

# COLM



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**MAY 2024**

**DESIGNED  
TO CARRY  
LIFE**

**THE GENEROSITY  
AND SACRIFICE  
OF MOTHERHOOD**

**IT'S GREEK  
TO ME  
(MOTHER)**

**THE JOY  
OF HYDRATION:  
BOOSTING  
CELLULAR HEALTH**





THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have  
our own opinion, perspective,  
or point-of-view.....

It's not necessary that we all agree.

It is my hope that you see  
the truth within my words for  
this is how I see it....

bycherylvashti

## DESIGNED TO CARRY LIFE

### 'AN INVISIBLE SACRED BOND BETWEEN WOMAN AND THE SPIRIT OF LIFE'

As I began to think about the birth of Jesus, a multitude of thoughts come to mind. So many messages seemed to be neatly tucked away in the conception of His birth.

One message of birth that has always stood out in my mind is God's choice and trust of creating and purposing the womb of the woman to be the place where the form and development of a new life is carried for a period of time before that life enters the outside world.

God then used His very creation, woman and her womb, as an avenue to become visible. ...Now pause for a moment and dwell on that.

God thoroughly trusted woman with the honor of being the vessel that would carry life.... He trusted His creation of her and later preserved one virgin's womb for the gestation of His Word to develop and become flesh within her and be born to walk among us as Jesus. In other words, God as spirit was united with His creation of a woman's seed and was birthed as His son Jesus. Jesus said it Himself, "Me and My Father are one."

Why am I saying all of that. Being a mother has been a honor for me. Just being chosen as a source to carry a precious life is breathtaking. For the first nine months of a child's life I had an opportunity to speak life over that child, to nurture and nourish that child, and keep that child in a safe environment, all within the confines of my body. Then to recognize that the fruit of my womb is a reward granted by God. How can I ever be disappointed in that fruit.

I'm not saying that as a mother you will never be disappointed in some of the decisions and actions your child may take. What I'm trying to convey is to get mother's to stay focused on being chosen to carry life, and realizing that that life you carry is a gift

from God. That gift will need training. As parents we should understand that the period of that training is an awesome responsibility and a privilege that is very short. We must become selfless during that period and make the very best of the time that has been given to us. The teaching and training we provide during that short period has a lasting effect on their decision making and actions throughout their lives.

God has already set the plans of training in motion which is outlined within His Word. But, we perish when we are lacking in the knowledge of His Word. Our knowledge, awareness and acceptance of the spiritual principles outlined within His Word as truth has always set us free and kept us free. It is in God's Word that we receive the truth of our being, our existence and our purpose for our life.

His Word points to the truth of our identity in Him and the spiritual principles that guide us on our spiritual journey through life. Those spiritual principles keep us on the path of freedom so that we don't get lost in the temptations and confinements of our flesh. For it is in Him that we live, we move and we have our being.

How many times have you've given your child a gift and then realize that their excitement for that gift has worn off and days later you find that gift broken and no longer useful. How many rewards have you been given and once that excitement wears off you tuck it away somewhere in a dresser drawer. There are some mother's who have been deeply wounded emotionally by someone or by their narcissistic thought pattern or

their need to control. Whatever the case some of these women often chose to get pregnant thinking that a child will heal that wound. Sadly, the opposite happens, the child is born and the mother becomes the emotional abuser of that child or children.

I've seen many cases where children are used as pawns just to retaliate against the alleged abuser and/or to control the other parent. This type of behavior either births or farther dictates this type of chaotic cycle for generations to come. Nowhere is this type of behavior written in the spiritual laws of life. It is a misuse of the precious gift and reward that God has given.

Through that type of thought pattern, many children's spirits and lives have been broken simply because the parent(s) did not appreciate or accept that child as a heritage of God or His reward of the womb. But, "to whom much is given, much is required." (Luke 12:48) As women we have been blessed and entrusted to carry and nurture life, as parents we have been given the responsibility of training our children to love, trust and have faith in God, to love one another, and to walk on the path of the spiritual laws of life.

Somewhere in their generational lifeline the teaching of our true identity and value that is connected in God, was lost in the teaching of the world's ideas of value. We all know what they say, that hurt people, hurt people.

Well, people that were raise in God's truth of God, water their seeds with that same

truth of God that was pour into them. They also lead their child by examples shown in their lives.

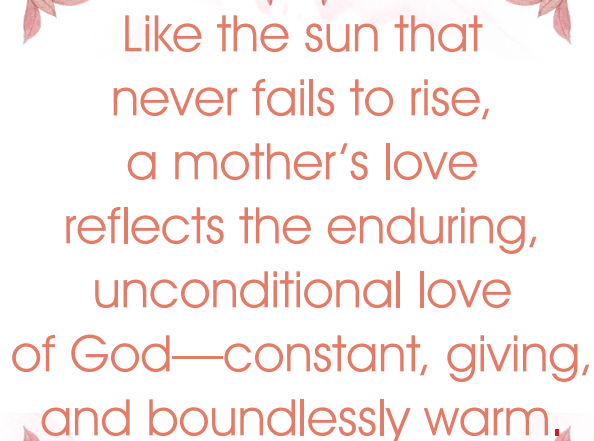
We cannot lose our focus or belittle the fact that we were chosen and given the privilege to carry life in our bodies. What is life... Jesus said, that He is the way, the truth and the life. Does that mean we have the opportunity to train up our children in the Word of God and as we do, that Word continues too become flesh through our children? Wouldn't that type of training allow the awareness and presence of God to continue to walk among us here on earth?

Mother's embrace the honor given to you on this day. You are indeed highly favored by God to carry life.

From one mother to another  
Happy Mother's Day.

These are just my personal thoughts and,

*This Is How I See It!*



Like the sun that  
never fails to rise,  
a mother's love  
reflects the enduring,  
unconditional love  
of God—constant, giving,  
and boundlessly warm.



## A MOTHER'S DAY *Prayer*

by michaelgordon

**Father, we come to You filled with gratitude for the beautiful gift of motherhood and the divine love You pour into every mother's heart. Today, we honor, celebrate, and thank You for every mother around the world, recognizing them as embodiments of Your love.**

**Bless each mother with Your presence, ensuring she and her children feel Your strength, protection, and peace. Grant her wisdom and understanding to be a loving minister of Your love, serving as a conduit through which Your grace flows to her children.**

**Empower every mother to be a nurturer, teacher, and spiritual guide, upholding the responsibilities entrusted to her by You. Fortify her with patience and resilience to support and sustain her children, showing them the depth of Your care.**

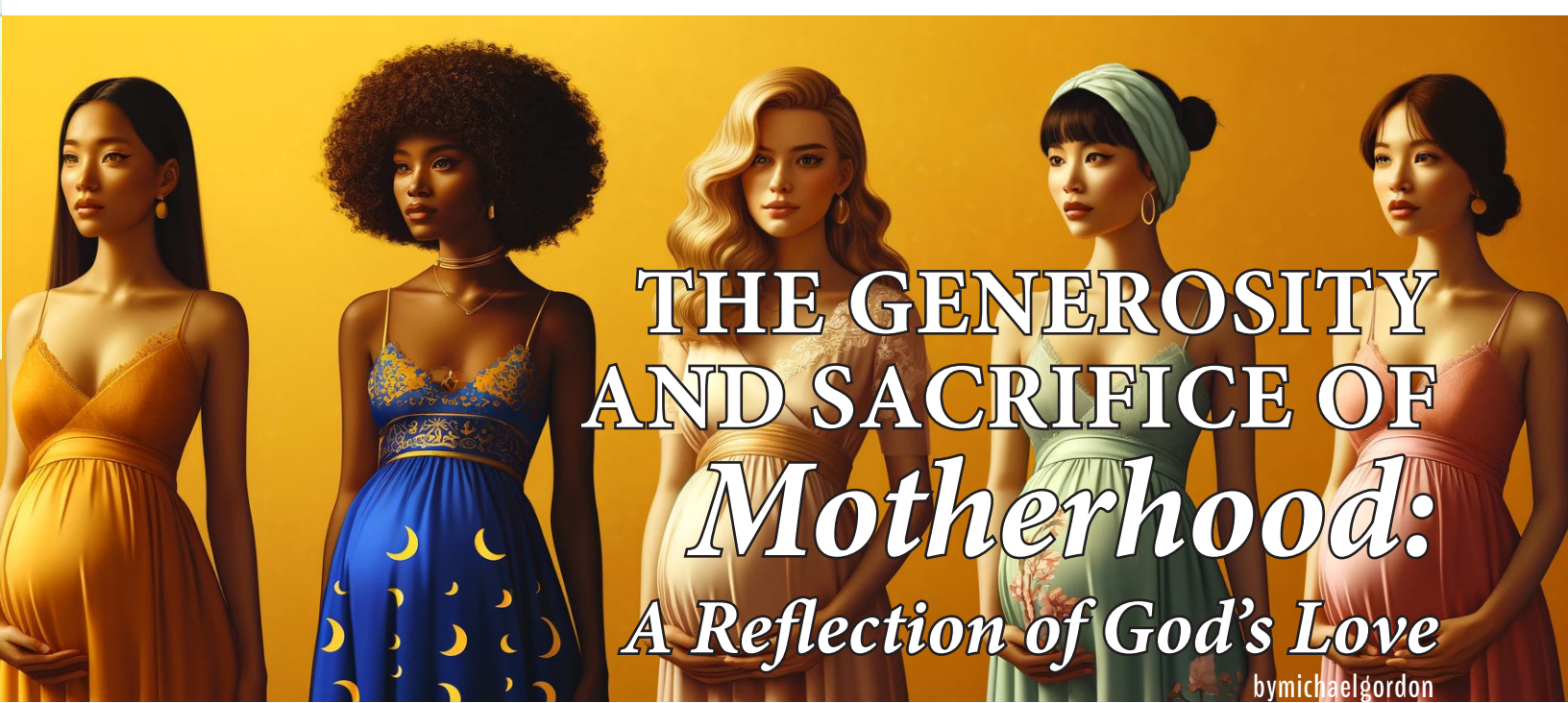
**We extend our prayers to all mothers, grandmothers, aunts, sisters, and women who act as surrogates or mother figures. May they impart Your love and truth into the lives of all children placed under their care. Let Your unconditional love permeate their hearts, filling them with joy, contentment, and Your comforting presence.**

**Lastly, Father, encourage each mother to also nurture herself—spiritually, emotionally, and physically. Fill their hearts with Your peace, enabling them to continue their vital role in the lives of their families with energy and love.**

**In the powerful name of Your Son, Jesus.**

**AMEN (It is so...)**





*“She takes good care of her family and opens her hand to the poor and the needy.” (Proverbs 31:27)*

Mothers are often seen as the living reflections of God's love, radiating warmth and care not only to their families but also extending it to those within their sphere of influence. Their hearts overflow with generosity and they willingly sacrifice for the well-being of those around them. In many ways, mothers embody the purest form of love, mirroring God's unconditional affection for us.

Let us delve into some biblical accounts that illustrate the selfless nature of motherhood:

- 1. The Shunamite Woman (2 Kings 4)** - Known for her noble character, this woman extended extraordinary hospitality to the prophet Elijah. Recognizing him as a man of God, she not only provided him with meals but also convinced her husband to add a special room to their home for him. Her acts of kindness were not aimed at gaining anything in return. Yet, because of her heartfelt generosity and sacrifice, Elijah prophesied the birth of her much-desired son, which joyously came to pass.
- 2. The Widow of Zarephath** - During a severe famine, this widow, though planning a last meal for herself and her son, obeyed Elijah's request to feed him first. Her selfless act, in accordance with God's word, led to a miracle: her jar of flour and jug of oil never ran dry. Her willingness to put a servant of God before her own needs saved her family from starvation, showcasing her profound trust and sacrifice.
- 3. The Widow with the Endless Oil** - Faced with debt and the threat of her sons being taken into slavery, this widow turned to the prophet Elisha. Following his instructions, she gathered jars from her neighbors and miraculously filled them all with oil from her small jar. Her faith and obedience resulted in a surplus of oil, which she sold to pay off her debts and secure her family's future. Her actions were a testament to her sacrificial spirit and her deep maternal instinct to protect her children at all costs.

These stories of faith, generosity, and sacrifice highlight the extraordinary lengths to which mothers go to provide for and protect their families. They remind us that mothers, like these women of the Bible, often place the needs of others before their own, embodying a spirit of giving that is truly reflective of God's love.

Mothers are indeed a special gift. Our lives are immeasurably enriched by their love and devotion. I am personally grateful for the profound influence of my own mother, now watching over us from heaven, and for my wife, along with the countless mothers who have touched our lives with their unending love and sacrifice.

Let us cherish and honor the mothers in our lives, recognizing them as the heartbeats of their families and as vivid examples of God's love in action.



## It's All Greek to Me! (“MOTHER”)

The Greek word for “mother” is (mitéra). In biblical context, the Greek term often used in the New Testament is (mētēr). This word conveys more than just a biological relationship; it also carries significant emotional and spiritual connotations, similar to its use in many other cultures.

In the Bible, the role of a mother is deeply respected and valued. Mothers are often seen as

as figures of nurturing, protection, and moral and spiritual instruction. For instance, the importance of mothers in the upbringing of children in the way of faith is highlighted in 2 Timothy 1:5, where Paul recalls the sincere faith of Timothy, which first lived in his grandmother Lois and his mother Eunice.

Additionally, the concept of being a “mother” extends beyond the literal sense in the Bible. The Church, for example, is metaphorically described as a mother to its believers, nurturing and guiding them in their spiritual journey. This metaphorical usage underscores the role of the Church in offering spiritual nourishment and guidance, akin to the role of a mother in a family.



G.O.D.  
(GREENS ON DECK)  
Healthy Habits

‘Let food be thy medicine and medicine be thy food.’  
Hippocrates —

### LEMONADE WITH A TWIST OF SEA SALT

#### Ingredients:

4 cups cold Spring water  
1 cup fresh lemon juice (about 4-6 lemons)  
1/2 teaspoon Celtic sea salt  
1/3 cup honey or Agave syrup or Date syrup  
to taste

#### Instructions:

In a large pitcher, combine the fresh lemon juice and honey. Add the Celtic sea salt and stir until the honey and salt are fully dissolved. Add the cold water and mix well.

Taste and adjust sweetness or saltiness as desired. Chill in the refrigerator or serve immediately over ice for a refreshing, hydrating drink.



# The Joy of Hydration: Boosting Cellular Health with Natural Minerals

by michael aaron gordon

Did you know that your body is up to about 70% water? That's right—you're basically a walking, talking aquarium! Keeping that aquarium pristine is key, but let's face it, chugging plain water all day can be as dull as watching paint dry. So, let's dive into the fun world of hydration and learn how to quench your cells with something a bit more exciting: natural minerals!

## THE SNEAKY PROBLEM OF CHRONIC DEHYDRATION

Think of chronic dehydration as the ninja of health issues—it's really good at hiding! You might not even notice it's there until you're tired, a bit grumpy, and your skin starts looking more like a raisin than its radiant self. It's sneaky like that. It can even sneak up on those who feel like they drink tons of water daily. But don't worry, we're about to turn you into a hydration detective!

## MAGICAL MINERALS FOR MIGHTY HYDRATION

Enter the dynamic duo: Irish Sea moss and Celtic sea salt. These aren't your average minerals; they're like the superheroes of the nutrient world, swooping in to save the day and hydrate your cells in the most epic way possible. Let's unveil their secrets and see how they make hydration a thrilling adventure.

## THE WONDERS OF IRISH SEA MOSS

Imagine a seaweed that not only tastes cool but also packs a punch with minerals that zap right into your cells, boosting your energy and making your skin glow. That's Irish Sea moss for you—nature's own hydration gel. This super moss isn't just fun to use; it's a powerhouse of health benefits.

**NUTRIENT-RICH PROFILE:** Irish Sea moss is a fantastic source of over 92 of the body's 102 essential minerals, including iodine, calcium, potassium, and sulfur. These aren't just good for hydration; they support thyroid function, help regulate metabolism, and boost immune health.

**SKIN HEALTH:** Thanks to its high sulfur content, Irish Sea moss has antibacterial, antiviral, and antimicrobial properties, making it a skin superhero. It can help combat acne, reduce wrinkles, and promote a healthy, youthful complexion.

**DIGESTIVE BENEFITS:** The gelatin-like texture of sea moss makes it a soothing remedy for the digestive tract. It can help ease acid reflux, prevent indigestion, and improve gut health due to its prebiotic effects, which encourage the growth of beneficial bacteria.

**ENERGY BOOSTER:** The rich iron content of Irish Sea moss helps in the efficient transportation of oxygen to your cells, boosting your energy levels. It's perfect for keeping you lively and active throughout the day.

With such a versatile and vibrant nutritional profile, Irish Sea moss makes hydrating and nourishing your body an exciting and beneficial endeavor.

## THE CHARM OF CELTIC SEA SALT

Now, imagine a salt that comes from the most pristine tidal pools of France, sparkling with minerals like tiny diamonds. Celtic sea salt isn't just about adding a zest to your dishes; it's a hydration hero that helps balance your inner ocean, keeping those cells joyfully hydrated.

Hippocrates —  
'Let food be thy medicine and medicine be thy food.'

**ELECTROLYTE BALANCE:** Celtic sea salt is famed for its rich mineral content, including magnesium, calcium, and potassium, which are crucial for maintaining electrolyte balance in the body. This balance is essential not just for hydration but for proper nerve and muscle function as well.

**DETOXIFICATION PROPERTIES:** The trace minerals in Celtic sea salt help detoxify the body by attracting and eliminating harmful toxins, much like a magnet pulls iron filings. This cleansing effect can boost kidney health and improve overall wellness.

**PH BALANCE:** Maintaining a good pH balance within your body can enhance your immune system, and Celtic sea salt is a natural ally in this. Its alkaline minerals help neutralize acidic compounds in the body, promoting optimal health.

**AIDS DIGESTION:** Celtic sea salt stimulates salivary glands and helps release enzymes necessary for proper digestion. Adding it to meals not only enhances flavor but also aids the digestive process from start to finish.

Celtic sea salt enhances hydration in a way that is far more flavorful and beneficial than traditional table salt. Its rich mineral content and health-boosting properties make it an essential component of a joyfully hydrated lifestyle.

The shared recipes are not only fun to make but also infuse your day with essential minerals and hydration benefits. Whether starting the morning with a smoothie, refreshing with a salty lemonade, or winding down with a warm cup of tea, these ideas will help keep your cells happily hydrated!

## CONCLUSION

So there you have it—staying hydrated doesn't have to be a chore. With Irish Sea moss and Celtic sea salt in your corner, every

sip and bite can be a delightful dive into the world of optimal health. Why not give these tips a whirl and make your cells dance with joy? Here's to happy hydrating!

**AND AS ALWAYS:  
IF GOD DIDN'T MAKE IT DON'T TAKE IT.**



'Let food be thy medicine and medicine be thy food.'  
Hippocrates —

## SEA MOSS SMOOTHIE

Who said hydration had to be boring? Let's mix things up with some creative and delightful recipes using Irish Sea moss and Celtic sea salt. These will make hydrating as enjoyable as a day at the beach!

### INGREDIENTS:

- 1 tablespoon Irish Sea moss gel  
or powder
- 1 banana
- 1 cup fresh strawberries
- 1/2 cup almond milk or coconut water
- 1 teaspoon honey or agave syrup  
(optional)

**INSTRUCTIONS:** Prepare the Irish Sea moss gel by soaking raw Sea moss in water until it expands and becomes soft. Rinse it thoroughly and blend with water until smooth. If you use sea moss in powder form no need to soak and rinse. Just add the powdered form with the other ingredients. Combine the Sea moss gel, banana, strawberries, and almond milk or coconut water in a blender. Blend until smooth. Add honey or agave syrup for a touch of sweetness if desired. Pour into a glass and enjoy your mineral-packed, hydrating smoothie!

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PRAY FOR ONE ANOTHER

## PLAN OF SALVATION

*Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.*

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



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