

A Note From the Pastor's Corner:

1 Thess. 5:11 (NIV)
“Spiritual Growth”
“Acts of Kindness”

“Therefore encourage one another and build each other up, just as in fact you are doing.”

-Pastor Jesse Curney, III



A Note From the Doctor's Corner:

"The Month of Dec. Is Eating Disorder Awareness Month"

Eating disorders are mental health conditions marked by an obsession with food or body shape. They are most prevalent among young women & require the intervention of medical & psychological experts to alter their course. Anorexia view themselves as overweight, even if they are dangerously underweight. They tend to constantly monitor their weight, avoid eating certain types of foods, & severely restrict their calories. Bulimia frequently eat unusually large amounts of food in a specific period of time. See your doctor if you have any of these concerns.

~With Your Health In Mind~
Dr. Donald Hanchett

☺ Greetings Fellow Sisters of Ladies in Stride, Incorporated!!!
Merry Christmas & A Happy New Year!!

“Welcome” to all of our New Sisters of Ladies in Stride, Inc.!! ☺
Ladies, Please help us say “Happy Birthday” to all of our “December” Birthday Sisters!!!
****Our Exercise For The Month Dec.****

“Kettle Bell Legs & Glutes Workout” ~ “Grab a Kettle Bell or Dumbbell & Let's Go Ladies” ☺ [See Details on Page 5](#)

****REMINDERS: NEW Free Conf. Call Number~667.770.1158 Access Code:211864#**



Our Dec. Nat'l Sisterhood Conference Calls Were A Blessing For Our Adults & Youth
Our L.I.S. Sister, Pastor Celeste McCord Sheppard was our Distinguished Speaker for the Month of Dec. She truly blessed us as she spoke on Spiritual Growth & Stress Reduction on Tuesday Dec. 7th. Thank you to everyone that joined our Nat'l Sisterhood Conference Call. We were honored to have a few of our Youth to join us also. Our Youth is our future. We must continue to be positive road models for each of them.~ Thank You Pastor Celeste!! We Love & Appreciate You!!

“Thank You! Thank You! Thank You!”
~Pastor Celeste McCord Sheppard~



A Recipe From The Chef's Corner:

"Asparagus"

(A Recipe for 4-6)

1 tablespoon olive oil
20 stalks of fresh asparagus
1 pinch black pepper

Heat the oil on a griddle over high heat & place the asparagus on it. Season with the pepper & cook for 5-6 minutes until slightly browned.

ENJOY!
Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

"Bad Holiday Eating"

So much rides on what we consume during the Holidays. From sugary drinks, treats, to gluten & dairy, it is highly recommended to keep a food journal of how certain foods affect our skin & over all health. It's shocking how much our skin reacts to what's goes on internally. Try to limit the groups mentioned above for beautiful Skin & Overall Health.

~Morgan & Me Beauty~

☺ Staying Naturally Healthy & Beautiful ☺
Mind, Body & Soul

A Note From Our Founder:

"Keeping It Moving"

Total Health: "Mind, Body & Soul"

Greetings My Fellow Sisters of Ladies in Stride, Inc!

Wishing each of you a Happy & Healthy Holiday Season! Praying that everyone will have a Healthy & Prosperous 2022!!

As we move out of 2021 and into 2022, Please allow me to say Thank You to each of you for helping 2021 to be a Positive & Productive year for us all!

I can't wait to see what God has in store for L.I.S. in 2022! Proverbs 23:7 says "For as he thinketh in his HEART, so is he.... Therefore, let go of the fears, regrets, or heartaches of the past."~ Let's Trust God For Positive 2022 as Sisters of L.I.S.!!

Thank you so everyone that has reserved their room & registered for our upcoming Beach Retreat in Miami Florida! I am looking so forward to seeing each of you! We will be recognizing all ladies that are a part of a Sorority. So get ready to pack your L.I.S.t-shirt & your Sorority T-shirt for our Group Photo! ☺

****Now Ladies, as we continue to move forward...Please plan to get Fully Vaccinated & get your Booster if you haven't already done so☺** The dates for our 10th Total Health & Wellness Retreat scheduled for June 2nd – 5th 2022 at the Ritz Carlton Bal Harbor in Miami Florida~ *We Are Excited To Announce That Our Updated Registration Form Will Soon Be Available For All To Complete On-Line For Our In-Person Total Health & Wellness Beach Retreat. Please Stay Tuned!

As mentioned last month, everyone will be Required to show their Covid Vaccination Card at our Registration Table. (No Exceptions) More details coming soon.

PLEASE Continue To Stay Safe! Wear your Masks, Wash Your Hands Frequently & Keep Your Distance From Others. Please Pray That God Will Heal Us All From Covid.

*** Next Ladies, Thank you to everyone that has been supporting L.I.S. when shopping on Amazon! Your support is truly appreciated! Please continue to Support Your Sisterhood as you shop in 2022. If you haven't already, Please Sign Up On Amazon Smile to show your support for our Ladies in Stride Foundation Fundraiser!! Here is our link: Please share it with Family & Friends: <https://smile.amazon.com/ch/84-4532077> ~ Thanks again for adding our L.I.S. Link to your Amazon Acct.**

**** Thank you Sisters for being a part of this AWESOME MOVEMENT called Ladies In Stride, Inc!!****

♥ Love & Blessings ~ Geonice ♥

Our 1st Nat'l Sisterhood Call of 2022 will be on Tuesday Jan. 4th @ 9pmEST

Our Focus: Our Future Goals For "Total Health" in 2022

Our Distinguished Speaker will be our very own L.I.S. Sister: First Lady Aleana Curney

***Please chime in & listen in to be Blessed & Enriched!**

Your Sisterly Support Is Needed & Greatly Appreciated

Ladies In Stride, Inc. National Book Club **Book Club Members Only**

Our 1st Book Club Conference Call of 2022 is scheduled for Tuesday Jan. 18th @ 9pmEST.

We will be discussing the Prologue – Chapters 9. This is our 28th book & the title is "Me Before You" by

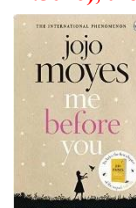
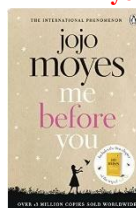
Jojo Moyes ~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

☺NEW BOOK CLUB MEMBERS ARE WELCOME!☺

**** Many Thanks to our Book Club Captains; Author Pamela Varnado (Atlanta Home Team) & Book Club Co-Captain, Dr. Felita Williams (Atlanta Home Team)**

Our Nat'l Conference Call & Book Club Dial In Number is: 667.770.1158 Access Code: 211864#

If you have a problemcalling in, please try dialing this "Back up" number first (720.477.5046), then enter the original conference call number when prompted.



MAKE TIME FOR YOU!



YOU'RE Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness



Beach Retreat Date: June 2nd-5th 2022 (Thursday-Sunday)

L.I.S. Sisterhood Covenant

As a Lady in Stride,

I, _____
commit myself to
taking better care
of MYSELF.


I am committed to
praying for my
fellow sisters of
Ladies in Stride,
our organization
and the world
around me. I will
“Keep it Moving”
toward a more
healthy and
balanced life.

L.I.S. Vision & Mission

Our Vision is to see all ladies
live Healthier, Happier &
Longer lives as they reach
their full potential in Christ.

Our Mission Statement:

Our mission is to help all
ladies live healthy, balanced
lifestyles using an holistic
approach. We will offer ways
to Reduce Stress, while
helping to nurture growth &
development: Physically,
Spiritually, Mentally,
Emotionally, Financially &
Socially.

- 1) Please keep your L.I.S. Sisters lifted in prayer on a daily bases.
Contact your L.I.S. Accountability Partner on a regular bases. Thanks for
encouraging your fellow sisters & young sisters of L.I.S.! Please email us if you do
not have a L.I.S. Accountability Partner
**** Ladies, Please invite a friend to join L.I.S. in another state soon. Ask them to put
Your name on their membership form when asked “How Did They Hear About L.I.S.”
Help L.I.S. to connect Hearts with new ladies. With your help, L.I.S. will connect
hearts in all 50 states, and beyond. Together we can create a healthier world one
lady at a time!! Thank you for helping to grow our sisterhood!**
- 2) **Please Participate On our Monthly Nat’l Sisterhood Conference Calls~**
“NEW” CONFERENCE CALL NUMBER: 667.770.1158 ACCESS CODE: 211864#
***Nat’l Sisterhood Conference Calls are held on the 1st TUESDAY of Every
Month at 9:00pm EST. (Unless rescheduled due to a holiday or other
important reasons) And Please Remember to Support our L.I.S. Foundation
on AMAZON**
**Our Monthly call is open to ALL L.I.S. members everywhere. “Members
Only” Please~ This call has been put in place so that all members can receive
information concerning our focus of the month, & stay in touch with their
sisters across the U.S.**
Please call in each month to say “Hello” to your sisters & get updated☺
- 3) **Great Facebook Participation!! ☺**Thank you ladies for posting in our
Facebook “Group”. If you are not in our Facebook Group, please send a
friend request to “Ladies in Stride~ Keeping It Moving” & one of our fb
administrators will add you to our group. Thank you! Our fb page/group is
now public. We enjoy hearing from each of you in our Facebook Group, so
please post more often ladies!! ☺ Thanks!!**
- 4) ***Please remember to check your L.I.S. emails, Text Messages and our
L.I.S. Website for upcoming Events & Activities. New Committees are
being forms. Please consider joining a committee. Let us know if you are
willing to work on a Committee by emailing us at
ladiesinstride@gmail.com**
- 5) ****Please take time to memorize our “L.I.S. Sisterhood
Covenant”- (To the left of this Page)****
- 6) Try our Delicious Recipes by our L.I.S. Chef: Chef Joe!!! Posted on the left
side of each newsletter (A Recipe from the Chef’s Corner). If you are in the
Atlanta area, try to attend some of Chef Joe’s FREE Healthy Cooking Classes
offered by Kaiser Permanente. A text message will be sent out from time to
time.
- 7) Congratulations to all of our L.I.S. Captains/Teams that have regularly
scheduled Monthly sessions!! Keep up the good work! You are a blessing
to others and yourself!!
- 8) **A Special “Thank you” to our Retreat Committee & all Board Members,
Advisory Board Members & other Committee Members: Prayer
Warriors, Founder’s Day Committee, Planning Committee, Book Club
Captains, Care Team, Y.L.I.S. Committee, Team Captains/Co-Captains &
L.I.S. Distinguished Speakers!!**
- 9) **Keep Walking~ “Walking Women of L.I.S.!!” And Post Your Steps☺** 
- 10) Y.L.I.S. Next Conference Call is Sunday Jan. 16th 2022 @ 8pmEST~
(Every 3rd Sunday at 8pmEST, unless rescheduled by our Home Office due to a conflict.
If anyone is aware of a Virtual Event in your area that goes along with our L.I.S. Monthly
Focus for the current Month, Please email us at:www.ladiesinstride.com

L.I.S. COVID REMINDER ~ DON'T LET YOUR GUARD DOWN YET

*****PLEASE GET VACCINATED LADIES ~ Be Aware of the New Omicron Variant*****

MASK



If you are attending a small gathering or event, protect yourself and others from getting infected with COVID-19

ALWAYS COMPLY WITH THE FOLLOWING 3 BASIC MEASURES...



MAINTAIN AT LEAST 1 METRE DISTANCE FROM OTHERS



COVER A SNEEZE OR COUGH WITH A TISSUE OR BENT ELBOW, AND IMMEDIATELY DISPOSE OF TISSUE IN A CLOSED-LID BIN. AVOID TOUCHING EYES, NOSE AND MOUTH.



CLEAN YOUR HANDS FREQUENTLY



SOCIAL DISTANCING



HAND WASHING

L.I.S Dec. "Spotlight Sister"
CONGRATULATIONS Dr. Felita Williams!!

Our Dec. "Spotlight Sister" is a member of our Atlanta L.I.S. Team!

♥ Our Spotlight Sister for the Month of Dec. is Dr. Felita Williams! Felita is a graduate of the University of Alabama where she studied Political Science and is a doctor of philosophy. She is the Associate Vice Chancellor for Strategic Academic Initiatives at the Board of Regents here in Atlanta. Felita has been a member of our sweet sisterhood for exactly one year!! Felita joined and hit the ground running. She is a dedicated member of L.I.S! She is not only a member of our wonderful L.I.S. Book Club, but she is now one of the awesome Co-Captains of the book club! Felita is also a proud member of Alpha Kappa Alpha Sorority and a long time dear friend of our Founder Mrs. Geonice Hanchett. Ladies! Please help me say Congratulations to Felita! Our Sweet Spotlight Sister for the Month of December! ♥ ♥ ♥



**Congratulations to our Sweet L.I.S. Sister!
We Love You Felita!**



Dec. will be L.I.S. “Kettlebell Leg & Glutes Workout” Month

**Exercises by Our L.I.S. Sister: Mrs. Vanessa Vaughters
(Personal Fitness Trainer)**



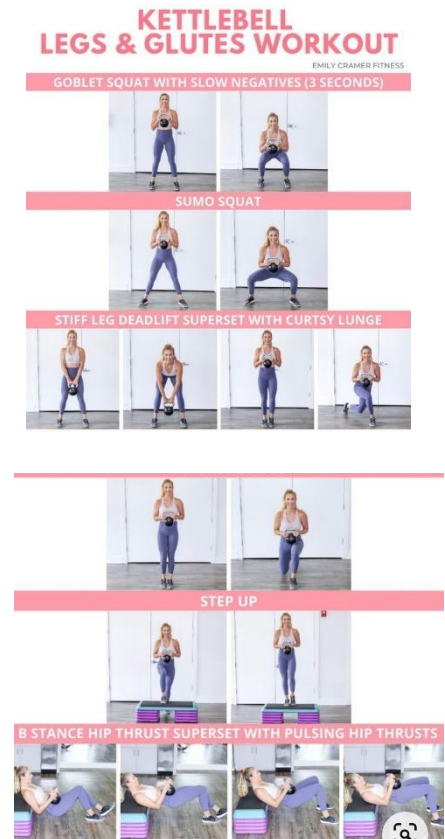
Our Standard Weight Maintenance Tips

1. Stay Hydrated - Drink at least 64 ounces of water daily.
 2. Try to get 8 hours of sleep each night.
 3. Plan your meals each morning (or the evening before) so you know what you are going to eat for each meal before you get hungry. This will help you stay on track.
 4. Include 5-9 servings of fruits and vegetables, especially green vegetables in your intake each day.
 5. Keep a detailed food log of everything you eat so you are aware of your daily food intake.
 6. Exercise at least 20 minutes per day
- ~~~~~

Attached is your “Legs & Glutes” Workout for the Month of Dec.

Look at this... 👁👁

<https://pin.it/xCK5VIG>



- * Oct. Exercise was Core/Abdominal Muscles (The Vacuum Exercise)
 - * Nov. Exercise was Toning Arms
 - * Dec. Exercise was Buttocks
 - * Jan 2021~ Core Toning
 - * Feb. Back Fat
 - * March was Thigh Workouts
 - * April was Back & Chest
 - * May was a Thigh Exercise
 - * June Shoulder Workout
 - * July-Sept. ~ Core Workout
 - * Oct.-Dec. 2021~ Legs & Glutes
- ** Check out last month's e-newsletter for details**

L.I.S. Sponsors & Partners

Top Sponsors

~Tucker Kroger
~Geonice Unique Boutique
~Janel Gonzalez
~ Marilyn Harvey
~G.W. Jackson Family Park
~Southern Royalty Investment

L.I.S. Partners

~Tucker Habitat for Humanity
~Atlanta Regional Office:
U.S. Dept. of Health & Human Services

Important “New L.I.S. Website” Update Reminder!!

Greetings Ladies!! Thanks to Ms. Janice Flowers(Website Designer)....we have an updated, new L.I.S. Website! Please continue to be patient with us as we get each area of our new site up & running. **(Including adding our Updated Retreat Registration Form with our Covid Disclaimer)**

If you haven't activated your Member's Only portion below, please do so as soon as you can. *We will need each of you to do a couple of things in order to be able to utilize our L.I.S. **“Members Only”** Areas for Resources, Women's Health Updates & Other Helpful Information. This will be information ONLY AVAILABLE to our L.I.S. Sisters & Not The Public Eye~ Because All Of You Are SO VERY SPECIAL To Us! 😊

** Please got to www.ladiesinstride.com/login

New User Names & Password were created for every member account.

To update & review your account, you will need to Login with NEW CREDENTIALS.

SAMPLE: Your Name: Jane Doe

Member Phone Number: 555. 123.4567 (YOU MUST USE THE NUMBER ON YOUR ORINGINAL L.I.S. APPLICATION WHEN YOU JOINED)

Your New Login Name Is: JaneD (Using Your Name)

Your New Login In Password Is: JaneD5551234567 (Using Your Phone Number)

** Once you Login, immediately go to “My Profile” page & Change your password under “Settings”

It must be 12-16 Characters, using Capital Letters, Numbers & Symbols in order to make it a STRONG password.

Once you're logged in, Please review & update any information needed under the “My Profile ABOUT “ fields.

Please enter N/A in any unnecessary fields. All Fields must be completed. Click “EDIT PROFILE” to make changes & CLICK SAVE before leaving the page so that you don't lose your information. **Please Make Sure That**

ALL Information Is Correct.

Thanks So Much!!

** If you can't login after using these instructions, please reply back to this email with your FULL NAME, AND CURRENT CELL PHONE NUMBER for account verification.