

**THE
FREEDOM
ISSUE**

SEAMLESS SOUTHERN

SUMMER 2021

Style!

WITH
SONYAMACDESIGNS

**Healing For
Ourselves!**

Fasting Frenzy

**10 Ways To
Fashion The
House For
Summer**

Freezing Fruit

INTRODUCING
**WORD
WOMEN™**

seamless southern style™

The good news

sunday show

Chit - Chat with **sonya mcclough lockridge**



**The Lord gave the command;
a great company of women
brought the good news:**

**"The kings of the armies flee—they flee!"
She who stays at home divides the
spoil.**

**While you lie among the sheep pens,
the wings of a dove are covered with
silver, and its feathers with glistening
gold.**

Psalms 68:11-13 CSB

**Because I will publish the name
of the Lord:**

**ascribe ye greatness unto our God. He is
the Rock, his work is perfect:
for all his ways are
judgment:**

**a God of truth and without iniquity,
just and right is he.**

Deuteronomy 32:3-4 KJV





WELCOME

TO OUR SUMMER 2021 ISSUE!

Welcome to the Summer Issue of Seamless Southern Style Magazine with sonyamacdesigns! This jewel of a seasonal magazine has been a dream of mine for many years. As the founder and Chief Creative Officer of Key Word Bible Studies I am overjoyed to welcome you to the newest publication in our product line up. Our aim here at Seamless Southern Style Magazine is to glorify our heavenly Father in all that we do. And folks, family friends and foes please know, our lives are more than Bible Study. The lifestyle of a believer is full to the rim with homes and gardens, food and fashions, fish and fixing and so much more. We joy to linger in lower case, while living, loving and leading a One And Only Jesus lifestyle in this our one life.

I hope and pray you enjoy perusing this summertime gathering of words and images as much as I have enjoyed the task of making.

SONYA MCCLLOUGH LOCKRIDGE
Editor-In-Chief

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SEAMLESS SOUTHERN
Style!
WITH
SONYAMACDESIGNS

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EDITOR'S NOTE

I'm a collector! I collect coffee cups, tea cups and vintage tea cups. I love vintage, rust and lace. In my early days (thirties) I restored and revamped an almost abandoned 1899 victorian. Then later (forties) me and my biggie big babies rocked a ranch renovation . I'm an avid collector, I collect stacks of fabrics and linens, which I also love to use. I'm a collector. I collect Journals, Bibles and Books. I'm a collector. I also collect words on lists like I'm shopping at IKEA or Target. Lately, my hobby and love of collecting was almost sure to suffer, but being strapped for cash I was naturally forced to collect the one thing in my life which is no thing but FREE.

Words are many, varied, short, long and oh so Free. I'm a collector of God's Word at Key Word Bible Studies. And I would just love for you to join me in the collecting and rightly dividing of HIS WORD.

It is the mission of KWBS to encourage you to respond to HIS WORD in a written fashion. Therefore we create products which make it easier for you to regularly record your responses to HIS WORD.

Sonya McClough Lockridge

EDITOR IN CHIEF

IN THIS ISSUE

Summer time equals summer fun and summer food. And this issue of Seamless Southern Style Magazine is full of summertime food and know we are going to trust you to bring on the fun. Think, of the freedom and fun of an old fashion lawn game of Horse Shoes and or a game of Modern Day Corn-hole.

Not only do I super love to cook, but I also love to bake a really good cake every so often. Lately I've been inspired to do more, more of everything which includes fermenting and freezing fresh vegetables and fruit. Fermenting pickles looks like such an art to me! While freezing fresh fruit is more like some natural compulsion of mine. So, while writing, I'm drinking my first cup of morning coffee, I'm also wondering, what seasonal foods and fun are you gathering your folks, family and friends together for this summer?



FERMENTING PICKLES



FERMENTING PICKLES

Supplies

- 3 cups (710 ml) non-chlorinated water, such as spring or filtered
- 1 ½ Tbsp (22 ml) Ball® Salt for Pickling and Preserving
- 1 lb (0.5 kg) fresh medium-sized Kirby pickling or small Persian cucumbers, enough to fill a quart jar
- (6-7)
- Optional: 2 cloves crushed garlic, 1 cup (240 ml) fresh dill sprigs or one dill head, 2 tsp (10 ml) mustard seeds, 1 tsp (5 ml) black peppercorns, 1 tsp (5 ml) hot pepper flakes
- To make additional brine: dissolve 1 tsp (5 ml) Ball® Salt for Pickling and Preserving in ½ cup (120 ml) non-chlorinated water

Directions

1. To make brine, combine 3 cups (710 ml) water and 1 ½ Tbsp (22 ml) salt to dissolve, set aside.
 2. Wash the cucumbers and slice 1/16 in. (0.2 cm) off the blossom end. Slice cucumbers lengthwise into halves or quarters.
 3. Pack cucumbers, and any optional seasonings, into clean jar. Make sure there is at least 2 in. (5 cm) of headspace. If necessary, slice off the top ends of the pickles to ensure proper headspace. Pour salt water brine over to cover by 1 in. (2.5 cm), you may have extra.
 4. Place spring on top of cucumbers, then twist lid on.
 5. Wipe jar down and cover with a cloth. Store in a cool (68°F-72°F/20°C-22°C) place.
- Check daily to make sure vegetables remain submerged in brine. After 24 hours there will be visible bubbles on the top of the brine.
 - Let pickles ferment for 1 week then remove lid and spring. Remove 1 pickle to taste. If the flavor is to your liking, proceed to step 8. If you prefer a stronger flavor, ferment until flavor has developed for up to 2 additional weeks, tasting every 3 days. Wipe jar rim before replacing spring and lid.
 - Once desired flavor is reached remove spring and add more fresh brine if necessary to cover by 1 in (2.5 cm). Wipe jar rim before replacing lid or use a traditional leak-Proof Storage Lid.
 - Store in refrigerator up to 6 months.



fermentation

A reaction caused by yeasts that have not been destroyed during the processing of preserved food. Bubble formation and scum are signs that fermentation is taking place. With the exception of some pickles that use intentional fermentation in preparation, do not consume fermented fresh preserved foods.

fermented pickles

Vegetables, usually cucumbers, that are submerged in a salt-water brine to ferment or cure for up to 6 weeks. Dill, garlic and other herbs and spices are often added to the brine for flavoring. Fermented pickles are also called "brined pickles."

FreshPreserving.com(Ball)



FLAVOR CALL

CARAMELIZED ONIONS

CARAMELIZED ONIONS

- 3 pounds onions (about 8 medium) thinly sliced
- 1/2 cup plus 2 tablespoons butter, melted

Separate onions into rings; cook in butter in a large Dutch oven over low heat 3 hours or until onion is lightly browned, stirring once each hour for the first two hours, and every 15 minutes the last hour.

TO STORE: Refrigerate onions in a tightly covered container up to 6 months.

TO SERVE: Cook over low heat until hot, stirring occasionally. Serve with broiled or roasted meats or poultry. or use to prepare Easy French Onion Soup. Yield about 2 1/2 cups.





PLATFORMS --- PULPITS

by Sonya McClough Lockridge
<https://sonyamccloughlockridge.blogspot.com>

Y'all, sometimes my husband gets on my nerves, so bad! He has all of these sayings. One of his favorite saying is **"It's not what you do but how you do it!"** Meaning, there is a correct way to do most anything right. And, so it goes with life and social media, there is a correct way to do most everything right. And, as Daughters of The One And Only King Jesus, we need to come and stand correct!

All of the Social Media Channels which exist today are sources of Micro Blogging! If the channel in which you wish to share content, limits the number of characters or controls the URL, this channel is most definitely considered a micro blog, meaning someone else owns the domain name from which the blog is created.

I started Blogging, back in 2008 and today because of the grace and mercy of Christ Jesus, I own more than five or six top level domains.

Currently, I am in the full on creative process of designing and branding the curriculum for my very own Bible Study Line of Products. Know, I am super excited and grateful, for this divine move of God in this my one life.

Please also know, although I own several top level domain names from which I could easily launch or relaunch a blog from, Know I have chosen to relaunch my writing blog from BLOGGER because it is free and this is exactly how I started Blogging, years ago,

"the most natural response to words written are written words. "

Years ago, when my children were little, when I was unmarried, when I had little time on my hands, I wrote and snapped pictures for an audience of one and this is exactly, how you too, can start for absolutely free today.

As 2021 continues, to dawn, my not so secret hope and prayer is that more women would see the benefits of platforms over pulpits in regard to one's personal purpose in the Kingdom of God and men.

10 ways to Fashion The House For Summer

1. Light candles
2. Set out a pitcher
3. Place fresh flowers
4. Stack up journals
5. Pile up the pillows
6. Fill a bowl
7. Keep a tray
8. Bring in the greens
9. Snip some herbs
10. Remove heavy rugs

HUGS AND KISSES
XOXO

*just
breathe*

SEE THE LIST
ON
**PAGE
14**

*GOAL
getter*



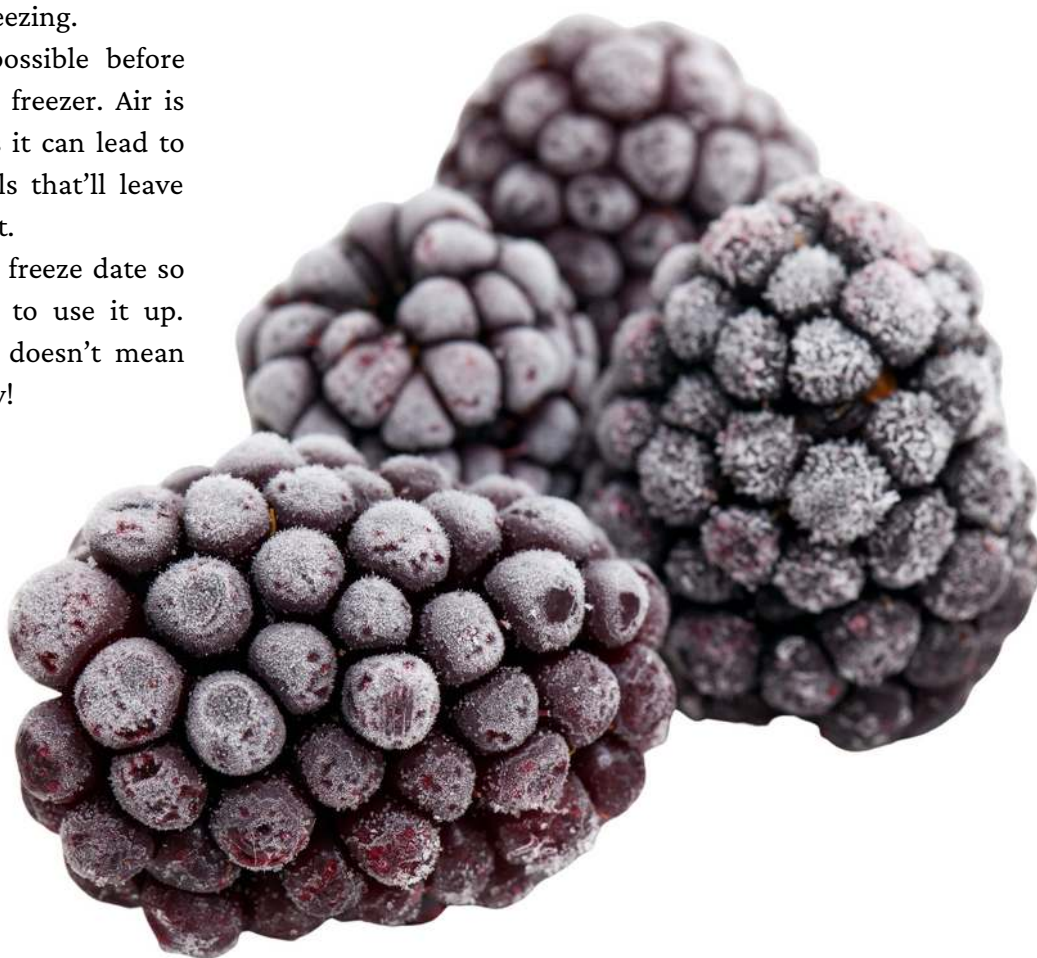
HOUSE
& HOME



FREEZING FRESH *Fruit*

According to Betty Crocker, No matter the fruit, no matter the season, these tips will set you on the right path to freezing fruit successfully:

- Always choose fruit at its peak quality—and freeze it when it's ripe.
- Use high-quality freezer bags that seal tightly. Any amount of fruit can be frozen; just choose an appropriately sized bag for the amount of fruit you're freezing.
- Remove as much air as possible before placing bags of fruit in the freezer. Air is your fruit's worst enemy as it can lead to the formation of ice crystals that'll leave you with subpar thawed fruit.
- Label bags of fruit with the freeze date so you know when you need to use it up. Remember, freezing things doesn't mean that they're good indefinitely!



Peel peaches. Cut each peach in half and carefully remove the pit. Cut each half into four or five slices. Place each slice on a parchment-lined rimmed baking sheet. Place peaches in freezer for 60 minutes. Once peaches are frozen, remove from freezer and place into a sealable freezer bag. Remove as much air as possible to prevent freezer burn and ice crystals. Label and return to freezer.



WHERE WOMEN WRITE

SONYA MCCLOUGH LOCKRIDGE



WHERE WOMEN WRITE



FIVE FACTORS TO CONSIDER BEFORE
CHOOSING A DESK.

BY SONYA MCCLLOUGH LOCKRIDGE

I recently bought a very large desk for my son. He is around six foot and five inches tall. Yes, he is a very large man, but he is also a student. Unable to find a suitable desk online, I proceeded to shop for one. But, thankfully, I had the bright idea to just ask him to meet me at the office store and to my surprise his body would not fit under the desk I had planned to purchase. So, thankfully, we were able to locate a desk which is more than perfect for him.

Five Factors to consider before choosing a desk:

Primary purpose

What is the overall purpose for the desk you are considering. Who will use the desk? Where will the desk be located? How often will the desk be used? What equipment will be housed or placed on the desk.

Proper measurements

When considering where the desk will be located, it is wise to also note the dimensions of the area for which the desk will reside. And please consider the total surface area of your desk. It would likely be wise to buy as large of a desk as you think you will need, as clear surface areas are usually a premium in most business and or households.

Power source locations

The power source location, and or locations is an extremely important consideration when buying a desk. Especially if electrical equipment will be in use on the desk. Computers, audio and visual equipment take up more surface space than you might imagine, so it's best to be prepared with the most power source locations as possible.

Pull out key boards

Ultimately, pull out key boards allow you more room on the surface of your desk. So, the real question here is preference. As some people like pull out key boards and some people don't.

Materials and color

The materials and colors vary from sleek plastics to vintage hardwoods. The important factor here is to get what you want and don't settle for less than you want, because the desk is an anchor piece of your home and or office.





Flex Fuel



Flex Fuel

FOOD IS FUEL

By Sonya McClough Lockridge
Adopted from "Do Ahead Cooking"

Food is fuel. And food can be flexible without being fast. Flex Fuel is a way of life which frees you to cook the dishes you want to cook when you have time to cook. The four foundations of Flex Fuel are life, longevity, storage and presentation. Flex Food is as old fashioned as fridge and freeze favorites. Flex Fuel is also economic and nutritious. There is just enough flexibility in Flex Fuel to afford you the daily opportunity to fully enjoy preparing, cooking and serving delicious meals for you and your family.

Fridge and Freeze Favorites can be refrigerated, frozen, or kept at room temperature for lengths of time ranging from overnight to one year without loss of flavor and or texture. Flex Fuel is not only a thing, but a process in which breaking food preparation down into segments like cleaning, measuring, and cooking helps you to achieve daily fast food freedom for you and your family. Food is fuel for the body, mind, soul and spirit, let's learn to feed ourselves more flex fuel



Flex Fuel

"It's not enough to meal prep, you gotta flex!"

Flex Fuel Equipment

Microwave oven
Slow Cookers
Fridge
Freezer
Food Processor
Mini Food Chopper

Flex Fuel Storage

Microwave Safe Containers
Freezer Wraps
Freezer Bags
Foil Pans
Foil Pouches
Single Serve Containers

Flex Fuel Favorites

Ground Beef Mix
Creamy Chicken Soup
Meaty Spaghetti Sauce
Savory Roast Chicken
Roast Turkey
Spiced Iced Coffee

Discover "Flex Fuel Favorite" recipes at [seamlessouthernstyle.com](http://seamlesssouthernstyle.com)

Dear Lord, Hear our prayers, O Lord, give ear to our supplications: in thy faithfulness and righteousness answer us.

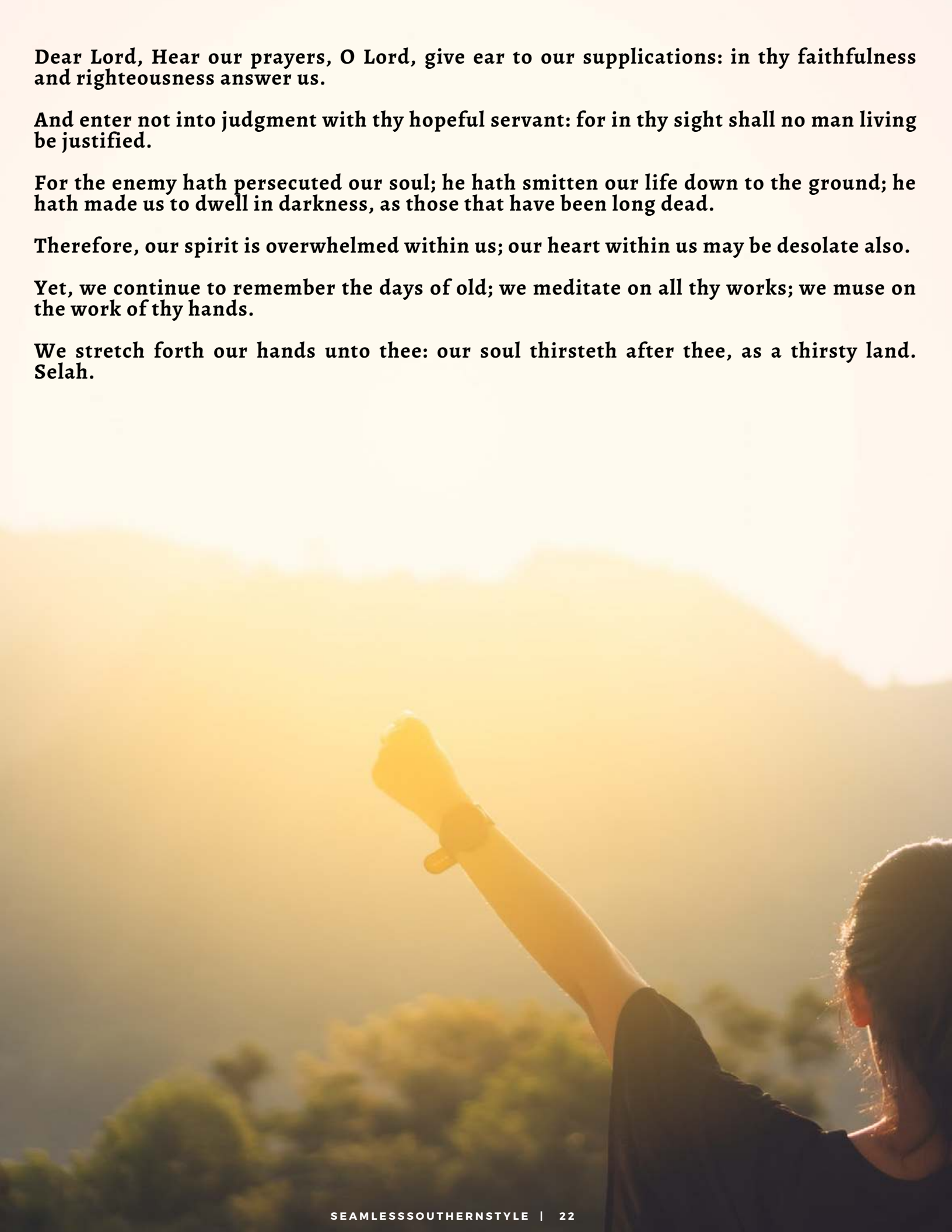
And enter not into judgment with thy hopeful servant: for in thy sight shall no man living be justified.

For the enemy hath persecuted our soul; he hath smitten our life down to the ground; he hath made us to dwell in darkness, as those that have been long dead.

Therefore, our spirit is overwhelmed within us; our heart within us may be desolate also.

Yet, we continue to remember the days of old; we meditate on all thy works; we muse on the work of thy hands.

We stretch forth our hands unto thee: our soul thirsteth after thee, as a thirsty land. Selah.



Hear us speedily, O Lord: let not our spirit fail thee: hide not thy face from us, lest we be like unto them that go down into the pit.

Cause us to hear thy lovingkindness right early in the morning; for in thee do we trust: cause us to know the way wherein we should walk; for we lift up our person, spirit and soul unto thee.

Deliver us, O Lord, from our enemies: we flee unto thee to hide under the wings of thy righteousness.

Teach us to do thy will; for thou art our God: thy spirit is good and very good; lead us into the land of uprightness.

Quicken us, O Lord, for thy name's sake: for thy righteousness' sake bring our souls out of this trouble land.

And of thy mercy cut off our enemies, and destroy all them that afflict our souls: for we desire to be thy servants for now and evermore.

This prayer based on the Holy Word of The Lord: Psalm 143:KJV

In the name of the One and only Jesus we pray. AMEN!





Healing for ourselves

Maya Stone

Stephanie Pruitt Gaines



focus. Music

Healing for ourselves Dr. Maya Stone

"There is a deep need for the extensive psychological healing of Black Women on this earth. This is something that desperately needs to be addressed, acknowledged and tended to. Poetry and Music have been a very strong inclusion in the process of healing. The Negro Spiritual is a Black Musical Genre that continues to influence our souls and collective consciousness throughout the world.

We have developed a set of Spirituals with a focus on Black Women's Mental Health, within a general theme of Water. As two Black Women Creatives, we are continuing that process and example of creating, releasing and healing for ourselves, the city of Nashville and ultimately the world.

I am incredibly grateful to Stephanie Pruitt Gaines for joining me in this journey. Throughout the process, she has been an incredible collaborator and friend. As we tackled this challenging, deep and sometimes painful area of focus, our collaboration was an invaluable source of personal artistic growth, healing and connection.

As part of this project, we are happy to draw attention to The FIND Design, whose mission is 'to empower girls of color to fly and be the voice that shifts both internal and external narratives surrounding their identity and value, through cultural expressions, positive connections, curative training, and advocacy.' We invite you to explore and support this organization in their efforts to change the world."

thefinddesign.org

Curator: Maya Stone

Collaborators: Maya Stone and Stephanie Pruitt Gaines

Sound Engineering, Mixing, and Mastering: Kevin Edlin

Videography: Lauren Balthrop

Recorded at Eastwood Christian Church

Poet/Spoken Word Artist: Stephanie Pruitt Gaines

Composer/Bassoonist: Maya Stone

Poems:

To Wade In This Water - music composed in response to poetry

I've Got Peace - music composed in response to poetry

I Will Wear This Hat - music/performance improvised

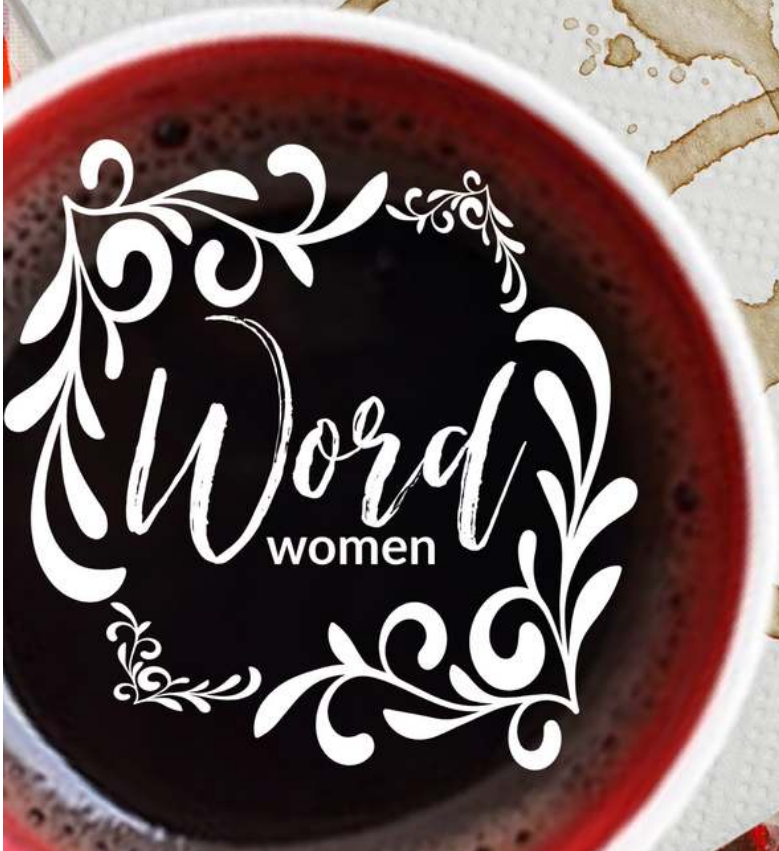
Based directly, loosely and abstractly on the Negro Spirituals "Wade In The Water," "Peace Like A River," and "Deep River."



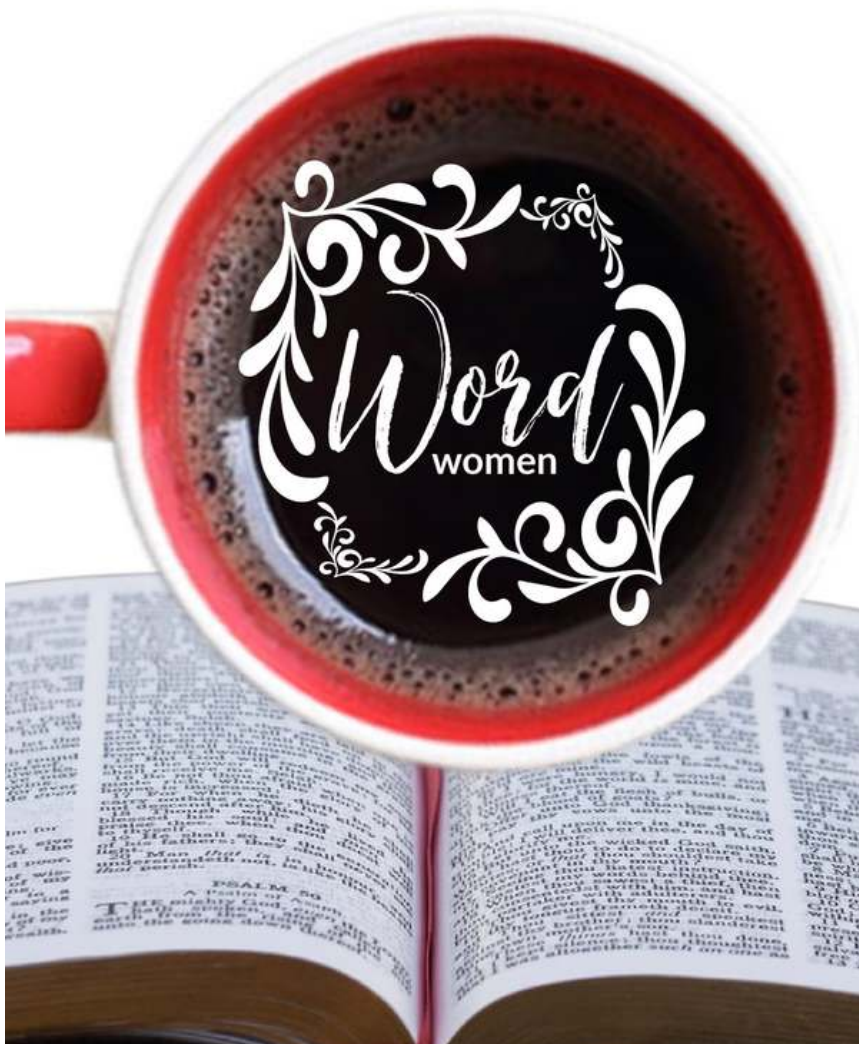
WORD

WOMEN WRITERS

ON FREEDOM



WELCOME TO WORD WOMEN FILL THEIR OWN CUP COALITION



We ARE WORD WOMEN!

The Holy WORD of God made us.
The Holy WORD of God makes us.
The Holy WORD of God shapes us.

We are WORD WOMEN: the Holy WORD of God is foundational to our evolution.
We are WORD WOMEN: the Holy WORD of God is fundamental to our expansion.
We are WORD WOMEN : the Holy WORD of God is formulative to our extension
We are WORD WOMEN : the Holy WORD of God is fructuous to the enlargement of the Kingdom.

We are WORD WOMEN:
our inheritance of the SPIRIT
conceals us
carries us
commands us
confirms us
Comforts us
Coddles us
Confides us
Controls us
Creates us
Compels us.

We are WORD WOMEN
We cultivate
We germinate
We propagate!
We flower!
We multiply!

We are WORD WOMEN!
The Holy WORD of God made us.
The Holy WORD of God makes us.
The Holy WORD of God shapes us.

sonya mcclough lockridge

Because I will publish the name of the Lord:
ascribe ye greatness unto our God. He is the Rock,
his work is perfect: for all his ways are judgment:
a God of truth and without iniquity,
just and right is he.

Deuteronomy 32:3-4 KJV



If you have interest in joining our
Word Women Writers Coalition
Please contact : sonya mcclough lockridge
@ eastwindpresspublisher@gmail.com

*Thank
you!*



**SYD
NEY**

Sydney Williams is a student and a winning writer. When not in school or on the dance floor, Sydney enjoys spending time with her family as well as painting and drawing.

Photos and Words by:
Sydney Williams



FREEDOM MEANS EVERYTHING



SYDNEYWILLIAMS

The definition of freedom is the power or right to act, speak or think as one wants without hindrance or restraint, absence of subjection to foreign domination or government and the state of not being imprisoned or enslaved.

However, to eleven year old me Sydney Williams, what it means, I have no idea.

There has not been a time when I have had to worry about Freedom. I have learned and wrote many things about people and things not having freedom. I have learned about slavery and I understand the history, but I have never felt enslaved. I have learned about jail and how the prisoners cannot do very many things, but I have never felt like a prisoner in my lifetime. My parents let me talk about my feelings and things I do not understand, so I have never had to keep my feelings inside or feel bad for thinking or asking questions about things that I do not understand.

So, I guess Freedom means EVERYTHING.

I do not know what I would do if I couldn't come and go as I wanted to. I am very lucky to get to do things other people don't get to do. I have never been mistreated for my skin color or for being a girl, like many other people have been. It makes me sad when that happens.

So, I guess Freedom is supposed to mean EVERYTHING for EVERYONE EQUALLY, but it doesn't because of the world we live in.

Hopefully one day Freedom will mean Freedom for everyone, not just some people.



BRE NDA

Written by:
Brenda Demonbreun

BRENDA ELIZABETH DEMONBREUN is a rising accomplished writer and poet for the Kingdom Throne with a patriotic heart for America. Her most recent work is "**Present Day Psalms**" [Holy Antiseptic.faith](http://HolyAntiseptic.faith)

"FREEDOM'S ROYAL DECREE"

BRENDA DEMONBREUN



History plagued with oppressive chains
of relentless suffrage
Hatred fashioned through eyes of greed
disillusioned with logics of reason
Unjust systems of judicial claim seduced by affairs
of erroneous fabrication
Affairs of sinful desire cast upon shoulders too
weak to bear the weight of its conviction
Shoulders once strong persevering in
times realm burdened
slowly to the vulnerabilities of despair
Hope the very essence of the soul's survival now
dim in view of storms relentless rage
Storm's centuries old before the storms of present
day linger fruitless despite blood shed Fear raw in
wounds bled, hopeless, yet the soul
takes another breath
Breath from a spirit that conquered the fear we are
helplessly running from
Embattled with the physical charms of
ammunition's temporary Glory
Temporary as death continues despite the
dominant strength of one nation before another
One people before another, one jury before
another, one view before another
Fear bred from the monumental price of freedom's
victory as we war without resolve

Freedom rings in the majesty of the cross as
death was seized and conquered
Conquered not for a season or a time, not for a
battle between arms of human strength
Freedom rings with eternity's blessed
gift stable in promise
Human Blood shed we endure needlessly before
the ultimate blood shed of our LORD
Hope abounds from love framed through the
loving eyes of the lamb's tortured slay
Wars continue to display human power
surrendered before the fear of death
Death of our freedom, prosperity and life as we
foolishly and arrogantly know it
Life though present, decays within the
restraints of time's border
Freedom rings in the hope of our Savior
unabashed of guilt before the sins of the flesh
Freedom's royal decree upon the trumpets
majestic call with honor of life
Tears shed from valor's hope to stand before
Goliath's of this day in time
Histories cycle of perpetual death though no
victory can compare to the blood of the lamb
Valor this honorable substance is within every
human heart available,
open, surrendered to our LORD
Freedom rings each day we acknowledge the
true victor of these battles we aimlessly fight
Storms will rise, hatred will defile, hope will
become faint and human death will taunt
Faith will sustain and uplift in this human search
for power before deaths tedious illusion
Unfailing loves valor displayed in a crown of
thorns, nailed in the pain of death's ridicule
Freedom delivered with the resounding ring of
love's power before the facades of human desire

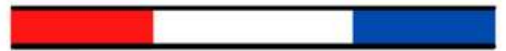
"HOPE THE VERY ESSENCE OF THE SOUL'S SURVIVAL"



**KAY
RIN**

Written by:
Kayrin Shirley

Kayrin is an outgoing blunt and to the point individual, who enjoys every little bit of life. When not at work, she is busy being the best MOM she can be.



I often wondered when I was little what true independence looked like for me. I often dreamed of leaving my parents, doing what I wanted to do, living how I wanted, being who I thought I wanted to be. It seemed so blissful to just live life with no restraints. As I grew older, the definition of free began to change for me. My childhood fantasy soon became my reality and the ride has been a bumpy one. I was living my life in the exact manner I wanted to, no one could tell me anything. Being a preacher's kid, I felt I was always under somebody's eye or being controlled by stereotypical people who knew nothing about me.

As I began to break out with what I thought was my own identity, I began to see a concerning issue amongst believers. When I started this Christian race at the tender age of ten, I had no idea of how trapped and bound I was to religion and traditionalism and not to God and relationship! I would be in church but shackled to the normality of just going and not realizing the benefit of being one of God's beloved children.

I see that now, being practiced in Christian experience, and its disheartening. God said in his word in *John 15:1 KJV: Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.* That in a nutshell as a believer, let's me know I was chosen, set apart, not because I fall in line with others but because, I was given a sound mind of power and love.

In today's time, there are too many followers of the unjust and unrighteousness. In my personal opinion, we have missed the mark and sprinted right past relationship to give the torch back over to the flesh! So many people in the kingdom are in bondage of the mind. The devil is very crafty, and knows instruction is the basic sense of survival for most believers in this race. The enemy has torn the inner spirit down to not realize the power in truth and the authority we have being truly free.

Often times we focus on the oppression and depression on people of different race, ethnicity, or lifestyle. We want to all be treated equal and fair, but in the church we are just as brainwashed and depleted of resources we need to replenish spiritually. That's why it is imperative you must learn the word for yourself, that you may be able to withstand the trick of the enemy by being influenced by entertainment and not by the spirit.

Romans 8:5-6 KJV: For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace.

When I think now about freedom, this late in life, it's definitely more on a conscious level. Mental health has been a growing issue in the African American community. Dealing with this first hand with my mother, I understand how the enemy can kill, steal, and destroy a family. The brain is the most powerful organ in the body, if he can corrupt that, then we as believers take on a sense of defeat. We must remember as believers that it's not our job to take on any type of battle. We are to simply lay it at his feet, and put on the whole armor of God while on the field. I had to wrestle with this in dealing with my own personal issues. I just want to be in charge or really I want to know the outcome. But without faith it is impossible to please God. And in today's world you must have faith and hope just to live wholly with an abundance of peace.

When you were formed in our mothers womb, he already knew the plans he had for you. Some of you are sitting on talents and gifts only God could give because you will not allow your mind to be free. Whether by traditionalism or you won't dare faith it because it doesn't fit the right size or shape of society today.

Romans 12:2 KJV: And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

True freedom was bought with a price on Calvary when Jesus died for our sins and we were forgiven! If we break that down into today, your mind is a getaway to happiness or hell. You must guard it with the word, you must speak to it from your most intimate time spent with the most HIGH, and lastly you must set it to always love and abound in it. God is love, and if we know and love God we will show it in action. We were given the perfect example to follow, and unlike people today he doesn't need any validation by likes or lengthy comments for his work to be revelation.

Romans 15:4-5 ESV - For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus

So I chose to live freely with a peace which only he can give, a love that keeps on loving, and a mind to be all he destined me to be! I chose to live each day beyond my flesh, trusting God for everything, and walking in the fullness there of. I am here on purpose!



SON YA LA

Written by:
SONYA MCCLLOUGH
LOCKRIDGE

Sonya McClough Lockridge is first and foremost a BELIEVER of Jesus!

She is also a wife, a mother, a grandmother and the Founder & CCO Of *Key Word Bible Studies*, she also is blessed and honored to serve as the Creative Director and Key Word Instructor of *The Good News Sunday Show*, plus she is the Editor In Chief of this magazine *Seamless Southern Style*.

SONYAMCCLLOUGHLOCKRIDGE

FRIENDSHIP WITH FREEDOM



Freedom always finds me. It for some reason I become detached or separated from freedom, freedom always finds me. As I write this Finding Freedom thing my heart and soul joyfully continues to remind me of the countless number of times I have found freedom!

So, today, I'm thinking of yet another point in time when freedom met me on a super warm day in my favorite place to be which is Tennessee! The year was 1971, I was eight years old. I was eight years old, when my Daddy's black on red rambler, pulled up to the curb of the house on the ground, which ain't no thing but fair. I remember sitting still in my back seat position, waiting for the very moment I could take my shoes off. As soon as the black on red rambler pulled to the curb, I silently bent over from my back seat position and I pulled them both off at once! Then, when it was time, when I was given permission, I too tumbled quickly and quietly from my back seat position of the black on red rambler, to the street of the ground which ain't no thing but fair. My skinny, super long brown feet, felt the warmth of the ground and free is what I be!

Freedom always finds me. It for some reason I become detached or separated from freedom, freedom always finds me in the heart of Tennessee.

The summer of seventy-one was long hot days, plenty full of front porch sitting, hopscotch jumping and picking up sticks. The summer of seventy-one also held much back porch sitting, picking and stringing greens and corn from the family garden spot on some fair ground. Both of my Grand Mothers lived on the same street and we were no longer visitors, but residents of some fair ground in the great state of Tennessee.

One super hot summer day the black on red ramble was not in the way of hopscotch or the picking up sticks and we soon all realized Daddy's retirement from the work force lasted but a little more than three days. Freedom always finds me. It for some reason I become detached or separated from freedom, freedom always finds me in the heart of Tennessee.

My super close but necessary friendship with freedom was once again unexpectedly, sadly, cut short by this one thing I knew no thing about, but Daddy, Momma, and everyone called it desegregation. I knew not of a segregated school! And, I write all about my experience with being different, desegregation and so much more in my book To Love A White Man.

Freedom always and forever finds me. It for some reason I become untethered from freedom, freedom always finds me and fences me in again the heart of Tennessee.

To be cont : Finding Freedom (The Book)





ALICIA

**Photos and Words by:
Alicia Miller**

youtube-theafrogardener

When she isn't gardening, Alicia Miller (30), enjoys reading, writing, and spending time with the Lord, her husband and their four children.

While in her junior year of High School (Murfreesboro TN) she enlisted into the National Guard. After graduation she left her home in Tennessee to attend Basic Combat Training.

After serving in the National Guard, stateside and overseas for nine years, she concluded her service to focus on raising her family.

Author of "Where Can I Go?"

ALICIAMILLER

THE LONG RIBBON OF FREEDOM REVEALED

When asked how I started gardening, it's always difficult to answer. Honestly, I believe gardening found me. When I think back to the woman I was before I started, I imagine myself as a vacant plot. A piece of land covered in weeds. A place with so much potential, but needed a lot of work.

It started with a trip to the grocery store. I was walking up and down the aisles, looking, but not really looking for anything. Somehow I ended up in the seed section of the store. Spring was in full swing, so there were seeds and gardening supplies galore. I remember looking at the seeds for a long time. I even walked away from the section, but God's holy spirit began tugging on my heart. I grabbed a couple of seed packets and left the store.

What I didn't know was this simple act of obedience would be what changed the trajectory of my life forever.

I wish I could say I was a natural gardener, and everything I planted flourished beautifully and I lived happily ever after. However, this is not what happened. I failed. A lot. Nonetheless, I kept trying, and the more I tried, the more connected I felt to the ground, and to God himself. He started revealing himself to me, and speaking to me. He unlocked a part of my memory I didn't know I had.

I remembered conversations with my great aunt on the porch of a house in Franklin, Tn. I remembered talking with her about gathering black walnuts to eat. I remembered being so excited when she said she would take me the next time she went. She wouldn't get to, but that memory is etched on my heart forever. It was the beginning of finding out more information about my family and our relationship with the land.



I FOUND FREEDOM IN GROWING FOOD

I started asking questions. I was eager to know more.

The information I was given made my heart soar. My great great grandfather was a sharecropper, and raised pigs. I also found out he was a gardener as well. When my aunt told me this I felt so connected to him. I have something in common with this person I've never met. We share the same blood of course because we're family, but the ribbon in my heart for gardening was tied to him. This connection made the idea of gardening more important than ever.

I believe that God and his infinite wisdom had a plan for me that day in the store. I believe he wanted me to plant seeds, but because he is so amazing, he planted seeds in me as well as uprooted things that didn't belong.

When I think about how far I've come in two short years I am blown away by how much I have changed. *I found freedom in growing food* for me and my family, and the blessing of doing it on land I own makes it that much sweeter.

The vacant plot isn't weedy or unkept anymore. She is blooming with fruitfulness and joy.

**"Not everyone will believe truth:
but know truth will set you free
to live joyfully forever fenced in
by the one and only Jesus"**

– Sonya McClough Lockridge



SUMMER *Artisan* of agriculture



WELCOME: FLOWER FARMER ELIZABETH

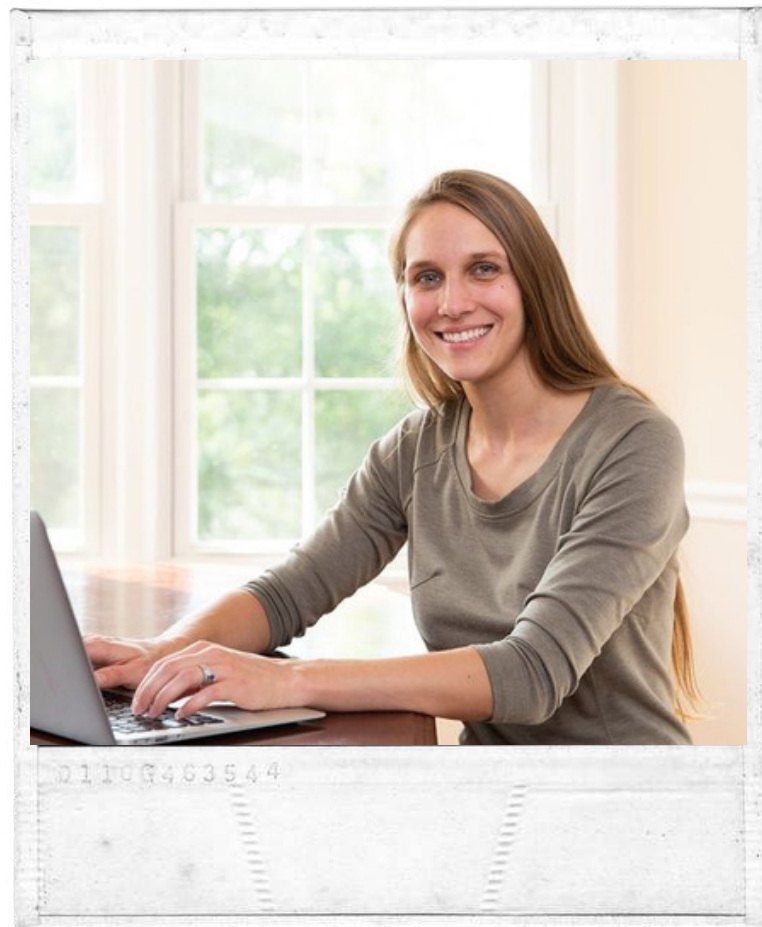
**IN HER OWN WORDS
ELIZABETH MENKVELD**

I am Elizabeth Menkveld. My husband and I own and run Menkveld Farm, a small lavender and beautiful cut flower farm in Nolensville, Tennessee. I am the planner, flower farmer, and I also manage all of the administrative parts of the farm. I grew up in the middle of the city, but fell in love with gardening through the "Little House on the Prairie" Series.

I am an Enneagram 5, the Investigator, and want to know everything about everything. I love making plans and using spreadsheets, and I always have a few projects lined up for us to work as as soon as we have any semblance of down-time.

We started our farm in 2017 with a field of three hundred lavender plants.

cont. on page 40.



"THE AIR WAS FRAGRANT WITH A THOUSAND AROMATIC HERBS, WITH FIELDS OF LAVENDER, AND WITH THE BRIGHTEST ROSES BLUSHING IN TUFTS ALL OVER THE MEADOWS."

— WILLIAM C. BRYANT



Menkveld Farm menkveldfarm.com

cont. from page 39.

Several years and two kids later, we have expanded our lavender field, added a cut flower garden and sunflower field, and this past spring, we planted another twelve hundred lavender plants in our new field!

During the summer we host events on the farm so people can enjoy all the flowers we grow, and flower bouquets are available at the farm or for delivery. It is also a very popular time for pictures in the flower fields as well! It has been a joy and privilege for our family to meet and work with so many wonderful people over the last few years, and we look forward to connecting with you this, and any other flower season.

**TO MAKE A PERFUME, TAKE SOME ROSE WATER AND WASH YOUR HANDS IN IT,
THEN TAKE A LAVENDER FLOWER AND RUB IT WITH YOUR PALMS,
AND YOU WILL ACHIEVE THE DESIRED EFFECT
— LEONARDO DA VINCI**



The *Fragrance* Of Lavender

According to the book *The New Healing Herbs*, the essential oils extracted from the lavender flower contain more than 150 compounds. Lavender essential oil is easily and quickly absorbed into the skin, and can be detected in the blood stream in as little as 5 minutes. Today, lavender is most commonly used for anxiety, depression, mental exhaustion, insomnia, scrapes and wounds, digestive problems, headaches, skin problems and women's health problems. In addition to this, lavender can be used to treat exhaustion, heat exposure, fevers, aches and pains, over-exertion, jet lag, rashes, sprains, sunburn, sunstroke, bruises and burns. It can also be used as a disinfectant and insect repellent. Lavender is also an antiseptic, natural antibiotic, sedative, detoxifier.

FASTING FRENZY



SONYA MCCLLOUGH LOCKRIDGE

I'm not sure if you noticed or not, but there is a complete Fasting Frenzy going on in these United States of America! Fasting is trending on social media and is a popular diet style among the rich and famous. The term fasting means the absence of food or water to the human body. Fasting is also a religious ritual and is mentioned in the Holy Word of God some twenty-one times.

This modern day Fasting Frenzy is called Intermittent Fasting and there are four plans to this growing diet trend. The 16:8 Time Restricted Feeding plan involves eating all of your daily calories within a window of time. The 5:2 or Alternate Day Fasting is fasting twice a week or every other day. The OMAD or Warrior plans entails fasting all day with one big meal at the end of the day or at night.

The Extended Fast is anything beyond twenty-four hours and is the fast most similar to that of Biblical Times. Biblical fasting is often associated with prayer, thus making the fasting period spiritual.

Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: Joel 2:12 KJV

This Fasting Frenzy is likely a trend while Biblical fasting is a timeless approach to a deeper prayer life and clear direction to the will and way of the Lord.



"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love."

— Martin Luther King Jr.

"When we extend our heart, hand and head to our fellow man in forgiveness we then have the capacity to love."

— Sonya McClough Lo

Bible Study Included!

**To
love
a
white
man**

the reality of roots

To love a white man

Sonya McClough Lo

lockridge

ANNOUNCING

the inaugural five

WORD WOMEN™ WRITERS



Sydney Williams
Alicia Miller
Sonya McClough Lockridge
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