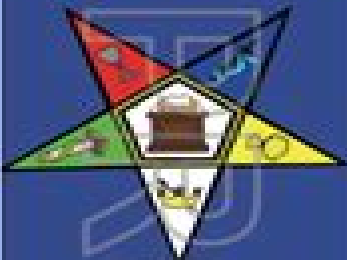
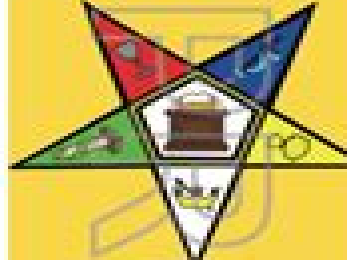
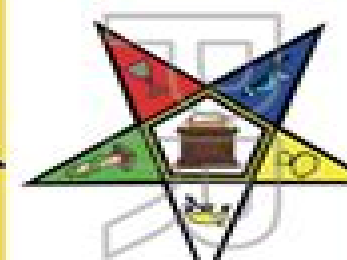
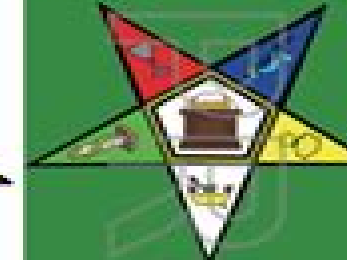



# Pentagon Pointed up

ORDER OF THE EASTERN STAR	ORDER OF THE EASTERN STAR	ORDER OF THE EASTERN STAR	ORDER OF THE EASTERN STAR	ORDER OF THE EASTERN STAR
				
<b>ADAH</b>	<b>RUTH</b>	<b>ESTHER</b>	<b>MARTHA</b>	<b>ELECTA</b>
<ul style="list-style-type: none"> <li>• Color: Blue</li> <li>• Emblem: The Sword and Shield</li> <li>• Flower: The Violet</li> <li>• Traits: Zeal, immovability, undaunted courage</li> <li>• Lesson: Obedience</li> <li>• Bible Reference: Judges 11:23</li> <li>• Adah, Jephthah's daughter</li> <li>• The name Adah means "adornment"</li> </ul>	<ul style="list-style-type: none"> <li>• Color: Yellow</li> <li>• Emblem: The Sheaf and Wheat</li> <li>• Flower: The Yellow Jasmine</li> <li>• Traits: Patience, gentleness, peace</li> <li>• Lesson: Faithfulness</li> <li>• Represents: the Widow</li> <li>• Bible Reference: Book of Ruth</li> <li>• The name Ruth means "companion."</li> </ul>	<ul style="list-style-type: none"> <li>• Color: White</li> <li>• Emblem: The Crown and Scepter</li> <li>• Flower: The Rose</li> <li>• Traits: Beauty, fidelity, loyalty, majesty and grace</li> <li>• Lesson: Fidelity to duty</li> <li>• Represents: The Wife</li> <li>• Bible Reference: Book of Esther</li> <li>• The name Esther means "star"</li> </ul>	<ul style="list-style-type: none"> <li>• Color: Green</li> <li>• Emblem: The Broken Column</li> <li>• Flower: The Pine</li> <li>• Traits: Zeal, immovability</li> <li>• Lesson: Faith in the Lord and his promises to man</li> <li>• Represents: The Soldier</li> <li>• Bible Reference: John 11:26</li> <li>• The name Martha means "lady."</li> </ul>	<ul style="list-style-type: none"> <li>• Color: Red</li> <li>• Emblem: The Cup</li> <li>• Flower: The Red Rose</li> <li>• Traits: Faith, hospitality, bravery, overflowing love</li> <li>• Lesson: Hospitality</li> <li>• Represents: The Priestess</li> <li>• Bible Reference: 1 Peter 3:3-4</li> <li>• The name Electa is not easily attached to a specific person. In the Bible, a lady was described as an "elect lady."</li> </ul>

# MeSmerize Mee

# Ritual Of The Order Of The Eastern Star

**David Baud**



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web jul 25 2022 here is a video to youth football practice plans extra specifically of an 8u practice plan template in word that is go at my private youth football education

**football coach resources practice planner usa football** - Mar 29 2023

web usa football's online practice planner gives you greater control of valuable practice time and a unique ability to track full contact drills while building health and safety guidelines into everything your players do with just a few clicks you can make practice more efficient and better organized for players parents and assistant coaches

*pre practice warm up protocol power athlete* - Jun 19 2022

web sep 2 2014 pre practice warm up protocol motion iso stability ankles posterior chain force application xyz primals

multiplane movement dynamics watch the following video and identify each component listed above this is taken from a football pre practice warm up but the protocols are applicable to any team or individual sport

**football practice plan template fill online printable fillable** - Jul 21 2022

web a football practice plan template should include the following information 1 date and time of the practice session 2 location of the practice session 3 type of practice i e drill and scrimmage individual instruction etc 4 objective of the practice session 5 list of drills or activities planned for the session 6