



♥ “Our Mental & Emotional Well-Being” ♥

May 2021 E-Newsletter

**A Note From the Pastor’s Corner:**

Psalm 31:21(NIV)

“Praise be to the Lord, for He showed me the wonders of His love

-Pastor Jesse Curney, III

**Greetings To All Of Our Fellow Sisters of Ladies in Stride, Incorporated!!!**

We would like to say “Welcome” to all of our New Members/Sisters of Ladies in Stride, Inc. & “Happy Birthday” to all of our “May” Birthday Sisters!!!

**\*\*Get Ready For Our Next Exercise For The Month of June:**

It will be a “Shoulder Workout” ~ “Let’s Keep It Moving” Ladies!! 😊 [See Details on Page 5](#)



**\*\*CONGRATULATORY PAGE~ Names & Photos are on Page 7 \*\***

**Congratulations!!! ~L.I.S. 2021 High School Graduates!!!~ Paul & Ashley’s New Baby Boy!**

😊 **NEW L.I.S. WEBSITE IS HERE! Please Check Out [Page 6](#) For An Update!!** 😊

**A Note From the Doctor’s Corner:**

"The Month of May is

Osteoporosis

Awareness & Prevention  
Month"

Osteoporosis is a condition characterized by low bone density. People with low bone density, especially the elderly & frail stand a greater chance of fracturing their bones. Preventative measures which promotes healthier bones includes sufficient calcium intake, achieving adequate levels of vitamin D, & performing bone healthy exercises.

~With Your Health In Mind~  
Dr. Donald Hanchett

**May was an Awesome Month! We focused on our Mental & Emotional Well Being. Having a Healthy State of Mind is extremely important to us all. We were blessed to have an amazing speaker to share with our Nat’l Adult Chapter & Our Nat’l Youth Chapter! Our Nat’l Sisterhood Conference Call was held on Tuesday May 4<sup>th</sup> & our Youth Conference Call was held on Sunday May 16<sup>th</sup>! Our Distinguished Speakers for both sessions was our very own L.I.S. Sister, Min. BreNita Jackson! Topic: “Putting God In Control Of Our Mental & Emotional Well Being” ~ She did an Exceptional Job during both sessions! 😊 Hopefully everyone was able to take away some tips to help improve your mental state of being. This has been & still is a very difficult season for us all. We Love You & Appreciate You Min. Jackson! Thank You to All of our L.I.S. Sisters that participated on our Nat’l Call! Please join us on Sunday June 6<sup>th</sup> at 6pmEST for our 9<sup>th</sup> Annual Total Health & Wellness Virtual Zoom Retreat! Our Theme is: “PEACE, JOY & HAPPINESS”~ Please see our [Zoom Link & Names of our Retreat Speakers on page 2:](#)**

♥ **Thank You Min. BreNita Jackson** ♥



♥ A Note From Our Founder: ♥

**“Keeping It Moving”**  
**Total Health: “Mind, Body & Soul”**

A Warm “Hello” To My Fellow Sisters of Ladies in Stride, Inc!  
I hope that all is well. May is on it’s way out & June is quickly approaching!!  
I hope that every Mom/Grandmom/Godmom had a Wonderful Mother’s Day!! Being a MOM is the most difficult job that you will ever have, BUT it’s also the Most Rewarding Job! It’s such a Blessing to be a Mom!! I wouldn’t trade it for the world! ☺ Sending Love to you all! ♥  
Now Ladies, please continue to Stay Safe & PLEASE get vaccinated. Your Health & the Health of the people in your circle may depend on it. I am fully vaccinated. It may not mean much, BUT I do personally recommend it. If we are all FULLY VACCINATED before our 10<sup>th</sup> 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 sisters? ☺ ♥  
**Lastly, Please mark your calendars for our 9<sup>th</sup> Virtual Retreat: Sunday June 6<sup>th</sup> at 6pmEST per Zoom. See you all on Zoom on Sunday!! ☺ You Will Get To Meet Your L.I.S. Board Members & Captains! ☺**  
**\*\*LINK FOR OUR JUNE TOTAL HEALTH & WELLNESS RETREAT IS BELOW**

<https://us02web.zoom.us/j/8494502193>

Meeting ID: 849 450 2193

**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**

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**~Our Next Nat’l Sisterhood Call will be our 9<sup>th</sup> Total Health & Welless Zoom Retreat~**  
**Sunday June 6<sup>th</sup> @ 6pmEST**

**THEME: “PEACE, JOY & HAPPINESS”**

~ Our Awesome Distinguished Speakers will be our very own L.I.S. Medical Advisor,  
**Dr. Donald Hanchett, L.I.S. Sister/ First Lady Aleana Curney & L.I.S. Sister/ RVP Stephanie Lampley ~**  
**\*\*Please chime in & listen in to be Blessed & Enriched! Your Sisterly Support Is Needed & Greatly Appreciated\*\***

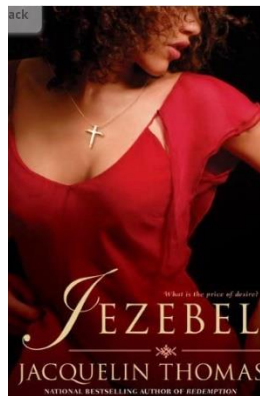
**Ladies In Stride, Inc. National Book Club \*\*Book Club Members Only\*\***

**Our next Book Club Conference Call is scheduled for Tuesday June 15<sup>th</sup> 2021 @ 9pmEST.**  
**We will begin our next book. We will be discussing Chapters 1-14 (This is our 26<sup>th</sup> book & it’s entitled**  
**“JEZEBEL” by Jacquelin Thomas~ (Book Club Conf. Calls are Every 3<sup>rd</sup> 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 problem calling 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**

**A Recipe From The**

**Chef’s Corner:**

Citrus Roasted Salmon  
(A Recipe for 4)

- 1 Lemon Slice
- 1 Lime Slice
- 4 4-5 ounce salmon fillets
- Salt & Pepper as desired
- 1 bunch of cilantro
- 4 slices of sweet onions
- 2 celery stalks
- 2 cups of orange segments
- ¼ cup fresh tomato salsa
- Pre heat the oven to 350 degrees.
- Meanwhile, arrange the lemon & lime slices on a baking dish. Place the salmon fillets on top of the citrus fruits. Season the salmon with Salt & Pepper & top each with cilantro, onion & celery. Bake for 20 -25 minutes. Until done. Serve with the orange segments& a spoonful of salsa.

ENJOY!

Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

**A Emotional Relaxation Tip**

**“Let’s Focus On Our Breathing”**

Learning to breathe more deeply can help you feel a lot calmer. Breathe in through your nose & out through your mouth. Try to keep your shoulders down & relaxed, & place your hand on your stomach- it should rise as you breathe in and fall as you breathe out . Try counting as you slowly breathe in & out.

[www.mind.org.uk](http://www.mind.org.uk)

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






## **\*\*Things To Remember\*\***



**\*\* (FYI: Our Miami Beach Total Health & Wellness Retreat Is Scheduled For June 2022: We Are Asking All Attendees To Pls Get Vaccinated\*\***  
**(Your Health Is Our 1<sup>st</sup> Priority) New Date: June 2<sup>nd</sup>-5<sup>th</sup> 2022 (Thursday-Sunday)**

- 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 1<sup>st</sup> TUESDAY of Every Month at 9:00pm EST. (Unless rescheduled due to a holiday or other important reasons)  
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 & L.I.S. Distinguished Speakers!!
- 9) Keep Walking~ "Walking Women of L.I.S.!!" And Post Your Steps☺ 
- 0) Y.L.I.S. Conference Call is Sunday July 18th @ 8pmEST~ (Every 3<sup>rd</sup> Sunday at 8pmEST)  
 \* 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](http://www.ladiesinstride.com)

# 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



**L.I.S. COVID REMINDER ~ DON'T LET YOUR GUARDS 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.**

**SOCIAL DISTANCING**



**HAND WASHING**

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**L.I.S. May "Spotlight Sister"**

**CONGRATULATIONS Min. BreNita Jackson!!**

**Our May "Spotlight Sister" is Min. BreNita Jackson of our L.I.S. Atlanta Team!**

♥ Congratulations "Ms. BreNita Jackson"!!! Ms. Jackson is a Licensed and Ordained Minister. She is a graduate of the University of Georgia with a Masters in Social Work.

Ms. Jackson is an accomplished non-profit administrator & program director with extensive experience leading Social Services & Healthcare Programs. She is also the Host of Radio Talk Show "From The Heart" which will be featuring several of our L.I.S. Entrepreneur Sisters! She was the Distinguished Speaker to both, our Nat'l Adult Chapter & Our Youth Chapter as we focused on our Mental & Emotional Well Being during the Month of May!~

Ms. Jackson is a loving Mother & Grandmother. She is also a dedicated member of Ladies in Stride Incorporated and serves on our L.I.S. "Grant" Committee.

**Pls help us say Congratulations to Min. BreNita Jackson! Our May Spotlight Sister!!**



**We Love You BreNita!!**



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



**June will be L.I.S. “Shoulder Workout” Month**  
**Exercises by Our L.I.S. Sister: Mrs. Vanessa Vaughters**  
**(Personal Fitness Trainer)**

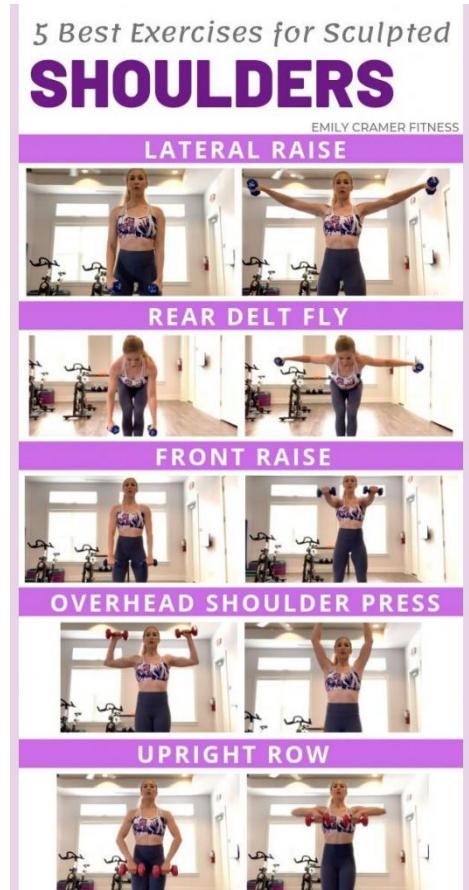


**Our Standard Weight Maintenance Tips**

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 a “Shoulders” Workout for the Month of June**

Look at this... 👁👁  
<https://pin.it/4tkdYvc>



- \* 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
- \*\* 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

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](http://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.**



♥ **L.I.S. CONGRATULATORY PAGE** ♥

~L.I.S. 2021 High School Graduates & Welcoming A New Baby Boy~  
**CONGRATULATIONS!!!!**

♥  
Ms. Alexis Griffin~ Tucker High Graduate



SCAD Bound~(Savannah College of Art & Design)  
Majoring in Animation



♥  
Ms. Nyla Holmes~ Tucker High Graduate



Jacksonville State University Bound  
Majoring in Psychology



Ms. Amira Daniel~ Roswell High Graduate  
Georgia State Bound~ Majoring in Journalism  
or Photography

**WELCOME**  
Little Mr Paul James Hanchett, Jr



**CONGRATULATIONS Paul & Ashley Hanchett**  
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Ms. Benita Kawata~ Tucker High Graduate  
Georgia State Bound~ Majoring in  
Biology~ Pre Med