



# Becoming Whole Women in Christ

## Women's Ministry Newsletter

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### Message from the First Lady

Sis. Ellen P. Barney



With the COVID-19 Pandemic and the need to refrain from social contact, Spring has become a distant memory for some. Continuously, news media bombards us with discouraging news. Despite daunting reports, we can still enjoy this refreshing season. For Spring is here and soon Summer!

Spring brings new beginnings. Ahh...a time of the year where blossoms bloom, grass sprouts, birds sing, and creation seems to liven. As I meditate on these wonders, I am in awe as to how our Creator brings alive those things that are asleep or dead.

He presents new beginnings with a purpose in mind. Being said, when Adam and Eve sinned in the garden, God had a plan to provide a living sacrifice, Jesus Christ, whose death provided new beginnings for all. His sacrificial death on the cross atoned for the penalty of sin. He died. He was buried. And then three days later, He was resurrected! Romans 4:25 gives us a twofold emphasis: He was delivered for our offenses and raised for our justification.

Amazingly, we celebrate Christ's resurrection during the blooming Spring season when beauty surfaces. The Lord indeed died on a Friday afternoon and then rose on a Sunday morning to give us a new experience in Him. His death meant atonement, and His resurrection meant life!

Before salvation, our lives were imprisoned with walls of fear, hate, anger, and shame. We were incarcerated by our past sins and poor choices. Assuredly, we were guilty of all charges. With scarred nailed hands and feet, Jesus entered the scene to give us hope by dying on a horrific cross to take our place of execution. Consequently, we are now free to live—to experience love, joy, and peace...**even in a pandemic!!!**

I also want to encourage you to take the time to read this Spring/Summer 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 2020 Spring/Summer edition.

## Spring's Elegant Reminders

By Sis. Ryna Johnson



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Psalm 145:5

*They speak of the glorious splendor of your majesty—  
and I will meditate on your wonderful works.*

Oh Lord, the trees are glorious!  
Dressed in ivory, lavender, and blushing pink costumes.  
Each glimpse a chance to peek perfection,  
As herbal arrays pierce spring afternoons.  
God's breath of creation,  
Safe harbors from harm,  
They appear with outstretched beckoning arms,  
A delight to dulled senses,  
Caressed by dew,  
Look up, grasp moments not meant for a few.  
Oh Lord, your trees are glorious!  
Flushed with majestic tears,  
Empowering our voided hearts,  
Such omnipotent reminders,  
You're here!

## Our Spirit Within

By Sis. Ellouise Griffin

Hush, hush children and listen to your spirit  
Through silence and meditation,  
you can reach deep within.  
You can grasp hold of thoughts, feelings, ideas,  
and answers.  
Silence and meditation bring forth the  
good things of the heart.  
Rage and thoughtlessness spark evil spirits  
that breed destruction.  
Even in our dreams, spirits,  
whether good or bad,  
can plant seeds of thought of either.  
Obedience to God  
and a caring heart overcomes evilness.  
God is in control of all the earth and there within.  
He has given us the control of choice.  
So, listen to the Spirit of God,  
and allow *Thy Will to be done*.

Proverbs 1:5...*let the wise listen and add to their  
learning, and let the discerning get guidance.*



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## Nine Things Emotionally Healthy People Do

Sis. Kisha M. Houston

What is emotional health? People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. Christ wants us to be emotionally healthy and exhibit the fruit of the Spirit (Galatians 5:22-23), which includes self-control.



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Here are things that emotionally healthy people do:

1. **They create healthy boundaries.** Successful relationships require healthy boundaries. When boundaries are undefined or unhealthy, the relationship will eventually have a negative impact on your life. Consider where you are vulnerable and create boundaries to protect yourself.
2. **They can delay gratification.** Whether you want to finish school, lose 20 pounds, or get your work done before 5 p.m., it's necessary to delay gratification. For example, eating a cupcake now is more gratifying in the moment than just saying no. But in the long run, forgoing cupcakes will help you meet your goal of losing weight. *If you make life easy on yourself in the short-term, you pay the price in the long-term.*
3. **They can be content by themselves.** "By yourself" doesn't mean sitting on the couch with a pizza and Netflix. You're not alone. You have two companions with you. *Can you sit quietly, by yourself, with nothing but your thoughts?* Or does anxiety about your life create too much discomfort? How much time do you spend distracting yourself from reality?
4. **They are able to adapt to change.** Do you go with the flow or does any change throw you for a loop? Emotionally healthy people are able to roll with the punches and maintain a positive attitude.
5. **They can deal with discomfort effectively.** Those that cannot deal with emotional discomfort usually lead chaotic lives. It is only when the discomfort of not acting becomes so great that they are finally able to do something. By then, it's too late. When you can take a deep breath and take effective action in the face of emotional discomfort, life is a snap.
6. **They can love others.** Only emotionally healthy people can truly love others in a positive way. *To care, trust, and attach to another person honestly requires good mental health.*
7. **They take care of themselves physically.** Do you only eat when you're hungry? Do you make healthy food choices? Are you able to get yourself to exercise even if you don't feel like it? Do you go to the doctor and dentist regularly? If your emotional health is up to par, you can do these things consistently.
8. **They are reliable.** Can people count on you to keep your word? Fulfilling your promises and obligations is one sign of emotional health.
9. **They act proactively.** Are you able to look ahead and see the potential sticking points and then avoid them? Or do you wait until the wheels are coming off before you take action? Living well isn't just about skillfully dealing with challenges. Ideally, it's about intelligently avoiding them when possible.

## How is Your Memory? (Part 2, see the previous newsletter for Part 1)

By Sis. Rosalind Dyson



In 1 Kings 18, Elijah destroyed the 450 prophets of Baal at Mt. Carmel by the power of God, then in the next chapter he was hiding in a cave because of Jezebel's threat upon his life.

Elijah chose fear instead of relying on the awesome power of God that he had just witnessed. It escaped his memory when he had to confront the next challenge in his life. In Mark 6, when the disciples became distressed by the storm on the sea, they forgot they had just witnessed the power of Jesus in the miraculous feeding of the 5000. In these situations, God's miraculous powers were forgotten and not applied to their current situations. All they had to do was remember their previous deliverances, stand firm on God's faithfulness, and believe that He would come through for them again.

The story of David and Goliath is encouraging. David was able to take on Goliath without fear or hesitation because he remembered that God had been with him before when he defeated the lion and the bear. Even Jonah, in his disobedience and despair, knew to rely on his remembrance of the mercifulness of God. Jonah said in Jonah 2:7, *"When my soul fainted within me, I remembered the Lord...."* By remembering, David and Jonah were able to put their faith and hope in God into action.

Likewise, the "Prodigal Son" during his pigpen experience reminisced about the good life he had in his father's house (Luke 15:17). This reality check prompted him to decide to return home to his father's house. Our remembrance of God's goodness to us should encourage our faith, renew our trust in God, and draw us closer to Him.

We should have physical or visual reminders in our lives, like the Ebenezer stones (1 Samuel Ch. 7) or the twelve stone memorial in Joshua Ch. 4, that remind us of God's deliverance and goodness to us. We are instructed to remember Jesus Christ's death, burial, and resurrection. After the Crucifixion of Jesus Christ, He commanded us to partake in the Holy Communion in remembrance of Him. We can remember God's word by hiding it in our hearts (Psalm 119:11). The Lord even gives us the Holy Spirit to help bring all things to our remembrance (John 14:26).

We should also routinely saturate our minds with the memories of God's goodness to us. When we remember and meditate on God's track record in our lives, it is evident that God has been with us every step of the way. We should realize that our successes, victories, and deliverances were not by luck, chance, or happenstance. In some form or fashion, we all have witnessed His power in our lives repeatedly. Our remembrance of God's faithfulness to His Word, His blessings, and favor upon our lives should inspire, strengthen and renew our faith. This recall concerning the above should also encourage hope and trust in Him today, tomorrow, and in the future to come. Hallelujah!

How is your memory? Do you remember when...?



## Behold, You Are New (Part 2, see the previous newsletter for Part 1)

Sis. LaCountess Ingram



### Overcoming the Power of Low Self-Esteem

Dear Sisters, since the **power** of self-esteem controls our very being, God requires us to have balance in our self-esteem. He does not desire our self-esteem to be so high that our head cannot get through the door or so low that we are scraping the ground. It is imperative to go to the "balanced" Word of God and allow it to validate us. We are assured in 2 Corinthians 5:17 (KJV), **Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.** The words "new creature" in the Greek translation is *kainos*—*qualitatively new (new)*. Also, the Greek word *ktsis* is the sum total of what God created (**creature**). Beloved Daughters, **if** you are in Christ, you are qualitatively new, the sum total of what God

created. You are daughters born not of natural descent, nor of human decision or a husband's will, **but born of God** (John 1:13).

Being a new creature is powerful, the beauty of being a qualitatively new, sum total of what He created. **The new nature becomes qualitatively new by the activity of God Himself through His renewing by the Spirit of God!!** Friends find liberty in knowing that they are creatures, regardless of their shortcomings during their BC (Before Christ) days. If we are in Christ, those shortcomings have all passed away. The renewing activity of God Himself crosses all our T's, dots all of our I's, guides our willing hearts, and covers our missteps with His grace...HALLELUJAH!!!

Sisters, let us pause for a second and pray: *Dear Lord, I know that you created me wonderfully and beautifully. Give me the confidence and **power** to walk in that knowledge. In Jesus Name!*

This knowledge, being created wonderfully and beautifully, has been transformative for me. I pray, as you delve into the liberating Word of God, that you are validated through Christ and achieve a "balanced" self-esteem. I believe God's Word will give you the spiritual power to walk in your God-given destiny with your head held high. Daughters of the Most High...BEHOLD, YOU ARE NEW!

## When I Grow Old- a Whimsical Poem

Sis. Irene Oliver

When I am old, I will wear a hat of red tilted to the side. I will ride my magical red tricycle along the freeway, at my own pace. Hey, don't beep at me; my hearing aid is out of whack...stay in your own lane! I will wear golden slippers upon my feet and tap dance along old Broadway. Even Mr. Bojangles would be proud. I will sing at the Metropolitan Opera. Yes, I will jump and dance like a ballet dancer, with such grace, you will tip your hat. I will ring my cowbell at midnight so my neighbors can come to lunch. I will go to Tiffany's and order my favorite... oh, of course, a mustard sandwich rare with green cheese and a pickle on the side. I dare not share a crumb. Well, maybe if you are nice. Tomorrow I will go to Hollywood. I will draw a star and write my name in wet cement. At the end of the day, I will tilt my hat once again and head towards home. I will sit by the fireplace and nod with a cup of tea. I will defy all the odds because I am wonderfully and beautifully made. I will not grow old and cantankerous but will do so with love, wisdom, and a gentle heart. Such thoughts as these are not designed to make you sad but glad and to place a smile upon your face and to give you peace of mind and hope for Tomorrow....Oh, how marvelous it is to grow old in a graceful way...P.S. Don't forget to collect all of your I.O.U's.

# 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.

**During this COVID-19 Pandemic, allow 2 Chronicles 7:14 to resonate, and then practice it daily in your prayer life.**

## 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

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

