

GOD'S WOMAN—ON PURPOSE

MAIN BAPTIST CHURCH

MBC Women's Ministry—Sis. Barbara A. Walker

2011 to date has been fantabulous, and we owe it to all of you!

Our “holiday” gathering in January was the bomb! Lots of good food and your beautiful company with which to enjoy it.

February's breakfast with the theme, “What's Love Got to Do With It” was also a blessed time of fellowship. Thank YOU for your loving support.

Our “Women's Worship Weekend” May 6th—8th, 2011 was awesome! Thanks to you, we served more than 125 women from within the body of Main and the community. We had a beautiful time as we enjoyed showing “*Love in Action*”, and YOU are the reason we were able to make it happen. Our fellowship during the Mother & Daughter Brunch—“*A Mother's Love in Any Language*” - was inspiring. And the worship services on Sunday were exhilarating. **To God be the glory for the things He is doing!!!**

We are excitedly looking ahead towards the balance of the year. As we continue under the leadership of our Pastor/Teacher, Dr. Julian E. Spencer, “*Moving Forward—Acting Now!*”, we look forward to the opportunities for ministry which are before us. We continue supporting Lifespring, but we can do more. We are still working with the ladies of Project Single Moms, but we can do more. We pitch in at Hessed House, but we can do more. We have begun a partnership with Fox Valley ATC, but we can do more. We are on board with the Kingdom Capital Campaign, and we are excited to do more!!! As we flow with The Main M3ovement, we need you to make it happen!

God is moving, and my prayer to Him is “whatever You are doing in this season, don't do it without me!” I pray that you feel the same way, because we cannot do this without YOU!

- 1: *I will bless the LORD at all times: His praise shall continually be in my mouth.*
- 2: *My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad.*
- 3: *O magnify the LORD with me, and let us exalt His name together. (Psalm 34)*

September 1, 2011

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Upcoming Dates

- August 3rd —September 21st—MBC Total Vision H.D. Women's Network
- September 10th—“A Dinner in Black & White”



“DESIGN ON A DIME!” — SIS. LASHAWN R. PHILLIPS

Revisit what you already own. Refurbishing existing pieces is the best way to do some inexpensive decorating.

Sandpaper, primer and paint can transform just about any piece of furniture. Don't throw something out because you're tired of the color, and don't pass up a good deal on a piece of furniture just because you don't like the finish. You can easily change it.

Learn to sew. Check for inexpensive classes in your local area. Sewing your own drapery, bedding and pillows will save you a ton of cash in the long run. By sewing your own decorative accents, you have a vast array of fabrics to choose from. Plus, sewing can be a lot of fun.

When choosing a paint color, pick one shade darker or bolder than what you feel is safe. Go out of your comfort zone, and you may be pleasantly surprised. Painting is inexpensive and easy to apply, so experiment.

If you're short on space, purchase multi-purpose furniture pieces. One of my favorite space savers is the ottoman/coffee table/storage unit combination. It provides seating for company, a place to set down your remote controls and drinks on trays, and also opens up to provide storage.

If you have the space to do it, pull your sofa off the wall. A nice sofa console placed behind the sofa will give your room more interest and a division of space.

Keep your backdrop (walls and furniture) neutral. This is a great tip for those who like to switch up their color schemes with pillows, candles and other small accessories. You can do this as often as you like to suit the time of year or your mood. Neutrals have come a long way, although black, white, gray and beige tones are always good standards. Don't forget about the new neutrals, which are basically the lightest and most muted version of any color.

A Godly Woman

*A woman of beauty
A woman of grace
A woman of excellence
Beholding God's face
She walks with the Lord
With integrity
Knowing her purpose
And destiny
No matter what happens
She walks in God's love
Reflecting the beauty
Of her Father above*

“Charm is deceptive and beauty disappears, but a woman who honors the Lord should be praised.”

*Please to join us on Saturday, September 10, 2011 for
“A Dinner in Black in White”*

Eola Community Center

555 South Eola Road

6:00 p.m.

“WONDERFUL WATER!” ~ ~ TOYA JOHNSON, RN, BSN

As the deer pants for the water brooks, so pants my soul for You, O God. Psalm 42:1 (NKJV)

Water- an essential element to life- has many important benefits! Just as our soul longs for God; our physical body has a need for daily water. So, the question is: How much water are you drinking?

Study suggests that we should drink at least 8 glasses of water each day, which is the bare minimum! If we engage in physical activity or during the warm weather season, we should be increasing our intake of H2O!

If you are having trouble with drinking an adequate amount, here are some “*wonders of water*” that may inspire you to ***DRINK MORE!***

- * Water helps with weight loss by increasing your metabolism (i.e. ice water) and helping you to fill fuller, especially if you drink a glass of water prior to each meal.
- * Water can reduce stress! The brain is made up of 70% water. Dehydration can make your brain and mind feel stressful. By keeping a bottle of water handy, and sipping on it regularly throughout the day, you can help to keep your stress level down.
- * Water is a natural beauty cream! Wrinkles and fine lines of the face are deeper when you are dehydrated. Water can help to reduce wrinkles by making your skin cells more plump (youthful appearance) and it will also help to flush out impurities, which will leave your face clear and clean!

(Obtained from WebMD)

If you are not pleased with the taste of water, try adding slices of cucumber, lemon or lime to give it some flavor. Please know that drinking adequate amounts of water is fundamental to life and will enhance even the quality of your life. The next time you pick up a water bottle, just make a “mental toast”, saying “*Here’s to Life!*”

Blessings to your health!
Toya Johnson, RN BSN
Faith Community Nurse

H.O.T. SUMMER NIGHTS!!

What a blessing it is for us to spend this summer having T.E.A.—T.alking, E.mpowering, and A.cting on the Word of God. Our thanks to Pastor Spencer and Sis. Marce Armstrong for embracing our theme and giving us this time to grow together. Our schedule, which began August 3rd, follows:

Week 1—***PRIVATE PRACTICE***

Week 2—***DESPERATE!***

Week 3—***THE REAL HOUSEWIVES OF THE BIBLE***

Week 4—***MEAN GIRLS***

Week 5—***GOD’S TOP MODELS***

Week 6—***P31X***

Week 7—***H.O.T.!! (HOLDING OUT ‘TIL)***

We pray that you have been blessed by this summer’s Main Women’s T.otal V.ision H.igh D.efinition Network! Plan to join us this fall.



MAIN BAPTIST CHURCH
REV. DR. JULIAN E.
SPENCER, PASTOR/
TEACHER

MINISTER KYLE SINGLETON,
SERVANTLEADER
SIS. BARBARA A. WALKER
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SIS. JACKIEY GIBSON
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GOD'S WOMAN—ON PURPOSE!

Project Single Moms helps Women: Spring Forth Into Newness of LIFE!

by Kelia Guyton, MA, PSM Executive Director

PSM proudly celebrates another class of graduates from the NO MORE DRAMA Personal Empowerment Class! This 12-week session is an intense self analyzing process & self-propelling outcome to become stronger women to ourselves and for our children & then to society! We boast of going deep & keeping it real with ourselves and others. This group celebrates and provokes thought, challenges stagnant mindsets and pushes you into another level of thinking about yourself and others around you! We started the Spring 2011 session with a class of 7 single moms and culminated with 4! This not for the faint of heart! "No More Drama" not only empowers single moms, but women in general! Please feel free to join us on Tuesday nights @ 6:30pm in the MBC Administrative Bldg. Room 101....IF you are ready to eliminate DRAMA in your life! (Meals & childcare are provided.)

Personal Quotes from Graduates:

"I've have graduated from high school & college with an MBA, but this graduation really means SOOO much more to me personally!"

"This class has helped me to see that I have VALUE! I am not crazy & I am not alone in this world!"

"I am a better woman today and now I can be a better mom to my kids!"

"I am closer to God now through this class than I have ever been!"

"What will I do with my Tuesday nights, now....? I love group. I'e made new friends & my kids have too!"

Single and Living Holy

~~

Sis. Magnolia Oliver

Being single and living holy are not a mutually exclusive seasons in our lives; the two can go together. Singles are those of us who are unmarried, never married, widowed, or divorced. To be holy is to be set apart, sacred, or dedicated to God. *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship"* (Romans 12:1). We are to be like Christ, even in our single life. To do this, we must die daily to our flesh, the lust of the eye and the pride of life. An unmarried man or woman should be concerned about the Lord's affairs.

God did not call us to be impure, but to live holy lives. *"Be ye holy as I am holy"*, says the Lord. Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are. The holiness of God brings light, peace and fulfillment to our singleness, if we allow Him.

When we see our singleness as a "gift" from the Lord, we won't let just anybody handle it or open it before time (marriage). If only I had known this before I allowed my "gift" to be opened, it would have saved me a lot of heartache, pain, low self-esteem and doubt. I doubted and tried to help the Giver of the "gift", only to learn the hard way, you can't make anyone love you. Just like grace and mercy go together, so can being single and living holy.