

JULY Represents INDEPENDENCE!



. JULY 4th is Federal Independence DAY

Yes, July 4th is officially designated as a federal holiday in the United States, also known as Independence Day. It commemorates the adoption of the [Declaration of Independence](#) by the 2nd Continental Congress on July 4, 1776. This day is a widely celebrated national holiday, with various activities like parades, fireworks, and family gatherings.

History of Independence Day



What Is the 4th of July

The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the [American Revolution](#). On July 2nd, 1776, the [Continental Congress](#) voted in favor of independence, and two days later delegates from the [13 colonies](#) adopted the Declaration of Independence, a historic document drafted by [Thomas Jefferson](#).

Celebrations and Traditions ↓

From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from [fireworks](#), parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2025 is on Friday, July 4th.

JULY Joking ~ Jabbing ~ and Journaling

Joking, Jabbing, and Journaling: is A Creative Exploration

The phrase "Joking, Jabbing, Journaling" seems to suggest a blend of humor, insightful (perhaps even critical) commentary, and personal reflection. Here's a breakdown of how these elements can come together:

1. Joking as a Space for Humor:

- Funny anecdotes and observations: You can use your joking to share amusing stories, funny things people said or did, or humorous observations about everyday life.
- Creative writing expresses: Joking can be a great way to experiment with writing jokes, creating silly scenarios, or exploring absurd situations.
- Boost your mood: Writing about things that made you laugh can help you relieve stress and improve your overall well-being.
- Funny prompts: You can find or create joking prompts to help you explore funny ideas, such as:
 - Share a funny autocorrect mistake.
 - Imagine if your pet could speak for a day.
 - Recall a fashion choice you made in the past that now seems ridiculous.

2. Jabbing (Sarcasm or playful criticism) in Journaling:

- Process emotions: Your journal can be a safe space to express frustration, anger, or even sarcastic thoughts you might not say aloud.
- Healthy outlet: Journaling can help you to release negative thoughts and gain control of your emotions.
- Self-reflection: Exploring why certain things trigger you or why you have certain sarcastic thoughts can lead to self-awareness and understanding.

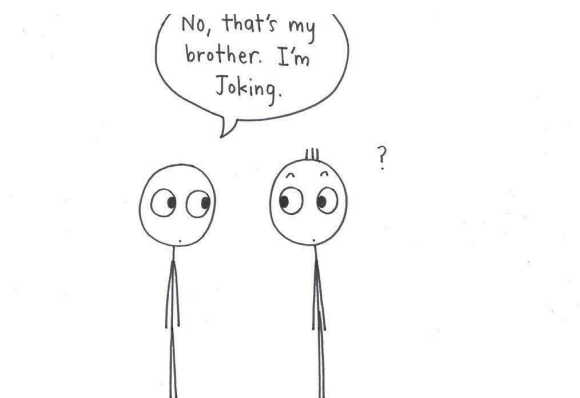
3. Journaling in General:

- Self-reflection and growth: Journaling is a powerful tool for self-discovery, allowing you to reflect on your thoughts and emotions, understand yourself better, and track your personal growth.
- Reduces stress and anxiety: Writing down your thoughts and feelings can be cathartic and help you manage stress and anxiety.
- Boosts creativity: Journaling, especially when incorporating elements of humor or different writing styles, can stimulate creativity.
- Memory keeping: A journal can be a way to record memories and experiences, creating a personal time capsule.

Important Considerations:

- Personal space: Your journal is your own, so you can write whatever you want without fear of judgment.
- Honesty is key: To truly benefit from journaling, be honest and authentic in your writing.
- Finding your style: Experiment with different journaling styles and prompts to find what works best for you.

In summary, "Joking, Jabbing, Journaling" highlights the versatility of journaling as a tool for self-expression, incorporating both humor and deeper reflection for a more balanced and enriching experience.

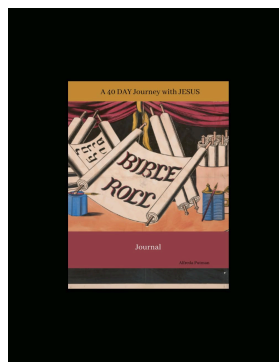
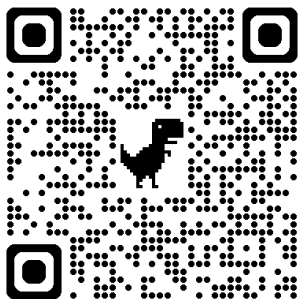


WDGS~Scripture & Prayer for the Month July

Scripture~Romans 8:31 "If God is for us, who can be against us?" This verse offers comfort and reassurance, reminding us as believers that they have God's support and that nothing can overcome our faith, if we truly believe.

Prayer~Lord, as we enter July, we give you thanks for the blessings of the past 6 months and pray for Your grace and guidance in the days, weeks and months ahead. Lord, we commit July 2025 into Your hands, asking for a fresh outpouring of the Holy Spirit upon our lives, our spouses and children, and our Nation by empowering our faith in the promises you have provided in your Word, in the name of Jesus Christ. God, may this month be filled with love, peace, joy, and abundance. We ask for Your strength to overcome challenges, changes and growth from Your wisdom to guide our decisions, and for Your healing to all of us in need, mentally, naturally, emotionally, physically and/or spiritually. May Your love overflow into our lives and into the lives of those around us. In Jesus Christ, name, we pray . **Amen** 🙏.

Specific Prayer Requests: Please see the page section in the top heading of WDGS website under **FREE SERVICES** to schedule one-on-one prayer or (Click on QR)

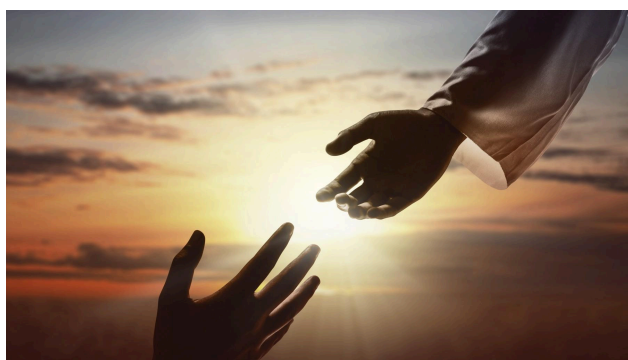


(click on the link )

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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.



The Founder Featured Book is now available on AMAZON
"21 Ways in 21 Days 2B More Wonderful"

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Our Monthly Feature is [Apostle~Dr~Pastor O!](#)



Dr. Ovedia Rhoulhac is an influential spiritual leader, Intercessor, Author, Mentor, Inspirational Speaker, Certified Relationship Enrichment Coach, and Counselor with over 38 years of experience in Ministry. CEO of Rhoulhac Consulting Services and RealTalk With Dr. O Just Keeping It Real Ministry and Relationship Enrichment Coach Learning Center Dr. O. Her diverse background in Criminal Justice, Chaplaincy, a Doctorate Degree in Divinity, and a Masters of Arts Degree in Education inspires, equips, and empowers both Christians and Non-Christians domestically and internationally. Dr. Rhoulhac has traveled and ministered internationally.

Dr. O has pastored Glorious Hope Christian Life Center, Ocala, Florida, for the past twenty-eight (28) years. She has a passion for ministry for the wounded and broken men and women. She hosts “Real Talk With Dr. O. Just Keeping It Real,” Real Issues Real Conversations, which is open to both men and women, addressing issues that are often thought of but not dealt with in the church.

PAMM Prayer Availeth Much Ministry, an international intercessory prayer line interceding 5 am, five days a week (352) 559-4973.

Her Books: available on dror.club and [amazon.com](https://www.amazon.com)

GREATFUL FOR HIS GRACE JOURNAL, God's Everlasting Love and Unfailing Kindness

Except the Lord Build A Marriage, Your Labor Is In Vain

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Please follow Dr. O on the following platforms: Facebook, [facebook.com/ovedia.rhoulhac](https://www.facebook.com/ovedia.rhoulhac)

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