

# GOD'S WOMAN—ON PURPOSE

MAIN BAPTIST CHURCH

*MBCh Women's Ministry—Sis. Barbara A. Walker*

2012 is so quickly moving, and lots of things are happening all around us. There has never been a stronger need for us to be one in Christ, united in fellowship, and earnestly praying for each other than right now! We are all busy, but are we productive? Are we in a place where we are sure that we are doing what God has called us to do? Are we living abundant lives? Abundance is within your reach—can you see it? As we look forward toward the second half of 2012 and into 2013, we want to be sure that we are doing all that we can to meet each others' needs through effective ministry.

We are excitedly planning the second annual “**DINNER IN BLACK & WHITE**” to take place September 15, 2012 at the Eola Center. Please join us. We are praying that it will be an even more fun-filled and spirit-filled evening than last year.

Praise the Lord—we will be coming together the weekend of December 7th and 8th for a time of personal growth and spiritual renewal. Whatever you need from the Lord, you have to know that “*It's Within Your Reach!*”. It's our prayer that you will be there, too, to receive from God the one Word that you need to move to the next level in Him. Look for additional information, including forms for registration, over the next few days.

**PLEASE—SAVE THE DATES!!!!!!**

Abundant life **IS** within your reach!!!



## *Arise Women of God*

*M. S. Lowndes*

*Rise up O woman of God  
In what He has given you  
The things God has laid on your heart  
Rise up, go forth, and do*

*Unlock what God has placed within  
The potential you have inside  
The world is waiting for your release  
To expand your wings and fly*

*Arise in your God-given gifts  
For this is your finest hour*

*Arise in the Lord's holy might  
Ignited and empowered!*

*For God is calling you to come forth  
To impact the world for Him  
Don't hold back or limit yourself  
Let His power rise within*



Portions

excerpted

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### INSIDE THIS ISSUE:

The State of Black Wealth	2
H-O-T Summer Fashion Tips	2
Making Your Children Your Priority	2
Health Tips—Whooping Cough	3
Timesaving Workouts	3
A Dinner in Black & White	4
Keeping God First	4

### Upcoming Dates

- September 15th — Second Annual **Dinner in Black & White**
- September 17th— Women's Ministry gathering at Main
- December 7th—9th— Women's Spiritual Renewal Gathering— “*It's Within Your Reach!*”

## THE STATE OF BLACK WEALTH

The August 2012 edition of *Ebony* Magazine has an interesting article authored by Michelle Singletary entitled “*The New Money Rules for Today’s Economy*”. In it, she enumerates six “new” rules for handling money in 2012 and beyond. She introduces the article as follows:

“Before the great recession (December 2007—June 2009), people were living large on credit. They were taking out huge mortgages, refinancing and using what turned out to be phantom home equity to buy cars, vacations, and furnish their supersized homes. Many people piled on student loan debt for themselves and their children hoping to secure middle-to-upper-income lifestyles. From 1984 to 2007, at least 25 percent of African-Americans had no assets to tap into in the event of an economic emergency, according to research by the Institute on Assets and Social Policy at Brandeis University. In fact, the wealth gap between Whites and Blacks during that period quadrupled. Middle-income White families had accumulated \$74,000 in assets; the average high-income African American family had only \$18,000.” That’s not good news for us!

**Old Rule:** Have an emergency fund.

**New Rule:** Get a “*life happens fund*” in addition to an emergency fund.

Everyone knows he or she should have an emergency fund in case of job loss, but there is also another savings account you should have: a “*life happens*” fund. You need to save money, apart from your emergency fund, for those unplanned expenses, such as car repairs, a leaky roof, or a broken washing machine. You must save for these expenses; otherwise, you can end up draining your emergency fund, which should always be left alone until you have a dire financial situation such as a job loss. Generally, we suggest you keep at least \$1,000 in a “*life happens*” fund.

### *H-O-T Summer Fashion Tips!!*

Fashions burst out with vivid colors in 2012. Color was everywhere on the runways for spring and summer. However, many top designers mixed in black and white creations, and also dull neutrals seem to hold on this season.

Lace is also big this season, and it is being used as never before. It is popping up not only in evening wear and lingerie, but ready to wear - not to mention its covering shoes, and handbags, or any other creative way you want to wear it.

### *Making Your Children Your Priority —Sis. Vanessa Singleton*

*Today we are operating in a fast-paced culture. We balance work and home life. Being a mom is a full time job in itself. Moms are always multi-tasking. As we strive to be the mothers that are actively nurturing our children, it is our desire to bring glory to God. It is essential that we are intentional in our tasking and priorities and model God’s plan. We need to make sure that our priorities are in line with scripture, God first, family second, and others third.*

*By seeking God first in all aspects and priorities, our lives will fall into place for our good and His glory. Ask the Lord how can I put you first today? Will this bear fruit that remains? Am I doing this just to keep peace? Be strategic with the time that you have. Make God the companion of your schedule and priorities.*

*Proverbs 16:3 “Commit to the Lord whatever you do and you will succeed.” Above all, our priority must be to honor God and to obey what His Holy Spirit prompts us to do. Then, we can be assured that He will use our faithful efforts to do what’s best for our children.*

*“...children are a heritage from the Lord. The fruit of the womb is a reward.” Proverbs 127:3*

# WHOOPING COUGH?! ~ ~ TOYA JOHNSON, RN, BSN



Of recent times, we have seen an outbreak of whooping cough (also called Pertussis) in our community. This has led to many questions and worries! But the Bible teaches us that “*God has not given us a spirit of fear, but of power, and of love and of a sound mind*” (II Timothy 1:7). So, here is some information I hope you find helpful.

Whooping cough is an extremely contagious bacterial disease that has an uncontrollable cough. The name comes from a noise made—a high-pitched “whoop”—after coughing. Anyone can get whooping cough, but it is more common in infants and children. It's especially dangerous in infants! People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria. The best way to prevent pertussis is to get vaccinated. Parents can also help protect infants by keeping them away as much as possible from anyone who has cold symptoms or is coughing. Some early symptoms (lasting 1 to 2 weeks) usually include:

- ~~ Runny nose
- ~~ Low-grade fever (generally minimal throughout the course of the disease)
- ~~ Mild, occasional cough
- ~~ Apnea — a pause in breathing (in infants)

Please keep in mind that vaccine protection will fade in time. Therefore the U.S. recommendation is for adults to receive a booster shot (called Tdap). Even though a pertussis vaccine provides very effective protection, no vaccine is 100% effective. There is a risk that a fully-vaccinated person can still catch the disease. If someone develops a cold that includes a severe cough or a cough that lasts for a long time, it may be pertussis. The best way to know is to contact your health care provider.

Most importantly, God desires for us to be knowledgeable of what's going on around us; then prayerfully seek and trust Him for guidance and protection.

*Blessings to your health!*

*Toya Johnson*, RN BSN  
Faith Community Nurse

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”* (III John 1:2)  
(Information obtained from Center for Disease Control and Prevention, and the National Institute of Health)

## TIMESAVING WORKOUTS

## SIS. LA SHAWN PHILLIPS

The biggest excuse for skipping a workout is not having time. Time should never be an excuse! Anyone should be able to find 20 minutes in their day. You can accomplish many things in 20 minutes. You can put together a quick workout that includes cardiovascular benefits, core strengthening, and resistance training. The key to a time-efficient workout is the order in which the exercises are performed, the intensity of the exercises, and the rest periods.

The quickest and easiest way to save time is by combining exercises into circuits. A circuit is an exercise that includes multiple exercises that are performed back-to-back with very little rest. To keep the workout time to 20 minutes, try to limit the number of exercises for three rounds. Rest should be very minimal. You do not have to go to a gym; you can perform your exercises at home—so get a towel, grab your water bottle, and start sweating!

Sample workout: 20 pushups, 15 lunges on each leg, 30 crunches, 20 squats, 8 bicep curls, 8 tricep kickbacks. This circuit can be performed three times with no rest between exercises. Now go and give it a try!

*Sis. La Shawn*

**MAIN BAPTIST CHURCH**  
**REV. DR. JULIAN E.**  
**SPENCER, PASTOR/**  
**TEACHER**  
**MINISTER KYLE SINGLETON,**  
**SERVANT LEADER**  
**SIS. BARBARA A. WALKER**  
**COORDINATOR**  
**SIS. JACKIEY GIBSON**  
**CO-COORDINATOR**  
**SIS. PHYLLIS WILSON**  
**SECRETARY**  
**SIS. MILDRED PARKER**  
**TREASURER**

814 East Galena Blvd.  
Aurora, Illinois 60505  
Aurora, IL 60505  
Phone: 630-898-7727

*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](mailto:mainwomenofgod@gmail.com).*

## A DINNER IN BLACK & WHITE

We are excitedly preparing for our second annual "Dinner in Black and White". This year's dinner will be Saturday, September 15th, beginning at 5:00 p.m. We will once again be at the Eola Center, and all attendees are asked to "dress your best" in black, white, or a combination thereof!! This year's theme is "Abundance Within Your Reach", Colossians 3:12-17.

Please plan to join us for an evening of fun and fellowship. Donation is only \$15.

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GOD'S WOMAN—ON PURPOSE!

**THE WOMEN OF MAIN ARE CONTINUOUSLY COLLECTING ITEMS FOR OUR DONATIONS TO HESD HOUSE, LIFESPING 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](mailto:MAINWOMENOFGOD@GMAIL.COM) IF YOU HAVE ITEMS TO DONATE.**

*"Keeping God First"*

*Sis. Magnolia Oliver*

God has clearly said, He must be first in each of our lives. He will not share His glory with another! (Isaiah 42:8) Keeping God first reminds me of the song by Genita Pugh, "Can't Live". He is the air I breathe. In Him, I live, I move, and I have my being (Acts 17:28). He is in my thoughts when I wake up, throughout the day, and before I go to sleep. You are probably wondering how do I get anything done? My answer—it is because I put Him first in everything I do that I am able to accomplish anything. I acknowledge Him down to the smallest thing. I even ask Him what He would have me to do to be a blessing to someone.

If you have not accepted His Son, Jesus Christ as Savior and Lord, you will not be able to put Him first in your life. But He is waiting for you to ask Him to forgive you of your sins and invite Him into your heart. I really had to take to heart the scripture that says, "In all your ways acknowledge Him, and He will direct your path" while in the wilderness season of my life. I had to trust Him to be my provider, protector, and my peace.

Could it be that you are going through anxiety, worry, doubt, fear, and loneliness because you don't have the Lord on your mind? Get to know Him better, in a more intimate way, and watch your life change.

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If you want to develop a more intimate relationship with the Lord, please join us as we study the Word of God and learn to live our lives according to His will. It is only when we give ourselves away that we will receive the fullness of the abundant life He died for us to have.

John 10:10

Romans 12:1—2

Philippians 3:7—10