

A Note From the Pastor’s Corner:

Proverbs 27:9 (NIV)

Perfume & incense bring joy to the heart, & the pleasantness of a friend springs from their heartfelt advice.

-Pastor Jesse Curney, III



A Note From the Doctor’s Corner:

"The Month of Oct. Is Breast Cancer Awareness Month"

Early signs of breast cancer can be a lump in a breast, a painful breast or armpit ,or a discharge from the nipple. Even if none of these symptoms present themselves, a doctor should be visited to be sure. Then a Mammogram can be ordered. A mammogram examination is painless & only takes about 10 minutes.

~With Your Health In Mind~
Dr. Donald Hanchett

☺ Greetings Fellow Sisters of Ladies in Stride, Incorporated!!!
“HAPPY HOLIDAYS” To Each Of You!”

“Welcome” to all of our New Sisters of Ladies in Stride, Inc.!! ☺
Ladies, Please help us say “Happy Birthday” to all of our “October” Birthday Sisters!!!

**Our Exercise For The Months of Oct., Nov. & Dec.:
“Kettle Bell Legs & Glutes Workout” ~ “Grab a Kettle Bell or Dumbbell & Let’s Go Ladies” ☺
See Details on Page 5. (We will focus on each exercise for 90 days)

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

~2022 Beach Retreat Update Included In Our Founder’s Message On Page 2~

Our Oct. Nat’l Sisterhood Conference Call Was Nothing Short Of Amazing!

Our Wonderful Youth (Y.L.I.S.) had an amazing Conf Call focused on “Friendship” on Oct. 17th. Their Distinguished Speaker was Ms. Candace Haynes! She did a Phenomenal Job! Thank You So Much Ms. Haynes!! We Love You!!

Next, Thank you to everyone that took the time to call in to help us show all of our L.I.S. Breast Cancer Survivors/ Heroes some Much Deserved LOVE! Our Distinguished Speaker for the evening was Mrs. Tiah Tomlin-Harris~ She did a Phenomenal Job sharing important information concerning Breast Cancer & addressing questions. Mrs. Tomlin-Harris is a Breast Cancer Survivor/ Hero as well! We truly appreciate her time & knowledge. Hopefully everyone was able to take away an important message from each of our 3 Beautiful L.I.S. Sisters that shared their own Personal Breast Cancer Journey. They Prayed, Fought & WON! Ms. Marie Dunn, Dr. Felita Williams & Ms. Fraser “Sunny” Hunter. Thank you so much sisters for sharing your story with your fellow sisters!! We Love You All!!! They are pictured on page 7

♥♥♥ “Thank You! Thank You! Thank You!”

~Ms. Candace Haynes~

~ Mrs. Tiah Tomlin- Harris~



A Recipe From The Chef's Corner:

“Orange Ginger Carrots”
A Recipe for 4-6 Serving

1 pound fresh carrots peeled & sliced
1 qt. boiling water
4 tablespoons of olive oil
2 teaspoon fresh ginger minced
¼ cup shallot sliced
¾ -1 cup orange juice

Plunge the carrots into the boiling water for 5-6 minutes & cook until just tender then chill for later cooking or proceed with the recipe. Next, heat the olive oil in a skillet & over med high heat sweat the ginger & shallot for 1-2 min. Next, add in the carrots & toss to coat with ginger & shallots. Finish by adding in the orange juice & allowing it to reduce by half.

ENJOY!
Chef Joe Engelbird

☺ L.I.S. ☺

Health & Beauty Tip

7 Delicious Herbs & Spices For Your Health

- 1)Cinnamon~ Lowers Blood Sugar
 - 2)Sage~ Improves Brain Function & Memory
 - 3) Peppermint~ IBS Pain & Nausea
 - 4) Turmeric~ Anti-Inflammatory Benefits
 - 5) Holy Basil~ Fights Infection & Boost Immunity
 - 6) Ginger ~Nausea & Anti-Inflammatory
 - 7) Garlic~ May Improves Heart Health
- ** Per Healthline.com

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



A Note From Our Founder

“Keeping It Moving”

Total Health: “Mind, Body & Soul”

Hello Ladies in Stride, Inc!

Praying that each of you are Healthy, Happy & Feeling Loved! You Are Definitely Loved!

As we focus on Breast Cancer this month, I am urging everyone to Please go get your mammograms and please do your Monthly Self Breast Exams. So many lives are saved because of “Early” detection.

Ladies, please help me give our 3 Brave L.I.S. Breast Cancer Heroes, Ms. Marie Dunn, Dr. Felita Williams & Ms. Fraser “Sunny” Hunter another round of applause and as many “Air Hugs” as you can send them for sharing their testimonies! Each of their stories warmed my heart! Thank you everyone on our call for showing your LOVE to your sisters. We are all truly “Sisters For Life!”

**Now Ladies, as we continue to move forward...Please plan to get Fully Vaccinated if you haven't already done so ☺

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~ *We Are Excited To Announce That Registration Will Reopen Soon. After much prayer, we have taken a vote from our paid Retreat Registrants, & the majority voted for an In-Person Retreat in 2022. So the plans are on the way. All Retreat Attendees & Guest are required to be “Fully Vaccinated”. Everyone will be Required to show their Covid Vaccination Card at our Registration Table. (No Exceptions) More details coming soon. Thank God that the number of Covid Cases are coming down!

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.

**** Next Ladies, Please Support Your Sisterhood By Signing Up On Amazon Smile!!!**

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 who has already added 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 Next Nat'l Sisterhood Call will be on Tuesday Nov. 2nd @ 9pmEST

Our Focus: The Importance of “FAMILY”~ Your Personal FAMILY & Your L.I.S. FAMILY 

Our Distinguished Speakers are: Deacon & Deaconess Karl & Shelia Humphrey

***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 Nov. 16th 2021 @ 9pmEST.

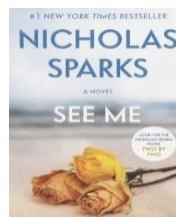
We will be discussing Chapters 12-21 of our next the book(This is our 27th book & the title has changed to “ See Me” by Nicholas Sparks ~ (Book Club Conf. Calls are Every 3rd Tuesday @ 9pmEST)~

©NEW BOOK CLUB MEMBERS ARE WELCOME!©

**** Many Thanks to our Book Club Captains; Author Pamela Varnado (Atlanta Home Team) & NEW 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!



YOUR'E Worth It!!

Love~ Encouragement~ Sisterhood~Togetherness

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.



Things To Remember



New Beach Retreat Date: June 2nd-5th 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 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**
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☺**
- 10) **Y.L.I.S. Conference Call is Sunday Oct. 17th @ 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: www.ladiesinstride.com**



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

*****PLEASE GET VACCINATED LADIES ~ Be Aware of the New Delta 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

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

**CONGRATULATIONS Ms. Marie Dunn!!**

**Our Oct. "Spotlight Sister" is on our Atlanta L.I.S. Team!**

♥ Our Spotlight Sister for the Month of Oct. is Ms. Marie Dunn! Ms. Marie has been a part of our Sweet Sisterhood for quite a while now! She has enjoyed several wonderful Retreat with L.I.S. She is a God-Fearing woman & a dedicated member of New Mercies Christian Church where she proudly sits on the Mother's Board. She is also proud member of Delta Sigma Theta Sorority. She is a loving Mom, Grandmother & an Amazing Prayer Warrior for Ladies in Stride Incorporated!

Please help us say Congratulations to "Marie", our L.I.S. Oct. Spotlight Sister! ♥



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



**Oct. - Dec. will be L.I.S. “Kettlebell Leg & Glutes 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 your “Legs & Glutes” Workout for the next 3 Months**

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

**\*\* 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](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.**

♥ Congratulations To 3 Of Our Beautiful Breast Cancer Survivors/Heroes ♥

**Ms. Marie Dunn**



**Dr. Felita Williams**



**Ms. Fraser "Sunny" Hunter**

