

WDGS

What Did God Say?
Nonprofit Organization



MAY
2025

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WDGS COACHING

NEWSLETTER

The Gift of Greetings
especially for YOU!



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Mothing-& Marriage
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MOTHER'S DAY

News That Matters



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Rapid Recap: Latest Business Trends

- 39-year-old Mother quit nursing to become a mechanic—now her business brings in \$440,000

Business Digest: A Snapshot of the Day

- Entrepreneurs should observe at least four types of trends—economic, social, technological and regulatory—to identify business opportunities and grow their startups.

The origin of Mother's Day

Mother's Day originated in the United States in the late 19th and early 20th centuries, with several figures contributing to its development. Ann Reeves Jarvis and Julia Ward Howe played early roles in establishing it, while Anna Jarvis is credited with creating the modern holiday that we celebrate today. Here's a more detailed look at the origins: Early Influences:

Ann Reeves Jarvis: In the 1850s, she started "Mother's Day Work Clubs" to teach women about public health and hygiene.

Julia Ward Howe: In 1870, she wrote the "Mother's Day Proclamation" calling for mothers to unite for peace.

Mothering Sunday:

A similar, older tradition in the UK and Europe, where people returned to their "mother church" on the fourth Sunday of Lent.

The Modern Holiday:

Anna Jarvis: After her mother Ann's death in 1905, Anna Jarvis began a campaign to honor her mother's legacy, leading to the first official Mother's Day celebration in 1908.

1908: Anna Jarvis organized a Mother's Day service at a Methodist church in her hometown of Grafton, West Virginia, sending 500 white carnations to the church.

1914: President Woodrow Wilson signed a proclamation establishing Mother's Day as a national holiday, according to Smithsonian American Women's History Museum.

Key Points:

Anna Jarvis's campaign focused on honoring mothers, not just promoting peace like Julia Ward Howe's initial idea.

The holiday quickly gained popularity, becoming a widely celebrated tradition.

Anna Jarvis later became disillusioned with the commercialization of Mother's Day





May outlook on Mental Health-Mothering-& Marriage

Mental health is significantly impacted by both motherhood and marital status, and their intersection can be particularly challenging. While a healthy marriage can provide emotional support and reduce stress, it's not a guaranteed solution for maternal mental well-being, and some studies suggest it may even increase the mental load for some mothers. Conversely, mental health issues can strain relationships and impact marital satisfaction.

Impact of Motherhood on Mental Health:

- **Hormonal Changes:** Hormonal fluctuations during and after pregnancy can lead to [postpartum mood disorders](#), including [postpartum depression](#) and [postpartum anxiety](#).
- **Sleep Deprivation:** The demands of childcare, particularly in the early years, can lead to chronic sleep deprivation, which can exacerbate mental health symptoms like anxiety and irritability.
- **Stress and Pressure:** The pressure to meet societal expectations of parenting and the immense workload of mothering can contribute to stress and overwhelm, potentially leading to mental health challenges.
- **Post-Traumatic Stress Disorder (PTSD):** The experience of childbirth can be traumatic for some women, leading to the development of PTSD.
- **Social Isolation:** New mothers may experience social isolation due to the demands of motherhood and changes in social circles, which can further contribute to mental health struggles.

Impact of Marriage on Maternal Mental Health:

- **Support and Stability:** A supportive and stable marriage can provide a buffer against stress and depression.
- **Marital Conflict:** Conflicts and discord in a marriage can negatively impact a mother's mental health.
- **Division of Labor:** In some cases, marital roles and divisions of labor may contribute to increased mental load for mothers, even in married relationships.
- **Emotional Intimacy:** A lack of emotional intimacy in marriage can also contribute to mental health issues.

Mental Health and Marital Outcomes:

- **Mental Illness as a Barrier to Marriage:** Mental health conditions can be a barrier to forming and maintaining successful marriages.
- **Divorce Risk:** Mental health disorders, both pre-existing and newly diagnosed, have been associated with an increased risk of divorce.
- **Impact of Mental Health on Relationship Quality:** Supporting Maternal Mental Health: Mental health issues can affect the ability to engage in emotional and physical intimacy, impacting relationship quality.
- **Seek professional help:** If experiencing symptoms of mental health conditions, seek professional help from a therapist or psychiatrist.
- **Prioritize self-care:** Engage in activities that promote self-care and reduce stress, such as exercise, meditation, or spending time with loved ones.
- **Build a strong support network:** Connect with other mothers and seek support from friends, family, or support groups.
- **Communicate openly with partners:** Discuss stressors and challenges in the relationship with partners and consider couples therapy.

Recognize the impact of societal expectations:

Be aware of the pressures of intensive parenting and strive to find a balance

Thank you for reading!

Monthly Feature



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Queen Nikita

NIKITA

She lost her vision through a car accident at 34 years old but she didn't allow that to stop her from pursuing her spiritual vision, which she declares is very clear by starting her weekly prayer-line; FBIC=Faithful Believers In Christ. As she continues to keep moving forward her most recent endeavor is launching her own brands of healing oils.

FROM THE DESK OF THE FOUNDER~FABULOUS FREDA

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.

An ornate, gold-colored frame with intricate scrollwork and floral patterns surrounds the central text. The frame has a classic, decorative appearance with multiple layers of molding and carved details.

COME & CONNECT

**Want to be 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**