



# Cedarcube NEWSLETTER

4th Edition April, 2025

## Becoming: The Art of Growing into Who You're Meant to Be

The journey of becoming is all about transformation—not perfection, but progress. Not pressure, but purpose. "You don't have to have it all figured out—you just have to be willing to keep becoming."

- Give yourself permission to be in process. You don't have to be "there" yet. There is beauty in the middle.
- Track your growth. Look back 6 months or 1 year. You've likely grown in ways you forgot to celebrate.
- Stay teachable. Read, listen, ask questions, and surround yourself with people who stretch you.
- Stay rooted in grace. Growth isn't linear. Some seasons prune, others blossom—but all matter.

This Season, Ask Yourself:

- What am I learning about myself?
- What am I letting go of?
- Who am I becoming, and is it aligned with who I was created to be?

A Cedarcube Reminder:

You are not just building a life—you are becoming a light. So walk gently. Grow intentionally. And trust that you are exactly where you need to be to take your next step.

## ***KEEP HOPE ALIVE: THE QUARTER DOESN'T DEFINE YOU!***

"Hope is not the denial of reality—it's the refusal to let reality have the final say."

We're already a quarter of the way into the year.

For some, that realization brings a sense of achievement—goals met, habits formed, progress made. But for many, it triggers frustration. Maybe you started the year strong, full of vision and energy, but now... things look a little different. Maybe you've missed targets, faced setbacks, or feel like you're already behind.

Can we pause for a moment and tell you this? It's okay. Really—it's okay.

The end of the first quarter is not the end of your story. It's simply a checkpoint, a moment to reflect—not to retreat.

What Hope Looks Like in April

Hope at this point in the year means:

- Choosing to believe that progress is still possible.
- Giving yourself grace for what hasn't worked.
- Re-committing, not quitting.
- Understanding that restarts are allowed—in fact, they're powerful.

Practical Ways to Regain Hope and Momentum

1. Revisit your 'why': Why did you set those goals or dreams in the first place? Reconnect with the vision behind the vision.
2. Adjust, don't abandon: If your plans aren't working, shift your approach. Pivoting is strength, not weakness.
3. Start small (again): Hope grows when you take small steps. Win the day, not the year.
4. Speak life over the rest of the year: Say, "There's still time," instead of "It's too late."

This quarter isn't a continuation of failure—it's a fresh invitation to new opportunities. You are wiser now. Stronger. More aware of what works and what doesn't.

Use that awareness to move forward. Maybe slower. Maybe with more softness and grace. But forward, still.

Cedarcube's encouragement for You Today:

"I am not behind. I am on my way. I can begin again. I choose hope."

The second quarter is here. Not to remind you of what you haven't done, but to call you back into what's still possible. Keep showing up. Keep believing. Keep hope alive.

***By Esther Banje***

# Keys to a Balanced Life: Spirituality, Parenting, Relationships, Finance, and Health



## Relationship and Love: Choosing Each Other, Every Day

Love isn't found—it's built. Whether romantic, platonic, or familial, strong relationships don't happen by accident. They are crafted by daily choices to listen more than you speak, forgive and let go of grudges, set healthy boundaries protect the heart, serve, and grow. To strengthen love, prioritize presence and make time for those who matter. Communicate with honesty and humility, appreciate the small things, and work through conflict with grace. Love is not perfection. It's the daily decision to keep showing up.

Challenge for this month: Reach out to someone you haven't spoken to in a while. Reconnect. Rebuild. Rekindle.

## Raising Children :Parenting with Vision, Not Perfection

Parenting is a daily lesson in grace, patience, and leadership. We don't raise children for the world we knew, but for the world that is becoming.

Your presence is the most powerful gift you can give your child.

Tools for the Journey:

- Create a daily routine with consistent connection time (storytelling, walks, meals).
- Teach emotional vocabulary: Help kids say what they feel.
- Practice what you preach—children follow your example, not just your words.

Always remember that you're not just raising kids—you're raising future adults.



## Finance: A Fresh Start

The UK financial year began on 6 April—a perfect time to reset your finances.

Start by reviewing last year. What worked? What didn't? Then, set a clear goal—whether it's saving more, clearing debt, or giving consistently.

Keep it simple:

- Create or update your monthly budget.
- Use your ISA allowance (up to £20,000 tax-free).
- Check your pension contributions—get the full employer match.
- Cut unnecessary expenses and redirect that money with purpose.

You don't need big changes—just small, consistent steps.

This is your fresh financial start. Use it well.



## Discovering Your Purpose

In a world brimming with noise and distractions, discovering your purpose can feel like chasing the wind. But within each of us lies a unique spark—a divine call to something greater than ourselves. Purpose isn't always loud; sometimes it whispers in your passions, nudges you through your pain, or pulls you in with persistent curiosity. To live purposefully is to live intentionally, waking up each day knowing that your existence matters. Today, pause and ask: "What difference can I make?" The answer might just lead you to your calling.



## Health and Well-being: Thriving in Mind, Body, and Spirit

Your body is your most permanent home. Caring for it is an act of worship and respect. Wellness is holistic—it encompasses your sleep, stress levels, eating habits, and emotional state.

Well-being Practices That Work:

- Move daily: Whether it's walking, dancing, or stretching—motion is medicine.
- Eat mindfully: Focus on nourishing your body rather than restricting it.
- Prioritize sleep: A well-rested body can handle almost anything.
- Protect your peace: Say no to chaos and yes to calm. Guard your mental space.
- Practice gratitude: A thankful heart is a healing heart.

Challenge: Try a 7-day wellness reset. Drink more water, go to bed earlier, and unplug for 30 minutes daily.



# EASTER: REFLECTING ON THE POWER OF RESURRECTION



As we move through this season of change and renewal, I want to take a moment to acknowledge the significance of Easter—not just as a holiday, but as a time that brings with it a sense of reflection on the power of resurrection, newness, fresh energy and renewal of hope.

For many, Easter is a deeply meaningful celebration—a time of faith, family, and spiritual connection. For others, it's a welcome pause in the year to reconnect, recharge, and appreciate the arrival of spring. However you observe this time, or even if you don't, there's something universal in what it represents: the idea that after long seasons of challenge, light returns. That growth is always possible and we can face tomorrow with courage, peace and unwavering faith.

As we reflect on the power of resurrection, may we be reminded that this season invites to new life, renewed hope and boundless grace.

I am incredibly proud of the community we have built here at CedarCube. Our strength lies in the diversity of our people, the openness of our culture, and the shared commitment to doing meaningful work—together.

In that spirit, I wish you a joyful, love filled Easter. May this season offers each of you something valuable: rest, reflection, joy, or simply a bit of calm in the rush of daily life.

**Ihuaku .P. Nweke.**

## The Quiet Magic of Spring

Spring doesn't arrive all at once. It drifts in slowly, like a melody you didn't know you missed. One morning you notice the light lingers a little longer. A breeze carries the scent of something green. A tree you pass every day suddenly bursts into blossom, as if it was always meant to remind you: life begins again.

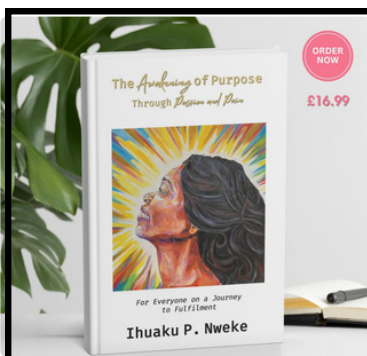
There's something quietly extraordinary about this time of year. The world softens. Colour returns. What once seemed still and silent now hums with movement—new leaves unfurling, birds weaving nests, the earth itself leaning toward the light. It's not loud or showy, this season—it's tender. Hopeful. Honest.

Spring invites us to do the same: to loosen our grip on what no longer serves us, to clear space for what's waiting to grow. It reminds us that even the smallest shift—a new routine, a fresh perspective, a few extra minutes of daylight—can bring surprising joy.

So wherever this season finds you—whether you're starting fresh, finding your rhythm, or simply catching your breath—we hope spring offers you a moment to pause, to notice, and to bloom in your own quiet way.



## Still on Purpose and Passion



### The Awakening of Purpose:

Through Passion and Pain by Ihuaku P. Nweke is a transformative guide for anyone seeking fulfillment.

This inspiring book takes you on a journey of resilience, passion, and self-discovery.

Click on the Amazon Link to purchase a copy of this life changing book: <https://amzn.eu/d/5ZkbPNc>

**#AwakenYourPurpose**

# BOXES OF HOPE: A Future of Giving and Impact



At Cedarcube, we believe in the power of giving not just as an act of charity, but to restore dignity, warmth, and hope to those who need it most. That is why we are excited to revive our "Boxes of Hope" Clothing Donation Drive, an initiative dedicated to supporting vulnerable individuals, families, and communities.

By donating gently used or new clothing, you are offering comfort, protection, and a sense of belonging to those in need.

## How We Are Expanding the Clothing Drive

As part of our commitment to making an even greater impact, we are enhancing our approach:

- ✔ **Donation Form Now Available** - To streamline contributions, we have created a donation form where individuals can register their clothing donations and arrange drop-offs.
- ✔ **More Drop-Off Locations** - We are working on establishing accessible collection points to make it easier for donors to contribute.
- ✔ **Community & Business Partnerships** - We aim to collaborate with local businesses, organisations, and volunteers to create a sustainable, long-term support model.
- ✔ **Awareness & Engagement** - By leveraging social media, outreach campaigns, and donation events, we will spread the message and encourage wider community participation.

## Join Us in Making a Difference!

✉ **Donate today!** Fill out the donation form to contribute clothing items: <https://tinyurl.com/Boxes-of-Hope>

📍 **Get involved:** Volunteer, sponsor, or spread the word!



**Free Car Seat and  
Booster Seat Available  
for immediate Pick Up!!!!!!!**



At Cedarcube, we are committed to empowering communities, supporting vulnerable individuals, and driving positive change. Whether through domestic abuse awareness, personal development programs, or community outreach, our mission is to create a safer, stronger, and more compassionate society but we can't do it alone!

You can be part of this impactful journey by choosing to donate, sponsor, or volunteer. Your contributions help us expand our programs, support survivors, and provide essential resources to those in need.

If you're passionate about making a difference, we invite you to be part of Cedarcube's work. Contact us today to explore ways you can contribute to our mission.

✉ To donate, sponsor, or volunteer, kindly contact us at [info@cedarcube.com](mailto:info@cedarcube.com)

✉ Learn more about Cedarcube and our work here: <https://www.cedarcube.com/>

Scan the QR code above to get updates about Cedarcube events and community activities

Together, we can create a world where everyone thrives with dignity, purpose, and hope.

# Benevolent Fundraising



## Help Ijeoma Secure a Shop & Sustain Her Business

My name is Ijeoma Patricia Okafor, and my journey has been filled with struggles. There were times when feeding my children felt impossible, and I was overwhelmed with despair. Despite taking on different jobs, nothing seemed to work.

When things felt hopeless, CEDARCUBE Foundation, through Mummy Ihuaku Nweke, stepped in to help. With their support, I was able to start a small business selling mineral drinks, pure water, and snacks to provide for my family.

Now, I face a new challenge—I need a shop to continue my business, as I can no longer run it from home. Without a proper space, everything I've built is at risk.

I need help to secure a shop and keep my business going. Through CEDARCUBE's Benevolent Fundraising Platform, your support can make a life-changing difference for me and my children.

Every bit of help counts! Please join CEDARCUBE in ensuring that families like mine have a chance to rebuild and thrive.

## BENEVOLENT FUND FOR IJEOMA



[www.cedarcube.com](http://www.cedarcube.com)

We've raised £100 so far, and while we're grateful, we still need your support to reach our full goal.

Please Donate Here:  
<https://www.justgiving.com/crowdfunding/cedarcubeshopfund>

#SupportMothers #HelpAChildThrive #GiveHope #BusinessForSurvival #WomenEmpowerment #RisingAboveStruggles #HelpingHands #CEDARCUBE #FundraisingForGood #EmpowerWomen #EveryHelpMatters #TogetherWeCan #DonateForACause #BuildingLives #StandWithFamilies #ShopForIjeoma #MakeAnImpact #UpliftFamilies #HopeInAction #ActOfKindness #CommunitySupport #TransformALif

## Volunteer Spotlight

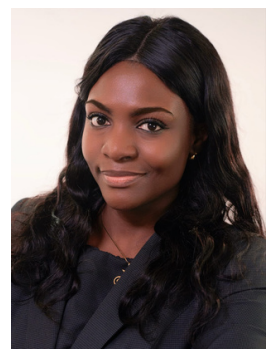


This month, we're so happy to shine a light on **Charles Okechukwu**, a volunteer whose quiet kindness has made a big impact on our team. We are proud to celebrate Charles, whose thoughtful messages and uplifting articles have become a bright spot in our community. Charles has a gift for encouragement. He regularly shares kind words and inspiring reads that remind us to pause, reflect, and stay hopeful. His messages often arrive at just the right time—and they always leave us feeling a little lighter. What we appreciate most is the heart behind it all. Charles gives not for recognition, but to quietly support others. And that kind of kindness goes a long way. Thank you, Charles, for the care you bring to our team. Your words truly make a difference.

### Did you know?



You produce enough saliva in a lifetime to fill two swimming pools. That's nearly 25,000 litres of spit. Impressive... and slightly gross!



Editor-in-Chief  
Esther Banje