

# LIVING S.W.A.T.A.

*Spiritual Women Awakening To Authority*

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**SHE.IS.COURAGEOUS.FEARLESS.UNSTOPPABLE.**

SWATA's 2020 SHEIS Event was one to remember! For many of us who have attended previous conferences, it was no surprise that this year was full of empowerment and rich anointing. During the midst of a worldwide pandemic that has affected lives in unimaginable ways, it did not stop "SHEIS" from being a phenomenal experience. Dr. Marcia delivered a word from God that awakened us from an exhausting and overwhelming grief-stricken climate that our country, region, state and community is facing. The tone of the two-day Event was set from the beginning with the Pre-Show hosts, Crystal Frechette and Kierra Carter. To add more depth and excitement, the sisterhood was able to witness thought-provoking conversation between Dr. Marcia and her daughter, Kindra Mone' Bailey. Without question, there was something every SWATA woman could reflect on and ponder. On Friday night, Dr. Marcia encouraged the sisterhood to get in position to pursue more of God and to faithfully go after what God has called each of us to do. We are now being challenged to show up and to ensure we are demonstrating His power in this season. Whether the call is to manage our households, teach, entertain, or to build businesses, we must be in tune to what's going on in the world, not just be content with titles and what is only happening in the church. Dr. Marcia submitted that racial injustices, COVID-19, bad news from the media, and feelings of despair should not bury us in defeat. None of these things should keep us from pursuing and showing up for what God has requested of



us. We must believe that we are a force to be reckoned with and that He will fight our battles. Dr. Marcia and Kindra Mone' began Saturday's SHEIS on The Couch, with a candid, genuine, and real conversation. It was as if we were in a cozy room having "real talk" interaction! The Q & A segment with sisters being able to ask questions relating to stress, prayer, and loneliness, provided answers that were empowerment tools. After this year's gathering, there is no doubt, the ladies of SWATA left with strategy, a new attitude, and are more awakened to passion, power, and purpose.

## STRESS RELIEVERS DURING A PANDEMIC

There is so much going on in the world, in our country and in our lives and unfortunately, all at the same time. So many stressors are being compounded one on top of the other until it can sometimes feel overwhelming. However, we can make the choice to sit in it or take authority over it. We can't always control what is outside of us, but we can exercise control over what we allow to enter into our minds, hearts, and souls.



The number one way we can alleviate stress is to pray in the Holy Spirit. We can gain insight by meditating on scriptures about peace and intentionally spending time with God.

Another way to help maintain a healthy mental state is to practice deep breathing. Deep breathing has been shown to not only reduce stressors, but also to lower blood pressure, relieve pain, and to improve immunity. In addition to the above, we can exercise regularly and enjoy outdoor activities such as walking, and soaking up sunshine.

Lastly, find a way to laugh by watching a funny movie or sitcom! Laughter has been said to be the best medicine. It draws people together by boosting moods and keeps people grounded. Laughter has even been said to help you live longer. A Norwegian study found that people with a strong sense of humor outlived those who don't laugh as much. Remember, God has given us power, and by implementing these strategies, we can overcome stress, yes, even in a pandemic.

## THE POWER OF ONE VOTE

It has been proven when it comes to changing our future, one vote can change the course of history. In 1645, one vote gave Oliver Cromwell control over England. In 1776, one vote gave America the English language instead of German. In 1845, one vote brought Texas into the Union. In 1868, one vote saved President Andrew Johnson from being removed from office. In 1876, one vote gave Rutherford Hayes the Presidency of the USA. In 1941, one vote saved the Selective Service process here in the USA, just weeks before Pearl Harbor was attacked. Your one vote matters, so be sure to cast your vote in one of the biggest elections of our lifetime.

### Reasons Why We Must VOTE:

- To show we care
- To make our voices heard
- To express our choice
- To affect change
- To influence our children's future
- To express appreciation to those who fought for our right to vote
- To exercise our right
- To improve quality of life
- To influence a seat at the table
- To help decide who governs

## *Who is "She Is"?*

*August 28, 2020*

"We need to become established in the love of God. You are She. She is you. You are fearless and you will be unstoppable. If we stay in communion with God, we can walk this thing out by seeing who we are in Christ by faith in the power of the Holy Ghost and by dwelling in God's love."

(Dr. Marcia Bailey, SHEIS Event)

## STAY CONNECTED & JOIN THE CONVERSATION

Be sure to register for the Post SHEIS Workbook Conversation at [www.iamswata.org](http://www.iamswata.org) October 29, 2020

Wear Pink  
Sunday, October 25, 2020

Stay connected  
@iamswata



DR. MARCIA BAILEY

