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Editor's Corner

Is it me or is time moving extremely fast? I cannot believe we are half way through the year and presenting our second edition of S O L'! Let's praise the Lord for that because through it all God has been there. I look back and I cannot believe that not so long ago S O L' was a blog on Tumblr. Time is a crazy concept, it is constantly changing and yet depending on our circumstances it can feel as if it's going slow or fast. Talking about 'fast, now would be a good time to introduce this edition's theme, fast. You heard that, we are talking fast love, fast commitment and our desire to get what we want in almost no time at all.

Doing anything fast is always exciting, you jump head first into it and say, "Yes, I'm in!" but are you really ready for it? Did you have a deep meaningful conversation with God about it? When you involve GOD, the shift changes, the conversation changes and yes the decision changes, fast sounds amazing in books, movies and ideas but we need to be able to think about what we are doing.

So in this edition, we will explore how being focused on the fast is great as a concept but in real life it's like, "HOLD UP, WAIT A MINUTE".

There is no point in superb speed if you are heading in the wrong direction. We are in the heart of winter in South Africa. Winter is a season where a lot does not seem to be happening with leaves falling and the temperature dropping, however underground the seeds are getting ready to bloom for Spring. When we follow God's Word and rely in His divine timing, beautiful things can happen in our lives just as they do in nature.

When getting ready for this edition and having conversations with the team... I just want to take a serious PAUSE there. GUYS, I have a team of women who love this brand, who are invested in

discussing important issues. They care about the authenticity of this magazine and desire for it to be the very best- this is the part where you put your favourite GIF down in the chat because that in itself is a slow and beautiful miracle.

HECTIC, where was I... Oh yes, I was discussing the blessing of growth. For the first time, it's not only ME thinking about ideas and concepts but a team of us. It took time to get to this point and I am so grateful and so excited to present this issue to you.



Edition Two: Yahweh Sammah

Yahweh Sammah - The LORD is there - Ezekiel 48:35

The reason that fast is the theme for this edition is because I wanted to remind everyone that GOD is there in the crazy fast decisions you make and in the slow victories you get on your own. Waiting on God's timing is hard because His ways are not our ways and are beyond our understanding.

You will definitely have questions, sometimes you will feel like GOD is not listening because you would rather have your life move really fast or actually you really want it to slow down but here's the thing, Yahweh Sammah reminds us that in it all you are loved and protected that your plan, your ideas or your goals need to contently be placed on the alter and you need to surrender to GOD. If that means you are in a season of waiting and you have been there all your life then that's where GOD wants you to be BUT also you need to ask the LORD where you may be failing. If you are in a season of reaping or you have sown then congratulations! We cheer everyone on because we are a family in Chirst and we are happy for you and remember all this is because of the LORD. If you are in season of sadness then draw closer to GOD, remind yourself that GOD will take it away. Those who are in a season of weakness, lean on God to strengthen you. Freedom is found in Christ, He will free you

from the shackles of bad language as well as porn and substance addiction. You cannot rely on your flesh to free you from these bondages, you need to draw closer the LORD. Place yourself at His alter you and He will wipe those habits away.

Yahweh Sammah, the LORD is there, believe it because it's true!

In this edition I am honoured to have Cassidy Williams on the cover. #TBH I stalked Cassidy for a while and when I met her I shot my shot to get her on the cover and honestly my thoughts were if she says no it's cool because, at least I tried right? Guys, Cassidy is the sweetest girl with an amazing heart to match. Did I mention that she is pro-golfer? YES, you read correctly. I am talking Tiger Woods- 18 holes- golfer. Flip through this edition to see her beautiful pictures which match the beauty of her heart in Christ captured in our cover page story.

I hope you enjoy this second edition and remember Yahweh Sammah.

FOUNDER | CHIEF EDITOR
MWENYA CHITAMBLA



A full-page photograph of a woman with long dark hair, wearing a white long-sleeved button-down shirt and light blue jeans. She is leaning against a black tennis net with a white top band. Her right arm is raised, with her hand behind her head, and her left arm is resting on the net. She is looking off to the side with a slight smile. The background is a clear blue sky and a chain-link fence.

CASSIDY WILLIAMS

Cassidy is a passionate professional golfer, content creator, and dedicated member of the South Africa YMCA team.

CASSIDY WILLIAMS

Swinging with Faith: The Inspiring Journey of Cassidy Williams

Cassidy is a passionate professional golfer, content creator, and dedicated member of the South Africa YMCA team. With a deep love for Jesus, family, and people, Cassidy strives to combine their talents and faith to make a positive impact in the world. Through their work with the South Africa YMCA, Cassidy actively contributes to community development and empowers others. With an unwavering commitment to their beliefs and a genuine love for those around them, Cassidy embodies the essence of a well-rounded individual dedicated to making a difference.

1. A golfer and social media content creator, tell us more what makes up Cassidy – Consider where you were born and raised, and fondest memory?

I was born and raised in Jamestown, a small town in Stellenbosch. Spent a few years living it up in the United States too. But you know what stands out in my mind the most? The days I spent playing with my cousins, back when technology wasn't a thing and our imaginations were all we had. Those were some of the best memories I have.

2.What is your everyday style in winter?

Comfort for the win! I absolutely love the ability to layer up during winter. While I do enjoy streetwear and oversized clothing, I also have a soft spot for those adorable body-hugging outfits.

3. Tell us how you became a female golfer?

I developed a passion for the sport of golf thanks to my dad. He introduced me to it at a young age, recognizing my potential. To elevate my game, he arranged for me to have a coach and encouraged me to participate in junior tournaments alongside fellow young golfers.



4. What are some of your biggest fears or concerns you had in the first year of golfing?

I didn't necessarily have any fears in my first year of golfing. At that time you're enjoying it so much that there's no room for fear. I definitely wish I could go back to those carefree days!

5. You have a large following on social media. Give us one reason people relate to you?

I think one of the biggest reasons would be authenticity and staying true to who I am constantly.

6.What would the title of your autobiography be?

Striving to be a vessel of Jesus' love.

7.Define what is a relationship with GOD to you?

Loving Him for everything He is. It's the fact that when I need a friend to talk to, or to share some of my deepest secrets with, He is there as my Friend. When I am down, and I just need to be embraced and loved, He is there as my Father. When I'm in desperate need of something but don't have the finances for it, He is there as my Provider. And above





all else when I need God, He shows Himself so strong as the Lord of my life.

8. What is the best piece of life advice you've read or received?

You are not God. Stop trying to be in control of everything and allow God to be God.

9. How does your personal style and your relationship with Christ blend together in your daily life?

Knowing that my style is all about comfort. That latches on to how God makes me feel. That there's a sense of comfortability just being in His presence and having conversations with Him.



10. Share up to five fun facts about you - hidden talents, big accomplishments, or other things you do that people may not know about!

1. I love painting and can't wait to get back into it! (It's been 2 years since I've painted)
2. I played golf with our President, Cyril Ramaphosa.
3. Lowkey has an obsession for notebooks and diaries.
4. I've travelled to 3 different countries in my life.
5. A neat freak for daaaaaayyysss!

Instagram: @cassywill

Facebook: Cassidy Williams



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ASHION





rate of production, fast consumption by the buyers, and fast delivery, everything about the industry can be summed up in the word 'fast' including how fast these trendy pieces end up in landfills. Fast fashion is cheaply manufactured, making it a suitable option for lower-income households who need to tighten their wallets. However the hidden cost of this industry is the enormous global waste it contributes, in terms of global pollution, it is the second biggest contributor only surpassed by oil production. According to BBC Africa, 15 million used clothes arrive in Ghana every week from Europe, America, and China; fast fashion items make up most of what is sent. 40% of the clothing shipped in Ghana never finds a second life and ends up in Ghana's overflowing landfills.

If the environmental factors of fast fashion are not enough to make you desire to shop smarter, then the exploitation of wage workers within this industry might just do the trick. The Guardian reported that the pressure to meet fast fashion deadlines is leading women working in Asian factories supplying GAP and H&M to be sexually, financially and physically abused, according to unions and rights groups.

FAST FASHION & GOD'S CHILDREN

BY RUFARO FANADZO

Daughter of the most high God, you are royalty and you should definitely dress like it too. Fashion is often viewed as a frivolous, superficial thing but when you look at the Bible and read what it says, it definitely gives a different perspective about how God's children are to be set apart in everything they do, including their attire. Today, we look at how we need to shop consciously for sustainably made clothes instead of items cheaply made by fast fashion brands. Fast fashion refers to a business model within the clothing industry of replicating recent catwalk trends and high-fashion designs, mass-producing them at a low cost, and bringing them to retail stores quickly, while demand is at its highest. The fast fashion industry contributes to a shocking amount of pollution, global waste and even worker exploitation. From its fast-changing trends, fast





After researching the effects of fast fashion, I decided to look to God to find out what He says about our garments. In the book of Leviticus (8:7-9), God describes the fabrics and colours ministers of His house should wear to set them apart. In Deuteronomy, a personal favourite book of mine, God sanctified the clothes of the Israelites to last for over 40 years. He blessed the humble garments of former slaves to sustain 4 decades of wandering in the desert.

Through the many scriptures about our appearance and garments in the Holy Book, we see how God cares about how we dress ourselves as it's closely linked to our identity in Him.

Our identity in Christ is reflected through our actions. Your body is a temple for the Holy Spirit and we should do our best to adorn it as such. Here are some ways we can reduce our consumption of fast fashion no matter our pocket size.

1. Buy Second-Hand

Today shopping for pre-loved clothing has become rather exciting with an array of different shopping avenues. Back in the day, shopping for second-hand clothing meant visiting your local thrift store or Salvation Army Outlet.

These are some of my favourite stores to shop for vintage pieces:

- **yaga.co.za** - What I love about this site is that you can shop online from your favourite celebrities or fashion bloggers so you can really vet the vendor. Yaga also has security features to limit the possibility of becoming a victim to a scam.
- **Facebook Market Place** - when it comes to this route, it is important to proceed with caution as Facebook offers absolutely no protection. I have bought second-hand furniture items from Facebook and all of which have been absolutely stunning.
- **Luxity** - With luxury brands increasing the prices of their signature pieces but creating them with lower quality materials in order to survive our current economic environment, vintage designer handbags are bound to give you more bang for

your buck, that's where second hand luxury brands like Luxity come in. They stock certified luxury designer bags from respected resellers.

2. Pick Timeless Pieces

If you are going to shop from fast fashion brands, steer away from trendy pieces that you can only wear for that one season. Develop a personal sense of style and shop for well-made pieces you can see yourself wearing year after year.

3. Rent A Dress

There are quite a few dress rental companies available now and they provide their clients with an opportunity to rent out bespoke pieces and statement dresses that you can rent out for weddings, holidays and other special moments.

4. Attend Fashion Exchange Events

A few of these events take place throughout major

cities and you can find them on Instagram or Facebook. They offer participants a unique opportunity to swap out their lesser-worn clothes for pieces they will adore.

5. Stop Shopping for Discounted Items

Take this piece of advice with a grain of salt, items sold at clearance sales are unwanted and unsuccessful pieces by retailers. Consumers get swayed by enormous discounts and end up buying items that they did not originally want. Only purchase pieces on promotion that align with your style.

6. Repair & Upcycle Your Clothes

This one is an easy one, don't run to throw away your pieces once damaged. Visit your local tailor to make your damaged items as good as new.

Sources:yoursustainableguide.com;
theguardian.com; worldcleanup.org







TAP INTO COLOUR

We sat down and spoke to fashion blogger Lerato Mashaba. Beloved for her bold and colourful approach to fashion, she gives us the low down on how we can incorporate colour into our wardrobes too.

Please introduce yourself. My name is Lerato Mashaba, I am a 27 year old, born and bred in Johannesburg, South Africa. I am a fashion enthusiast. I am also a graduate, an aspiring content creator and a liker of things!

In 3 words how would you describe your style? Romantic, sleek chic and glam

Who are your local and international style icons? Local: Bonang Matheba / International: Rihanna

You have a very colourful approach to fashion. What advice would you give someone who wants to add colour to their wardrobe but is colour shy? Start small. Introduce a colour bag first and most importantly, find a colour that compliments your skin because not every colour suits us!

You have a knack for finding beautiful pieces at affordable fashion stores. What are some of your favourite brands to shop from and why? Is Mrp a brand? If so, then Mrp it is. 90% of my clothes are from Mrp. That's my favourite shopping spot mainly because of their price range. They are on the cheaper spectrum.

In winter, most people gravitate towards dark colours. Give us some tips we can use to incorporate colour into our wardrobe in the cooler months. Have a different shoe colour. In winter, of course boots, match the colour of your boots to your handbag and scarf. A pop of colour is always a good idea! One can also have a variety of colours when it comes to turtlenecks. I have at least 7 different coloured turtlenecks!

You are always on trend. Where do you get your inspiration from? Believe it or not, I get it from trends! Women's fashion is fast paced fashion, you either get with the program or you are left behind. An exception to timeless fashion style.

When I look back at old pictures of myself I sometimes feel so cringe. I really regret wearing mini skirts the size of a belt in the 2010s and the pastel tones in my closet were also a bit much. Are there any trends you regret partaking in? Yes yes! The wedge and three-step mini skirts! I see though that wedges are in style and I am not phased! I will not be buying them. (Don't judge me if I do)

As a fashion girl, you no doubt have some pieces you do not wear anymore. What do you do with clothes that you do not wear anymore? I do! I think 80% of my clothes falls in that category. I just keep them in my closet with hopes that I'll wear them one day. I am a hoarder, it is hard for me to let go.





fast LOVE

What is fast love? Is there such a thing? Can you measure love? Let's try to uncap this. According to Google, fast love is a 'love' without any moral principles. It's a quick love, a strong feeling of everlasting love, a love that subsists by nothing.

BY ANONYMOUS

In my opinion, "fast love" does not exist. It could refer to the "chemistry" or attraction to the other person that could happen the first time you meet that person. This attraction would have to grow and develop into a deeper feeling, as you get to know the person, appreciate that person for his/her attributes, and learn to understand that person, if it is going to be true love. This process takes time to really get to know the person. A relationship could grow into everlasting love that could last a lifetime.

There is something called "infatuation" that is a quick attraction to someone, but this often dies just as quickly as it starts. A person should let their relationship grow slowly if it is to be a long-lasting love relationship. Become good friends first!

Our African culture deems fast love as wrong because it is believed that people should spend a couple of years to know one another, and that

process is called courtship.

A courtship is a period in a romantic couple's relationship when they are dating. Most partners go through a courtship period before deciding to get married. It is important to love and honour others as we love ourselves ([Romans 12:9-10](#)), and this is certainly true for a courtship or dating relationship. Whether dating or courting, following these biblical principles is the best way to have a secure foundation for a marriage. It is one of the most important decisions we will ever make, because when two people marry, they cleave to one another and become one flesh in a relationship which God intended to be permanent and unbreakable ([Genesis 2:24](#); [Matthew 19:5](#)).

Let's look at short story of Grace and Josh. Grace had been in a relationship for two years prior to meeting Josh, in that two years she discovered that she has health issues concerning her fertility, she

had few surgeries and was given a time frame to try conceive by. Because of pressure and stress the relationship did not work and when months were going and nothing was happening she ended the relationship. Grace gave up on a lot of things in life and lost hope of ever having children. In her depressed era Grace met Josh in February they went on few dates and although Grace was no longer looking for love, she decided that to give Josh a chance from all the Pursuing that he did. she shared the news with Josh that their relationship will not go far as she had a medical condition and told Josh he can move along if his intentions were to start a family in the future as she could not provide that kind of structure. Secretly Grace hoped that a miracle can happen and indeed Six months into the relationship grace fell pregnant and then they started introducing each other to their families, when Josh found out he was extremely happy and proposed marriage to grace, Grace agreed but according to her culture they had to wait until the child is born for the marriage processings to start. when grace gave birth their relationship was a year and few months.

Can you say that they knew each other long enough? Not really because having a child meant that they now stay together and in their staying

together they started to realise each others flows, wants and needs that they did not know about each other when they were staying apart. Josh did no longer pursue marriage like he did at the beginning because now he sees what type of a person Grace is and unfortunately it's a bit too late because even if he does not want to marry Grace, he is stuck with her by the verdure of being parents to their amazing son.







GOOD *selfish*

BY S O L'

As you grow up you start to realize that there's a good type of selfish.

Now let ME be clear, being selfish is never gonna be a great quality, no man is an island and if you only think about yourself all the time you won't get very far in life with regard to genuine relationships. ALSO, I think with the generation we live in you can spot an OG selfish person from a mile away because we are so hungry for authenticity BUT there is a good type of selfish.

Let ME explain;

Good selfish means that you respect your inner happiness and inner peace. You are going to put up boundaries for people even people you really enjoy being around. You are going to spend time on things that you really enjoy and are beneficial to your self-development. Most importantly, you are going to be selfish with GOD and for Him.

Again, I'll explain, being selfish with GOD doesn't mean that you keep the Gospel to yourself, it doesn't mean that you don't share the love of GOD with others being GOD selfish means that you understand that it is not religion BUT a relationship. You are aware that they'll be real high highs and real low lows BUT you are not going to blame the Creator. Instead, you will continually praise Him because that is what GOD has asked of us. That is just one of the boundaries He has set up and just like any other relationship, you understand that for God to feel your love, you need to respect His boundaries. Good selfish means that you no longer care what others think or feel about you because you know that you have GOD on your side.

Being good selfish just makes you more self-aware of what you want in your life and what you're willing to let go of.

"If anyone comes to Me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be My disciple. And whoever does not bear his

cross and come after Me cannot be My disciple."
Luke 14:26-27 (NKJV)

GOD speaks about denying your mother, father, your wife and even your children not to mention your own life to follow Him. Now, I've heard some people express that His attitude in this chapter comes across as selfish. They ask, "what type of GOD gives you a mother you are supposed to love and respect but then wants you to also deny her"?

Yes, as annoying as your parents can be from time to time, GOD gave them to you for a reason beyond your understanding. In this passage, Jesus is asking you to forget EVERYTHING and follow Him because He knows when you do that you are walking in the ways of the Kingdom. He wasn't being selfish He was being a father, He wants all His children to come home and He knows exactly what is needed for them to get there.



Now whether or not you believe in the one that died for the world's sins you have to admit that you are going to die. You might not know where you are going to go but you are going to die and so wouldn't you want to be in a place that is peaceful and loving?

So, if perhaps you start to adopt this mentality of being good selfish you start to see the bigger picture. You start to understand that in this world it really is "every man for themselves" to be selfish, but the good type.

You have to stop falling into the ways of the world, constantly documenting everything that is happening, I mean what happened to living in that moment with those people? Today, so many of us experience FOMO. Desiring to be one-half of a power couple, or to reach new heights of success. Coveting the lives of others can lead to devastating implications, such as not living a purpose-filled life and worse, not seeing heaven at the end of the road.

Due to FOMO we start to allow what is not for us and deny what GOD has ordained for us. FOMO stops us from doing the right thing, for example we will witness a woman get humiliated in front of our very eyes, and instead of doing something about it, we pull out our phones to make sure we get it trending. We allow those with hate in their heart to come and tear down whole cities, dictators that don't have mercy for their people. This is what is happening, and that is why GOD put this verse to make people understand that to live for eternity, one must know that this world will allow so much that is right, and it is masked in selfishness that many will allow, but we will ultimately have to deny.

So instead be joyful, yes I didn't say happy I said joyful, there is joy in everything you do, even if you are reading this and life is not what you had imagined it to be when you were 12.

You thought you'd be travelling the world in that beautiful deep blue uniform or maybe you hoped to be married by now or even on the track to it. You might have envisioned more money in the bank, or a bun in the oven. Whatever the case is, be joyful because #NoLies but joy does come in the morning, so be blessed to awake and live your best life.



A life where you take risks, dye your hair, and be in the company of people that make you laugh and celebrate you. When you are that type of selfish, you understand that giving your life should be your first selfish act and the rest can follow.

And when you are joyful you start to realize that you don't have to allow so much of the world in. Just by having GOD on your side is enough and though you may fall from time to time, you learn things. You know that going against the Holy Spirit will end up harming you more than helping you. You grow and as you do that you realize just how much GOD loves you and that you want to grow in His Word and when you get that you are then tapping into that good selfish.

So tap into it, tap into that *good selfish*.

"Daughter of the most high God, you are royalty and you should definitely dress like it too."

