

GOD'S WOMAN ~ ~

ON PURPOSE WITH PURPOSE

MAIN BAPTIST CHURCH

MBCh Women's Ministry - Sis. Barbara A. Walker

Wow! Isn't it amazing that we are quickly approaching the end of the 6th month of 2013! It's officially summer. Our lives are quickly moving, and life is happening all around us. We are all busy, but are we productive? Are we in a place where we are sure that we are within the will of God? Are we living abundant lives? As we look forward to the second half of 2013 and prepare for 2014, we want to be sure that we are doing all that we can to meet each others' needs through effective ministry.

This year's "**Mothers' Day Brunch**" was a blessing! We carried that excitement into our first gathering for "**The Talk**" - a forum for real life, real questions, real answers. Please plan to join our next gathering for "**The Talk**" as we talk about relationships. We plan to meet on Monday, July 15th at 7:00 p.m. The work of the Ministry is ever-growing. We need each other to survive and to thrive. Please seek the Lord for your opportunity to become an active part of this work. God is depending on you—and so are we!



How God Created Mother

*God took the fragrance of a flower,
The majesty of a tree,
The gentleness of morning dew,
The calm of a quiet sea.
The beauty of a twilight hours,
The soul of a starry night.
The laughter of the rippling brook,
The grace of a bird in flight.*

*Then God fashioned from these things,
A creation like no other.
And when His masterpiece was through
He called it simply . . . Mother.*



June 30, 2013

Volume 4, Issue 1

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Upcoming Dates

- July 15th — "The Talk"
- Hot Summer Nights are coming!!
- September 14th — Third Annual **Dinner in Black & White**
- November 8th—10th—2nd Women's Spiritual Renewal Gathering

OWN YOUR POWER

Lisa Nichols says, “My professional life was soaring. As a CEO and motivational speaker, I was inspiring people, writing books, and having great success. Yet, I was nearly 100 pounds overweight and living in personal shame. I was teaching people how to live their dreams—but I was living a nightmare. ... at a health retreat, a woman said: “You already know how to lose weight. This is not a physical thing; it’s an emotional one.” She was right.”

1. Recognize where you are—the only way to move forward is to figure out where you are on your journey.
2. Rate yourself—list the seven areas of your life which are important, then rate each one on a scale of 1 (it’s unbearable) to 5 (you love it). Anything rated 1 or 2 needs to be evaluated and adjusted. The goal is to move every single area of your life from breakdown (1 or 2) to absolute joy (4 or 5).
3. Get clear about what’s driving you—are you running towards abundance and joy or trying to outrun failure? Be honest about it, then do something about it.
4. Unpack your fear—by breaking down each misgiving about a decision and considering them logically rather than emotionally, you minimize your trepidation and allow yourself to focus on the possibilities.
5. Make an already-done list—rather than starting from a point of failure, start from a point of celebration. It will motivate you to keep moving forward.
6. Keep the end in mind—never lose sight of your dreams and goals! Picture them. Set milestones and celebrate as you reach each one.
7. Shift your mindset—pay attention to your thoughts and what you say about each area of your life. Your mindset will become your reality.
8. Get moving—all the planning in the world won’t get you to your goal until you put it into action. Get busy living while you are living.

(Portions excerpted from Essence Magazine, June 2013 issue)

Your Power Checkup

1. Are you paying down your debt? **Power move:** The stress of carrying debt doesn't just deplete your bank account, it can cripple your health. Start paying down debts one at a time and watch your stress melt away. (Romans 13:8)
2. Do you share a pew with your gal pals? **Power move:** Sociologists have discovered that not only does church attendance bring inner peace but connecting with others at your place of worship heightens that sense of joy. (Hebrews 10:24—25)
3. Have you truly forgiven those who have hurt you? **Power move:** Forgiveness is an amazing gift: when we pardon others we also lower our blood pressure and strengthen immunity. So, if you won't forgive because others deserve it, forgive because you do. (Matthew 6:12—14)
4. Do you eat fruits and vegetables? **Power move:** There are many benefits if you do. Researchers found that people who consume more of nature's goodies are calmer and have more energy. (Romans 14:2—3)
5. Are you groomed for success? **Power move:** Authentic power comes from within (but a little red lip can't hurt). (I Samuel 16:7)
6. Do you hand over your burdens to God? **Power move:** You do yourself a huge favor each time you surrender your troubles. Prayer and meditation send the body into a relaxed state, which increases tranquility. (I Peter 5:7)

KNOW YOUR NUMBERS!

Many of us have annual physicals with our doctors. They check our height and weight, and they usually take a blood sample to check some important levels. The doctor may tell us that all markers are within normal range, or they may mention that some numbers are higher (or lower) than normal and follow up is required. Either way, do you know your numbers?

Between doctor visits, you can monitor and track your blood sugar, blood pressure, and body weight. Easy-to-use home glucose monitors, blood pressure monitors, and bathroom scales are readily available at large discount retailers and pharmacies. By keeping track of your numbers on your own, you will be able to better manage your health. It's important to your health—know your numbers!

Blood sugar

The amount of sugar (glucose) in the blood

Prediabetes

HbA1c (glycosylated hemoglobin) less than 6%

Diabetes

HbA1c (glycosylated hemoglobin) less than 7%

Pre-meal glucose – 70 to 130 mg/dl

Post-meal peak glucose - <180 mg

Blood pressure

The force of blood against the arteries when the heart beats and rests

Less than 130/80 mm Hg

Blood cholesterol

A waxy substance produced by the liver

LDL cholesterol levels below 100 mg/dL

HDL cholesterol level above 40 mg/dL for men and 50mg/dL for women

Triglycerides below 100 mg/Dl

Body weight

A body mass index (BMI) of 18.6—24.9

Waistline smaller than 35 inches for women and 40 inches for men

IT'S TIME TO MOVE!!

Some exercise is better than none. Start moving! We continually hear that it's good for our health. But ~~~ what are the health benefits we gain from exercising? Believe it or not, even moderate exercise can positively impact all of the following:

Longevity

New Brain Cells Development

Prevention of Cardiovascular Disease

Cancer Prevention

Cholesterol Lowering Effect

Prevention and Control of Type-2 Diabetes

Weight Control

Reduced Risk of Stroke

Blood Pressure Lowering

Muscle Strength

Attractive Body

Bone Strength

Back Pain Remedy

Strong Immune System

Better Night Sleep

Stress Management

Alternative to Antidepressants

Gastrointestinal Tract Benefits

Cognitive and Mental Health Function Enhancement

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GOD'S WOMAN—ON PURPOSE!

For more information or to get involved in any of these projects, feel free to contact the Church at 630-898-7727, Barbara A. Walker, Coordinator at 630-907-7332 or Jackiey Gibson, Co-coordinator at 630-851-3021, or e-mail us at mainwomenofgod@gmail.com.

We are excitedly preparing "The Talk". Please plan to attend at 7:00 p.m. to talk about and get real answers. We You answer? Relationships. "The Talk" will be an opportunity to share. Please plan to join us for an evening of fun and fellowship. Please bring a dish to pass.



for a continuation of "The Talk" tend on Monday, July 15th real life, ask real questions, asked "what's on your mind"? Please bring a dish to pass.



THE WOMEN OF MAIN ARE CONTINUOUSLY COLLECTING ITEMS FOR OUR DONATIONS TO HESD HOUSE, LIFESPRIING AND MUTUAL GROUND. WE NEED TOWELS, SOAP, DEODORANT, BODY WASH, TOOTHPASTE, TOOTHBRUSHES, LOTION, AND HAIR CARE PRODUCTS. PLEASE E-MAIL US AT MAINWOMENOFGOD@GMAIL.COM TO DONATE.

Lifespring

Ministry Philosophy

Lifespring's ministry philosophy is simple – ministering to the whole person by offering education through the four phases of the six month program, along with leading women and families into a personal relationship with Jesus Christ and a local body of believers.

Overview

Lifespring Ministry is Wayside's long term transitional living program for homeless women and women with children, who have lost their housing due to addiction, abuse or financial reasons. This safe, loving "family" environment has the capacity to house up to 57 women and children and provides a 6-month program teaching families the necessary skills to live independently. For more information, please contact Barbara Walker, Jackiey Gibson, or Magnolia Oliver.

"42: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; 43: I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me." (Matthew 25)

Lifespring Center is located at 517 College Avenue in Aurora. A division of Wayside Cross Ministries, Lifespring is a long-term transitional facility for homeless women and children.