

Becoming Whole Women In Christ

New Antioch Baptist Church of Randallstown



Message from the First Lady

Praise the Lord! Summer is right around the corner and to kick things off, I am excited to introduce the Summer Edition of our *Becoming Whole Women in Christ* newsletter.

I pray that the enclosed article and recipes will be a blessing. Also, I would like to thank the contributors.

For those persons who wish to write, I strongly encourage you to consider contributing articles for future newsletters.

Finally, there is a list of women's ministries on the back page. Please review this list and prayerfully consider where you can serve the Lord. However, if you already serve on a particular ministry, that's wonderful!

May our Lord continually fill you with joy as you serve Him to reflect His incredible grace towards others. I hope you find the Summer edition enjoyable.



Sis. Ellen P. Barney

Fill Your Mouth With Life, Not Death— By Anita Anthony

A lot is at stake in what we say today. "Death and life are in the power of the tongue" (Proverbs 18:21).

Words Cause Death

People die because of something said. Tongues can be weapons of mass destruction, launching holocausts and wars. Tongues can also be the death of marriages, families, friendships, churches, careers, hopes, understanding, reputations, missionary efforts, and governments.

Words Give Life

But people also live because of something said. The tongue can be "a tree of life" (Proverbs 15:4). Tongues reconcile people and make peace. "Blessed are the peacemakers" (Matthew 5:9). Tongues can make marriages sweet, families strong, and churches healthy. Tongues can give hope to the despairing, advance understanding, and spread the gospel. So what will come out of your mouth today, death or life? "Sword thrusts" or "healing" (Proverbs 12:18)? (Continued on page 2)

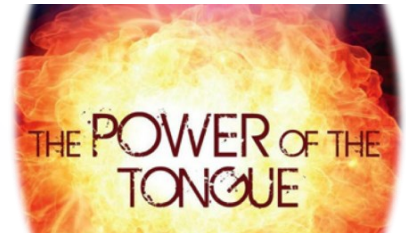


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What Fills Your Heart?

It will all depend on what's filling your heart. Jesus said, “. . . out of the abundance of the heart [the] mouth speaks” (Luke 6:45). A critical heart produces a critical tongue. A self-righteous heart produces a judgmental tongue. A bitter heart produces an acerbic tongue. An ungrateful heart produces a grumbling tongue.



But a loving heart produces a gracious tongue. A faithful heart produces a truthful tongue. A peaceful heart produces a reconciling tongue. A trusting heart produces an encouraging tongue.

So fill your heart with grace by soaking in your Bible. Soak in Matthew 5, or Romans 12, or 1 Corinthians 13, or Philippians 2. And be very careful taking in the words of death in the newspaper, on the radio, the TV, or the blog. And pray: “Set a guard, O Lord, over my mouth; keep watch over the door of my lips!” (Psalm 141:3).

The world is full of words of death. “The whole world lies in the power of the evil one” (1 John 5:19) who “was a murderer from the beginning. . . and the father of lies” (John 8:44). Let us not join him in his “restless evil” (James 3:8).

For “we are from God” (1 John 15:19), and we believe in his Son, Jesus, “the Word” (John 1:1), “the truth and the life” (John 14:6), and who alone has “the words of eternal life” (John 6:68). Let us join him in speaking these.

Today

Today, make your mouth “a fountain of life” (Proverbs 10:11). Be “slow to speak” in general (James 1:19). Encourage more than you critique. Seek opportunities to speak kind, tenderhearted words (Ephesians 4:32). Say something affectionate to a loved one at an unexpected time. Seek to only speak words that are “good for building up,” that “give grace to those who hear” (Ephesians 4:29). Be a person whose mouth is full of life. “And now I commend you to God and to the word of his grace, which is able to build you up” (Acts 20:32).

Cheerleading Tryouts—By Sharhonda Ford

Do you ever wonder why they hold tryouts to join the cheerleading squad?

Do you ever wonder why sometimes it seems like your enemy is getting everything you desire? Do you sit and ask God why you work so hard, or serve so hard, or love so hard or try so hard and still you seem to come up short? Do you ever look at the things your neighbor has ONLY to wish you had some of those things yourself? Do you ever want to feel good for someone and be happy for someone but for some reason your flesh reminds you of ALL the things you wish you had and all the things you have lost? (Continued on page 3)



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This is common. I have felt like this on so many occasions, too many to name as a matter of fact. Sometimes, I want to share in someone's joy but my personal sorrow is overwhelming. Sometimes, I want to share in someone else's promotion but my demotion or unemployment was more prominent. Sometimes, I want to share in someone else's significant weight loss but my significant weight gain dominated.



We cannot always control our emotions. However, it is important to acknowledge them. It is not always easy to be a cheerleader. Cheerleaders have to cheer and celebrate whether the team is winning or losing. Cheerleaders don't get to walk away during defeat but they have to stand center stage and cheer like they're winning (that's an ANYHOW Praise). Cheerleaders don't get to go inside when the storm comes but they have to stay on the field and wait for the final play. Cheerleaders don't get to show up unprepared; they have to be in their uniform and be ready for game time.

"I will bless the LORD at all times: his praise shall continually be in my mouth"

Psalms 34:1

I thought of this analogy and considered the life of a Christian. If there were tryouts would I make the team? Would you? If you had to cheer win or lose could you do it? If you had to cheer through the worst storm would you last? If you showed up unprepared could you perform with the team? As Christians, we have to be ready. We have to show up dressed (put on the full armor of God). As Christians, we can't walk off the field during the storm (unemployment, loss, miscarriage, divorce, financial struggles, or death of a loved one) we have to fight (having done ALL to stand, stand therefore - *Ephesians 6:13-14*). As Christians, we cannot stop cheering when we are not winning (I will bless the Lord at all times - *Psalms 34:1*).

Consider your place on the squad and determine if you are capable of being on the team. Will you be like a tree planted by rivers of water? Will you be able to stand firm on the promises and count it all joy - *James 1:2*? Will you be able to serve the Lord with gladness?

Most gracious God, cover your people. Help them to be a model cheerleader. Help them to know their place on the team and to NEVER stop cheering. Ultimately, we cheer for You for you are Victorious and in you there is NO loss because ALL things work together and no good thing will you withhold. In Jesus name, Amen.



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Berry Watermelon Juice

Ingredients

1 cup of mixed berries
Juice from 1/2 lemon
2 cups of watermelon cubes, seeds removed
1/2 cup of crushed ice

Combine all the ingredients in your Nutribullet and pulse until smooth and well blended. Pour the juice in glasses of your choice and serve it right away.



Very Berry Spinach Smoothie

Ingredients

½ cup mixed berries
½ cup spinach leaves
½ ripe avocado
1 pineapple slice
1 cup milk
2 tablespoons honey
2 tablespoons chia seeds
½ teaspoon vanilla extract



Combine all the ingredients in your Nutribullet and pulse until well blended and smooth. Pour the smoothie in glasses of your choice and serve it fresh, garnished with a few ice cubes.

<http://www.nutribulletrecipes.org>



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New Antioch Baptist Church of Randallstown

Pastor Kenneth L. Barney, Sr. D.D.



As stated on the website, 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.

Website: newantiochbc.org

Bodies of Clay Dance Ministry

Diamonds in the Rough Ministry

D.R.I.V.E.N Ministry

Ministers' Wives' Fellowship

Women Connected in Christ Ministry

Mom-to-Mom Ministry

S.W.E.E.T Ministry

Titus II Ministry

Walk/Run Gospel Ministry

Aerobics' Ministry

Women's Newsletter Ministry

Women's Card Ministry

Women's Comfort Ministry

Women's Fellowship

Women's Grief Support Ministry

Women's Intercessory Prayer

Women's Prison Ministry

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