

Welcome, *sister*

You, are such the healing advocate!

HEAL /hēl/ - to become sound or healthy again.

ADVOCATE /advəkət/ - a person who pleads for or in behalf of another; an intercessor.

You long to see wholeness in all spheres—private and public. You advocate for truth, peace, beauty, friendship, excellence, justice and many other expressions of love.

You are a big-hearted woman who knows how to nurture pets, people, and projects.

But, how are you advocating for self-nurture?

Perhaps you highly value self-nurture, but you are easily distracted and you lack the strategy to integrate it into your life. Maybe you are intentional about receiving what you need to attend to your own humanity, as you pour into others (and this is your jam!)—I celebrate Y-O-U in this counter-cultural approach!

Uniquely, this planner is designed for you... from entrepreneurs, thrive-at-home moms, students, homeschoolers, ministry leaders, and empty nesters.

The Healing Manifesto Sabbath Rhythms Devotional Planner® is for anyone who desires a shalom-filled, contemplative and healing approach to a more sustainable inside-out approach of loving God, self, and others.

Healing is the reminder in which the liturgy of your life breathes in the identity of the Healer, Jesus, in solidarity with others.

WHAT ABOUT YOU? WHAT DOES HEALING MEAN TO YOU?

And what does planning mean to you? For me, at best, plans are guesses and at worst, plans can provide a false sense of security about living a beautiful life.

Life is not about planning, it's about purpose. "Many are the plans in a person's heart, but it is the LORD's purpose that prevails." (Proverbs 19:21)

2019 holidays

FIRST 6 MONTHS

JANUARY

01 NEW YEAR'S DAY
06 EPIPHANY
21 MARTIN LUTHER KING, JR. DAY

FEBRUARY

05 CHINESE NEW YEAR
13 VALENTINE'S DAY
14 VALENTINE'S DAY
18 PRESIDENTS' DAY

MARCH

08 INTERNATIONAL WOMEN'S DAY
10 DAYLIGHT SAVINGS TIME BEGINS
20 FIRST DAY OF SPRING
20 PURIM BEGINS AT SUNDOWN

APRIL

14 PALM SUNDAY
19 GOOD FRIDAY
19 PASSOVER BEGINS AT SUNDOWN
21 RESURRECTION DAY/EASTER

MAY

02 NATIONAL DAY OR PRAYER
05 CINCO DE MAYO
12 MOTHER'S DAY
27 MEMORIAL DAY
30 ASCENSION DAY

JUNE

08 PENTECOST BEGINS AT SUNDOWN
16 FATHER'S DAY
19 JUNETEENTH
21 FIRST DAY OF SUMMER

LAST 6 MONTHS

JULY

24 INTERNATIONAL SELF-CARE DAY
30 INTERNATIONAL DAY OF FRIENDSHIP

AUGUST

4 FRIENDSHIP DAY
8 MOHAWKMOMMA STUDIO BIRTHDATE
26 WOMEN'S EQUALITY DAY

SEPTEMBER

02 LABOR DAY
23 FIRST DAY OF FALL
29 ROSH HASHANAH BEGINS AT SUNDOWN

OCTOBER

08 YOM KIPPUR BEGINS AT SUNDOWN
13 FEAST OF TABERNACLES
14 INDIGENOUS PEOPLES' DAY

NOVEMBER

3 DAYLIGHT SAVINGS TIME ENDS
11 VETERAN'S DAY
28 THANKSGIVING (US)

DECEMBER

22 HANUKKAH BEGINS AT SUNDOWN
21 FIRST DAY OF WINTER
25 CHRISTMAS
26 KWANZAA

Other DAYS

AUGUST

15 NATIONAL RELAXATION DAY

SEPTEMBER

NATIONAL SELF-CARE AWARENESS MONTH

OCTOBER

10 WORLD MENTAL HEALTH DAY

Shalom, *sister*

Shalom, is more than a greeting!

SHALOM /SHä'lōm/ - a healing birthright & blessing, which addresses **holistic well-being** in every square inch of all creation. This is a robust & audacious well-being that knows wholeness, blessing, connectivity, harmony, prosperity, and completeness in The Beloved Son, Jesus, our **Sar Shalom (The Prince of Peace)** and our **Peace Offering** (Lev. 3; Eph. 2:14).

I want to invite you to recognize the invitation and the imperative of shalom throughout your use of this planner. For me, lingering, laughing, writing, researching, and listening are a few shalom expressions integrated in my days. I'm persuaded they are huge contributors to help me still myself in a being that allows me to generously receive, grow, and experience the joy of my faith and the brokenness of my world before I pour out to another soul.

My desire is that you and I will author this shalom work—it's an interactive, healing project, which addresses the whole self. It requires your participation in many expressions of peace... your coloring, your being and becoming, your journaling, your prayers, your healing creativity, and your planning.

BUT, hear me well, I want to invite you to keep your keep your **plans fluid** and God's **purpose steady**.

*Keep your plans fluid
and God's purpose steady.*

In other words, I want you to cultivate flexibility - plans go off the rails, sometimes. And some plans just never come to much. But when you allow shalom to develop within you an unhurried, hospitable receptivity and response to the grace of God, you embrace patience and the opportunity to perfectly live out your imperfections, while being loved and giving love (flaws and all!).

I hope you move through this planner at your own pace. Although I will recommend some best practices, you will want to interact with it for what your unique shalom (wholeness) journey needs. A wholeness that calls you to bring in your scattered parts and be present at all the levels of your soul—your embodied life.

May you attend more to your Be-LOVED-ness, as you embrace SHALOM and develop the family likeness of LOVE.

So let's nestle close to the unceasing healing power of shalom and remove the superwoman cape to find another way to soar with our super God (flaws and all!).

Shalom,

Mohamud Mohamed

Sabbath *rhythms*

How to best use this planner.

SABBATH /sabəTH/ Hebrew: שַׁבָּת - From Hebrew "shabbath" rest, cessation, celebration

RHYTHM /riTHəm/ A repeated pattern.

Sabbath Rhythms aren't prescriptive or formulaic. If you're wondering what I mean by Sabbath Rhythms, I'm talking about the routine of rest integrated within your calendar. They are...

Daily Diversions & Decisions
Weekly Withdrawals & Woo
Monthly Moments & Meditation
Annually Attune & Abandon

Teaching Moment: Interestingly, the first time the word rest is mentioned in the Bible, it's in connection with celebrating His creativity—Genesis 2:2—the Hebrew word for rest is the verb "shabbath" - celebrate, cease; by implication, pause long enough to acknowledge and celebrate what's been completed and connected.

And in Matthew 11:28, The Greek word for rest here is the verb "anapausin" - quiet, refreshment, intermission; by implication, recreation. The routine of rest alternates with your work and is intentionally integrated within your calendar. These rest rhythms aren't about the absence of activity, they're about teaching you about the noble redirection of your activities, it's about the movement of a deeper level of one's life from the inside out.

Throughout the year, you will gain insight into some of the biblical festivals and feasts that Jesus would've known and observed, they point to His *life, death, resurrection, and reign.*

We provide you with four onboarding guidelines to help you dig and discover your Sabbath Rhythms pilgrimage. Remember to...

*Keep your
plans fluid
AND GOD'S
PURPOSE STEADY.*

Sabbath *rhythms*

1

Begin with the "Rest" pages (one page over). Jesus is offering you true soul rest. True soul rest addresses all your life's activity. Rest is found in being, not merely achieving. It's found in abiding in Him and being cherished by Him. And it's OK for rest to look different for different people.

2

Next, go to the Monthly section. To get a bird's eye view for each month. Use the **Notes** section to jot down appointments and reminders. Then, little by little start to fill out your **Growth + Bloom** page (General Edition), or the **Vision Board** page (Homeschool Edition).

3

The Daily + Weekly Sections help to influence and inform the details of your work and rest rhythms based on your values and vision.

Tip: There are many pages that are designed to lead you into more than just planning what you have going on - there's prayerful contemplation. You're expected to meditate unhurriedly in holy rumination with each page as you see suitable for your life.

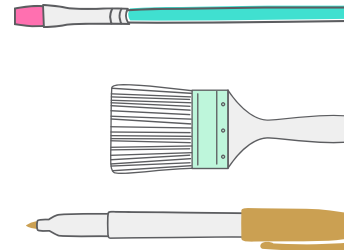
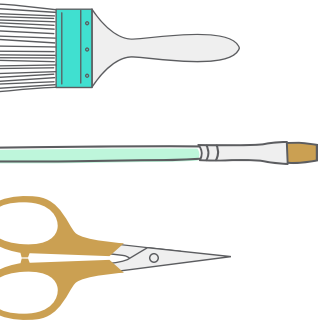
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The Annual Section helps you to notice the series of unfolding moments of your year and it helps you to objectively evaluate and encourage yourself as you stand at the precipice of a new year. I even walk you through discerning a theme word for your year.

Take a week or two prior to the new year to unhurriedly process through your year's highlights and moments.

I am ready to...

Little by little I will...



Our Family's

vision board

A vision that is clear will open your mind to the endless possibilities of the future.

Notes

TO CONSIDER

Consider the areas you want you & your child to grow and bloom and sketch it out in each month to make it **realistic**, **manageable**, and **sustainable** in the Weekly section. Here's what I mean by *growth* and *bloom*.

Growth (acquiring knowledge, doing)
Bloom (applying knowledge, being)

You can go deeper into this concept with my blog post, "Season of Bloom - Pause for A Different Kind of Growth."

Because often, we forget that even healthy growth has boundaries to encourage our bloom. Sometimes, we put so much energy into growth that we forget to let ourselves (or others) bloom.

Growth = Expanding love within and without
Bloom = Brave Love Opens & Orients Me

What we value

OUR FAMILY PRIORITIES

Who are our

FRIENDS

A vision includes people, places, things. But more than anything vision is foremost God-referencing. Allow His Spirit to reveal to you the vision He has for your family, as you prayerfully engage in discerning Jesus' shepherding heart.

Who we are

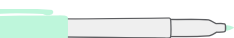
MEMBERS OF OUR FAMILY

What is success

FOR OUR FAMILY

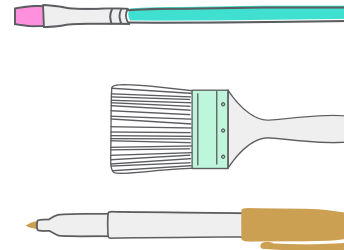
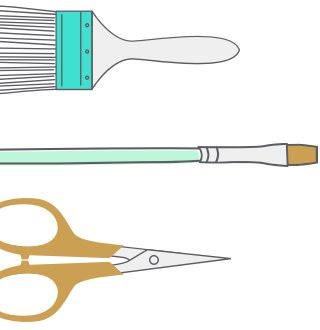
What will failure

TEACH US



Keep Your **Vision** Solid, Your **Plans** Fluid.
Feel free to draw, write, cut out pictures, and/or apply stickers to your boards.





Our Family's

vision board

Build your family's vision statement with each board prompt

Where do we connect our
INTENTIONS

Where do we connect our
INTERESTS

With whom do we connect
INTIMACY

A vision is a picture or idea you have in your mind of what God shows you about anything you are pursuing. A clear vision helps you execute dreams into reality. When your vision and values align, you are able to set and achieve clear and incremental goals with conviction and flexibility.

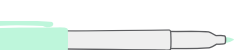
it is essential to keep your vision solid and your plans fluid as you set out on your course. This is why vision casting cannot be rushed.

What helps our hearts
IGNITE

What is our motive
TO CONNECT

Vision statement
FOR OUR FAMILY

Example Vision Statement using the (5) prompts: We **intend** to be a family that speaks and demonstrates the truth in love. Community service, humor, reading, and museums are huge **interests** in our family life. These are the practices that deepen our **intimate** relationships and **ignites** us to become more aware and creative within our community and with our neighbors, family, and friends. **We do this to** follow Jesus' example of shalom and to hear Him say, "Well done.."



OUR WEEKLY LESSONS & CHORES

week of _____

This week, we want to grow in:



CHILD'S NAME

	MON	Math	Bible	Social Studies	History
date:					
TUE					
date:					
WED					
date:					
THU					
date:					
FRI					
date:					



This Month

daily
DIVERSIONS & DECISIONS
weekly
WITHDRAWALS & WOO

Sabbath
RHYTHMS

monthly
MOMENTS & MEDITATIONS
annually
ATTUNE & ABANDON

MINDFUL TEACHING GOALS... *Month* _____

What will it look like for us to learn and live more aware of God-moments as a family in the everyday moments given to us from Jesus? As we work and rest, there must be a healthy alternation as we set out to engage the Creator and His creation this month. Work and rest do not impede each other, they support one another - keep that in mind as you *list an overview of what you desire to teach.*

Bible reveals the beauty of the Creator, Sustainer & Redeemer.

Science reveals the beauty, explanations, & predictions about the Universe.

Language Arts reveals the beauty of literature & language.

Math reveals the beauty of numbers, patterns, order & structure.

Social Studies reveals the beauty & brokenness of society and the relationships among individuals within a society/culture - **history, family genealogy, geography, economics, psychology, linguistics** (includes **foreign languages**), **political science**...

Art reveals the beauty of connecting internally and externally with the Greatest **Artist** through the works of all human artists who express themselves **visually, aurally**, or any **artworks** expressing the **imagination, emotions, concepts** or **technical skill.**

Have a monthly moment checkup as a family to share. >>>>>>>>>>>>>>>>>>>>

LET'S REST AND

reflect

ON LAST MONTH

What area(s) challenged us the most? (this can relate to lesson studies or a family life area.)

List 1-2 accomplishments. How did we celebrate the little victories?

December 2018

SANCTUARY

REFLECT AND DO SOME PERSONAL INVENTORY

Refer to the Annual Section towards the back.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
Hanukkah Begins at Sunset 2	3	4	5	6	7	8
9	Hanukkah Ends at Sunset 10	11	12	13	14	15
16	17	18	19	20	21	22
23	Christmas Eve 24	Christmas 25	Kwanzaa Begins 26	27	28	29
30	31					

Notes

Hanukkah also called the Feast of Dedication is mentioned one time in the New Testament. At that time, the Feast of Dedication took place at Jerusalem. It was winter, and Jesus was walking in the temple, in the colonnade of Solomon. So the Jews [meaning Judeans or the Jewish leadership] gathered around him and said to him, "How long will you keep us in suspense? If you are the Messiah, tell us plainly." (John 10:22-24)

January

S	M	T	W	T	F	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

S	M	T	W	T	F	S
						01 02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

♥ CURRENTLY:

READING: _____

STUDYING: _____

LOVING: _____

GRIEVING: _____

FEELING: _____

REJOICING: _____

DREAMING: _____

non-toxic lemon deodorant recipe

6 tsp coconut oil, melted

1/4 cup baking soda – where to find

1/4 cup arrowroot powder – where to find

15-20 drops lemon essential oil – where I get my oils



Combine baking soda and arrowroot powder in a bowl and mix with a fork.

Mash in the coconut oil until nice paste forms.

Add in essential oil to your scent level preference

Scoop into a glass jar {I prefer the small mason jars}

ALUMINUM CLOGS UP
THOSE SWEAT
GLANDS. TURNS OUT
YOU NEED TO
SWEAT, IT COOLS
DOWN AND DETOXIFIES
YOUR BODY.

THIS MONTH'S

wellness & shalom

my body

♥ HEALTHY HYDRATION

I'm drinking more: _____

♥ HEALTHY TALK

I'm speaking more: _____

♥ HEALTHY MOVEMENT

I'm doing more: _____

♥ HEALTHY EATING

I'm eating more: _____

♥ HEALTHY SLEEPING

I'm going to bed: _____

I will plan to take my Monthly Moment on / /

Top 3 must do's this month

For more Monthly Moment guidance, refer to blog post, *Nurturing Sabbath Rhythms Part 2*.

A HEALING MOMENT >>> Discover The benefits of essential oils.