

Pearls & GEMS

Mini Mag to Inspire Today's Urban Girl

Inaugural Issue
JANUARY 2019



The power of

**MENTOR-
SHIP**

BE

THE *Best*
VERSION

OF YOU!

2019

the year of

Fearless
Confidence



Do You Know How Exceptional
You Are?

You are a GEM designed for destiny
and empowered with purpose!

Ephesians 2:10a

Hi Pearls & Gems!

We are so excited to introduce to you a new "mini-mag" just with YOU in mind! PEARLS & GEMS magazine is filled with fun things and stories that will inspire, inform, and encourage you to become all that you are destined to be as young women. We truly hope you enjoy this first issue. As you anticipate another year filled with new challenges and opportunities face them with **FEARLESS CONFIDENCE in 2019!**

Love,
Lady Cynthia and Ms. Celena!

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**PEARLS & GEMS
MINI-MAGAZINE
Vol.1 No.1
JANUARY 2019**

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I am so happy to be a part of **Pearls & GEMS Magazine's** first edition. My name is Autumn Pillow and the niece of the founder. I am 16 years old. Have you ever thought about how you portray yourself to others? Most of us at this age focus on weight and appearance. What we should be focusing on is health and our behavior. When it comes to food, we should focus on the healthfulness of foods and not about weight. I may not be as slim as others, but I feel good about my health because of the food that I eat. Of course, I eat junk food just like any other teenager. However, I have a balance. I know that it is not healthy to eat junk all day and not get in my vegetables and fruit intake daily.

*G*oing to the store to shop for clothes can sometimes be daunting. I went shopping during the holiday and noticed it is becoming harder to find clothes that are not too revealing. Have you noticed that our jeans are oftentimes way below the waist and shirts are sometimes right above the pants line? At this age, I do not want my skin to be showing. I want to dress for my future in mind. Yes, I like skinny jeans just like everyone

else. I like to wear a crop top just like others. I like to underline mine with a cami so that my skin is not revealed. There is a time and place to wear them. Buy things for your wardrobe for all occasions. Keep in mind that if it is something that you know your mother would not want you to wear, don't buy it.

*G*oing into this New Year, I'm encouraging you to work on yourself and become the best version of you. For instance, if you know you struggle in math, study it. After you have done all your homework or if you cannot get the last eight count of your dance routine, practice until you get it right. All I'm saying is to compete with the girl you were last year to help you exceed your goals. Also I'm encouraging you to set higher goals throughout the year. I like making vision boards and hanging them in my room so I see them and be reminded of my potential and what I can do if I work on myself and achieve my goals.



.....Autumn Pillow

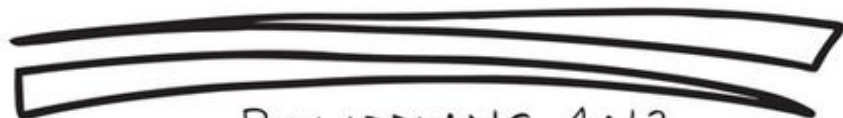
I Can Do

All things



THROUGH CHRIST

who gives me
STRENGTH.



— PHILIPPIANS 4:13

Dream Big!



By Kishma A. George

Many times, we lose sight of our God-given purpose! Most of us have dreams and goals we aspire to achieve, but often we inadvertently allow life's circumstances to move these visions aside. God showed Abram a vision that he would have as many children as stars in the sky. At that time, Abram was old and without children, but Abram believed God! He had faith in God's promise. To have faith in God is to trust him. Hebrews 11:1 says: *"Now faith is the substance of things hoped for the evidence of things not seen."*

Has God ever showed you a vision? What was your response to the vision? Did you believe what God showed you in the vision? One day during my prayer time, He showed me a vision where He wanted me to produce an inspirational stage play to empower people to pursue their God-given dreams. I laughed. God, are you serious? I told God I had not taken acting, nor drama

classes in college and that I have never written a stage play in my life. When I left my prayer room, I called my mom and told her what God wanted me to do. Her response was "Yes, you can do all things through Christ who strengthens you."

Remember to share your dreams with only those who will **EMPOWER**, **MOTIVATE** and **INSPIRE** you to birth your God-given dreams. The following month, I kept my ears to the pulse of God for direction regarding how to put the stage production together. As I moved in faith, the doors began to open. I partnered with other great women who had a wonderful story and the stage play was created.

I want to encourage you that when you have a dream, do not give up! When your dream seems impossible and you are struggling to overcome challenges standing in your way, remember that your God can move mountains! When you have a dream, YOU have to disconnect from people who disrespect your God-given dreams and drain your energy. Surround yourself with people who believe in you, inspire you and motivate you towards reaching your vision, dreams, goals and destiny! You have to guard your mind against dream-killers and distance yourself from the small minded and negative people who want to put

you down. Having positive relationships and the right people in your life will empower you to reach your highest potential in God.

When you have a dream, take a leap of **FAITH!** God wants you to step out on faith and believe you can write that book, start a business, a clothing line, sing, write a play or become the class president!



Dr. Kishma A. George

Keep **PUSHING!** Keep **DREAMING!** Don't give up! It's time to change the world with your **DREAM!** God has called you to **DREAM** so He may use you to **CHANGE** the **WORLD** and make a difference in the lives of others! Remember, **DREAM BIG!** It's **YOUR TIME!**



THANK YOU

I'M SORRY

PLEASE

EXCUSE ME

MANNERS MATTER

Having GOOD MANNERS means thinking about others before ourselves. Acting with kindness and showing appreciation!

“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.” – Matthew 7:12

Dear Pearls and Gems,

I am excited to share what God told me about his Pearls and Gems. The Father says I created you in my image and often times you/ we never see ourselves in that light. The Father says remind you with how he sees you and how he feels about you.

The Father says,

You Are Fearfully and Wonderfully Made

Live your life Boldly and Beautifully

You are unique

You are smart

You are kind

You are worthy of Love & Affection

You are never too much but you are always enough

You are a crown of beauty instead of ashes

You are powerful

You are capable

You are strong

You are creative so began to create

You are the most stunning of My creations

I grant you access to go declare who I am and live your life

Fearlessly and Unapologetically...



Love you,
God's Diadem Vazena



YOUR SPACE

Your Room is your haven: It's where you sleep, study and have fun! So if you need to make a change – **Rearrange it!** Of course get your parent's permission and assistance.

Here are a few tips on better utilizing **YOUR SPACE!**

Zone it Out! Have a master plan for your room:

- **SLEEP** – Position your bed, nightstand, reading lamp and storage bench (if you have one).
- **STUDY** – You should have a homework nook. A place for your desk, chair and lamp
- **FUN** – You should leave a space open in your room for fun. Make it cozy with pillows a place to just chill and relax.

Rules for rearranging your room!

- **The Bed Goes First:** Decide where you want to place your bed. It's the biggest piece of the puzzle. Everything else centers on that.
- **Find the Flow:** Push your bed, desk and other large furniture against the wall.
- **Turn your window into a focal point** by putting a nightstand, desk or comfortable chair by the window. If you have a small room, hang a mirror opposite the window to give more light.

**DEFINE YOUR
STYLE.**

**WHAT IS YOUR
FAVORITE COLOR
FOR A BEDROOM?**

BECOMING

MICHELLE
OBAMA



**Inspiring &
Empowering**

Books of the Month

**Lena In The Spotlight
Series**





As a child growing up in SE Washington, DC I often dreamed of one day making enough money to move my family out of the hood. The only problem was I didn't know how I would do it. I had a dream of becoming wildly successful, but I didn't know if it would really happen. The dream seemed so far away and sometimes impossible. How would a little brown girl like me be able to make enough money to support my entire family. I didn't know, but it didn't stop me from hoping and dreaming big. When I was younger, I admired the pop celebrities Monica, Brandy and Aliya. I was blown away by their success at such a young age. Everything about them seemed perfect. Their amazing style, striking beauty and slim figures were all impressive to a young girl like me. They were my role models. I had so many questions to ask them. I wanted to know "how they made it?". I had questions! I knew that if they could make it, so could I. If only I could talk to them and get answers! The problem was, they were unreachable. I didn't have a phone number to call them on. It was impossible to speak with them. I had dreams, but no one to help me achieve them. I needed someone who was local, who I could call or visit. Who could help me? Then suddenly it dawned on me, I needed a mentor.

A mentor is a trusted advisor. Not only did I need a mentor, but every girl needs one! The way I think of it is, we need mentors like we need lip gloss! It's a must!! Life is a journey and the goal is to reach a destination. That destination includes our hopes and dreams. Along the journey we will need people to help us along the way. People who have already walked the path and know how we can reach our destination. That's the role of a mentor! A mentor makes accomplishing your goals easier. A Mentor should be:

- someone with a good reputation, preferably of the same sex.
- knowledgeable in the areas you are looking to excel in.
- someone who not only listen to your concerns, but they provide guidance, instructions and provide helpful resources.

Think of a mentor as **a tool** to help you accomplish your goals. This year make it your goal to identify a mentor. Take your time and look around for good candidates. Oftentimes the best mentors are in hands reach. Mentors come in many forms. It could be your teacher, coach, family member, Pastor, local business owner or the likes. Tell your parents who you

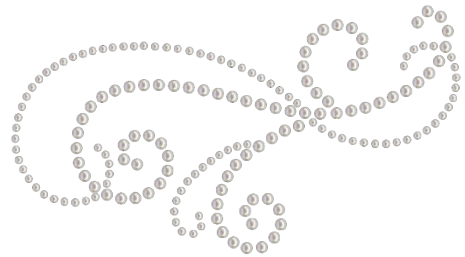
are considering and with their approval, ask the candidate if they can mentor you. If they say yes, be honest with them about your expectations and your goals. Be confident in your decision knowing that you selected the best person for the job. Be open to their mentorship plan. Be willing to commit your time, listen and follow their advice. A good mentor will make time for you and teach you things you may not have already known. A good mentor will push you and encourage you to be great! A good mentor will keep you on track to accomplishing your goals. A good mentor will help build your confidence, by speaking to the greatness inside of you! Don't be afraid to



Shaquida Ano

talk to your mentor and ask questions. If you don't know, ask! It may take some time to develop the relationship, but if both parties remain consistent, you will grow, and find yourself accomplishing your goals and walking into your future with fearless confidence!

"We need
MENTORS like we
need lip gloss!
It's a must!!"



*"Embrace the gifts
that God has
placed on the
inside of you. They
are unique. They
are extraordinary.
They are what
makes you –
YOU!"*



A pink polka-dot bag with a gold buckle is visible in the bottom left corner. A heart-shaped mirror with a pink frame is in the top left. The background is a light pink textured surface.

When I Breathe!

To Breathe is to live,
Is to be free, and enjoy life,
To be grateful for the life that was
given to me,
To have that time with my family, friends and
Love ones
To wake up and say
"Thank God, for one more day,"
You breathe into me one more time
And I'm thankful
To run,
To walk,
To appreciate that my whole body is in order
And in my right mind,
To say to the world,
"I am who God says I am!"
The head,
And not the tail,
Above only,
And never beneath,
More than a conquer,
Created in His image,
That I don't have to stay down
I can get back up,
I am a royal priesthood,
And so much more,
So when I breathe
And when YOU breathe
There is nothing that can stop us!
Nothing....

By Ms. Celena

ARE

WHO

1. I consider myself to be enthusiastic and outgoing.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
2. I am often critical of others and argumentative
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
3. Others consider me to be reliable and to have excellent self-control.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
4. I tend to be anxious and get upset easily.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
5. In general, I embrace new experiences and challenges.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree



YOU

How well do you know yourself?

ARE

WHO

YOU

6. In general, I tend to be quiet and reserved.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
7. Others usually consider me to be warmhearted and sympathetic.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
8. I tend to be disorganized or careless in my daily work and habits.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
9. In general, I tend to be calm, with an emotionally even keel.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree
10. I consider myself to be fairly conventional and not particularly creative.
 - ☐ Strongly Disagree
 - ☐ Disagree
 - ☐ Neither Agree or Disagree
 - ☐ Agree
 - ☐ Strongly Agree

How well do you know yourself?

Wishing our **JANUARY** Pearls & GEMs!



HAPPY

birthday!



LAST WORD FROM THE EDITORS DESK!

We hope you enjoyed reading the inaugural Edition of Pearls & GEMS magazine and are looking forward to the upcoming February issue. We welcome your feedback and comments on what you would like to see in future issues of the magazine at purebeautygif1@aol.com or info@purebeautygem.com. Our theme for February's issue is: *What the World Needs Now Is Love!*



Write for Us!

Do you have a great story to tell, tips to give or an inspiring poem? Do you just love to write? We encourage you to use your creativity to inspire girls like you!

HERE'S WHAT YOU HAVE TO DO

Be sure to include:

- First and Last Name
- Address and Phone Number
- Photo with your Birthdate (include year)
- Parent's signature

Send your story and information to:

info@purebeautygem.com or purebeautygif1@aol.com. Allow 4 weeks for a response.



SAVE
THE DATE



Pure Beauty GEM
2nd Annual



Hats and Pearls
Springtime
Tea

ONLINE REGISTRATION
FORTH COMING

www.purebeautygem.com

or call

301.213.2470

SATURDAY

April 27th

11am- 2pm