

November 2020

UNDERSTANDING

Eve



Weekly Activities



Sunday Worship
8:30a & 10:00a

Wisdom Wednesday
Wednesday 7:00p

Berkeley Campus
6136 Garfield
Berkeley, MO 63134

Lindbergh Campus
5491 N. Hwy 67
Florissant, MO 63034

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Grateful

this issue

This Month Scripture **P.1**

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Sisterhood Exists

*Sisterhood exists.
And it is truly powerful*

*It's the strength of a united force
One that's immediate with the women you surround yourself with
And one that's universal with your sisters from around the world*

*Sisterhood creates a space of nourishment and love
A place to celebrate your everyday joys and triumphs
And one to hold one another when joy seems far away*

*Sisterhood is where you are supported when you are at your most vulnerable
It's a space to listen, and to be heard
For both the laughter
And where you ask for help*

*Sisterhood is surrounding yourself with women
whose energy ignites your spirit.
A space to grow and flourish.*

*It is listening without judgement,
Without needing to give advice.
It is allowing women to be beautifully real
And fearlessly be themselves*

*Sisterhood exists.
And it is truly powerful*

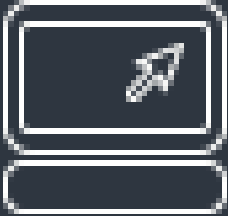
*It's a force that when it's awakened
has the power to heal
both one another
And the world around us*

Loli –You will always have the support and strength of your mama's sisters around you. And with this, hopefully, you will learn how to choose and find your own sisterhood.

Links to Visit:

“Just God”

[@P4CM Presents Just God by @wordsbyezekiel](#)



This Month Scripture (P.1)


Scripture: Psalm 136: 1-4

“Give thanks to the Lord, for he is good. His love endures forever. Give thanks to the God of gods. His love endures forever. Give thanks to the Lord of lords; His love endures forever. To him who alone does great wonders, His love endures forever.”

Gratitude is owed God, not for what he does alone, but for who he is and what he has done in our lives. A simple “THANK YOU” goes a long way with God and others.

Birthday Greetings to the sisters (P.2)

Birthday greetings for our Shalom Family.

“For all of the beautiful women of Shalom celebrating a November birthday the women’s ministry  “Understanding Eve” wishes you a Happy Birthday. May God continue to bless you and keep you many more years with good health, peace, and joy.

Health Education (P.3)

November is National Diabetes Month. In the United States 30 million adults aged 18 and over are living with diabetes and 84 million with pre-diabetes. In the past decade, the greatest increase in onset of new cases of diabetes has been in young blacks. What can you do? #1. Get screened if you haven’t. #2. Commit to “keep moving.” Walking, riding, skating-kids love it all. Bundle them up and take them outdoors **with you**. Free virtual workouts are also available on YouTube. Try 20 minutes a day to start and work up to 60 minutes. It’s free, it’s doable, and within your own household-it’s safe (COVID precautions). Physical activity helps stabilize your mood, helps you to sleep better, helps children to learn and behave better, helps control appetite and weight. Let’s commit to keep moving!!!!



Virtual Learning Corner

P.4

- Have students sit at the table for learning instead of in their rooms
- Provide healthy snacks and water (raisins, fresh fruit, water, popcorn, yogurt, and trail mix)
- Lighting should be bright
- Remove distractions (cell phone, tv, music, video games) from immediate learning spaces.
- Headphones/ear pods are helpful to help students focus without distractions
- Do frequent call-in/check-ins for encouragement.
- Allow students to take mini breaks for mind and body stretch.
- E-mail /phone contact your child's teacher to find out if they are actively participating in class
- Check grades often on parent-portal
- Familiarize yourself with parent-portal access-you are able to see details of assignments, completion dates and points given.
- Hold your child accountable, seeing "turned in" in Google classroom, does not mean the student completed the work, they might have turned in a blank assignment.

Resources for virtual learning –All items in blue are live links

Tutoring is available through St. Louis County Library

Live tutoring is available from 10:00 a.m. to 10:00 p.m. every day of the week. Students may also upload a document 24/7 to receive tutor feedback.

[To get started, visit tutor.com](#) and log in with your last name, library card number, and PIN.

This program is part of the [Digital Equity Initiative](#), announced in July 2020 by St. Louis County Executive Dr. Sam Page.

<https://fun4stlkids.com/Education-Childcare/>

[Khan Academy](#)

[Ted Ed](#)

Google for Education Tech Toolkit for Parents & Guardians

§ [Google for Education Tech Toolkit for Parents & Guardians](#) (also [on YouTube](#))

[Google Jr. Training Series](#)

Google Tutorials for Parents & Student

https://docs.google.com/spreadsheets/d/1_S9A45vTRArvGC7OUwfCzEwRgNRUypjLNIX9vO8_MOs/htmlview

[Parents Ultimate Guide to Google Classroom](#)

[Parents Ultimate Guide to Zoom](#)