

# *Brunch 'n Bible Study, Inc.*

# ANNUAL REPORT 2024



**PREPARED BY:  
KAYLA SKIPPER**





**KAYLA SKIPPER**  
FOUNDER/EXECUTIVE DIRECTOR

# A WORD FROM OUR FOUNDER

Greetings! It has been such an amazing, successful year at Brunch N Bible Study, Inc. One of our biggest accomplishments was obtaining our 501 (c)(3) status and becoming a nonprofit organization.

In 2024, we emerged from our humble beginnings as a grassroots Bible Study group for ladies and have grown into a trusted support for women's mental, physical, and spiritual health. With strategic direction and input from the community we serve, we have worked to expand our pillars of service to better meet the needs of women:

**Spiritual Health:** We are committed creating a safe space for women to explore their spiritual walks by way of monthly bible studies, sunrise prayer services, and Facebook group support.

**Mental Health:** We are committed to amplifying the conversation surrounding mental health for women by offering mental health awareness programming and accessibility to resources and services.

**Physical Health:** We foster an environment that celebrates and encourages somatic healing and holistic wellness. We are committed to promoting positive health and wellness for all women.

**Addressing Food Insecurity:** We aim to address food insecurity amongst women in our community by offering a free meal at each of our programs.

You will hear more about these service pillars and the programming that supports them in the coming months of 2025. We will keep you updated via our newsletter and social media.

As you are browsing our annual report, be sure to read about Laylah's experience. Thank you for being a part of our journey. We look forward to continuing to impact the women of Syracuse together.

With Love,  
*Kayla Skipper*



# TABLE OF CONTENTS

---



Who We Are



Our Programs

Events

Laylah's Story



Our Future

Leadership

Financials/Awards



2024 Donors

# WHO WE ARE

---

BRUNCH N BIBLE STUDY, INC. IS DEDICATED TO EQUIPPING WOMEN WITH THE TOOLS AND RESOURCES NEEDED TO THRIVE SPIRITUALLY, MENTALLY, AND PHYSICALLY.

## Spiritual Health



We are committed creating a safe space for women to explore their spiritual walks by way of monthly bible studies, sunrise prayer services, and Facebook group support.

## Mental Health



We are committed to amplifying the conversation surrounding mental health for women by offering mental health awareness programming and accessibility to resources and services.

## Physical Health

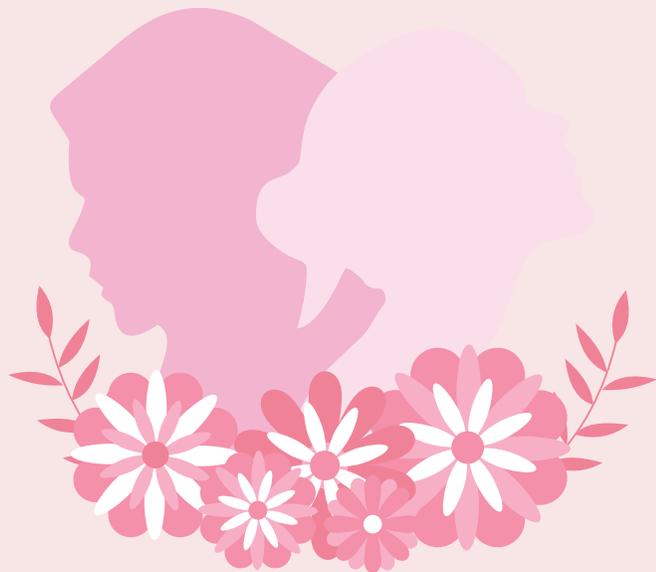


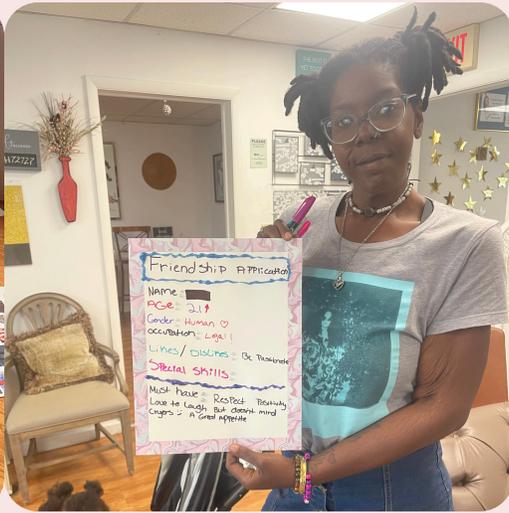
We foster an environment that celebrates and encourages somatic healing and holistic wellness. We are committed to promoting positive health and wellness for all women.

## Food Insecurity



We aim to address food insecurity amongst women in our community by offering a free meal at each of our programs.





# Brunch 'n Bible Study

## MONTHLY BIBLE STUDY GROUP



Housed under our spiritual health service pillar, Brunch N Bible Study is a monthly bible study open to women of all walks. The goal of this program is to equip participants with spiritual tools and practices that can be applied to their self-care and emotional regulation processes.

This program served **40 women in 2024** who were looking for support on their spiritual walks. Success was centered on participants' ability to adapt spiritual tools and practices into their personal lives. Of these women:

# 165

Meals were provided across 12 months of programming.

# 100%

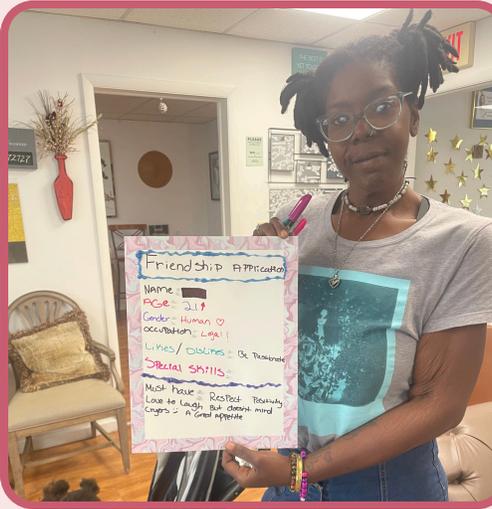
Found the spiritual tools and practices provided relevant to their personal lives.

# 83%

Felt comfortable sharing their thoughts, questions, and experiences during group discussions.

# 50%

Participants attended monthly bible study more than 9 times out 12 months.



## *Brunch N Peace* Women's Circles

Brunch N Peace: Women's Circles is a bi-weekly program for at-risk women that equips them with the basic tools to cope with and process mental health struggles. It also connects them with mental health professionals, organizations, and resources in our community. Our ultimate goal is to cultivate a safe space for these women to discuss their struggles with mental health and foster a consistent sense of support and sisterhood.

Our pilot of this program began September 2024 through our partnership with the Rescue Mission's Women's shelter. The program includes a discussion surrounding mental health struggles, guest speakers/facilitators, and a free meal at the conclusion of each circle provided by Brunch N Bible Study.



# *Brunch N Peace* Women's Circles

## GOALS AND PROJECTIONS

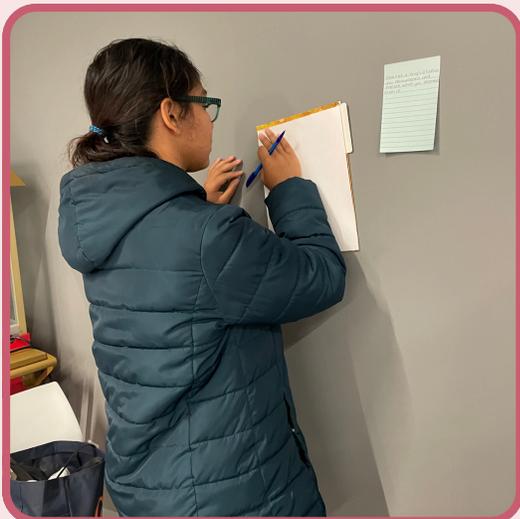


## 300 WOMEN

- Will have an increase in mental health awareness
- Will have a deeper understanding of mental health issues, symptoms, and coping strategies.
- Will receive resources and connections to local mental health professionals and organizations.

## 300 MEALS

- Will be served to participants over a 12 year period
- Will reduce food insecurity amongst participants





# Self Care Sunday

Brunch N Bible Study hosted their first annual Self Care Sunday: Self Care Basket Giveaway this past April. We served over 60 free self-care baskets to women aged 18+ in the Syracuse community. Participants were also able to connect with representatives from local organizations tabling at the event with resources and knowledge on mental, financial, and spiritual health.





# Melodies of Hope

## SURVIVOR'S POETRY NIGHT



This past October, Brunch N Bible Study hosted their first annual Melodies of Hope - Survivor's Poetry Night. This event was a celebration of Survivors of Domestic Violence and their stories, expressed through the art of spoken word, poetry, dance, music, monologues, and special guest speakers. This event featured 6 local DV Survivors, and 2 DV Survivors/Advocates from Rochester, NY. The event was also publicized and featured on Syracuse's local news show Bridge Street.



*I instantly started healing and feeling a lot more positive. Going to those sessions really saved me from drowning - it gave me so much to look forward to each month.*

## LAYLAH'S STORY

Greetings to whomever is blessed to read my testimony! Let me tell you 2024 has been quite the year. I began the year cremating my only brother my first best friend set aside from my momma who had passed a few months prior. So as you can imagine, grief had me in a chokehold real bad. In the midst of grieving 2 very close loved ones, here I was a new mom to a beautiful baby girl my Lo'riah Lenore the one that I adore! Yeah she came in and saved me in the nick of time. I was hoping she would do the same for her father, however the bones in his closet found their way back to his body and all hell started seeping out. I'm talking mental abuse, physical abuse, and I'm shook to my core. I had my fair share of reciprocating it back.

**I never wanted to become that person.** I'm soft, I'm happy, I'm loving, I'm a mother and peaceful fighter. Down on my luck feeling lost, stuck, hopeless, and alone I started soul searching looking to get out of that dark space. I turned to church eager to gain a closer relationship with God while still being attached to what felt like the devil. I couldn't enjoy church. I couldn't practice a healthy lifestyle with a toxic man that simply would not sit long enough to right his wrongs. As long as I was allowing Lo'riah's father to leech and linger, I was surely going down with him and that I could not have.

One day, I stumbled upon a mental health fair that was being hosted in downtown Syracuse. I thought it was fate. All the things I've been practicing when I could get away from him was right there for me to access. I shut him out made him watch the baby and dove right in -

**I was thirsty for peace looking to network and gain better friends.** There was a booth that was dressed in flowers and supplies it was inviting, refreshing so I sat down and was greeted by the beautiful Ms. Kayla. She said a prayer for me and had me write a prayer in a bottle. I sat there thinking how simple that task was but as I finished my project while talking to Kayla I felt free like god sent her as a reminder, I am seen I am loved I am heard and there are angels in the world doing God's work that will not let me suffer alone.



After the mental health fair Kayla invited me to her group session called Brunch N Bible Study. At first I was hesitant because I tried the common way to seek the word and just could not adapt to the structure. Kayla provided a safe space for us to come to and it was in a different location sometimes so that was exciting. She fed us prayed with and for us, she extended the group sessions to who she felt in her heart would really benefit from it and that I did! I instantly started healing and feeling a lot more positive. Going to those sessions really saved me from drowning - it gave me so much to look forward to each month.

October is Domestic Violence Awareness month, and my goodness I would have never imagined I'd be on either side of the fence as a survivor and an abuser all in itself. Self-defense feels crazy with a heart like mine how could I still feel like shit standing up for myself. Those methods were unorthodox AF, but again eager to heal and become a better person. I was asked to speak at Brunch N Bible Study, Inc's inaugural Melodies of Hope DV Awareness event and I just knew I had to share my story. It was a beautiful experience that touched everyone in the room. All the performers shared their testimonies there was definitely some healing medicine in the room! It's a blessing how time works, how we are all on this planet together knowingly we did not come together however there are so many ways to bring and keep us together. Kayla Skipper and Brunch N Bible Study, Inc are one of those blessings that will always do her best to spread love and knowledge to her fellow sisters and brothers through Christ. I am forever thankful to be connected to empowering souls such as hers.

- Laylah Shepherd

# OUR VISION FOR 2025

---

Since launching in 2023, Brunch N Bible Study has used the cultural appeal of brunch to create a safe space for women to explore their spiritual health. However, as our programs grew, it became clear that participants faced broader needs, including mental and physical wellness, as well as significant challenges with food insecurity requiring larger-scale solutions.

Brunch N Bible Study's board and leadership have started the strategic planning needed to support this expansion. We have begun evaluating our existing programming and resources and are putting ourselves in position to partner with local organizations and entities. Understanding that holistic wellness and tackling food insecurity are core to Brunch N Bible Study's mission, we recognized a pressing need for action. We realized that addressing these issues on a larger scale could solidify the impact and receptiveness of our programs.

Our vision for 2025 is the launch of our Wellness Sanctuary. This Sanctuary will provide holistic services for underserved women on Syracuse's south side - a food desert with great need. The services will include an emergency food pantry as well as free health screenings and vital checks for women. Additionally, the facility will house our current mental and spiritual health programs on a weekly and monthly basis. In spring 2025, we will begin to offer a Somatic Healing Workshop.



# BOARD OF DIRECTORS 2024

---



*Brunch 'n  
Bible Study, Inc*



Kayla Skipper, Founder/ED



*Brunch 'n  
Bible Study, Inc*



Frantzcesca Tingue, President



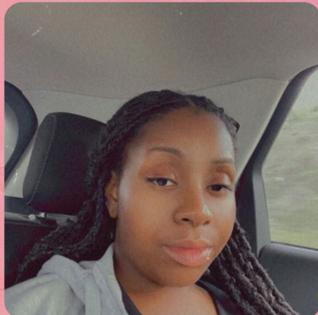
*Brunch 'n  
Bible Study, Inc*



Yanika Betsey, Secretary



*Brunch 'n  
Bible Study, Inc*

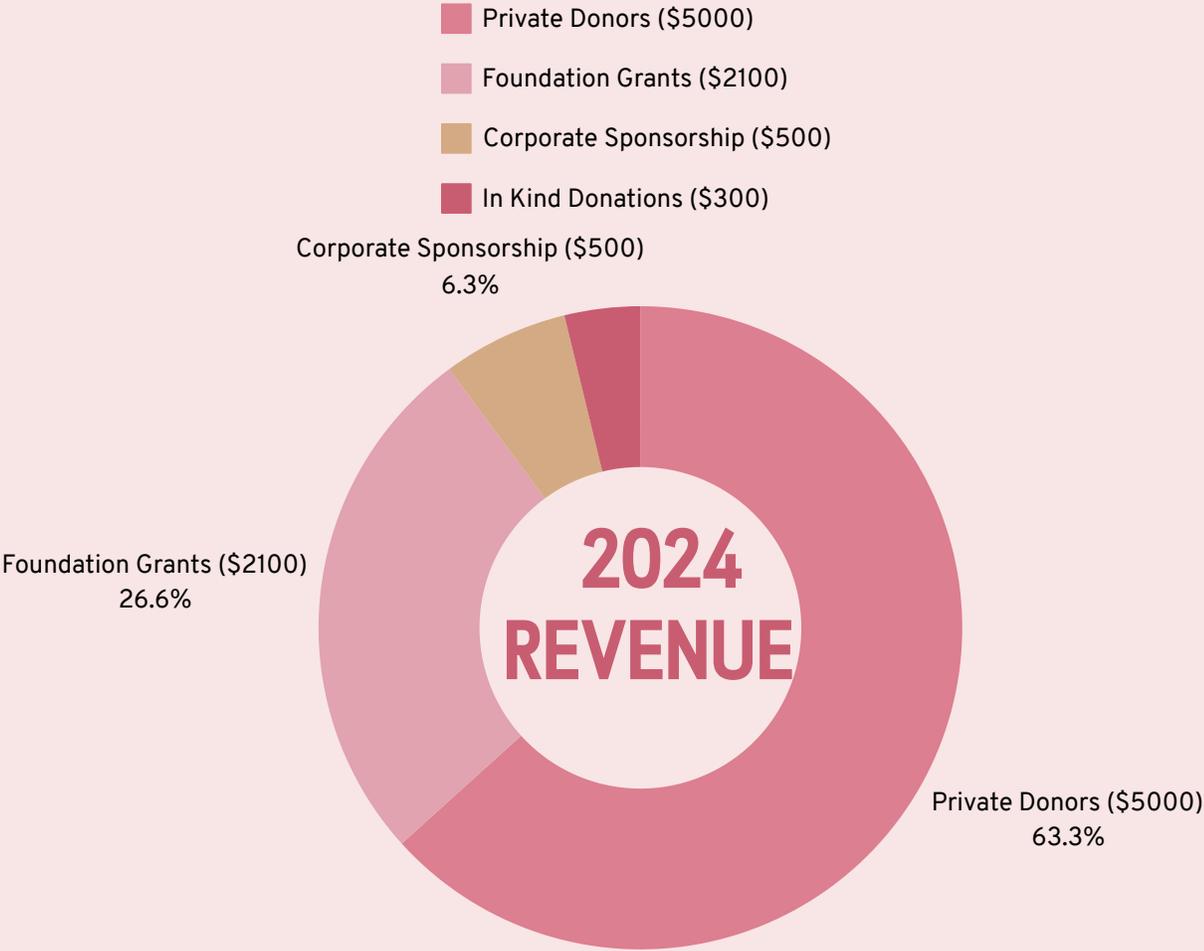


Nadia Nellons, Treasurer



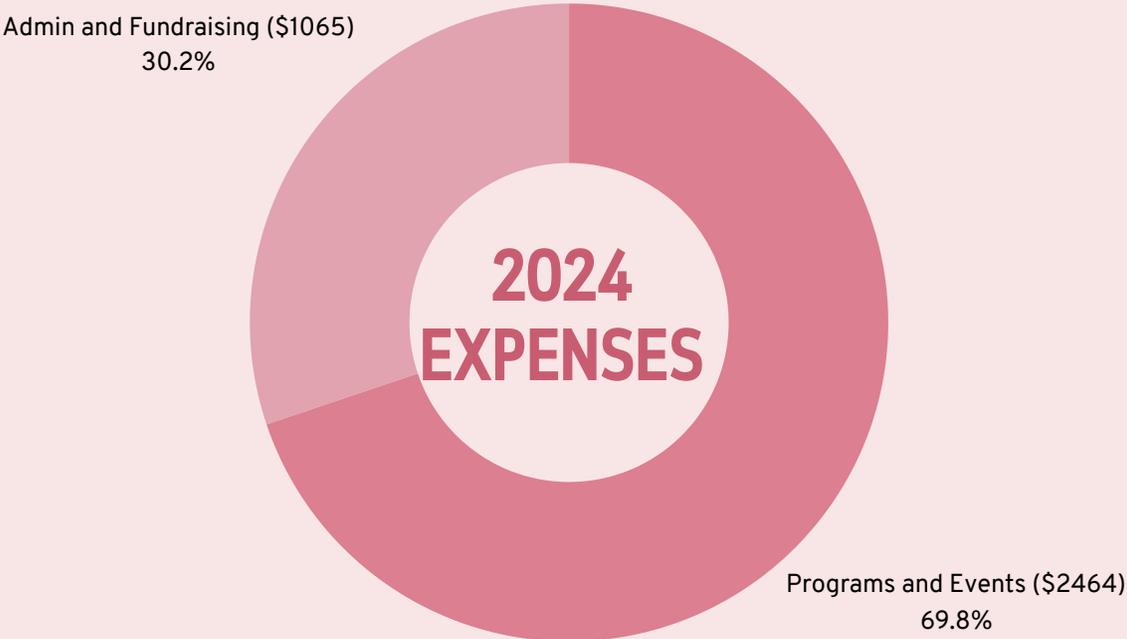
# REVENUE

---



# EXPENSES

---



# 2024 DONORS AND PARTNERS

---



## DONORS

- Irina Khrushch
- The Reisman Foundation
- CNY Arts
- CNY Women's Network
- Helio Health
- Stasis Float Center
- Moving Hands Studios
- Whisker Wicks
- Zambezi Esentials/Glory Felt
- On The One - DJ Center, LLC.
- Sweet on Chocolate

## PARTNERS AND COLLABORATORS

- House of Psalms 23
- The Rescue Mission of Syracuse NY
- Increasing Territories
- Community Folk Art Center
- Cafe Sankofa
- My Healthy Mind
- Yoga By Yasmine
- HER, Studio of Coaching
- Planted Not Buried
- Sarah Ausby Ventures



*Brunch N Peace*  
Women's Circles



*Brunch 'n Bible Study*



# Donate to our programs today!

Your tax-deductible donation will help us to continue to provide free mental, spiritual, and physical wellness programming, support, and meals to women in need.

IG: @brunchnbiblestudy | brunchnbiblestudy@gmail.com

[WWW.BRUNCHNBIBLESTUDY.COM](http://WWW.BRUNCHNBIBLESTUDY.COM)



**DONATE HERE**

Thank you!



[www.brunchnbiblestudy.com](http://www.brunchnbiblestudy.com)  
[brunchnbiblestudy@gmail.com](mailto:brunchnbiblestudy@gmail.com)