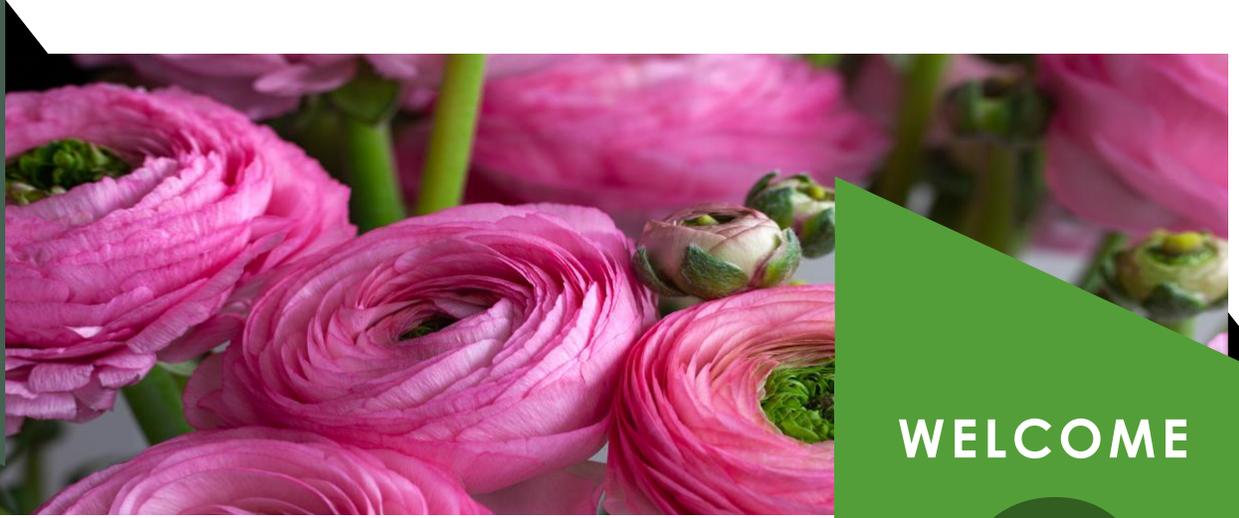




The Sisters Global
NEWSLETTER
2022 MAY EDITION



WELCOME

THANK YOU for reading the Sisters Newsletter, where we present ideas that our Sisters hold near and dear in heart and mind. Let's remember to reach out and celebrate family and friends this season.

We're so thankful for all the support and positive feedback we've received from our Sisters! Be sure to stay connected with us on all the activities of the Global Sister Coracles on Discord, and social media channels, and SPREAD THE LOVE!

HELLO MAY

May is a month of transition. If you live in the northern hemisphere, the fresh cold winds are gone, and the rains of early spring are beginning. If you live in the southern hemisphere, the summer heat is giving way to the cooler breath of the winter to come.

Either way, May is a month that reminds us that change is the only constant... so enjoy it to the fullest!



MONTHLY CALLS CORACLE

OUR CALL this month is scheduled for **May 9th**. In May, the call is focused on helping women with women's health and wellness issues. We share resources and encouragement about this topic on our website and social media platforms.



BOOK CLUB

The Sisters Global Book Club is a fun way to share your love of books and make new friends.

This month we feature our favorite book to read and discuss this month. Share opinions or explore deeper meanings found within the text on Discord.

FINISH READING ON PG. 4





CASEY SHEPPARD



MEMBER SPOTLIGHT

EMPOWERED SISTERS

Casey Sheppard

Film Director at Case of the Nomads

IN MAY, we feature Film Director, Casey Sheppard, who lives a life of adventure as a nomad. From “van-life” to riding a bike solo across a foreign country, no feat is too big (or too small) for her. Her passion for adventure has led to endless stories from the road. As a Content Creator, Casey authentically sculpts these stories into blog posts, videos, stop-animation, photos and lectures. She works with like-minded brands and organizations around the world to help spread her positive attitude/outlook to others and good juju to others.

April 2018, Casey finished her biggest adventure yet! Tour Aotearoa, where she rode her faithful bike, a surly karate monkey named Skidmark, over 3000km (solo and self supported) across both island of New Zealand, which took her 31 days. Casey is a contributor for Women Who Explore or “Women Who Explore”, was the first recipient of the Big Agnes Bob Swanson Memorial Grant (2018) and won the Best Digital Content by Upventur (2017). Casey is also a speaker, writer, film maker, and, secretly wishes she was Tank Girl. She loves “everything bikes”, and her boxer dogs..



Watch the interview on The Sister Global Member Spotlight channel starting on **May 15, 2022**.



GLOBAL

SISTER SPOTLIGHT

EMPOWERED WOMEN

Amal Alamuddin Clooney

Human Rights Activist and Attorney

IN MAY, we feature Attorney and activist Amal Alamuddin Clooney has a distinguished career focused on international law and human rights issues.

Alamuddin was born in Beirut, Lebanon, on February 3, 1978. Her father was a professor at the American University in Beirut and owner of a travel agency, and her mother was a journalist. When Alamuddin was 2 years old, her family fled Lebanon to escape the ravages of the civil war that had begun in the mid-1970s and engulfed the country in violence. The family settled in London, England, in 1980, and Alamuddin attended a small school on the city's outskirts. An excellent student, she earned a scholarship to attend Oxford University beginning in 1996. While there, she developed an interest in human rights, before graduating with a bachelor's degree in law in 2000.

Along with her high-profile defense cases, Clooney has been a part of several United Nations commissions and tribunals and lectured at top universities. In 2014, she married actor George Clooney, with whom she has twins.:

<https://www.biography.com/personality/amal-alamuddin-clooney>



QUOTE OF THE MONTH

“What makes you
different or weird – that’s
your strength” — Meryl
Streep



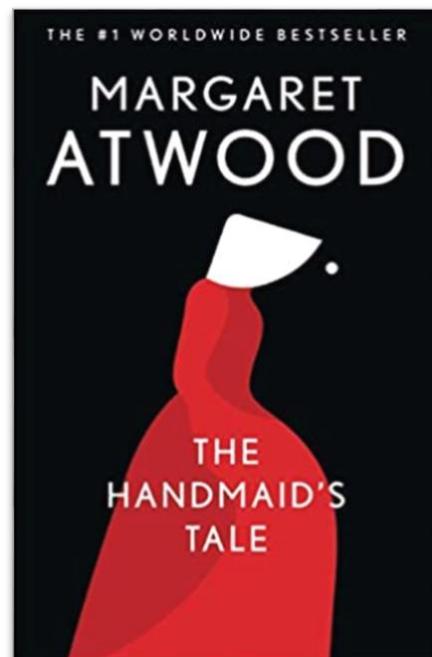
BOOK CLUB MARGARET ATWOOD

HANDMAIDS TALE: This book is adapted from the classic novel by Margaret Atwood, *The Handmaid's Tale* is the story of life in the dystopia of Gilead, a totalitarian society in what was formerly the United States.

The *Handmaid's Tale* is a futuristic dystopian novel by Canadian author Margaret Atwood, published in 1985. It is set in a near-future New England, in a strongly patriarchal, white supremacist, totalitarian theonomic state, known as the Republic of Gilead, which has overthrown the United States government. The central character and narrator is a woman named Offred, one of the group known as "handmaids", who are forcibly assigned to produce children for the "commanders" — the ruling class of men in Gilead. The novel explores themes of subjugated women in a patriarchal society, loss of female agency and individuality, suppression of women's reproductive rights, and the various means by which women resist and attempt to gain individuality and independence. [Available on Amazon](#)

ABOUT THE AUTHOR

Margaret Eleanor Atwood (born November 18, 1939) is a Canadian poet, novelist, literary critic, essayist, teacher, environmental activist, and inventor.



CELEBRATIONS AROUND THE WORLD

HAMAMATSU KITE FESTIVAL, JAPAN

May 3-5, 2022 – Hamamatsu, Japan



Hamamatsu Kite Festival is Japanese festival in Hamamatsu. It is generally known to have multiple kites, along with a lot of kite battles through the days it is held. The festival also displays examples of Japanese culture through food, and general items available for purchase in merchant booths at the festival. [Read more..](#)

CHEUND CHAU BUN FESTIVAL

May 9-12, 2022 Hong Kong



This annual festival occurs on its namesake island in Hong Kong during the fourth lunar month. Dedicated to the god Pak Tai, who saved the city from a plague, the festival always coincides with the Buddha's birthday. The signature component: bamboo towers adorned with handmade buns. [Read more..](#)

HAPPY MOTHER'S DAY

May 2022 – Global Celebration



In honor of Mother's Day, here are some of history's more famous (and infamous) mothers and women who were given the nickname Mother.. [Read more..](#)

COOPER' HILL CHEESE ROLLING FESTIVAL & WAKE

May 29, 2022 – May 1: May Day, Europe



Cooper's Hill Cheese-Rolling has been called the world's most dangerous footrace and described as "twenty young men chasing a cheese off a cliff and tumbling 200 yards to the bottom, where they are scraped up by paramedics and packed off to hospital." [Read more..](#)

THE SISTERS' CORACLES

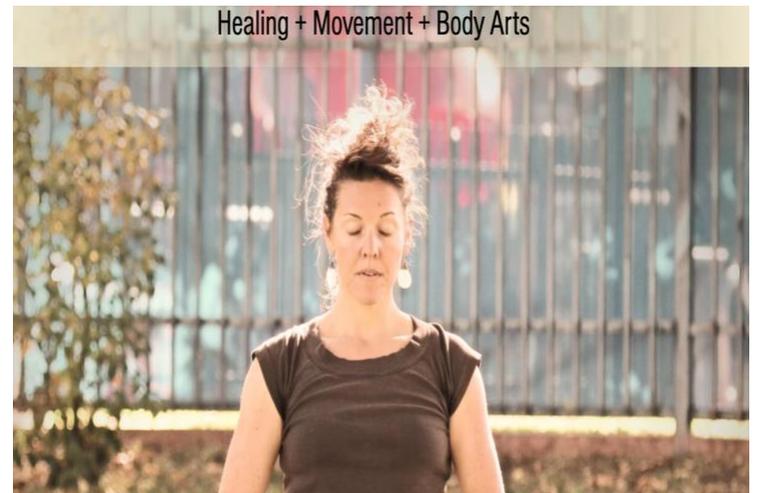


THE RETREAT CORACLE

Refresh your soul, spirit and mind

THE SISTER MIND SESSIONS CORACLE

Share your wisdom, lessons learned, memories and stories.



Healing + Movement + Body Arts

CONNECTING ON SOCIAL MEDIA



[Monday Monthly Call Coracle](#)

[Spotlight Coracle](#)

[Retreat Coracle](#)

- [Discord Retreat Recording](#) (for Current Sister Members)
- [Youtube Retreat Recording](#) (for Founding Sisters who are not current Members)

[Sisters Mind Sessions Coracle](#)

[Sister' Projects Coracle](#)

[Seeds Coracle](#)

[SEEDS Currency](#)

[Newsletter Coracle](#)

- [Facebook](#)
- [LinkedIn: \(JOIN & LIKE US\)](#)

THE SISTERS' PROJECTS CORACLE

Refresh your soul, spirit and mind



at all. So that's what makes United