



The SASSY Way!

December Edition - 2008

A Newsletter from the ladies of Ewate.com, always helping you "Get Your SASSY Back."

Entwined Hearts

A friend will strengthen you with her prayers, bless you with her love, and encourage you with her heart.

Author Unknown

Upcoming Events:

Dec. 6th, 2008~

Sassy Women's Breakfast!

Where: Home of Regina Robinson, 501 Haltiwanger Road, (Holly Tree Apartments) Apt. B-1, Greenwood, SC 29649

Time: 9:30 am-10:30 am

R.S.V.P.: To Regina Robinson @ (864) 344-1917 or sassyreginarobinson@yahoo.com by Dec. 5, 2008

Dec. 13th, 2008~

Home Shopping Party!

Where: Home of Regina Robinson, 501 Haltiwanger Road, (Holly Tree Apartments) Apt. B-1, Greenwood, SC 29649

Time: 10:00 am-1:00 pm

Just drop in for some creative gift ideas. See You There!

Check our MySpace page for updates and blog entries - www.myspace.com/ewate

Be SASSY!

A Word for You

Praise God! It's finally here, the first edition of The SASSY Way! I am so blessed to have the opportunity to speak into your lives the love of Our Father. When we started the SASSY Ministry, I knew for the 1st time my real purpose. I know this is what I was created to do. I have such a love for people, and God has given me a special opportunity to work with His daughters. He so desperately wants His girls to know He loves you. You are His child, the love of His life, His seed. I wish just once, you could see yourself through His eyes. Then you would never again doubt that you are worthy of everything He has for you. He has such a special place in His heart for you. As we come upon the holiday season and are soon to embark on a great new year, I want to leave you with a story that a spiritual sister, Antoinette Bellamy, shared with me. This small story speaks volumes about love and is the essence of how I believe God sees us.

Antoinette writes:

Just let me tell you a little something about my daughter that also applies to you. If you don't know, God has truly blessed Hannah with a wonderful vocabulary at 2. So, she really knows what she's saying & expresses it well. When Hannah is really loving on me, she says "Mommy you are my life, you are my heart, you are my birthday party!" Now, when she says birthday party I know that she really loves me because her birthday party is her most loved event. After all, her birthday is in July and she talks about it all year!

YOU ARE GOD'S BIRTHDAY PARTY!

"For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."

John 3:16

Be blessed and stay SASSY!

- Regina



SMART HOLIDAY SHOPPING



The holidays are fast approaching. Between gift giving, travel, greeting cards, and meal preparation holiday spending continues to rise. According to the NRF total consumer holiday spending is expected to reach \$457 billion this year. Many of these purchases will be made with credit cards and so it is important that we as consumers create a holiday plan to avoid falling into a financial pitfall.

My first thoughts are that you should only use cash or a debit card. However, many of us won't take heed to this advice. So, for all those who are determined to break out the plastic please proceed with caution.

Below are some tips to help you keep debt from becoming the gift that keeps on giving.

START SAVING NOW. If you have not already done so, establish a holiday fund. The more money you set aside before you begin purchasing, the fewer items you will need to buy on credit. Even a few dollars set aside each week will add up between now and December 25th. Any unexpected income such as a bonus from work can also be placed in this fund.

CREATE A SPENDING PLAN. Before you begin shopping for gifts, food, decoration, and travel, review your current financial situation and determine how much you can spend. Once you determine how much you can spend stay within your limits.

START THINKING OF APPROPRIATE GIFTS. Putting some thought into your gift giving can help eliminate the overspending that often accompanies a last-minute rush. Make a list of individuals you want to give a gift to and take the list with you when you go shopping.

SHOP SMART. To avoid overspending take only the amount you have decided to spend with you. Beware of "buy now, pay later" offers. Sure it sounds appealing, but if you can't afford an item in December, will you really be able to in March?

THINK TWICE BEFORE YOU BUY. Before buying a gift, ask yourself if the gift will be appropriate for the recipient and within your price range. If not, don't buy the gift, particularly if you will have to charge the purchase. There are many alternative gifts that you can give such as baked goods, family photographs, or scrapbooks without putting a financial strain on yourself.

PUT OFF SOME GIFT GIVING UNTIL AFTER THE HOLIDAYS. You may agree in advance with family and friends to exchange gifts after the holidays. This way you can take advantage of the after Christmas sales and you can shop in a more leisurely manner.

"The wise man saves for the future but the foolish man spends whatever he gets."

Proverbs 21:20

- Pam



Healthy Holiday Eating



People usually run into problems with weight gain during the holidays when they enjoy more high-sugar or high-fat foods. So what should you do? Enjoy yourself! Eat tempting holiday foods, but use a bit of restraint. Eat small portions to keep yourself from indulging too much.

Here are a few more tips for healthy holiday eating:

- Eat smaller portions of food. This is especially important at a buffet, where you may want to try everything. Choose the items you want to try the most, and eat a small portion of each.
- Eat slowly. Many times, people eat so fast that their stomachs don't have enough time to register that they are full. Savor each bite and enjoy the taste of the food-chances are you will eat less.
- After a meal, go for a walk with your family to see holiday displays in your neighborhood.
- Offer to bring a low-calorie dish to holiday parties. Your host might appreciate it, and you'll know that at least one healthy item will be on hand.
- Don't park yourself in front of the buffet at a party. Mingle! If you stand by the buffet, you'll eat more than you would if it was across the room.
- Avoid fast food. The holiday season can keep you on the go with little time to prepare meals. Fast food may be handy, but often is high in fat. Prepare and freeze quick, healthy meals ahead of time to stay out of the fast food trap.
- Be realistic. Don't try to diet during the holidays; just aim to maintain your present weight.

Food and holiday gatherings go hand in hand. So join in and help yourself to some tasty treats, keeping the Food Guide Pyramid in mind. If you've been exercising, keep it up during the holiday season. If you aren't getting enough exercise, it's a great time to start. With a dash of discipline and a pinch of planning, you'll have a great recipe for holiday fun without the regret that many of us feel the next time we step on a scale.

- U.S. Department of Health and Human Resources

"Dance Like No One Is Watching"



We convince ourselves that life will be better after we get married, have a baby, then another.

Then we are frustrated that the kids aren't old enough and we'll be more content when they are.

After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire. The truth is, there's no better time to be happy than right now. If not now ... *when?* Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

One of my favorite quotes comes from Alfred D Souza ... "For a long time it had seemed to me that life was about to begin.

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

This perspective has helped me to see that there is no way to happiness. Happiness is the way.

So, treasure every moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time ... and remember that time waits for no one...

So stop waiting until you finish school ... until you go back to school ... until you lose ten pounds ... until you gain ten pounds ... until you have kids ... until your kids leave the house ... until you start work ... until you retire ... until you get married ... until you get divorced ... until Friday night ... until Sunday morning ... until you get a new car or home ... until your car or home is paid off ... until spring, until summer ... until fall ... until winter ... until you are off welfare ... until the first or fifteenth ... until your song comes on ... until you've had a drink ... until you've sobered up ... until you die ... until you are born again to decide that there is no better time than right now to be happy ...

Happiness is a journey ... not a destination!!

So....

"Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching."

- Crystal Boyd

You go girl!

www.EWATE.com
(Empowered Women
Accountable To Each
other)

"We'll help you get your **SASSY** back!"

Mission Statement: Women committed to empowering & encouraging other women to be all that they were created to be in order to fulfill God's perfect plan for their lives.

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