

WDGS= WHAT DID GOD SAY!

# May 2025

## Newsletter

### A Mother's Day Gift to You!



#### **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](https://americanhistory.si.edu/american-women/holiday-mothers-day).

## 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



that works for you and the family.



WE ABSOLUTELY LOVE WORKING WITH OUR CUSTOMERS & VOLUNTEERS!



## Coming Up Events

### WORKSHOP

40 Day Journey with JESUS

[FIND OUT MORE](#)

## Free Resource

### LEARN HOW TO DO IT YOURSELF

How to publish your book for free

[INSTANT DOWNLOAD](#)

# 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](http://WDGS.ORG)

[wdgs1000@gmail.com](mailto:wdgs1000@gmail.com) | [wdgsguest@gmail.com](mailto:wdgsguest@gmail.com)

## From the Desk of, WDGS FOUNDER & MANAGER

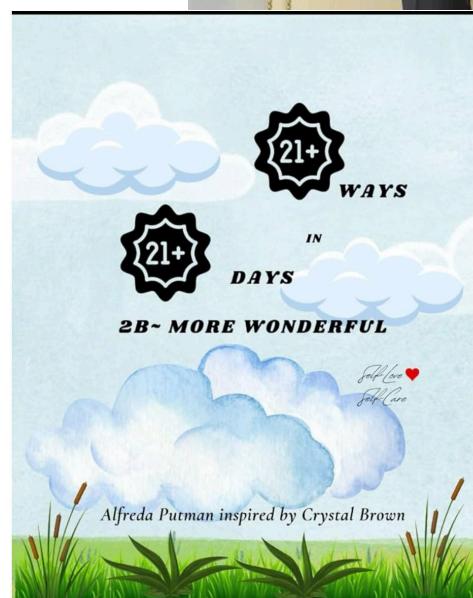
Hi my name is Alfreda, after I became unemployed in 2014, I elected to pursue my divine passion and became a Licensed Ordained Minister. I grew up in a committed spiritually Faith-Based environment that has always provided me with a spiritual sensibility towards having a passion to share the good news 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 May Monthly Feature

## Nakita Alvin of



**SPECIAL KA'  
OILS**

BY

**QUEEN  
NAKITA**

Making a Holistic  
Difference One Bottle at a  
Time!

### **Nakita Alvin: A Journey of Faith and Resilience**

Nakita Alvin is an Usher, Minister, Prophetess, and weekday Host of the PAMM Prayer Avileth Much Ministry Prayer Line. In her most recent entrepreneurial endeavor, she has become the Visionary of the FBI=Faithful Believers In~Jesus Christ Prayer Line quickly gaining recognition for successfully launching this prayer line effectiveness in 2025, which has already seen a steady increase in engagement each month. The Founder of Special Ka' Oils Company is her newest venture with her introduction to holistic anointed oils blended in a tradition of healing and spiritual connection, passed down through crafted anointing oils that blend the richness of biblical tradition with the power of nature, offering a unique path to well-being. Nakita has a great passion for children and has dedicated over 15 years to working with them, through achieving permanent care by fostering several adoptions. She is particularly known for her collaboration with Social Services, showcasing her ability to handle these responsibilities despite her limited physical challenges. Her dedication to her church as an active Usher for many years began at a young age and has motivated her to seek ways that would further enhance her professional and personal aspirations.

### **Personal Journey~Life Beyond Professional Pursuits**

Nakita's life has been marked by resilience and perseverance. She was involved in a traumatic accident 23 years ago and another auto accident 7 years ago, both resulting in severe bodily damage that affected her normal livelihood. As a consequence, she has lost 100% of her vision in both eyes and is declared legally blind. Nevertheless, these incidents have not hindered her achievements. Nakita is self-motivated with a personal passion in assisting youths, she excels in creating engaging strategies for young people, guiding them towards a better livelihood, thriving relationships and teaching them Biblical principles to foster wholesome healthy self-awareness.

Beyond her professional commitments, Nakita enjoys listening to music, video-graphy, and exploring new fashion statements. She is dedicated to fostering innovative ideas, as well as empowering herself, her team members, church members, and family members and friends. Her story is a testament to the power of faith, determination and commitment in overcoming life's many challenges.