TWENTIG, INC. NEWSLETTER MAY 2025

President's Corner_

- Barbara Hudson Banner

A Mother's Love

No gift on earth is greater,
No treasure held above,
The joy that comes from knowing
A Mother's endless love.

In spite of how it's tested,
It grows from year to year,
Providing strength and comfort...
It "gently" draws us near.

It warms and it protects us,
And guides us from afar,
Shedding light upon us,
Like a bright and shining star.

And when all things are measured,

Not one shall rise above,

Or be compared in value,

To a Mother's endless love!

Meeting Schedule Hostess- Naomi Davis

12:00 Noon May 3, 2025

Location:

MCL Cafeteria 4485 Far Hills Avenue Kettering, OH 45429

Please, RSVP Regrets Only to Naomi - 937-760-5449

HEALTH AND WELLNESS CORNER

Temple Cleanse: A Healthy Reset for Women of Faith,
Service and Purpose

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink." – Daniel 1:12 (NIV)

Ladies, spring is the perfect season for renewal — not just in our homes but also within our temples, our bodies. As women of faith, service, and purpose we juggle many responsibilities. But it's vital to pause and nourish ourselves physically and spiritually. A gentle cleanse can help us reconnect with healthier habits, strengthen our energy, and refresh our spirit. A 'Temple Cleanse' isn't about extreme dieting. It's about honoring God with intentional choices: eliminating foods that drain us and welcoming foods that nourish and energize.

② Why a Cleanse?

Support Digestive Health: Boost healthy gut bacteria and improve nutrient absorption.

Reduce Inflammation: A plant-based diet can lower inflammation markers linked to heart disease and autoimmune issues.

Balance Blood Sugar: Minimizing processed sugars helps regulate insulin levels and reduce risk of diabetes.

Enhance Detoxification: Fresh foods and hydration naturally support liver and kidney function.

Strengthen Immunity: Nutrient-dense foods fortify the immune system, preparing your body for every season.

Even brief periods of healthy eating have been associated with improved mood, clearer skin, better sleep, and a stronger sense of overall well-being.

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BIRTHDAY GREETINGS

MAY

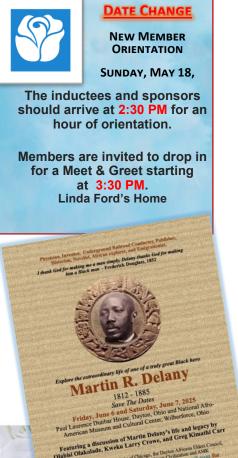
Donna Dixon 6

Terrelia Ogletree 18



UPCOMING EVENTS











REMINDER:

Bring your White Cowgirl Hat
To the May Business Meeting for Rehab!
Cheryl S. Johnson

Simple Sisterhood Cleanse Challenge

Enjoy Fresh Fruits and Vegetables: Rich in fiber, antioxidants, and essential vitamins, they support digestion, heart health, and energy levels. Hydrate with Water and Herbal Teas: Water boosts kidney function and flushes toxins; herbal teas like chamomile or green tea provide calming and antioxidant benefits.

Limit Processed and Fried Foods: Reducing sodium, sugar, and trans fats supports blood pressure, cholesterol, and weight management. Practice Spiritual Nourishment: Spend 5–10 minutes daily in scripture reading and gratitude journaling. Research shows that regular spiritual reflection reduces stress and improves emotional resilience.

Suggested Scriptures for Your Journey:

Daniel 1:12-16 - Nourishment through simple, God-given foods

1 Corinthians 10:31 - Honor God in all you eat and drink

Romans 12:1-2 - Present your body as a living sacrifice

Psalm 51:10 - Seek a clean heart and renewed spirit

Reminder: Your health is part of your worship. Caring for yourself strengthens you to serve your family, your calling, and your community with greater joy and vitality.

"Sisters, let's nourish our temples and our spirits for the beautiful seasons ahead." 2

☑ Sisterhood Sidebar Inspiration ☑

"Self-care is not selfish. It is a beautiful act of stewardship. When we nourish our bodies, we glorify the One who created them."

— Twentig Sisterhood Wellness Team 2

Karen S. Dunson, BSN, RN

Reference List - Sisterhood May Health Tip

Plant-Based Diet Benefits

Harvard Health Publishing, Harvard Medical School - 'The Right Plant-Based Diet for You'.

https://www.health.harvard.edu/staying-healthy/the-right-plant-based-diet-for-you

Hydration and Detoxification Support

Mayo Clinic – 'Nutrition and Healthy Eating: Water: How much should you drink every day?'

https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256

Benefits of Reducing Processed Foods

American Heart Association - 'Healthy Eating Starts with Healthy Food Choices'.

https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/healthy-eating-starts-with-healthy-food-choices

Spiritual Reflection and Health Outcomes

Mayo Clinic - 'Spirituality and Stress Relief: Make the Connection'.

https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief