

Becoming Whole Women in Christ

Women's Ministry Newsletter

In This Issue:

Comforting Touch	2
Kraft Macaroni	3
Who's on Your Guest List?	3
Upcoming Women's Classes	4
Church info/Women's Ministries	5



First Lady's Encouragement

Sis. Ellen P. Barney

"Like a cloak You will change them, and they will be changed. But You are the same, and Your years will have no end" (Psalm 102:26).

Once again, we are entering another season of changes. As much as we desire to remain the same, physically, in this world, we cannot remain in a constant state...but our eternal Lord is constant. He does not change, and His years have no end! God's Word is clear that the universe will perish, and there will be a new heaven and a new earth (2 Peter 3:10-13; Revelation 21:1). For in God's future Kingdom, there will be no need for moisturizer, Botox, and make-up! **We will be ageless!** Hmmm, I can't wait! It's almost incomprehensible that the Lord does not change! Think about it... He is preexistent, with no ending! He is the same yesterday, today, and forever (Hebrews 13:8). **There is no change with God.** His grace is presently and permanently available to everyone who believes in Him.

As we embark upon the leaves changing colors to various beautiful shades of orange, yellow, red, and golden, let us look forward to a changeless Kingdom, which is God's Kingdom, where everything and everyone remain the same, abiding eternally with an unchanging God! **Hallelujah!**

Also, I would like to encourage you to take the time to read this edition of Becoming Whole Women in Christ (BWWC) Newsletter. If you are interested in submitting articles, please contact the BWWC ministry leader or visit the website listed on the last page of this edition.

Additionally, may we look forward to our final "**change**" forever in God's glory!

COMFORTING TOUCH

By Mama Jean Jeffreys

“And Jesus came and touched them, and said ‘Arise, and be not afraid.’” (Matthew 17:7)

Touch can be a “touchy” subject. There are many types of touch. Because of the evil that is present in our world today, touch has become a word that makes some individuals uncomfortable or afraid. But take comfort in knowing that Jesus is still touching lives each and every day. He wants us to do the same. Touch is important to Jesus. It appears in the Bible in some form at least 159 times.

It saddens me to hear people say that they do not like to be touched. Is it because of a negative encounter or is it because they have never been touched in a positive, reaffirming way? “Lack of touch” may be due to anger, fear, resentment, hurt, pain, distrust, anxiety, etc.

According to Webster’s Dictionary, touch means “to handle or feel gently, usually with the intent to understand or appreciate.” Located at the University of Miami, the Touch Research Institute studies the effects of touch therapy. The Institute’s Director, Tiffany Fields, Ph.D. stated in her book, *Touch*, “Touch is critical for children's growth, development and health, as well as for adults' physical and mental well-being. Yet, the American society is dangerously touch-deprived.”

The world needs healing. We all have a part to play, healing the heart one touch at a time. When we touch each other, we touch the heart of God. When we touch the heart of God, we have the power to heal. Before touching anyone, you should ask yourself the following questions:

- Intent** - Do I intend to harm, uplift, encourage or honor?
- Motive** - Is my heart in the right place?
- Self-Analysis** - Do I have a right to touch?
- Purpose** - What is the reason for the touch?
- Trusting** - Is my touch a positive affirmation or a denial of self-worth?
Is my touch appropriate or inappropriate?

Jesus touched many, not only with his hands, but with his heart and attitude toward mankind.

Heart (I Samuel 10:26)	- “And there went with him a band of men, whose hearts God had touched”
Hands (Matthew 8:3)	- “And Jesus put forth his hand, and touched him. . .and immediately his leprosy was cleansed.”
Eyes (Mathew 20:34)	- “So Jesus had compassion on them, and touched their eyes: and immediately their eyes received sight. . .”
Ears (Luke 22:51)	- “And Jesus answered and said, Suffer ye thus far. And he touched his ear, and healed him.”
Voice (John 11:43)	- “And when He thus had spoken, He cried with a loud voice, Lazarus, come forth.”

We too can touch others without physically laying our hands on them. You can be made whole, and you can be used to bring another into wholeness. Touch is not a bad thing. Touch should be viewed as positive, reassuring and gentle. What if we could all decide to touch from our heart and allow the Lord to use us to touch others’ lives in a way that would be transforming and reaffirming? Try touching with your heart before touching with your hands. See the difference you can make, not only in your life but in the lives of others.

The ultimate transforming touch is from the Lord Jesus Christ. Touch to heal, not to harm!

KRAFT MACARONI

By Sis. Rachel Morris

Goodness in a little blue box; a complete meal, Kraft Macaroni and Cheese. Growing up I had always wanted to have “Kraft Macaroni and Cheese”, which was and is always spoken of by its full name-lol. The television commercials were great. This was the best thing ever! Then viola, Kraft Macaroni and Cheese came to our house. I was so excited, I could hardly wait for the dinner call, “Ya’ll c’mon and eat”! No, I am not from the south. I am from far above the Mason-Dixon Line and to the left, the great state of Ohio, but that was how dinner was announced. At dinner time, my siblings and I ran into the kitchen and sat in our respective seats with great anticipation, mouths watering. We were having Kraft Macaroni and Cheese on “our” dinner plates-wow! We closed our eyes and said grace. Upon saying “amen,” I opened my eyes and there it was macaroni and

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I scooped it onto my fork and put it in my mouth and was met with the fullness of my adolescent disappointment. Where was the goodness from television? I never imagined that it would not be wonderfully delicious; I was so hurt. The picture on the blue box and what was on my plate were not related in any way. How could this happen? I made up my mind never again will I be sucked in by television promises.

Now fast forward, years later with children of my own, I was stunned to find that the little blue box was still around and “they” (the children I had birthed, now you know who “they” are, shocking I know) wanted Kraft Macaroni and Cheese. Why? Because “it’s the cheesiest”! So with much prayer and trepidation, I put aside my aggrieved disappointment and brought the little blue box into my life once again. This time there was goodness to be had from the little blue box. How, so you wonder, what was different? The D-I-R-E-C-T-I-O-N-S! As I prepared the Kraft Macaroni and Cheese for my children, I came to the startling realization that my mother never read the directions. Boil pasta, drain, and add butter and milk to contents of cheese packet stir until thickened. Eureka - Kraft Macaroni and Cheese! She simply boiled the macaroni and stirred in the powder, serving us orange-colored macaroni. All those years I blamed Kraft, because what you did not do was question your mother about anything, which would: 1) promptly begin the sermonette about starving children somewhere in the world and 2) begin the detailed description of where your lips would end up. I liked my lips right where God had put them, Amen.

Hallelujah, my joy and happiness had been returned and my relationship with Kraft Macaroni and Cheese was restored, the void now filled. So, understand the importance of directions, read and follow them, it will give you the desired and expected results as indicated. The Word of God has the directions for our lives, so we must read and apply because all of the ingredients have been supplied. Follow the directions as included and surely, “Goodness and mercy will follow you all the days of your life!”

WHO'S ON YOUR GUEST LIST?

By Sis. Chanel Trussell

We love to have celebrations: birthday parties, housewarmings, baby showers, etc. Probably the most notable celebration in anyone’s life is the wedding reception. This is a time when individuals come together to celebrate a divine union of man and wife.

When we prepare for this big day, we take time and care to develop a guest list. We add/subtract names from the list based on how we may feel about them, their importance to us, or their availability to make the event. We send out beautiful invitations to invite those who made the final cut.

In John 2, there is a wedding celebration. The bride and bridegroom are in the midst of a celebration of marriage when Jesus performs his first miracle. In reading, I noticed that in verse 2, it says Jesus was invited (NIV). In order for Jesus to have been in the place to perform the miracle, He was invited first. Imagine if Jesus was not on the guest list in Cana.

WHO'S ON YOUR GUEST LIST? (continued)

By Sis. Chanel Trussell

Who would Mary have consulted when the wine ran out halfway through the celebration? (vs. 3) Who would have given the servants instructions? (vs. 5-7) But most importantly, who would have been able to turn the mere water into the best wine ever tasted? (vs. 9-10) The couple knew enough to invite Jesus, but it was the disciples who received the ultimate gift – they believed in Him (vs. 11)

Much like our salvation, Jesus is available to us but we must invite Him into our hearts. Once we invite Him, then he can perform the miracle of saving our souls. Is Jesus on your guest list? Have you invited Him into your heart? If not, you can do that today!

Say this prayer:

Lord, I know that I am a sinner, I believe that You died for my sins and have risen from the dead. I invite you into my heart as my personal Lord and Savior. In the name of Jesus, I pray with thanksgiving, Amen.

If you have prayed and believe this prayer, as it says in Romans 10:9-13, you are now saved. Your life is in Jesus' hands and your soul is secured for eternity – certainly an event worth celebrating. Welcome to the family! Please contact the church office to let us know!

UPCOMING WOMEN'S CLASSES

Ladies, it's not too late ... The Women's Ministries are offering the following Bible Study classes this fall:

- LEAD I:** A thirteen-week course on learning how to become Spiritual Friends, how to relate God's Word to people's lives, and how to be Spiritual Friends who help others know that: "It's Normal to Hurt, Possible to Hope, Horrible to Sin, but Wonderful to be Forgiven, and it's Possible to Love." This class begins Monday, September 19, from 7 to 9 p.m.
- Praying Through Spiritual Warfare:** An eight-week course on Creating a Greater Awareness of praying and examining the weapons of warfare needed to be effective in praying personally or as an intercessor in spiritual warfare as described in Ephesians 6:10-18. This class begins Monday, September 19, from 7 to 9 p.m.
- Wholesome Warriors:** A twelve-week course on Connecting Relationally for the purpose of spurring one another towards maturity in Christ by increasing physical, spiritual, nutritional and mental health. This class begins Tuesday, September 20, from 6 to 8:15 p.m.

Space is limited! Registration **TODAY!** For additional information, please visit our website www.newantiochbc.org, or call the church office at 410.521.7866.

New Antioch Baptist Church of Randallstown

A Church Anchored in Christ

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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.

To contribute articles, email:

becomingwholewomeninchrist@yahoo.com

Women's Ministries

Intercessory Prayer

Ministers' Wives' Fellowship

Women Connected in Christ Ministry

Diamonds in the Rough Ministry

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

S.W.E.E.T Ministry

Titus II Ministry

Walk/Run Gospel

Bodies of Clay Dance Ministry

Aerobics' Ministry

Newsletter Ministry

Card Ministry

Women's Fellowship

Comfort Ministry

Grief Support Ministry

Women's Prison Ministry

