

SEAMLESS SOUTHERN

SPRING 2021

# Style!

WITH  
SONYAMACDESIGNS

31

WAYS TO STYLE  
A SLEEVELESS  
BLACK DRESS

FINDING THE  
PERFECT PAIR  
OF SUNGLASSES

SPRING  
TRENDS

YOU SHOULD  
CHECK OUT

HOW TO BUILD  
THE PIT FIRE OF  
YOUR DREAMS

FIVE  
SIMPLE AVOCADO  
FACE MASK RECIPES

MEET OUR  
SPRING  
ARTISAN OF  
AGRICULTURE!



Spring into summer with  
Seamless Southern Style  
and sonymacdesigns!





# WELCOME

**TO OUR PREMIERE ISSUE!**

Welcome to the Premiere 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 know our lives are more than bible study. The lifestyle of a believer is full to the rim with homes and gardens, grills and fires, fashions and fixing and so much more. We joy to linger in lower case, while living, loving and leading an only Jesus lifestyle in this our one life.

I hope and pray you enjoy perusing this springtime 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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## EDITOR'S NOTE

At some point in time, I wrote:  
**Thinking about all the fights.**

Thinking about a Jesus protest.  
Thinking about a Son of God march.  
Thinking about a wall of folks, family,  
and friends built on no thing but  
serving HIM.

Thinking about a Jesus rally.

Thinking about a Jesus chant.

Thinking about the King of Kings.

*When the saints come marching in.*

Thinking about some I love Jesus posters.

Thinking about the wood supports  
across the back.

Thinking about a Jesus riot.

Thinking about some Jesus gear.

Thinking about some authorized fire.

Which you choose not to hear.

Thinking about some amazing grace.

Thinking about the truth that  
can't be replaced.

Thinking about the cloud which hovers.

Thinking about the snow which covers.

Thinking about millions of men.

Thinking about the bras, we be a burning.

Thinking about the sin, we sleep in.

*When the saints come marching.*

Thinking about all the fights.

Thinking about my civil rights.

Thinking about a cross on Calvary.

Thinking about the one who died for me.

Thinking about the one who took my place.

Thinking about the day, I see His face.

*When the saints come marching in.*

*Sonya McClough Lockridge*

EDITOR IN CHIEF



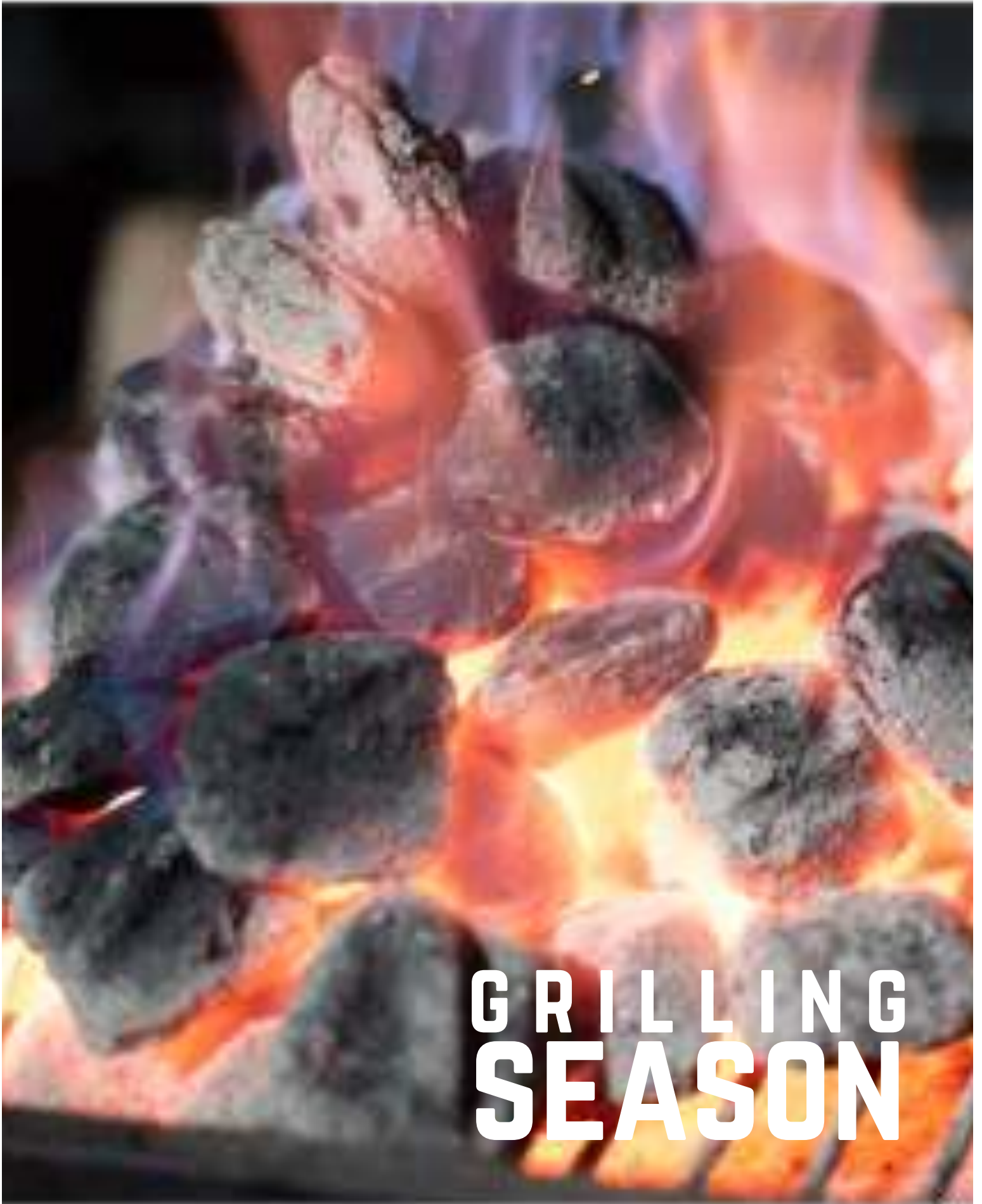
# 5 FIGHTING FLOWERS

Five bug fighting flowers are pictured left to right: plant or use fresh to repel pests.

1. Geraniums
2. Larkspurs
3. Lavender
4. Petunias
5. Marigolds







# GRILLING SEASON

# GRILLING SEASON

WORDS BY  
SONYA MCCLLOUGH LOCKRIDGE

The folks over at *All Recipes* share: magic happens when fruit meets the flame! And the flavors intensify as the natural sugars caramelize, juicy fruits can get even juicier, and the smoke from the grill gives everything a woody, hanging-around-the-campfire flavor. And the grill marks – are gorgeous!

Last year I grilled some fresh peaches, plus tomatoes and to pull it off in a seamless southern fashion, I used five of their tips to create some after dinner tasty treats. It's a southern scandal and a shame to waste a good fire. Below is simply the best of what *All Recipes* recommends for grilling fruit this season:

The best fruit for grilling is firm and can hold their shape when placed over the hot coals. Peaches, melons, pineapple, pears, avocado, tomatoes, bananas, and figs are just some of the fresh fruits on the grilling list.

Cut fruit into large chunks, slices, and wheels to help it maintain its structure as it heats up and breaks down.

keep the rinds from sticking and gives the surface of the fruit a truly gorgeous caramelized finish by dusting the fruit with granulated sugar before grilling.

Pineapple needs more time to cook than peaches and citrus fruit.

Let the fruit sit on the hot grill for a few minutes before checking for grill marks; the surface of the fruit needs time to sear so it won't stick.

Find the complete article at: [www.allrecipes.com](http://www.allrecipes.com)







# **FIVE SIMPLE STEPS TO BUILDING THE PIT FIRE OF YOUR DREAMS**

BY SONYA MCCLLOUGH LOCKRIDGE

1. Begin by placing paper in a small pile at the bottom of the fire pit.
2. Then form sticks in a teepee-like structure over the paper pile.
3. Carefully light the paper, waiting for the paper and sticks to start burning.
4. Once the paper and sticks begin burning begin adding seasoned or kiln-dried split firewood logs one at a time allowing air to breath between logs, preferably in a teepee-like structure.
5. Add additional logs as the fire weakens, taking caution as logs in the fire can shift, potentially throwing embers and other burning debris outside the confines of the fire pit.

99

**The Power  
of Prayer  
is the  
equalizer  
of  
pride  
position  
prejudice  
poverty  
prosperity  
privilege  
and  
might  
|  
add  
pandemics.**

— SONYA MCCLLOUGH LOCKRIDGE  
THE POWER OF PRAYER





# 90 Day *Trends*

FASHION  
FORCAST

The fashion trends for spring and summer of 2021 are leaning toward plenty of pastels plus a whole lot of monochrome magic! Drizzle some sweet floral fragrance while adding some basic denim to the mix and there you have a nice southern soulful day.



# 37 styles

Little Black Dress



"One is never over-dressed or underdressed  
with a Little Black Dress."

– Karl Lagerfeld





# 31 styles

Little Black Dress



“None of us are perfect, for which reason we should heed the voice of charity when it whispers in our ears, "Do not magnify the imperfections of others.”

– Elizabeth Keckley



# 31 styles

Little Black Dress



“I design for the woman I wanted to be, the woman I used to be and to some degree, the woman I’m still a little piece of.”

– Diane Von Furstenberg





31 *styles*  
Little Black Dress



"I think as a woman of color and person of color, I have never sought out discrimination. If I want to do something, I'm going to figure out how to do it, and if you don't like how I look then that can't be my problem."

- Tracy Reese



# 31 styles

## Little Black Dress

‘Fashions fade,  
style is eternal.’  
– Yves Saint Laurent







"Being Black has a lot to do with my being a good designer, Most of these designers who have to run to Paris for color and fabric combinations, should go to church on Sunday in Harlem. It's all right there."

- Willie Smith

# 31 styles

Little Black Dress

# Canning Coffee

By Sonya McClough Lockridge

Photo : File

In the south we simply love to drink our super hot and super iced coffee from a canning jar. If we were to have a spring or summer sit down, I would offer you an iced chilled jar of freshly brewed coffee. I would fill it almost to the rim, saving room for your choice of cooling. I'm not sure if you prefer milk or cream in your Jar of Joe, so I would kindly inquire of your preference. But, since some still like it hot, even in the mist of southern heat, I would also offer to fix you up some regular ole coffee, brewed in an electric coffee cook pot. Since some like it brewed and hot the pour over style is pretty for pictures but not something we practice for an in person sit down of the seamless southern style.







*Fresh looks*  
**HOUSE**  
**& HOME**

# *Fresh look*

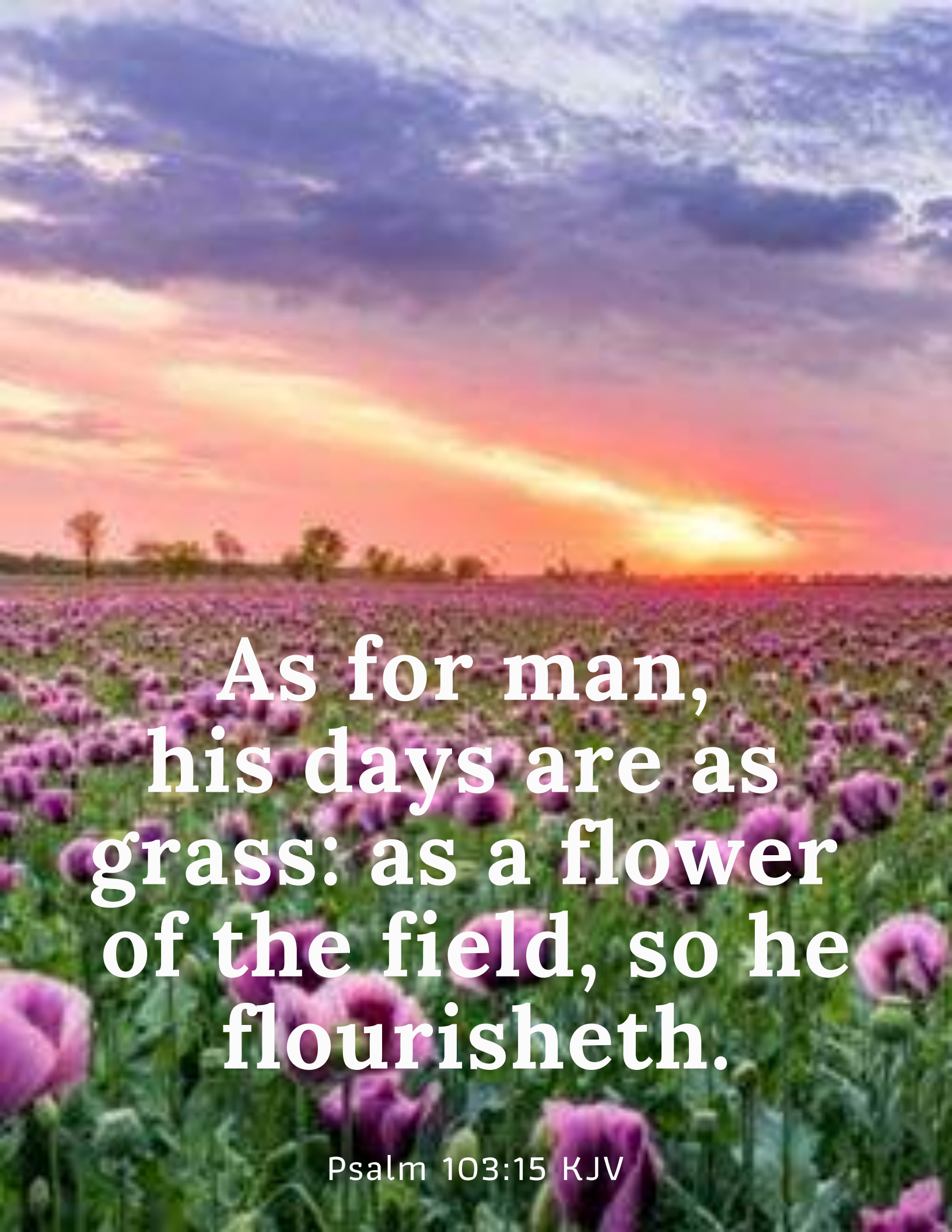
**To set the order right rustic  
silently meets vintage in this  
super sweet reading corner.**







*Fresh look*  
**Flower power for the  
powder room!**

A vast field of purple flowers stretches to the horizon under a dramatic sunset sky. The sun is low on the horizon, casting a warm glow over the scene. The sky is filled with soft, colorful clouds in shades of orange, pink, and purple. The flowers in the foreground are in sharp focus, showing their delicate petals and green stems.

**As for man,  
his days are as  
grass: as a flower  
of the field, so he  
flourisheth.**

Psalm 103:15 KJV





*Fresh Flowers*  
**HOUSE**  
**& HOME**







*Fresh Flowers*  
**HOUSE**  
**& HOME**

*tip*

Avoid shock by waiting !  
transplanting and or  
dividing your Iris tubers after  
they are finish blooming.



# tips

When transplanting and dividing your Iris tubers, use a sharpie to record the proper names for later placement in the garden.





# FIVE SEAMLESS WAYS

## TO KILL WEEDS WITH BAKING SODA & VINEGAR

### 01 Soda Dusting

Use baking soda on weeds to destroy them within a few days. Pour baking soda over the weeds and let sit and repeat once a day until weeds are gone. Use baking soda to prevent weeds from regrowing by dusting areas where weeds frequent with the powder once a week, or twice for aggressive weed growths.

### 04 Vinegar Paste

A paste of baking soda and vinegar can be applied to weeds and works well for weeds that are deep inside sidewalk cracks. Mix two parts baking soda with one part vinegar in a bowl. Use a large bowl so the mixture doesn't bubble over the edge. Once the bubbling has stopped, stir, then fill cracks with the paste or apply it to the base of weeds. Apply every two days until weeds are gone, then rinse away any remaining paste with your garden hose.

### 02 Vinegar Soak

Vinegar has a lot of acidity, which is a weed's worst enemy. Make a spray out of vinegar and spray weeds with it once a day until they recede and die. Another idea which works for weeds growing out of small cracks is to pour the vinegar into the cracks and let it soak down in them. Use white distilled vinegar or raw apple cider vinegar, both of which you can find at health food stores.

### 03 Soda Spray

A spray made of vinegar and baking soda is another effective method for killing weeds. Use one part baking soda and two parts vinegar. Pour baking soda into the spray bottle first, then add vinegar. The mixture will bubble up for a minute, but once it's done you can screw on the nozzle, shake it, and spray the weeded area. Spray weeds daily until gone and keep on hand should you see any small weeds start to grow. Alternatively, sprinkle baking soda over weeds then spray them with vinegar.

### 05 Vinegar Water

Follow the same directions for Vinegar and Baking Soda Spray but use your watering can to apply.

# SUMMERY FLIP FLOPS

SONYA MCCLLOUGH LOCKRIDGE

I wonder what Jesus thinks about us when we put on love like a flimsy pair of summery flip flops. We can take them on and off without a thought because we can pick up another pair anywhere we stop. When they get thin with sin, we throw them away because it is just another day. We never stop to see how they've been used and abused, bended bent until their straps are spent.

I wonder what Jesus thinks about us when we put on love like a flimsy pair of summery flip-flops. Today they be pleased to be with us, tomorrow against us. One day they be just standing there casting out their love, but it be no thing but rubbery despair. The next day they be sitting among the crowd all flowered up like they be the only princess with a song in her cup. Great is your love sweet Jesus. Great is your love.

I wonder what Jesus thinks about us when we put on love like a flimsy pair of summery flip flops. One day we be all about Him, but the next day we do well to recount a single hymn. On Sunday morning we joy to fill the pews but His ways we have not. We have an amazing time calling it church because we live and love to have an amazing time worshipping whatever looks and sounds exactly just like us ... the other flip flop.

Above all, put on love--the perfect bond of unity. Colossians 3:14



*An excerpt from Sanctuary of Sofa Surfing, Notes from the wilderness.*



# WHERE WOMEN WRITE

SONYA MCCLLOUGH LOCKRIDGE



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# WHERE WOMEN WRITE

THE MOST NATURAL RESPONSE TO WORDS  
WRITTEN ARE WRITTEN WORDS.

BY SONYA MCCLLOUGH LOCKRIDGE

I have a theory. I have a theory and even in marriage, it's yet to change. One of my many theories is this: we each are gifted with one life to live. On the way (beginning) of this our one life, we each are placed in one cradle, be it a clear plexiglass box or a wooden fruit crate, generally, we all are placed in some type of cradle at birth. And, friends I ain't to proud to tell you on the way (end) out of this our one life we all are also place in yet another cradle, but this time the words change to casket, coffin or container. This theory of mine has yet to be challenged, but the truth of the matter is much LIFE exists between the two cradles! And, in-between these two cradles our everyday stories begin and end. Yes, we all have a story to tell of the in and out of this our one LIFE! Our stories all begin and end with words and dates. As women we usually herald the LIFE stories with words and images, we herald the news of the growing seeds planted in dark places. Plainly put: Women herald good news!

But, the question I have for us today is:

**Where do we herald the good news from?**

Do we cull out the words on our couch?

Do we cut em with a knife on the kitchen table?

Do we carefully craft them in a coffee bar corner?

Do we slash the words out in a she shed?

Or do we simply draw out words like pictures sitting at a desk? **Where do we herald the good news from?**

In Where Women Write we come to understand why the process of writing is more about healing than an honorarium. In Where Women Write we come to understand the most natural response to words written are written words. In Where Women Write we come to understand we are all the same, only different. In Where Women Write we sit in the spaces and places of others as we joyfully observe the multitude of ways: Women herald the good

**news.** Please send your WHERE WOMEN WRITE words (stories) and high resolution images to [eastwindpresspublisher@gmail.com](mailto:eastwindpresspublisher@gmail.com)





Style

is a  
way to  
say who  
you are  
without  
having to  
speak.

— Rachel Zoe

# *Fancy footwear*

Spring into summer with your choice of white and fancy footwear! I super dig the brown and white combinations, not to mention the gold and silver snaps and buckles. And the sandy texture on those wedges is no thing but classic and on point!

Oh and the white cowgirl boots are simply a must have for anyone interested in seamless southern style.







# Dear Dearly Departed

BY SONYA MCCLLOUGH LOCKRIDGE

Dear dearly departed, *Momma, Daddy and Little Big Brother:*

Y'all, it's been a while since I've written! I have so much to share with you guys, I may feel the need to make this letter a monthly thing. Momma, your Granddaughter birthed the most beautiful baby boy back in 2019! He has now grown into a little boy full of joy.

Daddy, I'm so sad to report the accuracy of your predictions in regard to America. You, always said our country would likely be destroyed from within! And, Daddy, the evidence is super plain and clear. Daddy, you and my brother would be sad if you were here.

Daddy and Momma, know the family you started back in the fifties is still growing and we are expecting another great this November! We know you would keep count of all the many blessings, so know we are doing just that and at last count we numbered in the fifties!

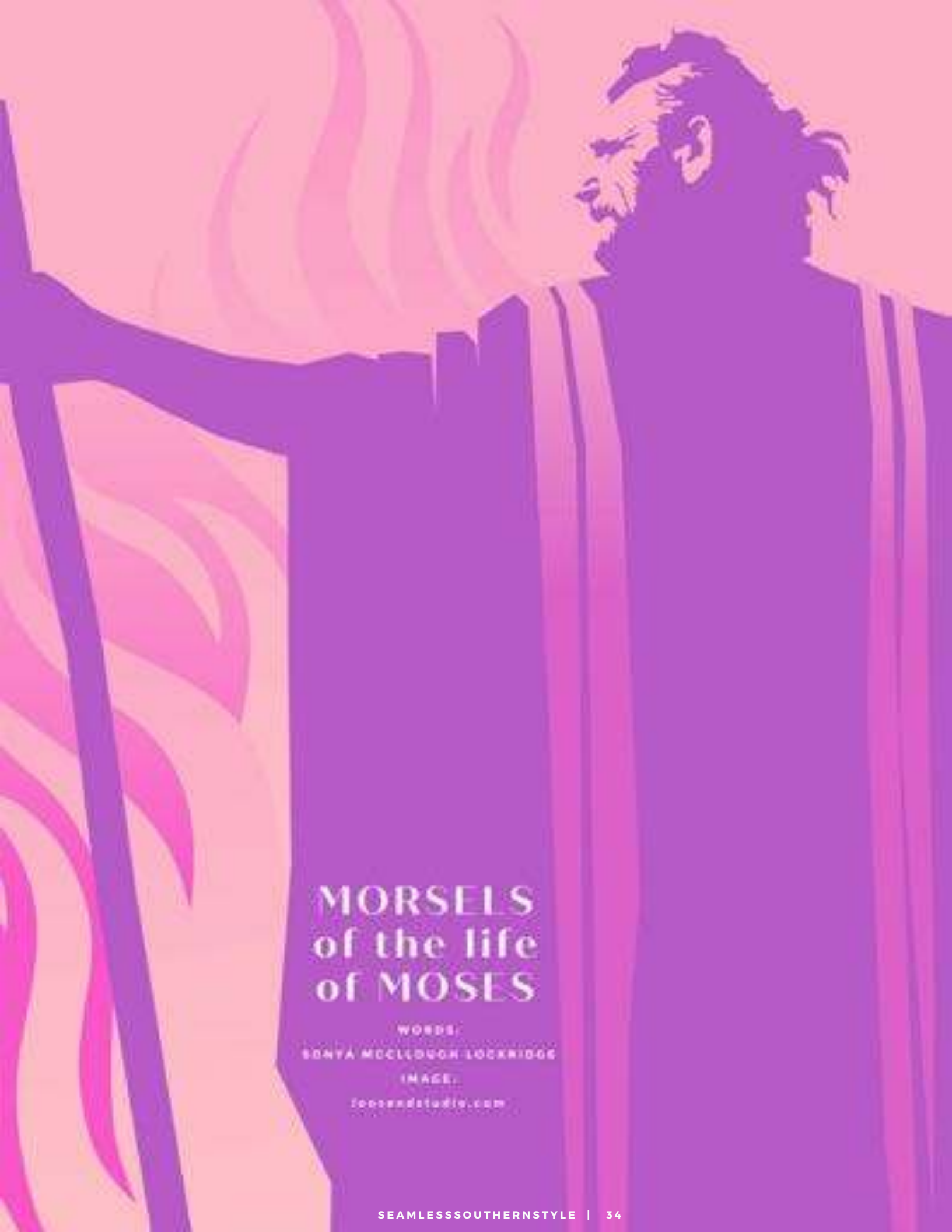
We gathered together as an extended family to hang the birthday banner for little big brother's birthday on the twenty-fifth day of April.

We hung the banner, prayed, ate cake and some of us carried the tune of So Glad I'm Here. However, we failed to include all of the family traditions. But, the good news is we still have time.

Y'all, many people have perished in our country and around the world in the last year or so. The powers that be are attributing these deaths to this thing I can not really mention. The death rate is outlandish. Our current President has high hopes, but things in America and in the world are steadily declining.

Brother, in many ways, I'm so glad you are not here, you would most definitely not be welcomed on Face Book these days, with all of your opinions and such.

That's all for now, I need to check on the kittens, living in the Mister's little truck and I am looking forward to telling you that story but for now they are only fourteen days old, so I'm waiting to see how Almighty God works this situation out. I super LOVE and miss y'all greatly! *Sonya*



# MORSELS of the life of MOSES

WORDS:

SONYA MCCLEDDUGH LOCKRIDGE

IMAGE:

[foosandstudio.com](http://foosandstudio.com)



# MORSELS OF THE LIFE OF MOSES

I'm completely star struck by the life of Moses. If you were selling Moses T-shirts like Black Lives Matter gear, I would buy more than one. I keep finding myself thinking about this guy named Moses. We know early on that Moses struggled with not being a perfect speaker. We know he lived for one hundred and twenty years. We know he wrote what God said to write. We know he went where God said to go. We know he had a close relationship with our Father. We know he was righteous in prayer. We know as a baby Moses was bathed in some different kind of bath water. We know our Father had a special once in a lifetime assignment for Moses. We know his legacy of faith caused him to be mentioned, along with a few others in the Book of Hebrews. We know Moses and Elijah spent some extra special time with our Lord and Savior Jesus Christ. We know he has at least one prayer in the Book of Psalms. We know Moses had both, a sister and a brother. We know Moses was set apart from his siblings as a child. We know Moses's sister Miriam was the oldest of the two. We know Miriam's assignment was to look after Moses and praise the Lord. We know Moses had this loyal brother named Aaron. We know Moses had to watch both his sister and brother die.

Yes, we have learned much about the life of Moses. Yet we continue to better understand the many morsels of the one life of Moses.

OUR FATHER  
*Forgave Moses*  
And continued to speak to him!

Yes, we have learned much about the life of Moses, but this one thing leaves me breathless. This one thing about Moses sings silent soulful peace to my spirit. I am personally comforted by the fact that our Father continued to speak to Moses after his disbelieving and disobedient behavior. I am personally overwhelmed by the fact that after displaying disbelieving, disobedient and disappointing behavior our Father choose to speak directly to Moses in advance of his brother's death.

I am personally inspired by Moses's ability to live *content* within the boundary of his punishment of not going to the Promised Land.

I also believe this promise land punishment allowed Moses to live free of the pressure to be perfect in his final days. Know I am deeply saddened by Moses's disobedient behavior with not speaking to the rock as God instructed. But also, know I am also somewhat elated at our Father's desire for us to see Moses as a successful, struggling, suffering, and sinful man.

Moses was not perfect. From the beginning to the end of Moses's story, Moses was far from perfect.

But the beauty of Moses story is that our Father allows us to see Moses in perfect transparency and this should set us free. Our Father forgave Moses and continued to speak to him.

God's love is evidently displayed in the long life of Moses, regardless of the many morsels of mess he had no choice but to leave behind,



# Facials

## The Inside Scoop

### THE INSIDE SCOOP

By: S.M. Lockridge

The taste, texture and benefits of avocados are just right for me. The genius this pack of protein brings to breakfast, dinner and snack time is amazing to me. I am so delighted the taste and texture of this healthy fat fruit appeals to me and most. But, y'all when I found out avocados are also good for facials and follicles, I found myself even more dazed with joy.

I've learned avocados make the best anytime toast when the flesh is paired with fresh chunky bits of tomatoes and splattered on thick slices of roasted plank bread.

But, I've also learned avocados also infuse the skin with good fat, vitamin E and makes skin smoother. All of which reduce fine lines and wrinkles.

Avocados are sure some kind of teacher and thankfully my curious pallet allows me to be a student.

*Avocados infuse skin with good fat, vitamin E and makes it smoother. All of which reduce fine lines and wrinkles.*







# FIVE SIMPLE AVOCADO FACE MASK RECIPES

## CLASSIC RECIPE

- 1/2 ripe avocado
- 2 tbs. hot water
- 1 tsp. honey

Mash the avocado with a fork. Dissolve the honey into the hot water and then mix it in with the avocado. You can apply the mixture using just your fingers, though we recommend a brush for better control. Keep it on for 10 minutes and then rinse off with lukewarm water.

## YOGURT RECIPE

- 1/4 ripe avocado
- 1 tsp. plain organic yogurt
- 1/2 tsp. honey

Mash the avocado with a fork. Stir in the yogurt and honey until you form a paste. Afterward, apply using your fingers or a special brush and then leave on for approximately 10-15 minutes before rinsing off with lukewarm water. Good for those with acne or dry skin.

## OATMEAL FACE MASK

- 1/2 ripe avocado
- 1/2 cup oatmeal

Prepare the oatmeal according to the package instructions. Mash the avocado with a fork and combine with oatmeal. Apply to skin, keep on for 10-15 minutes, and then rinse off with lukewarm water. Good to help hydrate dry skin.

## APRICOT FACE MASK

- 1/2 ripe avocado
- 1/2 cup oatmeal

Prepare the oatmeal according to the package instructions. Mash the avocado with a fork and combine with oatmeal. Apply to skin, keep on for 10-15 minutes, and then rinse off with lukewarm water. Good to help hydrate dry skin.



## BANANA FACE MASK

- 1 ripe avocado
- 1 banana
- Egg yolk

Mash the avocado and the banana separately and then mix together with the egg yolk until you get a uniform consistency. Apply for approximately 10-15 minutes and then rinse off with lukewarm water. Particularly good for people struggling with oily skin since it absorbs excess sebum.

Making your own avocado face mask is as easy as it is fun. And, whenever you're not mashing up the avocados for your skin treatment, you can just use them to prepare some awesome hair treatments.



# The Five Dollar TITHER

BY: S.M. LOCKRIDGE

I personally think churches should be more like banks when it comes to tithing. Banks treat their five cent depositors exactly the same as the five dollar depositors. Oftentimes it feels as if banks have more faith in man than the church does. The Five Dollar Tither is likely to have more financial growth than the Twenty Dollar Tither. The Black Church has forever and always welcomed The Five Dollar Tither, while many other churches frown and look down on the Five Dollar Tither. The Twenty Dollar Tither has less room for growth than the Five Dollar Tither. Sometimes our church pews are empty because The Five Dollar Tither has not been welcome.



Churches have choices and many choose to remain financially strapped with declining memberships, while the Five Dollar Tither is labeled as a Church Hopper! But, in reality, he or she shuffles from church to church knowing his membership is considered to be nothing more than a burden and a load to be carried. Churches have choices and the choice is often empty pews and not people.



# FINDING THE PERFECT PAIR OF SUNGLASSES

According to Blenders Eyewear identifying your exact face shape for sunglasses is now a thing. And once you know the general shape of your face choosing the best frame is usually a matter of selecting frames which are the opposite shape of your face. Round face shapes are best suited to fairly square and rectangular styles, whereas frames with rounded corners help to soften a square jawline.

You can find the Blenders Eye Wear Style Guide to the four main face shape categories along with super basic style suggestions for each, in their collections on their website at [www.blenderseyewear.com](http://www.blenderseyewear.com)

“  
*Sunglasses*

Are part of my armor.

— Jack Nicholson







MEET

# WHITNEY HOBBY FARMER

WRITTEN BY  
SONYA MCCLLOUGH LOCKRIDGE

Meet Farm & Land Powered Woman, Whitney: The first Seamless Southern Style (Spring) 2021 Artisan of Agriculture! Whitney is a farm girl who loves to surprise her neighbors! One way she silently serves up surprises is by randomly leaving stylish fresh fragrant floral bouquets of wild flowers on the porch.

She is a Heart of Tennessee Hobby Farmer of more than five beautiful acres with several out buildings and a very large barn. Whitney B. spends most of her days and weeks, wrestling and wrangling a few goats plus her three children, a fat pot bellied pig, three spotted ponies and the occasional opossum.



"AND INTO THE FIELD I GO TO LOSE  
MY MIND AND FIND MY SOUL."  
— ANONYMOUS





PREPARING OTHERS SERVICING HEARTS

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Fleshly Tables of the Heart  
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Please Join us for PART ONE: May 30 - July 18

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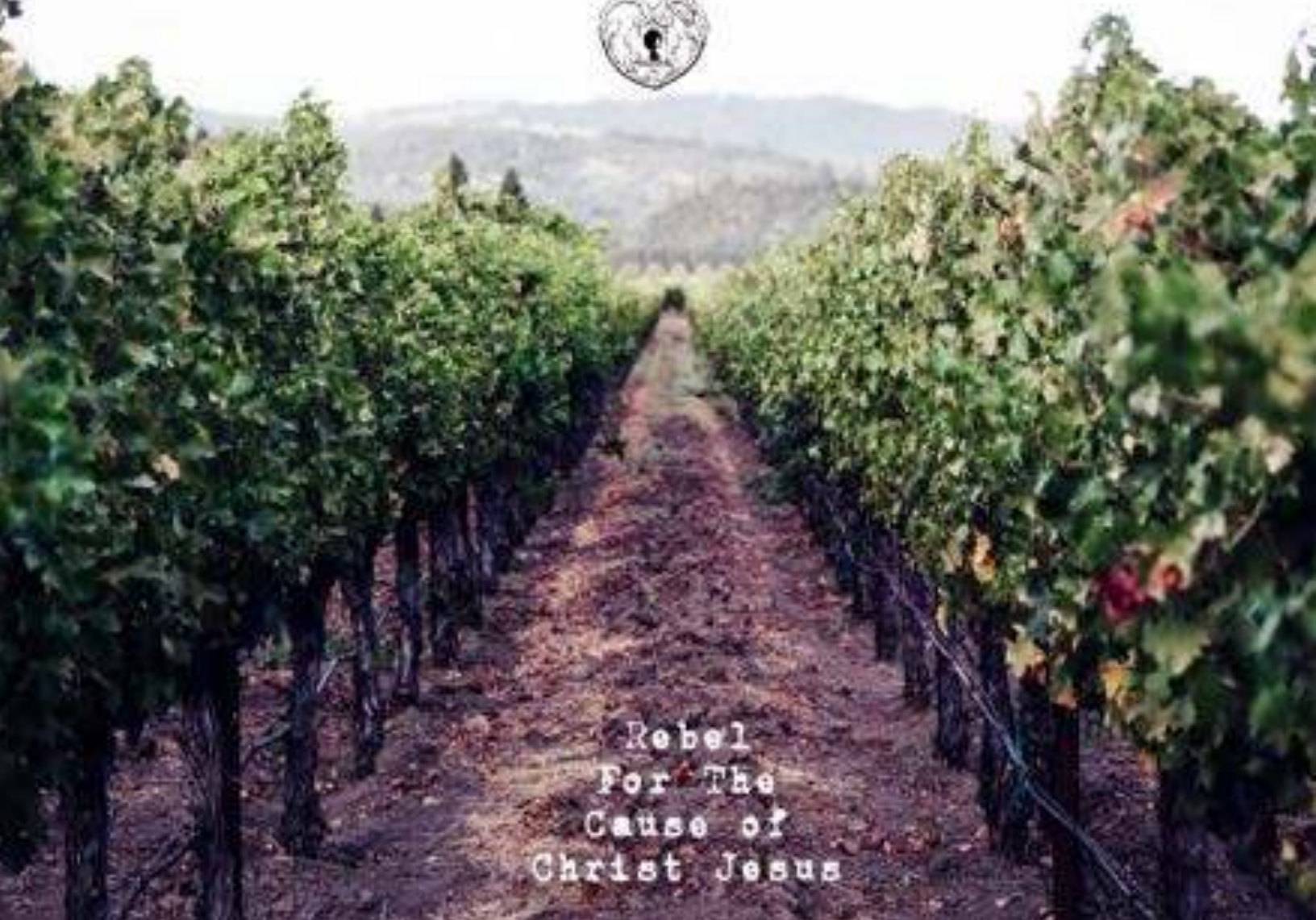


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*She plants a vineyard of Truth*



Rebel  
For The  
Cause of  
Christ Jesus



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Examine Engage Enjoy Exalt Edify Enlist Educate Entrust Evangelize Encourage



The  
good news

sunday show



with  
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