triest the reins and the heart, let me see thy vengeance on them: for unto thee have I revealed my cause.

Some of those spirits were stronger than others.

*Matthew 17:21 Howbeit this kind goeth not out but by **prayer and fasting**.*

If I know anything, it's that I don't know anything. As one day passes to the next, and The Most High continues to wake me up, I'm mindful that it's another chance to be blameless. . As Passover approaches, I like to reflect on how merciful He's been to my people and myself and I keep His Feast Days with joy always. I could be dead. Shoot, we all deserve that. I have to check my spirit continuously and remember that at any time the lightbulb could switch off - not one lust is worth the Kingdom.



with
The Daughters of
Sarah

GET RID OF SPIRITUAL LEAVEN

1 CORINTHIANS 5:7



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Sarah




HOW TO WATCH AND PRAY

By Mariah Israel H.O. Officer
Elihu (New York, NY)

SHALOM LADIES!

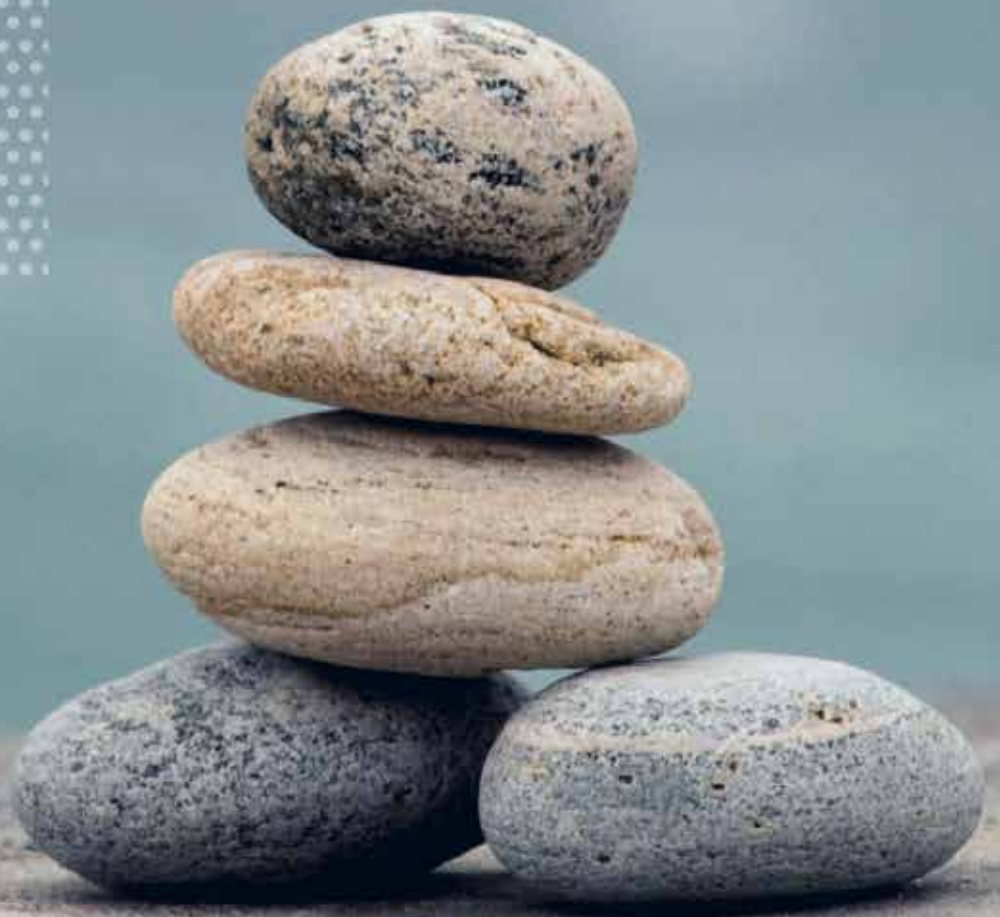
I'm sure we have all heard of the scripture: Matthew 26:41 "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." However, how many of us actually apply this daily ? Are you actually watching the news and being aware of the times we are living in ? Or are you comfortable in captivity and barely taking the time to see what is going on in the world? A lot of times we spend so much of our time on things that are not that important such as social media. We need to spend more time on watching and praying so we can be prepared when Christ makes his return. If you struggle with keeping up with the news I would highly suggest downloading a news app on your phone which will allow you to stay up to date on the go. There really is no excuse because there are so many avenues for listening to the news as well as reading the news articles such as google, youtube, facebook and other social media platforms... but don't get distracted, stay focused!



2 Timothy 2:4 "No man that warreth entangleth himself with the affairs of this life; that he may please him who hath chosen him to be a soldier." Set goals for yourself to help you become more vigilant and discerned in the last days. Your goals could look something like this: reading a news article every morning, or watching a news video everyday. These are small goals that can help you overall become more aware of the world around you.

Remember our forefather Daniel prayed three times a day - Daniel 6:10 "Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime." We are living in difficult times. We must pray often to the lord for his mercy. If you find yourself barely praying, ask yourself do you really believe? If you have to schedule in your prayers throughout the day do so. You have to do what works for you so that you can grow and become better. 2 Corinthians 13:5 "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?"

How to Keep Your Lord's House Peaceful During Hard Times



By Anaiah C. Israel, House of Ofc. Sha'ul (Dallas, TX)



THE CALM BEFORE THE STORM...

This phrase comes to mind “after” the storm of trials hits my lord’s household. That feeling when everything is just as it should be, the children are in order, the house is clean, my Lord is in good spirits, and I haven’t been disrespectful or neglectful. I give myself a tiny moment to enjoy that feeling but then, as I sip my tea, the eerie silence makes me wonder, what’s ahead?

As I meditate on my “routine checkup scriptures” on being a good wife and mother, I am reminded that my role in this family and in this nation is of massive importance. Our lords have a tremendous duty to wake up our people. This is a task we as women are NOT built for nor can fully understand. However, what we are built for goes hand in hand with how to maintain a peaceful home and a successful leader of the home.

Trials come in many ways, but they benefit both you and your lord. As the scripture says, gold is tried in the fire. Trials and hard times are meant to teach us and mold us so we can be a better vessel for the Most High. We should not run from them but rather prepare for them and endure with cheerfulness. (Sirach 2:4-5)

ARE YOU PREPARED FOR WHAT'S TO COME?

As wives, we must already have a mindset to provide the “S Trio”, *Silence, Sex, and Sustenance* throughout the day, every day. But when hard times hit, these three S's must be kicked into overdrive. What does the overdrive look like? Well, let's take a look at some present-day scenarios and a few examples our foremothers left for us as they implemented the “C Trio”, *Courage, Countenance, and Communication*.



LET'S BEGIN WITH COURAGE...

Scenario: Your lord has been laid off from a job that has been the main source of income for the family. He is obviously stressed but trying to maintain a good countenance for your sake. He feels embarrassed and the search for a new job is not proving successful. In the meantime, he is still putting in bricks at the school, learning and teaching. Bills are piling up, rent is past due and the pantry is becoming bare. What should you do to bring peace and comfort to your lord during this trial? Take a walk with me to Tobit's household to find out.

Anna, our foremother in the book of Tobit, exemplified courage wonderfully. When her Lord was stricken with blindness and could not work, she did not crack under pressure. Without hesitation, she found work, and with her countenance and her Lord's good name, was given extra. This would not have been so without courage. Having the courage to step out of your comfort zone to do what needs to be done to assist your lord or “Hold Down the Fort” in his absence is a key component in keeping peace in the home.



It takes great courage to embark on a new journey and explore new avenues to support your lord's household. You may have to learn a new skill, go back to school, let go of a few possessions that may bring in temporary income. These are things you may have to consider, but please remember, do nothing without your lord's counsel and make certain you both agree on every decision that's made. Having a zeal to help may be disastrous if you do things on your own. (Sirach 25:1)

JOSHUA 1:9

“ Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest. ”


It also takes courage to approach others for help when you've exhausted all your resources. Asking members of the congregation (or anyone) for help is not easy. Pride must be broken and courage must take its place. Sometimes, trials in finances may come just to make you aware that you have a spirit of pride or that you need to exercise patience and utilize your talents. (Meditate on Proverbs 31 and Joshua 1:9)

NEXT, COUNTENANCE:



Countenance is defined as a person's face or facial expression which determines their mood, emotion, or character. The bible speaks frequently about countenance and how a woman's countenance plays such an integral part in maintaining peace in the home(Sirach 36:22). During hard times, it may be difficult to show that you are okay when you're not. Whether it's your own personal trial, your lord's, or the family's, your countenance and how you carry yourself in the house affects not only you but your lord and your children. Being watchful over your lord's household is illustrated through examining your attitude, expressions, and overall mood. You are your children's primary, tangible source of how to behave as a righteous woman. My lord always reminds me to be careful not to offend the littles ones(Matthew 18:6). You are responsible for their spiritual well-being. What do they see in you? Psalms 139:23-24 is a great prayer to check your spirit and your face. Caution! Be prepared for what the Most High may reveal about yourself.





Let's look at a scenario about countenance from the scriptures.

Queen Esther was a woman who faced a personal trial in which her countenance and wisdom in how she approached her lord determined the fate of an entire nation. No pressure, huh? Yes. Esther had the weight of the world on her shoulders. She could've easily allowed fear, frustration, and worry to overcome her and let it affect her facial expressions and mood. But no! Our foremother handled her trial in the utmost way. She took counsel from her righteous family on how to proceed in her actions, she respected and followed the guidelines on the best way to approach her lord, and most importantly, remained graceful and calm while following instructions she didn't fully understand from her father figure, Moredaci. She knew that an act of appreciation for her lord would please him. She also knew that a beautiful countenance was something he adored in his wife, and she followed the rules of the palace to gain her lord's trust. Following Esther's lead will no doubt de-stress your lord's home.

Personal trials, if not dealt with quickly and with tact, can create a tornado of its own. Trust me, dealing with your own internal mess can show all over your face and spew into you becoming a DRAGON. No one, I mean, NO ONE wants that. So, how do you avoid this storm as a peacemaker? Let's move along to the third and final "C."



COMMUNICATION...

Revisiting our foremother Esther briefly, I mentioned how Esther knew when and how to approach her lord. If your personal trial is affecting the peace in the home, please do not neglect your counselor of a thousand. Your lord is the leader and watchman of his flock. How can he successfully lead his home if you are keeping your sins or issues to yourself? (James 5:16)

Communication is the heartbeat of marriage. Had Esther not communicated with her lord about Haman's evil plan, you would not be here reading this article. The method in which communication is expressed is equally important as the act itself. Again, knowing how your lord prefers to be approached or when to speak is key in making sure you are not interrupting your lord or causing him stress. As with our Father, The Most High, we must prepare what we should say before coming to him in prayer. (Sirach 33:4) This too should be done with our lords to show wisdom and respect.

During hard times, time is not to be wasted as stressful events may require quick decisions to be made. At times, your lord's undivided attention is demanded from work or his duties at the school. Yes, informing your lord with matters of the home should not be neglected, but the way in which you do so can either add stress or diminish it. If you have not already, I advise you to ask your lord to establish a guideline that lets you know when it's okay to speak about certain matters or when you should just hold off until the "coast is clear."

For example, my lord has a rule in his home about minimizing interruptions. When he is reading the scriptures, writing/reading a text message, or watching a video online, I am to wait until he is finished to speak. We never know how much we may destroy our lord's train of thought or cause them to miss out on important information when we barge into their space without considering what he may be heavily focused on. Since learning the hard way, lots of interruptions have been avoided.

Now, let's recap. Here are some of the tips we went over and a few more for good measure.





- Know what your lord likes and have it ready before he asks for it. This could be a special snack or meal, that nice, hot cup of coffee in the morning or his boots shined and garment ready "before" the Sabbath.
- Do as much as you can on your own without having to bother your lord. Trim the hedges, find solutions to problems, and then ask if it's ok to follow through. Do nothing without counsel.
- Making an effort to look your best when your lord comes home is more effective than you know. A woman's beauty cheereth the countenance. Judith, our wise and courageous foremother, cheered the countenance of many just by sprucing herself up and confidently facing her circumstances with grace and boldness. You can also change the way you feel just by going the extra mile in enhancing your natural beauty and putting on clothing that you know will grab your lord's attention in the most positive way.
- Fulfill your wifely duties. This is a natural stress reliever for you both. And even if you're not in the mood, your lord will appreciate the effort you put into making him feel wanted and loved. Plus, if you neglect your duties, you could be the cause of a trial to come... but that's another article.

- Communicate effectively. Schedule appointments to discuss important things. Men are always thinking about how to fix something (especially the root of the trial) so allowing them the opportunity to carve out the time they need, focusing on what you will bring to the table will help instead of randomly delivering new information that he has to deal with. Remember Queen Esther. She approached her lord with the utmost respect and submissiveness and in doing so, gained more favor than she expected.
- Smile...even if you don't feel like it. You and your lord are ONE. His burden is your burden. "Fake It 'Til You Make It" to let him know that you too have faith that this trial will pass and that you will be beside him all the way. If you begin to feel doubtful about your situation, just remember that your smile can make all the difference in giving your lord hope that the silver lining is not too far away.
- Follow your lord's instructions for the house even if you don't understand the reasons why. Things as simple as following his rules can and will prevent spirits from entering the home and maintain safety. Remember our forefather, Saul. Disobeying Samuel's instructions to destroy our enemies cost him his entire reign over Israel. Obedience is truly better than sacrifice. (1 Samuel 15:19-22)
- Do not offer your advice unless asked, especially if it's negative or unnecessary. Our foremother Michal was a perfect example of this. She not only disrespected her lord but lost her privileges as a wife and mother completely. (2 Samuel 8: 20-23)
- Pray! Pray without ceasing for your lord's strength, safety and wisdom. Pray that his decisions for the home are guided exclusively by the Most High and that his testimony is one that will be a light to another brother or sister who may face the same trial. Pray that your children are witnesses to righteous parents enduring their trial as the Most High has instructed, with endurance and cheerfulness.
- Maintain your role as an effective mother, teaching the children the scriptures, following up on their walk, and making sure they are not idle is a major key in keeping peace during trials. Sometimes we as parents can get so caught up in "adult" issues that children take the back seat in being supervised or spiritually watched over. Making sure the children are disciplined according to the scriptures will most certainly prevent stress and trials in years to come. Stepping aside and allowing your lord to discipline the children is also vital. You won't have to worry about keeping peace during hard times if you PREVENT hard times (involving raising the children) when you simply LET YOUR LORD LEAD!

Remember, storms come and go. There will be times of peace and sunshine, cool breezes and lots of laughter. But there will also be times of turbulent winds, cold, harsh rains, and very unpleasant times of having to "wait it out". How we react in both circumstances makes all the difference in our Lord's success in this journey to attaining the Kingdom. Please choose to be the umbrella that shields your lord's house until the storm is over.

Fun Activity: Try to match the tips and the C/S Trios; Silence, Sex, Sustenance, Courage, Countenance and Communication.

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HAVE
JOY
IN THE LORD!

The Daughters of Sarah



STAY

Sacrificed

Survivor Series: Basics of Prepping 101

By Sis Roni (HOO Kolaiah - DC/Baltimore)



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

If you are anything like me, the initial thought of stockpiling sent me in a state of shock. I didn't have the classic couponer mentality and my pigeon shopping technique has been mastered over the years. Burning the fat wasn't necessarily a major priority because I already have a labor intensive job which I took as my workout plan. And after a hard day of work, my "reward" would be a good dinner from one of my favorite restaurants with the one true love of my life. Instacart became my best friend who never let me down on the days the sky went zero dark thirty as we navigated through traffic to get home. So when the order became increasingly loud to stock up and get our pantries in order, I have to admit, I temporarily shut down because of inexperience and lack of knowledge.

As the state of the economy confirms the prophecies taught to us weekly, the motivation not to end up as a charbroiled main dish for someone's full course meal becomes very real. Our men have sent out the call to get into action and help secure our households. I inquired of a few sisters that have experience and expertise to assist us in the efficient development of our pantries and a few other considerations.



1. How do you know how much to buy?

Buy and stock up as much as you can. Think about how many people are in your family and what quantities they eat in the day - breakfast, lunch, dinner, and snacks. From there you can pick up extra quantities from your normal grocery list for the week. Be sure to include your favorite seasonings, as well as other toiletries (toothpaste, soap, dishwashing liquid, toilet paper etc.)

2. How can you build a pantry on a limited budget?

Look for weekly sales, like for example 2 for \$5 deals on items off of your list. Gradually purchasing a few extra cans here and there will build up overtime. You don't need a huge budget or need to bulk buy all at once. Take advantage of digital coupons from your local grocery/big box stores - download and use the apps. Browse the local grocery store circulars to capitalize on the sales. A lot of times there are great sales on things like butter, eggs, etc. Have leftovers? Freeze them or can them instead of throwing them out. You can freeze lots of cooked foods - chillies, vegetables, spaghetti etc.

3. What do you do if you have limited space?

Find the space. Use totes and reuse those Amazon shipping boxes. Use your wall space. Get some shelving. Stackable bins are great, but can get pricey. Work on adding one or two into the budget however often you go shopping. Also, think of uncommon spaces for storage - under the bed, in your bedroom closet, an extra room, whatever open space that you can find is good. Use your creativity to make space or consider if it's cost effective to locate space via an easily accessible storage facility.

4. How do you prepare for a family that is continually growing without losing all of your storage levels?

If you have a family that is growing...more kids, bigger kids, reevaluate the needs of the children as they get older. Baby food options can be food you personally prepare and can to use later (spiced apples, sweet potatoes, vegetables, etc) to be mashed up for babies starting to eat solids. Portion control is going to be a big factor to help maximize the levels of your stock. Develop a meal plan for your family that incorporates scheduled times to eat to minimize all day trips to the kitchen. In addition to food storage, bins will work for clothes and other necessities your children will need.



Unsure how to calculate food storage levels for your family size? Here's a tool to get you on the right track.

<https://www.family-survival-planning.com/food-storage-calculator.html>. Figures are a recommended minimum food storage amount for your family for a year.

CANNING - Sis Akiva (HO Soldier Caleb DC/Baltimore Camp)

1. How long does the process take?

Canning is not a quick process. The first step is the preparation of the food to be canned (proper cleaning and cooking of the food) and then the process of canning (placing in jars and sealing). It can take several hours.

2. What is the purpose of canning your food?

The purpose is to preserve. According to what is going on now and the signs that are here, we are seeing that the prices for food are expensive and we don't know what will be available later. My lord's household is prepping, canning and storing to preserve food for later.

3. Can uncooked/raw foods be canned?

Yes they can. The length of time is the same for pressure canning. For pints, it's 75 minutes and for quarts, it's 90 minutes. Raw pack is simply putting uncooked food that's been washed and prepped in the jars alone without anything added. For cooked food, you actually cook the food first before you place it in the jar size of choice and then you seal them.

4. What do you need to start canning?

There are six things you need to begin canning. Canning jars and lids, a plastic or stainless steel canning funnel (large enough to make sure the food goes in the jar without getting on the sides of it), a canning jar lifter (to handle hot jars), a debubbler (to push down food to get rid of any air pockets in your jars - you can also use a spatula), a magnetic lid lifter (to lift the hot lids out of boiling water to ensure proper sealing), the cooker/canner, good kitchen towels (use to protect your counter space), canning book (for recipes and cooking times), a timer (to set timing throughout the process).

Sis Akiva's recommendation for the visual steps of canning and other prepper help :
<https://youtube.com/c/HOMESTEADHEART>

**MEDICAL PREPPING - Sis Ruth (HO Officer
Malachi DC/Baltimore Camp - Registered LPN)**

1. What are some key items a prepper should stock up on to address medical emergencies?

Start with an EMT bag (it's also called a First Responders bag which is available on Amazon at various prices), not just a first aid kit. It contains everything you need for emergency situations such as antiseptic solutions. It does not contain specialized medications so any medication you do need, get some from your provider while available. Store up a healthy stock of anti-inflammatory medicine (Tyenol, Advil, Motrin or equivalent). If you have severe allergies, be sure to get a good amount of EPI pens, inhalers and nebulizer machines...get some extra now from your provider. They are good to have accessible even if you don't have asthma or allergies. Ensure a very good supplement drink for low blood sugar and even for a quick meal replacement. Common antibiotics which are available online can be purchased (amoxicillin, cephalexin, metronidazole, penicillin), but be sure to know what medications you or your family members are allergic to in order to minimize serious/fatal reactions. Herbal supplements are always recommended, so gather supplements if you prefer natural remedies (Zinc, Vitamin C, Vitamin D, etc). Fluids with electrolytes (to replenish you after vomiting, diarrhea etc.) Get a medical book and herbal book. The EMT bag should come with a blood pressure cuff and manual, but if not you can get it separately. A tourniquet and an IV bag (with tubing and needles) with normal saline solution used for hydration. A pulse oximeter which measures the level of oxygen in your body. Blood sugar monitor. Solutions for eyes, skin and burns.





BODY PREPPING - Sis Savannah (HO Soldier Navi DC Camp - Certified EMT Paramedic & Massage Therapist)

1. How important is it to get physically conditioned as a prepping necessity?

If and when the time comes for us to be pilgrims, we as women need to be physically ready to go assist the men and carry the children. This is necessary because children do not run fast. When there is no gas or electricity, all we will have are our legs and feet. When an extreme situation happens, you may find yourself running for your life and your children's life. Building up your strength and endurance is vital and an important aspect to develop in preparation of life changing emergencies.

2. What exercises can you do at home to get your wilderness ready?

Here are some strength and core exercises to gradually incorporate into your workout:

Sprinting

Weight training for legs

Deadlifts

Squat jumps

Stretching

Hanging to pull up

Push ups

Planks

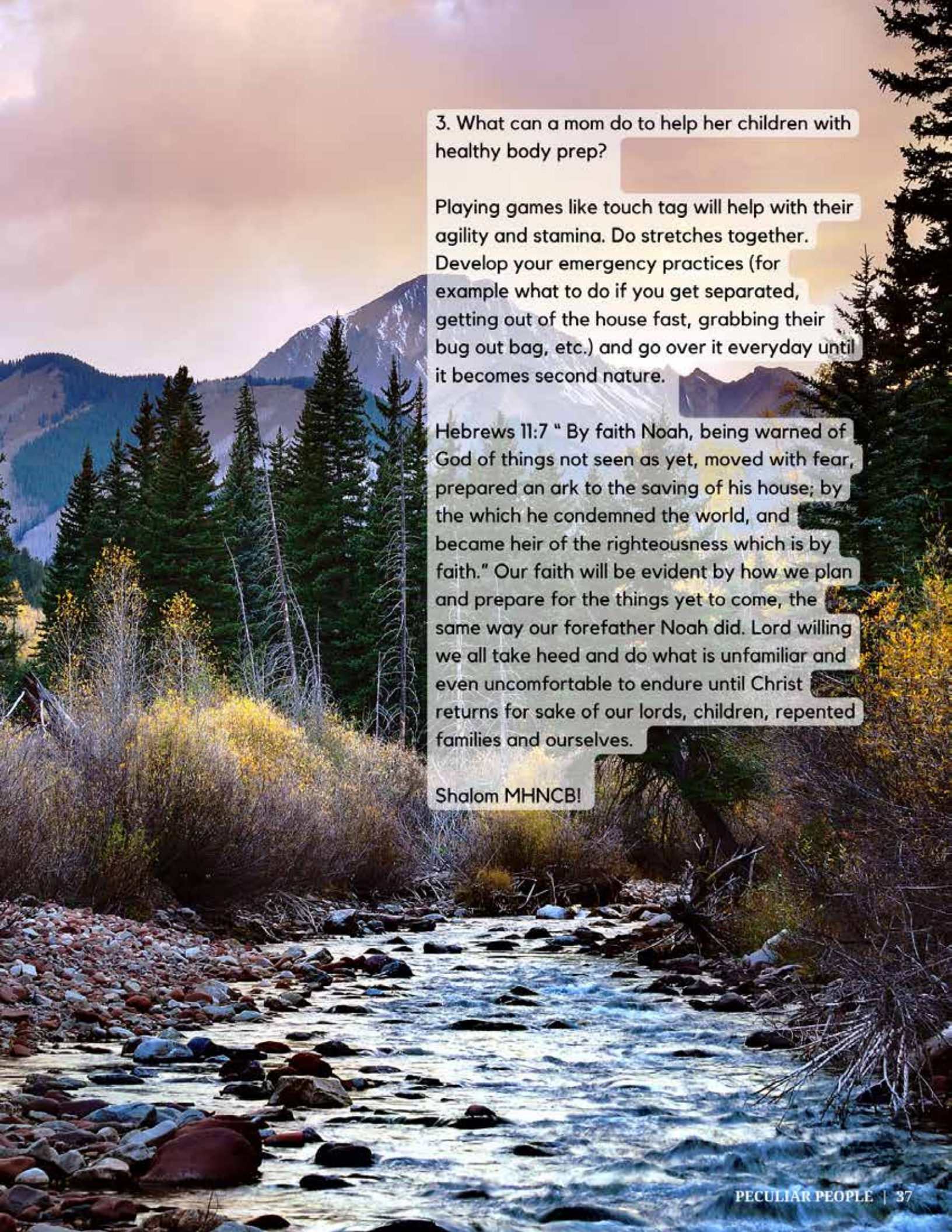
Kickboxing - for self defense

2. Are there any skills, certifications that someone without medical knowledge can learn now to benefit them later?

The skill sets coincide with the above mentioned items so that you understand how to use them effectively. You don't need extensive medical knowledge to learn. You should definitely get CPR certified. This will help you react quickly in emergency situations to stabilize the person until someone more experienced arrives to help. Phlebotomy skills help in the administration of how to apply an IV if someone becomes dehydrated, passes out or needs IV fluids. First Aid and wound care training is excellent to learn now. Basic vital skills training - blood pressure monitoring, temperature and pulse readings, especially with manual equipment. Knowing what is normal and abnormal - critical lows and highs. If you find yourself with a sister who is with child and you need to aid in the delivery, doula knowledge is very helpful.

The American Red Cross offers classes in the basics of emergency response:
<https://www.redcross.org/take-a-class>
for classes in your area.





3. What can a mom do to help her children with healthy body prep?

Playing games like touch tag will help with their agility and stamina. Do stretches together. Develop your emergency practices (for example what to do if you get separated, getting out of the house fast, grabbing their bug out bag, etc.) and go over it everyday until it becomes second nature.

Hebrews 11:7 " By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith." Our faith will be evident by how we plan and prepare for the things yet to come, the same way our forefather Noah did. Lord willing we all take heed and do what is unfamiliar and even uncomfortable to endure until Christ returns for sake of our lords, children, repented families and ourselves.

Shalom MHNCB!

PECULIAR PEOPLE

LOVE
THINE
OWN
SOUL

SIRACH 30:23





May the Lord
have mercy and
protection - May
we be worthy to
escape the great
and dreadful day
- #stockup

SHAMARAH ISRAEL





by Sarah

SEEK
MEEKNESS

Zephaniah 2:3 (KJV 1611)



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