



# Alpha Women's Ministry Newsletter

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## **"Celebrating Women's History Month"**

March is Women's History Month and we can join in paying tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society. Before the 1970s, the topic of women's history was largely missing from general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration in 1978 and chose the week of March 8th to coincide with International Women's Day. In 1987, this week was expanded to an entire month upon approval by Congress. This year's theme, "Our History is Our Strength", focuses on how our shared history unites families, communities, and nations. Although women's history is intertwined with the history shared with men, several factors - social, religious, economic, and biological - have worked to create a unique sphere of women's history. Please visit the National Women's History Project website at [www.nwhp.org](http://www.nwhp.org) for more information.

### Women of the Word

"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin."

1 John 1:7

### 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  
Carlotta Vann  
Winifred Walters  
Wanda Williams

## **Alpha Women's Circle of Prayer Brunch Sunday, March 20th**

**"For where two or three are gathered together in my name, I am there among them."**

**Matthew 18:20**



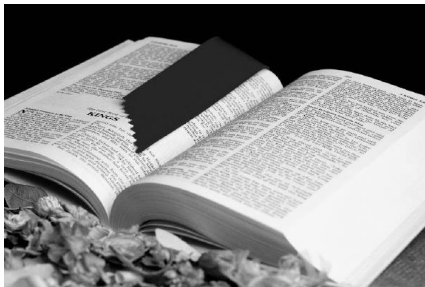
**Please join the Alpha Women's Ministry for the Circle of Prayer Brunch on March 20, 2011 at 10 am in the Fellowship Hall. This will be an Alpha experience that you do not want to miss. This will be a time for sharing thoughts, encouragement, and prayer among great company. You are encouraged to bring a friend and a breakfast dish. For more information, please contact Carnecia Penson at [car-neciap@gmail.com](mailto:car-neciap@gmail.com) or [womensministry@alphaadventist.org](mailto:womensministry@alphaadventist.org) for more information.**

## Special Reflections for Women

### **"FOLLOWING THE BLUEPRINT"**

Taking an excerpt from the book, *The Blueprint, a Plan for Living Above Life's Storm*, the author Kirk Franklin talks of how a construction crew might be qualified to construct a building, but they still need a blueprint. They may feel they can rely on their experience alone, but without the blueprint, the only thing created is an architectural disaster. The same is true for us - we can decide to ignore the instruction manual that tells us how to live according to the plan for which we were created, we can stop communicating altogether with life's architect, or we can adjust things in our lives with no concern for the architect's blueprint, but the result will be a complete disaster. Therefore, let us commit to follow God's plan for our lives. This doesn't mean our lives won't ever be met with trials or hardships, but we have the assurance of knowing that no matter what, God will work out all things for our good. Romans 8:28 states "And we know that all things work together for good to them that love God, to them who are the called according to his purpose." With this, we can be assured there is nothing like the Master's Plan for us!

## Women's Bible Study - Sabbaths at 5 pm



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 be held each **Sabbath at 5 p.m.** For more information, please contact Ella Lott or email [womensministry@alphaadventist.org](mailto:womensministry@alphaadventist.org).

## Help Support the Alpha Dorcas Passion



Women's Ministry is asking the Alpha Ladies to please continue to support the Dorcas Passion! There is a great need for the following items: toilet tissue, paper towel, soap, toothpaste, toothbrushes, shampoo, deodorant and other hygiene products. Please contact Bridget Stephens for more information. **A DONATION BOX WILL BE AVAILABLE IN THE CHURCH FOYER TO RECEIVE DONATIONS.** **THANK YOU IN ADVANCE FOR YOUR SUPPORT!!!**

## March Alpha Lady Spotlight - Denise Dunkins



Psalm 84:10 (NIV) reads “Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.”

Our “Alpha Lady” Spotlight for the month of March is Sis. Denise Dunkins and she may be found many Sabbaths at the door entrance to our sanctuary.

Denise is the daughter of Dennis and Eva Dunkins and her father describes her as a very impetuous person. She has one brother, Dennis, and a sister, Shanequa.

Denise is a native of Fort Worth, Texas and a graduate of the University

of Texas with a degree in economics. She is a counselor with the Southwest Key Programs in Austin, a national nonprofit operating innovative youth justice programs and schools, safe shelters for immigrant children, and workforce services for over 6,000 youth and families each day.

Denise is very active at Alpha and serves as Head Usher, Education Coordinator and works with the Adventist Youth and Women’s Ministry. While Denise enjoys participating in many activities, one of her favorite pastimes is shopping.



### *The Next Alpha Ladies Night Out*

*A SPECIAL THANKS to all the ladies who participated in our February Ladies Night Out with dinner at the Mansion at Judges Hill! Save the date and stay tuned for more information on our next Alpha Ladies Night Out scheduled for April 23rd. Please contact Wendy Jones or Risa Ginther for more information.*



## 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](http://www.statesman.com/cap10k) for more information and contact Kathleen Chatmon or Jionne Harnsberry for helpful race tips.



# Spring 2011 Health Tips



**Get in the Garden** - Not only does it make your landscaping pretty, but gardening also burns approximately 250 to 350 calories an hour. For optimal health benefits, garden three times a week for an hour at a time. Anything that makes you sweat - mowing the lawn, pulling weeds, hauling mulch - qualifies as exercise. Rotate tasks every 20 minutes or so to give all your major muscle groups a workout and to avoid overstraining one set of muscles.

**Trade Your Flip-Flops for Foot-Friendly Kicks** - Each year, as summer approaches, experts warn against those rubbery thongs. While convenient, they're flimsy, making wearers more susceptible to injuries like stubbed toes, rolled or sprained ankles, tendinitis, blistering, arch pain, and stress fractures. If you have to let your toes out, visit the American Podiatric Medical Association's website at [www.apma.org](http://www.apma.org) for alternative sandals that can give more support.

**Take a Walk During Your Lunch Hour** - Not only will it give you a chance to stop and smell the daffodils; a walk will also get you away from your desk and provide that moderate exercise doctors recommend.

## Alpha - March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>For more information, please visit <a href="http://www.alphaadventist.org">www.alphaadventist.org</a>.</i>		1	2	3	4	5 <b>Board Meeting (Sunset)</b> 6 pm - Youth Explosion 7 pm - Prison Ministry
6 10 am - Cooking Class	7 6 pm - Sanctuary Choir Rehearsal	8	9 1 pm - Mid-Week Word & Worship 6 pm - Mid-Week Word & Worship	10	11	12 1:30 pm - Leadership Training 2:00 pm - Bible Bowl Practice 6 pm - Youth Explosion
13 9 am - Dorcas Passion Bkfst 10 am - Road to Health Class 10 am - Dorcas Passion 10 am - Eager Beavers/ Adventurers/Pathfinders Mtgs	14 6 pm - Sanctuary Choir Rehearsal	15	16 1 pm - Mid-Week Word & Worship 6 pm - Mid-Week Word & Worship	17	18 <b>CCYF Bible Bowl@Week of Prayer</b> 6:30 pm - Men's Bible Study	19 2 pm - Bible Bowl Practice 5 pm - Women's Bible Study 6 pm - Youth Explosion 7 pm - Prison Ministry
20 10 am - Women's Prayer Brunch	21 6 pm - Sanctuary Choir Rehearsal	22	23 1 pm - Mid-Week Word & Worship 6 pm - Mid-Week Word & Worship	24	25 6:30 pm - Men's Bible Study	26 2 pm - Bible Bowl Practice 3 pm - Prison Ministry Day 5 pm - Women's Bible Study 6 pm - Youth Explosion
27 9 am - Dorcas Passion Bkfst 10 am - Road to Health Class 10 am - Dorcas Passion 10 am - Eager Beavers/ Adventurers/Pathfinders Mtgs	28 6 pm - Sanctuary Choir Rehearsal	29	30 1 pm - Mid-Week Word & Worship 6 pm - Mid-Week Word & Worship	31		<b>Sabbath Services</b> 8:30 am - Alpha Heritage 9:40 am - Sabbath School 11:00 am - Alpha Experience