

LIONESS HUB MAGAZINE

JULY, 2021

DISCOVERING THE WOMAN IN YOU



CONNECTING MILLIONS OF
WOMEN FROM ALL OVER
THE WORLD WITH THE
GOAL OF EQUIPPING THEM
AND PROMOTING VIRTUE.

WWW.LADYWITHPURPOSE.COM



ABOUT THE LIONESS HUB

LADY WITH PURPOSE FORUM

The Lioness Hub is a home for women who are broken but still believe God can mend them. It is a home for women who have been through a lot but still believe they can achieve more. It's a home for women who won't conform to the standard of the society but will strive to live a life of value and purpose. It's a home for women who still believe in purity and are willing to promote virtue.

When you are depressed, tossed around and immobilized by fear; You can always come to the LionessHub and be quickened by words and encourage from other lionesses.

The LionessHub is not just a forum; it's a family and it's a home.

We are not settling for less. We are standing up for what we believe in.

Welcome to the LionessHub, You are a lady with purpose!

*#TheLionessHub
#LadyWithPurpose
#HopefulMe*



Amaka

#HOPEFUL ME

LADY WITH Purpose

#LIONESS HUB

<https://ladywithpurpose.com>

LADY With Purpose

THE LIONESS HUB

@favourlyn

Hopeful Me

DARE THE
IMPOSSIBLE

Discovering the
woman in you

PROMOTE
VIRTUE



LAUNCHING
e-JOURNAL

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(aka The Lioness Hub)

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EVERY
WOMAN—
I KNOW IS
BEAUTIFUL



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Welcome

DISCOVERING THE WOMAN IN YOU

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For more information:

Email: info@ladywithpurpose.com

Call: +2348101357283

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THE LIONESS HUB



Lady With Purpose (The Lioness Hub) - 11th June, 2020. Aba, Nigeria.



LADY WITH PURPOSE
(aka The Lioness Hub)

Presents

Should I say *yes?*

AN ONLINE WOMEN CONFERENCE



Dr Barr Amy
Jude-Peters



Ogbu Marvellous
Enewa



Abraham Ometere
Karima

FEATURING:

Love & Singlehood
Relationship & Marriage
Career & Business
Health & fitness
Gameshows & Challenge



17-19TH SEPT, 2020

DAY 1

Facebook

DAY 2

Telegram

DAY 3

Zoom

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A WOMAN WARRIOR

MARCH, 2021



Chukwudi Ngozi
Speaker



Mrs. Chidimma Wehere
Speaker



Queen Ifechukwu
Speaker

8PM



12-14th March, 2021

LADY WITH PURPOSE (@THE LIONESS HUB)

TELEGRAM GROUP - WWW.LADYWITHPURPOSE.COM

Lady With Purpose



Fitness Weekend

#LIONESS HUB

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LADY WITH PURPOSE
(aka The Lioness Hub)

Should I say yes?

AN ONLINE WOMEN CONFERENCE

DAY1

Thursday 17th Sept 2020

Morning session:

Introduction of Members/Guests

Venue: WhatsApp / Telegram

Afternoon session:

Fashion Talk

Venue: Telegram

Evening session:

First Speaker

Venue: Facebook Group

DAY2

Friday 18th Sept 2020

Morning session:

Wardrobe/Make up kit challenge

Venue: WhatsApp / Telegram

Afternoon session:

Health and Fitness Talk

Venue: Lady With Purpose App

Evening session:

Second Speaker

Venue: Telegram

DAY3

Saturday 19th Sept 2020

Morning session:

Fastest finger / Q&A

Venue: Lady With Purpose App

Afternoon session:

Lioness Hub Review

Venue: ZOOM

Evening session:

Third Speaker

Venue: Telegram

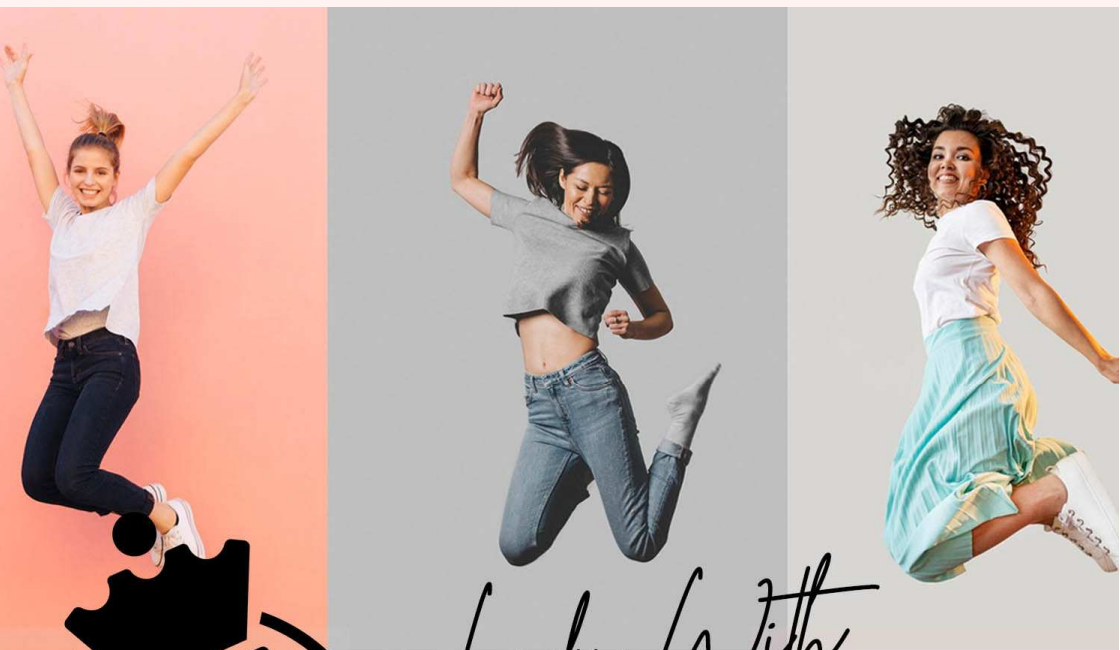
Program of Events

LADYWITHPURPOSE.COM/CONFERENCE

+2348101357283

Anniversary

Our 1 year anniversary was on 17th April, 2021.
Congratulations to us



*Lady With
Purpose*

1Year
ANNIVERSARY

4,000+ Followers



I AM Lady With Purpose

APRIL
17TH

**Lady With Purpose
(@TheLionessHub)**

One Year Anniversary!!!
Join us as we celebrate *you*
and purpose.

I am Happy I am a Lioness

     TheLionessHub

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Website

We have a Website and App where our members can sign up to join us. Visit www.ladywithpurpose.com



Welcome to the

LIONESS HUB

JOIN US



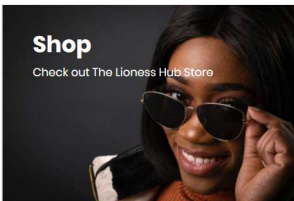
e Journal

Publish Articles



Shop

Check out The Lioness Hub Store



Hopeful Me

Stay inspired everyday



Our Story

Lady With Purpose (aka TheLioness Hub) is a forum connecting millions of women from all over the world with the goal of promoting virtue.

Some of our weekly activities on this Platform are: Health Talk, Fashion/Style Reviews, Inspirational Posts, Webinars, Fitness Challenge and Business adverts.

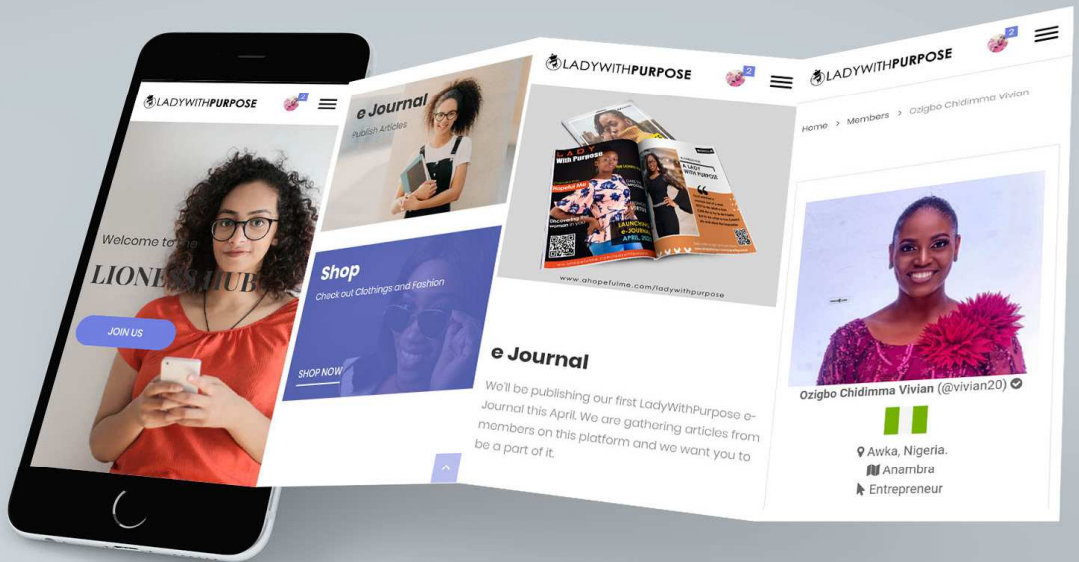
We also publish seasonal Journals, and host meet-ups.

Some of our activities are carried out here on the App, on Hopeful Me and other social media platforms





CONNECTING MILLIONS OF WOMEN WHO HAVE PURPOSE



TheLionessHub

Now available



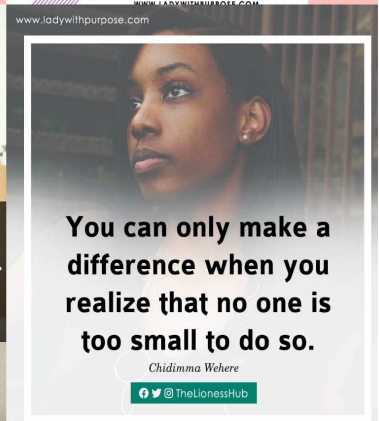
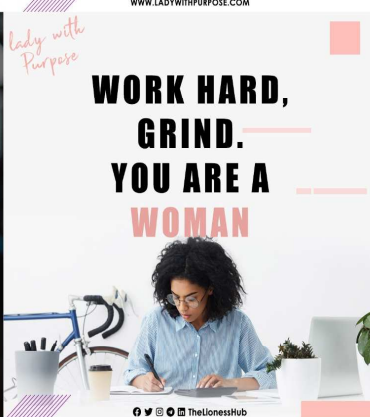
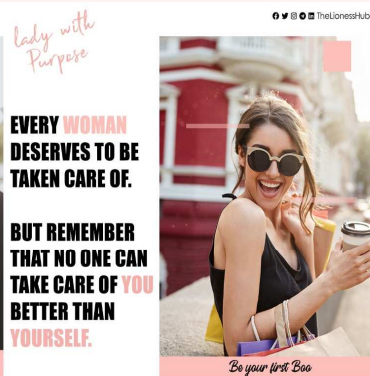
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Quotes

Some popular Quotes published on our platform



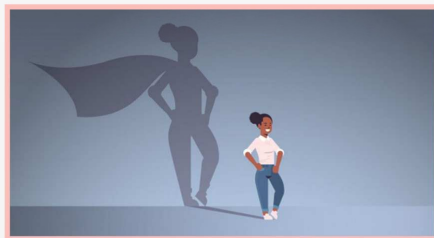
YOU CAN MAKE YOUR
CHILDHOOD DREAMS
A REALITY!



   
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I HAVE **BIG**
POTENTIALS!



   
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

“
Love and support your fellow woman

Don't envy her success.

Stop competing with her.

Always remember that, you are beautiful,
special, and loved. But you may never fully
experience these things if you don't want
that for others too.



    TheLionessHub

YOU CAN RECOVER FROM HEART BREAK.
YOU CAN HANDLE REJECTION.
YOU CAN MOVE ON.
YOU CAN DEAL WITH DEPRESSION.
YOU CAN FIND YOUR OWN TRUE LOVE.
YOU CAN STILL LOVE WHOLEHEARTEDLY.
LET'S WIN THIS WAR OVER NEGATIVE EXPERIENCES!!!

lady with
Purpose

**WORK HARD SO YOUR CHILDREN
WON'T ONLY COME TO YOU WHEN
THEY NEED FOOD AND GO TO THEIR
FATHER WHEN THEY NEED MONEY.
WORK HARD AND SUPPORT YOUR
MAN!**

- JOHNSON CRYSTAL KALU -



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*She may be crazy, weird,
funny and exhibit mood
swings sometimes.
But she's amazing too.
Learn to appreciate her,
because these things are
what makes her a Woman.*



S W I P E



   
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Hardwork is cute too

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A Babe And More:

More Hardworking
More Intelligent
More Virtuous
More Committed
More Purposeful


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QUEENS DON'T SETTLE FOR LESS

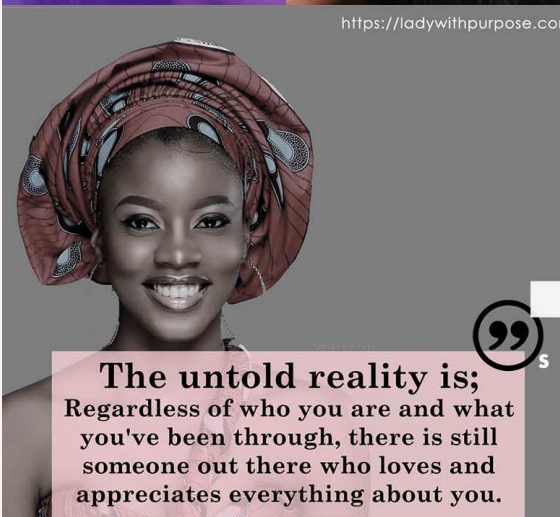
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Don't strive to be like
someone else.
Appreciate yourself becos
there's no one else like you!

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The untold reality is;
Regardless of who you are and what
you've been through, there is still
someone out there who loves and
appreciates everything about you.



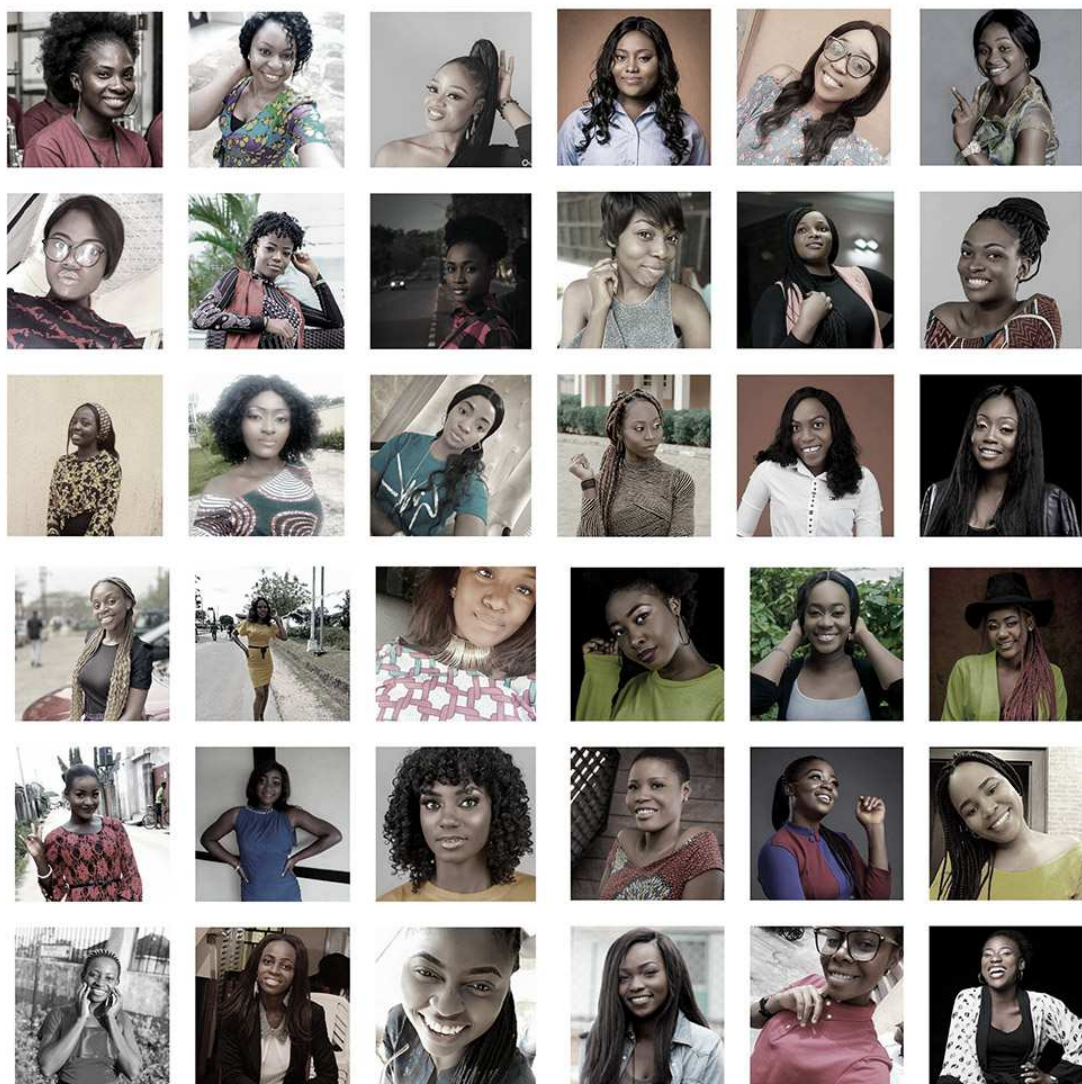
SWIPE

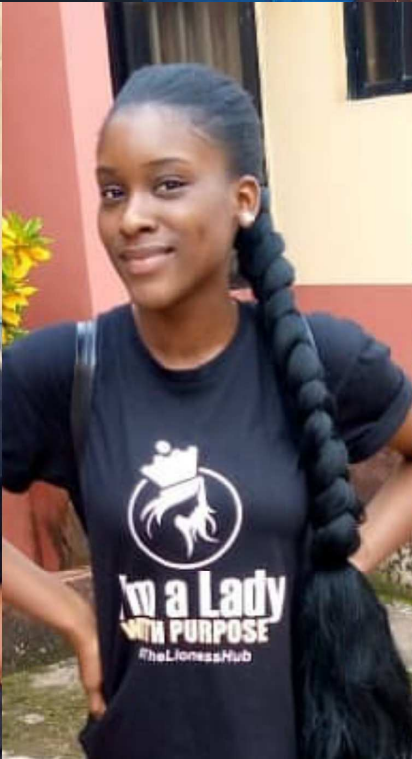


Women who depend solely on
material things to look good and feel
beautiful, don't always get to that level of
fulfillment. Having sincere Self Love and
Self Appreciation regardless of whatsoever
is the best feeling ever!

Members

We have thousands of members across the globe.
Here are just but a few.







Articles

Read the amazing articles from our members that formed
part of this journal



1

A LADY WITH PURPOSE

A Lady with purpose could be a lot of things but I will highlight few things that plays a role in a woman's life towards pursuing purpose.

A LADY WITH PURPOSE IS A HUSTLER.

As a hustler, she does the right things to make money.

She takes care of herself and her family.

She works hard.

She is creative.

She is proud of her work and what she does for a living.

And she is not dependant on any one.
You have that hustler in you.

A LADY WITH PURPOSE HAS COURAGE.

It takes courage to say yes to your dreams.

It takes courage to be different.

It takes courage to stand for purity.

It takes courage to be independent.

It takes courage to live a purposeful life.

Courage is not really the total absence of fear. Courage says.. regardless of how I feel, I'm still going to do this anyhow.

Courage keeps us moving even when there's uncertainty. And one good thing about Courage is that, it's a gift God has given to each and everyone of us to embrace our higher calling.

And remember that "Your mind will feed on fear when it sees nothing courage to muster" - Johnson Crystal Kalu. -. Have courage today.

A LADY WITH PURPOSE IS INDEPENDENT.

She does not rely on anyone to become someone. She is already self sufficient in Christ's sufficiency.

She has more than enough to take care of herself, her family and people around her and to me, that's the true definition of Independence.

So, work hard, earn a decent living, have enough time for your family. Be independent!

A LADY WITH PURPOSE SUPPORTS HER MAN.

She gives encouragement, advice, financial and all round support.

There's an old saying, "Behind every successful man is a woman".

To the woman, you have an important role to plan the success and progress of your man.

When things are not working out well for him, don't add to his pressure. Rather be his support and ensure things work out well.

Support your man to take care of the bills no matter how little or big. Be his partner and teammate.

When your man is in need, be his friend indeed.

You are an asset not a liability.

You are a lady with purpose.

A LADY WITH PURPOSE DOES NOT FIGHT HER MAN

A lady with purpose does not fight whom God has kept to protect her.

I know there are situations where violence comes in marriages but it's not God's plan to see families engage in physical combat with each other.

A man has no right to resort to violence when handling marital issues, same applies to a woman.

Please, fight for your right.

Fight against crime.

Fight for your life.

But don't fight your man.

I've said too much 😊

A LADY WITH PURPOSE IS FAITHFUL.

She's faithful to God.

She is faithful to her spouse.

She is also to herself.

Faithfulness has a lot to do with commitment and loyalty.

Strive to be faithful.

A LADY WITH PURPOSE IS FOCUSED

"Focus is when what we do each day takes us a step closer to actualizing our dreams"

Focus is not what we feel in our mind, it involves what we do with our hands.

Focus is not sitting and thinking about your dreams and goals. Focus involves standing up and making effort to achieve them.

Focus calls for action. Because even a camera lens needs to be moved around in order to get to it's Focus.

A LADY WITH PURPOSE NEVER GIVES UP

To be relentless means never to give up.

To be relentless means never to take a NO for an answer.

To be relentless means to be willing to stand back on your feet when you fall.

To be relentless means to appreciate your role as a woman in the society and pursuing your purpose regardless of the distraction and discouragement.

Defeat is when you allow your past to decide your future.

Defeat is when you let people's opinion about you become your reality.

Defeat is when you quit your dreams and settle for an average life.

Each day remind yourself that you are going to make it, because you will!

A LADY WITH PURPOSE IS TRUSTWORTHY

Amongst the vital things people lack today is trust!

And trust goes beyond what people feel about you, it's about how true you are even to yourself.

Trust is when you keep to your commitment and promises.

Trust is when people count on you and you don't let them count regrets later on.

I don't really know your own definition for trust but in summary, Trust is when people can rely on your character, ability, strength and truthfulness.

Are you Trustworthy?

By Johnson Crystal Kalu (Founder & Team Lead)



2

LEAVE X, FIND Y

Today, it's a common sight to see relationships broken and new ones formed. I am speaking of romantic relationships.

Often times, ladies get their hearts broken and seem not to know how to handle the situation, least of all how to behave around their ex.

Some go into depression, some think a rebound relationship is the best. While some others focus on purpose, which would have been a good thing if they

are not at the same time trying to show off to the ex how well they are doing.

Remember, at every point in time that your all-round health and total sanity is solely your responsibility and no one else's. And as such, for you to function effectively, must be your top priority.

You are permitted to cry, sorrow, be in shock or be depressed for a while, after all we're all humans. But when that drama is over, how do you truly leave your ex? How do you get over him? Make no mistake, you're not going to forget. Maybe with time some details get blurred, but you won't forget. Simply because it's part of your story.

Too many a time, some ladies try to keep in touch with an ex with the claims of just 'checking up on him'. What you're only doing is revisiting your painful past over and over. On the other, maybe you're truly checking on him but you create the wrong image about yourself to the guy: clingy and desperate even controlling; since you'd definitely ask how he is doing.

The deal is stay away. Stay away means exactly that, stay away. Staying away means you're not going to call or text him. It means you're not going to stalk him on social media and certainly not physically. It means when he calls you, keep the conversation to the barest minimum and keep it 'professional'. Do not

misunderstand, he is not your enemy but again neither is he your friend, at least not right then; let's just call him a distant acquaintance.

The essence of staying away totally and completely is to avoid reminding yourself of all those things you love about him, at least till the memory fades or you have found your real self. And when you do find yourself, you're comfortable in your own skin, you'd be happier for it and you'll know because then you'd understand your worth.

It's not pride to want to put your settings on self-preservation mode. It's a human default mechanism for survival. Do the things that make you happy. Focus on finding and achieving purpose. It's easier said than done but it definitely can be done.

How can you leave your ex and be able to move on? Find out why. Ask yourself some hard questions. Sometimes, relationships don't work because we are afraid to ask ourselves some soul-searching questions because we're afraid of the answers we might get. Infact, we actually know the answers we would get but prefer to continue in a state of oblivion and live in denial.

My dear ladies, God has made you with a resilient spirit, the strength to withstand all trials. Which is why He has made you the channel to multiply the earth, so you can impact upon your seed the strength to go through life.

When you leave an ex, find out why. Don't be afraid of what you'd realize because in the realization is your ability to overcome and truly move on. *By Fortune Stephen*



3

SOMETHING CALLED VIRTUE

People often think virtue is attained when you've preserved yourself to that very “D-Day” or when you haven't done anything otherwise from what you were told to do or told not to do.

Yes, that's virtue and No, that isn't entirely virtue.

What do I mean?

Yes, that's virtue because you've found reasons why you don't want to compromise and you're willing to maintain that status quo and not necessarily because everyone does it or wants you to do it rather you find satisfaction in it.

No, that is not entirely virtue because you taking all those steps because it's the norm, and forgetting yourself worth along the line, and not doing things that will add value to another's life won't bring you any "virtue trophy".

Now what is virtue?

Virtue in my opinion is having this morally good inclination and understanding who you really are and not letting anything compromise that.

So you value your self and you are willing to take steps and make sacrifices that will keep you on that virtuous line.

Virtue isn't lost when you think you are now different from all other ladies, it's lost when you decide to throw it away!

Your story shouldn't make you feel less virtuous because achieving virtue is not as hard as we believe; it is found in every simple thing we do.

Dear ladies, don't sell yourself short....

Learn from mistakes, understand what you want out of life, move on, take steps to help you stay on track, never give up on yourself neither should you give in to things that wouldn't give you true satisfaction or peace of mind.

Let's embrace the image of God for us according to Proverbs 31 and most importantly let's not be a stumbling block to fellow ladies or any one in general (this is where most ladies fail in today's world) for there's no virtue in disunity.

Be builders and not destroyers; be creators and not crisis makers.

Be willing to show love, care and support.

Build value and command respect by your simple acts of kindness(nothing increases virtue more than kindness).

Speak words of truth and stay loyal to yourself irrespective of what the world throws at you (it's good to understand the difference between loving yourself and being selfish in a bad manner).

So yes! there is something called Virtue and it's not a natural gift given from birth. It is cultivated by having good moral standards and adding usefulness to yourself and to others.

By Nwokocha Favour I



4

WITH A PURPOSE

There's no human born into this world without a purpose. Every individual, irrespective of race, tribe, colour and religion was born into this world to achieve a purpose..

Now as ladies, we might want to ask, why do I have to stress myself trying to achieve my dream; when someday, I'll get married to a man, probably a rich one

who'll establish me and give me the kind of life I've ever wanted? Why work so hard trying to achieve my dreams when I'll have children someday who'll take all of my time and make all I've worked for futile?? But the real question is, Why wait till you find a man??

We all came into this world with potentials, potentials that's been destined to blow minds and do exploits.

But then we're scared, scared of what we can achieve. We question the potentials that's been deposited in us and try so hard to shy away from dreaming big because we believe we're inadequate. We allow fear to overtake us and then we end up settling for less..

As a lady, you've got to define yourself. You've got to let yourself know that you do not need any man to achieve your purpose, you've got to define your goals. You've got to dream big dreams and strategize ways to which you can achieve those dreams. Refuse to be a liability, work out yourself, be your own success, aim high and live your daily life with the consciousness that you've got something great ahead you need to achieve.

Refuse to settle for just anything life throws your way, refuse to settle for less..

Live a purposeful life, live a life you'll be proud of, live a life that'll inspire someone someday *By Maduagwu Joy.*



5

VIRTUE WITH PURPOSE

I have forgotten how to shave. My hair is bushy but I smell nice, I rush into the bathroom to rub soap and pour water but never to shave unless I'm going to see my man. Who cares? after all, fine clothes and shiny shoes cover me.

I see my ladies who are well dressed for parties and club nights, for birthdays and picnics but their living room is

as unkempt as the chicken's house. Clothes lying on the floor, kitchen filled with dirty dishes and very oily floor.

The word *virtue* seems to be in big butts and nice breasts. I find purpose in looking beautiful not in acting wisely. Everyday, I search for porn sites and have porn star as role model. I'm quick to criticize the man and ask for an equal rights but I haven't done as much.

Where is the bible in my home? All I see is make up and cosmetics, fine dress and dazzling shoes. Oh! I left it in the wardrobe for bed bugs and reptiles to read the pages and review the chapters; Yet, I never leave home without an eye pencil.

When last did I start my day with a word from the holy verses of the bible? Maybe I should open it now.... Damn it! Boo is calling, That's how I spent my day talking to him till dawn.

I have lost the real sense of *purpose*. Those days in mama's house when we prayed all night, read the bible, yeah I can vividly remember mum's favourite portion "proverbs 31!" Those wonderful attributes of a virtuous woman; one who findeth wools and spines it, who riseth while it is still night, who giveth meat to her household, who considers a field and buys it but unfortunately,

aunty only considers human hair right at this point of my life, 31 inches long is my priority! . Not to mention the reading of good books during the day and inspiring family discussions at noon. The good family devotion, the intuitive TV shows and the everlasting laughter.

Unfortunately, I was quick to run out of home, for freedom, I guess now I'm trapped in a juvenile of detestable lifestyle.

If I ever find true purpose again. If only I could kneel down and pray. I will ask for the right virtues, the right perspective and a true perspicacity to life.

If I ever find my way out of this dark tunnels of purposelessness and lost virtue, I would teach my young girls to light the candles of their purpose and bask in the innocence of their virtues.

To enjoy the personhood of their godliness and to never lose sight of God's PURPOSE for therein lies VIRTUES.

Till I find myself again...

By Chimamanda Damian



6

PURPOSE AND VIRTUE

Kunle thought he had seen it all, but for sure he felt he could no longer keep up; He has been busier than the metropolis of Lagos itself. It has been from one hustle to another bustle. “My happiness lies in this”, he will comport himself, “If not ‘owo’, nothing else”. But, he knows he has been a robber. He has robbed himself of sleep, good health, conscience and

everything he once held dear- he was rarely pleased. But after he had watched the local news where he got to learn of the tragic suicide committed by his own boss, he realized that he has been building castles in the air himself. The chief question that kept running through his thoughts now was:

“What am I doing here – have I been on the right part, if not, how can I know and plug in to it?”

INTRODUCTION

Queries like the one above have been the spring-board of many individual choices down the annals of history. It has caused wars, resolved wars, invented inventions that has launched man into new eras. It has left men fulfilled and left some in despair. The concept is with no further recourse linked with the founding of purpose and how to run with it through the actions of value – virtues.

WHAT IS PURPOSE?

WordNet defines Purpose as an anticipated outcome that is intended or that guides your planned actions. But for the reason of this article, we can say that purpose is deriving meaning from daily experiences, having goals

that are attainable and a sense that life is worth living and important.

WHAT IS VIRTUE?

Virtue according to Wikipedia, it is otherwise known as moral excellence: a trait or quality that is deemed to be morally good and thus is valued as a foundation of principle and good moral being. Etymologically, the ancient Romans used the Latin word *virtus* (derived from *vir*, meaning man) to refer to all the “excellent qualities of men, including physical strength, valorous conduct and moral rectitude.” The term Virtue over the millennia have been at the epicentre of philosophy with each generation of philosophers either modifying the old views or spurting neo-views. The likes of Rene Descartes, Epicurus, Aristotle, Immanuel Kant, Benjamin Franklin to mention but a few, have had their own ideas on what true virtue really is and how it opposes to vice. However, I choose to stand with the contemporary views especially Objectivism, where Ayn Rand simply said and I paraphrase that virtues are simply expressions of values to guide actions that one develops and achieves in life to include; Reason, Purpose and Self-esteem

Virtues are therefore the driving force that propels individuals to attain their purpose. When we keep the practice of virtue at the heart of our everyday life like kindness, honesty, service etc we live with purpose. Purpose cannot be achieved without taking into cognizance some values which when utilized consistently becomes virtues.

When we practice virtues and build our “character muscle” we attract what we have been missing in our lives such as fulfilling relationships and achievements of meaningful goals. But it is easier said than done. It takes great courage to dream a purpose – Big dreams- and to apply the right virtues to accomplish them.

It is truism that having a purpose in life is a powerful tool that can increase the quality of life. But how can Kunle answer the million dollar question which has remained, ‘how can we come to term with our true purpose?’ We will get to appreciate this by coming to terms to what purpose is not.

Purpose is not copy-cat: The deepest form of despair is to choose to be another than himself, says Soren Kierkegaard. Over time, people have come to let their social norm get into their process of finding their purpose. Most often than not, they end up filling slots

and expectations of others to gain their approval even when they are themselves not fulfilled.

Purpose is not conformity: Our society has reduced success to a list of boxes to be checked: graduate from school, partner up, have kids, settle into a well-defined career path, and hang on until retirements checks can be collected. This well known path is otherwise called the ‘Rat Race’ by Robert.T Kyosaki. It has nothing to do with purpose.

Purpose is not comfort: Often, we’re so busy avoiding self-induced fears of not being perhaps smart enough, creative enough, pretty enough that we rarely stop and ask “Am I happy and fulfilled? And if not how should I go about changing things?”

Purpose does not often conform to the conscious mind: In as much as people have failed over the years to connect or accept the true virtues of their emotions, intuition and gut feelings stemming deep from their subconsciousness, they have failed to live nor take the path of their true calling.

Purpose is not always presentable: The phrase ‘Know thyself’ inscribed on the lintel to the entrance door of the Oracle of Delphi in ancient Greece, summarily connotes that one man’s purpose might be another man’s meaningless existence.

Purpose is often not a lounging experience. A man's true purpose on earth might not be what gives him the greatest happiness or pleasure as long as he has to apply virtues to bring it forth. Virtues are not simultaneously pursued with happiness as we often have to choose the good from the right.

Just as there is little or nothing an automobile can do without the right energy to drive it, it is similar to having a purpose without applying the right virtues. Together with the four cardinal virtues, other virtues that could be implored in our day to day lives may include: discipline, kindness, creativity, trust, gratitude service, etc.

Benefits Of Having A Purpose And Working It Out With Virtues

Purpose and meaning are connected to what researchers call eudemonic well-being which is inversely related to hedonic well-being. Having a working purpose has not only been linked to feeling fulfilled but also have been noticed to have a positive effect on the general well being of an individual.

Scientific researches have shown that living purposefully lessen the burden of several chronic

medical conditions in the society especially at old age, such as Alzheimer, stroke, dementia, cancers, cardiovascular diseases et al and also increases longevity. It increases productivity and solves issues of sleeping apnoea. A sense of fulfilment and contentment, innate joy and high level of optimism all comes with being purposeful.

Conclusion

Finding purpose is rarely an epiphany and incorporating the right morals can be a long and arduous process that requires introspection and conversation, then a commitment to act. It is worthy of note that the key to a deeper and healthier life isn't to know the meaning of life; but rather, to build meaning into one's life and decisions to go by the tide and joining the bandwagon pushes us into conformity and not purpose, but practicing virtues helps us to develop our potential and live a more purposeful, better life; a life not ordinary but extraordinary.

By Udeh Nnennaya Cynthia



7

MY JOURNEY OF PURPOSE

Today in our immediate society and the whole world at large, it has been accepted as a norm or seen as a fashionable lifestyle if a young person does not have any intimate fondness or relationship with the opposite sex, that which requires a special and serious commitment to each other that the person is missing out. I'm consciously not talking about the young ones who have really come of age, undergone different series of life challenges and experiences and have finally decided to settle down and

start building their own home. These ones are into courtship and its usually between two equally yoked brethren who are headed to getting married. Dating and courtship are not on the same pedestal, however that's not the point of discussion for today.

Random dating amongst young people have become so common to the point where a girl of 16 can boldly and unashamedly say that her boyfriend broke her heart, "he begged me to come over so we can settle things". There is not much to blame her for but I understand that she's just being a young, innocent girl that is yet to know what life truly is. I was privileged to have a heart to heart conversation with a student that reseated for three academic sessions in same class, so when I engaged her in a conversation she opened up to me and told me that ever since she broke up with her boyfriend, her life shattered, it turned from good to worse, most especially academically, it wasn't funny to me because I know that feeling, she must have had a severe emotional torture but that was quite earlier for you, baby girl! Well, I doubted if she had any clue yet about why she is living, so many people just live because they can still breath but then, there's really more to life than just waking up every dawn to eat and drink. I further asked her why she had a boyfriend? Though, I

wasn't expecting any realistic reply, she calmly told me that she loves the guy and he buys her stuffs and promptly checks up on her, her other friends had boyfriends too and any girl that doesn't have one is considered graceless, inelegant or dumb. I learnt that she was just striving to defeat peer influence and all that. Maybe, She never wants to feel any less than other girls of her age. Then I started giving her counsel.

In as much as a lot of people or everybody is doing it, doesn't make it a right thing to do, it doesn't even make you feel any better of yourself. I've finally come to believe that's why some young people easily give in to peer pressure is because they are yet to discover their purpose on earth. As soon as you discover your purpose like athletes racing a relay, you would have to decline all side distractions and focus your mind and soul towards delivering the batons as fast as possible and emerging the winner at last. A lot of things have distracted us, young people from living with the mindset that's of great need and necessity for us to live a fulfilled life. And that's why I will be laying more emphasis on dating . It's one of the major strong vices that has been used to poison our minds and made us too vulnerable to believing that living a fulfilled life is a total impossibility.

I'm a very young girl, a small one at that like "I

can't wait to explore what age 20 has for me". I discovered my purpose and it has been a lot of experiences and lessons throughout the years. It felt like this is the most vigorous phase of my life but No! I still have a long way to go. I didn't just wake up and realized my purpose, I didn't even foresee it one bit, it took me series of encounters and endless supplications.

However, on the quest of finding this fortune, they were two vital condiments that made the journey easy and the yoke lighter, there is my personal relationship with God and my spirit life. I got to realize that my spiritual life was actually a pointer that could direct me at what pace my interpersonal relationship with God was moving. I knew when it was fast and steady and I could also tell when it slacked and became stagnant.

PS: If as a human being, you aren't spiritually vigilant and fierce, your physical being is dead! It's true. In some occasions where I had some physical positive or negative challenges, I had felt them in the spirit first so I don't get terrified or flabbergasted over anything. At some stage, I started feeling opposite of the person I used to be. I had several unplanned incidences that's not supposed to happen on a normal, I barely pray, I felt empty in my being and I knew something is not alright with me. I asked questions and made serious enquiries

till I got the awareness of abstinence from any form of intimate relationship with the opposite sex as it was a major contradiction and would leave my spirit life drained of its potency and sanity. It took me a while before I understood this and then I finally let it sink deep inside of me. I needed to pull off my denim and heels to wear a joggers and a sneaker because they're hindrances and for me to make my race faster and safer, anything that's contrary or out of line with the Word of God (sin) is a hindrance onto your spirit and you can't sit there wondering whether or not to stop sinning, honey get rid of it! You were never created to be slave to anything not even sin. Cast the devil out of your life, resist him and he'll flee from you. When it gets tougher just send Jesus a knee mail, Build yourself an indestructible secret place of Prayer and have God make it His dwelling place. I really have some more insights to share but I've totally ran out of ink, I hope this little piece would bless someone.

More Grace to you.

By Chioma Esther



8

PURPOSE FOR LIVING

There are significant purposes for which we do different things in life such as; purpose for loving, getting married, helping others, being in a relationship, writing, singing and even purpose for living. There are so many other purpose for different things we do but, in this article, I'll be focusing on our PURPOSE FOR LIVING.

First of all, purpose is the reason for which something is created or a reason for which something exists. Infact, it

is the reason for which you and I exist. What is your reason for living and why were you created?

Knowing your purpose guides your life decisions, it influences your behaviour, shapes your goals, offers a sense of direction, it creates meaning and it is unique for every person, as my path may be different from your path. For some people, it is connected to a vacation, a meaningful and satisfying work; for some, their purpose lies in their responsibilities to their family or friends and some people may find their purpose clearly expressed in all these aspects of life.

Many people go through life feeling discouraged about themselves and think they do not have a purpose for living. Some of us even wake up everyday feeling purposeless which is incredibly frustrating. You look around and see your friends and co-workers living passionate, engaged and meaningful lives of direction and fulfillment. They have deep relationships, rewarding jobs and a sense of direction that compels them to hop out of bed each morning with a spring in their steps and you keep asking yourself if you even have a purpose for living and I'm here to tell you that you have a purpose!

Whoever you are, whatever your life experiences, talents, physical abilities or roles are you have a purpose. Infact, everyone has a purpose. Your life is not an accident (even if you came to earth without knocking at the door) and it is enough proof that you have a purpose. Your Creator obviously has a reason for bringing you to earth. So, it's high time you found your purpose and if you have found yours, Kudos to you! Keep working in your purpose and keep doing great things.

I'm not going to give you a long list of your purpose on earth because it is something you need to discover yourself because you are unique in your own way, but, I can tell you how to discover your purpose.

To discover your purpose, a lot of thinking, digging, studying and praying has to be done. For me, knowing my purpose came from these things and also, getting answers from my Creator and confirmation was an important factor and just so we are clear, my Creator is the Most High God and seeking my purpose from Him gave me a surety of my reason on earth, it gave me a sense of direction and working in His purpose for my life gives me so much satisfaction and fulfillment because I know I'm doing the will of my Father and my

life is aligned with His plans.

Nevertheless, you need to determine your gifts and passion and this can only be done by thinking outside the box and trying new things out. You may be a 'Maths Wiz' or a wise counselor, you may be electronically inclined or business minded, you may be good at organizing people and getting things done, you may be passionate about art, economics, making the world a better place and so many other things but you need to ask yourself what would you love to do and don't forget to be sure about your purpose before working towards it.

In conclusion, success in life begins with knowing your purpose (the right purpose, of course) and when you achieve clarity, you will gain a new perspective about your life. You will feel good about who you are and what you stand for. When you find purpose, an inner peace will replace the need to seek approval from others about who you are and what you need to be because you have discovered yourself and a reason for your existence, you will feel more like a person with a mission and trust me, you will be the best version of yourself when you find your reason for your existence and work in alignment with that reason.

Finding your purpose for living is key, so you won't live an unfulfilled life. *By Tosin Agidi*



9

JOURNEY OF SELF DISCOVERY

Nobody ever told me that being an adult was this difficult... Most times I'd feel like I was falling into the Bermuda triangle, where there is no balance. Other times, I feel so revitalized and motivated to do great things. Then I keep falling into endless pits of worry, depression, anxiety and ask questions like:

‘Am I really talented as people say’?

‘Can I actually conquer all my fears and become a better woman just like my role models did’?

‘Was Chimamanda Adichie ever like me? Lost, confused and unaware of her seemingly great talents like me?...Even for just a little while?’

Although the bible, motivational speakers, articles and quotes tell me things that really make me feel at peace albeit momentary words of solace which evaporate as quickly as the next distress comes, my heart still believes that my future is bright.

I know that I'll be able to tell the story of how a little girl like me was saved by God and raised from mediocrity.

To the young lady reading this, I don't intend on dampening your spirit, I just have a lot of questions on my mind and so do you. But, don't give up just yet, wait a little longer so that we'll be able to figure this out and tell our stories afterwards...

We are in this together, in this beautiful journey of SELF DISCOVERY..

By Okorie Oluchi Vina



10

BE AN UNCOMMON LADY

Is it extremely difficult to be a lady with a purpose in the twenty-first century? Why are some ladies facing the dilemma of identity/self discovery? Why is average becoming the anthem of some ladies as the region of the lives of some ladies are bounded on the north by compromise, on the south by indecision, on the east by past thinking, on the west by lack of vision. In our culture today, it has become too easy to take flight from our responsibilities, embracing compromise,

excuses, blames and immoral acts as our solace. Dear lady, because we feel threatened or intimidated by our life challenges does not give us room to sweat sexuality from our pores. Focus less on those challenges and more on your God given potentials to do uncommon things. I challenge you to be an uncommon lady with a purpose and if you do, you will see the gift that exists in good and bad circumstances. Just as you would gather wood to build a fire; I challenge you to begin the difficult process of collecting the information you need to make the decision for the future you want because if you do, you are one step closer to accomplishing what you want, to reaching a milestone in your life. Take responsibility for yourself, no one else is coming; you're the only person you've been waiting for. Make right investments for the proper improvement of your future. Taking right responsibility for yourself empowers you. It places the thermostat within your reach and control. Instead of freezing to death or sweating in discomfort, you can set the temperature for your life. How do you plan your life to be eight years from now? What do you dream of becoming? What blue print are you writing in the heart of humanity? Become an uncommon lady, a tomorrow thinker, act like it, talk like it, and live like it.

Benjamin Praise .A



11

A LADY OF PURPOSE

Purpose could be defined as the quality of being determined to do or achieve something.

It could be said to also be an anticipated outcome that is intended or guides your planned actions.

We all know whom a lady is, it's a polite name for every woman. Many women are in the world today but one of the things that can differentiate two sisters is Purpose and until that is discovered, we can never have direction

in life. A lot of ladies today are walking, moving but without direction. Purpose in one's life is like a compass, it gives direction on where to go. We need to understand that there is no life without challenges, but a well-defined purpose keeps you going even in the midst of those challenges. Women are born to rule the world, until we understand the mantle we are carrying, we won't make a difference. Let's see what happened in the life of Esther (Esther 4:16). When Esther understood the power vested in her as a woman, she said "If I perish I perish". She knew all the king's commandments but yet she was determined and as a queen she needed not to disobey, but she was made to understand the dangers of not carrying out her assignment, she was then determined to carry out her task. "A purpose without a determination is like a vehicle without a fuel". Nothing moves until you move. In other words, until you fan the flame there will be no fire. You need determination to pursue your purpose.

HOW CAN WE ACHIEVE THIS?

In life we are all separated by purpose. It is said that twenty children cannot play together for twenty years. Until we blend with people that has the same zeal and enthusiasm nothing will change.

1. *Understanding the essence of your existence:* -

We must understand the essence of our existence if we must achieve our purpose. Always have it in mind that there's something in you that is lacking on earth, this significant gift in you made you different from others. You are here on an assignment. Have you asked yourself these questions? "Why am I here? What do I have within me that the world is looking for?". You are a solution to a problem. Discover your gifts and uniqueness, develop yourself and be the solution your generation has been looking for.

2. *Choose the members of your crew:* - Not everyone you meet in life has the same purpose with you. We need to select, choose and determine those we would want in our lives. As a lady, if the man in your life is not supporting your dream and vision, and he is not helping to attain to the height you want in life, "let him go". A lot of ladies always make mistakes of keeping "the wrong man for a good purpose". He is good, nice, caring and lovely but have you asked the impact he has made in your life? No wonder a good talent you see today, once married, those vibes dies because there is no one to fan the flame.

Some go against the initial purpose of their life because of love. Choose the man that knows what you know and sees what you see and believes in your dream. We must identify and get acquainted with like minds who share the same passion and enthusiasm as we are, to secure a safe trip to our destination. We must be grateful for every person we meet in our life and make sure that we leave them better than they were, for there are only few people we stick to until certain task are accomplished but there are significant few that we must hold their hands to the very end.

3. *Pursuit the need for speed:* You might have vision, but there is a need for consistency. We need to continue with the vision until it is accomplished, never backing down, because what we don't enforce, we can't receive. As a purposeful lady we need to understand this principle of never give up. Our consistent desperation push is what brings us face to face to our goals. We need to believe in reaching the desired goal. In the midst of barriers, challenges continue moving, have a hunger inside of you to fulfill your purpose.

These are the keys to achieving an undeniable purpose

in life.

VALUE

Value could be said to be an atom of worth placed on something or someone. In other words, they are principles or standard of behavior of one.

Women of value are women whose choices, decision and purpose cannot be compromised, i.e. they tend to hold it at a very high esteem, because they know the amount of worth placed on them.

“When we have value, we will be valued”

Values are principles that guide our action and decision. It helps us maintain standards of life and uphold a reputable character, thereby showing us to the world as people of integrity.

Every woman needs to have a value.

Value your time

Value your career

Value your family etc.

Build a standard, get a job, acquire a certificate, learn a skill, own a business, maintain a relationship, have a good family, look good etc all these adds value to our lives.

We can't add value to people's life when we don't have value, in other words, we don't give what we don't have.

We only give what we have.

Who we really are should be seen in our lifestyle. We can't possibly train a child to uphold values when we don't practice any.

Women should be role models, mirrors in which the entire world see through. The world can never be a better place without us as women. "When we change our mindset, we change our lives, when we change our lives, we change our families, when we change our families, we change the society and then we can change the world".

There comes a time when our values become our principles and our principle becomes our lifestyle.

VIRTUE

The quality of doing what is right and avoiding what is wrong, it is an admirable quality or attribute.

She is godly, she is virtuous, she is powerful, what makes you a virtuous woman is what you're able to withstand.

For you to be a virtuous woman, you must go through something. A good dress does not make you a virtuous woman. The car you drive does not make you a virtuous woman, the husband you marry does not make you a

virtuous woman. What makes you a virtuous woman is what you are able to withstand.

Be the woman of your world, don't fall for anything.

By Victoria James



12

LADY OF VIRTUE

It all began with a strong wind, too strong to put a human off balance, many things were carried by rushing wind far from reach, then a mighty rain started. Rain and wind as if in a combo joined forces and blew up many things. I observed that the strongly rooted bamboo stakes, where not mesmerized by the wind rather they stood their grounds while those that were not deeply rooted were shaken by the wind and they fell flat.

A lady of substance is deeply rooted in the word of God
and can't be wavered by mere doctrines.

Oh! that unique Lady that is far above rubies
I admire such grace that you carry
While others sleep you tarry
Filled with vigour
Your shrewdness makes people think of rigour
She's upright..

She carries herself with poise
Yet she doesn't make noise
Her steps are girded with honor..
She's envied b'cos she's inscrutable..
Never have I seen her take liquor....
Very much unexplainable...
Clothed in humility
There's so much douth in her lifestyle
You'd agree with me that she's gorgeous
Her heart is lined up with flowers
She's of great dexterity
Elegance is all I see...
Beauty overwhelming...
She's not just any woman, she's a lady of virtue..

By Anya SaraH.



13

A UNIQUE LADY

Everyone has been given unique gifts and incredible potentials by God for a purpose in order to either make a difference, impact in people's lives, create new knowledge, influence positively to the destiny of the family, community and the nation at large.

A lady with purpose is a lady who has truly discovered her essence for existence. It's more to finding out your

career or a man, it's more to being popular or fitting in amongst the hub of "classic ladies" in meetings, churches and conferences.

Though we live in an era where it has been considered that it's just in a woman's nature to think of nothing else rather than looking so gorgeous in order to compete with other ladies in terms of physical appearance and also to be hailed at.

There's a knot that needs to be tied loose. There's more that needs to be discovered.

Dear amazing ladies, everyone has different purpose in several sphere's of life, you have the mandate and have been empowered to be a great voice, a source of inspiration and a woman of honor.

It's not just being married to a man of honor or to top men in the society. It is not even about being a celebrity or being famous. The question is;

What difference do you make?

Have you actualize your purpose?

Have you discovered your society (mainly the ill facts)?

How many people have you built their strength and helped work on their weaknesses?

What impact have you made in people lives?

Believe in yourself always, bear it in mind that you're a

lady with purpose, the world needs you. So get obsessed about making a difference despite the society you find yourself in. Thanks. *By Grace Obasi*



14

A VIRTUOUS WOMAN

She is beautiful.
She is unique.
She is everyone's dream.

The one built with flaws that makes her standout.

God took out his time to build her. He wasn't joking when He removed the ribs from the man and formed her with beauty, and angelic smile that makes her worthy and noticeable by all.

She carries something a man can't give.

She is a rare gem, a mother, a sister, a home keeper, a blessed Nation because she definitely carries nations in her womb.

She is special and fierce.

When she speaks, what comes out command respect.

Highly industrious, smart, wise and above all a companion to the core.

She carries God as her home defender, as her rock and her husband her head as Christ is to the church.

Wonderful being made by God,

Fearless when she wants to stand up to the devil.

No one can stand up to her when she is on her knees.

She is no other but the lady with purpose.

The lioness she is that takes the front stage

She is a **virtuous woman**

By Karima Abraham



15

A WISE WOMAN

A wise woman invests for her children a permanent investment that can stand for them even in her grave.

She sacrifices the expensive wigs, beautiful bags and makeup to save for capital.

She wears old clothes, sacrificing her savings for investment.

She sleeps late thinking out loud on how to make an everlasting investment.

It is all a sacrifice story in her day to day life.

And the greatest way to her success is putting God first in all her steps.

Just like Ruth, she never gives up.

Just like Hannah, she tells it all to God.

When it's out of her control, like Esther, she fasts and prays.

Her tools are Faith in God and working hard to make her business a success forever.

And even when she loses it all, she never gives up on God but sticks to God like Hannah.

My sisters, the best you can reward yourself with is permanent success through business. It will reward you through its profits and also stand for your children even when you are in the grave. It's not too late you can start today .

Remember procrastination is a thief of time.

By Precious (Uganda)



16

CONFIDENT LADY

Pretty in a red dress,
Black curly hair,
A honey red lipstick,
A silver heel shoe,
A silver round purse,
A simile expressed of red,
With a rosy red self-confident.

Here, is not a lady in red; but a Red lady.
Whose Glamorous color is bold to behold,
Whose movement, attract the delight

of everyone who sees her leaving behind a total admiration.

No matter what happens in her future life,
She will always remember this happiness,
And her moment in her red dress.

With red, I am content.
Red, a flame to bright.
My warmth, in cold.
A color, away from horror and pain.
The answer, to my love questions.
I found more joy in red, than you could
find in black and other colors.

By Precious Uchendu



17

FINDING PURITY

Purity is not just another word for virginity. Purity is greater than abstaining from premarital sex. Purity is a state of mind and a condition of the heart. Pursuing purity is learning to say “No” to making out if it leads to impure thoughts. Pursuing purity is not just avoiding porn. It could also be avoiding popular TV shows that arouse us sexually. Pursuing purity is considering the lyrics we listen to and

choosing wisely how we engage others of the opposite sex.

Sex is not a right, nor did God design it to define our “identity.” Our identity is in being children of God. It is not meant to be a way to gain power or acceptance. Men and women of God do not use sex as a means of gratifying selfish desires, but instead, lovingly as a means of serving one another in genuine intimacy and love in marriage. Valuing and pursuing purity will honor God and heighten the joy we experience in this wonderful gift.

God created Adam and Eve in his own image (Genesis 1:27), and Eve from Adam because God knew “It is not good for the man to be alone” (Genesis 2:18). God wanted His created likenesses to have the joy of relationship. He made the man and the woman as gifts to each other. He created their bodies to join in sex, certainly for pleasure, no doubt for procreation, but also in a mysterious way that the two “become one flesh” (Genesis 2:24). For the sake of this beautiful mystery, God has given sexual interaction remarkable power to etch memories and images into the brain that will impact, for good or for evil, future emotional and sexual health. Men and women bring not only physical connection, but also supernaturally designed qualities of

masculinity and femininity and emotional and spiritual intimacy that bind them deeply to each other, and, when rightly experienced in committed marriage, to God. Violating this connection has grievous consequences in the deepest reaches of the human soul, which is one reason Jesus said, “What God has joined together, let not man separate” (Mark 10:9). This is to say that; Sexual purity protects a glorious mystery.

Sex is an extraordinary gift in the context of an extraordinary relationship, ‘if the Lord wills for us to marry’. We should feel the weight of two being joined together in “one flesh.” There is something sacred in this union. The idea of violating the one who is at last “bone of my bones and flesh of my flesh” (Genesis 2:23) should cause us to feel a stab of grief and even horror. Would any of us feel pleased to know our spouse shared such deep intimacy with another? God’s warnings about sexual sin come in love because he wants us to experience fullness of joy, but his warnings are very real and very serious. Hebrews 13:4 is one of many verses that puts this severely and succinctly: “Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.” In a nutshell to this paragraph, it means that; Sexual purity protects a sacred (present or future)

relationship.

HOW SEXUAL SIN CAN BE AVOIDED

1. ***Flee from temptation:*** Sexual sin is often attractive. It has a certain charm that invites and allures with seductive and smooth speech. It is also addictive: “The iniquities of the wicked ensnare him, and he is held fast in the cords of his sin” (Proverbs 5:22). Like any appetite, the more we feed sexual sin the more it grows. The more we commit it, the more we will feel we need it, the easier it will be to do it, and the harder it will become to stop.

2. ***Reflect on the Future:*** “At the end of your life you groan, when your flesh and body are consumed” (Proverbs 5:11). Sexual sin has consequences. We may talk about these things as a “fling” or “one night stand,” but the fact is, such sins are not so easily containable. Sexual sin seems so attractive now, but fast-forward to the end and it all looks very different: “You say, ‘How I hated discipline, and my heart despised reproof! I did not listen to the voice of my teachers or incline my ear to my instructors’” (Proverbs 5:12–13). The wise consider their end before they get there.

In Conclusion

The world would have us believe that there is power and satisfaction in sexual freedom, but God, who created sexuality, teaches us the truth. Real power and satisfaction come through a rich and vibrant relationship with our Creator, made possible by the loving sacrifice of his Son for our sins. Sexual pleasures, wonderful as they can be, pale in comparison to the pleasures available in God, now and forever. When we treasure God, and desire to honor him with our lives by submitting to his plan for our sexuality, we not only avoid the pain and suffering that follows extramarital sex; we also mine greater depths of joy with our spouse and do what we were created to do

Most of us think of purity as not having sex before marriage, but choosing purity affects every part of our lives.

By Goodness Nneoma Ama



18

THE WOMAN IN HER PRIME

A true life story.
It all began years ago.
Born in an average family.

A cry of a pretty baby girl was heard in a remote village.
Single handedly raised by her mother with the father as
a masked figure.

Got raped as a girl child.

Innocently experienced the pain of losing her pride.

Grew up with bitterness, acrimony and hatred for

herself.

Things went wrong as she traded her body for money as a young teenager.

It went on for months till she was rescued.

Matter worsened.

She was talked down by loved ones, despised by folks and rejected by intimate friends.

She became a bad sheep among the herd.

Can she ever survive this??

A time came when a genuine hand was extended to her.

It reached out to her in warmth, in the cold lonely dark corner where she sat.

Took her up and dusted her

Looked beyond the messed up life and decided to just care and shower her with all the care she needed.

Loved her beyond borders.

Filled in the gaps of the accumulated wounds

Shut his eyes to all flaws, mistakes and imperfections.

Now she is on track,

She is on her path to fulfill destiny.

Forever Grateful to the savior,

Totally made up her mind to reciprocate that love to the emancipator.

Now she is on track fulfilling purpose.

Pursuing the path the emancipator created.

Holding onto Jesus passionately.

Forgetting the past and holding strongly to the future.

Now the challenge is;

She is usurping her prime age serving God vigorously.

Everyone is now complaining.

"you are serving God extremely"

What will she do?

Prime: it is the state or time of greatest vigour or success in a person's life.

The woman in her prime is that state or time a feminine gender tends to have the greatest desire about achieving her goals, dreams and bring relevancy to the society.

The prime age of the woman is the stage where every young woman meets whether you like it or not.

It's very vital if we put into cognizance the demands of this period.

The prime age of the woman is a very delicate and sensitive period.

It is the period when decision are to be made to guide her affairs till Jesus shows up. It must be handled meticulously

It's the stage where pressures is mounted on the woman in regards to marriage, career, finances, etc from family

and relatives.

A woman in her prime can also be referred as *A Lady
In Waiting*

Waiting is important but the one that is what is more
important is *What are you waiting for?

Don't be deceived with waiting for shadows.

What you are waiting for, is it worth your wait?

Hope you are not blindfolded by vanities?

Waiting is necessary for the right thing,

Hope you are not waiting because others are in that cue?

Are you waiting on the Lord?

Are you waiting on your dream?

Are you waiting on that job?

Are you waiting on your partner?

Waiting for the right thing is vital but you must put on
the whole fruits of the spirit. Gal 5:22

Hold on and never give up.

Don't be discouraged.

As long as there is breath, there is Hope.

Maximize this season.

Be the best of your peers.

Stand up from your mistakes and recycle your life
positively.

Greatness is in every woman.

See you at the top.

By Onyia Vivian Amara



19

A LADY

She is water,
Soft enough to offer life,
Tough enough to drown you away.

She is fire,
Hot enough to consume your wild desires,
Bright enough to illuminate your world.

She is rock,
Fit enough to crush the troubles,

Strong enough to hold your fears.

She is a Vixen,
With a vintage style,
Expensive taste and a gorgeous smile.

She is easy, but complex,
Disenchanted and ready to grow.

She is wild.
With endless possibilities,
Just when you thought she would shed her leaves,
She blossoms.

She is a LADY

By Miracle Kalu (Editor)



20

CONTENT CREATION

Errr... okay, now I want to write a small something... it's like a little tiny advice...
I pray we find it useful and make use of it.

Wish I could pour out everything as it is in my head and mind but I fear I'd be boring you out... so let's see...

See eh... get value... seek wise counsels, be hungry for knowledge!!! No knowledge is a waste right?? Learn, learn, un-learn, re-learn, keep learning, he that stops learning, stops leading.

Who said you cannot know more than your age mates??

It's not a crime you know. You could learn from the young, poor, old, rich, your mates too (lol... loosen your pride) ask questions when you get confused about life's issues (make sure you ask the right persons because some people are very good at giving wrong advices that appear real and true) there are several other mediums too... social media!!!

Learn graphic designing, improve your culinary skills, trust me there still several mouth-watering dishes you've not learnt how to make, you don't even know they exist, exercise your frontal cortex (critical thinking) too so that you can discern good sounding talk but eventually is garbage, you could also go and find 'Mr mathematics',.

What am I trying to say?? It's simple; HAVE CONTENT!! Don't just be one fine 'h'anty' like that with fine figure and all with empty head, that has nothing to offer, just waiting for one very unfortunate 'h'uncle' to come and do small thing for ya head"

Set targets for yourself, see the big picture!! Debunk mediocrity!!

Just imagine how your productivity level will pick up just by paying more attention to getting CONTENT!

Do not waste your whole life behind everyone's

whatsapp status; you have a whole life outside the phone.

I hope I blessed someone with this long piece.

By Awa Promise Orie



21

STILL ON MY JOURNEY TO SUCCESS

My name is Blessing Edede, first of 6 children, an Entrepreneur in the making, I schooled at Michael Okpara University.

The struggle to survive is very real especially when you have people looking up to you, the either look up to see how u succeed or watch you fail, either ways you have to choose the path of success.

This reason is why I wake up every morning, go out there to hustle and make ends meet.

There are times I felt like giving up on everything, trying times, times like when I lost my mum to cancer, there are times I feel like God is not on my side, when I see things work out so easily for other people, but I'm yet to see my light shine.

In all, I drew my conviction from the word of God that says, "He makes all things beautiful in his time".

My Purpose in life is to make it and put smiles on the faces of everyone around me.

But the journey to success is not and has not been easy but still I rise.

There is no giving up till I achieve that which I am made for God willing...

AM A LADY WITH PURPOSE

By Blessing Daniel Edede



22

DARE TO BE EXTRA ORDINARY

What most of us want is to live a life full of Purpose. Sometimes, it may take years to figure out your purpose, who you want to be, your purpose on earth and what you got to offer. But let me be real with you, it doesn't matter how many times we fail, but the times we get back up that truly matters.

The difference between an ordinary person and an extra ordinary person is that, an ordinary person have

dreams, while an extra ordinary person have dreams, goals and vision. Extra ordinary person visualize themselves with their achieved goals and put in efforts to make it a reality. While an ordinary person have dreams but no goals or vision attach to it.

An ordinary person, is not ready to put in effort with the right goals attached to make their dreams a reality. They merely just wish for it and expect it to come true. It is time to wake up ladies. God won't come down and turn things around for you. As a believer, I solely believe in the scripture. Philippians 4:13 which says: 'I can do all things through Christ who strengthens me'. Read through it, words by words, the scripture didn't say Christ will do all things for you, it only says with strength from Christ you can do anything.

So my darlings, choose faith over fear. Firstly put your faith in God and Secondly, believe in yourself. Because If you don't believe in yourself, you don't believe in God. If you believe you can do anything, you can. Because it is said in the Bible "All things are possible for those who believe".

It is proven in Luke 1:45 which says "Happy too is she who believes, for there will be a complete fulfillment of those things spoken to her from God".

My name is Tibian, I am a lady who won't stop, until she discovers her purpose on earth. I am on my way to be a Lady with not just purpose, but also a vision.

Dare to be Extra Ordinary today. It all starts with you♥

Quote:

A disabled person is not just one without limbs or one with any physical disability. A disabled person is also, one without Purpose and Vision.

Dare to be Extra ordinary !!!!

By Tibian Osabor



23

FINANCIAL INDEPENDENCE: WHAT EVERY WOMAN SHOULD SEEK.

This is not feminism neither does it have anything to do with it. It's a simple truth that most ladies are not ready to embrace hence, making it a tool in some men's hands to become oppressors.

Financial Independence can be said to be financial freedom and this means your ability to make ends meet for yourself by yourself.

Just imagine yourself in a world with no parents or

siblings or relatives or boyfriend, sugar daddies or husband and to make the picture more intense you have children. The question becomes how would you survive?

Women should stop that fallacious thinking of anybody who seeks financial independence in her marriage or life entirely is a rebel or doesn't know what she wants out of life. So this is why there's this saga of failed marriages, abusive relationships, poor growing environment for children, or emotional and physiological break down for women who find themselves struggling. Grow up ladies!

The time where we all want a rich settled man to come swipe us off our feet is far gone (this doesn't mean a rich settled man is bad for you). The issue here is what were you doing before he came into the picture? What are you doing now he is in the picture? What are you or can you do now he is out of the picture?

The sooner we realize we have nothing to lose by making right decisions for ourselves or family and our future, the better for us, because as they say "when the going gets tough, the tough gets going".

More importantly, one step to completely achieving financial independence is understanding its necessity

and being willing to start small.

A lot of people know what this means but they haven't grasped the necessity and that's why their efforts are slow and poor.

If you are in this category, you'd be easily fooled into believing it's not for everyone, so you end up doing nothing until it's too late and you get lost in depression when the money stops coming in or it is used as a manipulative instrument.

The little we find in our hands to do today can make a difference.

Get up, get out there, find something doing and never let anyone tell you it's not good enough or necessary for you.

That mind has been blessed.

Those hands have been gifted.

So that in your dark times, your spirit might be uplifted. Seek financial independence today and make a difference in the world.

By Nwokocha Favour I.



24

SMILES AND SILENCE

It's said that our appearance matters a lot. "First impression" is also another factor in our society, today, that's of high importance. A smile, though so little an action, can serve a perfect first impression. When going for an important appointment like a job interview or a public speech, it is required that we put on a smile to achieve relaxation and speak freely to our interviewer or audience respectively. When

tensed or having cold feet, we could just take three deep breaths and smile, it really helps. That's why we should do things that make us feel happy. As trivial as it may seem, smiles go a long way in the aspect of attraction, in the lives of women especially. We ought to be cheerful most times to attract good tidings. A smile is an effortless adornment of our face. A song once said "You are never fully dressed without a smile". To me, a smile complements a perfect outfit. After looking good for an occasion, when taking pictures, we are to smile to achieve a good capture. It takes more bones and muscles to frown than to smile. Smiles help us look younger and attractive. OK, picture this - A guy is talking to you for the first time, and u are frowning, then suddenly, u smile. BOOM-motivation, ideas, more flow will flood the moment. He will immediately gain more confidence and encouragement. It's natural, no one will feel encouraged talking to an angry face, it's pointless. We should make it a wont to smile genuinely, no matter what. It's a natural vibe.

Sometimes in life, people's attitudes matter, sometimes they don't. As important as it is to speak, silence is also substantial. Humans vary in temperament, everyone with his/ her own opinion about life. Sometimes people vomit words that hurt, sometimes unintentionally, most

times to get a reaction. It is imperative that we observe our environment and the people surrounding us. We should learn to study their temperament and how they react to and handle certain issues. Not every attitude deserves a reaction. We should learn to ignore certain unnecessary display of arrogance. There is this saying "silence is the best answer". It helps sometimes because it avoids many things ~ unnecessary quarrels and fights, loss of respect, etc.

The fact that we keep calm and silent does not mean that we are stupid or cowardly, it actually implies that we value our self esteem so much, as not to stoop as low as exchanging words or blows over irrelevance, when it can be handled maturely. If we must respond, avoid using angry words or tone. If we can't avoid that, silence is the key. It is a stereotype that women are quarrel and fight lovers. Prove them wrong and choose to be different. If we keep reacting violently to harsh words, we might end up in a fight.

Self esteem and reputation is to be preserved and treated like an egg. Strive not to break it. We can respond to violence with calmness, smiles and by walking away so as not to stir up anger. Leave the area and then when the tension is eased you can address the

issue calmly. Tolerate and overlook people's bad attitudes, don't let it get to you.

Smiles and Silence go hand in hand in my perspective. Some people just do things genuinely to try our patience and sometimes succeed. We are human, we aren't perfect, we can fall into temptation but the victory lies in our ability to realize it and come out of it. They'd be surprised at your smiles and silence.

By Anperchian (Anita Anosike)



25

FIGHT DEPRESSION

Depression is a frequent word nowadays. It is much more than any one word can describe. It slowly takes over a person's life to the point where they forget how it all began. It builds up over time. Little, unnoticeable things change at first, leading to bigger changes.

Depression is when everything feels too hard. When you feel so low that things you previously enjoyed no longer hold that same joy. You wonder how you ever

enjoyed anything at all. You wonder what other people have that you can't get a hold of. You find it harder and harder to get out of bed in the morning. You drag yourself through each day. You find it difficult to go to bed at night.

The effort to do the small things is huge. People always say you should talk to someone, tell someone, but how do you put words on something so hard to even understand yourself? How do you explain to someone that you want to live your life but also you don't know how you can? How do you explain that this no longer feels like a choice, that it controls you not the other way around?

To me, Depression is a reaction. A reaction to a life that you never imagined would be . A reaction to stress and the inability to change your situation. It is lack of self-care and a giving too much of yourself to others. It is a deep anger at an injustice or unfairness in life. It is a lack of energy to take any more of what life has for you. It is a deep sadness and regret. It is all of this and so much more. We are not always aware of why it happens because of how slowly and quietly it sneaks up on us, hmmm....

For anyone reading this, that can relate to all or some of what I have written, own up to it for yourself, allow

yourself the time needed to get through this; it does take time. There is no magic cure, but as slowly as it developed, it can slowly get better. As impossible as it seems to do, you need to get help from somewhere, be it your doctor, a professional or that person that is always there trying to urge you out of this. None of these people will do it perfectly, but they will support you, and you need to allow that to happen. There is always resistance, and sometimes the biggest battle can be making that choice to allow others to help.

I hope this gets easier for you. I hope you find a way out of this. Lots of people have been through depression and come out the other side. I hope you can find someone who understands what you are going through. For me, I really am trying. This is a tough battle and I don't know how long it will take, but having allies like you will certainly make the process that much easier. You know we can sometimes say or do things that make us not so pleasant to be around. That's the nature of the beast. You are allowed to be upset, angry, hurt or annoyed at those things. I just ask that you try to understand that these things are expression of the depressive symptoms. They may be a part of us, but they are not the whole of us. I hope this letter helps you to understand a little more about the other part of you that is dying for a chance to get out into the world. Hope

is one of those things that disappears with depression, so for now, I will hope for you until you find that hope again for yourself.

By Pamela Chi



26

GO SISTER

In various skin colours, we appear...
Beautiful in all shades.
Exhibiting various acts and characters

Ladies we are...
Soon to be CEO's,
Wives in the making,
Soon to be Mothers,
Future Mother In-laws,
Grandmothers in times to come,

This isn't no race neither is it a competition.

The female folk is ascribed to a support system,
Through her exhibition of love and care, she protects all
around her.

Why then do we tear ourselves apart?

Why is the hate way too much?

Why sly each other?

Why fight each other?

Why the blackmail and backbite?

We're not related by blood,

But it doesn't stop the SISTERHOOD!

Why bear so much anger and hatred towards a fellow
sister?

Why?

You don't greet and you're greeted and you don't reply.

Why?

You don't render help and you're helped and you act
like it's your right and you well deserved it.

Why?

A sister genuinely works and earns, you stare her down
and say a lot

Why?

You can't wave then a sister waves, you act all bossy or
probably ignore the wave.

Why?

A sister can't tell you something in confidence and you'll

be loyal and keep it.

Why?

We are way bigger than this, SISTERS..

We're supposed to be each other's keeper.

We are supposed to support each other in the truest of sense...

Because we can't stand together, we're exploited and used against US.

They use US to set US up and we fall for it... We have to stick together.

Let's show some respect to the HOOD

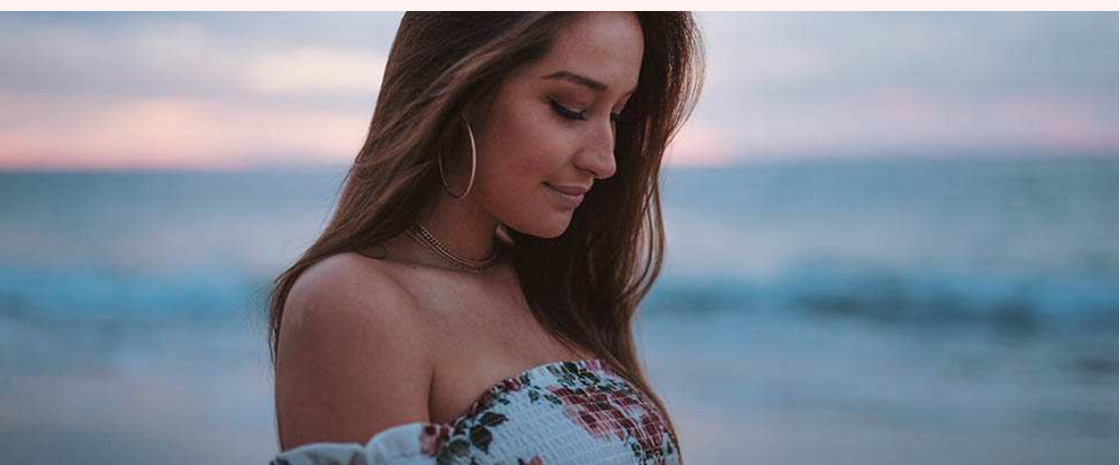
We have to UP our game SISTERS and show some level of Love to the SISTERHOOD.

Cause together we Stand!

Divided we Fall!

Go SISTERS!

By Ajike Bube Ucha



27

MY INTENTIONS....

My heart and sympathy goes out to people who feel they are loved and accepted in societies but end up being despised.

To those who are going through certain situations but don't really know how to get out of the situation.

To those whose hearts have been broken and shattered by family members, friends and people they love and hold in high esteem.

To those with so many dreams and aspirations, but are

confused on how and where to start because there is no support from loved ones, coupled with financial issues.

To those with too many responsibilities on their shoulders, weighing them down and cannot think of their own personal issues anymore.

To those who are used to getting validation from people before doing anything and are going crazy from dejection.

To those who have gone through a lot in life and cannot take it anymore and are gradually slipping into deadly depression.

To those who trust and believe some people to stand by them even when they have done wrong and need comforting but get reprimanded instead by those set of people.

I've been in such situations and even more but still standing strong. No matter how the wind has tossed me around, I'm still standing. It is not as if I do not feel pained by it at all, but I can't go around hanging my problems on people.

I kneel down by the side of my bed or even silently pray to my father in heaven as I am walking on the road. After that, I'm relieved and come out with a huge smile on my face knowing that my father has already taken care of them all. GOOD AS NEW!!!!

My INTENTIONS as a young girl in my society is to look out for young people in these situations and dilemma and help them out with my own strategy.

Always wear a bold smile on your face!!!

Don't worry, be happy!!!

By Emmanuella Ude



28

POLYCYSTIC OVARY SYNDROME

As a Lady With Purpose, it is important you take very good care of your health especially fertility related. The frustration of trying to get pregnant after marriage is not a child's play, I must tell you. We are here to discover ourselves in all area of life and health is not an exception. We chose this topic because so many ladies are not aware of this syndrome and when they eventually find out they might have gone through a lot of stress, pressure and abuse. This information is even more vital for the single ladies because the earlier you know the better.

I will be talking about PCOS (Polycystic Ovary syndrome). So many women suffer infertility issues when married and wants children then they realize something is wrong. I am not a medical personnel but will write base on experience.

Polycystic Ovary syndrome is a clinical diagnosis characterized by the presence of two or more of the following features;

Irregular or absent menstrual cycles

Androgen excess (increased hair growth on the face, chest, around the nipples or in the lower part of the abdomen, acne, hair loss.)

Polycystic appearing ovaries.

While these may not be harmful, they may trigger imbalance in the release of hormones including testosterone, pituitary gonadotropins, follide-stimulating hormone (FSH) and luteinizing hormone (LH). If you have PCOS you are not alone. PCOS is one of the most common hormonal endocrine disorder in women. According to specialists 5-10% of women in their peak fertility years are affected by PCOS. 70% of infertility issues tied to ovulation are the result of PCOS.

PCOS can cause insulin resistance(which is too much insulin) which result to weight gain, excess of weight in the upper body, inability to lose weight and skin tags.

PCOS can rise testosterone levels (male hormones) symptoms can also includes male pattern baldness, excessive hair growth on the body and face (hirsutism), oily skin and acne.

If you suspect that you may have PCOS, it's important to get treatments even if you don't have immediate plans to get pregnant. Without treatment PCOS can lead to many other serious health complications, such as diabetes and heart related issues that can result in heart attack. Though the exact cause of PCOS is not known. Research points to genes as a major factor. If a mother has PCOS, there is a 50% chance her daughter will have it as well. The most accurate tests to determine if you have PCOS is a transvaginal ultrasound. If PCOS is left untreated, it can prohibit ovulation so that pregnancy becomes more and more difficult and if pregnancy does occur, it can result in miscarriage. However, with the right treatment, many women with PCOS are able to conceive and have children.

Seeing a good fertility specialist/Gynecologist is the first step. Exercising regularly and healthy weight loss is your part to play in order to achieve result. There are number

of effective treatments available for women who have PCOS and want to have a child.

By Chidinma Victoria Wehere



29

Gender Based Violence.

Physical and sexual gender based violence

Addressing gender based violence.

Introduction

Violence against women is a persistent and universal problem occurring in every culture and social group. Around the

world, at least one in every three women has been beaten, coerced into sex, or otherwise abused in her lifetime – most often by someone she knows, including a member of her own family, a friend, an employer or a co-worker.

Violence against women is often known as gender based violence because it partly stems from women's subordinate status in society. It saddens the heart to discover that violence against women is the least recognized human rights abuse in the world. This violence jeopardizes women's lives, bodies, psychological integrity and freedom.

Gender based violence.

Gender based violence is a violence against women based on women's subordinate status in society. It includes any act or threat by men or male dominated institutions that inflict sexual, physical or psychological harm on a woman or girl because of their gender. In most cultures, traditional beliefs, norms and social institutions legitimize and therefore perpetuate violence against women. Gender based violence occurs in both public and private spheres, such violence not only occurs in the family and in the general community, but sometimes also perpetuated by the state through

policies or the actions of agents of the state such as police ,military or immigration authorities.

Gender based violence includes physical, sexual and psychological violence such as domestic violence, sexual abuse including rape and sexual abuse of children by family members; forced pregnancy; sexual slavery; traditional practices, harmful to women such as honor killing, burning or acid throwing, female genital mutilation, dowry-related violence; and emotional abuse such as abusive language or coercion. Trafficking of women and girls for prostitution, forced marriages, sexual harassment and intimidation at work are also included among violence against women.

Almost one third (30%) of all women who have been in a relationship have experienced physical and/or sexual violence by their intimate partner. The prevalence estimates of intimate partner violence range from 23.2% in high-income countries and 24.6% in the World health organization Western Pacific region to 37% in the WHO Eastern Mediterranean region, and 37.7% in the WHO South-East Asia region.

Globally as many as 38% of all murders of women are committed by intimate partners. In addition to intimate partner violence, globally 7% of women report having

been sexually assaulted by someone other than a partner, although data for non-partner sexual violence are more limited. Intimate partner and sexual violence are mostly perpetrated by men against women.

Physical gender based violence

According to the AMEND Workbook for Ending Violent Behavior, physical abuse is any physically aggressive behavior, withholding of physical needs, indirect physically harmful behavior, or threat of physical abuse. This may include but is not limited to: Hitting, kicking, biting, slapping, shaking, pushing, pulling, punching, choking, beating, scratching, pinching, pulling hair, stabbing, shooting, drowning, burning, hitting with an object, threatening with a weapon, or threatening to physically assault. Withholding of physical needs including interruption of sleep or meals, denying money, food, transportation, or help if sick or injured, locking victim in or out of the house, refusing to give or rationing necessities. Abusing, injuring, or threatening to injure others like children, pets, or special property. Forcible physical restraint against the victim's will, being trapped in a room or having the exit blocked, being held down. The batterer hitting or kicking walls, doors, or other inanimate

objects during an argument, throwing things in anger, destruction of property and Holding the victim hostage.

Female genital mutilation (FGM)

Female genital mutilation comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons. The practice is mostly carried out by traditional circumcisers, who often play other central roles in communities, such as attending childbirths. In many settings, health care providers perform FGM due to the belief that the procedure is safer when medical used. FGM is recognized internationally as a violation of the human rights of girls and women. It reflects deep-rooted inequality between the sexes, and constitutes an extreme form of discrimination against women. It is nearly always carried out on minors and is a violation of the rights of children. The practice also violates a person's rights to health, security and physical integrity, the right to be free from torture and cruel, inhuman or degrading treatment, and the right to life when the procedure results in death.

Types of FGM

Female genital mutilation is classified into 4 major types.

Type 1: This is the partial or total removal of the clitoral gland (the external and visible part of the clitoris, which is a sensitive part of the female genitals), and/or the prepuce/ clitoral hood (the fold of skin surrounding the clitoral glands).

Type 2: This is the partial or total removal of the clitoral gland and the labia minora (the inner folds of the vulva), with or without removal of the labia majora (the outer folds of skin of the vulva).

Type 3: Also known as infibulations, this is the narrowing of the vaginal opening through the creation of a covering seal. The seal is formed by cutting and repositioning the labia minora, or labia majora, sometimes through stitching, with or without removal of the clitoral prepuce/clitoral hood and gland.

Type 4: This includes all other harmful procedures to the female genitalia for non-medical purposes, e.g. pricking, piercing, incising, scraping and cauterizing the genital area.

Deinfibulation refers to the practice of cutting open the sealed vaginal opening of a woman who has been infibulated, which is often necessary for improving health and well-being as well as to allow intercourse or

to facilitate childbirth. No health benefits, only harm FGM has no health benefits, and it harms girls and women in many ways. It involves removing and damaging healthy and normal female genital tissue, and interferes with the natural functions of girls' and women's bodies. Generally speaking, risks of FGM increase with increasing severity (which here corresponds to the amount of tissue damaged), although all forms of FGM are associated with increased health risk.

Immediate complications can include: Severe pain, excessive bleeding (hemorrhage), genital tissue swelling, fever, infections e.g. tetanus, urinary problems, wound healing problems, injury to surrounding genital tissue, shock, death.

Long-term complications can include: urinary problems (painful urination, urinary tract infections); vaginal problems (discharge, itching, bacterial vaginosis and other infections); menstrual problems (painful menstruations, difficulty in passing menstrual blood, etc.); scar tissue and keloid; sexual problems (pain during intercourse, decreased satisfaction, etc.); increased risk of childbirth complications (difficult delivery, excessive bleeding, caesarean section, need to resuscitate the baby, etc.) and newborn deaths; need for later surgeries: for example, the sealing or narrowing of

the vaginal opening (Type 3) may lead to the practice of cutting open the sealed vagina later to allow for sexual intercourse and childbirth (deinfibulation). Sometimes genital tissue is stitched again several times, including after childbirth, hence the woman goes through repeated opening and closing procedures, further increasing both immediate and long-term risks; psychological problems (depression, anxiety, post-traumatic stress disorder, low self-esteem, etc.)

Who is at risk?

FGM is mostly carried out on young girls sometime between infancy and adolescence, and occasionally on adult women. More than 3 million girls are estimated to be at risk for FGM annually.

More than 200 million girls and women alive today have been subjected to the practice, according to data from 30 countries where population data exist. The practice is mainly concentrated in the Western, Eastern, and North-Eastern regions of Africa, in some countries the Middle East and Asia, as well as among migrants from these areas. FGM is therefore a global occurrence.

Sexual gender based violence

Sexual violence can be defined as any sexual act

performed on an individual without their consent. Sexual violence can take the form of rape, sexual assault, forced prostitution, sexual harassment, sexual exploitation or sexual trafficking.

Forced prostitution (also referred to as sexual exploitation)

Forced/coerced sex trade in exchange for material resources, services and assistance, usually targeting highly vulnerable women or girls unable to meet basic human needs for themselves and/or their children.

Sexual harassment

Any unwelcome, usually repeated and unreciprocated sexual advance, unsolicited sexual attention, demand for sexual access or favours.

Sexual exploitation

Any abuse of a position of vulnerability, differential power, or trust for sexual purposes; this includes profiting momentarily, socially or politically.

Sexual trafficking

This is a situation where by the victims are sold out to involve in sexual activities without their permission.

Rape

Rape is a type of sexual assault usually involving sexual intercourse or other forms of sexual penetration carried out against a person without that person's consent. The

act may be carried out by physical force, coercion, abuse of authority, or against a person who is incapable of giving valid consent, such as one who is unconscious, incapacitated, has an intellectual disability or is below the legal age of consent.

Worldwide, sexual violence, including rape, is primarily committed by males against females. Rape by strangers is usually less common than rape by people the victim knows. Rape has become a nightmare and constant occurrence to the world at large. Both women, girls and children are abused sexually. People who have been raped can be traumatized and develop posttraumatic stress disorder. Serious injuries can result along with the risk of pregnancy and sexually transmitted infections.

Some Common Ways Abusers Control Victims

Controlling behavior is a way for the batterer to maintain dominance over the victim. Controlling behavior, the belief that the abuser is justified in the controlling behavior, and the resulting abuse is the core issue in abuse of victims. It is often subtle, almost always insidious, and pervasive. There is a relationship between violence and other tactics of control. While physical assaults might occur frequently or infrequently, other parts of the pattern can occur daily. The use of these

other tactics is effective because one battering episode builds on past episodes and sets the stage for future episodes. All tactics of the pattern interact and have profound effects on the victims. Examples of these tactics include:

Isolating the victim

Initially, an abuser might cut off the victim from supportive relationships with the claims of “loving you so much” and “wanting to be with you all the time.”

- The intent is to control the victims time and isolate them from their support system of family and friends who might question the abusers actions. For example, the abuser might refuse to have telephone service or reliable transportation, monitor the victims email, or make the family change residences frequently.

- The abuser might constantly criticize the victim’s family and friends or harass the victim so much that it is easier for the victim to simply cut off contact with family and friends. This maybe done by using coercion, threats or force.

- A victim might believe what their abuser says because they are so isolated they have no access to information that might contradict the abuser.

- Calling or coming home unexpectedly to check up on the victim. This may initially start as what appears to be

a loving gesture, but becomes a sign of jealousy or possessiveness.

Using the children

- The abuser might punish the children as a way to hurt the victim.
- The abuser might sexually abuse the children or force them to watch the abuse of the victim.
- They might use the children to spy or report on the victims activities.
- They might threaten to kidnap or kill the children if she leaves him.
- The abuser could gain legal custody, just take the children, or use custody and visitation arrangements to harass or harm her.
- They might make threats to call Child Protective Services if the victim leaves the relationship. Damaging relationships.
- The abuser might discredit the victim's relationships with others in the community, such as employers, clergy, friends and neighbors, by spreading rumors or distorted information. For example, an abuser might tell others that the victim is crazy or a liar or send messages from the victims email address to alienate them from friends and family.

Attacking property and pets

-The abuser might hit the wall next to where the victim is standing or throw objects at them. They might pound the table next to the victim or break their favorite possessions. An abuser might say: "Look what you made me do" or "You'll be next."

-The abuser might harm pets to hurt and intimidate the victim. Stalking and monitoring partner or ex-partner

-The abuser might follow, threaten, harass and terrify his partner or ex-partner, especially after they have left or separated.

-The abuser might monitor the victim's whereabouts, daily activities, phone conversations or email to prove to the victim that they cannot conceal anything from them.

-An abuser may monitor phone calls, using caller ID or other number monitoring devices, or not allow the victim to make or receive phone calls.

-They might check the mileage on the odometer following the victim's use of the car.

-Not allowing the victim freedom of choice in terms of clothing styles, makeup or hairstyle. This may include forcing the victim to dress more seductively or more conservatively than they are comfortable.

-Invading the victim's privacy by not allowing them time

and space of their own.

Some NGO organization working to end violence against women. Gender-based discrimination and violence is still prevalent in many countries today, and to bring the world's attention to this problem, the United Nations (UN) recognizes the International Day for the Elimination of Violence Against Women on the 25th of November every year. On this day, the UN system and other organizations aim their activities and events to create the global awareness needed to shift mindsets and behaviours towards ending all forms of violence against women and girls. In Africa, where the World Health Organization (WHO) estimates that up to 45% of women have experienced some form of sexual violence, civil society organizations play a fundamental role in helping to advocate and create public awareness on gender-based violence and to also provide support to victims. This organization focus their work on protecting women's rights by advocating for them.

Masimanyane Women's Rights International

Masimanyane is a women's rights organization that focuses on reducing crimes committed against women and children in South Africa. The organization has been able to provide support to over 100,000 survivors of domestic violence, rape and other forms of abuse.

Through its community based programmes, the organization also impacts over 50,000 people each year, more than half of which are children and youth. Masimanyane is a founding member and partner of the International Network to Eradicate Violence Against Women and Girls, and also works with local and international partners, such as, Girl Power Initiative Nigeria, Marie Stopes, Eastern Cape NGO coalition, and many more.

Coalition On Violence Against Women (COVAW)

Based in Kenya, the Coalition On Violence Against Women (COVAW) has a goal to build a society that is free from all forms of violence against women. Established in 1995, the organization works on addressing the root causes of violence and breaking the cycle on domestic abuse through various means, one of which is their Access to Justice and Women's Right Initiative. Through this initiative, COVAW provides free legal aid to about 400 women every year and gives health support to the survivors of domestic violence.

Project Alert On Violence Against Women

Project Alert, set up in 1999 in Nigeria, aims to promote the rights of women and young girls. The

organization works with the vision of promoting zero tolerance for abuse and domestic violence against women in Nigeria. Since its inception, Project Alert has carried out research on the nature and prevalence of domestic violence in Nigeria, producing publications and reports that helps in drafting policies. The organization also provides counseling services, as well as legal aid for women and children who have been abused and lack access to representation. This has helped some victims obtain justice and fair recourse.

*Women Empowerment and Legal Aid
(WELA)*

Women Empowerment And Legal Aid, an organization based in Nigeria, aims to break down barriers that hinder gender equality and to put an end to the abuse and violence against women and girls in Nigeria. Since 2009, the organization has provided legal aid, training, and advocacy to end discrimination against women and promote their empowerment. The organization is a staunch advocate of women's rights in Nigeria.

Raising Voices

Raising Voices, a Ugandan organization founded in 1999, works towards the prevention of violence against women and children using a strategy and approach

called SASA, which means “now” in Kiswahili and emphasizes the sense of urgency the organization places on the issues of violence against women. For Raising Voices, SASA is also an acronym that stands for: Start, Awareness, Support and Mobilization, which are the four phases of the organization’s community mobilization approach. Through this innovative model, SASA addresses the imbalance of power between the male and female gender and uses tools such as storytelling, dramas and contests to reach millions of Ugandans.

African Network For The Prevention And Protection Against Child Abuse And Neglect (ANPPCAN)

Founded in 1986, the African Network for the Prevention and Protection against Child Abuse and Neglect (ANPPCAN) is currently headquartered in Kenya, and has chapters in 26 African countries. The ANPPCAN amongst other activities carries out a self-protection programme and organizes Child Rights clubs that teaches children about their rights and how to report cases of child abuse. In 2016, almost 400 members of the clubs in selected communities were

trained. The organization also trained over 700 parents on child rights, as well as ways to improve their preventive and reaction efforts to reported cases of child sexual abuse and violence.

*Women At Risk International Foundation
(WARIF)*

With an objective to create awareness and tackle the high rate of sexual violence towards women and young girls in Nigeria, the Women At Risk International Foundation (WARIF) has taken various steps to achieve its goals. Based in Nigeria, the Foundation established the WARIF Center in Lagos as a free service facility that provides guidance and care for the survivors of sexual violence to help them overcome the trauma of their experiences. The organization recently launched the “GateKeepers Initiative” in partnership with the Aspire Coronation Trust Foundation, a corporate philanthropy affiliated with Access Bank. As part of the initiative, about 500 traditional birth attendants were trained on how to give support to survivors of gender-based violence.

ADDRESSING GENDER BASED VIOLENCE.

How to help the victims and our societies

1. Women who are active in civil society can be highly effective in influencing global, regional and national treaties, agreements and laws and in exerting pressure to ensure their implementation.

More money needs to flow toward supporting women's active participation in civil society.

2. Scaling up prevention efforts that address unequal gender power relations as a root cause of gender based violence.

Some programs have effectively structured participatory activities that guide the examination of gender norms and their relationship to power inequities, violence and other harmful behaviors. But, we need to do a better job of evaluating these programs so we can move them from limited, small-scale pilots to large-scale, societal change programs.

3. Bringing genders based violence clinical services to lower level health facilities.

The provision of gender-based violence clinical services

has focused on “one-stop shops” at high-level facilities, such as hospitals, where all services are offered in one place. But, the majority of people who access services at high-level facilities do so too late to receive key interventions, such as emergency contraception and HIV post-exposure prophylaxis. For faster access, we should focus on bringing services closer to the community, particularly in rural areas.

4. Addressing the needs of child survivors, including interventions to disrupt the gender-based violence cycle.

In shelters and services for women, it is common to see children of all ages in waiting rooms or safe houses. But, it is rare to see anyone working with these children, who have experienced a traumatic event.

Sometimes they are victims, but most likely they are witnesses to violence against their mothers. We lack trained professionals to work with children who have experienced gender-based violence, especially when the perpetrators are parents or other family members.

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By Attamah Ezinne

Thank you

List of eJournal Article Contributors

   TheLionessHub

- Victoria James
- Grace Obasi
- Maduagwu joy
- Onyia Vivian Amara
- Pamela chi
- Tibian Osabor
- Chidinma Victoria Wehere
- Karima Abraham
- Chioma Esther
- Emmanuella Ude
- Pre Cious
- Chimamanda Damian
- Okorie Oluchi Vina
- Nwokocha Favour I
- Tosin Agidi
- Udeh Nnennaya Cynthia
- Anya Sarah
- Ajike Bube Ucha
- Blessing Daniel Edede
- Awa Promise Orie
- Attamah Ezinne
- Precious Uchendu
- Anița Anosike
- Goodness Nneoma Ama
- Fortune Stephen
- Miracle Kalu (Editor)
- Johnson Crystal (Media Team Lead)



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☎ 08067950235, 08064553657
✉ Cisolsengineering@gmail.com
📍 Umuahia, Portharcourt, Aba, Abuja.
🌐 realestate.cisolslimited.com



A p p r e c i a t i o n

On behalf of the Lady With Purpose (The Lioness Hub) media team, I say big a **THANK YOU** to everyone who contributed to the success of this project. Actually, it's 14 months since we began planning for this journal and it's fulfilling to see that it's a reality today.

Founding and administrating a women-forum as a man has really been a worthwhile experience, I've also faced lots of criticism etc but I thank God I answered this call. it hasn't been easy but it has been an exciting walk.

The goal is reaching out to women out there and encouraging them to dare the impossible and to promote virtue. We are committed to making progress and we will keep up the good work so far.

"God created a woman out of a man, not to do what the man can do or do them better but to do what the man cannot do and dare the impossible!"

I also want to thank Hopeful Me Family for supporting and powering all our events till date. Thank you.

I reserve the rest of this appreciation to God almighty for everything and also for the grace, vision and courage to carry out this mandate. Mon Dieu Est Bon.

Yours Hopefully,

Johnson Crystal Kalu (*Founder and Media team lead*)

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