

Becoming Whole Women in Christ

Women's Ministry Newsletter



In This Issue:

Eat Healthy and Exercise	2
Professional Steps Ordered...	3
Scripture Corner	3
Church info/Women's Ministries	4

Message from the First Lady Sis. Ellen P. Barney



Spring involves a **disruption** in creation. There is **new life** regarding blossoming trees and insects returning from hiding places. We, too, should disrupt our daily living to take on a fresh spring perspective, which should include having a more vibrating prayer life and a dedicated and faithful walk in Christ with a determination to finish this Christian life well.

As summer is quickly approaching with its long hot days and fun in the sun with activities, we should also have a Godly resolve to enjoy the summer months by ensuring daily interruptions of fervent prayer, Scripture reading and application, and a mindset to love God. Like the incredible small ant who prepares food for the winter (Proverbs 6:6-8), we should, too, store our minds with godliness and fruit living as noted in Galatians 5:22. As stated above, this holy living will **showcase** the end of our springs and summers, including the preceding falls and winters, and our glorious awaiting imperishable heavenly crown (1 Corinthians 10:25).

What a way to culminate our springs and summers and all seasons of life on Earth! Hallelujah!!

I also want to encourage you to take the time to read this Summer edition of Becoming Whole Women in Christ (BWWC) Newsletter. If you are interested in submitting articles, please contact the BWWC ministry leader listed on the last page of this edition.

Eat Healthy and Exercise

By Sis. Cynthia Evans



"And be not conformed to this world but be ye transformed by the renewing of your mind" (Romans 12:2, KJV).

The most important aspect to consider for a healthy lifestyle is examining the Bible and understanding what foods and forms of exercise are encouraged in the Scriptures. We are so blessed to have foods suggested in the Word of God. Some would call this a meal plan and fitness program. We must surrender our desires and ask the Lord to discipline our eating habits and strengthen

our bodies to exercise.

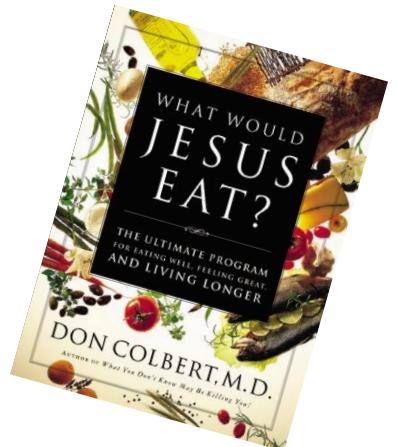
First Corinthians 9:25-27 (NIV) says, "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore, I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."

As suggested in the book **"What Would Jesus Eat"** by Don Colbert, MD, it is essential to:

- ◊ Eat untampered, nutrient-dense foods
- ◊ Avoid foods that have been processed or refined
- ◊ Choose foods that are in their natural state
- ◊ Choose whole foods
- ◊ Choose fresh foods
- ◊ Drink pure water and eat foods without pesticides, fungicides, or any type of additives
- ◊ Eat foods that have not been laced with sugar or infused with fat, salt, additives, or chemical preservatives

The author also notes that there are several meal plans available to consumers. However, consulting your healthcare professional before embarking on any program is essential. He also emphasized that exercise is critical for optimal health. Walking is a good exercise that everyone can regularly perform with a recommended pair of good shoes to prevent injury. As you seek the Lord for direction, remember Psalm 121:1-2 (KJV), "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord...."

The Lord will help you eat healthy and practice exercise for **His Glory**. He has much for you to do for His Kingdom. All you must do is what Nike says, "Just Do It."



Professional Steps Ordered by the Lord

By Sis. Pamela A. Smith

"Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time" (1 Peter 5:6, KJV).

On October 5, 1998, I began my career as a second-grade teacher in the Baltimore City Public Schools. I was not trained to be a teacher and had no plans of becoming a teacher. However, in

September of that year, I prayed for God to show me what He wanted me to do, and I promised that whatever doors He wanted me to walk through, I would – if He opened them. He has been guiding my professional footsteps for almost 30 years.

By His grace, I have elevated my career from teacher to assistant principal to central office administrator, and now I am a school principal. Being an educator in an urban public school system comes with a plethora of challenges. Still, the joy of knowing I am positively impacting the lives of children and families is such a blessing. On the hard days, I can testify that His grace is sufficient (2 Corinthians 12:9, KJV).

2 CORINTHIANS 12:9

**MY GRACE
IS sufficient FOR YOU
FOR MY POWER
IS MADE Perfect in weakness**

Scripture Corner

Focus: Relying on God



Isaiah 41:13, ESV

For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

Psalm 18:2, ESV

The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

Proverbs 3:5-6, ESV

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

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New Antioch Baptist Church of Randallstown's Women's Ministry is designed to boost the spiritual, emotional, and physical awakening of women of all ages and life stages. We are especially committed to the salvation and progress of our youth, relationship seekers, and women who have lost their way.

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NABCOR Women's Ministries

Intercessory Prayer
Ministers' Wives' Fellowship
Diamonds in the Rough Ministry
Jewels for Jesus
D.R.I.V.E.N Ministry

S.W.E.E.T Ministry
Wholesome Warriors
Bodies of Clay Dance Ministry
Newsletter Ministry
Greeters' Ministry

Card Ministry
Women's Fellowship
Comfort Ministry
Grief Support Ministry
Women's Prison Ministry

