



# Becoming Whole Women in Christ

## Women's Ministry Newsletter

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### Message from the First Lady

Sis. Ellen P. Barney



Now that we are in the fall season and the winter season quickly upon us, life will once again present us with many challenges. The Lord, in His infinite wisdom, does not explicitly reveal what awaits us. He does, however, assures us a renewal of strength as we face difficult times. The Lord will sustain our endurance, like the tenacity of an eagle. According to Isaiah 40:31, *But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles,*

*they shall run and not be weary, they shall run and not be faint.*

Clearly, this verse shows us that the Lord will renew our strength as we wait on Him. Amazingly, an eagle, with its steady wings, soars fearlessly above the storms. And we, too, shall go through whatever crises await us without becoming overwhelmed, knowing that the Lord renews our fortitude. Therefore, we can endure the challenges, both emotionally and spiritually.

May we trust God as we embrace the promise of renewed strength. **Let us wait on Him. He will not let us down...and that's a promise!**

I also want to encourage you to take the time to read this Fall/Winter edition of Becoming Whole Women in Christ (BWWC) Newsletter. If you are interested in submitting articles, please contact the BWWC ministry leader listed on the last page of this edition.

Again, enjoy our 2019 Fall/Winter edition.

In Christ, Sister Barney



## My Life, My Journey, Living in the Word of Christ

By Sis. Ellouise Griffin



When you live in the Word of Christ, you become a new creature in Christ because now you understand and know the truth. The old self wars against the new creature to destroy God's temple, but by steadfastly staying grounded and focused in His Word, God's Will be done. Your battle becomes more severe now, but constant prayer and asking God for guidance will sustain your strength. You see the light to God's stairway, you ask Him to comfort you, to lead you, and to give you the strength to stand still

in His mighty power to defeat the enemy. On God I stand, any other is sinking sand. Thank you, Lord.

*Scriptural references for further reading: 2 Corinthians 5:17; Romans 7:21; 2 Thessalonians 2:17 and Isaiah 40: 28-31*

## About: Sunday School

By Sis. Chanel Trussell

Do you have a heart for children? Do you enjoy spending time and providing God-centered, Biblically sound instruction to our little ones? The Sunday School Ministry needs you. They need teachers and spiritual assistants who aid teachers in classroom activities. The classes are grouped by grade (Pre-K, K-1, 2<sup>nd</sup>-3<sup>rd</sup> grade and 4<sup>th</sup>-5<sup>th</sup> grade). Please contact Sis McGinnis or reach out to me, Sis Chanel Trussell (I teach K-1 in Sunday School). To God be the glory!

## Grey Skies

By Sis. Ryna Johnson

You wonder...

Do grey skies bring dismal days?

Whether it's raindrops peppering dampened  
concrete,

or

Torrents of rain pierced with lightning streaks,

We know...

Grey skies don't bring dismal days!

It's just another glorious opportunity to witness

God's magnificent work!



*Scriptural references for further reading: Isaiah 54:10;  
Psalm 46:1-3 and John 14:27*

## How is Your Memory? (Part 1, see the Spring/Summer 2020 Newsletter for Part 2)

By Sis. Rosalind Dyson



The Lord God of all Creation has graciously endowed us with a complex brain that controls our thoughts, memory, speech, movement of our limbs, and the function of all the organs within our body. He has masterfully designed

and blessed us with an extraordinary brain that is made up of over 100 billion neurons, interconnected cells, chemical neurotransmitters and blood vessels. Our brain houses our mind, which gives us the specific capacity to learn, store, retrieve, and remember enormous amounts of information and experiences.

The mind is also responsible for thinking, thoughts, emotions, feelings, attitude, beliefs, imagination, perception, reason, and of course memory. Unfortunately, occurrences like brain infections, head injuries and medical or psychological disorders can cause temporary or permanent memory loss. Negative life experiences, stress, anxiety, depression and emotional trauma can affect our retention of information and our memory. Relevant past experiences can be forgotten or erased from our mind. In some cases, this amnesia or loss of memory can be a choice.

Similarly, during our Christian life, we can suffer spiritual amnesia. This type of memory loss erases or dismisses the remembrance of the Lord's goodness and blessings upon our lives. Forgetfulness can be brought on by sin, disobedience, and a harden heart, along with the hardships of life. To complicate matters, Satan tries to invade our mind through persuasion to weaken our faith and trust in our Savior, Jesus Christ. The Adversary wants us to believe that our God will desert us, not be with us, or help us the next time a hardship comes our way. Instead, we should always

remember that Jesus Christ promises never to leave or forsake us (Hebrews 13:5). Also, according to James 1:17, *God does not change like shifting shadows.*

The Lord's inexhaustible blessings are infinite, and His mercies are new every morning (Lamentations 3:22-23).

The Bible makes it crystal clear that our remembrance of God's promises, commandments, precepts, statutes, and principles are a very significant part of our faith walk. The Bible also mentions over 300 times the concept of remembering, having remembrance of, not forgetting, and being mindful of God's power, faithfulness, and instructions. In the archives of our mind, we should have a catalog of God's blessings for quick recall, such as past healing from illnesses, miraculous return from financial ruin, protection from enemies and oppressors. We should also remember His stilling the storms of our lives, miraculous rescues from devastation, and narrow escapes from hurt, harm, and danger—the list can go on and on.

Just like the people of God at Horeb, the Lord wants us to remember the miracles He has performed in our lives and to share them with our children. Deuteronomy 4:9 states, *Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them.*" The Lord has told us, showed us, and kept His word over and over again. The Bible instructs us in Psalm 103:2, *Praise the Lord, my soul, and forget not all His benefits.*

The sin of forgetfulness occurs several times in the Bible. The people of Israel were a very forgetful people; they murmured and complained each time a new hardship came into their life. The children of Israel *did not remember the Lord their God, who had rescued them from the hands of all their enemies on every side* (Judges 8:34). *(continued in the next newsletter...)*

## Behold, You Are New (Part 1, see the Spring/Summer 2020 Newsletter for Part 2)

Sis. LaCountess Ingram

### Overcoming the Power of Low Self-Esteem

Recently, I had the privilege to attend a workshop on low self-esteem. It was not my initial intention to go because the day it was offered, I had a baby shower to attend. I felt led to go, so I obeyed. I went thinking this is going to be good information that I can use not only for myself, but I could use the info to help my daughters, nieces as well as other young women. As I reviewed what I learned when I got home, the information discovered was life-changing and gave me a more in-depth insight on 2 Corinthians 5:17, which states *Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*

Low self-esteem is a stronghold with deep roots and shows up in a lot of areas. This stronghold has varying degrees, many facets, and characteristics. Low-self-esteem often times begins in the home and runs rampant in many of our congregations, stifling the work of God from going forward. Countless sisters struggle with feeling worthless,



inadequate, and live in the shadow of their past. This hideous stronghold can eventually block you from getting the needed deliverance to walk in the freedom that God ordained. Think about it, how many people have come to the church looking to be made whole only to discover the wholeness is not there because the vessels at the church are not walking in the power of 2 Corinthians 5:17?

Dear Sisters, I pray by the time you finish reading this article, a deposit is made by faith, and the power to destroy and dismantle this stronghold will go forth stirring the inquiry on the inside to press into God's Word to get your deliverance. Be open and receive it!

Self-esteem is a self-appraisal, it deals with self-identity, how we see ourselves, and it controls our very being. In order to dismantle it, we must establish the habit of going to the Word of God to see what He says about who we are in Him.

Genesis 1:26 states, Then GOD said, *Let us make man in our image, after our likeness...* According to the original Hebrew text, GOD is interpreted as ELOHIM—the strong, Creator God. The strength, wisdom, and power of the Father, Son, and Holy Spirit, (Yes, ALL 3!) were present and created you and me. The Godhead was very deliberate and intentional when they created us. David said it best in Psalm 139:14, *I will praise thee; for I am fearfully and wonderfully made....* (continued in the next newsletter...)

## Women's Ministry Spotlight

Bodies of Clay – Dance Ministry

To support the Women's Ministries by preparing and administering Liturgical Dance for worship services and special events, for which our participation is requested. We desire to glorify God, edify the believers, and minister to the lost. In ministering to the lost with our dance, we pray for the manifest witness of Christ Jesus; consequently, leading many to the Gospel of Jesus Christ. It is also our desire that we display ourselves as **yielded vessels** unto the Lord through the Spirit of Dance, by **removing self** so that God can forever be Glorified! Contact: Sis. Angela Keyes

# New Antioch Baptist Church of Randallstown

A Church Anchored in Christ

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

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Sister Chanel Trussell



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:  
[Chanel\\_trussell@yahoo.com](mailto:Chanel_trussell@yahoo.com)

## NABCOR 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  
Wholesome Warriors  
Bodies of Clay Dance Ministry  
Aerobics' Ministry  
Newsletter Ministry

Card Ministry  
Women's Fellowship  
Comfort Ministry  
Grief Support Ministry  
Women's Prison Ministry

