

Becoming Whole Women in Christ


Message from our First Lady—Ellen P. Barney, Director of Women's Ministries


Wow! “*Becoming Whole Women in Christ*” is more than what we bargained for regarding our transformational process. This process is gradual and it involves constant confrontation with our sinful nature. Furthermore, as fallen creatures, we like “*control*.” In spite of this inclination, the Lord through the sanctification process allows many trials, tribulations, and persecutions to transform us into becoming *whole*.



Your questions may be also similar to my inquiries regarding the Lord creating or devising simpler and easier methods to becoming *whole women in Christ*. Who wants to travel the road of suffering, trials, tribulations, and persecutions to *become whole*? Why can't I create my *own plan*? Why can't I have a “*soft*” plan to becoming complete? Why do I wrestle with *negative core beliefs*? Why is it necessary to frequently study *God's Word* and applying *His Word* to my personal life? As well as, is there a *short cut* to becoming *whole women in Christ*?



Yet all of the above questions will not prevent our transformational process. We, as born again believers, are not immune from the long process of becoming *whole*. And although we may look to society for “happiness” such as power, love, and substances (legal and illegal) to offset emotional emptiness, it is God's transforming power that can change us into *content* Christians. The apostle Paul says it best “*Not that I speak in regard to need, for I have learned in whatever state I am, to be content*” (Philippians 4:11).



Finally, our true sufficiency must be found in the ***strength of Christ***. His strength empowers us to face past hurts with its disappointments and to accept His transforming grace and love, ***relinquishing the need to control***. Because of ***His unconditional love***, we can *experience Him* continuously and recognize favorably that ***trials, tribulations and persecutions*** are part of ***His transformational process of making us whole women in Christ***.

Sister Ellen P Barney

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IN TOO DEEP by Sis. Sharhonda Ford

It was twenty-three years ago in 1985. I was a young girl on summer vacation with my older brother, whom I look up to, and my grandmother. Our annual summer vacation took us to a water park in Kissimmie, Florida.

I will never forget it! I was so excited! My older cousin joined us and we were all eager to have a good time together. Although she and my brother were a few years older and could swim, I still felt equal to them. I wanted to hang with the teenagers, but I was not equipped.

What happened that day changed my life forever. We settled in at our camping spot for the day. While the adults were getting comfortable, we unloaded our belongings and ran straight for the water. My nana yelled “Stay out of the deep end – remember you are not big enough to go with them.” I waved nana off (you remember how that goes) and proceeded to follow my big brother and cousin.

It was a wave pool, filled with all types of people. The water was still and I had no idea what was to come.

I went out as far as I could, while still able to see and touch the bottom of the pool—I thought I was okay. You see, I was *proving* to nana that I too could hang out with the big kids.

All of a sudden a loud bell rang and screams of laughter were thunderous. I could feel the thrill of being “In Too Deep.” Before I knew it, I was consumed by a large wave and realized, I was “In Too Deep.”

While my brother and cousin watched me, I struggled – up and down, in and out, above and beneath the water. I struggled to breathe and could not convey to anyone that I was in trouble. I called out to everyone—

they thought I was fine and in no danger. Where had all the people gone—why didn’t they realized I was in trouble?

At that moment I looked up and caught the eye of a man who was sitting high and looking low. He noticed my struggle. Ironically, he observed my prior actions of waving off nana. The lifeguard did something no one else did—he recognized my need for help. Based on the current, and the depth of the waves, he realized I was being consumed and he *decided* to do something about it. That man *decided* to save me!

After being rescued by the Lifeguard, I told my family what happened. My brother apologized and stated “*I thought you were okay – you never need anyone to help you*”. My grandmother said, “*next time you’ll listen*.”

I never learned to swim. I was always afraid to let go in the water. It was my fear that consumed me.

What are the waves in your life? Are you being overtaken by the manifold waves? Have you observed the “*Lifeguard on Duty?*” “*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind*” (2 Timothy 1:7). **There is a Lifeguard of Duty!!**

Twenty-three years later while enjoying a day at the pool, I noticed the **Lifeguard** sign. This reminded me of the day I almost drowned. It also reminded me of the man that rescued me.

The fear of swimming and being in the water has haunted me for twenty-three years

three years. It finally hit me – no matter what the sign said, there IS a Lifeguard on duty! Not only is there a lifeguard but there is a life coach; someone that will guide you and assist you throughout all of the waves in your life.

Psalms 113:4-6 says: “*The LORD is exalted over all the nations, His glory above the heavens. Who is like the LORD our God, the One who sits enthroned on high, who stoops down to look on the heavens and the earth.*”

It was that very moment my life changed. I was reminded that the Lifeguard of my life is the Lord Jesus Christ. No matter what the water level, the strength of the waves or the current, the Lord Jesus Christ (**My Lifeguard**) will always be present.

Don’t be deceived by the world’s signs. Be encouraged by the sign of the cross. Also, be reminded that He promised in His Word that He would never leave nor forsake us. Our Lord and Savior Jesus Christ exemplified courage and power on the cross. Simply put, “He would not come down from the cross just to save Himself. He *decided* to die just to save you and me.” Jesus is the one that consistently keeps us from drowning. Do you have a **Lifeguard** on duty? Remember that our God promised to protect us in every situation as quoted in Isaiah 43:2:

“*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.*”

God is your Lifeguard. Let Him protect you!



A RESTORATION OF LOVE by Sis. Chanel Trussell

Growing up on the South side of the city of Chicago had its moments. Even though I was oblivious to all of the crime in the area, I was very in tune to what was going on in my home. My parents were divorced when I was very young. I lived with my mother during the school year and visited my father during the summers in Maryland. My mother and I did not have the best relationship. I felt she was not around much – always working. I did not understand then that she had to work in order to care for her three children. All I knew was that Mom was not around. I declared to her that when I graduated high school, I was moving with Dad and going to school in Maryland. I had to leave, too many rules. I thought I was grown and I had my whole life figured out – at the ripe old age of 17.

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Even in the years to come, we were cordial. My mom was not the type to show emotion. It was assumed that she loved us but she hardly ever verbalized it. She was known for short phone calls (even when the cost of long distance was not an issue) no more than 10 minutes. I longed to take back the words of my youth and have a closer relationship with my mother – especially now since I have my own children.

I prayed to God that I would be able to feel my mother's love. That was in December 2004. In February 2005, I found out about a women's retreat that was hosted by my uncle's church in Wisconsin. I immediately thought it would be nice to go with my mother. But then, obviously forgetting my prayer just a few months prior, I said, "Nah, she won't want to go. That same day, my mom called me asking if I wanted to go and that she

would even pay my way.

She thought it would be a great time for us to bond! We had a wonderful time and we grew much closer that weekend as we removed the *veil of pride*. We talked, we laughed, we cried. After that retreat, things were better. The conversations were longer. She would even say she loved me when we hung up the phone. The first time she said it, it brought tears to my eyes (even now as I write).

In 2006, my mother was diagnosed with acute leukemia. She was only 54 years old. I dropped everything to fly to Chicago to be by her side. I prayed for strength and I prayed for her daily. I prayed for her salvation. Since we hardly went to church growing up, I was just not sure if she was saved. The Lord began to work miracles. Her brother was an exact match for bone marrow. She received the transplant in July 2006. She has been in full remission for over a year now. Praise the Lord!

I look back over the past three years and I see how God moved and worked in our lives. He answered prayers and he has had to allow trials to come so that our faith could be tested. I did not run into a corner and hide or work myself into a worry frenzy, but I prayed and continued to lean on the Lord for my strength. He has also brought my mom closer to Him. Her testimony is helping others as she gives God all the glory in the midst of her trials.

I felt compelled to write to perhaps give others encouragement. Perhaps some daughter needs to reconcile with her mother. Perhaps some mother needs to reach out to her daughter. I now understand that life is too short and we are not promised tomorrow. Yeah, we hear that over and over again in church, but these events have really driven that

Striving to be com-

point home for me.

No longer will I withhold the love I have for my mother. I tell her every chance I get how much I love and appreciate her, how much I thank God for her. Don't let a trial or negative circumstance force you to do your part. Tell your mom or daughter you love her, TODAY! – Not because I said so, but because GOD said so!

"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you."

Exodus 20:12

Women of God let's give

Praises From Our Temple Within (Inspired by Psalm 30: 1-4)

tribute to our Lord God,
Women of God let's give tribute to our Lord God King,
Who has "saved the day", as Kirk Franklin will sing.
God refuses to let our enemies over us rejoice,
Let's extol Him and make His way our choice.

Oh Lord our God, deliverance we cried,
You heard and kept our souls alive.
Though unworthy we are still called,
Not deserving, though you healed us all.

So we sing melodiously to Jesus, our Elohim
Praising Him for His Holiness—from our temples within.

Psalm 30 gives David's message in the form of a song that he dedicated to the temple, which God blessed him with after going through a lot of distress—as we do on our spiritual journey. David cried out to God and He showed him favor, even over his enemies. No matter what our profession, spiritual or natural gifts, our shapes, sizes, skin tone or the cross we bear—we are made to give GOD—our Lord and Savior Jesus Christ—Praises, from our inner most parts—our soul - God's temple within!

By Sis. Marietta Taylor

May the grace of our Lord Jesus be with us all.

Psalm 30

A psalm. A song. For the dedication of the temple. Of David.

1 I will exalt you, O LORD,
for you lifted me out of the depths
and did not let my enemies gloat
over me.

2 O LORD my God, I called to you
for help
and you healed me.

3 O LORD, you brought me up from
the grave;
you spared me from going down
into the pit.

4 Sing to the LORD, you saints of

his;

praise his holy name.

The Three P's by Sis. Verlyn Tarlton

Do you ever feel like something is missing from your life? Are you caught in a vicious cycle when you get up, go to work, come home, eat, go to sleep, get up and start the cycle all over again? Do you find yourself saying "there must be more to life than this"? Perhaps what's missing from your life is *passion, purpose* and *power*. It is very easy to get caught up and lose our reason for being. For some, work is not who we are but what we do to make money. Our purpose is what we were created to do and defines who we are. Without *passion, purpose* and *power* we are not living, we merely exist, and live a mundane life. Before we go further, let's look at the 3 P's.

Webster defines the following:

Passion- intense, driving force or devotion to some activity

Purpose- resolution, determination, an end to be attained

Power- to produce an effect, legal or official authority

To escape this mundane life we must discover where our passions lie. We are all created by God to live life to the fullest. We read in 2 Samuel 6:14 that King David danced with all his might before the Lord. He laid aside his kingly robe because of the passion of his worship. It is obvious David enjoyed worshiping God, it is evident when you read the Psalms he wrote.



**"For the purpose
the Son of God
was manifested
that He might
destroy the works
of the devil."
~ I John 3:8**

In Acts 17:6b the rulers of the city said... "*These that have turned the world upside down*". Just imagine they turned the world upside down, not just the city. There are many more examples in scripture illustrating passion. God has called us to be passionate about something. Are you passionate about cooking...maybe evangelizing? Whatever you are zealous about, find time and courage to do more of it. Consider what you are good at as well as what you enjoy doing. If you are not sure of your calling, seek the Lord for direction and start enjoying your life. Jesus said in St. John 10:10 "*I have come that they might have life, and that they might have it more abundantly*". Your passion may drive you to your purpose. Once you discover your purpose in life, your life will never be the same. At this point you start to live. Your purpose is your very reason for being. Your purpose is why you are the way you are and why you do what you do. Sometimes we find our purpose and sometimes our purpose finds us. There are examples of purpose in the Bible. Jesus himself came for a specific purpose and it was not to stay in the manger as a baby. I John 3:8 says... "*For this purpose the Son of God was manifested that he might destroy the works of the devil*". Jesus knew his purpose and did not leave the earth until it was fulfilled.

Romans 8:28 says... "*And we know that all things work together for the good to them that love God, to them who are called according to his purpose.*" Again we see God has called us for

a purpose. Your purpose may be different from mine. Perhaps you are called to missions to live abroad in another country. Maybe your friend is called to have businesses to fund those going to the mission field. Another is raising a child who will become a missionary. We are all part of a big puzzle and each piece fits together to form a beautiful picture when we are all in place. Queen Esther is a prime example. It was not just about her becoming a queen, she saved a nation, God's people. Esther 4:14 records Mordecai telling Esther, "*For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy fathers house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this*". Mordecai helped Queen Esther discover her purpose, in this case her purpose found her. Your purpose may not be to save a nation, maybe it is to save one child in your neighborhood. Maybe your purpose is to pray daily and intercede on your Pastor's behalf. No matter how big or small your purpose seems to be, it is your purpose nonetheless. It is your duty to find it, walk in faith and power to fulfill it.

The Three P's (continued)

Once you begin to do the things you are passionate about and walk in your purpose, God will give you the power to do what he has called you to do. Luke 10:19 says, *"Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you"*. When I read this I think of serpents and scorpions being those that will bite you by trying to use your past as well as those that try to sting you with words of discouragement and disbelief. Your focus then becomes your past instead of what God has created you to do. You have the power to tread on this. To tread means to "step or walk over". Your past does not determine your future, your faith and focus does. Step or walk over your past and walk into your purpose. We have the power according to Ephesians 3:20, *"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us"*. This scripture clearly says the power of God works in us to do what He has called us to do. Another example of this is Apostle Paul. In 1 Corinthians 2:4 Paul states, *"And my speech and my preaching was not with enticing word's of mans wisdom, but in demonstration of the spirit and of power"*. This reminds me of the saying "I can show you better than I can tell you". He was letting them know that God gave him the power to do what he was called to do, not just a bunch of words. Just like Jesus, Paul had a purpose and the power to **walk it out**. From childhood memories, Superman had the power and yet he humbly walked around as Clark Kent the "mild mannered reporter" for the Daily Planet. At any given time when Superman was needed he would throw off his regular clothes—the past, negative thoughts, low self-esteem—put on his cape—the cloak of righteousness, truth and faith—and fly off to fulfill his purpose.

Isn't it funny that no one ever found his clothes and linked them to Clark Kent. The same is true with us. We have the power to throw off our past and no one can link us to it because it is under the blood of Jesus Christ. Now, I must point out that Jesus was the first "Superman". He walked around humbly and at any given moment he would rise up in power and cast out demons, cause the blind to see, raise the dead and heal the sick. If you desire, you can use the power God has given you to fulfill your purpose and do all that you are created to do.

In conclusion, we are all part of God's master plan. It does not matter how big or small our part appears, we are all important to God. We can not allow fear, our past, discouragement or our failures deter us from the purpose God has for our lives. We are not called to walk in mediocrity; we are called to **live**...not just to exist. We are called to be all God wants us to *be*, that's why we are called human "*beings*".

"It is not how we start but how we finish. We have been gifted and equipped to find our passion, fulfill our purpose and walk in power."



WHAT DO YOU DO WHEN SOMEONE'S HEART IS NOT OPEN TO YOU... HOW DO YOU FEEL?

When you realize you are not the favorite one or you believe you are standing in someone's shadow, how do you handle it? Who do you turn to? Read the story of Leah (Genesis 29:16-32) and see how she dealt with her loveless marriage, Rachael her sister and her Lord.

Leah loved her husband but he only had eyes and a heart for Rachel. God saw Leah was hated and He opened her womb while Rachel was barren. God loves us and sees our pain. He knows our circumstances, our feelings and our pain. He will do for us the same as He did for Leah. He will make something beautiful in and through us. So when we are in despair, depressed, feel sad and rejected, we should take our eyes off the situation and focus on our Lord and Savior. We should bless Him at all times, praise Him continually and lift Him up. The situation may not change but God **WILL** grant us grace to endure.

God gave His only begotten Son and promised that He would never leave nor forsake us. Love is an action word and God has proven His love for us repeatedly through Jesus Christ, our Lord and Savior.

Acknowledge His loving-kindness, consistently offer up a sacrifice of praise, thankfully confess and glorify His name and see **WHAT GOD WILL DO?**

God says ***"I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow."*** (Jeremiah 31:13).

~A Sister in Christ

I heard of your greatness in my early youth, Missionaries showed movies and teachers taught at church.

Is it About You? by Sister Christine Dailey (In Memory)

The question is, Is it about you? Your answer should be, **No**. We are on earth to show our relationship to/with the will of God through Jesus Christ, to others. If we are here for our purpose, there will always be a war going on with self. It is through Jesus Christ we receive the Holy Spirit, the Comforter, who examines, convicts and preserves us.

The three phases of Jesus Christ's obedience to the will of the Father: *His birth, crucifixion and resurrection*, have given us the privilege to live again. So, to conquer the war within us, we need to put on the full Armor of God (Ephesians 6:13-17) and use the Fruit of the Spirit (Galatians 5:22-23) to show our thankfulness for his omnipresence, especially his persecution, that we must use to win the war of hate, jealousy, envy, slander, malice, gossip and others.

Are you blessed and washed in the blood of Jesus Christ?

"Who hath saved us, and called us with a holy calling, not according to our works, but according to His own purpose and grace, which was given to us in Christ Jesus before the world began." (2 Timothy 1:9)

Women's Ministries Board
Women's Prison Ministry
Women's Maturing Class
Women's Grief Support
Women's Comfort Outreach
Wan's Card Ministry
Women's Prayer Ministry
D.R.I.V.E.N. Ministry
Diamonds in the Rough
S.W.E.E.T. Ministry
A.C.T.S. of Faith Drama Ministry
Bodies of Clay Dance Ministry
Mom to Mom Ministry
Walk Run Aerobics Ministry
Women Connected in Christ
Titus II Ministry
Ministers Wives
Women's Praise and Worship
Greeters Ministry

INTERCESSORY PRAYER MINISTRY

Telephone Prayer Line
We serve a mighty and living God who hears and answers the prayers of His people. The Intercessory Prayer Ministry greatly encourages you to call the prayer line with your prayer request and an intercessor will pray with you on Mondays, Tuesdays, and Thursdays from 6:00 p.m. to 9:00 p.m.
Dial 410.521.6125 or 410.521.6126.

NEWSLETTER ARTICLES

If you are led to submit an article please send via e-mail to:
BecomingWholeWomenInChrist@yahoo.com

MIDWEEK PRAYER

Held each Wednesday evening from 6:30 – 7:30 p.m. in the Sanctuary of Bldg B. Please come out for a time of spirit-filled prayer and praise.

From The Heart – by Sis Patricia Aduna-Boatin

In Sunday school I learned about Your birth, Your life, your love for me.

At church, preachers talked about Nicodemus... and they told me how to live, while the movies showed Your crucifixion.

Not understanding the resurrection, I mourned my loss...because...I loved You too, In time I forgot the passion, my love for You entailed...giving ear to various doctrine... I was tossed to and fro... I drifted away.

Lost in a world of sin, sickness, and sorrows too... sometimes up, sometimes down, my moments of joy and gladness were few. Through all the trials, trou-

bles, and pain... You were always there.

Yet, I did not remember that, You promised never to leave me...never to leave me alone.

Yes, sin was my constant companion, of which I'm now ashamed! Still, You watched over me—stood by me—tugging at my heart, encouraging my hope, strengthening my faith.

Always there, just hanging around, You *dared* me to change...to seek Your face, to call Your name. My understanding was darkened, in blindness, with hardness of heart, I refused to give in.

Sinking deeper and deeper into darkness, I knew no

peace. Oh! The agony of sin, hurts to the very core; but then, one day I called on You, and You showed up at my door.

What a glorious time we had, I rejoiced to Your delight, I received You, with hope in my heart, and obtained Eternal life!

To God be the Glory!
Amen.

Striving to Be Complete in Jesus - *by Sis. Angela Wright—Dickerson*

(Colossians 2:6-10) So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ. For in Christ all the fullness of the Deity lives in bodily form, and you have been given fullness in Christ, who is the head over every power and authority.

Generously giving without complaint or seeking anything in return (2 Corinthians 9:7).

Trusting in God for a breakthrough no matter how long it takes or how bad it gets. (Isaiah 40:31)

Not relying on temporary quick fixes or counting on someone else to make me feel good. Philippians 4:19)

When the Lord gives me a directive, no picking and choosing which one I'm going to do. Do whatever he asks of you. (Proverbs 3:5-6)

Realize I alone am not superwoman but through Christ Jesus, the many hats I juggle and wear will never fall off. (1 Peter 5:6-7)

Honest with myself and with the Lord in all things and rejoicing in that transparency and intimacy. (John 4:24)

Praising God through the good & the bad, the ups & the downs and the shortcomings & successes. (Psalm 34:1)

When everyday my soul seeks to please Him. (Psalm 63:1-8)

Prayer ! Prayer ! Prayer ! (1 Thess 5:17)