

# Pearls &

MAY/JUNE  
2021

Mini Mag to Inspire Today's Urban Girl

## GEMS

**SUMMER BREAK  
TRAVEL**

**MAY/JUN DEVO**  
*Coloring Page*  
*Word Search &*  
*More...*

**PBG's Summer Book  
Club"**

Brianna Findley

**THIS IS  
ME!**

Khylah Keon  
**GIRL OF  
CHARACTER**

**GIRL  
BOSS**

*Author: Catalina Floyd*  
*Book: "I Can & I Will!"*

**2021 Graduates and Promotees**



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## PEARLS & GEMS MINI-MAGAZINE

May/Jun 2021

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### PEARLS & GEMS

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You are God's Exceptionally Made (GEM) Girl! Designed for destiny, empowered with purpose. Encouraged to dream as we inspire you to soar!



## From the Editor

*Hey There* **GEM**

*Girls!*

It's **SUMMER TIME!** School is finally over for the year and most importantly, we can really enjoy a summer of fun. Yes, we are still in

Post-Pandemic mode, but at least we can enjoy the summer. Have you gotten your shots yet?? If not, please make sure you do. We still want you to be safe.

This is our last issue before we take a summer break as well. But we will be back in September with another awesome issue. Although this issue is not a large one as the ones before, it is still packed with good stuff. One more time, we want to give a shout out to all our graduates and promotes of 2021!! **YOU DID IT!!!** Remember, leaders are readers, so we have provided for you our own **SUMMER READERS** list, Take a look at it. You may find something that interests you.

Next, get to know our latest CONTRIBUTING WRITERS, **Brianna Findley, Khylah Keon, and Catalina Floyd** addition to **Mother's Day, May is also Mental Health Awareness** month. In our **DEVO** read about those **"Sticky Feelings"** called emotions. Yes, God has given us emotions, but It's important we learn how to handle them as well. Also, I have written a special letter of love just with you in mind. Have fun with **the Father's Day Word Search**.

Of course, we still have the "other stuff". **GEMS Coloring Page. A Refreshing Summer Recipe, & Fun Places to Go this Summer.** Enjoy your Summer! Have lots of fun but be careful and stay safe. Until next time, GEMS!

*Celena*



**JESSICA BARNES**



**CIERA HODGES**

**2021**

P&G Would like to acknowledge all our graduates as well as those who have been promoted to the next level.

- \* Jadia Key
- \* Peyton Brooks
- \* Khylah Kenon
- \* Madelyn Young
- \* Nari Whitfield
- \* Nyla Whitfield
- \* Milan Elder
- \* Kayla Thomas

- \* Iyana Hayes
- \* Makayla Freeman
- \* Romona Pillow
- \* Charity Brown
- \* Nahysha Turkey
- \* Egypt Ano
- \* Zoey Robinson
- \* Iris Alverado

- \* Arianna Sanchez
- \* Jasmyn Cepeda
- \* Tuesday Perry
- \* Zoey Jones
- \* AngelCollins
- \* Makayla Brown
- \* Marlana Nuez-Brown
- \* Catalina Floyd

***Congratulations Ladies!***

**JEREMIAH 29:11**

**"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil to give you a future and a hope.**



# All Things Summer

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ROETWUGWVFMQNEQHGRASSEIU  
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AUGUST	JULY	JUNE	SANDCASTLES	SAND
BUGS	MOVIES	SUMMER BREAK	TOURIST	
ORLANDO	DISNEY	ICE CREAM	WATER	OCEAN
GRASS	AMUSEMENT PARK	WATERPARK	SUN	TRAVEL
SWIMMING	SHADE	SUNGLASSES	SIGHTSEEING	BEACH
VACATION	HUMID	HEAT	FLOWERS	FAN

## WORD SEARCH



THIS IS ME

**BRIANNA**

F I N D L E Y



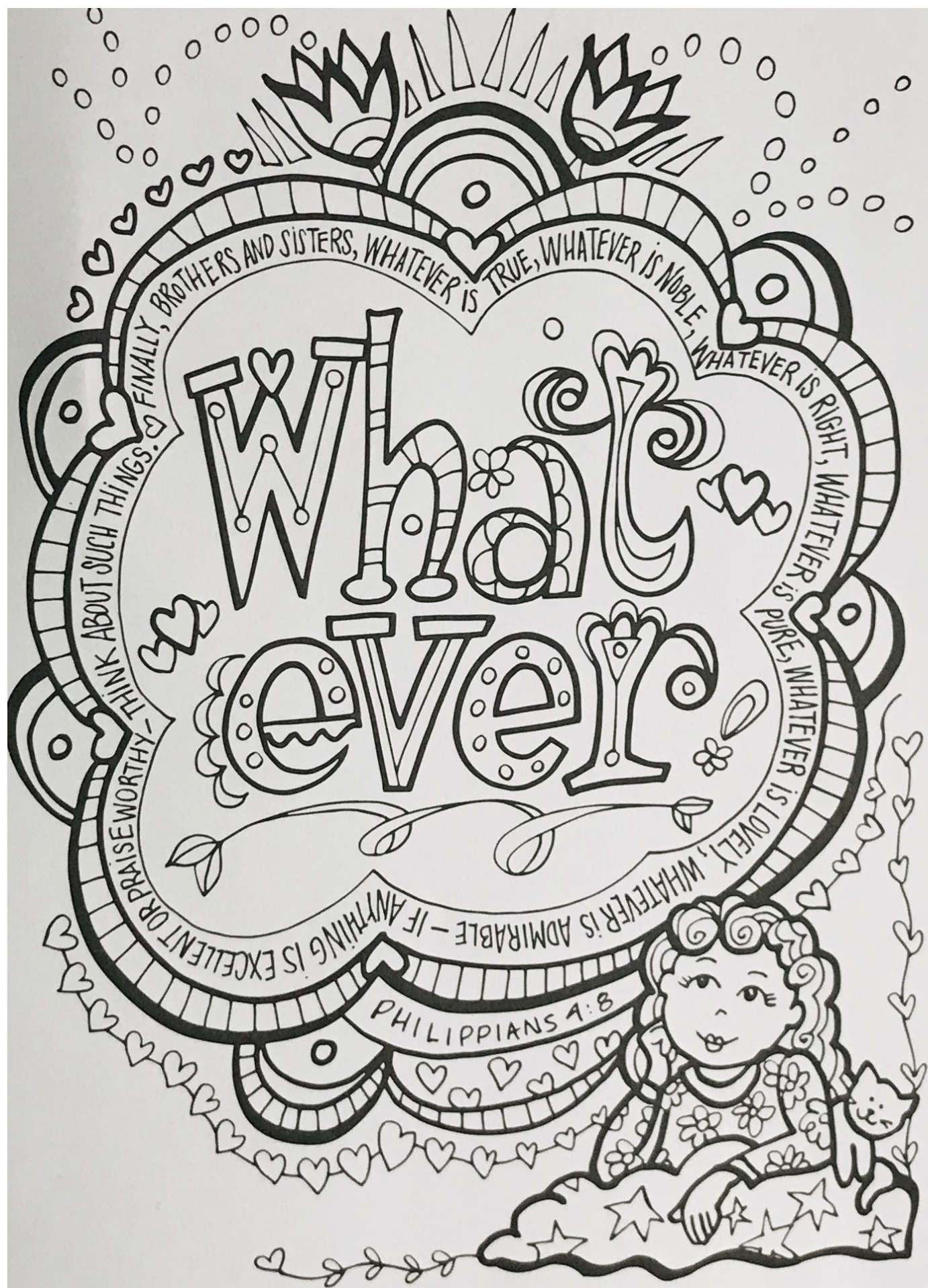
**Hi!!!** I am Brianna Findley. I am currently a 7th grader (going to 8<sup>th</sup> grade) at Thomas Pullen Creative and Performing Arts Academy. I live with my mother, father and three brothers. I am the only girl. Oh, did I mention I was a twin! I enjoy being the only girl and having a twin brother, but just between us, they do annoy me sometimes. I am a chorus major at Pullen, but I probably should have been a drama major because I can be a little dramatic at times, but who isn't.



I like to read and write in my journal. My favorite book series is *The Last Kids on Earth* by Max Brallier. When I am not reading or writing, I like to play video games and play softball. I like to try new foods and enjoy eating out with my family. Olive Garden is one of my favorite restaurants because I LOVE pasta. My favorite color is Turquoise because it is calm and relaxing and after this year of living in a pandemic, we all can use a relaxing place.

The last year has been crazy. I have celebrated two birthdays during this pandemic. Going to school online has been stressful but I have managed to keep my grades up and made honor roll the first and second quarter. I lost my grandmother to Covid in January, and I struggled with it a lot. But what I learned most from all of this, is family is everything. So even if my brothers annoy me at times and I can be a bit dramatic, I have a family that supports me, and I love them so very much!!!!









**Khylah**  
*Kenon*



Congratulations to Miss Khylah Kenon for receiving 5 awards from the "Girls of Character Program: Putting God First In All Things!"

Khylah received...

- \* Kindness Counts
- \* Miss Manners
- \* Awesome Attitude
- \* Blossom Award
- \* Participation Award

Be  
You  
tiful







# STICKY FEELINGS

4 Points in  
handling emotions

DEVO MAY/JUN

Emotions can be tricky. God gave them to us, and they are a part of who we are. Think about this: why do you feel happy and relieved when you have graduated or have been promoted to the next grade? Or better yet, summer is finally here, and you can actually enjoy a summer of fun (post pandemic)? However, on the flip side, why do you feel angry and frustrated if you didn't make the team, you practice so hard to get into or if your bestie has hurt you? These are all normal emotions. That's why they are sometimes called "sticky."

In a single day we experience a lot of emotions. Some are good while others not. *Ephesians 4:26 tells us that in our anger not to sin.* It doesn't mean that we won't get angry, but the challenging part of that scripture is "not to sin." And how do we do that? Through self-control.

For this month's **DEVO**, I want to share with you 4 points that would help you in managing those "sticky" feelings we call emotions.

**POINT 1:** Emotions aren't always truthful. Just because emotions aren't always truthful does not mean that they don't feel real. It just means that at times, when we respond emotionally, we may not be responding in the best way.

*3 John 1:2 (NIV) Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*



Here, God really does want you to prosper in every way that includes your soul and emotions. Let God show you how you can become an emotionally health person.

**POINT 2:** Unchecked emotions can hurt you.

*Psalms 37:8 (NLT) Refrain from anger and turn from wrath; do not fret-it leads only to evil.*

Don't let anger, frustration, depression, anxiety, and other negative emotions boss you around.

**POINT 3:** Self-control in your emotions will lead to freedom. If we want to walk in the freedom and good things God has prepared for us, we have to CHOOSE to walk in SELF-CONTROL when it comes to our emotions.

*Proverbs 25:28 (NLT) Like a city whose walls are broken through, is a person who lacks self-control.*

*Galatians 5:22-23 (NLT) But the fruit of the Spirit is love, joy, peace, patience, kindness, gentleness, and self-control. Against such things there is no law.*



**POINT 4:** Your emotions follow your thoughts. If you find yourself overcome with anger, fear, anxiety etc. Stop and think about what you have been thinking about.

*Isaiah 12:2 (NIV) Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself is my strength and my defense.*

Have you been focusing more on the problem going on, or on God!

As we continue to work on self-control in our emotions, you and I will have the victory and God will get the glory. So once again when you may be feeling some kind of way about a situation, remember to **“THINK ABOUT WHAT YOU ARE THINKING ABOUT!”**

*Philippians 4:8 (NIV) Finally, brothers and sisters, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy, THINK about such things.*

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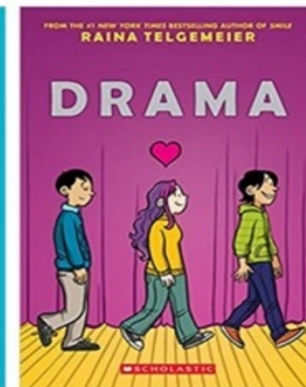
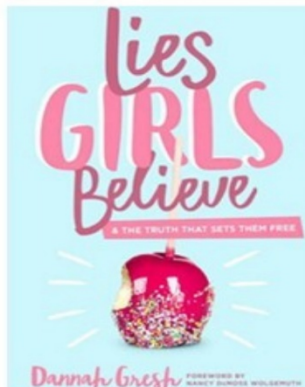
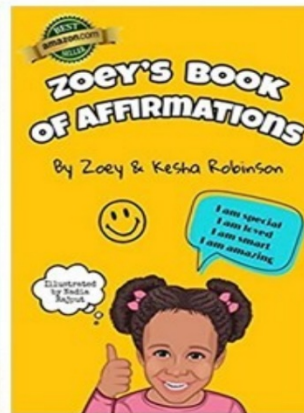
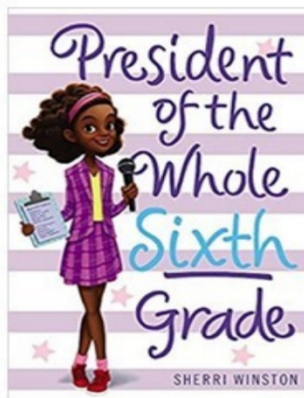
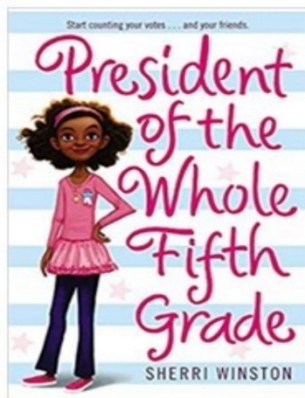
**\*\*A WISDOM GEM\*\***

*“It’s okay to get angry, but make the decision to express your anger appropriately, because uncontrolled anger is destructive. It also helps if you talk to God, about what’s really going on in your heart.”*



# SUMMER

## Book List

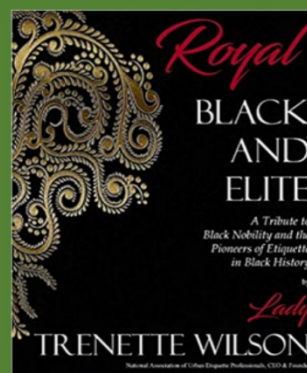
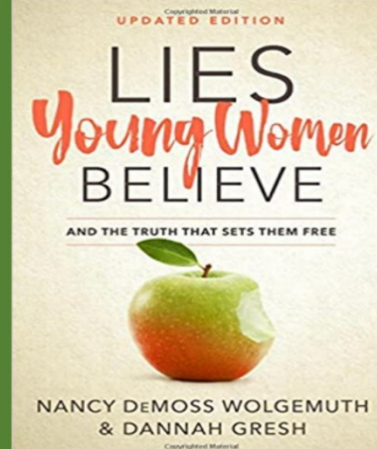
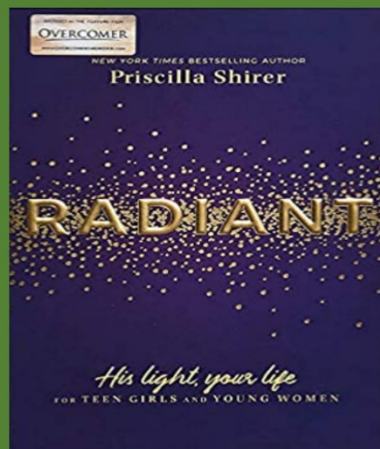
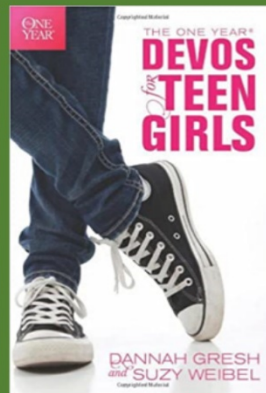


**LEADERS ARE READERS!!**



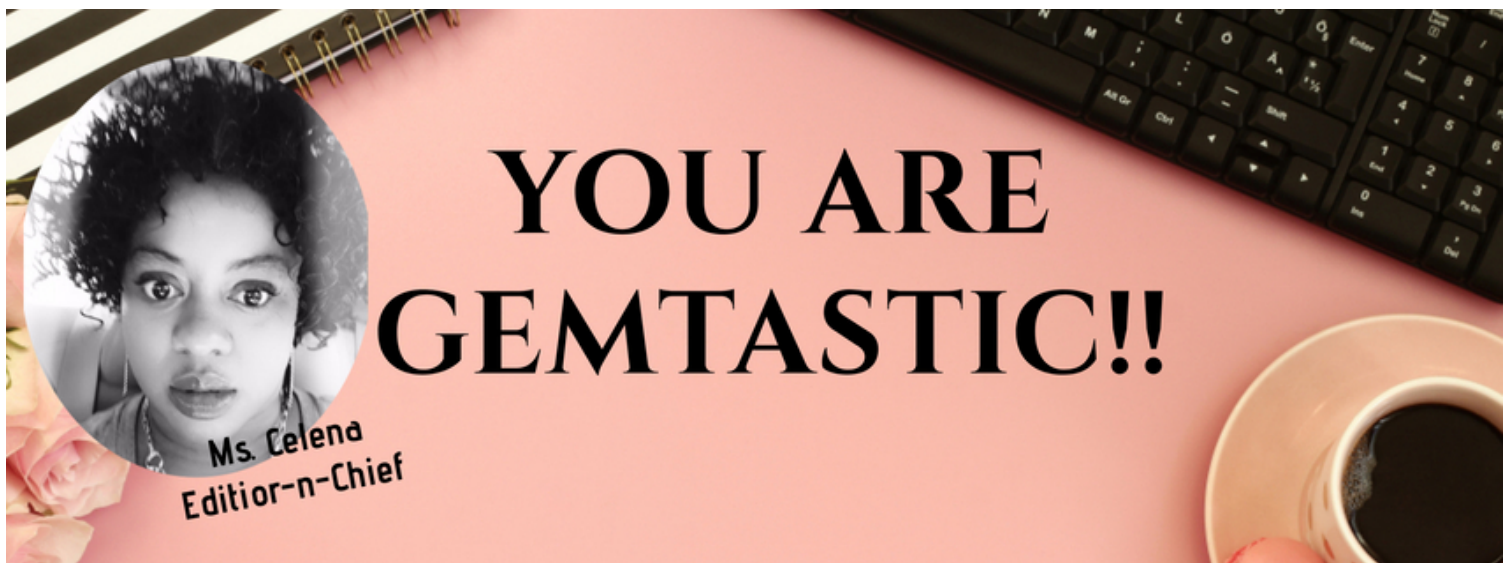
# SUMMER

## Book List



**LEADERS ARE READERS!!**





## *My Precious* **GEM** *Girls!*

I am writing this letter to you, to first express how much God loves you, and your family and friends love you. Also, that God made you beautiful, gifted, unique, smart, kind, funny, giving, creative, and so much more. There is nothing wrong with you, and as challenging as it may be growing up during this time, it can be difficult to feel that way about yourself.

I struggled with it myself growing up as a tween, teen, and even well into my adult age now. But what helped me to Love **ALL** of me (my good qualities, my habits I need to work on, my likes and dislikes about my body, my insecurities) is talking it out to my Father in Heaven, and having family, friends, and people I care about love me unconditionally, and allowed me to be me, with all my flaws and all. They also took the time to talk to me, and told me what I needed to hear, not what I wanted to hear. And yes, I had attitudes with those people, but I am so very grateful today for them loving me enough to tell the truth no matter what.

So, my **GEM princess, and Queens in the making**, except Christ into your heart, age is not factor. And if you need to know more what it means to become save, don't be afraid to ask someone in your family, or someone you love and care about. It's ok to have and ask questions about Jesus, and who He is. Also, what does it mean to be saved, ask, so you can understand it for yourself. Second, talk,

be open with God, have conversations with Him, He will listen, but you must listen back. And last but not least, reach out, be open and respectful always with your parents, someone in your family you can be open with, if not your parents, someone outside of your family, that your family is close to, and trust. I just want you to talk, and

get what you need out, when your feeling insecure, angry, sad, depressed, or wanting to do wrong, or something that can harm you or others. Don't keep it bottled up.

And parents, family, mentors, life coaches, health care professional always remember to create a space for your girls, where there is no judgement. They will eventually

open up, and share what is on their heart more, if they can sense that they are not being judge for what they are feeling.



# WRITE FOR US YOUTH, TWEENS, TEENS, MENTORS...

Put your talent, creativity and love for writing to use! Your work could be featured in the next issue of P&G Magazine!

*for more info*

Email: [purebeautytgif1@aol.com](mailto:purebeautytgif1@aol.com)

CALL US + 301-213-2470

\*youth under the age of 12 must get parents permission





# LET'S GO!!...

## SUMMER TRAVEL



Beach  
Fun



Live  
Productions



Amusement  
Parks

### Cities to Explore & Fun Places to See...

- \* Washington, DC
- \* Baltimore MD
- \* Atlanta GA
- \* Orlando FL
- \* Williamsburg VA

- \* African American Museum
- \* The Bible Museum
- \* Disney World
- \* Bush Gardens
- \* Ocean City or Virginia Beach

Can You Name Some Places  
to Go In Your City?



**A HEALTHY YOU IS IMPORTANT!** If you want to live a long healthy life, you

#### WAYS TO INCORPORATE MORE WATER

- ❖ Drink 1 glass of water before breakfast.
- ❖ Carry a 32oz bottle everywhere you go. (that equals to 4 8oz glasses of water, your daily recommended intake).
- ❖ Drink water in place of what you would normally drink for one of your daily meals.
- ❖ Add fruit (strawberries, lemon, orange) to infuse your water.
- ❖ Try different types of bottled water until you find the one that you like.

must begin by taking care of yourself, by eating right and

make exercise a part of your daily routine. Health

comes in three parts: spiritual, physical, and

mental. However, for this article we will focus

on the physical. One of the things your

physical body needs is ---**WATER!!!**

Your body is 2/3 water which is more than 60%

of your body. Which means your body needs about

8 to 9 glasses of water per day to stay properly hydrated.

I know it's a challenge, but because we need it we have to find some creative ways to drink more of it. Check some of the ways I use to incorporate more water into my daily routine.



# Catalina Floyd

girl  
boss

# I can & I will



Catalina Floyd is a six year old kid entrepreneur, and author of her book entitled "Things I Like". She hopes that her book will inspire other children to read and enjoy the things that they also like to do.

When she is not writing she loves to sing, dance, praise dance, read, make up songs, teach and encourage her special needs adult brother who has Autism. Catalina loves to motivate and be kind to others. Her motto is 'I CAN & I WILL' because she believes that she can do everything through Christ who strengthens her.







**Ladies of every age are encouraged to attend.**

\*Young ladies under the age of 12 must have parents permission.

# *Confident Queens 2*

## IMAGE & SOCIAL GRACES



Host  
Lady Cynthia Pillow



Instructor  
Lady Renita Jackson  
Jackson Etiquette

For additional  
information  
Call or Text  
301-213-2470



**AUGUST 21st**  
**1PM - 2:30PM EST**

**12PM CST; 10AM PST**

**\$10**

Investment  
\$pbgem15  
(CashApp)

purebeautytgif1@aol.com  
(PayPal)

<https://us02web.zoom.us/meeting/register/tZEqde6spjMoEtTlss2yJbsitnMYn0Oioxnh>



# HOW DO YOU FEEL ABOUT CLOTHES?

## Quiz

1. Clothes tell everyone how I am inside.

True False

2. I would be too embarrassed to wear something outdated.

True False

3. I spend just about all of my money on clothes.

True False

4. I judge others by what they wear.

True False

5. I hardly ever notice what anyone wears.

True False

6. My day is made or ruined by the outfit I wear.

True False

7. If anyone wore the same outfit as me, I would be totally shocked and angry. I want to be original.

True False

8. If I don't receive compliments about my clothes or at least envious glances, I get upset.

True False

9. I don't care what I wear, just as long as what I wear is clean.

True False

10. My wardrobe could use some updating.

True False

How many times did your circle True?

- Four or fewer: You see clothes as necessary but aren't ruled by them.
- Five to seven: You are average in your thoughts about clothes.
- Eight to ten: You are clothes-conscious to a fault.

Let's be honest. We all think about clothes to some degree. A new outfit, or at least a tried-and-true one in which we know we look good and can boost our confidence.

However, what purpose do clothes really serve in your life? For some, clothes represent a life they think they want (example being seen as popular). For other's clothes are a shield they hide behind. But you know as wonderful as having new clothes are, they do not make up for the grace of a humble heart.

*"All of you, clothe yourself with humility toward one another, because God opposes the proud but shows favor (grace) to the humble. Humble yourselves therefore, under God's mighty hand that He may lift you up in due time. Cast all your anxiety on Him because He cares for you."*

According to 1 Peter 5:5-7, humility is what we should really be clothed in. Being humble is not easy.

**JUST LIKE CLOTHES COVER YOU ON THE OUTSIDE. ALLOW HUMILITY TO CLOTHE YOU ON THE INSIDE.**



# Pure Beauty GEM Presents



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future of success filled  
with unlimited  
possibilities to soar."*

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Leadership  
Image  
Job Readiness  
College Preparation**

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Ages 12 - 17**

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