

**FREE
ISSUE!!!**

**Black
midwives on
the rise**

Women of Hebrew Decent:
BEARINGHERITAGE

**MATERNAL & INFANT
MORTALITY**

WHAT THAT MEANS FOR OUR COMMUNITY AND HOW IT
AFFECTS OUR FAMILIES!

Scriptures to meditate on for releasing stress...

What is our vision,
Our future goals &
How can you help?

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WHAT IS OUR VISION, OUR FUTURE GOALS & HOW CAN YOU HELP?

Women of Hebrew decent began in 2021 by MahaliYah Israel-Doula & Student Midwife. The desire to help her people (those of Hebrew decent) is the foremost and ultimate goal. In desiring to uplift the Hebrew community there is a list of issues that could be addressed. This article will highlight three that are most prevalent to the sisterhood of the community.

1. Workers of Color

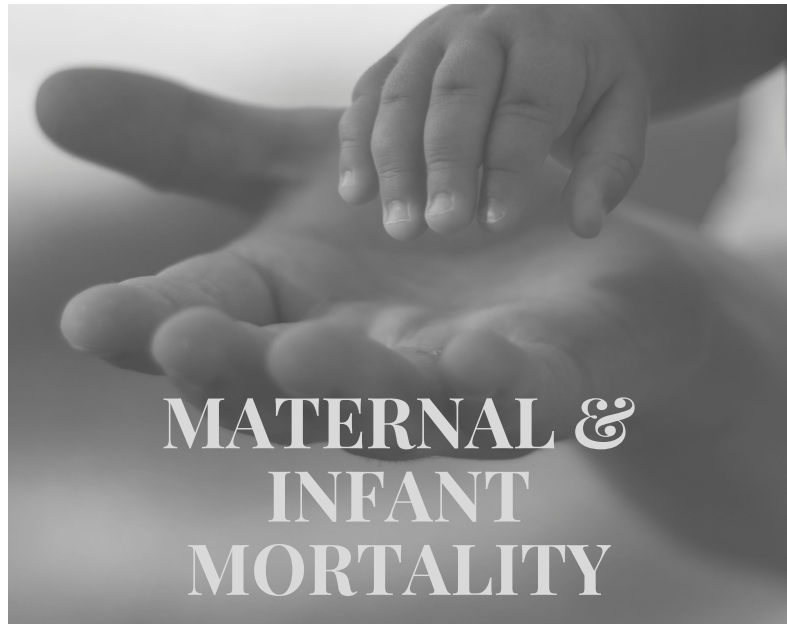
The need for birth workers that are honorable and supportive of the mother and baby experience and are for more natural practices outside of the usual western medicine birthing methods and procedures is extremely high. The eyebrows of Bearing Heritage are raised at the level of care given to our people. We believe that no other nationality can give us the support and care that we would give ourselves. Therefore it is up to us to build our nation in this area. One way WHD:Bearing Heritage plans on doing this is by putting out as much content as possible that relates to our Hebrew sisters before, during , and after pregnancy. We will also be discussing other topics of importance that express the needs of our community, husband's, and households.

2. Our Future Goals

We plan on adding more content while we continue to research the critical concerns surrounding the birth and beyond. We desire to shower our sisters will love and support knowing it will assist each sister with doing the same for those they connect with.

3. How can you Help?

You can help by praying. Prayer is one of the most powerful tools we have as wives, mothers, and single women. Acknowledging TMH (The Most High) first sets the foundation for all things righteous and fruitful. Secondly, whatever He placed on your heart concerning getting involved, we strongly encourage you to be obedient and move accordingly. We also encourage you to continue reading our first and future digital issues!



Maternal and infant mortality is highest among the Hebrew and indigenous (melanated) communities. The statistics don't fully reveal the amount of trauma suffered by our people. Due to social media the truth has been brought to light, exposing the horror of experience and treatment received by these "professionals". The way Hebrews and other melanated people are treated by healthcare individuals is very different from how patrons of other nationalities are treated. We can pretend that since we are created equal we will be treated as equals but if that were the case more mother's would be in hospitals giving birth instead of exploring alternative options such as home births or birthing centers with the assistance of doulas or midwives.

Take a moment to think back to the time of our ancestors, who were slaves. In remembering their struggle and looking at what is taking place in today's society we should be able to see that although we are no longer on the plantation we are far from free. The slaves of yesterday suffered through beatings and their children were taken from them by force. They received no humane treatment, instead they were given cruelty and lack of care for their humanity, being treated like property instead of people. Today we may not be in literal shackles but the treatment is very much the same. In my opinion, often times it is worse. There is nothing worse than your enemies using their devices against people in their most vulnerable state, during pregnancy, childbirth, and during the after care of the children. The Hebrew nation (melanated people) have been plotted against. Our enemy uses their weapons of evil to devise laws set up for our destruction and the demise of the family structure. Hospitals are coercing and often times forcing harmful procedures such as c-sections on the melanated people. They offer minimum care which allows for wrongful deaths that are then hidden and passed off as deaths caused by pre existing factors. Our children are still being taken by force by malpractice procedures during delivery, or even after birth by agencies put in place to remove these innocent babies from their parents.

The enemy has played on the human need and pretended to be concerned about the well being of mother's and their children for the love of money, all with wicked intentions in mind. But with premature births and premature deaths on the rise it is clear to see that Hebrew people (melanated people) are still considered the enemy and property of those in control and they will continue to deploy their weapons against those they see as helpless. But we do not have to be helpless. We can help each other. These medical horror stories need to be shared. More mothers need to speak out for the sake of sisters that may need to hear that they are not alone and that there are those who will help them through their time of need, mainly during pregnancy and delivery.

Through the next few weeks these topics will be addressed as we dig for the truth. We encourage sisters who have stories to share and would like to be interviewed to please reach out to us. We would be happy to share your story in the next issue!



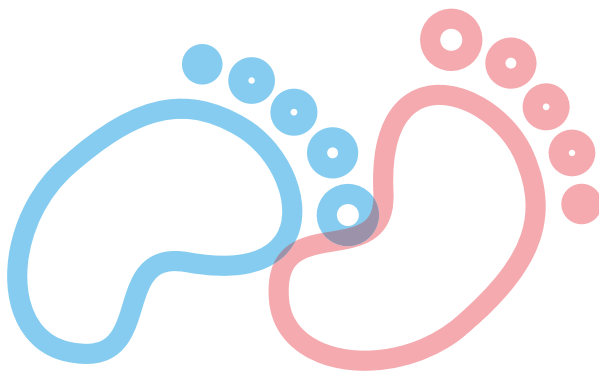
BLACK BIRTH WORKERS

Hebrew birth workers you are needed in every capacity! Whether you are a nurse, doula, MD, or midwife, melanated people need you to be on the lookout for your fellow sisters and do what you can to affect their lives in a positive way. It would be our hope that you would involve yourself in local communities where we live and offer the help in these areas that is greatly needed, and step in to perform the jobs you have been gifted in. We need you out there setting up buildings and opening up practices that our dear sisters can go to and not be fearful of whether or not they are going to live or die. These voices matter. The service that you provide matters! Your knowledge matters! We are calling you to be the ones that set a new example for years to come. You can pave a road that others can follow to create an impact that can change the course of Hebrew history. Nothing that you can contribute is too small or too big. Everything each person contributes counts. United we can accomplish so much more than what has been done. Look at the other nations of this world that the care for and provide for their own.

Question: What can I do to prepare for pregnancy if I am a first time mom?

Answer:

There are many women that struggle to get pregnant. TMH saw fit to bless your womb with life. Pray with your husband for the best moves to make concerning your pregnancy. Next, make sure you secure a melanated doctor. If you can, get a melanated doula or midwife who can provide you with prenatal care and assist with the delivery of your baby. Make sure to ask questions and stay on top of any and everything you feel you need to know pertaining to your new arrival. YOU GOT THIS MAMA!



Nutrition is so important when it comes to pregnancy as well as before. We want to make sure that our bodies are in the best position so that we can carry our infants properly to full term. What we put in our mouths sets the foundation for how our baby will grow and develop. We want to make sure that we are getting sufficient minerals and vitamins, drinking enough fluids, exercising, staying stress free and gathering a support system.

There are many complications that could arise in any situation, but when you are prepared mentally you can tackle an issue before it becomes a major problem. That is why it's important to do your research and read as much as you can so that you can stay informed. Anything is bound to happen at any moment, but when you are prepared mentally you can tackle it before it even hits your doorstep.

UPCOMING SECTIONS:

- BIRTH STORIES
- MODEST PREGNANCY ATTIRE
- RECIPES AND WORKOUTS
- WEEKLY POETRY ETC, ETC!

SOME THINGS WILL BE AROUND AND OTHERS WILL BE ADDED ON A WEEKLY BASIS!

Thank you so much for being interested in the very first issue of Women of Hebrew Decent: Bearing Heritage! We hope that you have enjoyed it, and plan on returning for the next issue. We'd like to leave you with some scripture to meditate on.

PSALM 127:3

3 Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.

