



Week 4 | POWER HOUR Chat Recap The ABCs of a SHenergized Life — P through T

💖 Opening Atmosphere

Week 4 of the SHenergized POWER HOUR was filled with encouragement, honesty, laughter, transparency, faith, and SisStar support. SisStars joined from:

- 📍 Jacksonville, Florida
- 📍 Atlanta, Georgia
- 📍 Cincinnati, Ohio
- 📍 Dayton, Ohio
- 📍 New Rochelle, New York
- 📍 Dallas/Fort Worth, Texas
- 📍 and more!

The evening began with important links for the SHenergized SisStarhood Retreat, the SHenergized 25, registration, giving, and Week 3 recap resources. SisStars greeted one another with joy and powerful alliterative introductions such as **Ready Roxy**, **Caring Carrie**, **Lovable Lisa**, **Terrific Tonya**, **Charismatic Charna**, **Lively Lauren**, **Dynamic Debbie**, **Joyful Joelecia**, and **Creative Chariss**.

☀️ Spirit of the Night

The tone of the session was clear from the beginning:

“I trust the process!”

“Better together!”

“Stand strong!”

“Quit quitting!”

“Keep moving!”

SisStars were reminded that even when Monday is “Monday-ing,” God is still working, and we are still moving forward.



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Week 4 Focus: P through T

The chat reflected several powerful themes connected to the next letters in the ABCs of a SHenergized Life:

P — Put Your Best Foot Forward

SisStars declared:

“I’m putting my best foot forward.”

“I will put my best foot forward!”

This became a strong declaration of action, courage, and commitment.

Q — Quit Quitting

This was one of the most repeated declarations of the evening.

SisStars shared:

“Quit quitting.”

“Quitting is not an option!”

“Keep going!”

Charna shared a powerful reminder:

“Breakthrough is on the other side of perseverance!”

R — Remember to Give Yourself Grace

The chat held a beautiful conversation around patience and process.

SisStars declared:

“Be patient with my process.”

“Be patient with ME.”

“Give yourself grace.”

“Trust the process.”

Charna also shared:

“Sometimes we forget how to give ourselves grace in the waiting process.”



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S — Stand Strong

SisStars were encouraged to stand strong through health challenges, grief, anxiety, depression, difficult people, and uncertainty.

Declarations included:

“I will stand strong.”

“Keep moving.”

“If God is for us, who can be against us?”

T — Trustworthy, Thankful, and Together

The evening reminded SisStars that this is a trustworthy space where women can be honest, seen, supported, and encouraged.

Debbie declared:

“Better together!”

And the chat proved it all night long.

Chat Highlights

Keep Moving

When asked how they were moving forward, SisStars shared honest responses:

“Scooting.”

“Slow walking.”

“Me too, slow walking.”

“Best foot forward surrendering.”

The reminder was clear: even slow movement is still movement.

Debbie encouraged the group:

“Your best and God will do the rest!”



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Vulnerable Sharing & Prayer Needs

The chat became a sacred safe space as SisStars shared what they were navigating.

Charna Flennoy shared that she was healing from knee surgery and also expressed feeling challenged by aging and not being who she used to be.

Theata Lambert shared that she was dealing with depression.

Tonya Munday shared that depression was trying to win in her life.

Tenacious Tammara shared that she was healing from shoulder and back surgery.

Creative Chariss shared anxiety.

Ann Butler shared health challenges.

Joelecia King shared that she was standing strong with a tough co-worker and her mother's illness.

Pamela James shared that she is working to lose 15 pounds for upcoming hip surgery in the fall, keeping her vision in front of her, reading her goals daily, choosing encouragement, and laughing more after the loss of her husband of 28 years.

The chat responded with love, prayer, and support:

“We got you, Sis.”

“We got this!”

“Amen!”

“Keep moving.”

Safe Space Moment

Several SisStars acknowledged the power of having a safe space.

Tonya Munday shared:

“Thank you for this safe space.”

Debbie Spencer affirmed:

“Safe space.”



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Joelecia King later shared:

“Ladies, this was a very encouraging and safe space.”

This POWER HOUR reminded everyone that women need places where they can be honest, encouraged, prayed for, and strengthened.

💖 Healing From Hurt

A tender moment emerged when SisStars reflected on being impacted by unkind words, acts, or looks.

SisStars shared:

“Unkind word.”

“Unkind act.”

“Unkind act/look.”

Lauren responded with loving affirmations:

“I LOVE YOU.”

“YOU ARE WORTHY.”

“YOU ARE LOVED.”

Chariss replied:

“I love you real bad.”

This moment beautifully captured the heart of SisStarhood: correction may wound, but love restores.

🔥 Powerful Declarations

The chat was filled with declarations that lifted the room:

I trust the process.

Better together.

Stand strong.

Quit quitting.

Keep moving.



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Be patient with my process.

Give yourself grace.

I will stand strong.

I'm putting my best foot forward.

Quitting is not an option.

Breakthrough is on the other side of perseverance.

Your best and God will do the rest.

Song Shared

Lauren shared the song:

“I Will Wait on the Lord”

https://youtu.be/Hnyw_YeCHG0?is=ripOUyJvJRQ8uRCh

This song aligned beautifully with the night's message of patience, process, faith, and standing strong while waiting on God.

Giving & Support

The giving links were shared during the session, reminding SisStars that their support helps sustain the POWER HOUR, SisStarhood programming, retreat planning, resources, and continued outreach.

Debbie beautifully shared:

“Your support is a blessing!”

Giving options shared included:

PayPal: https://www.paypal.com/donate/?hosted_button_id=KQVGXWRAYBG9G

Zelle: roxyhall@shenergize.com

Cash App: \$SHEnergy

SHEnergized 25 & Retreat Excitement

SisStars were reminded about the SHEnergized SisStarhood Retreat and the SHEnergized 25 movement.



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Debbie declared:

“SHenergized 25.....Let’s do this!”

The group was encouraged to stay connected, register, give, share, and invite others into the experience.

☀ One-Word Takeaways

At the end of the session, SisStars shared words that captured what they received:

Delivered — Charna Flennoy

Encouragement — Theata Lambert

Strength — Qiana Dixon

LOVE — Tonya Munday

Support — Lovable Lisa Jones

Inspired — Dynamic Debbie Spencer

Breathe — Arvella Tucker

Encouragement — Patrice Perry

Peace — Lively Lauren

Inspired — Marvelous Mama Nette

Power — Carrie

These words reflected the deep impact of the evening.

✅ SisStars Who Said “Yes / I’m In / In” at the End

At the close of the session, the following SisStars responded with **Yes, I’m in, or In**:

Cassandra Wright

Tonya Munday

Qiana Dixon

Creative Chariss

Novella L. Franklin

Dynamic Debbie Spencer



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This showed their commitment to staying connected, moving forward, and continuing the SHEnergized journey.

💖 Closing Love

The evening closed with love, gratitude, and encouragement.

Tonya Munday shared:

“I love you ladies!!! Thank you!!!”

Qiana Dixon declared:

“We LOVE YOU ROXY!!!”

This Week 4 POWER HOUR was more than a lesson. It was a reminder that even when life is heavy, we can keep moving, stand strong, trust the process, and refuse to quit.

🌸 Overall Flow

Week 4 reminded every SisStar:

- 💎 Slow movement is still movement.
- 💎 Healing takes patience.
- 💎 Grace is necessary.
- 💎 Depression, anxiety, grief, and health challenges do not get the final word.
- 💎 God has not given up on us.
- 💎 We cannot give up on ourselves.
- 💎 We are better together.

WE RISE TOGETHER • WE GROW TOGETHER • WE WIN TOGETHER