Volume 3, Issue 3
February 19, 2011

Alpha Women's Ministry Newsletter

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Women of the Word
“I know the plans I have for YOU, declares the LORD.”
Jeremiah 29:11

Women of Giving
Please support our Food Pantry by donating soap, toothpaste, etc.

Women of Wellness
Statesman Capitol 10K is slated for March 27, 2011.

Women of Prayer
Eva Dunkins
Brenda Harnsberry
Wendy Jones
Brenda Lewis
Millie Lee
Gracie Miles
Rhonda Newbury
Winifred Walters
Wanda Williams

Mary Jane McLeod Bethune (July 10, 1875 - May 18, 1955), was an American educator and civil rights leader best known for starting a school for African-American students in Daytona Beach, Florida, that eventually became Bethune-Cookman University and for being an advisor to Franklin D. Roosevelt. Born in South Carolina to parents who had been slaves and having to work in fields at the age five, she took an early interest in her own education. With the help of benefactors, Bethune attended college hoping to become a missionary in Africa. When that did not materialize, Bethune started a school for black girls in Daytona that grew from six students and merged with an institute for black boys and became Bethune-Cookman School. She worked for the election of Franklin D. Roosevelt in 1932 and became a member of Roosevelt's Black Cabinet, sharing the concerns of black people with the Roosevelt administration while spreading Roosevelt's message to blacks, who had traditionally been Republican voters. Upon her death, columnist Louis E. Martin said, “She gave out faith and hope as if they were pills and she some sort of doctor.”

Women's Day of Prayer - March 5th

Alpha Women’s Ministry will be observing the Women’s Day of Prayer on Sabbath, March 5th, during our Heritage and Worship Experience Services. Please join us as we unite in prayer for our church, our community and all women (those in families, who are single parents, widows and singles).
Celebrating ‘HatITUDE’ - February 19th

Wearing hats to church is a cherished African-American custom, one observed with boundless passion by black women of various religious denominations. A special THANKS to all ladies who are expressing their ‘HatITUDE’ on today!

**EIGHT COMMANDMENTS OF HAT WEARING**

I - Thou shalt not wear a hat wider than the shoulders.
II - Thou shalt not wear a hat a shade darker than the shoes.
III - Thou shalt only wear hats with colors of white, cream and pastels for Easter.
IV - Thou shalt not wear a hat with crumpled, wrinkled or droopy feathers or flowers. (That would just be plain tacky.)
V - Always look tasteful and tidy when wearing ‘The Hat’.
VI - Remember your bone structure. If a hat doesn’t fit the face, don’t buy it.
VII - Thou shalt not allow a hat to compete with the accessories.
VIII - Always let the hat be the focal point of the outfit.

Women’s Bible Study Begins March 5th

What do we do when God interrupts our lives? Many times, like Jonah, we run! Come join our Women’s Bible Study as we study about *Jonah: Navigating a Life Interrupted* and discover interruption is actually God’s invitation to do something beyond our wildest dreams. When Jonah was willing to allow God to interrupt his life, the result was a revival in an entire city! Women’s Bible Study will begin on **Sabbath, March 5th at 5 p.m.** For more information and to reserve your study resource in the amount of $12.00, please contact Ella Lott by **February 26th** or email womensministry@alphaadventist.org.

**Alpha College Care Packages**

**CALLING ALL PARENTS OF COLLEGE STUDENTS!** In February, the Alpha Women’s Ministry would like to once again let our college students attending school away from home know we truly care about them and have them in our thoughts and prayers. This year, the Women’s Ministry has decided to do things differently and send Care Cards to allow each student to purchase items they need or desire. Please contact Denise Dunkins to make sure we have included your son/daughter and have the correct mailing address. Please submit this information ASAP and feel free to email this information to womensministry@alphaadventist.org. Anyone wishing to make a contribution to this effort may contact Denise Dunkins. Thanks so much!
The importance of prayer in our lives cannot be overstated. It is vital to experiencing peace of mind amid the uncertain times in which we’re living, and it’s also the key to receiving God’s blessings on our ministry in the church and the community.

Alpha Women’s Ministry will host a Prayer Brunch on **Sunday, March 20th at 10:00 a.m.** in the Fellowship Hall. Ladies are encouraged to bring any special prayer requests as we fellowship with one another. Please share this date with your friends and family!

For more information on these events, please contact Carnecia Penson or send an email to womensministry@alphaadventist.org.

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**February Alpha Lady Spotlight - Wanda Williams**

“Before the throne is where we come to offer praise and seek wisdom, You have torn the veil that separates, No more outside now in Your grace.”

Our “Alpha Lady” Spotlight for the month of February, Sis. Wanda Williams, heralds this “Before the Throne” by Shekinah Glory as one of her most cherished songs.

The Book of Daniel is one of her favorite books of the Bible and her favorite Bible Story is Jonah and the Whale.

Over the years, Wanda has dedicated herself tirelessly for the service of God and serves as Assistant Head Deaconess, is involved with the Dorcas Passion and loves to visit the sick and shut-in.

Wanda likes to play games, dine out with family & friends, and has a sweet tooth for ice cream, cookies and cake!

Wanda is the oldest of five children. She has two beautiful daughters, Tamika and Twola and two grandsons, Xavier and Brieon.

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**Alpha Ladies Night Out**

**ALPHA Women’s Ministry will be hosting its first ‘Ladies Night Out’ of the year on **February 26th at the Mansion at Judges’ Hill.** For dining information, please visit www.mansionatjudgeschill.com and for more details, please contact Wendy Jones.

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**Women’s Prayer Brunch - March 20th**

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**Health Tip**

*The Treadmill Workout:* Just a little variation in your run/walk helps the time go by much faster. Try a 10-minute warmup, 20 minutes of random intervals, and a 10-minute cooldown.

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**ALPHA PORTRAITS - MARCH 12th - 14th**

**SAY CHEESE!** Don’t miss your opportunity to have your portrait taken at Alpha. Portrait times will be available **March 12th through March 14th.** Contact Karen Mallory for more information.

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**Capitol 10K - March 27, 2011**

Largest 10K in Texas - Coming up on 34 years strong! The Statesman Capitol 10,000 is the fifth largest 10K in the nation. Bring the whole family to this fun, festive event. Walk it, jog it or run it, just don’t miss it! Get Your Feet on the Street! **Race Start Times:** Wheelchair Athletes - 8:30 a.m., Timed/Competitive Athletes - 9:00 a.m. and Fun Run & Walk - 9:05 a.m. Visit www.statesman.com/cap10k for more information and contact Kathleen Chatmon or Jionne Harnsberry for helpful race tips.

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**HEALTH MINISTRIES’ COOKING CLASS A SUCCESS!!!!**

THANKS to everyone who attended the Health Ministries’ Cooking Class! A special thanks to Yolanda Pugh for sharing her delicious recipes of Oatmeal Patties with Gravy and Vegan Macaroni & Cheese! Don’t miss the next class scheduled for **Sunday, March 6th at 10 am** in the Fellowship Hall. For more details, please visit [www.alphaadventist.org](http://www.alphaadventist.org).

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**FEBRUARY 2011 CALENDAR OF EVENTS**

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<th>Sun</th>
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<td><strong>Sabbath Services</strong>&lt;br&gt;8:30 am - Alpha Heritage&lt;br&gt;9:40 am - Sabbath School&lt;br&gt;11:00 am - Alpha Experience</td>
<td>1</td>
<td>2</td>
<td>1 pm - Mid-Week Word &amp; Worship&lt;br&gt;6 pm - Mid-Week Word &amp; Worship</td>
<td>3</td>
<td>4</td>
<td>5 Board Meeting (Sunset)&lt;br&gt;6 pm - Youth Explosion&lt;br&gt;7 pm - Prison Ministry</td>
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<td>6 10 am - Cooking Class&lt;br&gt;10 am - Men’s Bible Study</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>1 pm - Mid-Week Word &amp; Worship&lt;br&gt;6 pm - Mid-Week Word &amp; Worship</td>
<td>10</td>
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<td>13 9 am - Dorcas Passion&lt;br&gt;Breakfast&lt;br&gt;10 am - Dorcas Passion&lt;br&gt;10 am - Eager Beavers/Adventurers/Pathfinders Mtgs&lt;br&gt;10 am - Men’s Bible Study</td>
<td>14 Valentine’s Day&lt;br&gt;6 pm - Sanctuary Choir Rehearsal</td>
<td>15</td>
<td>16</td>
<td>1 pm - Mid-Week Word &amp; Worship&lt;br&gt;6 pm - Mid-Week Word &amp; Worship</td>
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<td>18</td>
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<td>20 10 am - Men’s Bible Study</td>
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