

The Purifoy-Savage Psalm

2025



Holiday Financial Advice—By Latoya Mallette

As the holiday season approaches, it can be easy to get caught up in the spirit of giving, leading to overspending. Here are some practical tips to help your family enjoy a joyful, affordable holiday season:



1. Set a Budget

- **Determine Overall Spending:** Decide how much you're willing to spend on gifts, decorations, food, and activities.
- **Break It Down:** Allocate specific amounts for each category. This helps avoid overspending in any single area.

2. Create a Gift List

- **Limit Recipients:** Make a list of who you want to buy gifts for, and stick to it. Consider drawing names for a Secret Santa instead of buying for everyone.
- **Thoughtful vs. Expensive:** Remember, it's the thought that counts! Handmade gifts or experiences (like a family outing) can be more meaningful than pricey items.

3. Shop Smart

- **Start Early:** Avoid last-minute shopping, which often leads to impulse buys.
- **Use Sales Wisely:** Take advantage of holiday sales and promotions, but only purchase items that are on your list.
- **Comparison Shop:** Use apps and websites to compare prices before committing to a purchase.

4. Embrace DIY

- **Homemade Gifts:** Encourage the kids to help make crafts, baked goods, or personalized gifts for family and friends. Not only is it budget-friendly, but it's also a fun family activity!
- **Creative Decor:** Get crafty with holiday decorations using items you already have or can find inexpensively. (CONTINUED)

Holiday Cheer With a Grateful Heart

Lamarcus Savage

Season Greetings to all my family across the globe. I would like to take the time to remind us of the true meaning of the Christmas season. First, it's a time to recognize the birth of our Lord and Savior Jesus Christ. Let's keep in mind that he is the reason for the season. Next, we should spend time connecting with our family and friends. During this season people are dealing with a lot of things. Such as loss of family members, friends and even jobs. Also lack of resources to provide gifts for their loved ones. It can be a depressing time for many people.



So, let's take this time to spread love and cheer to one another. Remember those that are in need and could use help in any way. I would encourage those that are able to volunteer at a homeless shelter or find a local church to do some community work. These are ways to show grate-

BITCOIN BASICS—By Ahmad Harrell

Bitcoin, or BTC, might still feel like a mystery to many, but it was introduced on October 31, 2008, and the first 50 Bitcoin were created on the blockchain January 3, 2009. In the 21st century, we're seeing the emergence of a whole new kind of asset: **Cryptocurrency**. Cryptocurrency is a digital currency that's been embraced worldwide, created to solve a problem and BTC was the first of its kind. BTC has a set limit of 21 million, which makes it a rare asset. There will never be more than 21 million created. Bitcoin was designed to fix four major problems that traditional finance couldn't solve:

Decentralization: No banks, no government, or individuals controlling it.

Inflation: Bitcoin's fixed supply of 21 million coins serves as a hedge against inflation in a world where banks can print money endlessly. BTC is a store of value.

Accessibility: Billions of people without bank accounts can access financial services through a smartphone or computer. Crypto is borderless, enabling users to conduct transactions anywhere in the world with an internet connection.

Transparency: Blockchain record all transactions for public access. A blockchain is a digital record keeper of all transactions made. Think of a blockchain as a digital notebook that keeps track of every single transaction ever made! It's like having a public record of all your bank account activities, but instead of just you seeing it, everyone can see it.

Fun Fact: - BTC has 20,343,750 coins in circulation currently which is about 96.88% of its total supply of 21 million.

FUN FAMILY GARDENING

by Martea Lamb

Food prices too high? Want to de-stress? Although it's too cold to plant outside in Michigan right now, you can definitely do some container gardening while it's chilly out. It saves money and gives your kitchen a fresh scent.

Since it's inside, herbs can definitely be in season all winter long as long as you put them in full sun. You can do perennials like: chives, certain types of mint, sage, and thyme. You could also do annuals, like basil, rosemary, or cilantro. Lemongrass goes great in teas. The type of herb you grow also depends on your container size, but why not give it a try?

Anna agrees that plants like the smaller types of looseleaf lettuce, turnips, green onions or kale, as well as spinach and micro-greens (leaves only) can be grown in a sunny spot indoors. Anna's going to grow at her school, so you could drive there later and see!

If you don't mind driving, you can find cheap pots. It's possible to find small containers at the local Dollar Tree. With a little bit of imagination, you can prep larger Tupperware or smaller tubs you find there.



You can also look at Facebook Marketplace. Used containers can be recycled. You can cut a plastic milk carton in half, and

poke small holes in the bottom. You can also use some larger takeout containers with the same 'poke and plate' idea. Amazon can give you an OK deal if you buy in bulk. Just make sure whatever container you use is food-grade. You don't want to poison yourself or have food with a weird taste.

As for the soil, you can buy soil in the local nursery or big-box store like Lowe's. Facebook Marketplace or Craigslist are also options. You can also ask around to see if anyone has potting mix left over from fall gardening. You can increase the amount of soil by mixing in dried, crushed eggshells or used coffee grounds. You can get used coffee grounds free at some Starbucks or other coffee shops.

Now let's get to planting some awesome herbs or veggies. Blessed growing! Your herbs or veggies will be fresh, and you can grow them organically.

Family Update by Endea Newsom



James Baldwin Jr. played little league football this season as a Safety, Cornerback and Kicker for the East Detroit Tigercats in the Eastern Suburban Football League. James and his team were the Varsity League champions after a hard fought battle against the Port Huron Patriots.

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Jayden Newsom turned 16 years old December 6th and has passed her drivers test all while maintaining a 3.5 GPA in school with hopes to become an Engineer.

Covenant Rights

By Paralee Harris



Healing, and prosperity are my Covenant Rights. As a born-again believer, I must Believe and Receive all my Covenant Rights.

If you are a Born-again believer in the Purifoy Savage family these are your COVENANT RIGHTS! Just BELIEVE AND RECEIVE every last COVENANT PROMISE! Imagine you having an abundance life of divine healing, divine health, favor, grace and joy! It is yours!!! This short story applies to you.

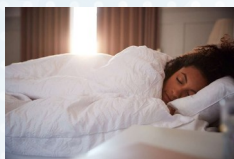
I see Jesus at my front door, standing there holding a Big gift just for me. Jesus hands the gift to me, but I'm so hesitant to take it. As I doubted His love for me. I look Jesus in the eyes saying, "Is this really for me?" Jesus looks into my eyes in a loving way. And says, "Paralee, these gifts are all yours. Just Believe and Receive them! I take a deep breath and I say, "OK". I receive the big (CONTINUED)



Why Sleep Matters for the Whole Family

By Deanna Purifoy

Sleep is one of the most important and most overlooked parts of a healthy life. When we get enough rest, our bodies repair themselves, our minds stay sharp, and our emotions stay balanced. For children, good sleep supports learning, growth, and behavior. For adults, it reduces stress, strengthens the immune system, and lowers the risk of chronic health issues. And for older family members, quality sleep can improve memory, mood, and mobility.



Busy schedules, screens, and late nights often make it hard for families to wind down, but even small changes can make a big difference. Creating a consistent bedtime, limiting electronics before bed, and keeping bedrooms calm and comfortable can help everyone sleep better.

A well-rested family is a happier, healthier family. By making sleep a priority, we can boost our energy, improve our relationships, and enjoy more meaningful time together. Good sleep isn't just a nightly routine, it's an investment in our family's well-being.

HOLIDAY FINANCE, Cont.

5. Plan Holiday Meals

- Meal Planning: If you're hosting, create a menu that focuses on affordable ingredients. Potlucks can be a great way to sharing the workload and costs.

- Make a Shopping List: Stick to it to avoid impulse purchases at the grocery store.

6. Incorporate Free Activities

- Local Events: Check out free holiday events in your community, such as parades, concerts, or tree-lighting ceremonies.

- Family Traditions: Focus on experiences like game nights, movie marathons, or outdoor adventures that don't require spending a lot.

7. Avoid Last-Minute Splurges

- Cash Over Credit: Try to use cash for your holiday shopping to help stick to your budget and avoid accumulating debt.

- Stay Disciplined: If you find it hard to resist splurging, consider leaving your credit cards at home while shopping..

The holidays are a time for joy and togetherness, not financial strain. By planning ahead and being mindful of your budget, you can create lasting memories without the monetary stress. Wishing you all a warm and wonderful holiday season!

Family Update by Endea Newsom—Cont.

Alfred Harris Sr. was recently awarded the Community Medal of Arts as he has dedicated his life to creating, teaching and keeping the arts alive in his community. He taught art for 34 years and nurtured the children in his community to express themselves creatively. Many of the students he has mentored have had their work featured at art fairs and museums. As an artist he has had his work in over 90 exhibitions receiving many awards.

CONTINUED -package that has many Covenant Promise Gifts in it, just for me. I'm overwhelmed, realizing that God really loves me. I sit down on the couch with the gift in my lap. Jesus sitting at the other end of the couch and He says, "Open it, open it and Believing as you Receive the gifts! I was still a little hesitant. I take my time to open and unwrap the gift box, because it was so beautifully wrapped just for me. After opening the gift, inside I see many beautiful boxes wrapped individually and a label on every box.

The first gift box labeled says, "Healing belongs to you as well as divine health"! The second gift label says, "I have given you power to get Wealth and prosperity it's yours"! The third box label says, "Divine protection is yours because I have secret Service angels surrounding you and your family." The fourth box label says, "I am your provider. I supply all your needs because I just love you Paralee, my precious daughter!" The fifth box label says, "I am the healer of the broken heart, I heal wounds, I heal every emotional wound and every trauma. The sixth box label says, "I am the Lord, that has released supernatural peace upon you!" Jesus is your Prince of Peace. The seventh box label says, "I am your shepherd that leads and guides you." Just follow my voice!! I am the God that loves you, Paralee"! There were even more boxes, but I was so overwhelmed that I stopped, and I hugged Jesus Christ! I laid my head on His chest. I was in awe that He loved me enough to manifest all of those Covenant Promises and given me all those Covenant Rights! Sweet Jesus, I thank you so very much! Heavenly Father, you are so faithful & good to me. I thank you very much. I'm so grateful for all that you have done just for me.

