



Join us for our launch

Sister Circle!

Sunday 13 March, 6-8.30pm

Yogatown,
Almond Brook Road,
Standish, WN6 0SS

Sister Circle

Terry C. Jones



Sister Circle:

The Sister Circle Vonette Z. Bright, Nancy Moser, 2003 A Victorian house becomes a refuge for seven woman of all ages and backgrounds as they bond together in sisterhood

Soothe Your Nerves Angela Neal-Barnett, 2010-06-15 Do you or someone you love suffer from bad nerves Denise is constantly on edge She s convinced something bad is going to happen Ruth will drive an hour out of her way to avoid driving over a bridge When she has to do it her chest thumps her heart starts racing and she breaks out in a sweat She s beginning to think she shouldn t leave her house Bernice hasn t slept in two months for fear that the witch is going to ride her again What do these women have in common They are struggling with crippling anxiety disorders Thousands of Black women suffer from anxiety What s worse is that many of us have been raised to believe we are Strong Black Women and that seeking help shows weakness So we often turn to dangerous quick fixes that only exacerbate the problem like overeating and drug and alcohol abuse or we deny that we have problems at all In *Soothe Your Nerves* Dr Angela Neal Barnett explains which factors can contribute to anxiety panic and fear in Black women and offers a range of healing methods that will help you or a loved one reclaim your life Here finally is a blueprint for understanding and overcoming anxiety from a psychological spiritual and Black perspective

Feminist Mentoring in Academia Leandra Hinojosa Hernández, Stevie M. Munz, Jessica A. Pauly, 2023-09-25 Feminist Mentoring in Academia offers a varied collection of autoethnographic and research based accounts of support struggle and resilience from the ivory tower Contributors write about the moments in between where feminist mentoring initiates renews thrives and sometimes struggles The work presented in this book highlights how feminist mentoring happens between professor and student junior faculty and tenured and occurs repeatedly Featuring contributions from scholars at varying points in their academic careers the chapters of this book propose best feminist mentorship practices disclose personal narratives and critique traditional forms of mentoring with visions for feminist mentorship futures Scholars of communication feminist studies higher education and sociology will find this book of particular interest

Soul Sisters Pythia Peay, 2002-05-27 A unique workbook to help women cultivate their full potential through the lives and lessons of the heroines of world spiritual traditions Filled with exercises anecdotes quotes and inspiration Pythia Peay s *Soul Sisters* is designed to help women foster the traits that can be found in the great spiritual traditions of the world and that are most needed in contemporary life Each chapter shows how to cultivate the five divine qualities Courage Faith Beauty Love and Magic *Soul Sisters* offers an abundance of examples of different female figures from the spiritual past and present who have embodied these characteristics in a distinctly feminine way Through the road they have walked readers can learn to discover their own individual heart path to these strengths Both an immensely practical workbook and an education in spiritual ideas *Soul Sisters* is a companion for a lifetime

The Unchosen Me Rachelle Winkle-Wagner, 2009-12-01 Racial and gender inequities persist among college students despite ongoing efforts to combat them Students of color face alienation stereotyping low expectations and lingering racism even as

they actively engage in the academic and social worlds of college life *The Unchosen Me* examines the experiences of African American collegiate women and the identity related pressures they encounter both on and off campus Rachelle Winkle Wagner finds that the predominantly white college environment often denies African American students the chance to determine their own sense of self Even the very programs and policies developed to promote racial equality may effectively impose unchosen identities on underrepresented students She offers clear evidence of this interactive process showing how race gender and identity are created through interactions among one's self others and society At the heart of this book are the voices of women who struggle to define and maintain their identities during college In a unique series of focus groups called sister circles these women could speak freely and openly about the pressures and tensions they faced in school *The Unchosen Me* is a rich examination of the underrepresented student experience offering a new approach to studying identity race and gender in higher education

Still Working While Black Antione D. Tomlin, 2023-06-01 Just as the first edited volume of this book *Working While Black: The Untold Stories of Student Affairs Practitioners* examined student affairs professionals' narratives and how they navigate their professional experiences, this one has a similar aim This new volume birthed from the overwhelmingly positive feedback and massive interest from other Black professionals needing to share and tell their stories So with that in mind, a goal of this book is to share more of the untold stories of Black student affairs practitioners by Black student affairs practitioners Tomlin 2022 p X This book, crafted from an asset-based approach, chapter authors share the challenges and opportunities they have experienced due to being a Black while working as a student affairs practitioner Additionally, chapter authors provide poignant advice on how current and potential student affairs professionals can successfully navigate the field Authors within the book are from various student affairs areas and have a wide range of knowledge, expertise, and lived experiences Such areas include Greek Life, Residence Life, Athletics, International Student Support, Diversity Access, Career Services, Financial aid, Enrollment, and more Given the depth and breadth of experiences and expertise, each chapter will provide poignant suggestions for student affairs practitioners across the nation and institutions looking to understand these experiences to support their employees better College campuses and spaces operate as models of the greater society Therefore, all of the challenges and issues of racism, discrimination, and anti-Blackness are present Rankin et al 2017 While students experience these challenges and issues first hand, so do the folks hired to support students the student affairs practitioners Kanagala and Oliver 2019 claimed that for institutions of higher education to be equitable and inclusive, college administrators, faculty, and staff, including student affairs professionals, must attend to the needs of students, especially students with multiple marginalized identities p 410 I argue the same is accurate in creating more equitable and inclusive spaces for student affairs employees Student affairs practitioners Blackness must be accepted to move toward equity and inclusivity So this book roars, student affairs and white colleagues, please respect our Blackness Our Blackness is a part of our story, not yours Tomlin 2022 p 176 Higher education institutions can learn much from the stories

shared in this book that can inform the recruitment and retention of Black professionals Thus Still Working While Black The Untold Stories of Student Affairs Practitioners is a must read for all higher education professionals and institutions looking for strategies to support Black student affairs practitioners **Sister Circle: The Power of Sisterhood** Cheryle T.

Ricks,2015-01-09 This book is written with courage and bracing honesty The author before she does anything else shares her own story of pain and confusion thereby making it clear that she writes from a well of understanding This is not some abstract checklist of what it takes to be a whole woman rather it is a heartfelt guide composed by a woman who has suffered through and survived the very challenges she wants to help other women overcome Every woman should give this book to at least one other woman and certainly every mother to her daughter And it must be pointed out no man will be the poorer for reading this for a better understanding of how very different a woman s struggles and needs are from his own This book says Woman heal thyself The author makes it clear that this must happen first before a woman can heal others and that this can only happen by embracing God s healing love The author s tone is conversational sometimes even humorous in the midst of calamity Clearly recalled details draw the reader into her experiences teaching through example and the message of God s omnipresence and faithfulness is brought home repeatedly There is universally sound advice here for struggling men as well you are not the mistakes you make Xulon Press Every woman should have a mentor or friend they can look to for advice during both the challenging and joyful times in life Cheryle T Ricks is that friend and through her conversational style of writing you feel as if she s right next to you as you read Her transparency lends authenticity to her life story and credibility to her wise words You ll walk away from this book feeling as if you ve made a new friend Erika Bennett Xulon Press Editor

The Woman Within Vonette Z. Bright,2004-06-21 From back cover Vonette will help you unleash the power and joy of a Spirit filled life as she shares her lifelong journey from a self doubting young wife and mother to a woman influenced nurtured and guided by the Holy Spirit Designed as a complement to The Sister Circle The Woman Within teaches that living a life characterized by joy energy and purpose is to live with total abandon to the Holy Spirit despite the burdensome stressors of life

Women Who Dance the Sacred in Words The Olive Branch Writers Group,2014-01-17 In February of 2008 some of us decided we wanted a writing group Our plan was to encourage each other to write the important things of our life or just to share our stories and our musings We have been doing this monthly since that time The offerings in this book do not include everyone in our group or all of the writing that has gone on around laughter and joy and a few tears but we offer a little glimpse into the joy we have been for each other to be encouraged and to be heard **The Self Love**

Lessons Kellye Queenie Brown,2011-12-07 Your life doesnt have to be overwhelmed by worry fear illness failed relationships or financial instability If you have ever struggled with any of these you are holding the solution in your hands Queenie Brown has helped countless women overcome these challenges and she will help you too In The Self Love Lessons the first volume from The Self Love Library you will learn who you are who you are not and how to never forget You will also learn how to

step powerfully into your life's assignment how to overcome the obstacles that prevent you from achieving your wildest dreams and how to stand boldly as one of God's most powerful creations WOMAN The invaluable lessons Queenie shares in this book are undoubtedly the rites of passage for women and girls worldwide Queenie's candor and humor illuminate her tragedies her trials and her triumphs over life's obstacles Discover in these pages the priceless vault of wisdom that can only be revealed to you as you begin your own personal journey towards self love The best thing is that no one has to endure this journey alone Queenie has built a community of women around this work to support us all in embracing and living The Self Love Lessons This isn't just a book it's a family heirloom a treasured resource you can turn to for the rest of your life

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