

PURIFOY—SAVAGE PSALM



"The Purifoy & Savage Family Reunion Experience"

Hello everyone,

My name is Lamarcus Savage and I am here to share my experience at the Purifoy & Savage family reunion. The family reunion was held on the 3rd week of July in Detroit, Michigan. We traveled by car from Birmingham, Alabama. The first day was meeting family at the hotel and to get acquainted with everyone. The family picnic was held that Friday at Belle State Park. It was a beautiful sunny day, and the

weather was great. I enjoyed seeing a lot of familiar faces and meeting new family members. It was an awesome time with food, fun and making memories.

Later that day some of us went on the tour of Detroit, and attended the African American festival, which was held downtown. The next day we had a choice between Motown tour or the Queen Boat ride. I chose the Motown exhibit tour. What an amazing experience, learning about our music and history of the Detroit sound. Our family banquet was that night. It was a night of great food, musical entertainment and karaoke. I had a fun time participating in our family choir. Also, there were a few family awards given out and some scholarships. So, this was just a small overview of my experience. I'm looking forward to seeing the family in the next 2 years in Chicago.

Family Update – by Endea Newsom

The great great grandson of Mack Purifoy Jr., Jonathan Brown III has enlisted into the United States Army and left for boot camp on 8/25/25. Jonathan's assignment will be in the bomb squad and his dream is to become a FBI or CIA agent. Please keep him in your prayers throughout his new journey!

Juanita Johnson donated a quilt at the reunion, and we had a raffle for it at the banquet to raise money for the family. The family choir sang some beautiful hymns at the banquet, and Anna and Martean sang 'We Are Family' during the karaoke time. Jerald led out in giving away general and family legacy scholarships to: Kelton 'KJ' Graham, Semaj Hickman, Amaya Bailey, Adryanna Hickman, Joseph Smith, & Jaiyanna. We are so proud of our scholarship recipients!



Purifoy's Top 4 Stress– Busting Secrets

By Martea Lamb

Thankfulness to God – Being appreciative of the good things that the Lord allows in our lives can really give us a boost. When we make a habit of being thankful, it helps us to push out the negative thoughts and remember that there are good things happening in our lives. Try being thankful for three things a day for some joy — free of charge!

1 Thessalonians 5:18 “In everything give thanks: for this is the will of God in Christ Jesus concerning you.”

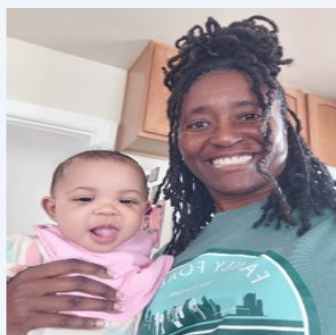


Being a blessing – Helping others gives us the ‘warm fuzzies’ & adds to our sense of purpose by doing good without getting anything back in return. It also reminds us that we can be a force for good.

Acts 20:35 “... we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’”

Praising the Lord - Connecting to a loving higher power can help us feel joyful by affirming that Someone all-powerful loves us. Knowing that a caring God is in control is calming and comforting.

Psalms 47:1 - O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.



Show some family love – Loving family is a sure way to stave off the stress. Who can stay down in the dumps when they are connecting with family?

Romans 12:10 - Be devoted to one another in brotherly love; give preference to one another in honor...

This Quarter's Financial Tip: The "No-Spend" Weekend Challenge

by LaToya Mallette

The Idea: This month, we challenge your family to plan a "No-Spend Weekend." It's not about deprivation; it's about creativity and connection without opening your wallet.

Why Try It?

* **Save & Reset:** A single no-spend weekend can easily save a family \$100+ on eating out, entertainment, and impulse buys. It's a great way to reset spending habits.

* **Rediscover Free Fun:** It encourages you to enjoy what you already have—board games, local parks, library books, or a movie night at home.

* **Quality Time:** The focus shifts from spending money to spending meaningful time together.

How to Make It Happen:

1. Plan Ahead: Use what you already have in the pantry for meals. Pick a movie from a streaming service you already pay for.

2. Get Creative: Build a fort, go on a hike, have a baking competition, or visit a free museum day.

3. Track Your Savings: At the end of the weekend, calculate what you *would have* spent. Move that amount directly into savings or towards a family goal!



Remember:** The goal is fun, not perfection. If you already have plans, try a "Low-Spend Week" instead!

Here's to making memories, not bills!

Boost Your Workout Motivation

by Deanna Purifoy

It can be easy to talk yourself out of working out. We know that it takes 21 days to create a habit. Let's go over some tips to stay motivated to keep moving and making this lifestyle change a habit.



1. Prepare for your session ahead time by getting your workout gear ready and having a plan.

2. Put together a playlist of high energy music.

3. Get a workout buddy to hold you accountable.

4. Schedule your workouts at the same time daily. Put your health on your schedule.

5. Listen a great podcast to pass the time.

At the end of the day, you KNOW that breaking a sweat has the power to do everything from boost your confidence to lighten up your mood, and, of course, drastically improve your overall health. Now family let's get moving!!!!

Call for Family News and Authors!

Please let Endea Newsom know of any good news in the family, so we can share in the next newsletter! Text Endea at (313) 550-7223 with family updates. If you have something positive and encouraging for the family and can add a related photo, we would love to review your short piece for the December edition of the Psalm! Send your piece to Martea at Martea.lamb@gmail.com. Please send 50 words or more with a helpful theme and a photo.