



R.F.W.M.

Reaching Faithful Women through Ministry

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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.

Consequences



In the book *Deceived by Shame, Desired by God* by Cynthia Humbert, there is a chapter that speaks about consequences and the difference between suffering the consequences of a

past sin or mistake and receiving punishment for past failures.

The author makes a good point when she addresses some of our problems that stem from our thinking that we are being punished by God because of past sins. "As long as Satan can keep you believing that lie, then you remain too angry with God to seek a healing relationship with Him. The truth is that all of the punishment for our sins was placed on Christ as He died on the cross." she tells a client who has certain problems with unforgiveness.

I was reading this book and wanted to share it with you. I think that the author captures something that we all experience; it is at least something that I have experienced. My problem is at times trying to understand it all. I don't need to understand it all; I must simply bear witness to God's love and God's grief over our sin.

It's like trying to get over grief, we don't get over grief at a certain time it's a walk of believing God. Isaiah 60:20 states that "The Lord will be your everlasting light, and your days of sorrow will end." God didn't say sorrow would not come if you are righteous, but He does promise us that sorrow will end. We are limited by the consequences of sin like sickness and death. But we are freed by His forgiveness of sin and it's that freedom that brings us into sweet fellowship with Him.

"Humble King" by Brenton Brown

Oh kneel me down again
Here at Your feet
Show me how much You love humility
Oh Spirit be the star that leads me to
The humble heart of love I see in You

CHORUS:

You are the God of the broken
The friend of the weak
You wash the feet of the weary
Embrace the ones in need
I want to be like You, Jesus
To have this heart in me
You are the God of the humble
You are the humble King.

First Lady, Renee Higgins

O my Comforter in sorrow, my heart is faint within me. - Jeremiah 8:18

Upcoming Events:

- Congregational Meeting - Sunday, July 18th
- Friends and Family Day - Sunday, July 25th. Watch your bulletins for more details.

Women's Ministry Fall 2010 Kickoff Fellowship

The Women's Ministry of Redemption would like to invite all ladies to our Fall 2010 Kickoff Fellowship. The event will take place on Saturday, August 14th at 4:30 pm. The location will be announced soon.

Please plan to join us and find out what is available to the women of Redemption for the 2010-2011 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 2010 - 2011 Event Schedule

October 23rd: Women's Fellowship
 December 4th @ 10 a.m.: Decorate the church
 December 11th: Christmas Brunch
 February 12th: Women's Fellowship
 Spring 2010: Women's Ministry Retreat
 April 23rd: Women's Fellowship
 May 2010: Mother's Day Tea



Inside this issue:

Our Featured Lady	2
Recommended Reading	2
Featured Recipes	3
Staying Healthy	3
Your Bucket List	4
Prayer Requests	4
Reminders	4

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.



Ms. Tangela Griffin Miles

A little background: I was born in Montgomery, AL to Mr. & Mrs. Arthur G. Griffin. My Father worked at the VA in Tuskegee, AL and my mother was an Elementary school teacher. I have an older sister and twin brothers. I am divorced and have two daughters: Taylor (12) and Kayla (10).

What do you enjoy most about being a mother?

I think the most rewarding thing about being a mother is the unconditional love that your children give you. You can fuss at them, spank/ punish them but after a little time passes, they are hugging on you and telling you how much they love you! I love coming home from work, or picking them up from school and getting greeted like a long lost friend.

Where do you work and what do you find rewarding about your job? I work in the Clayton County School system as a Media Specialist. I have been a Media Specialist for 15 years; prior to that, I taught first and third grade in Clayton County. What I enjoy most about my job is being able to share new technology and ideas to help enhance my students' and Teachers' research/teaching skills. I also like the fact that my job allows flexibility when talking to students and Teachers, so when they feel like discussing issues with me, most of the time I am available to listen and give advice.

What brought you to this church? I have been a member of Redemption Fellowship since September of 2001. I use to attend Pastor Keith Butler's church, Word of Faith; which was the same building as Redemption. When I was working on my Specialist degree, someone all the way in Tennessee told me they had heard good things about this church. I was surprised to know it was the same church that I use to attend when Keith Butler was the Pastor. When I went for a visit, I enjoyed the services and later came to join Redemption.

Scriptures you live by? My favorite scriptures are: Proverbs 3:5 "Trust in the Lord with all thine heart; and lean not unto thine own understanding." The other one would be Proverbs 31; because it reminds me of my Grandmothers and the kind of

woman I need to strive to become.

What has God taught you about being a woman in the faith? God has shown me countless times that he has my back. Even when situations appear to be working against me, God has turned them around in my favor. So, I'm trying not to help him help me anymore. I try to focus and stay in tune with what it is that "His Will" is for my life.

Recently you shared your testimony with the church.

What inspired you to do so? Our first lady and others have been aware of some of my trials that I had been experiencing lately, so I was asked to share my testimony with the congregation. I did so because I felt that God had brought me through some tough times and you never know who might be going through tough times now and may need to hear or be reminded that our God is Faithful, merciful and will see you through whatever ordeal you might be facing.

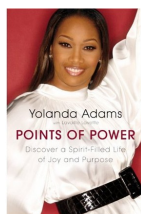
What do you believe God is calling you to do today? I'm still trying to figure that one out. For now, just trust and believe He is who He says He is, and He will direct my path.

Any words of wisdom or encouragement? I saw this saying on a Church marquee and I can't get it out of my mind. It said, "The devil has a plot, but God has a Plan!" That is one of the best and most accurate statements I've read.

Have you read any inspirational books that you would encourage other women to read? I am in the process of reading a book entitled, "12 steps to becoming a more organized woman". I have to keep coming back to it because it always seems to be something else to do, so I'll put it down and then pick it back up later. The book is based on Proverbs 31 and is written by Lane P. Jordan. If your life is anything like mine, then I would highly recommend this book to anyone who needs to get organized.

What has been your biggest challenge in life? One of the biggest challenges in my life was adapting to the idea of being a single mother raising two girls. I never thought I would be a single mother, but you never know what challenges life will throw your way. Through it all, God has shown His mercy and grace and with Him, indeed All things are possible.

Recommended Reading: *Points of Power* by Yolanda Adams



From Publishers Weekly - Adams's upbeat you can do it, too message finds a new home in this book written with children's author Lavette. Using the Points of Power presented on her daily radio show and themes from her gospel songs, Adams advances her belief that God has a plan for each life that includes success and happiness. She develops 37 points, each packaged with scripture passages and thoughts for further consideration, with a collection of stories about people who have overcome various struggles. She is transparent about her own failures and triumphs as well. After losing her father at a young age, Adams went on to college and a brief stint at teaching before launching a lucrative gospel music career that has generated 17 albums and \$40 million over 20 years. A single mother of one child, Adams also has been divorced twice, but with her characteristic glass-half-full outlook, she sees good in everything that has happened to her. Christians who subscribe to the prosperity gospel message, as well as her fans, will most appreciate Adams's prescription for fulfillment.

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

Featured Recipes - Grilled Salmon and Amazing Spicy Grilled Shrimp

Grilled Salmon

1/3 cup soy sauce
1/3 cup brown sugar
1/3 cup water
1/4 cup vegetable oil
1 1/2 pounds salmon fillets
lemon pepper to taste
garlic powder to taste
salt to taste



Season salmon fillets with lemon pepper, garlic powder, and salt. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours. Preheat grill for medium heat. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Amazing Spicy Grilled Shrimp

1/3 cup olive oil
1/4 cup sesame oil
1/4 cup chopped fresh parsley
2 tablespoons hot sauce
2 tablespoons minced garlic
1 tablespoon ketchup
1 tablespoon Asian chile paste
1 teaspoon salt
1 teaspoon black pepper
3 tablespoons lemon juice
2 pounds large shrimp, peeled and deveined
12 wooden skewers, soaked in water



Whisk together the olive oil, sesame oil, parsley, hot sauce, minced garlic, ketchup, chile sauce, salt, pepper, and lemon juice in a mixing bowl. Set aside about 1/3 of this marinade to use while grilling. Place the shrimp in a large, resealable plastic bag. Pour in the remaining marinade and seal the bag. Refrigerate for 2 hours. Preheat an outdoor grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. Lightly oil grill grate. Cook shrimp for 2 minutes per side until opaque, basting frequently with reserved marinade.

Recipes taken from AllRecipes.com

Women: Staying Healthy At Any Age

What can you do to stay healthy and prevent disease? You can get certain screening tests, take preventive medicine if you need it, and practice healthy behaviors. Top health experts from the U.S. Preventive Services Task Force suggest that when you go for your next checkup, you should talk to your doctor or nurse about how you can stay healthy no matter what your age.

The most important things you can do to stay healthy are: be tobacco free, be physically active, eat a healthy diet, stay at a healthy weight, take preventive medicines if you need them, and get recommended screening tests.



Screening tests can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

* **Obesity:** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>.

* **Breast Cancer:** Have a mammogram every 1 to 2 years starting at age 40.

* **Cervical Cancer:** Have a Pap smear every 1 to 3 years if you have ever been sexually active and are between the ages of 21 and 65.

* **High Cholesterol:** Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if you have diabetes or high blood pressure, heart disease runs in your family, or you smoke.

* **High Blood Pressure:** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

* **Colorectal Cancer:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.

* **Diabetes:** Have a test for diabetes if you have high blood pressure or high cholesterol.

* **Depression:** Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

* **Osteoporosis (Thinning of the Bones):** Have a bone density test beginning at age 65 to screen for osteoporosis. If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about being tested.

* **Chlamydia and Other Sexually Transmitted Infections:** Have a test for chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor about being tested. Also ask whether you should be tested for other sexually transmitted diseases.

* **HIV:** Have a test to screen for HIV infection if you have had unprotected sex with multiple partners, are pregnant, have used or now use injection drugs, exchange sex for money or drugs or have sex partners who do, have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs, are being treated for sexually transmitted diseases, or had a blood transfusion between 1978 and 1985.

For more information, visit the Agency for Healthcare Research and Quality at www.ahrq.gov.

*Beloved, I pray
that you may
prosper in all
things and be in
health, just as
your soul
prosper.
(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
What's On Your Bucket List**

If you haven't heard about the bucket list, it is a wish list of all the goals you want to achieve and dreams you want to fulfill during your lifetime. At times it is easy to get caught up in a day-to-day activities – so much that our life goals end up taking a backseat. Typical to do lists usually center around career, health, or family. However, a bucket list opens up your mind to set totally context-free goals where you list down anything and everything you ever wanted to do. If you don't have a bucket list, now is the time to create one. When creating your list keep these questions in mind ...



- What have you always wanted to do but have not done yet?
- What will you do if you have unlimited time, money and resources?
- What are your biggest goals and dreams?
- What achievements do you want to have?
- What experiences do you want to have / feel?
- What activities or skills do you want to learn or try out?
- What would you like to do with the people you love?
- What do you want to achieve in the different areas: social, family, finance, health, spiritual?

The items should be things you have not done yet - a list of everything you want to achieve, do, see, feel and experience in your life. Here are some items that might spark your imagination.

- Run a marathon or take part in a triathlon
- Take up a new sport, like scuba diving, swimming, golf, or tennis.
- Start your own business doing something you love
- Go on a road trip
- Start and finish a do it yourself project in your home
- Visit a waterfall, swim in an ocean, or walk in a valley
- Be a mentor to someone
- Perform a kind deed without expecting anything in return
- Get more involved in your church or community
- Help someone in need with your time, money, or talents
- Volunteer at a hospice
- Conquer your biggest fear - heights, airplanes, etc.
- Get closure on all your hurt and unhappiness of the past / bury the hatchet with all your enemies
- Read the Bible from Genesis to Revelations
- Get out of debt

After you finish your bucket list, start acting on them. Review your list regularly. Cross out the list of things after you do them and add new ideas as your inspiration grows.

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



Prayer Requests:

Our prayers go out to our church members, family members, and friends who are in need of healing, comfort, and faith. We also take this opportunity to pray for continued growth in our church - in spirit, in finances, and in body. Prayer is needed for our educational system - pray for increased budgets, no additional loss of jobs, and no additional furlough days. We also need to remember all those who are negatively affected by the BP oil spill.

Reminders:

- Prayer Vigils - Friday, July 2nd and Friday, August 6th from 6 p.m. to 8 p.m.
- Independence Day 2010 will be celebrated on Sunday, July 4th
- Due to the summer school break, the Women's Ministry will not schedule a fellowship for the month of July. We will resume in August with a fellowship scheduled for Saturday, August 14th.
- There will be no dinner and a movie for July and August. Pastor Mike will continue his teaching on the book of Titus.



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Redemption Fellowship Women's Ministry
**For additional ministry info, please
visit our church website at
www.redemptionfellowship.org**