



Power of Sisterhood

Leighanne Turner

The Power of Sisterhood

By Leighanne Turner



Soyara's



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Thanks and Acknowledgements

Firstly, thanks to God for giving me a gift that I enjoy doing and that can touch people's

hearts, lives, help people, and change them for the better.

Thank you to my Mum, Dad (miss you loads) and sisters who have been there from the beginning. You guys mean more to me than what this book will allow me to say. Thanks for always encouraging me in my dreams and telling me that I can be and do anything that I put my mind to.

I want to give a big huge hug of love to my spiritual sisters. You ladies rock, and there are too many of you to name. I love and will always have your backs.

Thank you super-duper kindly to my proof and copyreaders, who remember what the draft looked like in the beginning and what it took to get to this stage of the journey. I know some of you Lovelies read it because you have a passion for good writing and others of you read it because you love me and always want me to be encouraged. I thank you for your time, comments, hard work and for allowing me to have my Diva moments when I felt you were cutting too much meat off the bone.

I want to shout out to my long time friend from school - you know who you are.

I will stop now because I cannot stand reading books where they overdo the thank-you section like it is an Oscar ceremony speech.



1) About me & why I wrote this book.

In all honesty, this is not my first book. I wrote a book in August 2010, called “An Inspired You,” while waiting in a drafty East London Crown Court canteen. I had time on my hands because I was on my two weeks of jury service. I really tried my best to get out of serving on the jury. I tried all the excuses, but I am so glad I was unsuccessful because I would never have had the idea of writing or the time to pen my first book. At the time, I did the usual thing, putting my whole heart into it and then getting too busy with life to finish it. (Note to self: never get too busy to work at your dreams. If you are not fulfilling your dreams, I guarantee you are fulfilling someone else’s.)

So this is my gorgeous second book, entitled “***The Power of Sisterhood.***” The idea for this beauty came when I had a week off from work in September 2011. I spent each day with a different special sister and came back inspired by all of them. It was a week of strengthening, sharing, learning, building friendships, encouraging, and most of all, loving. Every woman has a book in them, a story to share, a lesson to teach, a hug to give, and a tear to wipe. Please don’t say you don’t have time to write. I wrote this book on the District Line Tube on my way to work each morning. What is your excuse not to write your story? Whatever your dreams and goals are in life I would encourage you to do one thing today to achieve it. You are reading my dream right now.

I wrote this book because I wanted to encourage all of you to improve your female friendship/relationship bonds, your “sisterhoods.” I have not gotten this far in life without great strong sisterhood friendships. So many different women have helped me to be a better person throughout my life. When I was in school, I was in an all-girl training squad, training to be an athlete. All of us would run together, whether in the sun, rain, or snow, as well as lifting weights in the gym. It was hard-going. To this day, I do not know how I managed to do it. But what made it possible to persevere was that we would be together, encouraging each other to keep going, even when it hurt. I was a gifted and talented athlete, but without these sisters pushing me, running with me and encouraging me, I would never have reached the point of winning gold medals. Now this is the type of sister and type of encouragement I cannot live without.



Do you have someone like this in your life? If no, I want to encourage you as we go through this book together to get one!!!

2) What Sisterhood means to me

I love the power of sisterhood. No woman gets anywhere in life without it. We need a strong team behind us to make it every day. *“We need teamwork to make the dream work.”* (Flawless Dance Group) Yourdictionary.com defines sisterhood as a *“collection of women who have a common belief and who work in cooperation with each other.”* Sisters are powerful. They are there to celebrate in the great, happy times and provide comfort, a pack of tissues, and a shoulder to cry on during those difficult times you never thought you could survive. A sister fits like a glove, is always your biggest cheerleader, and knows your deepest secrets.

I am the baby of five girls. We never had any brothers. Can you imagine how it was, growing up in a household with five girls? Not to mention my Mum and Dad and whoever happened to be sleeping over on any particular night of the week? Oh, I might add that we only had one bathroom.... You can imagine the arguments right? But I loved the trouble and the fun we used to have as kids and those relationships have deepened into deep and supportive relationships that we now have and maintain as grown-up women.

Every woman needs a sister, best-friend, a bestie, a confidant, a “my girl,” an aid, a shoulder to cry on, a shopper buddy, a tissue-holder, and a chocolate-eating mate. Outside of my blood family, I am blessed to have so many sisters in my faith family and dear friends in all walks of life. I love you all and this book is not big enough for me to explain how much you mean to me. All of them have added to my life in so many ways, enriching it beyond anything I could imagine.

We all have any number of women who appear in different areas and stages of our life. Some are there for a moment. Some stay for a lifetime. Different sisters can add different qualities to your life. Your best friend at school may not be the same best friend in your 20s. A sister who supports you at work could be a different from



the sister who encourages you in your Zumba class. You may have Kathy, your gym buddy, Susan at the office, Pansy at church, and the lovely coffee and brunch girls. These women and the relationships we share with them help us become the woman God dreamed for you to be.

1 Corinthians 13's famous quote on love is really fitting here for your best-friend relationship. *“Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”* Let me break it down in relation to your sisters. In your sisterhood relationships, you need to exercise patience, for example if your sister has an issue with smoking and is trying to give up but keeps failing. You need to help her by being an example, dealing with her in patience and great heaps of love. You know you have a strong sisterly relationship when she is the first one you tell when you got a new job or that you are pregnant. You know you have a strong sister relationship when your sister is the one holding your hair back when the morning sickness starts and you feel permanently glued to the loo.

Love is also having a best friend who is honest at all times, even when it hurts. You know you have a good sister when she advises you not to date the guy with the deep-thinking eyes who made you feel weak with his smile. You ignore her advice and date him anyway... because, after all, he is soooooo cute and could be “the one.” I’ve been there. Trust me, I know. When it all ends in tears, your sister won’t be the one saying “I told you so.” Her first response will be “I am sorry. Are you okay?” followed by a big hug and a listening ear with tea and chocolate biscuits.

Sometimes, I hear women say, “I don’t have any female friends” as if they were proud of the fact. I want to say back to them, “My dear, that ain’t nothing to be proud about.” Women are similar and yet so different at the same time. We can understand how each other is feeling just by a look or a sigh. Women are emotional, and we think with our hearts. When I hear a woman say she has no female friends, I wonder if she truly has any friends at all.

Now, let me get this straight – it is cool to have male friends. I am not knocking it because I love my spiritual brothers they are all precious and dear to me. But men think with their heads, not necessarily their hearts. So when a woman surrounds herself only with male friends, it suggests to me that she does not want to express



her feminine side. Maybe it was hurt in the past, maybe she wants to be the idol of men and therefore she may see female friends as competition rather than confidants. My final thought here is that a woman who has no female friends is not allowing her true female spirit to develop. We need sisters to encourage that in us. Ladies, men will not know or understand how to be your sister because.... They are men.

In a great book called “**Life Lessons for my Sisters**,” **Natasha Munson** writes, *“friends are an extension of you. They are your family. They are supportive. They love you no matter what. They will be there for you when you’re doing good and when you’re doing badly. A true friend will keep it real with you.”*

Do you have women in your life like this? At least one woman friendship like this? If yes, then you need to always remember to be grateful for these women and make sure they know it. Whatever you call your sister, make sure she knows that you have her back and love her dearly. When did you last see, call, text, or even hug your sister? If not in the last few days, then put this book down for two minutes and get on it, right now. Don't make excuses, like she just got married, I am tired, she has kids, I need to study, she is at work, I live half way across the world, the time difference blah, blah, blah. In the time it took you to make up an excuse as to why you have not made contact, you could have tweeted her, hit her up on Facebook, sent a text, email, called her or even arranged a hot chocolate date. What really is your excuse? Nothing. You are standing in your own way.

If you don't have women in your life like this, I would encourage you to go after true, strong, sisterly relationships. You can meet good women who support you and add to your life absolutely anywhere. Just have your antenna's switched on so that you can recognise her when you meet her in the gym, bank, store, or work. The same emphasis you put into doing your hair and make-up is the same drive and energy you need to put into developing and strengthening your sister friendships.

Every woman needs a sister, best friend, bestie, confidant, my girl, aid, shoulder to cry on, shopper buddy, tissue holder & chocolate eating mate. Now me, I am super blessed because I have four older sisters and so many sisters in abundance in faith family and my dear friends, I love you all and you have all added to my life in so many ways



Roman soldiers used to fight back-to-back; make sure you have ayou need to buy a copy to read the rest, grab yourself one for yourself and your sister on www.soyaras.co.uk.

