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# Colors of Cancer

Warriors Edition

January 2023, Volume 1



- Words of Inspiration
- Prayer of Love for One Another
- BNRAC "Beacon of Light" - Honoree
- From our Founder: Vernitta Rose Love
- and much more!

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***Bald Nation Rocks Against Cancer (BNRAC)*** is a small grassroots faith-based not for profit organization with a passion to provide spiritual and holistic support services for women diagnosed with and fighting against ALL types of cancer in Georgia to include Cobb, Douglas, Paulding and areas of Fulton counties.



***Happy New Year!!!***

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## Words from our Founder!

*Vernitta Rose Love*



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Over the past year, I've heard so many people talk about how they want change, something different or to do things differently. Peter Drucker says "If you want to start something new, you have to stop doing something old". Well, old habits are simply just hard to break and overcome. But! the Word of God, Phil 4:13 says, "that You CAN do ALL things through Christ which strengthens YOU". If you want change or a new thing for your life, try by taking that FIRST Step and show up for YOUR-self. Be the change

or that new presence for your life. Try to discover that one thing (whatever it is) you have never done before and JUST DO IT! You will never know where it may take you or the impact it may have on your life. Remember, YOU GOT THIS!

**Bald Nation Rocks Against Cancer (BNRAC)** was inspired by a wonderful friend that was diagnosed with a disease - cancer. The organization was conceptualized by its founder in 2019.

The members of this organization are humbled and vow to carry out God's Will to ensure that every woman receives what is intended from its mission. It is our vow that this mission is never about ourselves only the purpose to support the warriors that crosses our path to ensure they are served by its purpose.

### **The BNRAC Oath!**

*BNRAC Services consist of:*

- **Peer2Peer Partners** – Women are paired with Survivors to help address their uncertainties about cancer,
- **Path2Health Support Group** – Monthly support group meeting (via Zoom) led by licensed Counselors,
- **Resilience & Restoration Therapy** – Cosmetologist and spa professional therapy; and provides therapy gift bags,
- **Medical Transport Rides** – Round trip transportation to scheduled medical appointments,
- **Prepared Meal Delivery** – Healthy meals provided after a hospital stay,
- **Spiritual Connection** – Sisters-in-Faith Wednesday Morning Prayer Call at 7am EST.

**\*\*Contact our Support Team at [Support@BNRAC.org](mailto:Support@BNRAC.org) or text: 404-368-9017**

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## ***Words of Inspiration:***

*In this new year, be grateful that God has given you victory over many things over the past year. Steven M. Hitchcock, God Is Visible Every Day*

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**Volunteers really do make a difference!**

Volunteering helps to enhance the health and wellbeing of every person they serve. Our volunteers are committed to not only helping the individual and their caregivers with extreme care and kindness.

Our volunteers are referred to as Ambassadors. Most duties include the following:

- Scheduling flower deliveries to recipients,
- Scheduling meal deliveries after a hospital stay,
- Making phones calls to recipients and their caregivers,
- Serve as a Peer2Peer Cancer Survivor Sponsor,
- Assisting and providing support to family members,
- Assist with fundraising events,
- Provide prayer and spiritual support,
- But most of all, a willing spirit.

If this sounds like work to you just keep in mind the work cancer patients face daily.

**Become a BNRAC Ambassador Volunteer – Today!**

## Prayers for our Sister's Healing



Dear God, I have a friend who is in pain. This is a difficult time in her life, so I ask You to be with her. Show her your mercy and send forth your healing hands to her. I know, Lord that no disease is ever too much for You to heal. You shall allow no affliction whether physical, mental or emotional to stay with us forever. I trust in You God and your mighty power to restore my friend's body and mind. Thank You also for blessing my friend with skilled doctors to help her on this road to recovery. Thank You for giving them intelligent minds and compassionate hearts to serve my friend during her time of illness. Continue to anoint them with your wisdom God, that they may provide correct diagnoses and prescribe the right medicine. We continue to trust in your timing Father God. Continue to work your restoration through her body. Renew her strength soon so that she may continue to serve You and share your love with the people around her. All these requests are asked in your Name, Amen!

## - SIX ways to start the new year - All Year!!!

**#1 - DISCOVER YOURSELF** - We all have talents in life that are yet to be tapped into for a purpose. Believe it and surprise yourself!

**#2 - START A NEW TRADITION** -Traditions are the best part of every celebration. Start your own family or friend tradition? Make your Happy New Year all year long.

#3 – **BE CREATIVE AND INSPIRING** - Finding something new and inspiring to do is one way to start the new year. Why, do you think TikTok craze is so huge? Start your own thing! You'll never know how it may impact your life or someone else's life.

#4 - **PAMPER YOURSELF** - Self-Care is Key! Why not take a moment for YOU? It could be a monthly massage, a new dress, or hiring a trainer for 30 days. Whatever your choice, make sure it's about YOU. BTW! Don't forget that long, soothing bubble bath with a special beverage and a candle! 😊

#5 – **PURGE! PURGE! PURGE!** - Get rid of stuff you have had since 1975. LET IT GO!! Hire a professional organizer. Move the furniture around the house. Reorganize the wall décor. Then leave the house and come back to find a brand-new space and place. AAAHH, so refreshing!

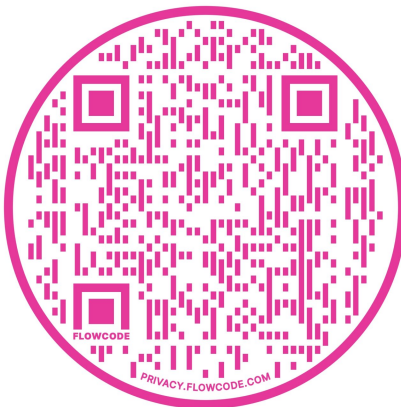
#6 - **SCHEDULE FAMILY TIME** - Fam-Time is a Good Time. Call up an extended family member you have not heard from in a while. You will find joy in forgiveness, comfort from the sound of love, and peace of mind knowing they missed you too!

#7 - **DONT FORGET!** - OKAY! So, we said six ways to start the new year. Most importantly, remember your commitment to *yourself* in 2023.

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## PRAYER CALL





Check it out!

Bald Nation Rocks Against Cancer

Brand New QR Code

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## PATH2HEALTH: Comfort Tea Talk Session

with Giselle Remy-Bryan

An interactive discussion about women's issues through their journey with cancer.

Bring your snack and favorite beverage for some comforting tea.

Comfort Tea is available through video every 4th Tuesday, 7:00 pm — 8:00 EST

For more info visit [BNRAC.org](https://bnrac.org)



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Beacon of Light



## Beacon of Light Honoree



My Cancer Story – by Patsy Jackson

*When you are faced with a crisis:*

*A little about my doubts and fears and finding the courage to rise above it.*

*Cancer journey is more than just your diagnosis and treatment.  
I had to acknowledge that I am facing a major sickness, realizing that it  
does not matter what the problem is, it takes strength, and courage to  
combat the weariness that comes with balancing this thing.*

*Maybe I deferred hope, because of the time it's taking, I also learned  
Hope differed, makes the heart sinks.*

*In Conclusion: I have learned that when we meditate on God's promises,  
it gives us the strength to endure. Power to overcome and the joy to sustain  
us, no matter what the challenges are.*

*A few scriptures that helped me:*

*Phil 4:13 – I can do all things through Him whom gives me strength.*

*Is. 41:10 – Do not fear, for I am with you, do not be dismayed, for I am your God. I will  
strengthen you and help you; I will uphold you with my righteous right hand.*



# New Year's 21 Days of Prayer & Fasting



## Why?

Fasting is a powerful spiritual discipline that aligns our hearts more closely with the heart of God and also empowers us to see breakthroughs in specific areas. In the Bible, God's people consistently took time to fast and pray in order to grow closer to God and experience breakthroughs in specific areas. If you are wanting to deepen your relationship with God or see Him move supernaturally in a specific area, this is a great time to fast and pray.

## What is fasting?

Fasting is when we go without food (or specific types of food) for a period of time and instead direct our attention more fully to God. It helps us as believers to not be ruled by our physical desires but to grow in spiritual power and authority over the desires of our flesh.

## How should you fast?

When you decide to fast, the first thing to do is make a plan. It's important to note that fasting without prayer is simply not eating. Remember that the goal is to not eat (or only eat specific types of food) for a time so that you can redirect your focus, energy, and attention toward God. The goal is to replace consuming food with time reading God's Word and in prayer. More information on specific timeframes and types of fasts has been listed below.

## Types of fasts

There are a wide variety of types of fasts, which we've simplified into three main categories:

1. **Complete Fast** - Also known as a full fast, a complete fast is when you do not eat any food (and consume liquids only) for a specific period of time.
2. **Partial Fast** - A partial fast is when you fast all food for a set specific time throughout the day. For example, you may decide to fast from 6 am to 6 pm. and eat food only in



the evenings.

**3. Selective Fast (ex. The 'Daniel Fast')** - A selective fast is when you are fasting only specific types of foods. A popular selective fast is known as the Daniel Fast. The Daniel Fast is where you avoid meats, sweets, and treats for a specific amount of time. During a Daniel Fast, you normally consume rice, beans & lentils, vegetables, and fruits, while avoiding bread, meats, dairy products, sugars/ sweeteners, and alcoholic beverages.

What about fasting social media or other activities?

This is a personal choice. The purpose of fasting is to abstain from certain activities to grow close to God. So, why not abstain from certain personal pleasures that might be a distraction from fulfilling your goals to complete the 21 days of fasting? It will only enhance your closer walk with God. (ex. 1 Corinthians 7:5).

If you are new to fasting, please remember that this is a spiritual discipline that you can grow in over time. We encourage you to start small (ex. a 1-day fast or Daniel Fast) and then work your way up. Ask God what He wants you to fast, and for how long, over this next season, and step out in faith. You can do this!!!

As a side note, please be wise when it comes to fasting. If you have struggled with an eating disorder or serious medical condition in the past, please consult with a medical professional in advance of fasting

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## Tribute Wall



# Tribute Wall

**Give in Honor  
or  
Leave a Memory**

You can support a Cancer Warrior by making a kind donation in honor or in memory of a loved one upon the BNRAC Tribute Wall.


For more info, please visit: [BNRAC.org/Tribute](https://BNRAC.org/Tribute)

The act of giving tribute to a precious loved one, friend or colleague is a heartfelt way to honor their life. To give honor to another person is a powerful celebration of their significance to us and the contributions of their legacy. These are people who touched the lives of many and made our world a better place. Honorary donations extend the positive impact made by extraordinary people in our lives. Please acknowledged through Bald Nation Rocks Against Cancer. What better way than with a donation?

Your gift of \$1500, \$1000, \$500, \$250, \$150 or whatever your contribution will be a lasting tribute to your loved one or honoree. It will also provide vital resources to Bald Nation Rocks Against Cancer mission to support others in need.

On behalf of Bald Nation Rocks Against Cancer, we sincerely appreciate you for supporting our mission.

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**BALD NATION  
ROCKS AGAINST  
CANCER**

*Colors of Cancer  
features*

**JANUARY  
2023  
CERVICAL  
CANCER**

*Awareness Month*



According to the American Institute for Cancer Research. Cervical Cancer is the cervix is the lower, narrow end of the uterus (the hollow, pear-shaped organ where a fetus grows when a woman is pregnant). The cervix connects the lower part of the uterus to the vagina.



Cervical cancer usually develops slowly over time. Before cancer appears in the cervix, the cells of the cervix go through changes known as dysplasia, in which abnormal cells begin to appear in the cervical tissue (pre-cancerous cells). Over time, the abnormal cells may become cancer cells and start to grow and spread more deeply into the cervix and to surrounding areas. It can also spread to other parts of the body (metastasize).

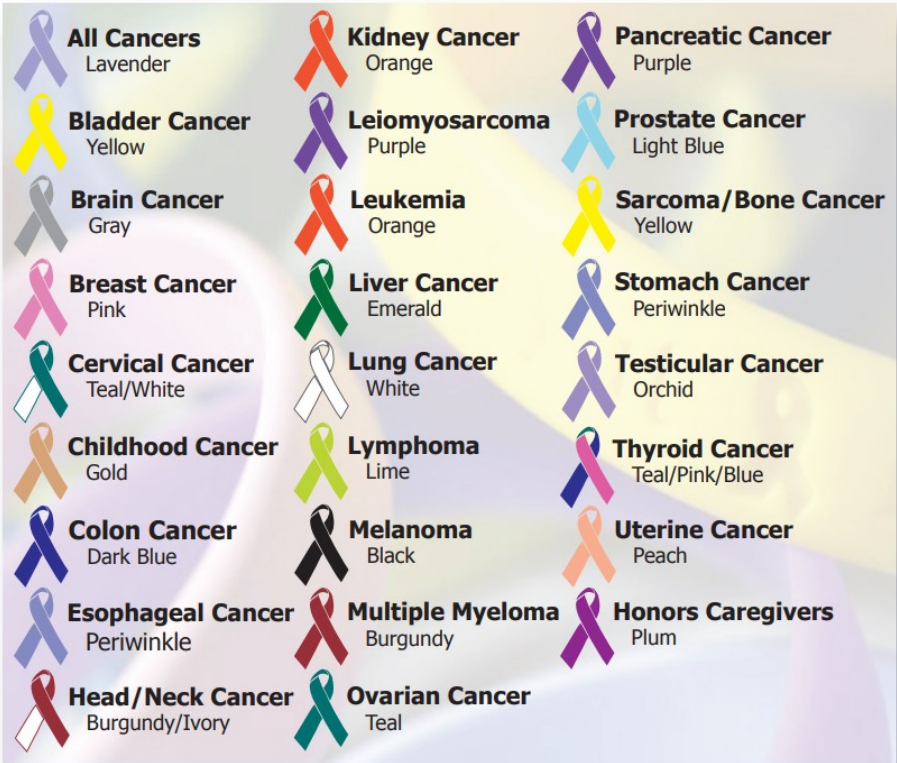
There are usually no signs or symptoms of early cervical cancer, but it can be detected early with regular check-ups. Check-ups should include tests such as the Pap test and/or the HPV test. The Pap test checks for pre-cancerous changes in the cervix. The HPV test looks for high-risk types of human papillomavirus (HPV) infections, which are more likely to cause pre-cancers and cervical cancer. Regular screening can find dysplasia (pre-cancer) or early cervical cancer when it is easier to treat.

Information regarding prevention and treatment are subject to changes which is why it is important and highly recommended to consult with your primary medical advisor.

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## Colors of Cancer & Awareness Ribbons

BNRAC recognizes all cancer as a disease that can be cured through various forms of treatment. Whether it be through natural holistic treatment or through science, new technologies, and innovative, depending on early detection, the type of cancer treatment comes in various forms. It is important to know there isn't one definitive cure for any one form of cancer. All consult with your medical professional when making your choice of medical treatment.



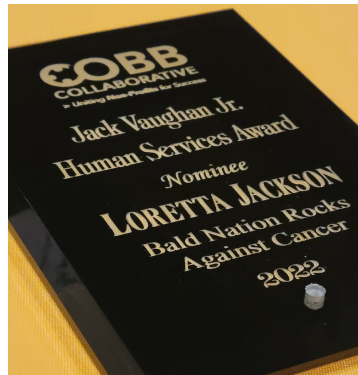
## COMMUNITY SERVICE EFFORTS

BNRAC was awarded a generous donation from the Daughters of Imperial Court, NABBAR No.123, Oasis of Atlanta for their work in the community to bring awareness about breast cancer prevention and early detection. BNRAC give thanks to member, Daughter Yolanda Crowley-Hill for her support in making all of this happen.





Congratulations to our own Ms. Loretta Jackson, who was nominated for the Annual Jack Vaughan, Jr. Human Services Award – Volunteer Category for 2022. It was an awesome event! We congratulate all the winners in this year's event.



BNRAC partners with other organizations in the community to provide meals and warm clothing to the hungry and homeless at Shady Grove Church in Marietta, GA.





The Daughters of Imperial Court, Al Tariq Count No. 228, Oasis of Marietta, gifts Cancer Warrior beneficiaries and gives recognition to BNRAC for their efforts in supporting women fighting cancer during this holiday season.



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## Upcoming Events for 2023:

1st Colors of Cancer Tea Soiree, Sunday, March 25th

Annual "Paint it Bald" Stroke & Sip Fundraiser Event, Saturday, June 24th

Joint Cancer Awareness Campaign, Saturday, August 26th

Annual Cancer Warriors Charity Luncheon, Sunday, Oct 8th

Annual Turkey Trot 5K Walk/Run/Ride, Saturday, Nov 18th

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**Bald Nation Rocks Against Cancer**

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