

# Kingdom The *New Heaven Dominion* Newsletter

“A good friend knows all of your best stories. A sister has lived them with you.”

## I AM MY SISTER'S KEEPER

Mission is to bring forth awareness, support, and empower diverse young women to learn how to draw strength and encouragement from each other during events they may face in life.



## A Message from *Velvet George* Executive Director

Although we may experience chaos and changes throughout our lives, having a deep bond with a sister/friend can function as a safe place for us to breathe, cry, scream, vent, and just to be accepted, embraced, and honored. The kinds of support we receive from our sisters (blood or not) are unforgettable. Sometimes they may be not available to your every need physically, but there is unexplainable comfort, love, support, and a sheer energy that you receive because of the bond you have created within each other. True sisterhood helps us to share both the light and dark parts of our journey.



## ECCLESIASTES 4:9-12

**9** Two are better than one; because they have a good reward for their labour. **10** For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. **11** Again, if two lie together, then they have heat: but how can one be warm alone? **12** And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

## SISTERHOOD is not Quickly Broken

A good sister demonstrates good qualities. Here are some traits to build a good foundation on Sisterhood:

- Loyalty
- Respect
- Honesty
- Trustworthy
- Empowering
- Supportive
- Teaching
- Listening
- Love
- Spiritual
- Consistency
- Nonjudgmental
- Understanding
- Forgiveness



# I AM MY SISTER'S KEEPER

Growing up, I did not have any biological sisters, but I had 2 female cousins. We would argue, fight, be rude, etc. but we had each other's backs. I know everyone is different, but it is difficult to give someone I do not have the slightest bond with a title as close as "sister". That (to me) shows that I am close to you. It shows that I have a strong bond with you. I am hurt if that bond is broken. That derives from being in a dysfunctional house. I do not want to ever be hurt again. At NHD, we do not always get along. We have disagreements that question our unity. It feels as if we only live together because we must due to being taken away from our biological families. If it were not for NHD Staff, the household would fall into chaos because we did not grow up with affection, love, and respect. Bible Study encourages us to have unity. It makes me want to express my love and care because no one can judge me while I am in the presence of the Highest. Sisterhood is when you take time to build a bond. When you take time to show each other who you really are and accepting who they are. At NHD, I know we can have sisterhood. I continue to have hope that we will.

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As the oldest sister there is a lot of responsibilities, but it is truly a blessing, you get to see your younger siblings grow up. They come to you for everything and they feel that sense of protection from you. I am my sister's keeper. I protect, I am that safe place, that is my obligation to my siblings. That is who I am. You do not always have to be blood to be your sister's keeper, you can be soul sisters, sisters in Christ, sisters in social groups. Building a bond with an individual, you can show her that there is more to the world than hurt, pain, rejection, unworthy, and heartache. I want to show that sisterhood is more than a label, it is an action! You must be that sense of protection that sense of warmth, that feeling of love. Whoever it may be, you can be that feeling of comfort, you can be that shelter, you can be that protector! That is what sisterhood means to me

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When I hear, "I am my sisters' keeper," I think of being there for my sister as someone she can come and talk to about anything on her mind. I want to be the type of sister that she can come and open to. I believe there should not be any judgement towards her of what she tells you in confidentiality. You should be there for your sister through thick and thin. You must have trust, love, and respect for your sister, as well as her to you. When you see your sister shut down, you should feel obligated to help them. When someone shuts down, it often becomes hard for them to open, even to those they love. You should be there through everything. You should want to make memories and have moments where you both can reminisce on past events together. You should be able to have those moments where you can say, "I remember that day when we laughed and had the spirit of joy in us." As sisters, you should have a bond that could never be broken. You should be that safe place that she comes to for anything and everything.

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To be your sister's keeper is to be that safe spot in your sister. Being their keepers means taking responsibility in their life. Holding them up when they fall, and never leaving them behind. Being a sister's keeper is staying loyal to them despite what the world throws at either of you. As your sister's keeper, you guide them and stick by them. Be that shoulder for them to cry on and the hand that helps them. As your sister's keeper you are looked at by that person as a shelter where they can store all their feelings, issues, problems, and emotions with strong belief that it would be safe and secret with you. I grew up with a sister and it felt as if we were the closest people in the world. Coming into a group home full of girls, I never had the intention of being close with any of them. I felt like no matter how much I even tried to open up, they wouldn't truly understand me. I've been to many group homes in the past where I would get along but never close with the girls. Coming to NHD, I did not want to even try to build a bond with any of the girls here. After seeing how the staff would not give up on me and having the girls trying to be there and help me, changed my point of view on things a little. I found myself starting to open up to the girls here and we started forming a bond that I found myself not wanting to lose. Having found a sister figure in these girls makes me feel a sense of home. Even though I am not with my biological sister, I have a family full of sisters here.

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