

Woman of Purpose

»
**See inside
for a
Giveaway**

**Secret
Recipes
And More**

**The
Legacy
Edition**

Interview with Anne Niadoo

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to the next

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Editor's ***Letter***

Candice Naidoo
Psychology Graduate
Daughter of Pastor Anne & Roland
Naidoo



The remarkable legacy of a steadfast woman of God is often formed during uncomfortable circumstances. Despite immense pressure and fiery experiences, a diamond's path to beauty only begins once it has been discovered beneath its own dirt. Created beauty, simply awaits.

A pearl, however, is formed. Its formation process begins with dirt and the constant irritation that occurs within the oyster. Beauty, that has been formed by the unbearable situations of life. Isaiah 43: 1 But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.” (NIV)

While creation was created by a word, His favourite possession - you, and I, He formed and filled with His breath.

I have been blessed immeasurably to have three women of God in my life, my grandmothers: Myia Narismulu, the late Selvarani Naidoo, and my mother - Anne Naidoo. If every trial in their lives could produce a pearl, they could quite easily become the largest distributor of pearls on Earth.

Creating a story was not good enough, our Maker formed their story. Carefully handpicking every trial that would produce a pearl of great beauty.

I'm sure their respective journeys through motherhood would have produced 10 pearl necklaces alone.

Forming implies intense pressure, cutting, and shaping. Like Israel, they were being formed. The King of Kings saw potential beauty on a blank canvas – a blank canvas awaiting the hand of the painter. An empty oyster, yearning to turn its pain into purpose.

Through every season of agony, betrayal, and disappointment, a great legacy was being skilfully formed. Through every, “ I forgive you”, the pain and irritations of life were being covered and transformed into a Pearl. While many may have succumbed to the backbreaking process and turned into an unholy mess, these three women forged ahead amid adversity. The predestined moment has arrived, the Pearls of life - produced through tribulations, have been harvested by the Master. As a jewel around my neck, I will wear your legacy of purpose and unshakeable faith in Christ, everywhere His hand may lead.

This edition of the Woman of Purpose magazine has been inspired by the women of God in our lives, who have overcome adverse situations, all while doing their absolute best to raise their babies and grandbabies.

The Legacy Edition

Beauty That Has Been Formed

May we hold fast to their testimonies and legacies that have been intricately woven and knitted together by the Grace and love of our Lord Jesus Christ. Thank you for sticking to the course and remaining obedient through your process of formation. May the legacy of Christ that each of you have embedded in our hearts continue to live on through your daughters, granddaughters, and loved ones.



Celebrating The Legacy of Godly Women

19 August 2023



FROM ONE GENERATION

To The Next

AN INTERVIEW WITH PASTOR ANNE NAIDOO
FOUNDER OF WOMAN OF PURPOSE
WIFE | MOM | GRANDMA | PASTOR | AUTHOR |
ENTREPRENEUR | COACH

Please tell us about the Legacy that was handed down to you

Growing up in the 1960s and 1970s left me with many wonderful memories of my childhood, but there was also a fair share of ugly memories. My parents were from the lower income bracket. My dad was a good man but had great challenges with alcohol addiction and we had to bear the brunt of that. We lived in a basement that had two bedrooms. When I was seven years old, I was introduced to Christ in a Sunday School class in 1974. My mum accepted Christ not long after and that changed the trajectory of our lives. We never had many material possessions but we had Christ.

Looking back now, I see how my mum modeled Christ. She walked the Word and still does. Despite our difficult circumstances, my mum taught us about faith, generosity, unconditional love, and kindness. We learned through her actions, and not by mere words. Her faith was anchored in Christ. I didn't receive, money, property, or heirlooms but I received the Legacy of Christ. My life is now established in Christ and I walk in faith, generosity, unconditional love, kindness, and compassion. These spiritual heirlooms that were passed down to me are priceless.

What would you like to pass on to your children and grandchildren?

First and foremost I leave to my children and grandchildren the legacy of Christ. He is the foundation that every dream can be built on. Without this strong foundation, their lives would not withstand the storms that lie ahead. With Christ being their foundation, I would like to add Wisdom from Above that builds the house. The Wisdom of the world will leave them without a roof. Hence, they will be left unprotected. Wisdom from the Heavens will give them the edge. Wisdom assisted me in my journey of dispensing advice to more than two hundred corporate organizations in South Africa and training thousands of individuals both locally and globally. Wisdom also caused me to uplift numerous communities and counsel countless number of women.

Each child, grandchild, and spiritual son must have rooms filled with understanding in their house. Their rooms will vary as will their grace configuration. Manifold Grace is locked in me and this will be left to them. I am able to see distinct grace configurations in each of my children, grandchildren, and spiritual sons and it gives me so much joy seeing them operating in my grace. My dominant graces are; the grace of operating in purpose and bringing others to their purpose, leadership grace, scribal grace, teaching grace, creative grace, influential grace, entrepreneurial grace, marital grace, authoring grace, strategic grace, advisory grace, coaching grace, comforting grace, inspirational grace, empowerment grace, philanthropic grace and definitely a few more. These diamonds and pearls are in my treasure chest. This I will impart as a legacy to those that are connected to my heart.

Tell me about your Journey of Purpose

I have walked the Journey of Purpose for the last thirty years. The Lord has put me through the fire and removed the dross. I was a victim of abuse for several years and then in 1992, the Lord changed the trajectory of my life. My abusive husband was killed in a motor vehicle collision.

My life had been preceded on adversity, pain, and challenges, but the Lord Jesus has been my deliverer, fortress, and beacon of hope. My publication, 'Beyond the Veil, live Again', captures my autobiography. There are several books on Purpose that I have published to empower others. I have lived my purpose despite a number of setbacks and have also brought a great number of people to walk in their purpose.

What's it like being an Entrepreneur for the last 30 years? In July 1993, I received the call of Entrepreneurship. Since then I have operated many enterprises. I am a risk taker by nature, so I have taken many risks in the field. I love encouraging individuals to start their own businesses. Business is not for the faint-hearted. You have to be tenacious and self-motivated. I developed my first training module on Entrepreneurship in 1998. Christ has been my edge in every one of my endeavors. I have shared the platform with some of the greatest minds in the field of Entrepreneurship and I am passionate about empowering people to grow economically. I have always been a social entrepreneur and have loved every moment of this journey.

My enterprises have allowed me to finance my ministry and operate in my purpose.

My business endeavors have taken me to the length and width of South Africa. In 2006 I published two books for middle management in the corporate sector. Standard Bank gave me the first standing order, even before the books were released. I now focus most of my time on Ministry and Coaching. I'm also quite involved in my husband's research and development Agency. I'm glad that my biological children have caught the entrepreneurial spirit and are entrepreneurs in the making. Psalm 78:4 declares :

"We will not hide them from their children but tell to the coming generation the glorious deeds of the LORD, and his might, and the wonders that he has done."

In 2005 our family set aside a day for Thanksgiving. It's at this table that we declare to each other what the Lord has done in our lives for the past year. At this table, Mantles are released and prophetic declarations are made. Our three grandchildren; Azaria-Grace, Kezia Grace, and Benjamin are growing up in the culture of Christ. As a grandparent, I, have to be an exemplary model of Christ to them. What they see they will emulate.

I believe in Psalm 145:4: "One generation shall commend your works to another and shall declare your mighty acts." This is my legacy and I will hand it down with great joy to my children, grandchildren, and Spiritual sons.

THE GOD WHO SEES

Pastor Rochelle Govender

Co-founder of ABC Ministries

Devoted wife of Dr S.Y. Govender

A glimmer of hope, a burning flame amidst deep darkness and despair that envelopes mankind. God is always faithful and makes a way of escape even in the toughest of situations. WOMAN OF PURPOSE is one such avenue that God uses to bring hope to many. Under the leadership of Pastor Anne Naidoo, this oasis in the 'desert', has refreshed many along the dry, dusty, and parched road.

PROVERBS 11:25

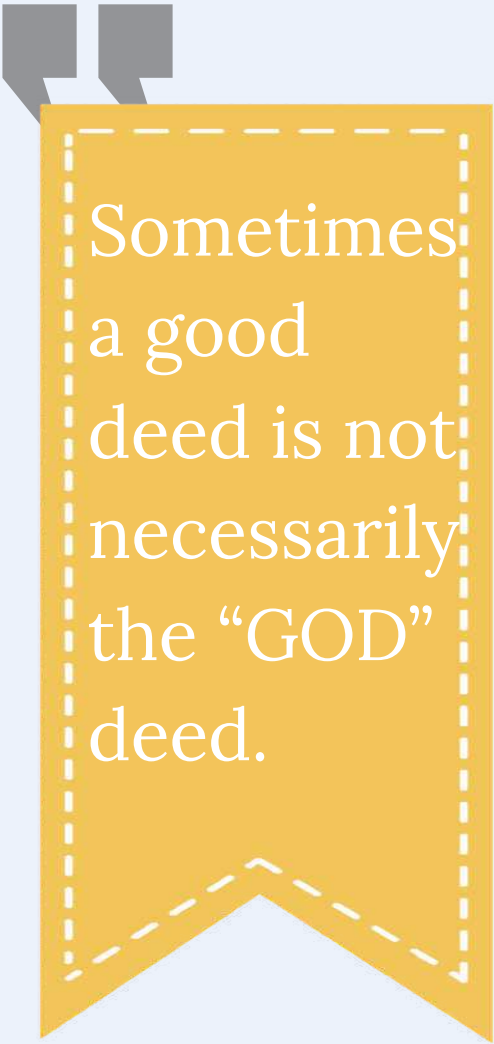
"A generous person will prosper; whoever refreshes others will be refreshed."

We are reminded of a narrative in Genesis 16:1-16.

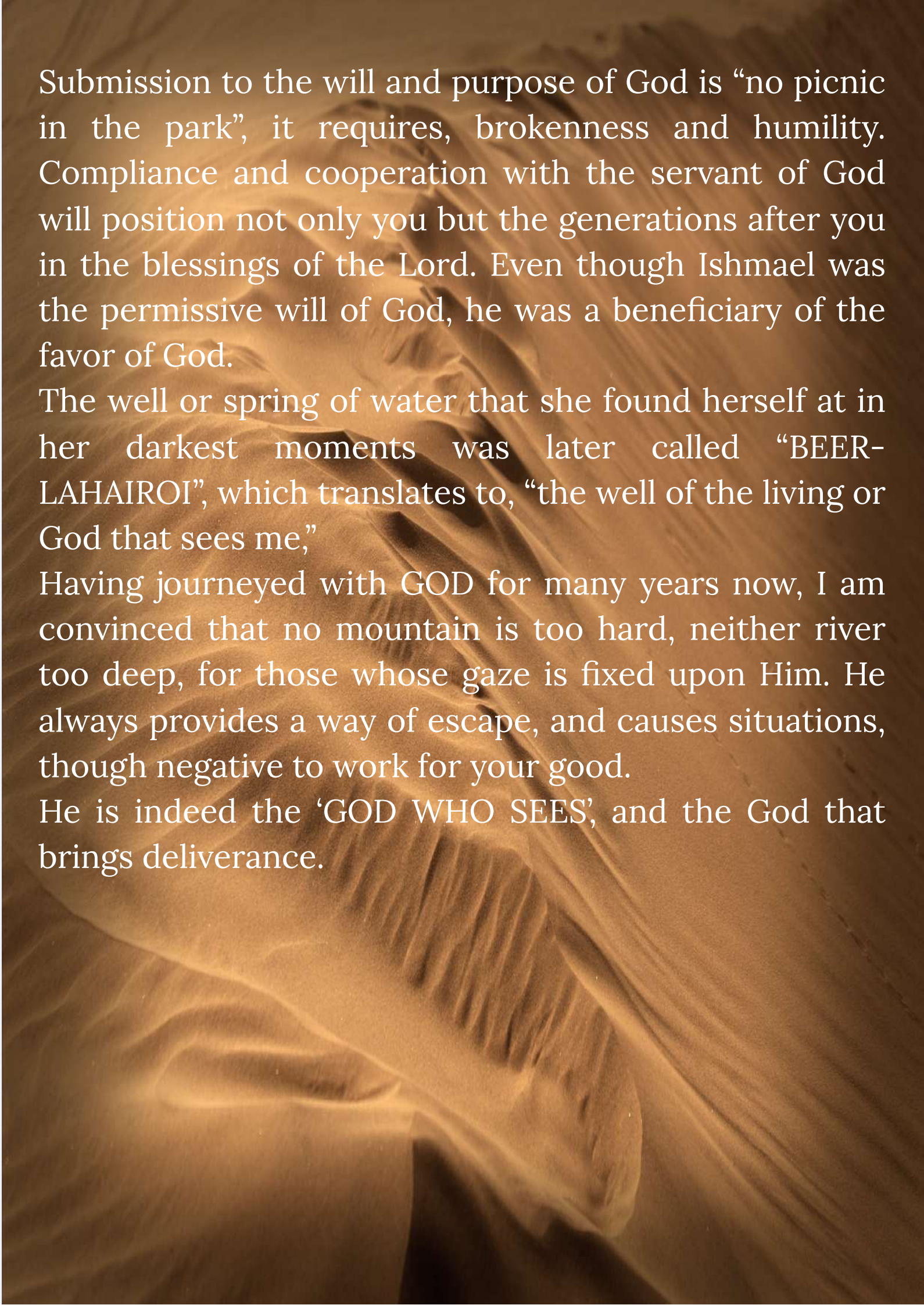
It would tell the story of one woman that placed herself in a very vulnerable position to help someone else, only to face rejection at the end of it.

Hagar obliged to the request of Sarai to provide Abraham an heir. Sometimes a good deed is not necessarily the "GOD" deed. Hagar found that out quickly when she faced the wrath of Sarai.

Through life's journey, you may have made decisions, taken a couple of detours, and done some things that perhaps you are not proud of, and this may have caused you to stagger and run in despair to the wilderness. But God, in His sovereignty has positioned you at a fountain or spring as we see in verse 7 of that chapter. Although it may be a wilderness experience, He still sends aid to refresh you by means of a life-giving spring of water. It is here that an angel of the Lord meets with her and gives her an instruction to go back to the place of her failure and "face the music". Sometimes it is the hardest thing to do, yet the very thing that will cause breakthrough in your life.



Sometimes
a good
deed is not
necessarily
the "GOD"
deed.



Submission to the will and purpose of God is “no picnic in the park”, it requires, brokenness and humility. Compliance and cooperation with the servant of God will position not only you but the generations after you in the blessings of the Lord. Even though Ishmael was the permissive will of God, he was a beneficiary of the favor of God.

The well or spring of water that she found herself at in her darkest moments was later called “BEER-LAHAIROI”, which translates to, “the well of the living or God that sees me,”

Having journeyed with GOD for many years now, I am convinced that no mountain is too hard, neither river too deep, for those whose gaze is fixed upon Him. He always provides a way of escape, and causes situations, though negative to work for your good.

He is indeed the ‘GOD WHO SEES’, and the God that brings deliverance.



Tamlyn Naidoo

What's in your jar?

By Tamlyn Naidoo

*Daughter-in-law to Pastor Anne and
Roland Naidoo*

*A*s a young woman that had just acquired the title of “wife”, that moved to a new city... started a new job... whilst joining a new church and still trying to prioritize intimate time with God, things could have easily become overwhelming. There are too many things that scream for our attention, and it always seems to happen all at once. Whether it be our career, our spouse, our family, a hobby, or routine tasks to improve our well-being, it is easy for us to get caught up in a rat race and prioritize things that are not of importance.

Let's look at how we can better prioritize to ensure that we never neglect the things that are of the most importance.

In our lives, we need to evaluate what takes the place of spending time with the Father and what keeps us busy to the point of derailing us from our God-given purpose.



Let me draw your attention to an analogy that has been used before, to allow you to better understand how to prioritize areas in your life by importance.

In this simple analogy, we have a glass jar filled with sand, pebbles, and rocks. Each element in this jar signifies an element in our lives. The elements in the jar are stacked on top of each other with no gaps in between.

Now, imagine an empty glass jar that needs to be filled with rocks, pebbles, and sand. The only way to make it all fit is to start with the big rocks, followed by the pebbles - shake the jar and then add the sand to fill the remaining gaps.

In the same way, the jar represents your life.

The rocks represent the significant things in your life that should come first. The rocks represent Christ, studying the Word of God, worshipping, having a prayer life, and being present in the corporate gathering of the sons of God. The pebbles represent the things in your life that matter to you, such as your spouse, children, family, and friends.

Finally, the sand represents everything else in your life, such as your material possessions, career, and your goals.

The metaphor here is that, if we add the sand first, we will not have any room for the rocks or pebbles in our life.

If we are distracted by the small and insignificant things in life, we will then run out of room for the things that are actually significant.

In the book of Luke chapter 10, we find a story about two sisters named Mary and Martha. These two sisters had been hospitable and opened up their home to Jesus and His disciples. The story goes like this, while one sister sat at the feet of Jesus as He spoke, the other slogged away behind the scenes.

Luke 10: 40 “But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do all the work by myself? Tell her to help me!” (NIV)

As we can tell, in this passage of scripture Martha was clearly upset and voiced her frustration to the LORD.

In Martha’s eyes, Mary seemed to be distracted from her duties by sitting and listening to Jesus’ teaching. Martha judged Mary based on her own standards which were derived from her own desires.

Martha's hospitality was commended by Jesus, she was faithful in her duties, and she understood her cultural assignment, however, her distractions led her to prioritize her work in the kitchen over spending time with Jesus. Place yourself in the situation. As a woman, you would often go out of your way to ensure that your guests are served well, now imagine if that guest were Jesus. Who wouldn't go to town and bring out the best? This is our human nature; however, we can see from the account in Luke, that Jesus placed more emphasis on eternal imperishable things, as opposed to natural things.

Martha's busyness led her astray from receiving the Living Word - Jesus.

The moment Martha stopped listening to Jesus, the focus of her heart and attention became very self-centered, which led to Martha displaying an attitude of resentment, jealousy, and unkindness.

“*Martha's
busyness led
her astray
from
receiving the
Living Word
- Jesus*”

As we continue to verse 41 of Luke chapter 10, we read: “Martha, Martha, The Lord answered, you are worried and upset about many things.” (NIV)

Now Jesus wasn’t being judgmental, He was rather observing her. Jesus was there to redirect Martha’s attention to what was important.

The “many things” here, refer to her being consumed with more than one thing at a time. If we look at our lives, how many situations fight for your attention that cause you to become overwhelmed?

We need to remember that the cares of the world will become a trap to our spiritual life if we allow them to take up all of our attention.

Like Martha, we have to work, do chores, study, take care of the family, and bear responsibilities. But like Mary, we also need to create a time and space to be seated at the feet of Jesus. If we want this intimacy with God, we need to find a balance by aligning our priorities with God’s purpose for our lives.

Priorities and choices go together hand in hand. Each day we will have a number of choices to make, what to eat, what to pack for the kid's lunches, who to talk to, and so on.

In our story, Martha chose to be a good hostess, but if she had considered that her priority was to seize an opportunity to listen to Jesus' teachings, she would have made a better decision with her time.

Life can throw a hundred possibilities before us, some are bad, some are good, and the choice we make will reflect what takes precedence in our life. Sometimes our ability to be distracted is rooted in the things we add to our lives first.

Putting God first in our lives requires us to set time aside in our busy schedules to spend time with God, it means that if we are seated in the right position, we will find rest in His presence.

In saying this, we need to examine our jar. What has taken up the space in your life? Have you filled your jar with the rocks first, or have you filled up your jar with sand and pebbles? If we want to live a life of purpose, it begins with each of us reprioritizing. It's never too late to start!





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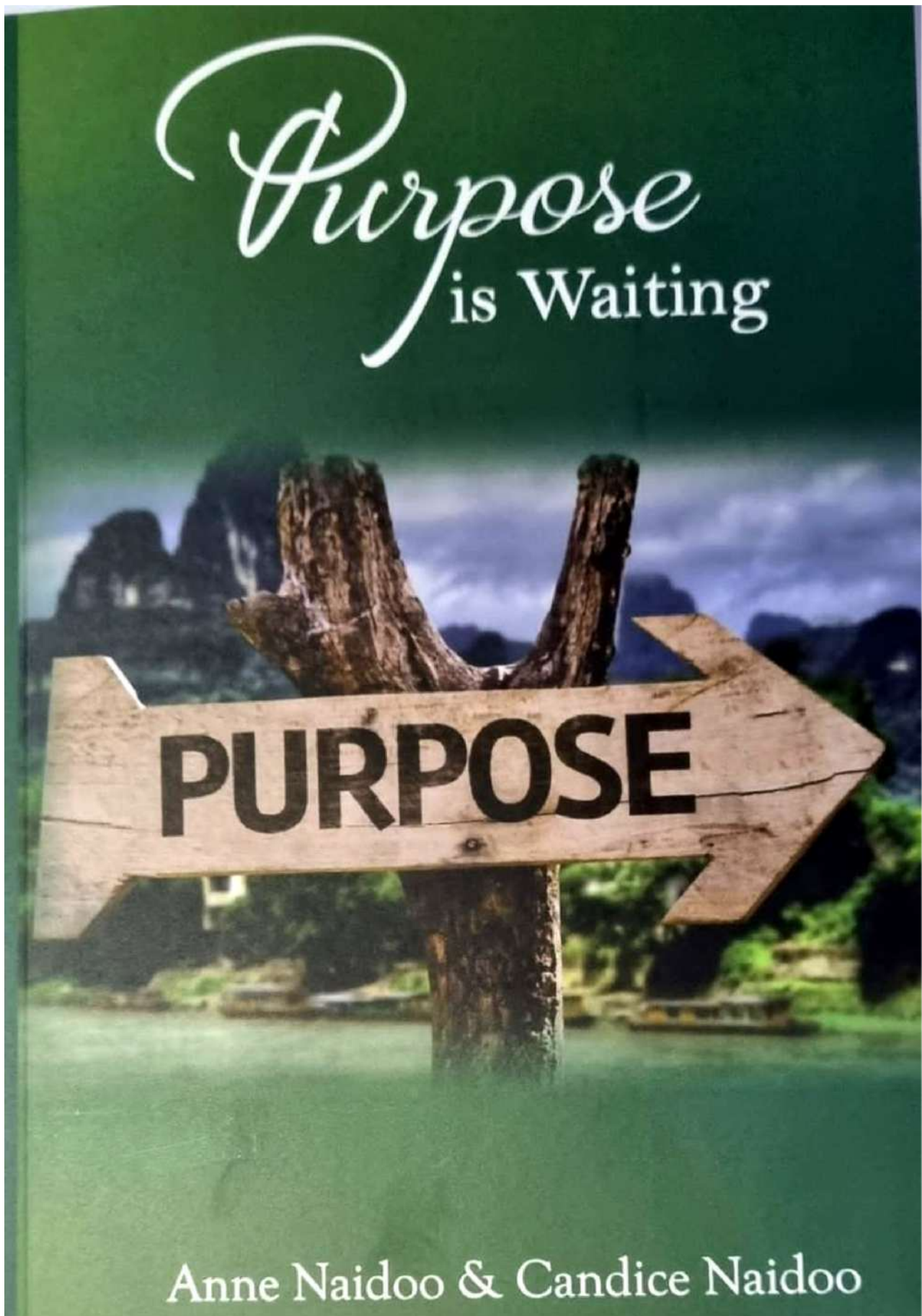
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Just Launched



A yellow stethoscope is laid out on a light pink background. A clear petri dish containing several small, round, orange pills is positioned near the bottom of the stethoscope. The text "Health & Wellness" is written in a large, white, serif font, centered over the image.

Health & Wellness

ADDRESSING THE MISCONCEPTIONS ABOUT ADHD

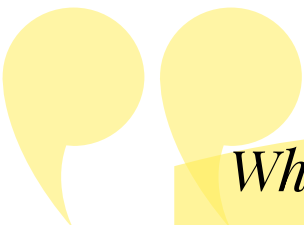
By Dr Cindy Narasimooloo

**Specialist Physician in Family Medicine for
23 years. Private practice at CIRO Medical
Doctor | Wife | Mom| Pastor**



As a medical professional, I have been accused of drugging children with Ritalin to suit the convenience of lazy teachers and incompetent parents. I have also been accused of supporting drug companies that want to turn our children into zombies; and blaming diseases to excuse self-absorbed, immature adults who do not want to be held accountable for their behaviour. I've heard statements like "Children should not be restrained. Boys should be boys, even when they are men. Emotional outbursts of women must be ignored." When such strong statements become embedded in the minds of people, society tends to fervently and wholly reject facts contrary to these baseless beliefs.

But, for the person who wakes up every morning with a mind that never rests, with thoughts that flit from one random thing to another, and whose body seems to have a buzz of its own, never settling, never calming... for that person, ADHD is very real.



When such strong statements become embedded in the minds of people, society tends to fervently and wholly reject facts contrary to these baseless beliefs.

I have had the privilege of guiding many adults through the journey of accepting their ADHD. I've heard their testimonies about how the diagnosis gave them perspective on why they exist, the way they do.

Dr. Gabor Mate states that ADHD explains patterns of behaviour like humiliations and failures; unfulfilled plans and broken promises; bursts of manic enthusiasm and offensive humour; disorganization of activities and poor memory recall; disruptive behaviour patterns and childish emotional reactions; sudden eruptions of bad temper and complete irrationality; clumsiness and regular head injuries; inability to finish reading a book or sit through a movie; mood swings between lethargy and agitation; conflicts in marriage and disrupted relationships, and of course, the hallmark of everyone touched by ADHD, the automatic unwilling "zoning out", and frustrating non-presence of mind.

Children with ADHD become adults who carry a deep (conscious or unconscious) pain because they are acutely aware of their failures, unfinished goals, wasted potential, and broken relationships. They condemn themselves because they feel that the problem is a result of their defective incorrigible personalities, lack of willpower, and poor self-control.

This leaves them vulnerable to addictive tendencies, various toxic overcompensations for their loneliness, and eventually mental illness.

When you understand that ADHD is much more than an individual who can't sit still, you will understand that ignoring it has far-reaching and disastrous consequences for the person involved.



Attention Deficit Hyperactivity Disorder (ADHD) is more than a simple medical disease. It is medically defined by poor attention skills (except for activities of high interest), deficit impulse control, and hyperactivity. However, this definition doesn't consider the most important aspect, which is executive functioning impairment. This impairment is the inability to perform daily activities because of the disruption of thoughts, emotions, and actions. It goes beyond mind over matter or willpower, genetics, imbalanced neurochemicals, and short-circuit neurological pathways. It also includes troubled behaviours, uninformed parenting, psychological turmoil, and emotional pain.

The human brain is developed, programmed, and transformed by various internal and external conditions throughout one's life. These include genetics, environmental factors, diet, relationships, and various external stimuli (or lack thereof). If the conditions necessary for positive development are created, the person matures into a balanced, well-rounded individual. Therefore, ADHD needs a holistic approach for healing to be achieved.

Medication is not the cure; it is the crutch, sling, brace, splint, or whatever temporary structure you need to help you start healing. Willpower and self-control alone are not the cure because at some point, every person's willpower fails. It requires an individually tailored approach designed by the individual, their supporters, and their trusted health care providers.

*Medication is
not the cure;
it is the
crutch*

I've had countless parents and spouses lament that the medication is turning their energetic, active children/spouses into zombies.



On further investigation, the real cause of distress is the culture shock of having an individual who is calm and quiet. The chaos of a hyperactive child or spouse drives the culture in the home, and without it, the family feels lost and unsettled. The goal of therapy is not to disrupt family life; it is to create an environment and mental space for the individual impaired with ADHD to perform their daily tasks optimally without negative consequences for the future.

ADHD is not a doomsday diagnosis, nor does it imply that one is incapable of normal activity or that there is something fundamentally wrong with the individual. Recognizing that a loved one has ADHD should be viewed as an opportunity for understanding and should provoke one to devise creative approaches in their dealings. The effort that ADHD adults use in denial mode is wasted. The anxiety parents feel over their child's diagnosis is wasted. The individual with ADHD must first find a welcome in the heart of the parent, their spouse, partner, family, or closest friend.



HELP

That's the beginning of the journey to healing. None of this is achieved by an act of will. It comes from engaging in the process. Healing of ADHD is not an event; it is in the process itself. Learning about ADHD is essentially like being given a map. Nothing more, nothing less. It's a map. You must learn to navigate.





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DR. CINDY

Dr. Cindy is a Specialist Family Physician. She obtained her Medical undergraduate Degree in 2000 and Masters in Family Medicine in 2010.



DR. RONELLE

Qualified as a medical doctor in 2003 and as a specialist in family medicine in 2012.



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Tips for
Moms and
more!

Just

KID  **D**  **NG**


HANG IN
THERE MAMA



What is Sensory Play ?

A child's hands are shown holding a colorful paper rocket ship. The rocket is made of blue paper with yellow and white circular patterns. It has a red nose cone and a yellow and orange flame-like base. The background is a collage of various colored paper scraps, including yellow, green, blue, and red. The text is overlaid on the image in a white, sans-serif font.

ates new
s they play and
all these new
Simple sensory
your baby grow
any ways.
(Pillay)



Sensory Play Ideas

By Lydia Pillay



SENSORY PLAY: RAINBOW RICE

This sensory play idea is suitable for all ages. My kids love using it in their play kitchen and it's really easy to make a batch and store for play later

You will need :

1 cup of Rice per colour

1 Ziplock bag per colour

Vinegar

Food colouring

Method :

- 1. Place half a cup of rice in the bag**
- 2. Add a few drops of food colouring**
- 3. Add a tablespoon of vinegar**
- 4. Close the bag and mix all of the contents of the bag together until all rice is coloured**
- 5. Add the other half cup of rice and a teaspoon of vinegar and mix again**
- 6. Empty contents of the bag onto a tray (I prefer to line the tray with foil as baking paper absorbs some of the colour)**
- 7. Leave to dry overnight or 3-4 hours**
- 8. Repeat the process for each new colour**

A close-up photograph of a large pile of spaghetti, where each strand is a different color, creating a vibrant rainbow effect. The colors include purple, blue, green, yellow, and red. The spaghetti is tangled together, filling the entire frame.

How to make rainbow spaghetti

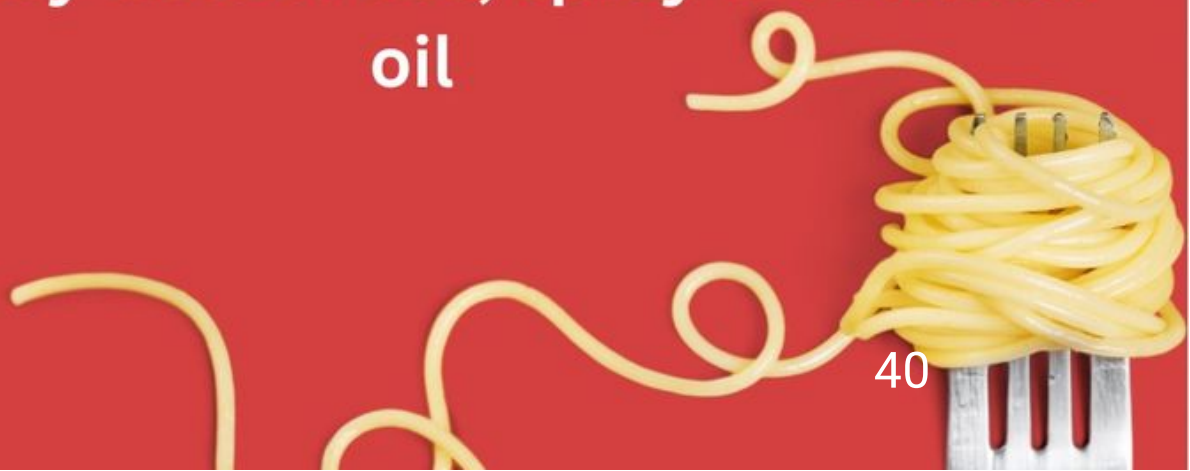
SENSORY PLAY: RAINBOW SPAGHETTI

Method :

- 1. Break spaghetti in half**
- 2 . Add water and bring to the boil**
- 3. Cook Spaghetti for approx 8 minutes**
- 4. Once cooked, drain and cool**
- 5. Add a tablespoon of oil and mix**
- 6. Separate into 6 batches**
- 7. Place on tray and add Red, Orange, Yellow, Green, Blue & Purple food colouring**

The entire process should take 30 min

Use within 24 hours, if spaghetti starts to dry out by time of use, spray with a little oil



A hand is shown pulling a long, thick strand of bright blue slime. The slime is being stretched between the hand and another point below, creating a long, vertical strand. The background is a solid, light pink color. The text "Peeka Goo" is overlaid on the image in a large, white, rounded font with a thick blue outline.

Peeka Goo

SENSORY PLAY: BLUE GOO

You will need:

1 x Instant pudding mix (I used the Moirs reduced sugar version)

400 ml milk

Blue food colouring

Method

Mix all of the above and in 2 minutes you have Blue Goo that will keep your little one entertained for atleast 20 minutes

I added sprinkles to make it colourful and fun . I put it into a cupcake tray and gave my little one some silicone baking utensils





MEET THE M MUMMY BOSS



Lydia Pillay is a BCom Financial Management graduate with over 10 years of experience in managing operations teams within the banking industry. When she is not leading a corporate team, she is raising a tribe together with her husband. Lydia is the mother of three beautiful children; Azaria-Grace, Kezia - Grace, and Benjamin. Lydia is also the eldest daughter of Pastor Anne and Roland Naidoo.

For more amazing mommy tips and content click on the icon below to check out her Instagram page, @_mummy_boss_



Caring for your premature baby at home

By Kubendrie Naicker (RN, RM,
Critical Care Nurse, LLB)

Caring for a newborn can be a daunting task, but the experience can be even more intimidating if your baby is born prematurely. Often, parents are caught off guard and feel unprepared to handle the situation.

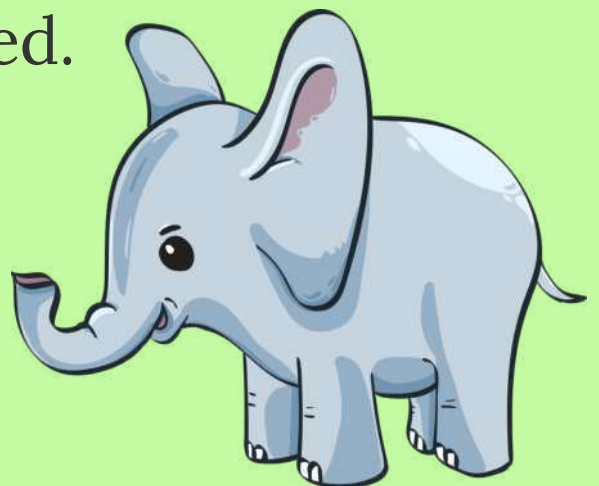
Proverbs 3:5-6

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." (KJV)



Premature birth is a term used to describe when a baby is born before 37 weeks of gestational age. Although a baby may be considered viable to survive outside of the uterus from 24 weeks, their vital organs are not yet fully developed, and they require external support to continue developing. The level of support needed is determined by their gestational age.

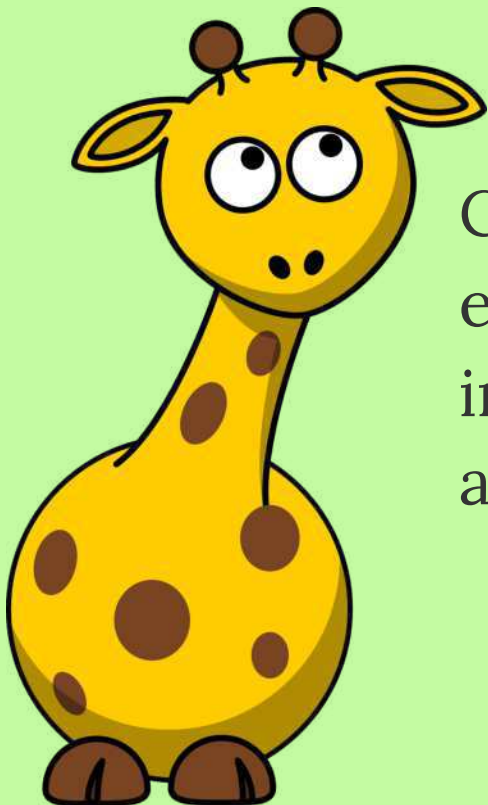
Babies born before 28 weeks are considered extremely premature, those born between 28-32 weeks are considered early preterm, and those born between 32-36 weeks are considered late preterm. It's common for preterm babies to spend time in the Neonatal ICU before being discharged.



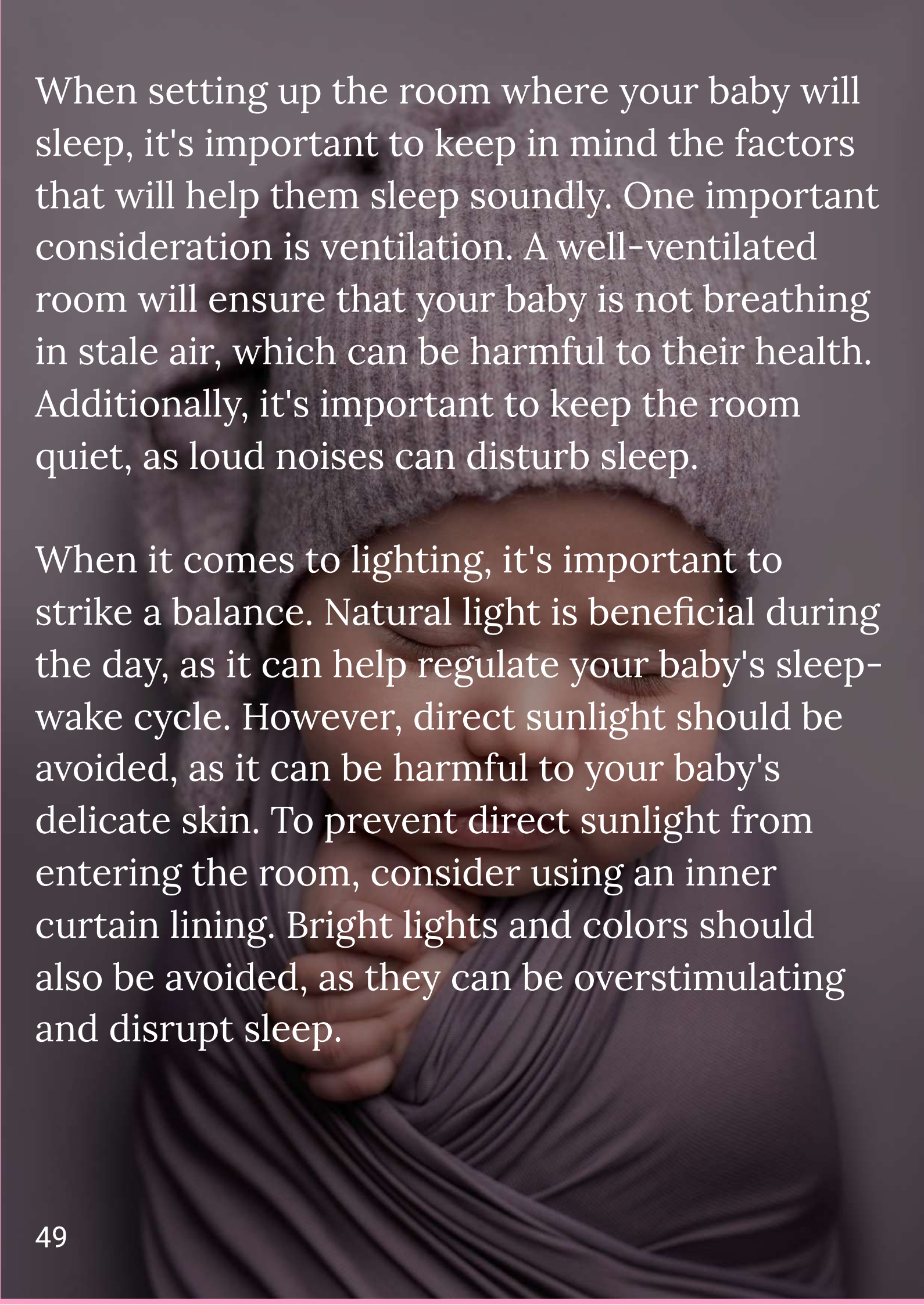
Before discharge, the doctor will check whether the baby is sucking well and able to drink their feeds while maintaining their breathing, tolerating their feeds, gaining weight, and able to maintain their body temperature. It's important to follow up with the doctor regularly to ensure the baby continues to develop normally. With proper care and attention, many premature babies go on to live healthy and fulfilling lives.

Preparing to bring your baby home

Lighting and noise levels



Creating a comfortable sleeping environment for your baby is important for their overall health and development.



When setting up the room where your baby will sleep, it's important to keep in mind the factors that will help them sleep soundly. One important consideration is ventilation. A well-ventilated room will ensure that your baby is not breathing in stale air, which can be harmful to their health. Additionally, it's important to keep the room quiet, as loud noises can disturb sleep.

When it comes to lighting, it's important to strike a balance. Natural light is beneficial during the day, as it can help regulate your baby's sleep-wake cycle. However, direct sunlight should be avoided, as it can be harmful to your baby's delicate skin. To prevent direct sunlight from entering the room, consider using an inner curtain lining. Bright lights and colors should also be avoided, as they can be overstimulating and disrupt sleep.

At night, it's important to use a night light rather than bright overhead lighting or bright side lamps when you need to change and feed your baby. This will help your baby stay in a sleepy state and make it easier for them to fall back asleep after they've been fed or changed. During the day, drawing the curtains to dim the room will help your baby sleep better. However, more light during the day when your baby is awake will help them become more active and alert.

Preterm babies often get their day and night times mixed up, which can be due to the time spent in the NICU. Using natural lighting during the day and reducing stimulation at night can help regulate their sleep-wake cycle and improve their overall sleep quality. By following these tips, you can create a comfortable sleeping environment for your baby that will help them sleep soundly and promote their healthy development.

Babies have very sensitive hearing therefore avoid loud sudden noises. You may play soft music in the background.

Premature babies do get colder quicker than full-term babies as they are usually born with little body fat and due to their immaturity may find it difficult to regulate their body temperature.

The temperature of the room should be approximately 20°C. The room should feel comfortable for you. If the room is too cold and your baby gets cold this can affect the baby's breathing.

Dress the baby in layers, as a guide use the number of layers that you are using for the day. You can wrap the baby in a receiver cover with another light baby blanket.

If the baby's hands and feet are cold to the touch use socks or a hat rather than dressing the baby warmer. Babies lose the majority of their body heat through their heads. Using a hat will help keep the baby warm.

If you are using electrical or gas heaters to warm the room, keep in mind that these dry the air in the room, and the use of a humidifier is required. Also, take note that if you switch these devices off there will be a rapid drop in the room temperature, therefore you should gradually reduce the temperature and monitor your baby's skin temperature.

To check the baby's skin temperature, feel the skin temperature at the back of their neck between their shoulder blades or on their tummy just above the nappy. The skin should not feel uncomfortable to you, that is, too hot or too cold. By following these guidelines, you can help your premature baby stay warm and comfortable.

Bedding and Sleeping

Your baby should sleep in a crib. If your baby is going to sleep in the same room as you use a side cot, however, try to avoid letting your baby sleep in the same bed as you.

The mattress of the crib needs to be firm to fit the base of the crib completely with no spaces.



Make use of 100% cotton blankets and clothing as far as possible.

Don't overwrap the baby. The baby's feet should touch the end of the crib.

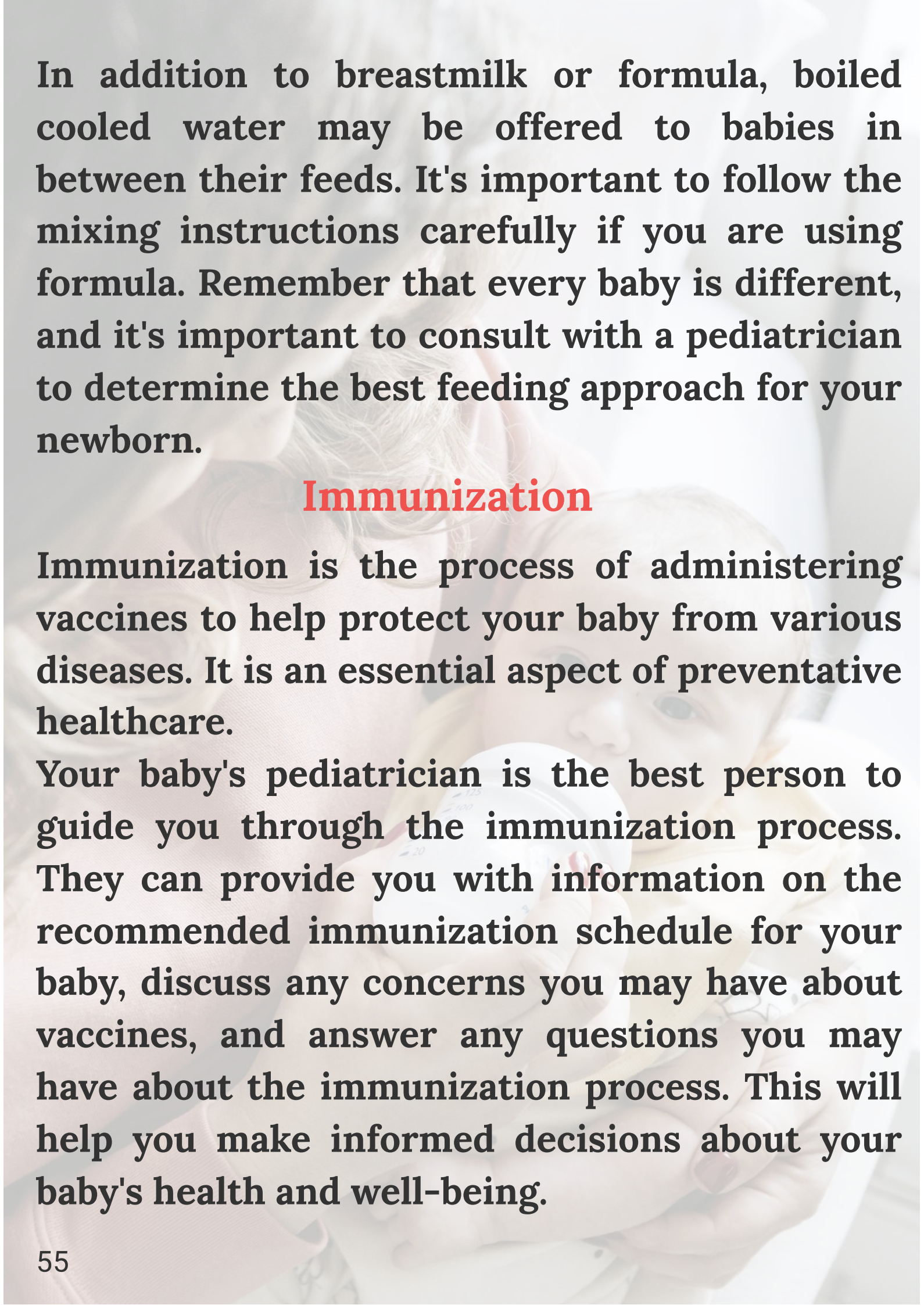
When it comes to your baby's sleep, safety is always the top priority. One of the best ways to ensure that your baby is safe during their sleep time is to have them sleep in a crib.

If your baby prefers to sleep on their side, make sure that their lower arm is brought forward. This can help prevent them from rolling over onto their tummy. By following these safety guidelines, you can help ensure that your baby has a safe and comfortable sleep.

Feeding

Breastfeeding is the best way to nourish and protect a premature baby. Breastmilk is easily accessible and served at the right temperature, and it also contains immunoglobulins, which are antibodies from the mother, that help boost the baby's immune system. Breastfeeding can also lead to a special bond between mother and child. However, in some situations, formula feeding may be necessary. It's important to discuss with your pediatrician what type of formula will be best for your baby.

For preterm babies, the sucking reflex may not yet be fully developed. In these cases, a pacifier may be recommended to stimulate the baby's sucking reflex. It's important to consult with a pediatrician or NICU nurse about which pacifier to choose.

A soft-focus background image of a newborn baby being held. The baby's face is visible, looking towards the camera, with its hands near its mouth. The person holding the baby is partially visible, wearing a light-colored top.

In addition to breastmilk or formula, boiled cooled water may be offered to babies in between their feeds. It's important to follow the mixing instructions carefully if you are using formula. Remember that every baby is different, and it's important to consult with a pediatrician to determine the best feeding approach for your newborn.

Immunization

Immunization is the process of administering vaccines to help protect your baby from various diseases. It is an essential aspect of preventative healthcare.

Your baby's pediatrician is the best person to guide you through the immunization process. They can provide you with information on the recommended immunization schedule for your baby, discuss any concerns you may have about vaccines, and answer any questions you may have about the immunization process. This will help you make informed decisions about your baby's health and well-being.

Protecting your premature baby

Premature babies are more susceptible to infections, especially respiratory infections, due to their immature immune systems. Here are some tips to reduce the risk of infections:

- For the first three months, limit visitors to immediate family members such as grandparents and siblings.
- Ask visitors not to kiss the baby on the face.
- Avoid burning fragrant incense and oils in the baby's room or near the baby.

For more information and tips, click on the web address www.littlesteps.co.za

References:

1. Prof. Lubbe, W. 2008. Prematurity, Adjusting Your Dream, LittleSteps, Pretoria South Africa. Pages 245-263

***ADOPTION
IS AN
OPTION***



Frequently

asked questions about adoption

BY BEVERLY GENGAH
FOUNDER OF THE
KHEVNA FOUNDATION
WIFE | MOM | PASTOR

1

Where do we go and who do we speak to? Are there any agencies that assist in adoption?

The Khevna Foundation acts as a referral resource to both the private and public sector in regards to adoption. So these are the 2 routes that can be taken. One could contact their local child welfare agency and engage a social worker who will assist with having you registered for fostering. This route means you will foster for two years prior to applying for adoption of the child.

With regards to engaging a private social worker, this is similar to the above-mentioned process, however, in this case, birth mothers have approached the social workers to assist in handling their adoptions. Birth mums make the decision - with whom the child is placed.

Both routes have strict screening procedures that potential adoptive parents will be put through.

2

Are there any big costs and legal fees involved?

The cost through your local child welfare is minimal. There are some requirements like; getting a police clearance and compiling a portfolio that may incur some costs.

On the private side, social workers have set fees for their services. Our experience was with a private social worker who was swift, and efficient, and our adoption was completed effortlessly, for this level of service there is a cost involved.

So, yes there are costs but this would differ depending on the route taken.



3

Does the birth mother sign over parental rights and will they still have access to the child ?

This depends entirely on the type of adoption. It can be either an open or closed adoption. If it's an open adoption, then an agreement is reached between the birth mum and adoptive parents, with regard to the birth mum's involvement in the child's life.

In a closed adoption, which we have, there is absolutely no interaction with the birth mum at all and this is the choice she made at time of adoption. This is what a closed adoption is.

The Khevna Foundation acts as a referral resource for both infertility and adoption.



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CARRIE NAIDOO

Becoming a mother of purpose

By Carrie Naidoo

Director of Lionsgate Academy

Wife | Mom

It starts with a make-or-break test:-

There is a meme going around that says “If I have to go through any more character development, my character is going to turn into a villain.” This made me laugh out loud, but as funny as it was, the reality is that the trials we endure in life can be overwhelming to the point of either making or breaking us. So, what does it actually mean when we become the villain in our own story? Becoming a villain is not what you may think it is, in the apparent sense of the word, it can often mean becoming destructive to ourselves, hateful, angry, and allowing the pain of our circumstances to overshadow our purpose.



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The year I became a mother, I felt like after a long journey of infertility, a difficult pregnancy, and an early complicated delivery, I had reached my own limit of what I could handle emotionally and mentally. The truth is, I didn't want to face reality, and it was much easier for me to put my head in the sand than to face my fears and try to overcome them.

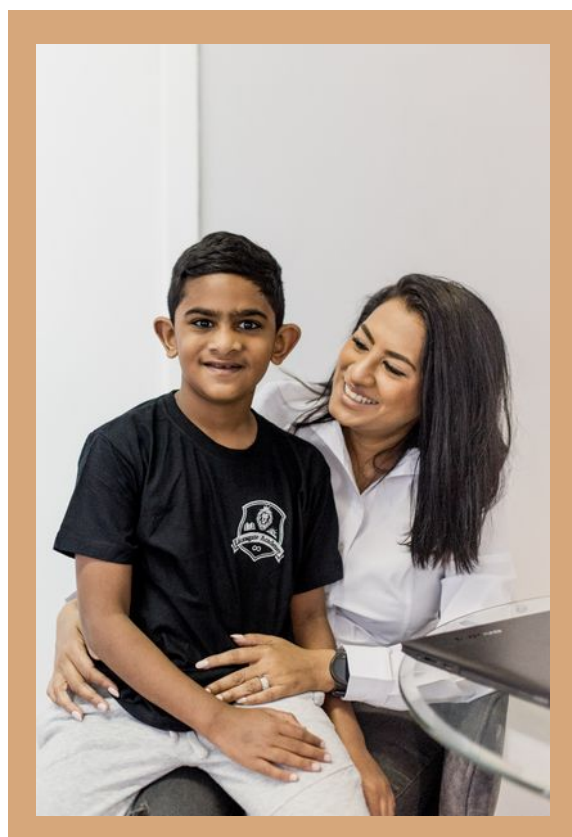
For me, developing resilience in my difficult times was the key to me figuring out my purpose.

Resilience leads you to your purpose:

Resilience is defined as: “the capacity to withstand or to recover quickly from difficulties and toughness.”

They say the two most important days in your life, are the day you are born, and the day you find out why you were born. My journey to motherhood led me to discover my purpose.

I had always longed to become a mother, even in my teenage years, my friends had fondly named me the mother hen of the group, due to my innate nurturing and protective qualities.



For me, being a mother was a necessity. I couldn't imagine my life not being one. I've learned that your purpose is achieved when you use your gifts and talents in service of others. Growing up, I never had any natural gifts or talents, so finding my purpose was not obvious to me. Little did I know, that fulfilling my dream of motherhood would ultimately lead to me finding my purpose.

What could be harder than feeling useless and helpless to assist the ones you love most in the world?

Arguably nothing, but I remember when my child was diagnosed with autism, thinking "God please not my child, just let the trials affect me, don't let this happen to him", and all I felt was, this is too hard!

Developing resilience is a necessary process to achieving your purpose. It is only through trials and testing that we can learn and grow in character.

The truth is that the autism diagnosis didn't affect my sons' state of happiness, he remained the same happy little boy he always was, it was me that had to adjust to the new normal and let go of what I thought life should have been like.



Be yourself; love yourself; and believe in yourself:

The most important lesson in finding my purpose was that I didn't need any special talent or gift to achieve my purpose. Being myself, the caring, protective, mothering person that I am, could be used not just to help my son, but other children like mine that have autism.

The difficulties I faced in trying to provide my son with an education in Durban, South Africa, were overwhelming and frustrating, but, it ultimately led me to provide and extend this help to many other children in need, through the starting of Lionsgate Academy. This is a private therapy center that I started that aims to educate children with autism without the pressures and limitations that mainstream schooling places on them.

It took reaching rock bottom, to bring me to the crossroads of either giving up or creating solutions. I realized that me being sad and in denial about the situation wouldn't change anything, but if I believed in myself and used my God-given character to start facilitating change, others could start to benefit from what I can offer.

At the end of the day, I was just a mom to a boy that decided enough was enough. My son, like every other child, deserves an inclusive education and I will move heaven and earth to make that a reality for him! It is amazing what you can accomplish when you find your purpose and decide to use your God-given gifts and characteristics in service of others. Achieving this has not been an easy task, but the joy and rewards have far outweighed any challenges I have faced along the way. Now, I get to witness and be a part of so many other families' success stories. I am so grateful and privileged to be able to do so.

For more information on the
Lionsgate Academy [click here](#)

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DR RONELLE MOODLIAR

THE HATS YOU WEAR

BY DR. RONELLE MOODLIAR

DR. RONELLE IS A SPECIALIST FAMILY PHYSICIAN WITH OVER 17 YEARS OF EXPERIENCE IN CLINICAL RESEARCH FOR TUBERCULOSIS AND HIV.

PRIVATE PRACTICE - CIRO MEDICAL PRACTITIONERS AND
DIRECTOR FOR CONNECT GENERATION NPC
DOCTOR | WIFE | MOM | PASTOR

As a woman, we all have different roles to play in the lives of those we love. Sometimes these roles are referred to as hats worn for the occasion or circumstance we face. When I started my journey into parenthood, I was already wearing a few “hats”, such as being a wife, sister, daughter, daughter-in-law, friend, doctor, pastor, and mentor, to name a few, but none of these roles prepared me for the role of mother.

You may be born or raised with a maternal instinct, or have a nurturing personality, but it is not quite the same as bearing, birthing, and raising children of your own.

Motherhood was something I longed for and embraced with open arms. I have a loving husband named Sashin, and 3 beautiful children. Evan the oldest is 12, Emma is 11 and my youngest named Noah is 7 years old. Emma and Noah both have special needs as they were born deaf and are neurodivergent with ADHD.

When Evan was just 6 months old, we found out that we were pregnant with Emma, which came as a shock. Before Evan, I had a condition called Polycystic Ovarian Syndrome which resulted in fertility issues for years before Evan was conceived. I naturally expected that it would be difficult to have more children, so Emma was a gift to us, a surprise child that we were not expecting and not even dreaming about yet. I was not prepared!

I still had a little baby and I wanted to revel in him and savour every minute of his precious existence. He was healthy and perfect in every way.

Emma was born early, at 34 weeks of pregnancy due to late pregnancy complications, she was also born healthy and beautiful with no obvious impediments.

When she was around a year old, we started noticing that she was not clear in her verbal communication and was using a loud voice to communicate. We didn't pay too much attention to it as we expected that she would outgrow it.

When she started pre-school at around 18 months of age, her teacher encouraged us to have her hearing tested as she would often not respond to them calling, even when in a quiet room. We did so without hesitation as we were confident that we would not have any findings from the tests. Little did I know, that my role as mother was about to receive a free upgrade to mother of a child with special needs.

This story is about the lessons we learned that helped us rise to this occasion.

We started this journey when Emma was 2 years old, as it took nearly 6 months to get through the various tests and appointments required before we finally had a viable plan to address her needs. This period shook me to the core, I felt ill-equipped and unprepared.

I felt useless and incapable as a mother. This was true despite being a medical specialist and having knowledge of congenital and childhood deafness. Nothing prepares you for such a reality, where your decisions can make-or-break your little one's life prospects. I was already familiar with this sense of responsibility as a regular mom to Evan whose future seemed bright with endless possibilities, but I carried a heavy burden for Emma.

I felt I lacked control with so many unknowns to face and she was the subject of many professional opinions; medical, educational, and surgical interventions. Looking back, we are in a completely different space now and have overcome so much as a family. We live relatively normal lives and have taught our children how to be content with their lives despite their challenges. They are cherished and surrounded by so many that love them. Here are some of the things I learned earlier on in the journey with Emma.

Informed decision-making:

I had to learn how to make informed decisions on behalf of my child, some of which were irreversible. I researched widely and I listened attentively, but I did not act until I explored all the options.

I knew that one day, I would need to sit down with my daughter and explain what informed my decisions, including the limitations we had as a family. I had to be sure because her life mattered too much for me to blindly follow advice. So many other parents were in limbo and denial, ignoring the signs and prolonging vital decision-making. As much as my personality leans towards long deliberations and being indecisive, I had to commit to making decisions quickly for her to fully benefit from early intervention measures.

Dealing with the grief:

Despite having an action plan to pursue the best hearing devices, speech therapists, and schooling options, I still needed to process what was happening when I wasn't busy executing my action plan. I had to spend time seeking the heart of God, drawing closer to my husband, and come to terms with our new life. It's important to acknowledge that you're not alone in your struggle, and that your family and close friends are also experiencing some level of what you are feeling too. You need to be forgiving for the good intentions many will have that are often just crazy suggestions.

Emotionally, dealing with something that alters your life in a drastic way is draining, and can have lasting negative effects on your relationships with loved ones and with God, especially when you fail to make the time to properly process them. One of the first emotions to deal with is grief. It's important to understand that these emotions are normal, real, and difficult for a parent to process. Even when you know you should count your blessings and be grateful for all the normal things about your child, their impediment can't be ignored as it can negatively alter their journey and so many things hang in the balance of your stewardship.

The impediment may appear to rob you and your child of the future that you dreamed of; however, I assure you that it does get better, and you will find your rhythm as a family.

Find like-minded company:

If there is a support group for whatever condition you or your child has, join it. If there isn't one, then have the courage to start one. There is something so powerful and strengthening in sharing your burdens with someone who is going through or has already experienced what you are facing. This was a lifesaver for me. I didn't feel so alone. I was able to find relevant and practical solutions to the issues I was facing with a toddler wearing hearing devices, suggestions that her professionals were not able to offer us. You learn so much more about the condition and how to celebrate the little achievements your child makes.

Today, 9 years down the road, we are better off for having 2 special needs children in our lives. We were so much more prepared to handle this when Noah was born. We knew that there was a 50% chance that our next child would also be deaf, but we chose to have another child regardless. Do we still face challenges now? Absolutely! However, we can put up a better fight against adversities now, because of the plans we have successfully seen through. Having a plan brings some sense of control, even when you don't have all the answers yet. So, this is one of my mottos in life: every challenge can be overcome with an action plan that makes room for change.

A photograph of a family walking away from the camera on a dirt path in a forest. The path is covered with fallen leaves. The background is filled with green trees and foliage, with sunlight filtering through the leaves, creating a bokeh effect. A semi-transparent grey box covers the middle of the image, containing the title text.

Children with special needs inspire a special love

Sarah Palin

Tech OhNo!



Being Cyber Smart

BY MINNESHA GUIMARAES

IT PRODUCT SPECIALIST

In our current day and age, it is important to know how to protect yourself on Social media. Criminals know so much about you based on your likes, your tweets, your frequently visited places, and your friends. Criminals can use this information to impersonate you on a call to your bank with some of the information that you may have posted online.

I remember seeing a picture once - of a girl taking a selfie with her bank card on her lap and it was quickly used by criminals to make fraudulent purchases online. If you post you're going on vacation, be aware that you are also letting criminals know that you are not going to be at home.

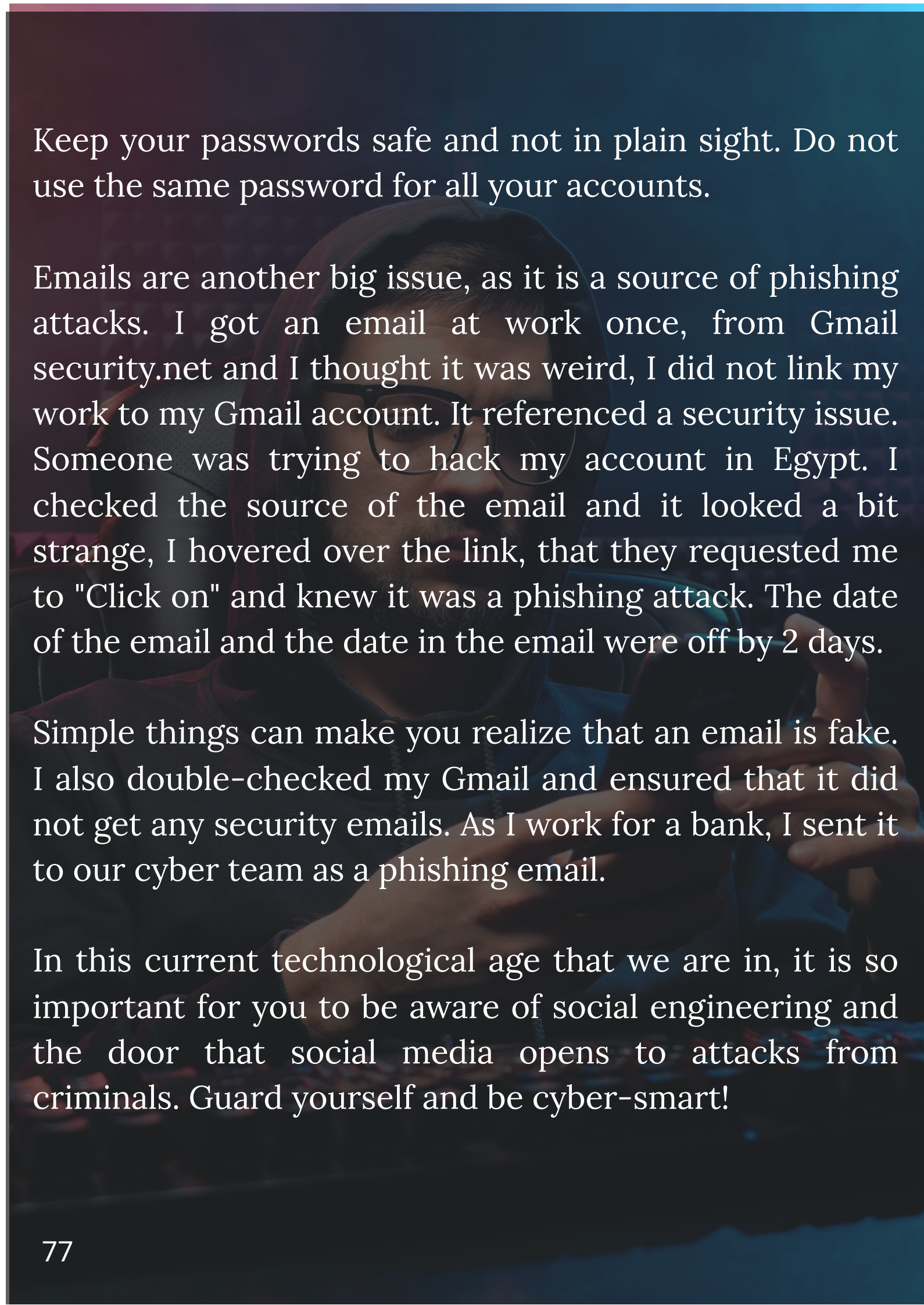
Being cyber smart means that you are aware that not everyone on social media can be trusted.



Criminals can make multiple profiles and pretend to be people that they are not, they target women who are divorced or young girls who are impressionable. If you meet people online, do not for one-second trust who they say they are. Many people have fallen for a scammer and given money or worse given them personal information and location which they can use for social engineering. And persuading your bank that they are you.

So guard your personal information, the bible says "Guard your heart with all diligence for out of it flows the issues of life". Do the same with your social media accounts. Only friend people you know such as friends and family. Do not accept new people based on their profile picture, it could be fake.

If you are shopping online, check the reviews of the company you are purchasing from and make sure they are a legitimate entity.



Keep your passwords safe and not in plain sight. Do not use the same password for all your accounts.

Emails are another big issue, as it is a source of phishing attacks. I got an email at work once, from Gmail security.net and I thought it was weird, I did not link my work to my Gmail account. It referenced a security issue. Someone was trying to hack my account in Egypt. I checked the source of the email and it looked a bit strange, I hovered over the link, that they requested me to "Click on" and knew it was a phishing attack. The date of the email and the date in the email were off by 2 days.

Simple things can make you realize that an email is fake. I also double-checked my Gmail and ensured that it did not get any security emails. As I work for a bank, I sent it to our cyber team as a phishing email.

In this current technological age that we are in, it is so important for you to be aware of social engineering and the door that social media opens to attacks from criminals. Guard yourself and be cyber-smart!

Catalyst For Change Foundation (NPC)



We are a non-profit company based in the heart of Phoenix, KZN , that aims to be the change, that we want to see and it starts with our community. We have had the opportunity to partner with a few schools and shelters to meet the need thus far. Our aim is not only to meet the need but to equip – enabling us to move on to the next project. We will be hosting 'women empowerment', classes in the near future to ensure we impact the next generation by empowering them to become independent.

Some of our outreach programmes thus far have been the distribution of sanitary hampers , food drives, as well as partnering with reputable audiologists to provide basic knowledge on hearing loss.



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Catalyst For Change Foundation NPO
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**Getting into shape isn't
easy,
But choosing your next
nail shape should be**

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TIP



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A Quick Introductory-Coaching Session

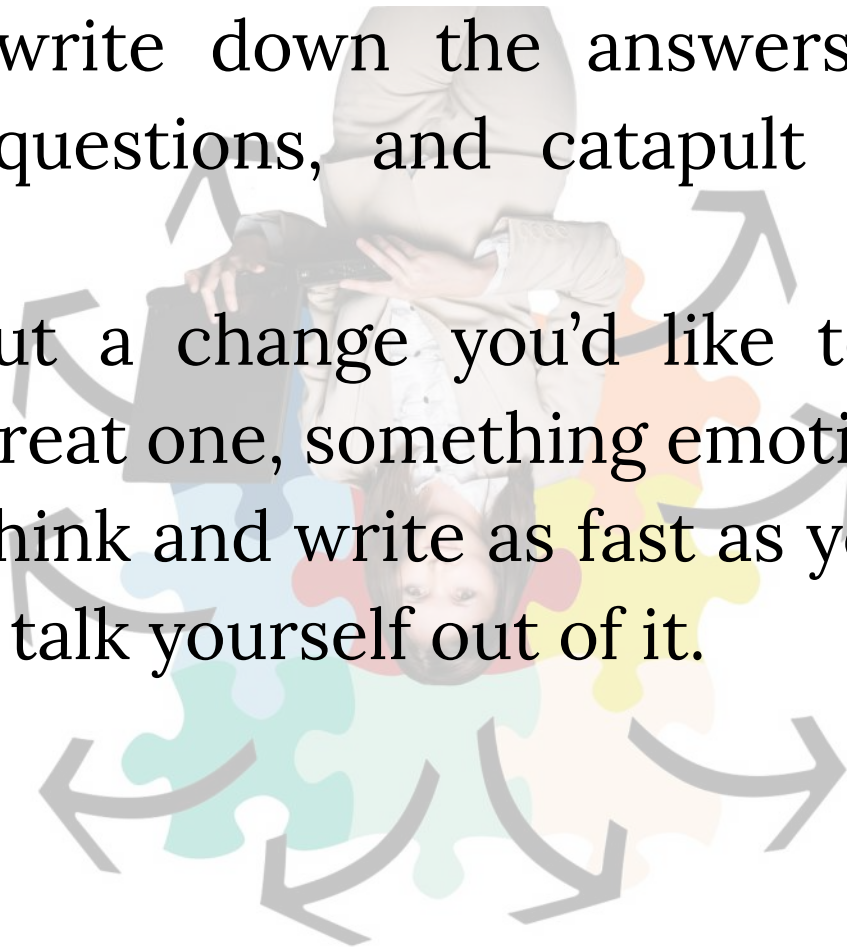
By Lavanyha Ponnusamy

Entrepreneur | Coach | Mentor

We all need some help obtaining clarity on what our next move should be.

You are the expert of your own life. The truth can only come out of your heart. Take 10min to write down the answers to the following questions, and catapult towards your goal.

Think about a change you'd like to make. Make it a great one, something emotionally charged. Think and write as fast as you can - before you talk yourself out of it.



1. What does that change look like? Imagine it in detail.
2. How will life be for you when this change is made?
3. Now when you think about this, what is underneath it, deep down?
4. When can you expect yourself to reach a resolution on this?
5. To what extent are you 100% responsible for this change and to what extent are others (if at all)?
6. What have you tried in the past to bring about this change?
7. If it's still not resolved... what prevented your previous actions from dealing with it?
8. What might be a different way of dealing with it?
9. Think about 2 or 3 more ways to deal with it and write down a few pros and cons of each
10. Rate your options above for effectiveness.
11. Be perfectly honest – no inhibitions – what is the real answer in your heart?
12. Think about the wisest person you know – what would they say is the solution?
13. Add the answers from numbers 11 and 12 to your list of 3 options above.
14. Assess and go with your gut – circle the action you're selecting now.

15. Write down the first step you can take towards this goal and the date you're going to take it.
16. Who else should you inform about this action?
17. Is there anyone or any community who could support you in this goal?
18. When will you ask for that support?
19. Rate your commitment to this goal between 1 and 10.
20. Only attempt this change if your commitment level is 7 and above. Best wishes!

Coaching is an equal-thinking partnership.

A coachee comes to a conversation with a topic on their mind. A coach listens actively and asks insightful questions. Coaching is not advice or mentorship. Coaching prepares you to make the most of advice or mentorship. A coach applies their mind to the human in front of them with a deep interest in their forward movement. Coaching is highly recommended for those who want to **transition** within themselves, from one level of clarity to another.

Looking for a coach?

Connect with Lavanyha Ponnusamy via LinkedIn and find out more about her new company... You Absolutely Can Training Company (Pty) Ltd



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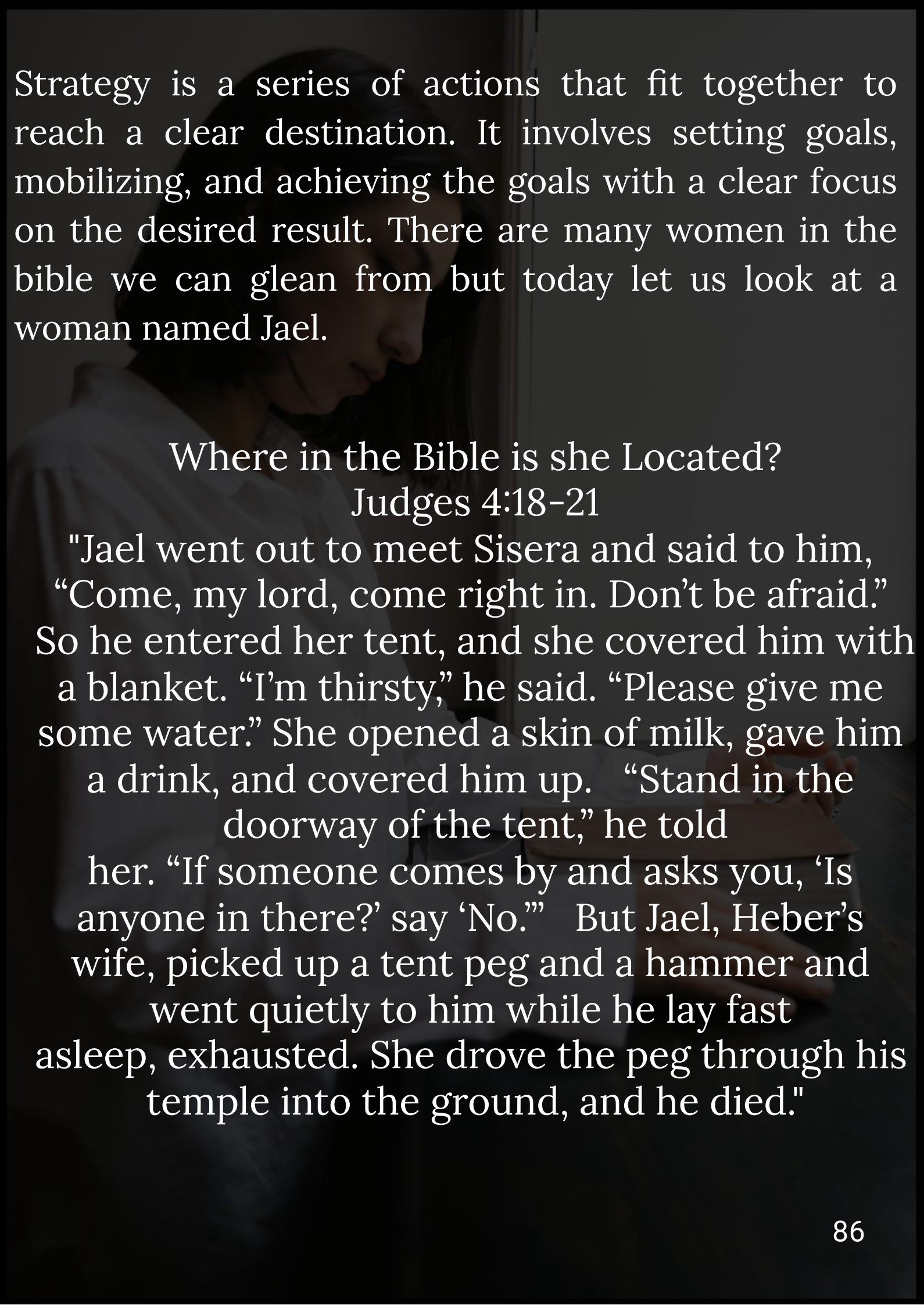


FIGURES

Jael - A Strategic Woman

By Cheryl Govender
Assistant Manager
Pastoral Assistant
Wife | Mom | Business owner

As women, we wear many different hats; daughter, wife, mother, household manager, boss/employee, professional, friend, teacher, nurse, chef, and the list goes on. Each hat requires specialized skills fit for the role, it impacts how we perceive, identify, and respond to our challenges and tasks. Life is demanding and sometimes overwhelms even the best of us. Juggling a full-time job, a business, a family, and church comes with its own set of challenges and victories. We are called to be ambidextrous (in the secular and the spiritual). We need to have a strategy to overcome the giants in our field that come to distract and delay us from our purpose.



Strategy is a series of actions that fit together to reach a clear destination. It involves setting goals, mobilizing, and achieving the goals with a clear focus on the desired result. There are many women in the bible we can glean from but today let us look at a woman named Jael.

Where in the Bible is she Located?

Judges 4:18-21

"Jael went out to meet Sisera and said to him, "Come, my lord, come right in. Don't be afraid." So he entered her tent, and she covered him with a blanket. "I'm thirsty," he said. "Please give me some water." She opened a skin of milk, gave him a drink, and covered him up. "Stand in the doorway of the tent," he told her. "If someone comes by and asks you, 'Is anyone in there?' say 'No.'" But Jael, Heber's wife, picked up a tent peg and a hammer and went quietly to him while he lay fast asleep, exhausted. She drove the peg through his temple into the ground, and he died."

CHARACTERISTICS OF Jael

She was industrious

- The Kenites were shepherds and metalworkers. They were nomads, her family made and sold farming tools and were tentmakers. Living such a life required a strong hand and a willingness to work hard.

Questions for Women of this Generation

- Are we industrious in the things of God or only in Babylon?
- Are we ready for hard work? This walk is not for the faint-hearted, it requires hard work.

How much time are we spending in the word of God, are we skilled in living and speaking the word?

- Are our hands to the plough?

Proverb 31: 17-19 "She is hard working, strong and industrious. She knows the value of everything she makes and works late into the night."

She seized an opportunity

Jael had a generational relationship with Israel, her husband Heber was a Kenite (descendant of Jethro, Moses' father-in-law). Her family ties might explain why she did not hesitate to get involved in this Israelite battle with the Canaanites. She saw her opportunity to act and she seized it.

Questions for Women of this Generation

How quickly do we act on an opportunity? When an opportunity arises for us to speak the word or advise someone, we usually don't have long to think, situations are ever-changing, we have to discern an opportunity and seize it quickly.

Ephesians 5:16 "Make the most of every opportunity in these evil days."

She was Vigilant

Jael was a woman that took care of the daily affairs of her home but while she was doing that she was very much aware of the battle going on. She knew who the real enemy was and she knew the battle was unpredictable. When Sisera approached, she knew exactly what she needed to do.

Questions for Women of this Generation

Are we ambidextrous, in the natural and spiritual, working in the secular but also walking in our purpose so God can use us?

Can God entrust us with a task and with his word to bring down strongholds? **Ephesians 6v12** "We do not wrestle against flesh and blood but against rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realm."

She was courageous, very wise, and strategic

Sisera was a warrior, Jael was no match for him, neither size, strength, or military strategy. Instead, she uses the fact that she was a woman and he would trust her easily, because he didn't see her as a threat. He asked for water but she gave him milk. Milk makes you feel comfortable and brings on sleep, she gave him a blanket, and she created the environment for her plan to be executed. She used a peg and hammer, tools she was an expert with, to overcome this enemy, it was quick and precise, one blow and it was over.

Questions for Women of this Generation

We face giants daily but are we fighting with the ants and allowing the giant to parade in our lives?

How do we overcome the giants in our field?
By the word of God. Jael knew she only had one chance, sometimes we ask the Lord for the opportunity but we don't have the strategy to see it through, the hammer in the correct hand is able to accomplish the desired effect.



Food es



Struggling to get your little ones to
eat their weeknight veggies?

Picky Eater Hack

Secret veggie Mac n' Cheese

Boil your macaroni pasta and set
aside

Whip up a quick cheese sauce and
add it to the cooked pasta

Steam a few veggies (eg: carrots ,
butternut , onion)

Once your veggies are cooked ,
pop them into a blender and add a
splash of cream and chicken stock
(optional)

Mix sauce together with pasta and
serve

Easy Cheesy Muffins

Ingredients

2 Cups Self-raising Flour
2 Cups milk
1 Egg
2 Cups grated cheddar cheese (the stronger the better)
1 Tsp Salt
1/2 Tsp Chilli powder/ flakes
1 Tbsp Thyme

Method

Preheat oven to 180 Degrees
Mix all the ingredients together to form a thick batter
Grease a large muffin pan and fill 3/4 of each muffin cup.
Bake for 20 minutes.
Additions : 100g of each : cooked mushroom , ham , bacon and peppers.
Store in an airtight container

GRANDMA MYIA'S SECRET RECIPES

Classic Madeira tea time cake

Ingredients

2 Cups cake flour
1 Cup sugar
125 g Butter
3 Eggs
1 Cup milk
2 1/2 Tsp Baking powder
2Tsp Vanilla essence
Pinch of salt



Method

Beat butter and sugar together well.
Add in eggs one at a time. Add in vanilla essence. Add in the flour and baking powder and beat. Add in milk and a pinch of salt.

Grease a 20cm baking pan

Bake at 180 degrees Celsius for + - 1 hr



The **FOOTPRINTS OF LEGACY**

Roland Naidoo, Senior Pastor of Apostolic Empowerment Ministries

Legacy is a concept that is deeply rooted in the fabric of human existence. It is the imprint we leave behind, the mark we make on the world long after we are gone. It is the culmination of our actions, our beliefs, and our values, all woven together to create a lasting impact on future generations.

A legacy can take many forms. It can be the tangible contributions we make to society, such as groundbreaking inventions, artistic masterpieces, or significant advancements in industry. It can also be the intangible, yet equally powerful, influence we have on the lives of others through our words, our actions, and our relationships.

But a legacy is not solely defined by grand achievements or widespread recognition.

It can be as simple as the kindness we show to a stranger, the support we offer to a friend or the hope we dispense to the hopeless. These small gestures may seem insignificant in the grand scheme of things, but they have the power to touch lives and inspire others to follow in our footsteps. In essence, a legacy is about leaving the world a better place than we found it. It is about making a positive difference, no matter how small or large, and creating a ripple effect that continues to resonate long after we are gone. It is about living a life of purpose, authenticity, and integrity, and inspiring others to do the same.

Ultimately, our legacy is not something that can be measured by wealth, fame, or material possessions. It is measured by the impact we have on the lives of those around us and the values we instill in future generations. It is a testament to the values we hold dear, the principles we stand for, and the love and compassion we share with others.

So, as we navigate through life, let us strive to create a legacy that we can be proud of. Let us be mindful of the choices we make, the actions we take, and the impact we have on others. In the end, our legacy is the lasting impression we leave on the world, a reflection of who we truly are, and the mark we leave behind for others to remember us by.



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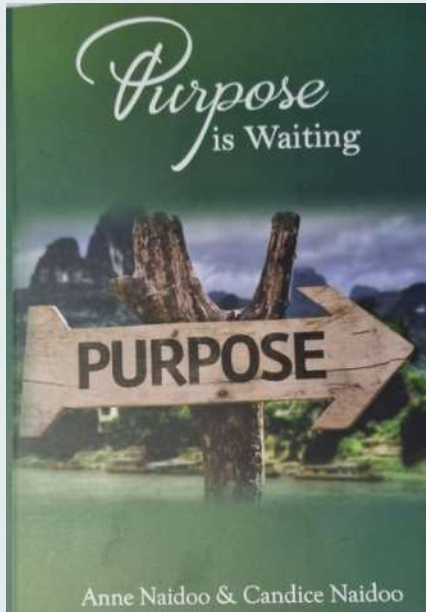
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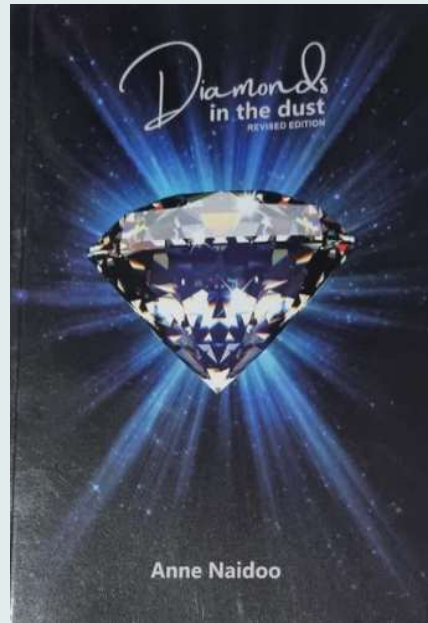
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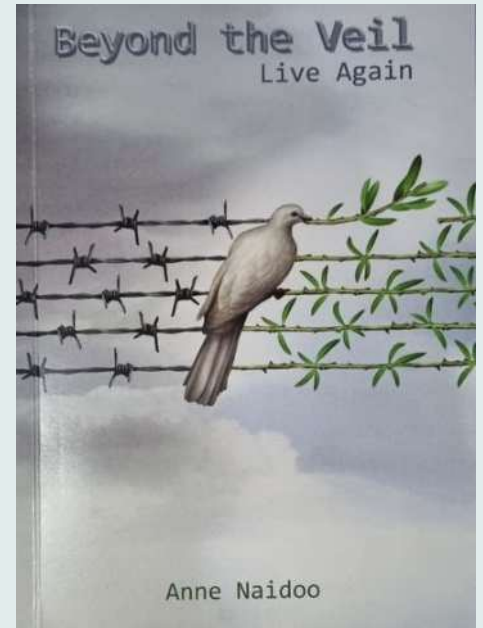
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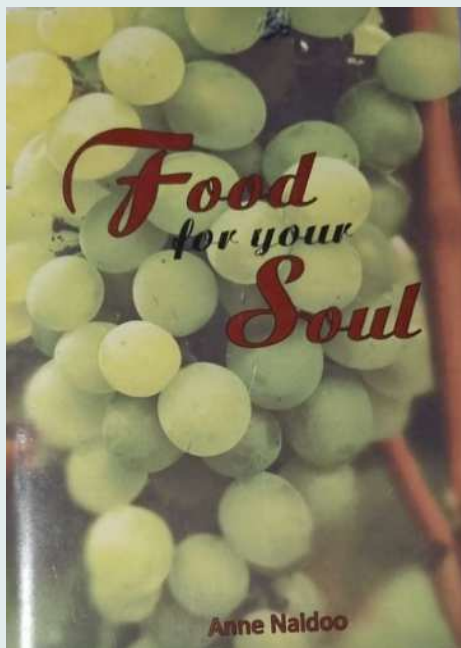
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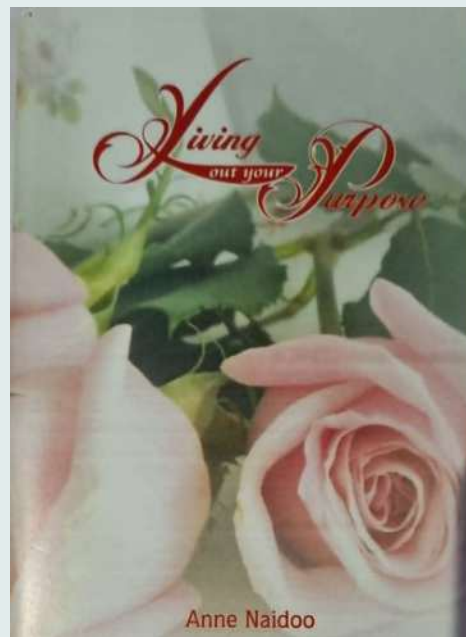
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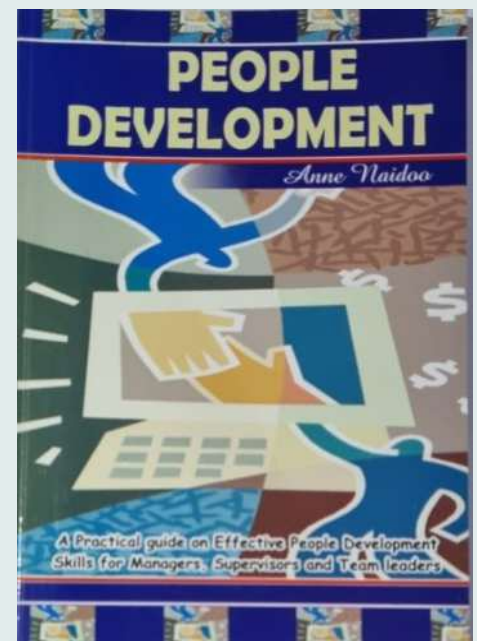
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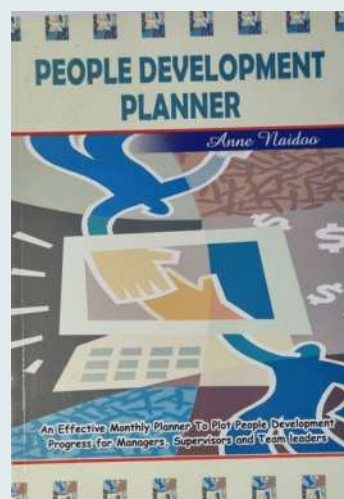
Food for your soul



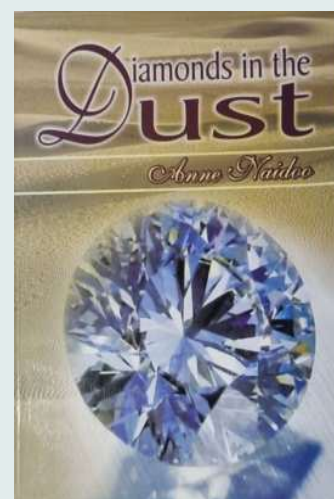
Living out your purpose



People Development



People Development Planner



Diamonds in the dust