

Happy 2010: SSE, Inc. is EVOLVING into Colonies

No Fear Here! "2010 is going to be a year full of Abundance. So put the past behind you and move forward!" That was one of the sentences I professed in the last newsletter. Now that we all are presented with a new year, it's time to put the past in the past, and allow our future to be the golden brick road to walking in our purpose. The time is **NOW** to act on all of your passions and ambitions that you have been putting off. Procrastination is another word for fear. I recommend starting your new year by accomplishing something that you have never done before. This saying is definitely true: *In order to experience or obtain something that you have never experienced, you must do something that you have never done and step outside of your comfort zone to achieve it. If you don't try, you will NEVER know the outcome.* This is the year of Mission. Make it happen! Some great books to read to jump start your motivation are "Think and Grow Rich" by Napoleon Hill or "The Chic Entrepreneur" by Elizabeth Gordan. You can make your dreams a reality when you focus on making them a reality. I am a living result! Happy New Year!!!

January 2010



In spite of all the challenges from 2009, remember that God has an even greater plan for you in 2010.

Phyllis Jackson

Tawana N. Gibbs

Happy New Year sisters! I bring you greetings as the National Executive Membership Director. For those of you seeking to join SSE at the national level, please send me an e-mail to receive the membership transfer application. I wish you much success and prosperity throughout this new year! Please meditate on this quote throughout the year:

Each of us has that right, that possibility, to invent ourselves daily. If a person does not invent herself, she will be invented. So, to be bodacious enough to invent ourselves is wise. – Maya Angelou

Chrissy R. Terry

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{National Executive Membership & Committee Director}

HAPPY NEW YEAR! I hope everyone had a safe and blessed one. January is Mental Health Wellness Month. Mental Health Awareness Month is designed to increase your awareness about mental illnesses and to help eliminate the social stigmas associated with mental illness. These social stigmas prevent persons who may have some form of mental health illness from seeking the proper help. Mental health illness can range from anxiety disorders, eating disorders, depression to schizophrenia and suicide. According to NAMI (National Alliance on Mental Illness) about 12 million women suffer from depression every year and about two thirds don't get the help they need. January is the month elected to observe these rapidly increasing number of mental health illnesses but, we must fight year round as family, friends, and co-workers to help others take the proper steps with getting help. There are so many avenues to receive help but, it ALL begins with us.

IN CRISIS?? 1-800-273- TALK

If you a friend or a loved one is going through a tough time and you need someone:

- Find treatment
- Find a support group
- Get medication info,
- Impatient treatment,
- Find clinical trial,
- Find local affiliates or
- Just getting help for friend or loved one....



Jamese Beazer

Article for Women

Greetings sisters! As the new year begins, many of us establish new year resolutions: short-term and long-term goals. Some of these goals we may accomplish individually, while others require assistance from other individuals in our lives. Let us remember to put time aside for personal and professional growth. Get your priorities in order - make time for God, yourself, family, and friends. We only have one life to live, so live each day as if it were your last.

January 4th - 10th is **Women's Self Empowerment Week**. Take time to reflect on and feel good about your accomplishments, both big and small, role in the community, and other positive endeavors you . In addition, be sure to lift the spirits of other women in your life by letting them know how they have empowered you. Remember - "One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go." -- Sheila Murray Bethel

Chrissy R. Terry

What's to come for SSE, Inc?

GET READY, GET SET, GO!!!! Put on your full armor as it is time to work and make 2010 the best year ever for SSE, Inc.

As you know, SSE, Inc. recently became a non-profit organization servicing communities around the world. In honor of the late Dr. Martin Luther King, Jr. service initiatives for the month of January, SSE will partner with **Hands on Atlanta** and the **Inner City Homeless Shelter of Savannah** to help rebuild our communities. *If you're interested in attending, please email neb@sistersstrivingforexcellence.org TODAY.* Don't miss out on these outstanding opportunities to give yourself to the communities.

Angela Carthan