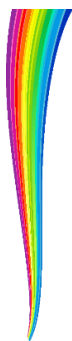


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Colors of Cancer

February 2023

Volume 2



## Warrior's Edition

Words of Inspiration

World Cancer Day!

Prayers for Our Sister

Self-Love Confessions

*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.


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

**The BNRAC Oath!** 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, but about the purpose to support the fighting warriors that cross our path and are served by its purpose.

*BNRAC Services consist of:*

- **Peer2Peer Partners** – Recipients are paired with cancer survivors for support;
  - **Path2Health Support Group** – Monthly support group led by licensed Counselors;
  - **Resilience & Restoration Therapy** – Cosmetologist and spa professional therapy;
  - **Medical Transport** – 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
- .....



## Words from our Founder!

*Vernitta Rose Love*



What's is Love? John 3:16 NIV states, "for God so loved the world that he gave his one and only begotten Son, that whom so ever believes in him shall not perish but have eternal life." In my opinion, this illustrated an act of love unlike no other.

February is Valentine's Day month, a time when gifts of candy, cards, and various expressions of love will take place and yes it may demonstrate love, but does it really? Love is so precious and to have the ability to share is even more valuable.

This month, our focus is self-love. Self-love is simply having a love for yourself. Self-Love is learning to love yourself before you can love someone else, hence learning how to treat someone you love based on how you treat yourself. This act of love is a challenge for many such as myself at times.

I have learned that self-love is about accepting and loving yourself for who you are, while at the same time making sure your actions follows suit. I am thankful because I understand, yet still learning how imperative it is to love myself so that I can love others. The creator gave of himself and it was intentionally demonstrated through his unconditional actions. So, today I chose to love, be loved, show love and share what God has given for me.

*I hope you will join me.*

**LOVE – ACT NOW!**






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*Words of Inspiration:*

"Keep feeling the need for being important. Keep feeling the need for being first. But I want you to be the first in love. I want you to be the first in moral excellence. I want you to be the first in generosity." *Reverend Dr. Martin Luther King*

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## Ways to Discover Self-Love for Yourself!

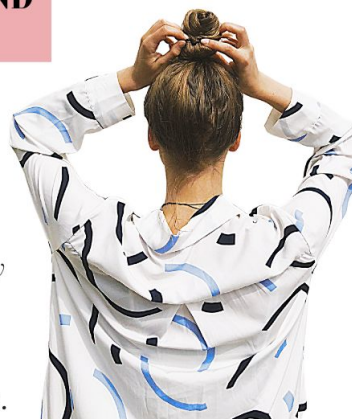


### SEEK WHAT IT LOOKS AND FEEL LIKE TO BE LOVED

*True self-love involves showing up for yourself. It involves taking the time to listen to yourself. Identify what allows you not to respect your boundaries or needs and addressing them. Self-love is to make a commitment to move toward more positive feelings, people, and habits. It's knowing that you will make mistakes while having respect and compassion toward yourself.*

### LEARN TO LOVE THOSE AROUND YOU

*Self-Love is understanding the "people factor" and how it can impact your whole being. The people factor are situations and circumstances that are dropped in your lap to figure out for them. The best way to show love is learning how to say "NO" in a kind and positive way for people to address their issues. Self-love is loving and not having to apologize for being you.*



### SURROUND YOURSELF WITH PEOPLE YOU FEEL GOOD BEING WITH

*Self love is having positive social relationships, support and acceptance which builds good self-esteem. Self-esteem promotes growth, transparency, connection and closeness between friends. It allows a safe, judgement-free and comfortable shared space among friends. This form of self-love allows the freedom to just be YOU.*

## SAVOR EACH MOMENT



*Self-Love is a balance of healing everything that has happened to you - mind, body and soul. Understanding that you are not perfect, but perfectly made in God's eyes and that's all that matters. Today is the first step toward self-realization that stops you from criticizing, blaming and doubting yourself knowing that you are more than enough. So focus on the ashes that has transformed into something more beautiful than you've ever know. Today, accept you and feel free to savor each and every moment.*

## BE FORGIVING OF YOURSELF



*Walk toward the light - the beautiful light and see the path that awaits and is there for you. Trust your center! Take a moment focus on the good and have a worry-free day. Stuff happens! And when it does, say to yourself. It will be okay!*

*Start to truly care for yourself by changing the foods that you eat, become more physically active and observe how you spend your time on a daily basis. Create healthy habits for yourself. So you hate the gym? Then turn on YouTube and find a soothing soulful stretch session and start in the privacy of your home. Focus on the whole you, then relax and breathe. Remember to drink water, smile and say job well done.*

## SEEK YOUR INNER LIGHT



**Article Written by Barbie Brow**

**HAPPY VALENTINE'S DAY!**

**Valentine's Day means so many things to so many, such as cards, flowers, candy and dinner. How about making this a very special Valentine's Day just for YOU! Try this sweet treat with yourself, hence it's always nice to share.**



## Chocolate Covered Dip Strawberries



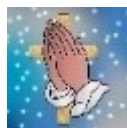
**1 lb. fresh Strawberries**  
**1 tsp. vegetable oil**  
**16 oz. Dark or Milk Chocolate chips**

1. Melt the chocolate and shortening together, until smooth.
2. Dip the strawberries in the chocolate, place on tray.
3. Allow the chocolate to cool and harden.

**PREP:** Rinse berries. Place them on a paper towel to dry. Strawberries must be completely dry so chocolate sticks. Line a baking sheet or pan with parchment paper. Insert toothpicks in top of stems for dipping purposes.

**Tip:** You can leave the stems on chocolate-covered strawberries and serve plain, coat them in sprinkles or chopped nuts, or drizzle them with white chocolate. Store the chocolate-covered strawberries in an airtight container at room temperature for up to one day or in the refrigerator for two to three days.

**Enjoy!**



### Prayer For Our Sister's Healing

Dear God,

Think of our friend and sister who is ill whom we now surrender to Your compassionate regard knowing there is nothing too hard for you. According to Jeremiah 32:17, even healing if it be Your will.

We therefore pray that You bless our friend and sister with Your loving care, renew her strength, and heal what ails her. We declare and believe that Your will is for her to be well in mind, body, soul and spirit.



**Cover her with the most precious blood of your Son, our Lord, Jesus Christ from the top of her head to the soles of her feet. We ask in Your Loving Name, Amen!**

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BNRAC features our own Chaplain Emma Walker



Ms. Emma Walker; Honorary Chaplain for BNRAC. Chaplain Walker has served in the Marketplace (Corporate American) for the last nine years. She has served over 30 companies in the field of spiritual guidance and counseling. Early in life she embraced her calling to serve with a genuine love and empathy for people. She realized performing the work of a chaplain was the most rewarding job noted upon her resume.

Chaplain Walker understands the work in ministry is heavy laden at times. Yet, she plows ahead knowing her purpose was derived from the calling God placed upon her life. Emma has a steady faith in the Lord and recognizes where her help comes from as a Chaplain. Her belief stands on 1 Corinthians 13:4-7., "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Emma's passion to help hurting people is part of her DNA and truly is her heart's desire to share the love of Christ. To show them how love and Word of God, together truly can help them overcome every circumstance or situation they may face in their lives. Her mantra is to stand firmly on John 13:35 where Jesus says "by this all people will know that you are my disciples, if you have love for one another". The way we love as believers of Christ, shows people who we are. The way we live is the primary word we express about the Gospel of Jesus Christ, and the transformational power of the cross.

Emma's desires are to encourage, inspire and lift up women who has found a place with BNRAC. You can find Chaplin Emma Walker on the BNRAC morning prayer call every Wednesday at 7am. For more information, visit [BNRAC.org](https://bnrac.org)

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## NEED PRAYER??



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## BNRAC seeks Volunteers to become Ambassadors!

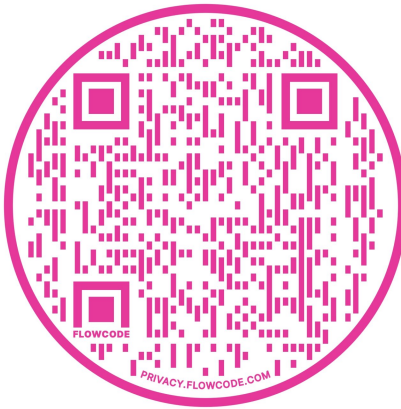
Why are volunteers so important? Volunteers help to enhance the health and wellbeing of every person they serve. Volunteers are committed to not only helping the individual who seeks support, but their families and caregivers with extreme care and kindness.

BNRAC is seeking cancer survivors with a willing "Pay-It-Forward" attitude to support women diagnosed with cancer. Your insight may inspire another to keep fighting against the fear, doubt and uncertainties faced during a diagnosis.

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

Contact us at [Support@bnrac.org](mailto:Support@bnrac.org)

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## Check out Bald Nation Rocks Against Cancer Brand New QR Code

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### PATH2HEALTH: Comfort Tea Talk Session

An interactive discussion about women's issues through their journey with cancer.  
Bring a snack with your favorite beverage for some comforting tea.

Comfort Tea is available through video  
Monthly, every 4th Tuesday, 7:00 pm — 8:00 pm EST  
For more info visit the website at [BNRAC.org](https://BNRAC.org)





The act of giving tribute of a precious loved one, friend or colleague is a heartfelt way to honor their life. To give honor of 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. They should be acknowledged. What better way than with a donation?

Your gift of \$1500, \$1000, \$500, \$250, or \$150 is a lasting tribute that provides a visible connection of 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

supports

## WORLD CANCER DAY!

### February 4, 2023

World Cancer Day is observed worldwide on February 4. The aim is to inform and encourage people on its prevention, early detection, and treatment. This initiative was taken by the Union for International Cancer Control to campaign and advocate for the targets of the World Cancer Declaration, penned in 2008.

World Cancer Day is designed to inform, educate, prevention and to raise awareness about all forms of cancer. For more information go to:  
[WorldCancerDay.org](http://WorldCancerDay.org)





*Colors of Cancer  
features*

**FEBRUARY 2023**

## Gallbladder & Bile Duct Cancer Awareness

Gallbladder cancer and bile duct cancer are relatively rare forms of cancer. The gallbladder is a pear-shaped organ in the abdomen, below the liver. It collects and stores bile – a fluid made by the liver to aid with digestion of fats. The bile ducts are thin tube-like vessels that carry bile from the liver to the gallbladder and small intestine.

An estimated 11,980 people living in the United States were diagnosed with gallbladder cancer in 2021, according to data from the National Cancer Institute (NCI). Extrahepatic bile duct cancer is a rare disease in which cancer cells form in the ducts that are outside the liver. Cancer can also develop in the bile ducts inside the liver. Bile duct cancer is also called cholangiocarcinoma.

Symptoms of both gallbladder and bile duct cancer include yellowing of the skin and/or the whites of the eyes (jaundice), abdominal pain, and fever. In addition, gallbladder cancer symptoms include nausea and vomiting, bloating, and lumps in the abdomen.

If you are experiencing any of these symptoms, consult with your doctor for treatment.

Source: AACR.org

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**Colors of Cancer & Awareness Ribbons**



BNRAC recognizes all cancer as a disease that can be cured through various forms of treatments. Whether it be through natural holistic treatment, science, new technologies, and innovative methods. 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. Consult with your medical professional when making your choice of medical treatments.



### Upcoming "SAVE THE DATE" Event:

1st Colors of Cancer Women's Tea Soiree, Sunday March 19th  
 Annual "Paint it Bald" Sip & Stroke Fundraiser Event, Saturday, June 24th  
 Prostate & Breast Cancer Awareness Campaign, Saturday, August 26th  
 Annual Cancer Warriors Charity Brunch, Sunday, Oct 15th

BALD NATION ROCKS AGAINST CANCER

P.O. BOX 1472

MARIETTA, GA 30061-1472

501C3 ORGANIZATION

Support@BNRAC.org / 404-512-2595

*Thank you for your support!*

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