

# BECOMING WHOLE WOMEN IN CHRIST

New Antioch Baptist Church of Randallstown

## Fall Edition

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## 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. And 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 Fall edition enjoyable.



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

## A Closer Walk with Thee

By Chanel Trussell

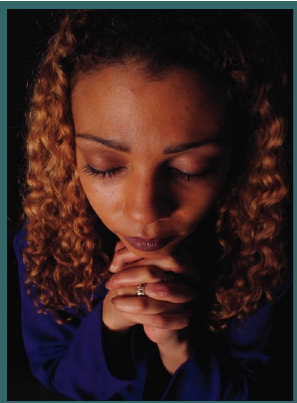
On one of God's most beautiful mornings, the Women of NABCOR gathered together for a **Women's Silent Prayer Walk**, on May 12, 2012, from 8AM-10AM.

Dozens of women arrived with their walking shoes and the anticipation of spending time with the Lord. The time was not for fellowship with one another, but rather fellowship with the Father. Each woman began her journey of walking around the building. However, the sanctuary was available for those who could not walk the distance.

The morning walk began and ended with a group prayer as each woman experienced renewed strength through a closer walk with the Lord.



## Prayer for Spiritual Growth



**A Closer Walk with  
Thee—Prayers For  
Your Soul**

Father, I thank You for salvation (Romans 10:9). I pray that at this stage of my life, You would endow me with perseverance and zeal to study Your Word more deeply. Help me to desire the sincere milk of Your Word that I may grow (1 Peter 2:2). I want to walk in Your statutes, keep Your judgments and follow them. In any area where I am not progressing, Lord, due to discouragement, setbacks or distractions, remind me of the purpose for which I was created. Romans 8:28 assures me that *...all things work together for good to them that love God, to them who are the called according to His purpose.*

*I love You, Lord. You have continually preserved me. Help me to abide steadily in You, so that I can bear more fruit in my life (John 15:4-5). Change me where I am resistant to change, shape me, and mold me for Your glory.*

*I want to resemble Your likeness. I cannot*

*change myself in the way that the lasting and significant transforming power of your Holy Spirit can, so I look to You.*

*In my times of purging and renewal, enable me to see clearly the path that You have laid for me. Help me to exhibit the Fruit of the Spirit (Galatians 5:22-23); and, to approach You daily with clean hands and a pure heart (Psalm 24:4). Saturate me with Your love that I may also increase and abound in love. Transform my mind and strengthen my faith. I want to walk as the woman You predestined and called me to be. In Jesus' name, Amen.*

***“My voice shalt  
thou hear in the  
morning, O Lord;  
in the morning will  
I direct my prayer  
unto thee, and will  
look up”.  
(Psalm 5:3)***

## Prayer for a Better Commitment to Jesus

So what is it Lord, distraction or out of order priorities? My husband needs his shirt ironed. One child needs help with school work, while the other needs help with the potty. The whole family needs something for dinner. I find myself in a vicious cycle questioning where the time went and why my needs weren't met.

The boss needs my finished project. The ministry needs to meet on Friday. The house needs cleaning, and the laundry needs to be done. Aren't these things just as important? Everyone and everything needs something. I don't have enough time to finish anything! Just as I throw up my hands in surrender and defeat, I remember You are My First Love.

I can hear Your small still voice lovingly urging me to COME, come away with You. *Not right now* Jesus becomes my frequent response. When this occurs, You remind me of Luke 10:38-42, where You told Martha that the only thing that was really necessary was spending time with You.

*Forgive me Lord where I have neglected You and thus neglected myself. Purify this stony heart and replace it with Mary's heart of reverence and worship. I do want to sit at Your feet Jesus, as my thirsty soul drinks in Your every Word. Forgive me when I act foolishly and fail to number my days. I admit that I rush headlong into my day without first seeking Your face. Forgive me Lord. Remind me Jesus, I live, move and have my very being in You.*

*How can I not make time for the God who stands outside of all time? You hold my very life in your hands. Saturate my soul as I meditate on the truths in Your Word. Fill my empty spirit as I commune in sweet intimate fellowship with You. As I bask in Your Holy Presence, let your favor rest upon me as You make my life meaningful. In the matchless name of Christ, I pray, Amen.*



## Don't Question God's Generosity

By Sharhonda Ford



In Matthew 20:1-16, we find a story about a landowner who went out early in the morning to hire laborers to work in his vineyard. Later, and throughout the day, the landowner hired additional laborers. The last laborers were hired about five in the afternoon, yet each one equally received a denarius. Those who were hired first expected to be paid more than those who were hired last. When they received their denarius, the first laborers began to grumble against the landowner. These who were hired last worked only one hour,' they said, 'and you have made them equal to us who have borne the burden of the work and the heat of the day.' "But he answered one of them, 'Friend, I am not being unfair to you. Didn't you agree to work for a denarius? Take your pay and go. I want to give the one who was hired last the same as I gave you. Don't I have the right to do what I want with my own money? Or are you envious because I am generous?' "So the last will be first, and the first will be last" (verses 10-16, New International Version).

Have you labored or toiled over something and worked hard on your job completing projects, being innovative, going above and beyond? Despite your efforts, however, a newly hired person with less experience receives a higher rate of pay or is promoted first. Does someone you know have a house, car, or lifestyle that you desire?

Many of us have experienced these types of feelings, at some point in our lives. Why is it that we question God? Are we not aware that He is Sovereign, and He can do anything He wants, how, why, and when He wants? Do we realize that God's generosity is not based on our merit system? God is not blessing according to how we rank people (Thank God for that!). God is Sovereign. His love is everlasting, and His truth endures to all generations.

The Parable of the Landowner's story reminds me of God's generosity and sovereignty. His plan and purpose for our lives should be enough. As believers, we must learn to be at peace with His plan and grateful for His generosity as He dispenses His grace and mercy on us.

As I read Matthew 20:1-16, I was reminded of God's generosity and sovereignty. His plan and purpose is enough and as believers we must learn to be at peace with his plan and grateful for his generosity as He dispenses His grace and mercy on us.

Also, our greatest reward is eternal life. We first accept Christ as our Savior; then, according to His will and His Word, we live our lives serving. Even those persons who accept Christ in their final moments of life will be given the same reward, everlasting life. What a great example of a loving God! Therefore, we should not be concerned about God's graciousness and generosity demonstrated to others. Instead, we should be humbled and grateful for how He chooses to bless each of us individually and collectively.

However, if we are waiting for God's abundant blessings, please remember that none of us deserves His grace and mercy. He still gives us freely His compassionate care. Being said, we must have an attitude of gratitude. Trust God's plan for our life, as we learn to give Him all the honor, glory, and praise. For God alone is worthy!

*"So the last will be first, and the first will be last."*  
Matthew 20:16





## One Step—Action Without Question

By Chanel Trussell

It is interesting how the Lord works. When we take the time to tune into His actions in our lives, we remain in awe. I attended the Women's Silent Prayer Walk on May 12<sup>th</sup>, from 8AM-10AM. We first prayed as a group and then were given a packet of prayer prompts. The focus was to pray for our own lives and to use that time to connect with the Lord. I thought, "This is great. Just the Lord and me, no chatting with others, no interruptions, just two hours of peace and quiet, walking and talking with the Lord." We began walking shortly after 8 AM. Placing one foot in front of the other, I was on my way. I decided to read the prayers in the packet one by one and add to it as the Spirit led. The prayers were awesome, and the words just seemed to fit.

As I rounded the corner near the dumpsters on the far end of the parking lot, I began to look up and thank God for such a wonderful and perfect day. The sun was shining, with a nice breeze blowing—not too warm and not too cool. It was an absolutely perfect day. I smiled. I walked and talked to the Lord, at times, out loud. I thought about the prayers and was honest with my tears, honest with my disappointments, honest with my lack of faith in some areas. I was completely honest—after all, He knew what was in my heart anyway, so why try to sugar coat it?

Then I heard from the Lord. Immediately, Joshua (Moses' successor and Israel's leader during the Conquest of Canaan) came to mind. I thought of the Jericho wall and the example of action taken without question (obedience) and endurance (conditioning). I am reminded as to how the Lord commanded Joshua to instruct the priests to walk around the wall once a day for six days, and then walk around the wall seven times on the seventh day (Joshua 6).

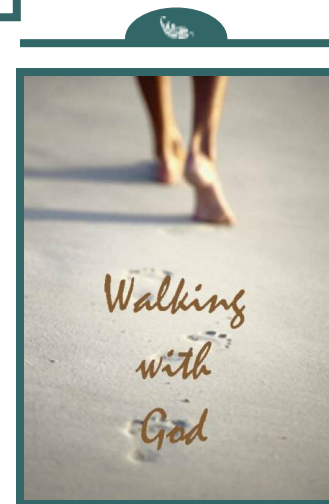
The Lord knew that if He told them to walk around the wall seven times in one day, they would not be equipped to handle such a feat. Because of this, He had to prepare them to follow His Will. Without God's preparation, how many people would have fallen out before the fourth march around, or sooner?

I continued to talk to the Lord, marvel at

His Word, and thank Him for the many revelations He showed to me that morning. I was reminded of the blind man that Jesus told to go to the river to wash his eyes so that he could see (John 9:6-11). I thought, "Wow, he was already blind and then had mud on his eyes and **still** had to navigate his way to the river." Talk about faith and action taken without question. I was beginning to see the theme here. He demonstrated perfectly taking action without question. Joshua and the blind man did not question the Lord, they simply acted.

Then the Holy Spirit posed a question, "How can you know I am working in your life, unless you go beyond yourself to allow Me to do so?" That question almost made me stop in my tracks. This is something I frequently do. I pray for the Lord to help me in some situations, but then I act on my own limited abilities. A good example was when I decided that I would walk only one hour. That time frame was within my comfort zone. How can I realize God's power, if I am only moving in my own strength?

So I said out loud to the Lord, "OK, I will walk the full two hours. I have never done this before, and I am not sure how my knee will hold up, but I will trust that You will keep me as I walk for You. This activity is for You, Lord, not me. I am going beyond myself and will trust that You will get me through for Your glory." Shortly after making that declaration, I began to grow tired. It was about 9:20 AM, and I had no clue how many laps I had made around the church. In spite of being a numbers person, I refused to allow that to be a focal point because I wanted to focus solely on the Lord and me.



I kept saying out loud, "One step, one more step for You, Lord. Each step moves me closer to You. I will trust. One more step." It was 9:45AM. Only 15 more minutes. I wanted to stop. I reasoned that it took about 10 minutes to walk around the church building, so I would only do one more lap.

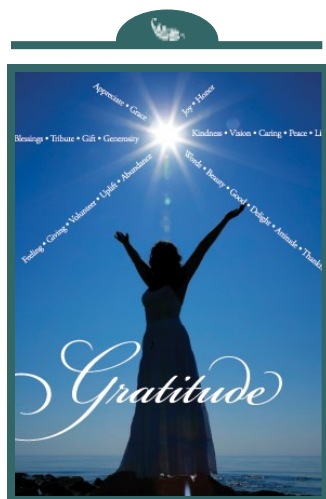
I resisted and stood firm on my decision to complete the full two hours of the Women's Silent Prayer Walk. Finally, the last lap, and it was over! I thanked God that I was able to complete the walk and that I went beyond myself. Nevertheless, I did not care about the physical after effects. I was just basking in the fact that I could keep my commitment to the Lord and deny my feelings of fatigue.

Interestingly enough, I did not feel much of the after aches, and I thanked God for that too. The Women's Silent Prayer Walk taught me a lot about myself. I clearly understood what it meant to take action without question and walk with the Lord in obedience and trust. Each time I face a challenge, temptation or obstacle, I think "one step" and I am able to persevere. I take action to follow Jesus in obedience. Do I always make the right choices and decisions? Of course not! However, the victory, no matter how small it may be, spoke volumes to me and brought me closer to Jesus that day, and each day thereafter.

What action are you taking for the Lord without question? Just one step...

## Don't Be One of the Nine

By Sharhonda Ford



"Jesus asked, "Were not all ten cleansed? Where are the other nine? Has no one returned to give praise to God except this foreigner?" Then he said to him, "Rise and go; your faith has made you well."  
Luke 17:17-19

*One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him—and he was a Samaritan (Luke 17:15-16).*

The above Scripture text reminded me of my recent illness. It was a Saturday afternoon, and the pain had become increasingly worse. I had not realized what level of illness had afflicted me. In the moment, I began to realize I was not getting better; I began to wonder, "Where is God?" I prayed continually for weeks that God would heal me and to deliver me from such an illness, but there was no relief.

There were others with me who had been sick. We were all wondering if we would get better, or if this would be the way we would continuously live. We watched others live lives that seemed on the surface to have a sense of normalcy, but we were sick, suffering, and alone. Some people would say, "Pray, ask God, and trust God" while others would say, "This is your lot in life." It was difficult to determine which of the above was true, so I committed myself to prayer by asking God for healing and peace.

Shortly thereafter, life changed for me. The Lord with His merciful hand touched and healed me. His promise of healing was manifested in my life and all I could do was to thank Him. In my gratitude to the Lord, I fell at His feet; I thanked Him and worshipped Him and will continue to worship Him all the days of my life.

*Dear Jesus, help us to be more like the ONE (as noted in Luke 17:7) and less like the nine as cited. Furthermore, in the story of the ten*

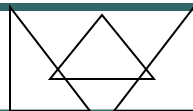
*lepers, You healed ten of them from their diseases, and only ONE out of the ten returned to say Thank You.*

*Thank You for Your word and promises. Thank you Jesus for Your sacrificial love and Your unmerited favor. Your grace is truly sufficient. In Jesus' name, Amen.*

Many of us can remember taking geometry courses in school. It was painful for some of us to memorize the different types of triangles such as isosceles, scalene, acute, obtuse, and equilateral and right triangles. During the time that I was taking geometry, I wondered how these geometrical shapes and angles would be significant in real life applications. I had no plans of being an architect or builder of bridges, skyscrapers or the like. However, recently I watched a 10 minute segment of a movie that showed how the angle of a simple triangle provided an amazing blessing to a man destined for destruction. We can live by the following scene in the movie that communicates profound biblical principles:

*A native was being chased through the Amazon jungle in the pouring rain by other natives who were trying to kill him. Suddenly, he fell into a huge deep pit used to catch wild animals. The native ended up in waist deep water from the continuous downpour of rain. Along with the native, there was a huge lion that had previously fallen into the dark muddy pit. The lion started roaring and growling from the other side of the pit. The native was terrified and desperately tried to find a way to climb out, but the walls were too muddy and slippery.*

*The native began feeling around in the water to find anything he could use as a weapon to protect himself from the lion's likely attack. He was able to find a good sized broken tree limb with a sharp tip on the end that he could use like a spear to kill the lion. The lion was steadily roaring louder and louder. Ready to defend himself, the native raised the big stick above his head in an attack mode and walked towards the lion. As he got closer, a glimmer of light from above reflected into the darkness of the pit.*



## The Angle of a Blessing

By Rosalind Dyson

*At that moment, the native could see the threatening lion more clearly. The lion was trapped against the wall by a large fallen tree branch and could not get free. With the constant downpour of rain into the pit, the lion was close to drowning from the rising water. Only half of its head was above water.*

*Now with this advantage, the native decided to kill the lion. Just as he was about to thrust the spear like stick into the animal, the native looked into the eyes of the pitiful lion, and at that moment, the native's natural instinct to kill in order to survive ceased.*



*Instead, he felt compassion for the lion. He could not bring himself to kill it. Now, he heard the lion's constant roaring as a cry for help. With some hesitation, he decided to use the tree limb in his hand to pry the big branch off the lion, so it could get free and not drown. All the while, the native was hoping the lion would not attack and kill him, once free.*

*Of course there was no guarantee of how the lion would react after being freed, but the native chose to take a chance and show compassion towards the beast.*

*As the native pried the big branch off the lion, it suddenly leaped up free from its entrapment. He leaped with such a great thrust of force that he caused the branch that had trapped him to be flipped into the air. When the branch landed it was propped against the wall on the other side of the pit at the perfect angle. It was leaning against the wall in the configuration of a "right triangle" where one side was like a ramp.*

*Surprisingly, the lion leaped past the native and went straight for the branch that was so perfectly angled against the wall. The lion ran up the branch and out of the pit to its freedom. Of course the native sighed with relief and was glad the lion did not attack him. Following the lion's lead, the native used the same angled branch to climb out of the pit to his freedom.*

*After being freed, the native did not know for sure whether the lion would attack him. Nevertheless, he took a chance and helped the lion and the situation turned around in the native's favor.*

*If the native had not had a change of heart and not freed the lion, the branch would have never been flipped into the air and repositioned in just the right place and at just the right angle to make a way of escape for the native.*

Continued on page 7...

## The Angle of a Blessing

By Rosalind Dyson

...Continued from page 6

What a favorable outcome for such a perilous predicament. This scene reminded me of how God can work in our lives and turn situations around for our good. Also, God honors and blesses us for being compassionate, even to the undeserving.

Repeatedly, the Bible clearly shows us there are benefits and blessings in being kind, caring, and compassionate towards others. The act of sacrificing for the benefit of others is honored and rewarded by God. Remember Rebecca, in Genesis 24, who chose to take on the hard task of watering the ten camels of Abraham's servant? Each camel could drink up to 50 gallons of water. By taking on this monumental task, Rebecca positioned herself to be chosen as the wife of Isaac.

Similarly, the Shunammite woman in 2 Kings 4 showed generosity and kindness towards Elisha and used her resources to build a room onto her house for him to rest while on his journeys. In return, she and her husband were divinely blessed with a child in their old age. Even after her son's mysterious death, he was revived and she was delivered from her heartache and sorrow.

Another beautiful example of caring and sacrificing for the sake of someone else is the story of Ruth. Ruth did not desert her mother-in-law. Instead, Ruth gave up her life to take care of her. By going with Naomi to Bethlehem, she met and married Boaz and became a part of the genealogy of Jesus Christ (Ruth 4).

An additional illustration is when Joseph helped the Baker and Butler to interpret their dreams. Although they did not keep their promise to put in a good word for Joseph with Pharaoh, Joseph's gift was eventually made known to Pharaoh and he was summoned to interpret Pharaoh's dreams. The blessing of God turned things around for Joseph, and he was elevated from the pit of prison to a position of power in the palace and throughout the land (Genesis 40).

In spite of the inconvenience, hardship or sacrifices we make for the benefit of others in need, it is better to choose to help, give or provide for a friend, acquaintance or sometimes a foe (Romans 12:17-21). In God's timing, it will be a benefit and a blessing to us. Trust God, do the right thing, and in due time God will bless us (1 Peter 3:9). Our blessing will come in a way or at an angle we never imagined. Glory to God!

*"Never pay back evil for evil to anyone. Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men."*

*Romans 12:17-18*

### Dr. Oz Green Juice (Taken from [www.doctoroz.com](http://www.doctoroz.com))

Looking for a way to start your day, ladies consider incorporating more all natural fruits and vegetables in your daily diet. Here is a recipe showcase on the Oprah a few years ago!

Make the breakfast drink that Dr. Oz recommends! This "green drink" is high in fiber, low-calorie and rich in vitamins.

#### Ingredients

- 2 cups spinach
- 2 cups cucumber
- 1 head of celery
- 1/2 inch or teaspoon ginger root
- 1 bunch parsley
- 2 apples
- Juice of 1 lime
- Juice of 1/2 lemon

#### Directions

Combine all ingredients in a blender. This makes approximately 28-30 ounces, or 3-4 servings.







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**NABCOR Women's Ministries**

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 Fellowship  
Women's Ministry Newsletter  
Women's Prison Ministry

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