



# R.F.W.M.

## Reaching Faithful Women through Ministry

Volume 1, Issue 5

September/October 2009

### Redemption Fellowship Women's Ministry

**Mission - committed to helping women of all ages and stages of life to understand and proclaim God's Word, pursue Christ and His holiness, and have a passion for God's people, while developing intimate, life-transforming relationships with our Father and other women.**

#### Harvest

In the Gospel of Matthew when Jesus saw people Jesus saw shepherd-less sheep. The disciples saw only people. Jesus saw a harvest.

*'Seeing the multitudes, (Jesus) felt compassion for them, because they were distressed and downcast like sheep without a shepherd. Then He said to His disciples, "The harvest is plentiful, but the workers are few. Therefore beseech the Lord of the harvest to send out workers into His harvest". (Matthew 9:36-38)*

"When the pilgrims settled in the United States, they brought their tools from Europe and learned to grow corn from the Indians. Their technology was limited. They dug a hole in the ground, planted an ear of corn, and added fish for fertilizer. By working hard with his hoe, a colonist could grow about one bushel for each month in the growing

season. By the time of the Civil War, farmers used mules and developed plows and other tools enabling a man to grow the equivalent of a bushel of corn a week. But today, with advanced technology, petrochemical fertilizer, soil analysis, and four-wheel drive tractors, a farmer can grow the equivalent of a bushel of corn for each 10 minutes of the growing season. American farmers grow more corn than the other farmers of the world because of better technology and better tools. The miracle of life in the seed has not changed; farmers can do nothing to change what God has ordered in the growth cycle. But **tools** and **technology** can improve the harvest."

Jesus said that workers were needed for the harvest and that the disciples should pray to the Lord of the harvest. Let's work and pray for a harvest at Redemption this year, we have so much

more in the way of technology than the disciples had in reaching people.

There are more Christians today than ever before in history. There are more people who have never heard of Christ than ever before in history. There are more people in the world than ever before in history. We should see the people as a harvest.

- *First Lady, Renee Higgins*



#### Upcoming Events:

- Church Yard Sale - hosted by the Women's Sunday School, Saturday September 12th from 7 a.m. to 12 p.m.
- Pastor Appreciation Month - October 1st through October 31st
- Harvest Fest - Saturday, October 31st. Watch your bulletins for more details.

#### Women's Ministry Fall 2009 Kickoff Fellowship

The Women's Ministry of Redemption would like to invite all ladies to our Fall 2009 Kickoff Fellowship. The event will take place on Saturday, August 29th at 4:30 pm at the home of Mrs. Beverly Black.

Please plan to join us and find out what is available to the women of Redemption for the 2009-2010 year. Come share your ideas, connect with other women, and be inspired during this time of encouragement, fellowship, and fun. This evening is designed to allow us to grow in faith and get to know each other better. Refreshments will be served.

Also, please mark your calendars for the following upcoming events:

#### Women's Ministry 2009 - 2010 Event Schedule

October 10<sup>th</sup>: Women's Fellowship

December 5<sup>th</sup> @ 10 a.m.: Decorate the church

December 12<sup>th</sup>: Christmas Brunch

February 6<sup>th</sup>: Women's Fellowship

Spring 2010: Women's Ministry Retreat

April 24<sup>th</sup>: Women's Fellowship

May 2010: Mother's Day Tea

Watch our Women's Ministry Newsletter for further details.

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## Featured Lady of Redemption

In each issue, the Women's Ministry will feature one woman from Redemption Fellowship Church. We are a church with many facets of women from different places, of different ages, with different interests, but all with one goal - to serve our God with all our hearts and minds. Here, we attempt to explore our similarities as well as our differences in order for us to get to know each other just a little bit better.



**Mrs. Sandra Joseph**

**A little background:** I was born in Queens, New York and have been married for 33 years to my husband Cyril. We have two adult daughters, Chenee'(30) and Takara (25).

**Where do you work and what do you do at your job?** I am employed at Frank McClarin High School in Fulton County where I work as a Reading Specialist.

**What do you find rewarding about your occupation?** I teach an important, necessary, lifelong skill – Reading.

**What brought you to this church and how long have you been here?** I left Live Oak Baptist Church in 1995 and joined Redemption in January of 1996, providing 13 years of uninterrupted membership.

**Scriptures you live by?** *"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."* - John 16:33; *So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.* - Matthew 7:12; and *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.* - Colossians 3:12-14

**How have these scriptures impacted your life?** John 16:33 shows me that all my life issues are overcome in HIM. Matthew 7:12 provide a guideline for smoother relationships; and Colossians 3:12-14 are words to strive and live by.

**Any passions or special interests?** Reading and encouraging others – especially women.

**What has God taught you about being a woman in the faith?** There are blessings and challenges. In order to meet the challenges, I must place all my faith in HIM and be patient.

**We all have gone through trials and tribulations in our lives. Do you have a testimony that you would like to share with the women of Redemption?** In my teaching career, I once experienced so much turmoil that my family was concerned about me. I wanted to stay and fight the battle, but all of the signs from God were for me to make the needed change, by trusting Him to lead me away from the difficulty, to someplace new. Weary, broken, and, I thought, defeated, I finally moved in obedience. Needless to say, the truth of Romans 8:28 prevailed. My new situation was truly God-ordained and continues to remind me that "His grace is sufficient for me ..." (II Corinthians 12:9)

**What do you believe God is calling you to do today?** Let go of my fears and trust HIM more.

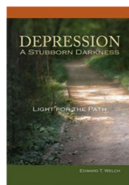
**At Redemption, what ministries are you involved in and what do you find rewarding about working in this ministry?** Sunday School (Women's Facilitator). My rewards are the growth that I see among the women in our class, as well as the humbling fact that God uses me as a channel of His truth and blessing.

**Have you read any inspirational books that you would encourage other women to read?** I would recommend *Approval Addiction* by Joyce Meyer because it exposes truths about how and why people mishandle and respond incorrectly to people who do not have their best interest at heart. We tend to try to please people more than the God who created, loves, and redeemed us through Christ.

**What has been your biggest challenge?** Ecclesiastes 3:7b

wisdom and encouragement. She truly was my first mentor though I did not realize it until after she died. She taught me to be consistent as a parent and as a woman.

### Recommended Reading: [Depression: A Stubborn Darkness](#) by Edward Welch



**From the Publisher (@ [www.bn.com](http://www.bn.com))** - This book gives new hope to those who struggle with depression, and for the people who love them. Dr. Ed Welch writes compassionately on the complex nature of depression and sheds light on the path toward deep, lasting healing.

**Ligonier Ministries Store Synopsis** - Treating depression is often viewed from one of two extremes. One school of thought says that finding the right pill will cure depression. Others say depression is overcome only by addressing its root, spiritual causes. This book looks at depression from a biblical perspective, showing us that while there can be biochemical reasons for this condition, depressed people must also look at the underlying spiritual issues with the help of friends, pastors, and counselors if they are to find true relief.

#### **Other Suggested Reading:**

**[The Eve Factor: Resisting and Overcoming Temptation](#)** by Shirley Rose. The Eve Factor explores the specific struggles that women encounter in their pursuit of a closer walk with God, true peace and happiness, and a life of significance. This book will help you to recognize when you are being tempted, identify which temptations you are susceptible to and why and determine your temperament and how it makes you vulnerable to temptation.

Trust in the  
LORD with all  
your heart  
and lean not on  
your own  
understanding,  
Proverbs 3:5  
(NIV)

## Featured Recipe -



1 tablespoon olive oil  
 1/2 medium onion, chopped  
 2 bay leaves  
 1 teaspoon ground cumin  
 2 tablespoons dried oregano  
 1/2 tablespoon salt  
 2 stalks celery, chopped  
 2 green bell peppers, chopped  
 1 - 2 jalapeno peppers, chopped  
 3 cloves garlic, chopped  
 2 (4 oz) cans chopped green chile peppers, drained  
 2 (12 oz) packages vegetarian burger crumbles  
 3 (28 oz) cans whole peeled tomatoes, crushed by hand  
 1/4 cup chili powder  
 1 tablespoon ground black pepper  
 1 (15 oz) can kidney beans, drained  
 1 (15 oz) can garbanzo beans, drained  
 1 (15 oz) can black beans, drained  
 1 (15 oz) can whole kernel corn  
 Heat the olive oil in a large pot over

## Vegetarian Chili



medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt.

Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers.

When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the drained kidney beans, drained garbanzo beans, and drained black beans.

Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Top with shredded cheese if desired and serve with corn bread or crackers and a toss salad.



**October is Vegetarian and National Chili Month**

## Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease - differing by individual, age group, and even the kinds of cells within the tumors themselves.

According to the National Cancer Institute:

- 2.4 million women living in the U.S. have been diagnosed with and treated for breast cancer.
- Nearly 200,000 women will be diagnosed with breast cancer this year.
- Breast cancer is the most commonly diagnosed cancer among African American women.
- Roughly 19,540 African American women will be diagnosed this year.
- Roughly 1900 new cases are expected in men this year.
- 1 in 8 women will be diagnosed with breast cancer during their lifetime.
- When breast cancer is detected early (localized stage), the 5-year survival rate is 98%.

There is currently no means of preventing breast cancer. The best way to fight breast cancer is to have an Early Detection Plan (EDP) that helps you detect the disease in its early stages. An EDP should include self breast examinations, clinical breast exams and mammograms. A woman's best overall preventive health strategy is to reduce her known risk factors as much as possible by avoiding weight gain and obesity, engaging in regular physical activity, and minimizing alcohol intake.

A breast self-exam (BSE) should be performed at least once a month. Look for any changes in breast tissue, such as changes in size, a lump, dimpling or puckering of the breast, or a discharge from the nipple. If you discover a persistent lump in your breast or any changes in breast tissue, it is very important that you see a physician immediately. However, 8 out of 10 lumps are benign, or not cancerous.

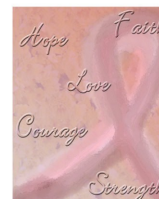
*To perform a BSE:* In the Shower - Fingers flat, move gently over every part of each breast. Use your right hand to examine the left breast, left hand for the right breast. Check for any lump, hard knot, or thickening. Carefully observe any changes in your breasts. Before a Mirror - Inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour of each breast, a swelling, a dimpling of the skin, or changes in the nipples. Then rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match - few women's breasts do. Lying Down - Place a pillow under your right shoulder and put your right arm behind your head. With the fingers of your left hand flat, press your right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

Though breast cancer is the most common cancer diagnosed among all U.S. women, excluding cancers of the skin, we should take note and be aware of other cancers. These include, but not limited to, lung, colon, non-Hodgkin lymphoma, uterine, thyroid, kidney, ovarian, pancreatic, leukemia, liver, and brain cancers.

For more information, please visit the website for the American Cancer Society at [www.cancer.org](http://www.cancer.org) or the website for the National Cancer Institute at [www.cancer.gov](http://www.cancer.gov).

*Beloved, I pray  
 that you may  
 prosper in all  
 things and be in  
 health, just as  
 your soul  
 prospers.  
 (3 John 1:2  
 NKJV)*

*He sent His word  
 and healed them,  
 and delivered  
 them from their  
 destructions.  
 (Psalm 107:20  
 NKJV)*



A New You:  
Dedicated to providing that which will bring external and internal rejuvenation  
Tips for Decluttering Your Home

*“Are too many material possessions draining your energy, leaving you exhausted and maybe even resentful? Simplifying may call for unloading some of your material possessions that require so much of your time, energy, and money that you should invest elsewhere. Consider selling or perhaps giving away some of those burdens.” - So, You Want to Be Like Christ? by Charles R. Swindoll*



Here are a few tips:

1. Note the places in your home that may need decluttering: kitchen cabinets, bedroom closets, bookcases, kid's room, under the beds, bathrooms, linen closets, desks, filing cabinets, CD/DVD shelves, and garages.
2. Declutter for 15 minutes every day.
3. Don't allow things into the house in the first place - establish the no-more-stuff habit.
4. Create a goals chart with decluttering on it - either daily, or 3 times a week. Check off the days when you declutter, and you'll feel a great sense of accomplishment.
5. Use the "one in, two out" rule. The rule: whenever you bring in an item, you have to throw away two other items.
6. Make your storage space smaller and more minimal. If you have lots of storage, you'll fill it with stuff.
7. Clothing rule: If you haven't worn an item in one to two years, sell or donate it.
8. The One-Year Box. Take all your items that you are unsure about getting rid of put them in a box, seal it and date it for 1 year in the future. When the date comes, and you still didn't need to open it to get anything, donate the box.
9. Declutter one room (including any closets, desks, cabinets, etc.) before starting on the next one.
10. Internalize that your value is not in your "stuff".
11. Have someone else help you go through things. They don't have the emotional attachment that you might have, but can still recognize if something should be kept.
12. Gift everything - recycle or donate among friends, family or local charities or organizations.

Once you have everything decluttered and organized, get everyone to keep everything in its place and your home will remain organized and clutter free!

For the items that you plan to get rid of, remember, the Women's Sunday School is having a Church Yard Sale on Saturday, September 12th at 7 a.m. Buy a table and set up to sell. Proceeds from the sale will go to the food pantry.



#### Prayer Requests:

Our prayers go out to our church members, family members, and friends who are in need of healing, comfort, and faith. Our prayers continue to go out to Ellenore Pryce, Linda Clark, Tangela Miles, Vivian Tankard, and Geneva Mitchell. We also take this opportunity to pray for our church, Pastor and First Lady as Pastor Mike moves into fulltime service with the church. We pray for continued growth in our church - in spirit, in finances, and in body.

*"... pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." James 5:16*



#### DINNER AND A MOVIE

September 16th and  
October 21st at  
6 p.m. at the church



Redemption Fellowship Church  
418 Highway 279  
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(770) 460-1220

#### Reminders:

- Redemption Ships: September is Leadership month and October is Friendship month
- Prayer Vigils - Fridays, September 4th and October 2nd from 6 p.m. to 8 p.m.
- Labor Day is September 7th
- Columbus Day is October 12th
- T.O.P.S. is open for fall membership. Contact Renee Higgins for more details.

*Redemption Fellowship  
Women's Ministry*

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