

Fall Edition

# BECOMING WHOLE WOMEN IN CHRIST

NEW ANTIOCH BAPTIST CHURCH OF  
RANDALLSTOWN

## MESSAGE FROM THE FIRST LADY

**Praise the Lord!** I am excited to introduce the Fall Edition of our *Becoming Whole Women in Christ* newsletter.

I pray that the enclosed articles and information will be a blessing. Also, I would like to thank the contributors for this newsletter.

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.



Sis. Ellen P. Barney

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I hope you find the Fall edition enjoyable.

New Antioch Baptist Church of Randallstown

WOMEN'S RETREAT 2013

November 7th - 9th

Women in Pursuit of Christ's  
*Righteousness*  
"... and to put on the new self, created to  
be like God in true righteousness and holiness."  
Ephesians 4:22, 24



## FAITH IN THE BATTLE

BY SIS ROSALIND DYSON

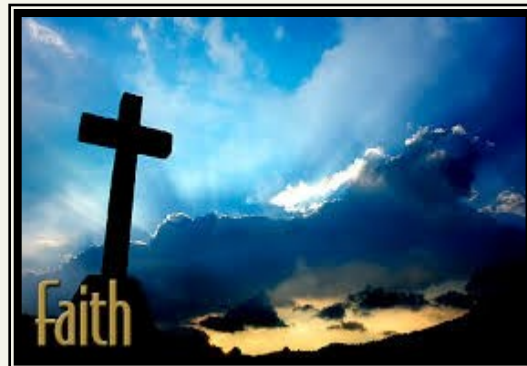
We, as Bible believers, are familiar with the Scripture, Hebrews 11:1, *"Now faith is the substance of things hoped for, the evidence of things not seen"*. No doubt, we all confess to believe this passage without hesitation or contradiction. However, we may not really understand what this Scripture truly encompasses and requires us to do. This Scripture lets us know that our faith, hope and trust in God is not based on our senses of sight, smell, taste, touch or hearing. Nor is faith dependent upon any physical, natural or earthly evidence that proves what we are hoping for can possibly happen. The predicament may look impossible, unreachable, unavoidable or inescapable to us. But with God, all things are possible (Luke 1:37). We have to take God at His word, evidence unseen, standing on His Word alone.

Faith is believing in the Promises of God, in the face of hardships, oppositions and insurmountable odds. Our faith should not be based on circumstances, time, facts, rules or regulations of man. In fact, to the world (mankind), our hope in Jesus Christ may not make sense at all. Most likely, our optimistic hope will not seem logical, rational or practical, but that does not matter. We must believe God's Promises even when our finite minds cannot figure, calculate or imagine who, what, when, where or how we can get the victory. Nevertheless, our God is able to bless us in ways that our minds can never conceive or imagine possible. The Lord can bless us *"exceedingly abundantly above we all ask or think..."* (Ephesians 3:20).

The Bible confirms in 2 Corinthians 2:9, *"But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. Our Heav-*

*enly Father can step in, right on time, and change the outcome of a hopeless situation in our favor. It is our confidence and belief in God's promises that puts us on the road to victory.*

In this life, we will confront battle after battle, along with trials, tribulations and hardships. As soon as we win one battle and take a breath, we soon will be in the midst of the next challenge or opposition. Through our struggles, we may cry, hurt, and even suffer through many hardships and pains. The burdens and oppositions of life will push us to the brink, take all our strength and very well may deplete our resources. Doubt, despair and depression will try to overtake us. We may end up on our knees, weary and exhausted from the constant uphill struggles.



Before we become discouraged and give up, we should use our last bit of strength to cry out to the Lord for help. He will hear our cry and come to our rescue. The Lord can make a way of escape (Read Exodus 14), bring down obstacles (Read Joshua 6) and can calm the storms of our lives (Read Matthew: 8:23-27), too.

He will even take our battles and fight them for us (Read 2 Chronicles 20).

As a result of His Promises, we must not allow the adversary (Satan) and life adversities to weaken our faith. Our Savior promises to be with us and never to forsake us (Psalm 9:10). As born again believers, we should be anchored and grounded by the Word of God, the Bible. We must put our faith into action by literally believing for the impossible; standing firmly, flat-footed on the Word of God without wavering. The Almighty promises to help us, *"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold*

## FAITH IN THE BATTLE (CONTINUED)

BY SIS ROSALIND DYSON



*thee with the right hand of my righteousness* (Isaiah 41:10). Take Him at His Word, for our blessings are right on the other side of our battle.

Always, remember that God is sovereign and has preeminence over all things; He has the last word. No matter what we see, hear or think in the natural, using our senses, we will not be defeated when God is on our side. Even in the midst of the battle while the storm is raging, go before the throne of God in prayer, supplication and thanksgiving. **Pray** diligently to the Lord and make an earnest petition for help and deliverance. **Praise** Him and thank Him for His goodness and the blessings that he has already bestowed upon us. **Worship** and glorify the Lord for who He is, His awesome Power, Magnificence and Splendor. Lift up the Word of God and speak it back to Him for He will honor and uphold His Word. The Lord is faithful to His

Word because He cannot lie, for He is TRUTH (John 14:6). Let your faith resonate deep within your heart, mind and soul. Focus on the Power and take your mind off the problems. Every time a negative thought comes in your mind, replace it by praising God instead.

God has graciously equipped us to withstand and overcome any battle that confronts us in life. In Ephesians 6: 10-17, we are told to *“put on the Full Armour of God, so we can stand against the schemes of the adversary. Put on the “Belt of Truth, Breast Plate of Righteousness, Shod our feet with the Gospel of Peace, take up the Shield of Faith, wear the Helmet of Salvation and carry the Sword of the Spirit, which is the WORD OF GOD”*. Now we are dressed for victory.

The Lord wants us to trust and depend upon Him. Believe His Promises and He will show up and deliver us out of our calamity. Jesus loves to do the impossible, unpredictable, illogical, unexpected and the supernatural on our behalf. He can take our hope, turn it into a reality and bring it to fruition. We must keep a heart and mind of expectancy. Never stop hoping! It is a guarantee, the Lord will show up and give us the victory and He will be glorified. We will be able to testify, *“But thanks be to God, which giveth us the victory through our Lord Jesus Christ”* (1 Corinthians 15:57). AMEN.



## A HEALTHY FALL RECIPE

## Pork Chops with Roasted Apples and Onions



**Yield:** Serves 4 (serving size: 1 chop, about 1 table-  
spoon sauce, and 3/4 cup apple mixture)

**Nutritional Information - Amount per serving**

- \* Calories: 240
- \* Fat: 10g
- \* Saturated fat: 3.3g
- \* Monounsaturated fat: 4.1g
- \* Polyunsaturated fat: 1.4g
- \* Protein: 24.9g
- \* Carbohydrate: 11g
- \* Fiber: 1.5g
- \* Cholesterol: 84mg
- \* Iron: 1mg
- \* Sodium: 379mg
- \* Calcium: 28mg

**Ingredients**

- \* 2 1/2 teaspoons canola oil, divided

- \* 1 1/2 cups frozen pearl onions, thawed
- \* 2 cups Gala apple wedges
- \* 1 tablespoon butter, divided
- \* 2 teaspoons fresh thyme leaves
- \* 1/2 teaspoon kosher salt, divided
- \* 1/2 teaspoon freshly ground black pepper, divided
- \* 4 (6-ounce) bone-in center-cut pork loin chops  
(about 1/2 inch thick)
- \* 1/2 cup fat-free, lower-sodium chicken broth
- \* 1/2 teaspoon all-purpose flour
- \* 1 teaspoon cider vinegar

**Preparation**

1. Preheat oven to 400°.
2. Heat a large ovenproof skillet over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel. Add onions to pan; cook 2 minutes or until lightly browned, stirring once. Add apple to pan; place in oven. Bake at 400° for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
3. Heat a large skillet over medium-high heat. Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm. Combine broth and flour in a small bowl, stirring with a whisk. Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter. Serve sauce with pork and apple mixture.

Source: <http://www.myrecipes.com>

PRAISE THE LORD!



5609 Old Court Road  
Windsor Mill, MD  
21244  
(410) 521-7866

Intercessory Prayer Line:  
Mon., Tues., & Thurs. 6 p.m.—8 p.m.  
(410) 521-6125  
(410) 521-6126

Visit our Website:  
[Newantiochbc.org](http://Newantiochbc.org)

**Director of Women's Ministry:**  
First Lady Ellen P. Barney

**Leader/Editor:**  
Sis. Sharhonda Ford

**Co-Leader/Layout:**  
Sis. Chanel Trussell

## W O M E N ' S M I N I S T R I E S

A.C.T.S. of Faith Drama Ministry  
Bodies of Clay Dance Ministry  
Diamonds in the Rough Ministry  
D.R.I.V.E.N Ministry  
Ministers' Wives' Fellowship  
Mom-to-Mom Ministry  
S.W.E.E.T Ministry  
Titus II Ministry  
Walk/Run Gospel



Aerobics' Ministry  
Women Connected in Christ Ministry  
Women's Card Ministry  
Women's Comfort Ministry  
Women's Grief Support Ministry  
Women's Intercessory Prayer  
Women's Maturing Class  
Women's Newsletter Ministry  
Women's Prison Ministry

To contribute articles, email  
[becomingwholewomeninchrist@yahoo.com](mailto:becomingwholewomeninchrist@yahoo.com)