

WELCOME TO MY SYSTAGYRL'S

# Newsletter

♥ *Happy New Year, My Systagyrls!* ♥

## A Special Message from Tammi Antonia



## Happy New Year! Beautiful Systagyrls!

As we stand at the threshold of 2026, I greet you with a heart full of gratitude and expectation. A new year is not simply a turn of the calendar, it is an invitation to breathe deeply, reflect honestly, and choose how we will show up for ourselves moving forward.

As the Founder and Executive Director, I want to personally welcome you into this next season. I encourage you to pause and consider: Who am I becoming in the next 90 days? Not what you will accomplish or prove, but who you are allowing yourself to be. These first 90 days are sacred ground. They are where intention takes root and wellness becomes a daily choice.





# 2nd Saturday Zoom Meeting



## Reverend Dr. Marthenia Satterfield Guest Speaker

2ND SATURDAY ZOOM MEETING – JANUARY GATHERING  
SATURDAY, JANUARY 10, 2026  
7:00 AM (PST)

ZOOM | 2ND SATURDAY MONTHLY MEETING

GUEST SPEAKER: DR. MARTHENIA SATTERFIELD, WHO  
WILL GUIDE OUR CONVERSATION UNDER THE THEME:

**THEME: “ROOTED, RESTORED & READY:  
ENTERING 2026 WHOLE.”**

THIS SESSION WILL FOCUS ON GROUNDING OURSELVES  
AT THE START OF THE YEAR, REFLECTING ON WELLNESS,  
HONORING OUR NEEDS, AND INTENTIONALLY SETTING  
THE TONE FOR THE NEXT 90 DAYS. COME PREPARED TO  
LISTEN, REFLECT, AND CONNECT IN SISTERHOOD.

### ZOOM INFORMATION

ZOOM LINK:

[HTTPS://US06WEB.ZOOM.US/J/6091568544?](https://us06web.zoom.us/j/6091568544?pwd=MRLQRORTZAVH8PKLDYUL2EO7QBEPN6.I)  
PWD=MRLQRORTZAVH8PKLDYUL2EO7QBEPN6.I  
MEETING ID: 609 156 8544  
PASSCODE: 14614

# OUR UPCOMING EVENT



## My Systagyrl Presents

*Cultural Heritage Tea - February 21, 2026*

You're Invited to the  
**My Systagyrl Cultural Heritage Tea**  
February 21, 2026

This year's theme:  
**"Threads of Our Legacy:  
Healing Through Heritage."**

Each table will be a celebration of  
sisterhood, creativity, and wellness!



Each Table Captain will lead a team of 8 to design the table inspired by a theme connected to Black History Month and My Systagyrl's mission: Empowering, Healing, and Uplifting Black women.

Think of it as a collaboration of heart and style ~ where décor and food tells your story and speaks your healing.

For Information:  
909-288-1144

Enjoy the individual creative table expressing  
The Cultural Heritage Tea - Threads of Legacy -  
table setting themes, decor and food

**Guest Speaker: TBA**

**Table Registration : \$160 (8 Guests)**

<https://buy.stripe.com/eVqdR95V80ro7sB2IX5gc02>

YOUR SUPPORT HELPS FUND THE MY SYSTAGYRL S.H.E. HOME, DEDICATED TO EMPOWERING WOMEN 55+ AS THEY REBUILD AND REIMAGINE THEIR LIVES FOLLOWING DIVORCE, LOSS, OR UNEXPECTED LIFE CIRCUMSTANCES. PROCEEDS CONTRIBUTE TO ESSENTIAL RESOURCES THAT PROMOTE HEALING, INDEPENDENCE, AND HOLISTIC WELLNESS.



# I CAN COUNT ON YOU! YOU CAN COUNT ON ME! WE CAN COUNT ON EACH OTHER!

As we opened this message with intention for the year ahead, I invite you to carry that same spirit into every gathering, every quiet moment, and every choice you make in these next 90 days.

## **Be rooted in truth.**

Allow yourself to be restored without guilt. And step forward ready—not because everything is perfect, but because you are supported, seen, and not walking alone. Thank you for being part of the My Systagyr! community. It is an honor to journey with you as we continue to choose wellness—together.

With heartfelt love and appreciation,

*Tanni Antonia*

Founder, My Systagyr! Mental Health & Wellness



## Join us today

HAVE ANY QUESTIONS ABOUT JOINING AND VOLUNTEERING WITH US?

**LET'S GET TO WORK !**

@mysystagyr!foundation | mysystagyr!@gmail.com

**Please visit our website**

**WWW.MYSYSTAGYRL.COM**