

September 2020



UNDERSTANDING Eve

Weekly Activities



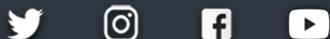
Sunday Worship
8:30a & 10:00a

Wisdom Wednesday
Wednesday 7:00p

Lindbergh Campus
5491 N. Hwy 67
Florissant, MO 63034

Berkeley Campus
6136 Garfield
Berkeley, MO 63134

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Sisterhood Exists

Written By X Selina

*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:

Black Mental
Health Matters
6.16.2020

[Black Mental Health
Matters 6.16.2020](#)

Black Women
OWN the
Conversation:
Oprah Winfrey

[Black Women Discuss
Using Medication](#)



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Make this Meaningful (P.1)

We want the time we spend together- however we make that happen- to be meaningful. We've been intentional in our goal to do ministry "differently". That being said, we welcome you to September. Our major presentation for this month is a YouTube video "Black Mental Health Matters". Please don't "sleep" this! You will be inspired, encouraged, validated and educated by these women. Our prayer is that you carve out at least 30 minutes of uninterrupted time to engage in this conversation. September 6-12 is National Suicide prevention week. Please let this give us insight to the growing problem of suicide among black youth.

Since February, we have witnessed a lot of upheaval, and moving parts. The COVID-19 Pandemic with all its collateral damage, Social Injustice, murder after murder of black lives, riots, protests, political chaos. It's a lot to ingest day after day-not to mention our own individual stress, pain and grief. It is our prayer that you be blessed by what we share with you for the month of September. May God speak to your hearts.

Birthday Greetings to the sisters (P.2)

(our birthday greeting to the sisters)
To all our beautiful sisters who have birthdays during the month of September, we send our love and prayers. HAPPY BIRTHDAY!!!! From the entire Shalom Church Women's ministry, "Understanding Eve" and its leadership: Dora Cole, Devan Jones, Karis Winston and Laurain Hendricks.

Scripture (P.3)

Isaiah 26:7-8 (AMP)

You will keep in perfect and constant peace the one whose mind is steadfast (that is' committed and focused on You- in both inclination and character), Because he trusts and takes refuge in You (with hope and confident expectation).