

arise

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Rising with *God* in Uncertainty

6 Ways to
Grow
Your Business
in 2021

Hope is Power

Katherine Wolf

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arise to a new Season 2021



I have seen God's miracles and favour through stories of many during 2020 and I have no doubt that His plans always conquer...and are never disturbed or derailed by things of the world...not even Covid19 or Lockdown. My wish is for everyone that reads this issue of arise is reminded of this truth:

God's love is God's love and it gives, protects, provides, favours and heals - in its own way at His own time. We just need to be ready to receive.

I am also humbled by God's favour in allowing yet another issue of arise to be shared. It is truly a blessing to be able to do this work that is God's work. Nothing makes me happier than making God famous.

Thank you to all the ladies that have shared, contributed and partnered with me to take God's Love and Message to many more...your contribution is a blessing to us. Read Katherine's journey of Hope on page 17 to be reminded, or maybe, taught afresh of who God is and what He does when we let Him.

To you, through me from Daddy, our God

Kea MM

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I am grateful to God that throughout lockdown and the shocking experience of Covid19 I was able to continue to do what I believe I am called and purposed for. This fact confirms that our purpose and calling is not defined by circumstances. When we know what we are called for, the only question is 'how do I achieve what I'm called for and not what must I do now?'

I know many women asked themselves the latter due to loss of business, jobs, income and life. But Laiela gives us a gentle reminder on page 10 about why God put us here.

Milk and honey on page (p.20) reminds us that God's plans are never delayed and He will call our attention to the destiny and path He has for us in the most unexpected ways. This message is also clear in Tambu's testimony on page (p.13)

You are a



I cannot believe that it's just over a year since the lockdown. For many of us if not all of us...our lives have changed in many ways, positively or negatively.

It has undoubtedly been very challenging as we stepped into uncharted territory and still find ourselves doing so.

As women we fulfill so many roles...as wives, mums, helpers, chefs, and the list goes on...the responsibilities have become even more demanding, and indeed can without a doubt be overwhelming, and sometimes feel like giving up or not believing that we are stronger than we think we are.

Today I want to encourage and remind you that you are not alone.

You are strong, brave and more than capable to take on whatever life throws your way, even if you don't believe you can.

You were born for a time such as this, to be a lioness. A lioness, rises from her slumber, a magnificent image of strength, passion and beauty.

A very interesting fact: African lions are the only cats, which have close-knit social groups and the only ones that regularly hunt in groups. They work together during hunts which improves their success rate.

Together, we laugh, cry, pray and confess fears, and weaknesses. Sometimes we may disagree but that doesn't mean we disband. Just as lionesses hunt together, without competition and without breaking rank, no woman's portion or contribution is more significant than another's. Each of us has our own skill set that contributes and adds value to each other and, ultimately the Kingdom.

When you feel trapped, remember God can always get you out of any hard situation. Keeping a positive mindset is the best way to live your life.

When feeling down, lionesses will keep telling themselves everything is fine even when they know it is not. Within the DNA of God fearing woman, is the courage of a Lioness.

To all my Lioness Sisters, God invites us His Daughters to awaken to rise up and be the courageous women HE has called us to be, don't be afraid, dare to realize all you were created to be.

When you are part of the right "PRIDE" – you share a common vision and understanding of who you are, where you want to go, and the change you want to be. Not everyone in your "PRIDE" will do things the same, but if you stay focused on the BIG VISION and MISSION– we will move mountains together.

The enemy is going to be sorry he ever messed with God's Lionesses. You are about to become his worst nightmare. He thought he could wear you down, and that after a while you would give up without

much of a fight. Well, just wait till he encounters the fight of God's Spirit in you. May the spirit of the lioness within each of you arise.

I believe in you and know that you are not going to give up, we hunt together. You and I cannot do this alone, but with God we win.

"Stop weeping! Look, the Lion of the tribe of Judah, the heir to David's throne, has won the victory."
-Revelation 5:5. NLT

Don't let your "pride" get in the way, reach out...together as a "pride" of Lionesses we can take down the scavengers of depression, anxiety, stress, loneliness.

Much love to you all.

Nerissa Israel
-Personal & Corporate Life Coach Consultant
(Emerge - Living by Design)
-Senior Minister

*Stop weeping!
Look, the Lion of the tribe of
Judah, has won the victory!
- Revelation 5:5*

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MATTHEW 7:24-25



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God on the Front Lines

Interview

Why did you choose medicine?

As idealistic as it sounds, I wanted to make a difference to people's lives and improve quality of life of South Africans. I matriculated in 1993.

Spiritually, what kind of a space were you in when you started?

I'd say quite strong. I was raised in a strong Christian family and I recall kneeling down in prayer with my mum and asking God for medical school placement.

What miracles have you seen God perform in your workplace?

So many times I have seen patients and especially children (I am a paediatrician), not only survive and be totally healed without it making any medical sense. I know that Miracles still happen.

What are the best moments you've experienced in your workplace?

Satisfaction of seeing patients leave the hospital healthy when they've come in at death's door. Knowing that small changes that one makes just to show that extra care result in big improvements.

What is the most difficult experience or challenge you have experienced in your workplace?

I qualified as a doctor in 2000 in the middle of the HIV/AIDS pandemic. This was when a day at work in the medical wards meant signing up to 5 death certificates before doing the ward rounds. There was a ubiquitous feeling of helplessness.

On a different note, I was a victim of gender discrimination and bullying in the workplace in my previous place of employment, and that was a different type of challenge and one when I really saw God part the seas for me.

How has the current Pandemic affected you being in the frontline?

It's been scary. For the first time, you could contract the same illness as your patient, and it was and remains to be a no respecter of persons. Truly humbling.

The social isolation and distancing is difficult especially when you are used to hugging your patients on a daily basis. The fact that you could make friends and family sick just by being at work was lonely.

I overcome this by just trusting, surrendering my thoughts and fears, and just resting... physically and in His presence. I found fasting really helped with focus and strengthened me immensely.

When was the first time you experienced God presence in your life?

Growing up in a largely Christian community, I was privileged to be constantly exposed to evangelism and it was in one of those "old school tent campaigns" when I dedicated my life to Jesus. You never forget the first time you encounter Holy Spirit for yourself.

What is the most important lesson you've learnt in your workplace?

That there is only so much I can do, and that God is still Sovereign over all things.

How do you intentionally bring God into your workplace?

As a senior clinician there are more managerial responsibilities and dealing with complaints and human resource issues is the order of the day. I have to continually pray for Wisdom and Grace to deal with difficult challenges.

When was the first time you experienced God presence in your life?

As a teenager, in one of those "old school tent campaigns" when I dedicated my life to Jesus.

What has happened in your life that when you think of, you can't help but smile at God?

When you become more aware of God's presence and His hand on your life, you see God work in the big and the mundane things. I continually meet people who speak into my life in such a deep and profound way.

What do you wish women knew about allowing God in ones' workplace?

Surrendering to God always makes it better and easier. There should be no shame, it is not a sign of weakness to rely on God and to declare His goodness daily in your workplace.

Pediatrician, Leann Munian





Two Questions:

*What if there is a better way
to do it?*

*What if your next level is
just a conversation away?*

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Knitted^{for} Purpose

I've always been a daddy's girl. I always had a boldness about me, knowing that my dad always had my back. I was one of those annoying little kids that would go: "I'm gonna tell my daddy!" if anyone got in my way. And I did!

I recall one such incident in my high school years... a pair of sisters were taunting me, saying really hurtful things about my parent's recent separation. Despite the fact that there was somewhat of a disconnect between my dad and I, I still went running to him. He put me straight into his car and drove to their home to address the situation. Needless to say, those girls never bothered me again.

In hindsight, I think that it was this very relationship that I had with my dad that has shaped my personal relationship with God, my love for Jesus and my utter dependence on the Holy Spirit.

Not everyone has had a positive father figure, so let this be said before I proceed, God is The Good Father. He is the epitome of Fatherhood and He loves us beyond measure. God calls us His children and loves us enough to have sent His Son to die for us. God is good and wants what's best for us!

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.
Ephesians 2:10

As I continue to developed this beautiful relationship with God, I have learned each day to embrace the plan that He has for my life. God speaks of these plans in various scriptures including:

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139:16

Behold what manner of love the Father has bestowed on us, that we should be called children of God! - 1 John 3:1

Much like a good parent has plans for their kids, to give them the best life possible, with every detail taken care of, God has a perfect plan for our lives. Not just a plan for our good, but also for His Glory.

God has a specific purpose for each of us



God has a specific purpose for each of us, He is likened to a potter in scripture. When the potter creates something, he moulds it with his hands. He carefully shapes it, moulding it to perfection and with purpose.

God's creation of us illustrates great intimacy, even from the very onset, He formed Adam out of soil with His very hands, instead of speaking him into being as He did with the rest of creation.

Ephesians 2:10 says that we are God's handiwork.

Psalms 139:13 talks of how "He knit us together"... as with the potter, it speaks of the care, love and details with which he created us. Why? Because we are so special and **each of us are created with a very specific purpose.**

We could view it very simply like this... We are on a stage, the script has been written and all we need to do is embrace our part and character. Note, we are not puppets, God has given us free will. We need to **choose** to follow the script.

Now imagine if you were a damsel in distress and your knight in shining armour chooses not to follow his script and simply doesn't arrive on cue! Very simplistic, I know, but consider the fact that you may have been destined to find a cure for cancer, but you simply got side-tracked trying to be an accountant instead?

Every one of us is born with a unique fingerprint. Nearly 8 billion people on this earth and every single print differs. That is how precisely each of us has been designed. Why would God go through all that trouble if He meant for us to behave like robots?

We have become conditioned to follow the norms of society. Being successful is considered going to school, studying and finding a high profile job. It is rare for people to follow their heart and develop God given, unique talents.

We get so caught up in making money and buying a fancy car and a big house, that we often miss our purpose and end up hustling to make ends meet, in a dangerous state of desperation that simply leaves us exposed to the enemy's attacks.

Yes, the enemy, the one that would love for us to think he doesn't exist. The one we tend to underestimate, allowing him to subtly and sneakily penetrate our lives.

You see, while God has a plan for our lives that is for our good and for God's Glory, the enemy too has a plan, a plan for his glory. The scary part is that the enemy's plan may often appear to be for our good.

We take the higher paying job because money talks, but we end up in a soul destroying environment, waking up daily to power struggles and no matter how high we climb, we never feel like we are enough.

Or we make desperate decisions to make ends meet, only to find ourselves in a vicious cycle of dependence and dishonesty. We can no longer look at ourselves in the mirror and daily we die inside.

God designed us to live an abundant life filled with Joy and Peace. The recipe is simple. Follow Him!

Every day as we seek His face, as we talk to Him, turn to Him in prayer and make Him the centre of our lives, He will direct our steps.

I speak from experience, it's been a long road to get to a point in my life where I awake every day with a song in my heart and a joy that can only come from God. Irrespective of my bank balance or external circumstances, I have learnt to walk with God and He has shown up in the most amazing ways!

There are certain benefits to being a child of the King, the only true and living God. When you begin to walk daily with what I have heard some refer to as a "God-fidence" then your whole life begins to play out differently.

Relying solely on self-confidence can be dangerous. When we place our faith in God, we begin to walk in a manner of someone who knows their worth, and is able to run to their Daddy knowing that He is always waiting, with wide open arms, no matter what!

Living in lack does not glorify God in any way, He created us to live abundant lives.

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10

A great way to begin is to identify our life objective. Are we looking to get rich, or rather to walk in our purpose? Remember Matthew 6:33 and perhaps re-evaluate your life and you may be surprised at how much more God has to offer you. Ephesians 3:20

By: Laiela Paruk Dorasamy



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Rising with God in Uncertainty



March 2020 marked one year since the official lockdown due to COVID-19. It has been a challenging year with many twists and turns - loss of lives, income, families and the will to live. We have been unable to comprehend the situations that was taking over our lives, consuming the mind, work and church doors closing. But to me, the one thing that never changed is the love of God and I took cover under His wings. But it has not always been my default reaction.

About six years ago, my brother visited me after I gave birth to my daughter. The previous years had been a roller coaster for me and as we dined he lamented on how he had seen me fall and rise. "I have never seen anyone fall so hard, so many times like you have, and still fight to stand again. Tambu, you have amazed me, I could never do that, I don't even know how you do it" he said.

I was flabbergasted listening to him and realised how much I had lost over time. My home, my relationships, my car and even myself. At the bottom, I cried out to God to help me. I was retrenched and felt as though hell was chasing after me. But, again, I rose. God helped me and I continued the same way, lived life, checked in on God every now and then and continued life as though I did not know Him, like I did not cry out to Him just months before. There was no obedience, order or vision - at least that is what I thought. But God knew better. I was blind, life was about drinking and smoking binges.

Fast forward to the year 2019, I realised what can happen when I levelled up on obedience, especially in a time of chaos, uncertainty, confusion and fear. The declaration of the pandemic left me in isolation with God and on a journey I had already started before the announcement. I had just returned from an assignment in the SADC region. While there, I heard whispers, "Go home now, do not prolong this trip". I was tired, and fatigued from the cross country travel in the heat, with a car with no air conditioning.

I heard the voice again, "You need to be home soon." As we cut across fields, mountains and rivers I became more tired and very ill. I had no appetite and could no longer eat.

I, on the same night confirmed my flight back to South Africa with a sense of just listening - I left my team there. I knew they were capable and the assignment was completed successfully.

I arrived home and rested for the following two days. I then heard a louder voice, "Stay in, when you have energy, go stock up and stay in your house".

I gathered my strength and went shopping and continued to work. My team and I virtually to end the project. I was worried that we did not have new work or contracts which meant no income.

He whispered again, "I have a plan, just stay put". A few days later, I received confirmation of contracts. My team had more than enough work - the opposite of our expectations. It is in the same season that I revisited my book, and begun writing, with content downloaded on me. I wrote: *I actually got used to these cycles of hell, I could see them coming, and I would work out a plan which included several activities and rituals: church in the morning, drop off my daughter with a friend, visit a prophet. He would pray for me, throw bones in the afternoon before washing me off my curses with pink salt or blue salt on the days he saw serious demons after me. It was a ritual that left me with no money but bare, in turmoil, deprived and with no good results.*

As the world fell to its knees during lockdown, I bowed to my Father, God. I remembered that it is in moments of lack of wisdom to stay in the presence of God where pandemonium and chaos grow. I had a hunger to live and a hunger to rise every morning. As, I prayed not to worry, God drew me closer and reminded of the projects I had parked for many years. I could no longer pretend I did not feel strongly about them, because they were written in more than 8 similar entries, yearly in my diaries. I had written the crazy, impossible and unattainable ideas. I can now say that some of the ideas have come to pass despite the past year being so tremendously challenging.

The remarkable human resilience, ingenuity, and creativity I have witnessed validates that we are made for a time such as this.

When a vision is vast and takes your breath away, write it down and know that it is possible because God will lay out the plan for it and bring others to help and create and set time as part of the season for it come alive. This knowledge is what enables one to go to sleep and look forward to rising.

Imagine going out of your house at night, looking up and seeing the stars above. Can you count them? Let me tell you that the goodness of God for you is in that vastness. Of course it would be impossible to count the stars but it is exactly what Abraham was shown by God in Genesis 15:5, representing his generation, children their children and their children's children.

As the uncertainty continues, knowing whose I am sets my mind at ease and falling forward is all that remains. Trusting that God is for me, even in hard times is essential.



I have written my vision and continue to edit as I am directed. I keep trying and still fail at times but that is an opportunity to learn and gain wisdom, and ultimately success. But greater than that, was the realisation that even if my vision is fuzzy, I must be willing to be its vessel for God. Writing the vision down is a timeless principle. Habakkuk 2:2 (MEV) "And the Lord answered me: Write the vision, and make it plain on tablets, that he who reads it may run."

I am, we are part of God's vision and this requires Faith, obedience and trust in God with He will bring it to pass. I was in the wrong country when God showed me a vision. I was confused, became sick and still I did not do what I felt or thought I had to do. I was blind to what I was led to but still I listened and rose. God led me back to a vision I wrote down years before.

When lockdown continued, I went deeper into isolation with God and I saw clearer what He wanted to show me and that He would do it with me. As I go along, I take care of the part of the vision that I see and allow and trust Him to do the rest and to also take it to the next level. When I reflect on the year, I realise things I achieved but have no idea how. What I know is that I am who He says I am and He is the Greater that is in me.

As I step into the new season, there is one thing I know for sure that will not change. God is the only constant in our lives and despite the world's changes: how He loves us, how He wants us to prosper in all dimensions of life, health, financially and Spiritually does not change.


The secret is open: read and stay in the Word, ask Father to show you how, thank Him and always wear the armour of God, even when it doesn't make sense - rise to your passion and if you fall - He will catch you.

Father make me brave
Make me brave to listen
Make me brave to see
Make me brave to move
Make me brave to hear

Father make me brave to start and start again

When I fall make me brave
When I fail make me brave
When I doubt make me brave

Make me brave Father
Make me brave to love
Make me brave to cry
Make me brave to heal



Father make me brave
Make me brave to stand
Make me brave to follow
Make me brave to lead
Father make me brave to live

Make me brave to cry
Make me brave to be
Make me brave to say Yes
Make me brave to say No
Make me brave to say you My GOD

Father Make Me Brave
Make me Brave

I am Brave

Cover Story : Katherine Wolf

Katherine and her husband Jay Wolf are out to disrupt the myth that joy can only be found in a pain-free life. And they know this because they are living it.

At age twenty-six Katherine worked as a model and was living in a beach house with her husband and their new baby.

But in April 2008 everything changed. Katherine suffered a brain stroke caused by arteriovenous malformation and lost fine motor coordination, had double vision, deafness and facial paralysis. This is unimaginably scary, but Katherine and Jay say their Faith in God is the reason their circumstances have not devastated and cripple them.

How does the couple achieve a joy-full life despite their traumatic, devastating and life altering circumstances?

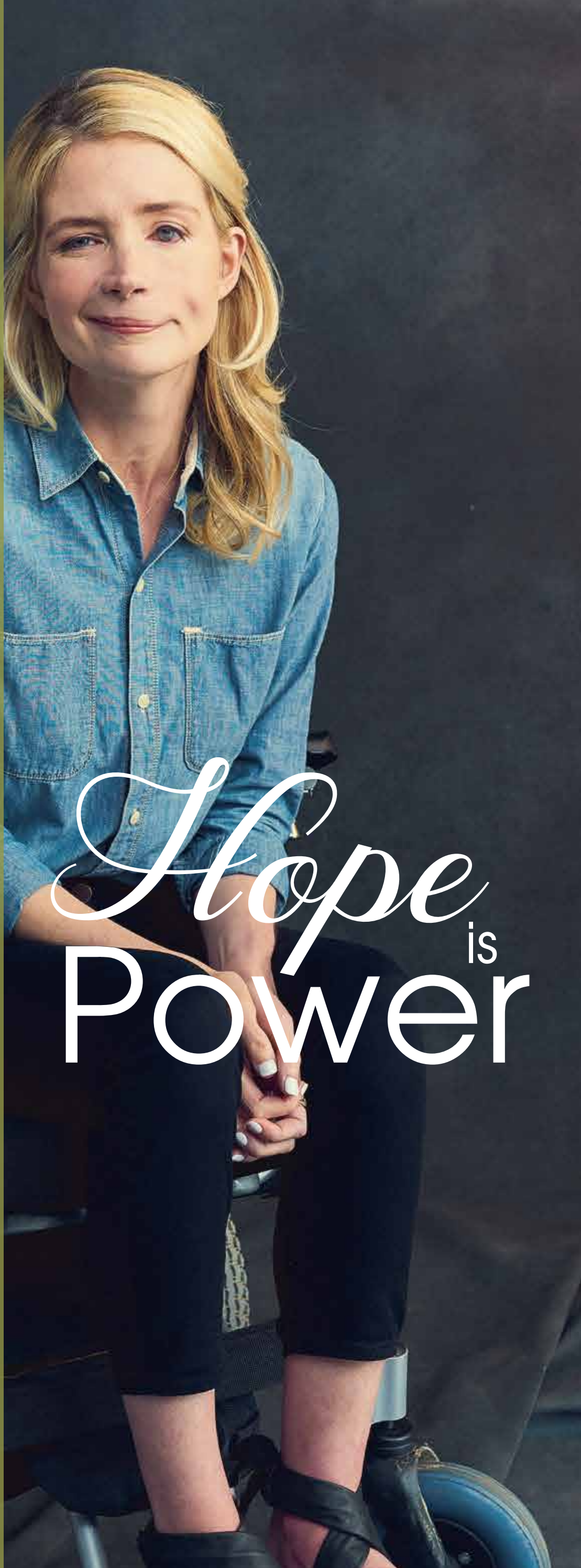
Let's be honest, after a debilitating stroke or brain injury, most marriages are not intact. Many marriages fail to survive unusual traumas but Katherine and Ray are still together after a sixteen-hour brain surgery, forty days in the ICU, a year in neuro rehab, and eleven operations to their 2015 miracle second baby they fondly call "John Bomb."

They credit their successful relationship to **Hope.**

"Hope is not a sentimental accessory to life, fragile as a butterfly wing. It is real power. It is strong enough to raise the dead. But it's also tender enough to heal the most fragile places: our souls.

Hope may be the most important word in the human language. It is the experience that keeps us persevering through an unsafe world to an unknown future. And yet we often hinge our whole life on a definition of hope that is more about what we really want to happen in our life, the positive outcomes we know are just out of our reach.

For us, realising that hope is not about a yearning for positive outcomes but about yearning for a relationship with the source of hope, Jesus, changed everything. The outcomes matter less than the process and that paradigm shift changes everything. Either I'm going to crumble under my unmet expectations or I'm going to change how I view it all. If we know we can't change the outcome, or even automatically wish or even pray away our circumstances, we can be encouraged knowing we can choose the story we tell ourselves."



Hope is
Power

Katherine continues to say “Couples have to find a way to process pain, trauma and challenges together, knowing that each person’s process will be different in timing and expression, yet knowing it’s worth the wait to seek healing together. Telling and re-telling to each other the story of God in the midst of our pain, the true story of our hurts and the true story of our hope, invites us to remember it together as a couple.” She says that they learned the importance of seeking a trusted advisors for help, even as a married couple. We’re big proponents of seeking outside wisdom and counsel, from a therapist to a pastor to a wise confidant. And certainly, the prayer on our lips often regarding our marriage is that God would give us a soft and compassionate heart toward each other, and He has.”



Katherine on Suffering:

“Suffering of some kind or another is an inevitability in human life but when we go through pain, we often feel like our experience is the worst thing that’s ever happened to anyone! We feel like the victim. The book of Job reveals this mysterious and overwhelming communion found with God when He allows us to experience hardship. And though we would never choose it, we get to choose to steward it well. And that act changes the story, not just for ourselves, but for anyone who witnesses what we do with our pain.

Will it break us or make us into something new? Will our hearts be hardened in bitterness or softened in compassion?

We feel broken and unable to embrace the life that is right in front of us because we are fixated on the life we don’t have. Yet so much of the earthly life and ministry of Jesus was about sorrow and suffering that it seems strange that people who claim to follow him will follow him anywhere but to their own crosses.

I learned that God’s goodness is not attached to my earthly circumstances, and God being good was not based on anything going on in the physical world. The cross put everything in perspective.”

Jay, her husband adds that “Suffering well begins with not being so scared of the hard stories and really wrestling with the sad and bittersweet nature of life and not being afraid to talk about that and again find God in the midst of it, we don’t need to be afraid of suffering because as believers, we can be confident that struggles will give depth and richness to our experiences with God and with one another.”

Beauty in Katherine’s Words:

“We get to decide how we react to adversity, and in turn, get to choose the lessons we take from each as well. Like hope, longing for the beauty in life is a good longing, but it is often made in our image, marred by our own issues. Beauty is so complex in our humanity, and particularly in our modern-day, digital culture. The messages of how we should look and who should be valued are all around us, permeating our subconscious.”

The stroke left Katherine confined to a wheelchair for a long time but she says that “we all have invisible wheelchairs inside us. Those limitations and wounds can be the beginning of something new, and quite powerfully be the beginning of a flourishing we could have never experienced without them.”

“Life defines us. Suffering redefines us. And hope refines us.”

Katherine and Jay did not lose their joy, and they credit that to their faith in God. In their second book, “Suffer Strong: How to Survive Anything by Redefining Everything,” the two take turns explaining how they overcame the toughest moment they’ve faced in their lives.

“Will it break us or make us into something new? Will our hearts be hardened in bitterness or softened in compassion?”



Boitumelo Ntsoane's Profile

RP: Boitumelo Ntsoane: 079 646 6723

Bachelor of Pharmacy: Rhodes University, Certificate in Business Management: University of North West, Goldman Sachs-GIBS 10,000 Women Certificate Programme, Advanced Project Management (Cum-Laude): Damelin. She recently completed the Board of Healthcare Funders Trustee Programme through Wits Business School and also completed an Advanced Diabetes Care through CDE Diabetes Academy, as well as a course in Managing Markets for Health at the University of Edinburgh on October 10th 2020. She is also a competent Public Speaker on Health Promotions and completed a nationwide tour with Media 24 Stokvel events as well as other Corporates i.e. AVBOB. and health column writer for several publications. Boitumelo is currently finalizing her dissertation for her Master's in Public Health through Sefako Makgatho University.

OnPoint Healthcare (OH) was established early in 2016 by a successful Pharmacist with over 20 years' experience in various sectors of pharmacy. It is a 100 % black woman-owned and a level 1 BBB-EE business entity.

Onpoint healthcare has met the need for reliable and affordable delivery of medical services by developing a thorough understanding of the patient's needs and expectations. OH has successfully implemented Public Private Partnerships (PPP's) projects which include:

- Establishment of a **Community Medical Centre for over 10 years** in Pretoria West Area. This medical centre incorporated a primary healthcare clinic within the pharmacy managed by retired nurses to promote health awareness and education. The clinic has since moved to Hatmed Medical Centre in Pretoria specializing in wound management and health assessments.
- The medical centre was a pilot site for the National Department of Health in the rollout of **Central Chronic Medicine Dispensing and Distribution (CCMDD) Project** which was successfully implemented nationally to reduce patient waiting times when they collect their chronic medication.
- OH has a **fully furnished mobile clinic** which successfully piloted the Human Papillomavirus Vaccine (HPV) campaign in schools in Tshwane in partnership with National Department of Health.
- Recently established a **Call-centre for Women living with HIV**, with pharmacists to resolve HIV and COVID-19 related queries.

The call centre is comprised of highly skilled team of multi-lingual managers and staff who have extensive experience in pharmacy and customer relations.

- Supply of COVID-19 **Personal Protection Equipment (PPE)** and medical consumables

STRATEGIC PARTNERS

1. First Care Courier Pharmacy with over 12 years in supplying ARV'S to medical aid patients. First Care currently services patients from Sizwe, Keyhealth and Hosmed amongst others. Each scheme is allocated an exclusive call centre team.
2. We Care Pharmacy Network, an initiative of the Computassist Group of Companies. This network comprises over 1000 well distributed community pharmacies in Southern African Development Community (SADEC).
3. Gift of The Givers assisting in COVID, HIV, Diabetes Testing onsite.
4. At LegalHeath we are able through multidisciplinary professional collaboration cross refer internally leveraged on our professional skills encompassing: litigators, health care regulatory specialist, experienced pharmacists and corporate law pharmacists.



Season for Milk and Honey



I have always wanted to be involved in the food industry, but when you are young and because of love and importance of family, you listen to everything they say, and they didn't think the food industry was a good idea.

Fast forward a few years later, I became a teacher. Completely different to cooking and baking, which are the two things I have always loved to do. Don't get me wrong, I'm incredibly grateful for the 6 years in teaching. I learnt so much and I know beyond a shadow of a doubt, that God placed me there for a reason. It was a time of moulding and shaping for me.

I can't say that God has ever spoken to me with a big booming voice, more a very gentle, almost inaudible

whisper, that comes in the feeling of peace.

Peace is something that has always guided me and helped me navigate moments of transition in life. Whether during my time in varsity, studying further to become a teacher or the opening of Milk & Honey Café, peace led me through those doors.

As time went, I began to feel very unsettled in my teaching job and soon realised that as God working in me and preparing me for a new season. Unexpectedly the doors opened and the opportunity to start a café, to pursue my dreams became available.

My husband is in charge of the creative and worship department at our Church, and they had always wanted to add a coffee shop in the space. He was talking to our head pastor and they both had the thought that it was something I could run. After many conversations and prayer we made the decision that I would resign from teaching and pursue something I have always dreamt of.

Truth be told, I felt completely unqualified for the job. I had no experience in the service industry and my coffee knowledge went as far as a barista course I did years ago. Nonetheless I knew this was where I was meant to be. So, we opened Milk & Honey Café in December 2019 – just a few months before the global pandemic hit and completely shook things up-side-down.

When I feel overwhelmed I tend to ignore things, and hope that everything will sort itself out. BUT God has shown up time and time again. We have now been open for over a year. We have a solid base of regular customers (most of whom are not from the church), we have made some incredible connections and have been able to support other small businesses through this time of Covid19 and Lockdown. The best part is the feedback we are receiving about how our space feels different, safe and that there's a peace about it. That can only be God.

Sherrie Elson



Our vision for the space was that it would attract and draw in the lonely, desperate and broken. That people who sit and work in our space would be able to solve work issues they've battled with for some time, that chains would be broken, Souls set free and lives would be changed because it is a space where the Holy Spirit dwells.

This is something that we as people sometimes tend to lose sight of, especially with the chaos of what is going on around us. I don't know how we've survived the last year, I don't have any crazy advice that will solve everyone's problems. What I do know is that through the chaos, the still and sometimes very quiet voice of God is there guiding us, and we need to remember to listen to Him.



Peace is something that has always guided me and helped me navigate moments of transition in my life.

6 Ways to Grow Your Business



2020 was a year of ups and downs, especially if you are a business owner. Your company likely had to contend with some major upheavals, stressors and challenges. In fact, 92% of small businesses reported that they had to “reinvent themselves” in order to weather the Covid-19 crisis.

We’re all hopeful that 2021 will be another year of reinvention and, we can all hope, a better and brighter one for the growth of our businesses.

21 years old Luke Lintz has built the incredibly successful HighKey Clout Inc., a social media, marketing, branding and technology group. Below are some of his ideas on how to grow your business and your customer base.

1. Focus on building lifelong relationships

Treat your customers, potential clients and your team as you would someone with whom you hope to build a lasting, lifelong relationship.

If you have a good product and strong relationships with your customers, they will be your customers for life. And if you are a service-based business, then you will constantly be able to give more value to your clients as you expand your services in the future.

One reason why it’s so vital to invest in real, meaningful relationships with customers is that consumer trust is at an all-time low. Data shows that 55% of customers trust the companies they buy from less than they used to, and 69% of customers state that they don’t trust advertisements.

Add this to the fact that the cost of customer acquisition has risen more than 50% over the last five years. The bottom line is that there is more competition than ever, and more ads and products competing for our attention.

If 81% of customers trust family and friends over advi-

ce from a business, then it is important to treat your customers like family. Find ways to make your customers feel valued, and demonstrate that you are interested in their experience beyond the “order confirmation. Important is also your employees, when they feel valued, as though they are worth more to the business than just the revenue they bring, they will be more invested, and this will translate significantly for customer relationships.

2. Know and focus on your core customer.

With so many businesses competing for same attention, it’s more crucial than ever to connect to customers and clients who will have a genuine interest in your products or services. It’s absolutely crucial that you identify your core demographic and focus your marketing strategy directly on them.

Study internal data on past customers, and focus on creating a customer profile. This includes basic demographic information, but it’s also important to dig a little deeper, and try to map customer’s psychographics. What are their values? What are their spending attitudes? What makes them excited and what makes them tick?

Facebook and Instagram are a great tool for data analysis. They offer analytics data on your “audience,” which will show you age ranges, geographic location and gender, as well as giving you data on how marketing content is performing. All this data will help you put together a comprehensive picture of what your core customer demographic looks like. While the impulse may be to market to as many customers as possible, this type of target marketing will be much more effective, especially for small businesses. It will help you carve your niche within the market.

3. Social media is one of the most critical tools in your arsenal.

In case you needed reminding, social media is still one of the most important tools that you have at your disposal as a business owner, with 52% of new brand discovery happening on public social media feeds. More and more advertisers are looking to paid social media ads as their bread and butter. Paid social ads are the No. 4 way consumers find out about new products, trailing behind only word-of-mouth, TV ads and search engines.

It's not just ads that give exposure on social media. On Instagram, 60% of users report that they have discovered a product on another person's profile. Direct relationships with influencers will help to drive sales and business. Influencer marketing has 89% of marketing professionals ranking it as a comparable or better return-on-investment than other marketing streams.

The importance of brand visibility on social media illustrates another reason why identifying your core demographic is so important. Getting your product into the hands of clients who will be open to sharing their experiences will create more genuine interest and exposure on social media.

4. Direct connections drive loyalty and interest

Effectively communicating your brand identity and promoting your products and services on social media is no longer just about regular posting and advertising. But most important and also most challenging is engagement and direct communication.

One way to connect meaningfully with customers and potential clients is through direct messaging outreach on Instagram and other platforms.

Note: Instagram DMs are as common to look at as people's text messages.

Data supports this as well, showing that 47% of Millennials use Instagram as a messaging app. This should be a major area of focus for your social marketing strategy.

In addition, engaging in comments and responding to outreach on social media is vital. An example of this is the fact that 77% of Twitter users had a greater appreciation for a brand when their tweet was responded to or acknowledged. Your social media cannot simply be an electronic billboard - users expect engagement,

not just content.

Consistency is key. Failure to follow up on engagement in a timely manner will reflect badly on your brand and could be a killer for potential opportunities. “It's usually not a matter of ‘if’ someone will open your message and possibly respond, it's a matter of ‘when,’ so you need to be available to immediately respond and spark up a conversation.”

5. Reach out with concise offers.

If you are hoping to leverage social media outreach to your advantage, it's important to deliver offers that are short and sweet. People don't like being overwhelmed in their Instagram DMs, and if they are being pitched, they would like to see the offer as quickly as possible.

Marketing e-mails have a better chance of reaching customers when it comes from an employee, rather than direct from the brand or info@..... or admin@.... etc.

6. Reinvest in your brand.

This one is evergreen. We're all so caught up in the next sale, the next quarter or the next hire, that we don't stop to ask how we can meaningfully invest in our ventures.

How do we make sure that the money we put back into our companies is helping us grow in a holistic way?

Luke Lintz says that in today's market, “a large part of investing in yourself and your business is with branding. Proper branding is the bedrock of a successful business.”

How do you even measure the value of a brand?

“Brand value” is the perceived strength of a company's name, image and reputation, and thus as part of the “intangible assets” of a business.

While that might be hard to wrap your mind around, consider a well-known brand like Starbucks. They innovated by bringing better quality coffee to the world, but there is so much more to the Starbucks brand. What's good coffee without the red holidays cups, the green mermaid, the annual revival of the pumpkin spice lattes? Starbucks as a brand isn't any one of those things, but all of them, plus the intangible feelings they evoke.

There is value in reinvesting in your business. Actionable ways to reinvest in your business might mean hiring designers or branding consultants for a rebrand, or dedicating resources to training on how to effectively curate the brand identity through meaningful social media content.

2021 is still facing challenges carried from 2020 but we have to be savvy and forward-thinking, there's nothing stopping us from making 2021 the best year yet for your business.

Originally by Ashley Stahl | Forbes.com



CWBN Pretoria Ladies joined Puseletso Modimogale to celebrate 5years since establising Mind Retirement Institute.

The celebration kicked off with #ThursdayTeaDate – A CWBN every Thursday connection which included a listening ear for each other, Scripture, Prayer and Worship.

Wishing
Puseletso
more and more success



Mind Retirement Institute (MRI) provides Capacity Building services, Leadership Development programs & Health and Wellness Solutions for individuals, entrepreneurs and corporates.

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Prayer journal
Checklist

Here is how this prayer journal will help you:

It will:

- ✓ Be a companion into your prayer closet.
- ✓ Give you secrets to a greater understanding of prayer.
- ✓ Help you document your prayer points.
- ✓ Help you track the awesomeness of answered prayer.
- ✓ Help you understand the essence of a lifestyle of prayer.
- ✓ Help you with scriptural referencing for your prayers.
- ✓ Help you avoid the pitfalls of religious prayer habits.
- ✓ Help you get in touch with God's heart for mankind.
- ✓ Help you maintain a commendable lifestyle before God.
- ✓ Help you maintain a prayerful lifestyle.



Timeless Wisdom The Believer's Prayer Companion

As you engage through this prayer journal, I would like to encourage you to see this not as just another religious exercise, but as an engagement with God. You must change your attitude towards prayer and have a clear understanding of what prayer is about. Proverbs 24:3-4 reads, "Through wisdom is a house built; and by understanding it is established: and by knowledge shall the chambers be filled with all precious and pleasant riches." Amongst other meanings embedded in this scripture passage, your engagement with God in prayer is clearly laid out. Prayer is a very exciting way of communicating with God. It is in prayer that you realise the reality of God and His yearning to engage with you on a daily basis.

Understanding what prayer is about establishes your prayer life. You will understand that prayer goes far beyond asking for this or that from God, but it is your lifestyle wherever you are. You will understand that what God does to you in your secret place of prayer will be seen out in the public space. That was what defined the ministry of our Lord Jesus.

What happens in the Prayer Closet ?

There are amazing things that happen when you are with God in the secret place. This is what most believers miss. They rush in and out of the prayer room, and in the process come out with nothing. You cannot go in the presence of a loving and giving God and come out empty-handed.

- In prayer, Joseph came out with a kingdom;
- In prayer, Hannah came out with a prophet and judge of Israel;
- In prayer, David came out with a kingdom;
- In prayer, Esther came out with deliverance for Israel;
- In prayer, Mary came out with a Saviour of mankind.

What will you come out with from your prayer closet?

I want to challenge you to approach prayer with a completely different attitude.

First 50 journals for grabs at R270 if you mention the promo code: **ariseprayerJ** when you purchase, offer valid until 30 April 2021



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