



# R.F.W.M.

## Reaching Faithful Women through Ministry

Volume 2, Issue 1

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### 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.*

#### A New Year Prayer

New Year

Our Father in Heaven, the Father of Jesus Christ, our Lord, we are grateful that Thou art the high and lofty God who inhabiteth eternity and yet Thou art pleased to dwell with those who are of humble and contrite heart.

We stand on the threshold of another year. All the years Thou hast granted us to live are gone forever into the tomb of Time – and we can not UNlive or RELive any of them.

And this New Year comes to us from Thee as a new white book

without a stain upon it. Help us so to live every minute of every hour of every day of it in such devotion to Thee that Thou shalt be glorified in our living and loving and giving as the sun is glorified in rare and beautiful flowers.

Help us to be “always bearing about in our bodies the dying of the Lord Jesus that the life also of Jesus might be made manifest in our bodies.”

May we, at all times and in all places, be found denying ungodliness and worldly lusts as we strive to live soberly,

righteously, and godly in this present world - as we look for that blessed hope and the glorious appearing of our great God and Saviour, Jesus Christ. This we pray in His blessed and holy name. Amen.

- Prayer taken from *The Pulpit Library* by Andrew Blackwood

- *First Lady, Renee Higgins*



#### Upcoming Events:

- Chattanooga, TN Trip - MLK Joint Service with New City Fellowship - Sunday, January 17th.
- Congregational Meeting - Sunday, January 24th immediately following worship services
- Ministry Fair - Sunday, January 31st during Sunday School and after Worship service
- Couples Ball (presented by the Marriage Ministry) - Saturday, February 13th. For more information, contact Horace or Shibana Cutter

#### Inside this issue:

Our Featured Lady	2
Recommended DVD	2
Featured Recipe	3
Women and Heart Disease	3
Trying Something New	4
Reminders	4

#### Redemption Fellowship Women's Ministry Events



##### Women's Summit 2010

The Women's Ministry of Redemption Fellowship Church would like to invite all ladies to our upcoming Women's Summit. The event will take place on Saturday, March 13th from 10 a.m. to 3 p.m. at Redemption Fellowship Church.

Our theme for this year is *Building Healthy Christian Relationships*. Our purpose is to encompass discussions on building healthy relationships in our everyday lives as mothers, wives, sisters, daughters, and friends.

Program will include uplifting music, powerful messages, inspiring guest speakers, and Q/A sessions. Lunch will also be served. Please mark your calendars and plan to join us for this momentous event. This event will take place in lieu of our annual retreat. More details coming soon.

##### February Fellowship

The Women's Ministry of Redemption would like to invite all ladies to our February Fellowship. The event will take place on Saturday, February 6th at 4:00 pm at the home of Mrs. Plushette Dennis.

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.

## Featured Lady of Redemption

In each issue, the Women's Ministry will feature one woman from Redemption Fellowship Church. 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.

### Shibana Cutter, 2nd Lady of Redemption Fellowship

**Background:** Shibana Cutter became the Second Lady of Redemption Fellowship in 2009 when her husband Horace Cutter became the new Assistant Pastor. She and her family joined Redemption in the summer of 2006 and are heavily involved in the church. Along with many other activities, Sister Cutter and her husband head the Couples Ministry as well as the New Members classes for Redemption. Sister Shibana is also a member of the Usher Ministry and holds a seat on the board for the Women's Ministry.

In August 1989, Horace and Shibana were married in Winston-Salem, North Carolina. They soon moved to Atlanta, GA to seek their dreams they envisioned for their family. Shibana, a new graduate from nursing school, with great expectations begin to help others in the ministry of discipleship. They have five children, Ken 27, Albert 26, Kevin 24, Jay 19 and Anastasia 11, all in various areas in their lives. Facing the challenges of a blended family they are members of Family Life Today, a ministry that builds families, as volunteers since 1996.

Shibana is a graduate from DeKalb College, GA. (Registered Nurse) and presently works at a local hospital, while pursuing a degree from South University. These are only two lesser lights of celebration next to her wedding day. Shibana loves to go to the movies and go bowling with friends.

**Scriptures you live by?** I live by Romans 8:28, Proverbs 3:5-7, and the book of Colossians. These scriptures guide my life because they keep me focused and grounded on the faithfulness and mercies that God gives me each and every day. They are a constant reminder that I am limited in what

I know and understand but God sees all and knows all. Through these scriptures, God lets me know that He has a plan for my life no matter where I have come from He is the guiding light and foundation.

**Are there any words of wisdom or encouragement that you would like to give to the women of Redemption?** To live honorably before

God, to honor your husband, love your children and be willing to help all those God would send your way. Be ready to offer God's word of encouragement and not your own opinion, be ready to give a hand up and not a hand out, Be ready as Mary was when Gabriel came to her in Luke 1:38b ...be it unto me according to thy word. Proverbs 31:10-31, Proverbs 18:22, Palms 127, Palms 128, Ephesians 5:22, 1 Corinthians 7

**What new programs or ministries would you like to see added to our church?** Ministries that especially target the youth at their point of need and interest; ministries that peak their interest such as dance for our young ladies, and for our young men, ushering, music ministry or any interest that will challenge our youth both male and female to be God's Leaders and not to compromise with the worlds standards. I have a deep passion for the youth. I believe that the family is the foundation for everything; however, the church is to be an extension of family. We must equip our children with the necessary spiritual weapons to be victorious. Proverbs 22:6, Eph 6



### Recommended DVD: Laugh Your Way to a Better Marriage by Mark Gungor

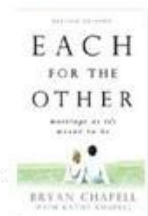


**From Amazon.com:** Thanks to the hilarious, practical and no-holds-barred advice from Mark Gungor, the dynamics of marriages are changing all over North America. Creator of the popular Laugh Your Way to a Better Marriage Seminar, Mark explores the underlying dynamics of male/female relationships, combining striking clarity and practical solutions to common relationship woes.

Filmed in high-definition, this 4-DVD set includes Mark Gungor's entire weekend seminar, as well as extra bonus material. You will experience all the facts and side-splitting fun of Mark's look at life, love and marriage including: - The Tale of Two Brains - laugh till you hurt as Mark explains what he calls 'the laws of relational physics' - how men and women are wired differently and why. - Why Does He/She Do That - through a tool called the Flag Page, Mark is able to show husbands and wives a new way to discover what makes their spouse tick. - The No. 1 Key to Incredible Sex - this is it... the 'yo mama' session you've been waiting for. Mark goes through the five steps couples need to know how to experience incredible, mind blowing, married sex... don't miss it! - How to Stay Married and Not Kill Anybody - through this session, viewers will discover the power of forgiveness in their marriage... or what Mark likes to call, 'The Reset Button'. Through this DVD experience, couples will laugh, learn and be able to make real, positive changes to their marriage. Share the Laugh Your Way experience with someone you love ... even your spouse will thank you!

### Recommended Reading: Each for the Other: Marriage as It's Meant to Be by Bryan and Kathy Chapell Product Description (from Amazon.com)

Marriage requires not just love, but sacrificial love, says Bryan Chapell. In his newly revised and updated book, Each for the Other, he shows married couples how to emulate the unselfish, sacrificial love of Christ. While imparting invaluable instruction grounded in Scripture, Chapell not only helps husbands and wives understand the nature of God's care but also affirms the importance of building a spiritual foundation that binds them together as one. By presenting a biblical model of marriage, Chapell encourages couples to dive into the deeper dimensions of their relationship. The result, he says, is a Christ-centered marriage and a grace-filled family. Refreshing and honest, Each for the Other is a perfect guide to show spouses, engaged couples, and marriage counselors what marriage is meant to be.



## Featured Recipe - Chocolate Espresso Cake (as seen on the Today Show)

### Cake

1 lb. Guittard semisweet chocolate, coarsely chopped  
 1 lb. unsalted butter, diced  
 1 cup freshly brewed espresso  
 1 cup golden brown sugar  
 8 eggs, beaten to blend

Bath of hot water  
 Fresh raspberries for garnish

### Raspberry sauce

1 ½ lbs. raspberries  
 ¼ lb. sugar  
 ½ tsp. salt

Preheat oven to 350 degrees. Line bottom of a 9-inch diameter cake pan with 2-inch-high sides with parchment. Place all chocolate in large bowl.

Bring butter, espresso and sugar to boil in medium sauce pan, stirring to dissolve sugar. Add chocolate; whisk until

smooth and cool slightly. Whip eggs till blended. Stir eggs into chocolate mixture until blended. Do not whip.

Pour batter into prepared pans. Place cake pan in roasting pan. Pour enough hot water into roasting pan to come halfway up sides of cake pan.

Bake until center of cake is set and tester inserted into center comes out with a few moist crumbs attached, about 45 minutes. Remove pans from water and chill cake overnight.

Cut around pan sides to loosen cake. Using oven mitts, hold pan bottom over low heat for 15 seconds, warming slightly to release cake. Place platter over pan. Hold pan and platter together tightly and invert. Lift off cake pan, peel off parchment and dust top of each cake with cocoa powder. Cut cake into ten slices and garnish with fresh raspberries and raspberry sauce.



*Happy Valentine's Day*



### Heart Healthy - Heart Disease

February 5th is National Wear Red Day (Go Red for Women - American Heart Association). Go Red For Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. Here we provide key information you need to know about women and heart disease.

- Each year, heart disease claims the lives of more women than breast cancer and lung cancer combined.
- A greater percentage of women die within one year of a heart attack than men.
- The death rate of African-American women due to cardiovascular disease is greater than white women.
- Diabetes is a risk factor for heart disease.
- 42.1 million women had cardiovascular disease in 2004, resulting in some 461,000 deaths



#### *Common Misconceptions about Women's Heart Health*

1. *As long as my cholesterol and blood pressure are normal, I don't have to worry about having a heart attack.* While both are contributing factors to heart disease, family history, weight and blood sugar also are of major importance.
2. *Estrogen and other hormones protect women from heart disease, so young women don't have to worry.* Young women do get heart attacks and they are often fatal. According to the AHA, women under age 55 account for up to 16,000 heart-related deaths and 40,000 cardiac-related hospitalizations each year.
3. *A hot flash is always a sign of menopause and never the sign of a heart problem.* While hot flashes are most often associated with -- and caused by -- the hormone changes of perimenopause and menopause, they can also be a symptom of certain cardiac conditions.
4. *To prevent heart disease all women should take one baby aspirin a day.* Not all women need or will benefit from daily aspirin use. While studies show that aspirin can help prevent heart attacks in those with a history of heart disease, regular use of aspirin has also been shown to dramatically increase the risk of both gastrointestinal and brain bleeding.

#### *Facts You Need To Know*

1. Health events that occurred during pregnancy -- such as preeclampsia or gestational diabetes can be risk factors for heart disease later in life.
2. A stomachache, nausea, vomiting, or unexplained sweating and fatigue can all be signs of a heart attack in women. During a heart attack, women are more likely to present with "atypical" symptoms -- including pain in the jaw, shoulder, or upper back.
3. Heart palpitations, flutters, or rapid heartbeat can sometimes be a sign of heart disease -- but not always.
4. Smoking increases your risk of a heart attack.

For more information about heart disease and to check your risk factors, please visit [www.webmd.com](http://www.webmd.com), [www.goredforwomen.org](http://www.goredforwomen.org), or visit your doctor.

## A New You: Dedicated to providing that which will bring external and internal rejuvenation

### Trying Something New

Can you believe it's 2010 already? We have made it to another New Year. So now is the time to start thinking about the things that we accomplished last year and start taking steps to reach new goals in this New Year. Every woman has something that they have always wanted to do and haven't gotten around to doing it yet. Maybe there's a book you've been dying to read, or a closet/attic that's been ignored for the past year or so, or a class you wanted to take to learn a new skill. Don't know what you want to tackle, well here are some ideas to get those mental juices flowing.



Take charge of your health – lower your cholesterol, lose weight, decrease stress – whatever it is, make a plan to make this a great healthy year. Get regular checkups, eat right and drink loads of water are a few tips to get you started. To lose weight, join a gym, purchase workout videos, get a personal trainer or join a weight management program, like T.O.P.S.

Drive cross country to visit a friend – got a friend in New York, California, or Chicago that you haven't seen since college? Well hop in the car and head north or west. Driving allows you to take in the scenery as well as enjoy some good music along the way.

Go on a ladies only weekend – make plans with a few friends to get away from it all and let the hubbies watch the little ones while you are away. Your weekend does not have to be some far off destination. You can find close spots that can save you time and money while allowing you to have a chance to unwind.

Take a class – contact your local library or your county's recreation department for classes on all sorts of topics. Want to lose some weight, try belly dancing; want to spice up your menu, try a cooking class. Want to learn a new language, try a Spanish class. Want to learn how to draw, take an art class. There are all sorts of possibilities, including jewelry making, creative writing, website design, photography, and crocheting.

Start a book club at your church or among your friends – Do you know several people who love to read? Why not get together and choose a book and then discuss it over dinner. It is amazing what you can learn by looking at it from another's perspective. A scrapbook club is also a good idea for people who like to make scrapbooks as well.

Learn a new sport – If losing weight is on the agenda for 2010, maybe adding a new sport to your regime will make things interesting. Options include basketball, tennis, swimming, and racquetball. This activity can also be shared with other members of your family.

Start a business – Do you have an idea for a new product or want to venture off on your own to utilize your talents? 2010 may be the year to get that venture off the ground. Take a business class to get pointers on how to get started writing a business plan, obtain a business license, and contacting your county to find out what regulations pertain to you.

Learn CPR and First Aid – Would you like to know how to save a life if needed? Do you know what to do if your child was involved in an emergency? Maybe this is the year to be certified in CPR and First Aid. The information you gain through those courses are invaluable.

Whatever you decide to do, we are now entering into a new year and you owe it to yourself to get out there and do something just for you. Make 2010 the year for a new change in you.

#### A Prayer for the New Year



Come, Holy Spirit,  
Spirit of the Risen Christ, be with us today and always.  
Be our Light, our Guide, and our Comforter.  
Be our Strength, our Courage, and our Sanctifier.  
May this new year be a time of deep spiritual growth for us,  
A time of welcoming your graces and gifts,  
A time for forgiving freely and unconditionally,  
A time for growing in virtue and goodness.  
Come, Holy Spirit,  
Be with us today and always.  
Amen.

#### Reminders:

- January 18th is MLK Day
- February is Black History Month
- Prayer Vigils - Friday, January 8th and Friday, February 5th from 6 p.m. to 8 p.m.
- Dinner and a movie: Wednesday, January 20th and Wednesday, February 17th at 6 p.m.
- HOT DONUTS: Sunday, January 24th and Sunday, February 28th at 6 p.m.

*Redemption Fellowship*

*Women's Ministry*

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