



Join us for our launch

# **Sister Circle!**

Sunday 13 March, 6-8.30pm

Yogatown,  
Almond Brook Road,  
Standish, WN6 0SS

# Sister Circle

**Woman's Baptist Missionary Society of  
the West**



## **Sister Circle:**

*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

*Still Working While Black* Antione D. Tomlin, 2023-06-12 This book shares the experiences of Black student affairs practitioners offering advice on navigating the field It addresses challenges like racism and discrimination emphasizing the need for equity and inclusivity in higher education The book provides strategies to support Black professionals in student affairs

The Chautauquan Theodore L. Flood, Frank Chapin Bray, 1890    **The Chautauquan** ,1890    **The Bay View Magazine** ,1895

**Catholic Reading Circle Review** ,1897    **Arthur's Home Magazine** ,1872    **The Death-shot: a Tale Retold** Mayne Reid, 1888    **Annual Report of the Woman's Baptist Missionary Society of the West** Woman's Baptist Missionary Society of the West, 1875    **Good Company** ,1880    **A Sister's Story ... Translated from the French by Emily Bowles** Mme. Augustus Craven, 1874    **Longman's Magazine** Charles James Longman, 1898    **All the Year Round** ,1894    **Lectures to Young Men ... New Edition, with Additional Lectures** Henry Ward BEECHER, 1873

*Lectures to young men. With additional lectures* Henry Ward Beecher, 1875    *Making Room in the Circle* Lee Klinger-Lesser, 2005    *Ebony* ,2001    **The Sister Circle Handbook** Nancy Moser, Brenda Josee, 2008-06 First you ll read

an excerpt from a Sister Circle novel found inside this book next you ll talk about the characters situations these are real life challenges then you and your friends will discover biblical and sister to sister solutions and see how it applies to your life

*Poems, collected and ed. by J.O. Wright* John Ruskin, 1882

## Embracing the Beat of Expression: An Emotional Symphony within **Sister Circle**

In a global eaten by displays and the ceaseless chatter of fast connection, the melodic elegance and emotional symphony created by the written term often disappear in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. However, set within the pages of **Sister Circle** a marvelous literary prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this fascinating masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of the moving evaluation, we can examine the book is central harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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