

M.O.V.E. FORWARD!

Focus on Autumn!



We are glad you took the time to check out our magazine. It has articles, announcements, and topics that are meant to help M.O.V.E. members improve their health and well-being.

October is an excellent time to invite friends and make the switch to Slack.

YOUR HELP IS NEEDED AND APPRECIATED



Please **email** suggestions, comments, ideas, and information that you would like to see in our newsletter to realwomenhelpingwomen@gmail.com

Participate in our
M.O.V.E.

Monthly Challenge



[Visit RWHW&Y Website/](#)

October 2023 M.O.V.E. Forward! Magazine

M.O.V.E. (Making Our Visions Everything)
a Real Women Helping Women & Youth Program

Hello October

"This is the best time to
M.O.V.E. Forward,
I believe we can do it."

**SEPTEMBER 2023
M.O.V.E. MEMBERS**

Director, Dr. Crawley

51 Slack Members!

WORD OF THE MONTH CULINARY

Culinary means having to do with cooking or the kitchen. If you go to culinary school, you're learning how to cook, most likely because you want to work as a chef. (vocabulary.com).



M.O.V.E. Forward!

October 2023

Table of Contents

Beauty

Business Ideas

Culinary Art Therapy

M.O.V.E. Challenge

Fashion

Financial Health - Will I have enough money to retire?

Healing - it's a new season

Health Journey - compared to a pumpkin

Kindness - Sanctuary Girl

Love - Remember you can always call your sister...

Mindful Cooking

M.O.V.E. Forward! Magazines

Parenting - Black Women Connexing Communities

Personal Growth - Creole Creative Canvases

RHW&Y Program Information

Self-Care - focus and contract

Theater - I'll Be Single Before I Settle

Voiceover - Shanara Sanders Voiceover



Autumn teaches us the value of letting go.





Autumn

The approaching display of Fall foliage by the trees exemplifies how visually appealing change can be, and it is an example of the same kind of beauty as our teacher, Josy, who is gracious enough to show us one of her Autumn outfits.



It's a new season.

Start your
self-healing
journey today.



Find ways to discover your inner fortitude and sense of well-being! Identify your needs, prioritize your goals, and create a plan to take care of the most important person in your life!

YOU

Comparing a woman's health journey to a pumpkin can provide a unique perspective on various stages, challenges, and transformations that women may experience throughout their lives. Here's a metaphorical comparison created by ChatGPT:

1. Seed Stage:

In the beginning, a woman's health journey can be likened to a pumpkin seed. It represents potential and the start of life. Just as a seed requires nurturing and care to grow, a woman's health at this stage depends on proper prenatal care, nutrition, and a supportive environment.

2. Growth and Development:

As the pumpkin seed grows into a sprout, women experience the stages of childhood, adolescence, and early adulthood. This period is marked by physical and emotional development. Proper nutrition, education, and healthcare are vital during these stages, just as a growing pumpkin plant needs water, sunlight, and nutrients.

3. Blooming into Womanhood:

The blossoming of the pumpkin plant's flowers is analogous to a woman entering her reproductive years. This stage comes with its unique set of challenges and responsibilities, including menstrual health, sexual health, and family planning. It's a time of fertility and potential for new life.

4. Maternal Health and Pregnancy:

When a pumpkin starts producing fruit, it's akin to a woman's journey into motherhood. Pregnancy involves nurturing and protecting the growing life within, paralleling the importance of prenatal care and a healthy lifestyle for expectant mothers.

5. Harvesting Strength and Resilience:

Just as pumpkins mature on the vine, women age, and face various health challenges. These challenges can include menopause, hormonal changes, and the need for ongoing healthcare. This stage requires resilience and adaptability to maintain good health.

6. Caring for Future Generations:

Mature pumpkins can produce seeds for future growth, symbolizing the passing down of knowledge and wisdom through generations. Similarly, women who have experienced the full spectrum of health challenges can provide guidance and support to younger generations, promoting better health outcomes.

7. Fading and Legacy:

Eventually, pumpkins wither and return to the earth, leaving seeds behind for the next cycle. In the twilight years, women may face health issues related to aging but can leave a lasting legacy through the knowledge and values they've imparted to their families and communities.

In this metaphor, a woman's health journey, like a pumpkin's life cycle, is marked by growth, transitions, and cycles. Each stage requires care, attention, and adaptation to changing circumstances. It emphasizes the importance of nurturing health from the early stages and passing on the wisdom gained throughout life to promote the well-being of future generations.

**Self-care comes
in many forms,
what do you see?**



Self-Care Contract



I, _____ agree to:

- be honest with myself
- be kind to myself
- honor my intuition
- set time to focus on my self-care
- be open to new possibilities
- stay present in the moment
- express gratitude
- exercise regular
- read daily
- commit to loving acts of self-care



It is with an open mind and loving heart that I enter into this sacred contract with myself.



Signed _____

Date _____



Culinary Art Therapy

Culinary arts therapy (CAT) is a growing practice that uses cooking as a form of therapeutic expression. CAT is a more flexible and accessible alternative to traditional talk therapy, catering to the modern world's desire for something less conventional. CAT involves creating various dishes, such as breakfast, main courses, and desserts, tailored to the client's needs and preferences.

A CAT therapist works with clients to tailor their sessions to their needs and preferences, usually using an office space with a kitchen and online sessions. They also offer group sessions in offices and at clients' homes. Homework is also provided to help clients become more mindful to translate kitchen lessons into real-world takeaways.

CAT can help with depression, anxiety, and grief by providing relief from certain thoughts or actions. It also helps manage self, time, thoughts, and energy, which can then be applied to other areas of life. Grief, in particular, can be helped by cooking, as it allows for positive processing of memories tied to memory.

While CAT is not as well-known as other creative therapeutic techniques like music therapy and art therapy, its growing interest in CAT is promising. With the world's changing and evolving nature, CAT is expected to grow significantly in the future. The future of culinary arts therapy may become sustainable, as more people seek meaningful experiences from repeating mundane tasks.

MINDFUL

Cooking



Cooking with Mindfulness: A Stress-Free Experience

If you have to make a lot of meals every day, you might find that being mindful while you do it makes the process more enjoyable and soothing.

Here's how to get started:

- ***Take time to prepare the ingredients and be present.***
- ***Be mindful while you cook the food.***
- ***Be present when deciding how to present the food***

By being mindful and present while cooking, you can reduce stress and anxiety, and savor the process.

Remember, cooking doesn't have to be a rushed activity; enjoy it, and the results will speak for themselves.



**HEART AND SOUL
WELLNESS SOLUTIONS**
— Therapy with a purpose —

3400 Chapel Hill Road, Suite 100
Douglasville, GA 30135
Call us at (404) 383 4498

[Schedule an Appointment](#)

H m m m m m

HOW OFTEN SHOULD I BUY NEW UNDER GARMENTS?

Earlier this month, I checked my sneakers for wear and tear because I remembered my sneaker article from a couple months ago. Afterwards, I started to think of other things that should be changed often, and googled, *how often I should buy new underwear and bras*. Based on what I learned, which is shown in the table below, I think it's pretty much up to each person to decide. I decided that I am going to change them whenever I feel the need or if there is a sale that I can not pass up. Dr. C.

Kind	Average Months	Care	It is time to replace...
Bra – Bras with stretchy elastic offer support and flexibility, but as they get worn down and exposed to moisture and heat, the polymer chains in the elastic begin to break down.	It depends on the price; a good quality bra should last 8-18 months, while a less expensive bra should last 6-12 months. It also depends on how frequently the bra is worn during the week, how frequently it is washed, and how your body changes.	<ul style="list-style-type: none">• Use gentle soap• Wash less (Every three wears is suggested – do not do that when sweating)• Avoid dryer• Wash in cool water	<ul style="list-style-type: none">• Straps falling off your shoulder• Creases in the padding• Band is stretched out• Underwire is painful or coming out• Your bra looks as if it has hair• Uncomfortable
Panties – Delicate genital skin can be protected with the use of underwear; when wearing underwear, choose cotton materials, stay away from tight fits, and change it every day.	Consider buying new panties every 6-12 months. They do not have expiration dates, if, you wear them once within 24 hours, wash and disinfect after wearing them. Varies – whatever you feel the need, holes, elastic broken, weight change, become uncomfortable	<ul style="list-style-type: none">• Wash in gentle cycle• Use gentle Soap• Use lingerie bag• Avoid dryer, hang dry	<ul style="list-style-type: none">• Stretching• Fading• Body changes• Stains• Uncomfortable• Repeated yeast, or urinary tract infections• Irritated skin

- If you have a new friend, you may want to get a new sexy bra.
- If you have a partner, you may want to change it up every now and then to keep things spicy.



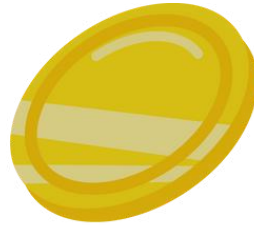
Rules:
Choose any coin



**Flip the coin and do
the following based
on how it lands.**



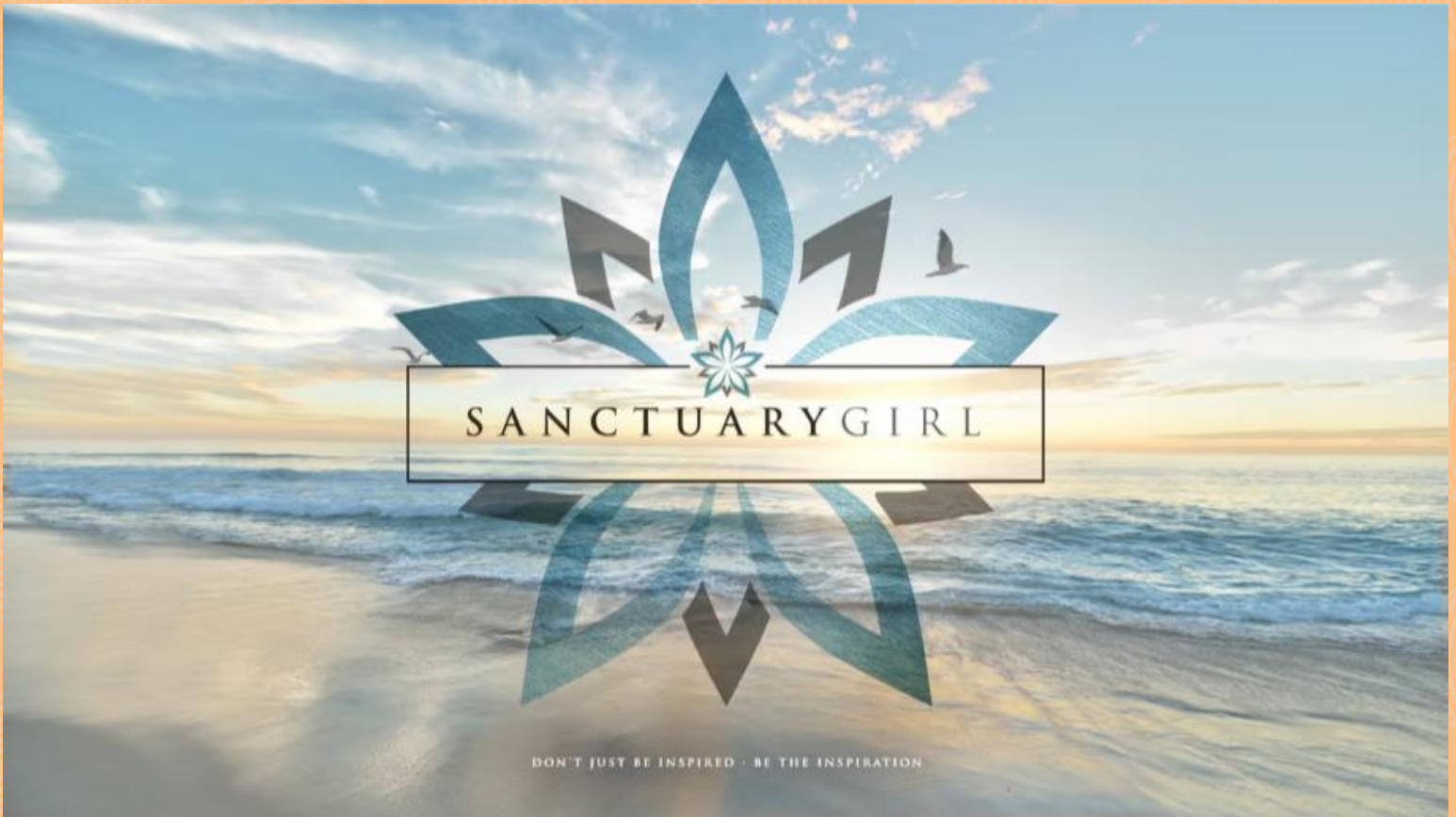
Heads=30 min exercising
Tails=30 min of reading



Exercise

**(noun) activity
requiring physical
effort carried out to
sustain or improve
health and fitness**

FLIP A COIN CHALLENGE



THE HOME COLLECTION



ENDEARING



EMPOWERING



ENCOURAGING



All orders support our
Real Women Helping
Women & Youth programs



REMEMBER YOU CAN ALWAYS CALL YOUR SISTER...

Read
Char's
Favorite
Fall
Things
Blog!



Empowerment, Fun | September 6, 2023

| 3 mins

Char's Favorite Fall Things

Its Char's annual Char's Favorite Fall Things Blog Post!

[READ MORE](#)

A little about Char... “My business is unique in we promote sisterhood, inclusivity, relationships, self-care, and empowering yourself. Call Your Sister Blog LLC's mission is to build an international community for women to feel a sense of belonging. We want to share the good, bad, and everything in between.

The blog covers current events (Black Lives Matter, gender differences in pay for Olympic athletes), past traumas (loss of a family member, dealing with a breakup, shedding light on sexual assault), self-care in real-time (Smoothie Vlogs, Char's 7 Days of Fitness), advice (falling in love, LIVE events on social media). We ask questions, share laughs, and embrace love and each other. Call Your Sister Blog, LLC is comprised of two women, the daughter/mother team that handles the writing, design, and maintenance of the blog! Char and Via enjoy sharing the “real and the raw” with the sisterhood and believe “you can't grow through it until you go through it.” The tagline “remember...you can always call your sister” is the foundation of this organization and will continue to propel them into future endeavors.”

SUBSCRIBE TO THE SISTERHOOD!

REMEMBER YOU CAN ALWAYS CALL YOUR SISTER... Call Your Sister Blog! Empowerment, Self Care, & Relationship Advice. I'm an inbox away... Need advice on life? Or the best lashes to wear for Happy Hour? Want to comment about how much you love us? We accept any and



Black Women Connexing Communities

A collective of women creating & using multidimensional media focused on restoring the black community to its original greatness. We empower women to Speak, Connect, Organize & ACT! Women have always been leaders in organizing the black community and BWCC is using media as its vehicle to move the culture!

COMING Soon!

Motherhood Unmasked: The Balancing Act

October 15th

UNAPOLOGETICALLY ME!
PODCAST Series

"Motherhood Unmasked"

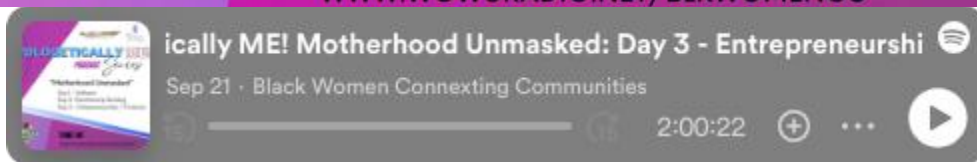
- Day 1 - Selfcare
- Day 2- Relationship Building
- Day 3 - Entrepreneurship / Finances

SEPT. 18-20 2023
8:00PM EST

WWW.BLKWOMENCC.COM
@BLKWOMENCC

TUNE IN!
WWW.WOWURADIO.NET/BLKWOMENCC

PLAY REPLAY



BGP FILMS Presents

I'll Be Single Before I Settle



NOVEMBER 4, 2023

DOORS
6:00 PM

SHOW
7:00 PM

The Miracle Theater
226 South Market St.
Inglewood, CA 90301

TICKETS

DETAILS

Black Girlz Productions presents *I'll Be Single Before I Settle*. The production is a about three lifelong friends who navigate the turbulent waters of modern love while inadvertently uncovering the hidden truths of domestic violence. Amidst the laughter and tears, their personal journeys intersect with stories of healing, love and survival that will leave you on the edge of your seat. This is definitely a production that you don't want to miss.

Will I have enough money to retire?



Bonnie Anderson, MBA
Licensed Insurance Agent

For many of us, especially women in the prime of our careers, every story has two sides. There's the side we're living and the side we're dreaming about. So many smart, well-educated women ask me, "Will I have enough money to retire?" When I need it, will my money really help me? The truth is that most people have too much debt and don't know what their financial future will be like. Here's the twist, though. The way we think about money is changing because of a plan called "your family bank." Imagine being debt-free in 7–9 years, including your mortgage, without spending any extra money, to all my fellow women out there. Those in charge are inspiring and push the limits. Now is the time for you to take charge of your money. Find your way to financial independence.

Bonnie is available to discuss your financial goals, needs, and priorities:

This can include:

- Debt Elimination
- Tax-Free Retirement Strategies
- Life Insurance you can use while living
- Disability Income
- Mortgage Protection
- College Funding
- Private Equity Banking
- Small Business Owner Protection
- Annuities/Rollovers
- Financial Education Seminars

Bonnie Anderson, MBA
Licensed Insurance Agent
Phone: 229-886-5469
bonnie@finlegacysolutions.com
www.finlegacysolutions.com



**Accountability Group
for Grant Start-up Funding
and Crowdsourcing
Business Ideas**

- Third Thursday of each month
- 6-7 PM (Eastern)
- Everyone is welcome and is expected to share.
- <https://meet.google.com/yty-wbsm-mjn>

Meeting format (subject to change)

- 1-minute to introduce your business
- 30-seconds to state your challenge
- 30-seconds for the group to think of ideas
- 2-minutes group members will offer you suggestions and strategies to overcome your challenge and achieve success

We will continue this format until everyone has asked a question then transition into networking if time permits

Contact: Ronada (Harrison) Samuel,

<https://www.linkedin.com/in/ranadaharrison/>



Creole Creative Canvases

Where Color, Community, and Creativity Collide
We realize that the world is a canvas and we are the artist of our own lives. We all choose to paint our world as we see it.



Real People Real Art Real Peace

We believe that the rich beauty of art comes not only from tangible creation; but the inner transformation of being present in the moment and reaping the benefits of taking a mindfulness approach to artistic expression is key.

Visit Creole Creative Canvases today.



The Art of Mindfulness Tea Drinking

Find your inner calm with a meditative tea ceremony. Tea ceremonies can be traced back to the far East, where it has been practiced for centuries.



Children and Mindfulness Painting

Mindfulness painting has immense benefits for young children. Through mindfulness painting, young children can unwind from everyday stress.



Homeschool Art and Creative Children

Children are with wild and colorful imaginations. They don't worry about perfection. Hence, amazing art comes from inside them.



Voiceover Jumpstart

WORKSHOP

Thinking about a career in VoiceOver? Come learn the basics from a professional VoiceOver actress and former SAG AFTRA employee.

IG @themouthpeace



Introducing Shanara Sanders, a professional voice actor in the Atlanta metropolitan area who provides voiceover services for commercials and narrations. She has the talent and experience to produce quality voiceovers for any kind of media, including radio, TV, book narrations, and internet videos. ASP Voiceover and NV Talent represent Shanara. Shanara has a home recording studio and recently recorded for BJ's Wholesale, Eggo, and Ulta x MAC. Shanara also conducts Voiceover Jumpstart workshops.

[Click here: Shanara Sanders Commercial Voiceover Demo](#)

You can contact Shanara today and visit her website or Instagram to learn more about how to schedule her for your next voiceover.

Shanara Sanders Voiceover
shanara@shanarasanders.com
323-283-3231



shanarasanders.com



M.O.V.E. Forward! Magazine Shelf

Browse previous issues of M.O.V.E. Forward! by clicking on the cover. Submissions are due by the 24th of the month.



SEPTEMBER 2023



AUGUST 2023



JULY 2023



JUNE 2023



MAY 2023



APRIL 2023



MARCH 2023



FEBRUARY 2023



JANUARY 2023

Women are encouraged to join our Slack community and participate in our Real Women Helping Women October and November Virtual Meetings are held on the third Saturday of each month, 12:30-2:30 (Eastern).



Our Wise Ladies (O.W.L.s)

O.W.L.s recently completed reading *The Six*, by Anni Taylor, a slow-burn psychological thriller.

Join our Slack Community to help choose our next book selection.

MyKidz Creationz highlights our youth's achievements. Take time to post something positive that a child in your life has done! Ideas to share include stories, posters, science fair projects, coloring pages, anything positive.



There are several ways to support Real Women Helping Women & Youth

Tax ID: 82-0656580



Corporate Matching or United Way Giving: If your company participates in either, choose Real Women Helping Women & Youth, and your company will match your donation.

Facebook Birthday Donation: Facebook may offer to create a birthday fundraiser in your News Feed prior to your birthday. Select Real Women Helping Women & Youth to notify your friends to donate in honor of your birthday!

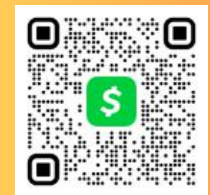
Sanctuary Girl: 15% of your order is donated to Real Women Helping Women & Youth. Shop here <https://sanctuarygirl.com/RWHWYFundraiser>.

Your donation will ensure that women and youth continue to have access to our free educational experiences, programming, and community network. 100% of the proceeds are spent on our programs.

Send Your Donation via [PayPal](#)



Send Your Donation via [Cashapp](#)



Send Your Donation via Zelle to realwomenhelpingwomen@gmail.com



Contributors

- **Bonnie**, *Finlegacy Solutions*
- **Char**, *CYS Blog*
- **Jalisa**, *Motherhood Unmasked*
- **Josy**, *Fashion*
- **Kim**, *Creole Creative Canvases*
- **Latanya**, *Heart & Soul Wellness Solutions*
- **Ronada**, *Business Accountability Group*
- **Shanara**, *Voiceover*
- **Shaniesha**, *Black Girlz Productions*

Thank you

Advertising in M.O.V.E. Forward! magazine is free. Submissions must be educational, informative, uplifting, and positively focused on enhancing the lives of women.

Contact Us:

realwomenhelpingwomen@gmail.com

crawley@rwhwy.net

<https://rwhwy.my.canva.site>

Our Mission:

Provide educational support that improves the quality of life for women and children.

Our Vision:

Create an educational network that encourages women and youth to appreciate their worth.

