

WATFORD TOWN SDA CHURCH



Women's Ministries

Issue No 7 – July 2016

Newsletter/Digest



“If you want to be happy, be” - Leo Tolstoy

“Be happy for this moment. This moment is your life.” - Omar Khayyam

Dear Sisters in Christ,

Good Day from your Women's Ministries Team - Pamela, Gillian and Carrisa.

The end of this month caught me totally unaware. I was sitting thinking about something at work and all of sudden I realised that next week was the beginning of August!

How did that happen?

Well, how are you keeping? Are you keeping well, or do you continue your daily tasks and labours under a cloud of general discomfort, un-wellness, what you consider to be minor or petty aches & pains?

Most of us are conditioned to get on with it (myself included); they will go and not make a fuss. But those little aches and pains could be the early signs of something more significant, that if dealt with now are deal able and if left my develop into something more fatal.

Let's take the time to look after ourselves, check things out, seek assurance that it is indeed a minor issue that will go, and let's not leave it to have later regrets.

The summer has arrived - enjoy it ladies. It is very warm at the moment, but isn't this the weather we have been longing for our summer - and when we faced that dreary-drab winter days, are not these the days we long for. Don't complain - Praise the Lord for his mercy, enjoy the sunshine on our skin, in sensible amounts (that's our vitamin D) and hope it lasts until September!

We hope that all is well with you as we gear up for the remainder of the year - We will have our EndItNow Emphasis Sabbath on 27th August, and hopefully we can raise funds for Ella's Home - the one from the Motherless Child Programme that Deborah bought to us in May; see below:-

The Fight Against **Modern Day Slavery** still goes on. At the end of August I will be organising a sponsored walk to raise money for Ellas's Home - To provide counselling for the women that have been trafficked. There will be three different walks easy, medium and hard. If you are interested in participating in this event please see Deborah St Cyr for more information.



TESTIMONY: Answers to Prayers - 29/06/16

I had a mountain to climb – an urgent financial need in order to pay fee for application for

Settlement in the UK - needed to raise a lump sum of money before 24th June 2016. I have not been in paid employment for over a year thus didn't have funds required. Towards the end of March 2016, I decided to send a prayer request to End Time Rain, Women's Prayer powerhouse, WhatsApp group and to my sisters in Christ.

Prayers always ascended on my behalf, we prayed and fasted too. Time was ticking, and was thinking to myself, "Where would I get all this money in less than three months?" I decided to ask the bank for a loan and the adviser issued a telephone appointment saying that they would let me know over the telephone whether I qualify for a loan or not.

A number of days before my telephone appointment with the bank, I received a text from A dear sister in Christ offering to donate £250 towards the fee, I was happy, thanked her and thanked God but in my mind was still thinking about how much loan to ask for when I receive the call from the bank – my mind was not at peace at all about borrowing money from the bank due to interest rates plus how I would pay it back considering I am not in paid employment. Nevertheless I prayed asking for Gods will to be done.

On the day my telephone appointment with the bank was due, I did NOT receive a call from the bank at all...I didn't attempt to call or go to the bank for further inquiries, I knew it was NOT God's will and left it at that. Was relieved even though didn't have all funds I needed at the time.

Thereafter, one evening, a sister in Christ and I were having a text dialogue about the funds issue and mentioned to her that God had already provided £250 through another sister, little did I know that the dialogue we had was going to lead to a group being formed on WhatsApp up in order for individuals to donate any sum of money towards my settlement application fee. I was caught by surprise, I was in tears, the group leader worked hard asking for donations whilst updating the group about donations collected so far, I felt the love of God in action, I then felt impressed to inform my friends as well as other brothers and sisters in Christ about the matter.

A few of them joined the group and the rest didn't join our group but still made donations and another friend also offered to help.

Donations were coming in steadily; however, there was still more funds to collect. Prayers and fasting did not stop. I then decided to ask my church pastor to pray for me. He suggested that I meet with him and two church elders for prayers. Informed them about my request, they all prayed for me and I left the pastor's office.

That same week, the lord put on my heart to look through the home office website, only to find out that the fee had been increased from £1750 to £1875! I panicked, little did I know that the Lord had prepared my pastor's heart, the two Elders and the church board to donate a sum of money, which they did hence donations rising to £1450, Praise the Lord.

At this time, was left with £425 to raise. Saints of God, whilst donations were still being made steadily, prayer and fasting for my settlement application fee never ceased.

Meanwhile, God performed a miracle; I received a letter and a certificate granting me legal aid of £5000 for my on-going family matter that is currently being addressed through the court, was in tears, tears of Joy, praise the Lord.

Friends, God didn't stop there, more donations were coming in towards my Settlement application fee, and in the meantime, God performed another miracle. I bumped into a sister in Christ whom I met once before, I could remember her but she could not remember me at first. We continued speaking, she then remembered me, this sister asked lots of questions including why I am not working. I gave her my explanations, thereafter, she asked me to write her an email regarding my employment matter and I did.

Also found out that she and her associates run a charity organization that helps families, children, mothers etc. Friends, this sister paid £116 towards my Dental registration, she also offered to pay for my DBS, and the Job Centre also contributed £116 towards my Dental registration because the job Centre had offered to help before this sister in Christ did. It is only when we were in the process of making the payment that I realized why God allowed me to bump into this sister in Christ, God knew that the General Dental Council would ask me to pay a total of £232 for my work registration even though the fee for a year's registration is £116!

This is due to the fact that this year's dental registration comes to an end at the end of July there after the new/next dental year starts at the beginning of August, hence dental professionals being asked to pay for next dental year during this period. Saints, isn't it a blessing to Obey Almighty God? I could have ignored the Holy Spirit's prompting and walked past the lady, but I didn't, I reached out to her and said hello, and this led to God's blessing upon my work situation Praise the Lord and can happily testify that I am now on a job hunt as a registered dental nurse.

As you can see, the lord was performing other miracles in the midst of donations taking place towards my application fee for settlement and in the end, not only did the Lord provide the rest of the money for my settlement application fee through my sisters in Christ and friends giving me a total of £1875, the lord also placed in the heart of a brother in Christ to pay my rent which he did, he paid a month's rent, praise God.

Almighty God Also provided money to pay for my Life in UK Test (A test done as a part of obtaining settlement) which I Sat and passed praise the Lord

A sister in Christ who had made a pledge of £100 donation towards my settlement fee, was late in giving the money because God had already provided the whole amount, but she still gave the money that she had pledged and I have used it towards other things, God be praised.

Brothers and sisters, what a mighty God we serve, how excellent is God's name in all the earth, God saw my tears, he saw our afflictions through fasting, he heard our prayers and answered exceedingly, abundantly, above and beyond what we could ever ask or think according to the power that worked in us.

I pray you are encouraged to pray on, to fast, and never give up on God, He surely is Able. My sincere gratitude to all who prayed, fasted with me, and to all who gave donations, you have been the answer to my prayer.

God bless you beyond measure. Thank you Lord.

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Prayer for the month - July

Lord our God, we come into your presence, pleading with you to bring the world what it needs, so that people may be freed from all their pain and enabled to serve you.

Let the power of Jesus Christ be revealed in our time. For he has taken on our sin that justice might arise on earth, that all might have life and might see your salvation, which you will bring when the time is fulfilled.

Let your power be revealed in the world, and let your will be done, your name be kept holy, and all wrongs be righted in this turbulent and difficult age.

O Lord our God, you alone can help. You alone are the Saviour of all peoples. In your great mercy you can bring peace.

We look to you. And when we consider your Word, we remember the mighty promises you have given, promises which are to be fulfilled in our time.

Amen.

Now we find that the Law keeps slipping into the picture to point the vast extent of sin. Yet, though sin is shown to be wide and deep, thank God his grace is wider and deeper still!
Romans 5:20, Phillips

We Will Never Be Overweight Again”

Meet Herman and Sherman Smith, also known as the “Subway Twins.” A dramatic wake-up call, as well as a major setback, taught these twins the value of a healthy lifestyle—especially exercise.



Their journey to better health began in 2002 when the mother of the then 21-year-old twins walked into the living room and made a startling announcement. As the two avowed couch potatoes (each of whom weighed more than 300 pounds) sat watching TV with trays of food on their laps, she said tearfully, “Guys, I need your help. My doctor says I need to lose weight! I’ve been diagnosed with diabetes and high blood pressure.” The twins looked at each other with blank stares, shrugged their shoulders, and said, “What are we supposed to do?”

That was a pivotal moment for the brothers. They realised they needed to make a lifestyle change, not only to help their mom, but to help themselves, too. Shocked into action, the twins began walking half a mile a day and radically changed their diet. One of their frequent menu items became Subway sandwiches on wheat bread piled high with veggies.

After seven months of consistent effort, the twins shed a combined 215 pounds. Eager to share their victory with others, they contacted Oprah Winfrey and soon afterward appeared on her show. Following that interview, Subway restaurants contacted them, and for the next three years Herman and Sherman became spokesmen for Subway. They became familiar faces in Subway’s TV ads, and they travelled to schools and universities across the country to share their success story in front of large audiences.

Then came Hurricane Katrina.

Displaced from their home in New Orleans, relocated to Houston, Texas, and thrust outside of their normal routine, the brothers found themselves slipping back into their old ways.

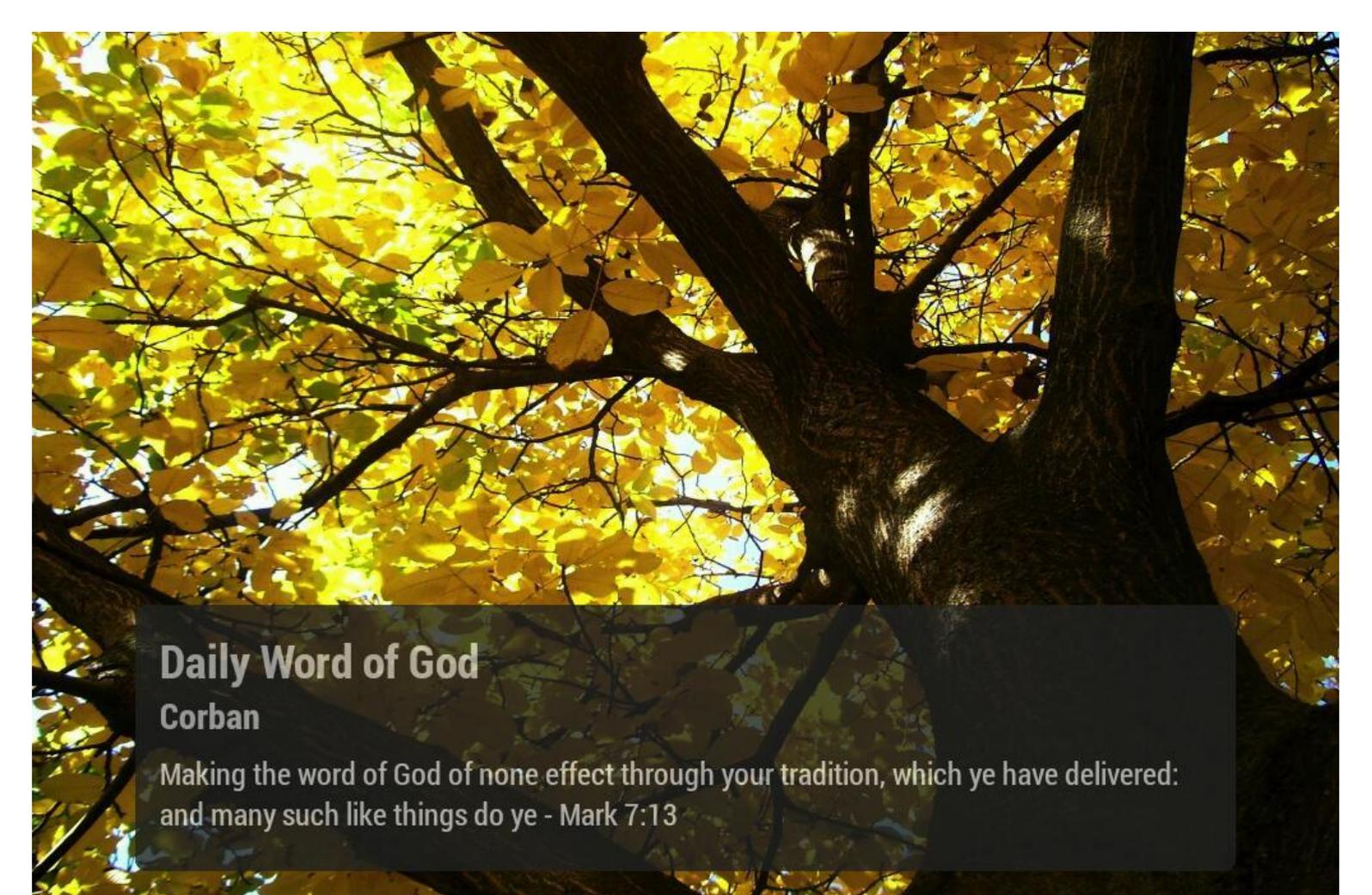
“Frankly, the last thing on your mind in times like those is ‘Where is the nearest walking trail?’” It wasn’t long before their weight had crept back up.

Then one day, Sherman recalls, “God spoke to me very clearly. He told me that we had a responsibility to care for our bodies.” So, armed with faith and determination, the brothers redoubled their efforts to get back into shape. And they did. “In three months I lost 80 pounds by exercising and eating correctly,” says Herman. “We vowed never to become overweight again.”

Fuelled by a passion to help others incorporate exercise into their lifestyle, the two eventually moved back to New Orleans and started an exercise class called Enlightened Up.

“We started with three class members. Now our enrolment is up to 180,” says Herman. Along with instruction on how to exercise, the class offers food plans, health tips, and effective weight-loss strategies.

On their second weight-loss journey Herman and Sherman realized they would never be able to achieve and maintain their ideal weight without exercise. Now they know—and teach—that being active is an important part of any healthy lifestyle.



Daily Word of God

Corban

Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye - Mark 7:13

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It is a good thing to dedicate one's property to God. But when we have done this we must take good heed that we use it in the ways marked out for us by the Divine commandments. It will not do to cover miserliness and greed by a pretence that we have given our money to God, and therefore cannot use it for charitable purposes.

For example, if a man has needy parents, one of the first uses of consecrated money is to provide for their wants. He may say that he is gathering means to build an orphanage, or an asylum for infirm old men or old women, and that he has consecrated his property to this great charity; but if meanwhile he allows his own aged parents to suffer, his consecration of property is not acceptable to God. He who sets aside the fifth commandment that he may use his money for the poor is playing a miserable farce before God. No amount of service in the work of the Church avails when one is neglecting the duties he owes to his own family.

The case is still worse when, as under the Rabbinical rules, the money or property was never really used at all for God, the plea of "Corban" being only a pretext to evade the requirements of filial duty. The consecration of money to God implies always the use of the consecrated money in the service of God as He may call for it. God does not want money hoarded up; He wants it going about doing good. We apply the parable of the talents to everything but money, when there surely is nothing to which the parable applies more certainly than to money. At least we may never pretend that we have given our money to God, and therefore cannot give it away. Giving it away for wise use is the very thing God wants us to do with it.



Daily Word of God

Pharisaism

The Pharisees ... except they wash ... eat not - Mark 7:3

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The religion of the Pharisees consisted not in love to God, and in disposition, character, and conduct, but in certain ceremonial rites which they observed with great scrupulousness. They washed their hands before meals, because ceremonial uncleanness in the hands communicated itself to the food. Yet they took no pains to wash their hearts of evil or uncharitable thoughts and feelings toward others. They washed when they came in from their shops because worldly business defiled them; but they were not careful in their dealings with others to be just, honest, and true. They saw that every pot and kettle, every vessel, and all household arrangements, were ceremonially cleansed; but they did not stop to look within their own hearts to see if all was clean there for the indwelling of God's Spirit.

We all need to watch against making our religion consist in forms of worship. We may pray many times a day, and read a regular number of chapters, and go through many and laborious devotions, and yet not have a particle of true religion. We are truly religious just in the measure in which we have the spirit of Christ in our disposition, heart, and character. "The kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost."

Loving God and our fellow-men is the sum of all duty. Unless we have this twofold love in our hearts, manifested in life and character, our profession of religion is vain. Not a word should be said against external cleanliness; a clean heart should make the life clean to the tips of the fingers and in all tastes, feelings, habits, words, and actions. But clean hands and well-scrubbed floors and shining dishes and careful ceremonial observances will never please God, if in the heart there be no love for Him and no love for men. "Blessed are the pure in heart: for they shall see God."



" If **opportunity**
doesn't *knock*, build
a *door*."

Milton **Berle**



Remind yourself
that it's okay not
to be perfect.



NOBODY IS GOOD AT
EVERYTHING, BUT EVERYBODY
IS GOOD AT SOMETHING.

FIND AND FOCUS ON YOUR
STRENGTHS.

DEFINE YOUR GRIND



We hope that you found this month's collection of articles thought provoking.

We would really welcome submissions from you ladies like the testimony from Carolina - anything you have come across and would like to share, would be welcome. Any comments, feedback, suggestions gratefully received. Articles don't need to be original material, although we would welcome that as well.

So once again time is speeding by, we are at the end of July and the holiday days of August are upon us.

Please note that we will be re-drawing for the Secret Friend programme over the next couple of weeks so if you want to join or to continue with a new Secret Friend then fill out the form below and return to us. Thanks.

Please do listen out for announcements about our programme of local events from the Women's Ministries Team - we have been planning and hope that you will enjoy what we have put together; sorry we had to cancel our planned Café that was due to take place on 24th July, we will try to find a date really soon to replace that date

With best wishes for August and the months to come -

Carrisa, Gillian and Pam

Secret Friends

If you would like to take part in our new round of Secret Friends; please fill in the slip below and return to Pam, Gillian or Carrisa- asap

Name:

Address:(optional)

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If you complete address you may get something through the post - old-fashioned style.