



♥ “Spiritual Growth, Prayer & Bible Study” ♥

July 2021 E-Newsletter

A Note From the Pastor’s Corner:

Psalms 119:11 (NIV)

I have hidden your word in my heart that I might not sin against you.

-Pastor Jesse Curney, III

Happy July Fellow Sisters of Ladies in Stride, Incorporated!!!

If you recently joined our Amazing Organization,

“Welcome” to our Ladies in Stride, Inc. Family!! 😊

Ladies, Please help us say “Happy Birthday” to all of our “July” Birthday Sisters!!!

****Our Exercise For The Month of July, August & Sept:**

Is A “Simple Core Workout” ~ “Are You Ready Ladies 😊

See Details on Page 5. (We will focus on each exercise for 90 days)

Great News Ladies!!! Ladies in Stride Foundation is now linked with AmazonSmile as a Fundraiser!!

Please support your sisterhood when you shop on Amazon: Here is our link: Please share it with

Family & Friends: <https://smile.amazon.com/ch/84-4532077>



Thank you to everyone that called in to participated on our

July Natl Sisterhood Conference Calls! (Our Adult & Youth July Conf. Calls)

It was truly a Blessing! Our Distinguished Speakers was Deacon Wayne Ellison for our Adults & Pastor Deneen Humphrey for our Youth. They both did a Phenomenal Job educating us on Spiritual Growth!! Deacon Ellison serves on the L.I.S. Foundation Executive Board and his lovely wife Khady Deborah Ellison is one of our dedicated L.I.S. Sisters. Pastor Humphrey is a dedicated member of Ladies in Stride, Inc. & a member of our Nat’l L.I.S. Prayer Warrior Team~ 😊 Hopefully everyone was able to take away some tips from each speaker to help grow spiritually & to have a closer walk with our Lord!

“Thank You”



Deacon Wayne Ellison



Pastor Deneen Humphrey



More than 1 Million people per year are affected by an eye injury & 90% of these injuries could have been prevented had the individuals been wearing protective eye wear. The leading causes of eye injuries include sport accidents, consumer fireworks, household chemicals & battery acid, as well as workshop & yard debris.

~With Your Health In Mind~
Dr. Donald Hanchett



A Recipe From The Chef's Corner:

"Melon-ade" with Fresh Fruit Ice Cubes

(A Recipe for 6-8)

½ cup fresh blueberries diced
½ cup fresh raspberries diced
½ cup fresh pineapples diced
4-5 cup watermelon seeded & chopped
1 cup cantaloupe diced
Juice of 1 lemon
Juice of half of a lime
Juice of half of an orange
Sugar as needed only
3-4 cups sparkling water chilled
Mint leaves as needed

Separate the blueberries, raspberries, pineapple & any other diced fruit on a baking sheet & place in freezer several hours before serving melon-ade. Meanwhile place watermelon, cantaloupe & juices into a blender & process until smooth. Top the beverage off with sparkling water & adjust as needed with a bit of sugar. Finally pour into separate glasses filled with fresh fruit ice cubes, garnish with mint leaves & serve chilled.

ENJOY!

Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

Protect Yourself From Harmful UV Rays

Wear a wide brim hat to shade your Face, Head, Ears, & Neck.

Wear wrap around sunglasses that block both UVA & UVB rays. Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA & UVB protection. Skin Cancer is by far the most commonly diagnosed cancer.

Stay Healthy & Hydrated Ladies!!

www.medstarhealth.org

☺ 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!

I am feeling so blessed to have each of you as a part of my life! Together, we are "Keeping L.I.S. Moving" from one level to the next. What A Blessing!! I am receiving so many positive message about our sisters and their journeys toward Total Health!! Way To Go Ladies!! We are on this Journey Together!! We are finding new ways to interact during Covid & new ways to raise funds to prepare for our future Retreats & Scholarships. We have 2 Amazing L.I.S. Executive Boards that keeps all of us in mind with every decision being made. They are The Best & each of you are The Best!!

Ladies, we will soon be celebrating the birth of Ladies in Stride in September! Please plan to wear your L.I.S. Tshirt, Bracelets, Caps & Visors and send us a photo as we celebrate L.I.S. Founder's Day on Sept. 24th!! More information coming soon!!



From My Heart To Yours ~ You All Are The BEST!



Ladies, again please allow me to reiterate how important your Health & Safety is to me. PLEASE get vaccinated. Your Health & the Health of the people in your circle may depend on it. I am fully vaccinated. I Strongly recommend it. If everything continues to move in a positive direction as far as Covid goes, & we are all FULLY VACCINATED before our 10th Miami Beach Retreat in June 2022, we will be able to embrace each other and enjoy each other's company without the concerns of Covid within our group. Doesn't that sound wonderful ladies? ☺

With that being said, Please mark your calendars for our 10th Total Health & Wellness Retreat scheduled for June 2nd – 5th 2022 at the Ritz Carlton Bal Harbor in Miami Florida~ *Registration Will Reopen Soon * We are still watching the spread of Covid Closely*

PLEASE Continue To Stay Safe! Wear your Masks, Wash Your Hands Frequently & Keep Your Distance From Others. Please Pray & Get The COVID Vaccine If Lead To Do So.

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



Love & Blessings



Geonice

Our Next Nat'l Sisterhood Call will be on Tuesday August 3rd @ 9pmEST

Topic: "All Aspects of our Physical Bodies"

~We will have 3 Awesome Distinguished Speakers for the Evening~

*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 next Book Club Conference Call is scheduled for Tuesday Aug. 17th 2021 @ 9pmEST.

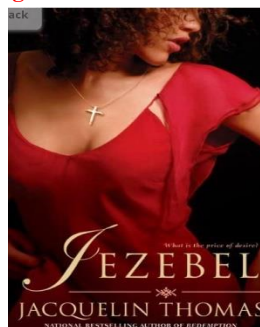
We will be discussing Chapters 32 -to the completion of the book(This is our 26th book & it's entitled "JEZEBEL" by Jacquelin Thomas~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

☺NEW BOOK CLUB MEMBERS ARE WELCOME!☺

**** Many Thanks to our Book Club Captains; Pamela Varnado (Atlanta Home Team) & Tomika Booker (Kansas City Missouri Team)**

Our Nat'l Conference Call & Book Club Dial In Number is: 515.604.9607 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!



YOUR'E Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness



****Things To Remember****



**** (FYI: Our Miami Beach Total Health & Wellness Retreat Is Scheduled For June 2022: We Are Asking All Attendees To Pls Get Fully Vaccinated** (Your Health Is Our 1st Priority) New 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

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

- 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 in our Monthly Nat'l Sisterhood Conference Calls!! ☺ **CONFERENCE CALL NUMBER: 515.604.9607 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 This 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 our Youth 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 & I.I.S. Distinguished Speakers!!**
- 9) **Keep Walking~ “Walking Women of L.I.S.!!” And Post Your Steps ☺** 
- 10) Y.L.I.S. Conference Call is Sunday August 29th @ 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 it to us at: www.ladiesinstride.com**

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

****PLEASE GET VACCINATED LADIES****

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

CLEAN YOUR HANDS FREQUENTLY

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.

World Health Organization

SOCIAL DISTANCING



HAND WASHING



L.I.S. July "Spotlight Sister"

CONGRATULATIONS Mrs. Khady Deborah Ellison!!

Our July "Spotlight Sister" is Mrs. Deborah Ellison of our L.I.S. Atlanta Team!

♥ Congratulations "Mrs. Deborah Ellison"!!! Khady Deborah Ellison is a community leader via her career in the medical field for 14 years. She has a deep passion for caring for the sick. She graduated from Lanier Technical College in 2006 with her Certified Medical Assisting Certificate. She started her Journey in the medical field at Georgia Urology in 2007, where she would spend the next 5 years of her career learning the fundamentals of Urology under the wing of Dr. Edward Stark. She has now been with the Advanced Urology Clinic for 5 years and has assisted in their growth from one location to now 13. She is currently the Clinical Training Manager. Khady is the wife of a loving and supportive husband Wayne Ellison. And mother, of three sons, Gregory (24), Christopher (20), and Jalen (19). She also has a fur baby daughter Pilar Nicole (9mths), she loves her family deeply. Khady enjoys, a good laugh, traveling, kayaking, waterboarding, snorkeling. Her favorite mammal is the Dolphin, and she loves the sea. She loves spending time with Friends and Family.

Mrs. Ellison is a dedicated member of Ladies in Stride Incorporated and serves as our Social Media Manager & a member of our L.I.S. Founder's Day Committee.

Pls help us say Congratulations to Mrs. Khady Deborah Ellison! Our July Spotlight Sister!!



We Love You Deborah!!



Congratulations to our Sweet L.I.S. Sister!



July - Sept. will be L.I.S. "Simple Core Workout" Months

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 a "Simple Core" Workout for the Month of July

Look at this... 👁️

It's time for another core workout!

<https://pin.it/5wz3UCE>



- * 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

**** 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 are on our way to an update, new L.I.S. Website! Please be patient with us as we get each area of our new site up & running.

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.**