WDGS= WHAT DID GOD SAY!

MAY 2026 Newsletter

MAY is about being in tune with May Flowers of 3 M's

Mental Health~Mothering~Ministering

What does MAY symbolize spiritually?

The spiritual meaning for the month of MAY symbolizes profound growth, renewal, fertility, and the abundance of life as nature reaches full bloom. It is a time of gentle transition, often dedicated in religious contexts to the Virgin Mary, honoring maternal love, purity, and grace, while in spiritual, earth-based traditions, it represents a deep, nourishing connection to the divine feminine energy of the Earth.

Here's a more detailed look at why May is seen as a month of 3 M's:

Key Spiritual Themes

- **Renewal and Rebirth:** May is a period of "springtime of life," representing hope, potential, and healing after the dormant winter months. Mirroring the blossoming of nature, May represents a time to let go of old habits and embrace fresh starts in personal and spiritual life.
- **Divine Feminine & Fertility:** Named after the Roman goddess Maia, who is associated with growth and nurturing, it is a time to honor the nurturing energy of the earth and the mother.
- **Mary's Month:** In Catholic tradition, May is dedicated to the Virgin Mary, often celebrated by crowning her statues and focusing on devotion to emphasizing her tenderness and compassion. The Blessed Virgin Mary in Catholic tradition, symbolizing purity, humility, and unconditional love.
- **Grace and Abundance:** The number five (May being the 5th month) represents divine grace and the "good hand of God" upon one's endeavors, promoting a season of answered prayers; divine favor, and unmerited blessing..
- **Harvest and Action:** It is considered a time to actively plant seeds for the future and witness the early "fruits of labor".
- **Inner Reflection:** It offers a calm, reflective energy that encourages healing, letting go of past wounds, and nurturing self-love, notes.

In essence, this month of May Fabulous Freda is sending out greetings to all💛🌷the beautiful Mother's carrying your positions with grace, wisdom, nurturing, and healing. This month naturally carries the spirit of care, restoration, motherhood, and emotional wellness.

🌸May Spotlight: MENTAL~MOTHERING~MINISTERING 🌸

Healing Minds, Nurturing Hearts, and Serving with Compassion

🌿 Healing & Nurturing = Caring for the Whole Person

Mind, Spirit, and Heart Alignment

May is universally recognized as a month of **growth, nurturing, and renewal**. Flowers bloom, seasons shift, and life begins to flourish in visible ways. Spiritually and emotionally, May reminds us that what is cared for properly has the ability to heal, grow, and thrive.

At WDGS, May is about protecting your **mental health**, honoring the beauty and responsibility of **mothering**, and embracing the call of **ministering to others with wisdom, compassion, and grace**.

This month encourages us to slow down long enough to check on ourselves mentally, nurture those entrusted to our care, and serve others without losing ourselves in the process.

🧠 MENTAL HEALTH: Protecting Your Peace and Emotional Well-Being

Mental health matters. Emotional exhaustion, silent stress, anxiety, disappointment, and unresolved pain can quietly weigh down the heart and mind if left unattended.

This month, consider: Am I taking care of myself emotionally and spiritually?

What thoughts or burdens have I been carrying too long?

Have I allowed myself time to rest, heal, and reset mentally?

Mental wellness is not weakness, it is wisdom. Seeking peace, balance, healing, and support is part of living a healthy and whole life.

God never intended for us to carry every burden alone.

Psalm 55:22 "Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved."

🌸 MOTHERING: Nurturing with Love, Strength, and Patience

Mothering is more than biology, it is nurturing, guiding, protecting, teaching, sacrificing, and loving deeply. Whether through motherhood, mentorship, caregiving, or spiritual covering, many carry the role of nurturing others daily.

May invites you to:

- **Honor the women who have poured love and wisdom into your life**
- **Reward the strength required to nurture others consistently**
- **Extend grace to yourself while caring for everyone else**

Mothering requires patience, endurance, tenderness, and tremendous faith. It is one of life's greatest acts of love and service.

✨ MINISTERING: Serving Others Without Losing Yourself ✨

Ministering is not confined to a pulpit; AMEN! Ministry happens through kindness, encouragement, prayer, listening, helping, teaching, and simply showing up for others.

This month, practice ministering by:

- **Serving from a place of love instead of obligation**
- **Allowing God to use your life as encouragement to others**
- **Remembering that you also deserve care while caring for others**

True ministry flows best from a healed and surrendered heart. You cannot continuously pour out without allowing God to refill you.

✨ WDGS MAY Reflection of 3 M's✨

1. **Mental health~protects your inner peace.**
2. **Mothering~nurtures life with love and sacrifice.**
3. **Ministering~reflects God's compassion through service.**

May should be the month you care for your mind, honor those who nurture others, and minister with wisdom, balance, and grace with planned intentions.

🌿 WDGS~Scripture & Prayer for MAY 🌿

Scripture for the Month

3 John 1:2 (KJV)

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

🌷 Theme: Emotional Wellness, Compassion and Spiritual Care

May reminds us that God cares about the condition of our minds, hearts, bodies, and spirits. This scripture beautifully reflects Heaven's desire for us to prosper not only outwardly, but inwardly through peace, healing, wisdom, and spiritual well-being.

🙏 WDGS | May Prayer

Gracious Heavenly Father,
We thank You for the gift of May, a month during a season of nurturing, healing, growth, and restoration. Thank You for reminding us that caring for ourselves and caring for others both matter deeply to You.

Lord, we lift up our mental and emotional well-being before You.
Quiet every anxious thought. Calm every troubled heart. Heal hidden wounds, silent struggles, emotional exhaustion, and stress that weighs heavily upon Your people. Teach us to seek peace without guilt and rest without shame.

Father, we honor every mother, caregiver, mentor, and nurturer this month. Strengthen those who spend their lives pouring into others.

Encourage the weary, comfort the grieving, uplift the overwhelmed, and remind every caregiver that their labor of love is seen and valued by You.

Lord, teach us how to minister with compassion and wisdom.
Help us to serve others without losing ourselves. Fill us when we are empty. Restore us when we are drained. Let our words bring healing, our presence bring peace, and our actions reflect Your love.

May this month be filled with emotional healing, spiritual renewal, healthy boundaries, kindness, compassion, and deeper connection with You.

We surrender our minds, our hearts, and our service into Your capable hands.

In Jesus Christ's Mighty and Miraculous Name, Amen. 🛐🌸

Thank you for walking this journey with us each month through reading our Newsletters.

Purpose & Prosperity nurtured through golden connections of healing and love.

WDGS | What Did God Say? 🌸✨

✨ Do you have a Specific Prayer Requests: Please contact us by calling the number on WDGS website under FREE SERVICES or scan the QR code below ⏬ to schedule a one-on-one prayer session. Also connect with your inner purpose by ordering our new Journal designed to write once a week opposed to being bogged down with writing daily. This is a compact 52 week journal=1 complete year; engaging journal.

(Click on QR)

(click on the link ⬇️)

[God's Footprint Weekly~Yearly Journal]

🌸Our May 2026 Spotlight Feature Person 🌸

Dr. Durriyah Putman 🌟

Dr. Durriyah Putman is a compassionate leader, caregiver, advocate, published author, entrepreneur, and community servant whose life's work has been centered around uplifting others through service, music, encouragement, and advocacy. A native born in Cordele, GA, where it is famously known as the "Watermelon Capital of the World" she has spent decades making a meaningful impact throughout the Middle Georgia community and beyond.

A devoted mother of three, Durriyah is known for her nurturing spirit, resilience, and unwavering commitment to helping individuals and families navigate life with hope and purpose.

Her professional journey in caregiving spans well over a decade, where her compassion and natural leadership quickly positioned her in administrative and directive-level roles within the healthcare and mental support services field. Over the years, she has provided care and advocacy for seniors and youths with disabilities, as well as autistic individuals. Dr. Durriyah healthcare services are geared towards those with special needs; her work has received notoriety and is respected for her patience, empathy, and heartfelt dedication to mental health, through offering family support awareness.

Her commitment to advocacy eventually led to her serving as Vice President over the Adaptive Board in Macon, where she continues to champion inclusion, accessibility, family resources, disability awareness, and supportive community initiatives. She has also remained active in annual autism awareness efforts and community outreach programs designed to bring encouragement and visibility to individuals and families navigating special-needs challenges.

Durriyah's excellence in caregiving and community service has earned her public recognition and honors throughout her career, including receiving the distinguished title of "Caregiver of the Year" for her exceptional dedication in private home healthcare. Her work and advocacy efforts have also garnered

acknowledgment from nationally recognized entertainer CoCo Brown for her outstanding impact within the community.

In addition to healthcare and advocacy, Dr. Durriyah has cultivated a remarkable music ministry and performance career spanning more than three decades. Beginning her public singing journey as a young teenager, her powerful voice and passion for music evolved into a lifelong calling. Throughout the years, she has served as a music director, worship leader, and vocalist across the Middle Georgia region, sharing stages and collaborating with several legendary gospel and inspirational artists throughout her extensive musical journey. Her dedication, longevity, and contribution to sacred music and ministry recently earned her the distinguished honor of receiving an Honorary Doctorate in Sacred Music; recognizing decades of influence, and commitment towards inspiring others through song and worship.

As a self-employed entrepreneur, Durriyah also operates a professional mobile and stationary notary service, continuing her mission of serving the public with integrity, professionalism, and care.

Whether through caregiving, ministry, music, leadership, authorship, entrepreneurship, or advocacy, Dr. Durriyah Putman continues to leave a lasting imprint on the lives of countless individuals. Her life's mission reflects compassion in action, empowering others to heal, grow, overcome adversity, and live meaningful lives.

Celebrating May as a Heart of Compassion, Strength, and Service 💛

🌿 A Living Reflection of Healing, Nurturing, and Ministry

Want to become a part of our Teamwork?

HAVE ANY QUESTIONS ABOUT COACHING WITH US?

You can get involved today by becoming a Volunteer Coach? Simply call to sign up and you will be connecting with a group of mind changers. We are striving to build a network strong enough to impact positive changes in the lives of others that will ALWAYS create a positive affect on lives for the better.

LET'S CHAT call 757-217-6431 or

PLEASE VISIT OUR WEBSITE: WDGS.ORG

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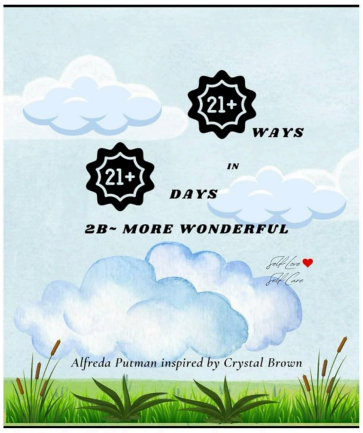
From the Desk of, WDGS FOUNDER & MANAGER

Hi my name is Alfreda, after I became unemployed in 2014, I elected to pursue my divine passion and became a Licensed Ordained Minister. I grew up in a committed spiritually Faith-Based environment that has always provided me with a spiritual sensibility towards having a passion to share the good news of the Gospel. No matter what giants I faced and mountains that I had to climb through life, I somehow seemed to find myself motivated through providing personal coaching by sharing tools and tips to assist others based upon my professional skills as well as Personal and Spiritual knowledge. Through a determined desire to create social innovation, community development and people empowerment from what I believe is my predestine passion WDGS was officially birthed in 2014 and became certified via the IRS as a Non-profit 501(c)3 Organization in 2017, as of 2020 the acronym WDGS became a United States Registered Trademark.

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