



The Sisters Global  
NEWSLETTER  
2022 JULY 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 JULY

JULY is named after Roman dictator Julius Caesar, 100-44 B.C. The weather gets warmer, the sun stays out later, and the days last longer — all ideal conditions to celebrate all of your favorite July holidays, from historical days --July 4th and Bastille Day to religious observances, Eid al-Adha & Vassa (Buddhist Lent), Chicken Day and Creative Ice Cream Flavors Day



## MONTHLY CALLS CORACLE

OUR CALL this month is scheduled for **JULY 6th**. In July, the call is focused reflection and plans for the second half of the year. 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





# THE SISTERS

# ANNUAL RETREAT

**2022 13<sup>th</sup>-17<sup>th</sup> OCTOBER**

**RETREAT CENTRE, TUSCANY, ITALY**

*HOSTED BY ROZ SAVAGE*

**IN OCTOBER**, the Sisters Global members are heading to the Retreat Centre in Tuscany, Italy so start planning and get updated information from [the Sister Retreat website](#).

**Registration ended May 31<sup>st</sup>.**





# GLOBAL

# SISTER SPOTLIGHT

## EMPOWERED WOMEN

### Asieh Amini

*Poet, journalist, and women's rights activist*

**IN JULY**, we feature Asieh Amini is a writer, poet, and activist. Her activism started when she was a journalist and would often cover various stories about injustice that portrayed Iran's abuse of human rights to the world.

In Iran, women and girls are often stoned to death if they've had sex outside of marriage, even if they are raped. Asieh Amini was a reporter for a regional newspaper in Iran when she first learned of this. She quickly jumped to action and dedicated her life to fighting this terrible practice.

By raising awareness, Amini has saved the lives of many girls and is also the **founder of the Stop Stoning Forever Campaign**. She is fiercely involved in the women's movement in Iran.

Unfortunately, the threats made against her grew too intense that she had to flee Iran and continue on with her work in Norway. She remains courageous in her fight. [Read more...](#)



# QUOTE OF THE MONTH

"I am not free while any woman is unfree, even when her shackles are very different from my own." — Audre Lorde



## BOOK CLUB

### MELODY GODFRED

**Self-Love Poetry: For Thinkers & Feelers:** a collection of 200 thought-provoking and heart-opening self-love poems.



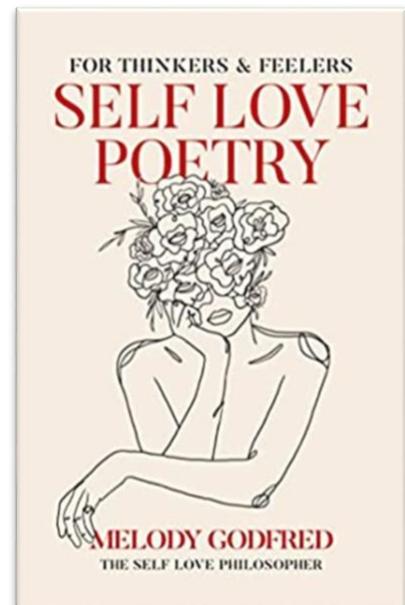
In *Self Love Poetry*, Godfred explores concepts like authenticity, surrender, resilience, gratitude, believing in yourself, and of course, love, through 100 pairs of poems, each dedicated to a central theme. On the left side of the book are "thinker" poems that light up the analytical, more literal, left side of the brain, and on the right side are

companion "feeler" poems that speak to the creative, more emotional right side of the brain. Combined, the poems electrify the mind, body and soul through a completely unique poetry experience that inspires each of us to embrace all parts of ourselves. This empowering poetry book will not only engage you to think and feel, but will make you feel seen, show you how to love yourself, and encourage you to seek out the hope and beauty in the world ... and in yourself. It's the perfect gift for yourself or someone you love, especially after a most difficult year. [Available on Amazon](#)

### ABOUT THE AUTHOR

Melody Godfred is the Self Love Philosopher. As a poet, author and speaker, she is devoted to empowering people to love themselves and transform their lives. She is the founder of global self love movement, Fred and Far, and creator of the Self Love Pinky Ring.

Melody lives in Los Angeles with the loves of her life, Aaron; twins, Stella and Violet; and son, Teddy.



# CELEBRATIONS AROUND THE WORLD

## NATIONAL ICE CREAM FLAVOR DAY

July 1, 2022 – World-Wide



## CANADA DAY (DOMINION DAY)

July 1, 2022 – Canada



## INTERNATIONAL PLASTIC BAG FREE DAY

July 3, 2022, World-Wide



Jul 03, 2021, International Plastic Bag Free Day, celebrated on July 3, is a global initiative that aims to eliminate the use of plastic bags. [Read more...](#)

## National Father Daughter Take a Walk Day

July 7, 2022 - World-Wide



Promoting the benefits of fathers spending quality time with their daughters. [Read more...](#)

## INDEPENDENCE DAY

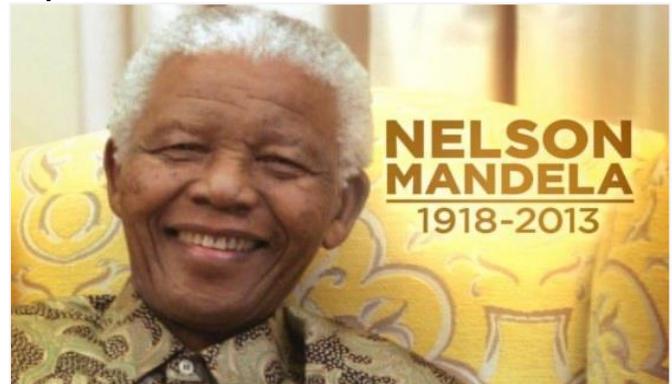
July 4, 2022 – United States of America



Annual celebration of nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress, July 4, 1776. [Read more...](#)

## NELSON MANDELA INTERNATIONAL DAY

July 18, 2022 – United Nations



Mark "Nelson Mandela International Day" by making a difference in your communities. [Read more...](#)

# THE SISTERS' CORACLES



## 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 SISTERMIND SESSIONS CORACLE

Gather for reflection, conversation, & encouragement



## THE SISTERS' PROJECTS CORACLE

Highlight our Project Spotlight



## THE RETREAT CORACLE

A time to connect and to revive our Sisterhood

