

OCTOBER 2010

Women of Significance

"You are Valuable Right Where You Are!"

IN THE UNITED STATES . . .

GA, TN, NJ, CA, VA, NC, SC, MD,
OK, CA, PA, TX, NH, IN, FL, CO, AZ, WI, NY, HI

. . . AND AROUND THE WORLD!

PAKISTAN • CHINA • AUSTRALIA • FIJI
NEW ZEALAND • JAMAICA • GERMANY • AFRICA!



Season of Thanksgiving

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THE AUDACITY TO BECOME EXCELLENT!



Dr. Cheryl Hill

Visionary

What is Audacity? In the “best” usage the term audacity means “a bold disregard for normal restraints,” “the trait of being willing to undertake things that involve risk” or “bold courage.” All of these definitions define uncommon faith. In the best sense of the word I would like for us to take a look at having an AUDACITY to become excellent. Noticed I

said, to become.

How you look and feel about any situation in life will require an attitude. An attitude expresses your emotions, willingness and determination about the situation you find yourself in. An attitude is like your purpose, it drives you. To become excellent means that you have determined within yourself that you are different. Anyone can be ordinary but everyone will not set themselves to become excellent. Having a standard of excellence is a requirement in the Kingdom of God. God has always stretched us on every side to bring out the best that He has placed in us.

Some people desire to become excellent at what they do and who they are to be known for selfish reasons. They want to get the attention and the glory to say that “I” did this or that. At the end of the day all of the accomplishments that man has collected will be judged by the Great “I AM.” Let’s think about it...we cannot save ourselves, heal ourselves, save up time to do things, etc. The one who holds our entire life in His hand is God. He is the One who sent us to discover the greatness that He chose to place in us. When you seek to be known for all you have done you are excellent “without” a cause.

We should become “excellent with a cause.” The cause is because we have been brought with a price and now we have become priceless in the EYES of God and have been positioned to prosper and show all the wonderful things that God took time to create in us. We have treasures in us that no one else has. Each of us carry different specialties that delight the Lord and are answers for someone else.

You are now entering the NO EXCUSE ZONE. Because we are equipped with everything to become excellent it is up to us to discover and pursue the excellence of God. When we have become a NEW CREATION we are different. If there is no difference we should reassess if there has truly been a conversion from the old.

When I started out in the work world at a young age I always had a zeal to learn and to do the best that I could. We were raised to honor, obey and become the BEST that you

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Deborah C. Phillips

Editor-in-Chief



MY SISTAS!!!!

You are fearfully and wonderfully made! My God does not make mistakes and everything He has made is Good!!! That includes YOU!

THE HELMET OF SALVATION . . . that is part of our armor. Your armor is what protects you from the attacks of the enemy. Helmets go on your head . . . protecting your thoughts. God says helmets not VEILS. Helmets protect you but allows you to see. The enemy wants to cover you with a VEIL, to blind you, cover your sight so that you cannot function as God designed you. Seek the Lord with your inner vision . . . pray that He opens the eyes of your understanding, to see yourself as HE SEES YOU. SEEK HIM WHOLEHEARTEDLY!!! Seek the Truth, Don't Believe the Lie!

The message of Salvation [God has provided the rescue from our sins] was given so that we may know the good and perfect will of God and the unconditional love of God.

Being unsatisfied with the way you look is sinful! We were created the way we are for God's ultimate purpose. I heard a pastor say, "You will never look into the eyes of any one that does not matter to God." When you look into that mirror, HIGHLIGHT don't HATE! COMPLIMENT don't COMPLAIN. Don't compare yourself to anyone else. Choose to spend as much time on the INSIDE OF YOU that you spend on the OUTSIDE OF YOU!!!

You feel like a male, how can you possibly feel like a man! That's a lie from the PIT OF HELL!! I have many women friends, more than male friends [basically for my protection, from my own lustful desires, which I put on the altar, daily!!! It works, TRY IT!!]. We share some of our closest thoughts and experiences. But that love I have for my "girlfriend" can never be compared and should never be displayed as a love God meant for a man and a woman.

Your weight is surely a factor, but it is just a number. Some women are meant to be big girls . . . you will live a frustrated life trying to be a size 10 when you were created to be an 18. Your health is the factor here, keep yourself healthy, watch what you eat, exercise and love yourself! Exercise self-control and enjoy the fruit of your labor!

The breasts, the hair, the small rear end, whatever! We have got to learn to be content. Makeup, hairstyles, clothes that make us feel more attractive . . . all of this is acceptable. But you are already beautiful! Having surgery to take FAT from your legs to put on your rear end is going overboard and can't have good results.

The Bible says in the end times, some would be lovers of self more than lovers of God.

If we get to know the Creator, allow Him to illumine our thinking to what He is doing in and through us, we can truly feel fearfully and wonderfully made. No man can make you, no clothes can make you, no surgery can re-make you!!! Let God restore you back to Himself and you will feel the love that satisfies and comforts.

Love the Skin You're In . . . Savor the Aroma that is YOU!

EVERYDAY HOSPITALITY



Julie Schaecher

Contributor

As the Director of women's ministry for a church made up predominantly of young people, I am often asked "how" I am able to find time to be hospitable while juggling a full time business, full time ministry and family. I do enjoy the big event, Christmas, Thanksgiving etc and there is definitely an art to that but what they are really asking about is what I like to call Everyday Hospitality. This includes things like hosting a small group meeting, sharing a meal with someone, or welcoming a guest who has dropped by unexpectedly.

It seems that in today's culture the very concept of hospitality has become so commercialized and complex that even the most confident among us can quake with fear at just the thought of having to host the next church dinner party in our home. I mean who can compete with Martha Stewart? Who has time to cook like Rachel Ray? Though I appreciate the influence of women like these who have fought for the cause of excellence in hospitality, I believe that in recent years we have developed a false belief that good hospitality requires an exorbitant amount of time, effort, and money. The truth of the matter is that excellent hospitality does not begin with the checkbook but rather with the heart.

1 Peter 4:9 says that we should offer hospitality without grudging and Titus 1:8 says that a leader should be a lover of hospitality. It is clear in the scriptures that we are told to not only practice hospitality but we are to actually love it and offer it up with a willing and joyful heart.

Webster's Dictionary defines "hospitable" as being given to a generous and cordial reception of guests. It is important to keep our minds focused on the goal which is not to simply impress but to generously bless our guests with our care and attention.

In my younger years of marriage, the very mention of a party at our house sent my children and my husband running for the hills. I was so consumed with having a absolutely perfect home and a menu that would rival America's Top Chef that I would literally drive everyone in my family to exhaustion. By the time my guests arrived, they were more often than not greeted by an exhausted and harried host and at the end of the evening I know that they almost felt guilty for putting me to so much trouble. I was so tired that I was just happy for them to leave. It took some practice and a good concentrated effort but I eventually learned the art of caring for my guests with ease and generosity of spirit.

Let me share a few things from my Everyday Hospitality Playbook!

- **Play your strong hand.** Develop a few tried and true recipes that you can make with ease and serve these. Guests love to hear that you made your secret family recipe or your famous chicken casserole just for them.



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EVERYDAY HOSPITALITY *(continued)*



- **Keep the sides and dessert simple and choose things that can easily be prepared in advance.** One of my absolute favorites is Root Beer Floats. I have special fountain glasses and I keep a stash of long spoons and colorful straws handy just for this purpose. It doesn't get any easier than this and my guests always love it.
- **Collect a few nice serving dishes.** Even deli potato salad looks better when served in a pretty dish. You do not have to spend a lot. Garage Sales, second hand and discount stores are great places to find these.
- **Store your good serving dishes in a place that is easily accessible.** You are less likely to use something that you have to climb a ladder to get.



- **Use the good china.** Let's face it, you have to wash a dish anyways.
- **Keep a stash of colorful paper napkins handy.** You can pick these up cheaply at any discount store they are a simple and fun way to spruce up your table.
- **An inexpensive bottle of sparkling water with some cut up lemons or limes is a perfect compliment to dinner in lieu of more expensive options.** Stash some in your pantry for those impromptu Sunday Night Dinners!
- **Ask your family nicely and in advance to take charge of specific jobs like making sure each guest is offered and served a drink or clearing plates from the table when dinner is over.** If they can do this without being reminded you will all be better able to relax and give your guests your full attention.
- **For those unexpected visitors remember simple can still be special.** Cut up an apple, put it on a pretty, easily accessible plate and sprinkle some cinnamon on it. Offer a cup of tea and enjoy the visit.
- **As a general rule try to keep the public areas of your home orderly and free of clutter.** Your guests will feel more relaxed in a neat and tidy environment. I prefer a more simple décor in these rooms so that they clean up quickly. This will help you feel less stressed about those impromptu dinners.
- **Start small.** Invite a young couple over for Sunday night dinner or offer to host a meeting for your youth ministry leadership team. As a former youth pastor I love that idea!
- **Finally, always follow up a visit with a note or a call to your guest thanking them for sharing the evening with you.** In this day and age of text and facebook this task takes less than a minute but it communicates to your guests that they were very welcomed and appreciated.

The Art of Everyday Hospitality is not rocket science but it does take some forethought and overall planning. The great news is that once you position your home to receive guests with ease you can hang out that welcome sign and not only mean it but accomplish it!

Julie Schaecher works as a consultant in the Hospitality Industry for Experient, one of the Nation's Leading Conference and Event Management Corporations. Over the past 25 years she has served in a volunteer capacity as director of several faith based organizations with a focus on women's issues, youth and marriage. As a conference speaker she seeks to communicate a message designed to strengthen and equip the family. She currently serves as the Women's Ministry Director of the Movement Church in San Marcos, California. Julie and her husband Michael have raised 3 beautiful children and have made their home in Vista, California.

SUCCESS IS NOT AN OPTION



Dr. Faith C. Abraham

Contributor

If you are one that has “chosen” to live by God’s rules . . . then Success is not an option for you.

Our God **wants** us to succeed. He **wants** the best for our lives. The proof of these statements is all over the Bible. Jesus coming from heaven to earth to die on the cross and rising again is tremendous proof. But even before then, God has displayed the desire for us to live well. Let’s take a look at Adam and Eve for example. We all know the story, the devil persuaded Eve to bite the apple and Eve persuaded Adam to bite the apple despite God’s command. But the story doesn’t end there, an important part of the story is what happened next.

Shortly after eating the apple, God began to look for Adam and Eve in the garden but He could not find them. When He finally did see them, God asked them what happened? Let us pause . . . God is omniscient, omnipotent, and omnipresent and honestly speaking He did not need to ask Adam and Eve what happened because He already knew. But the whole point of God asking the question was for Adam and Eve to speak for themselves and tell Him what they had done. I believe that God, at that moment, was giving them **a second chance**. Only God’s knows what would have happened if they would have told Him about the wrong they had done.

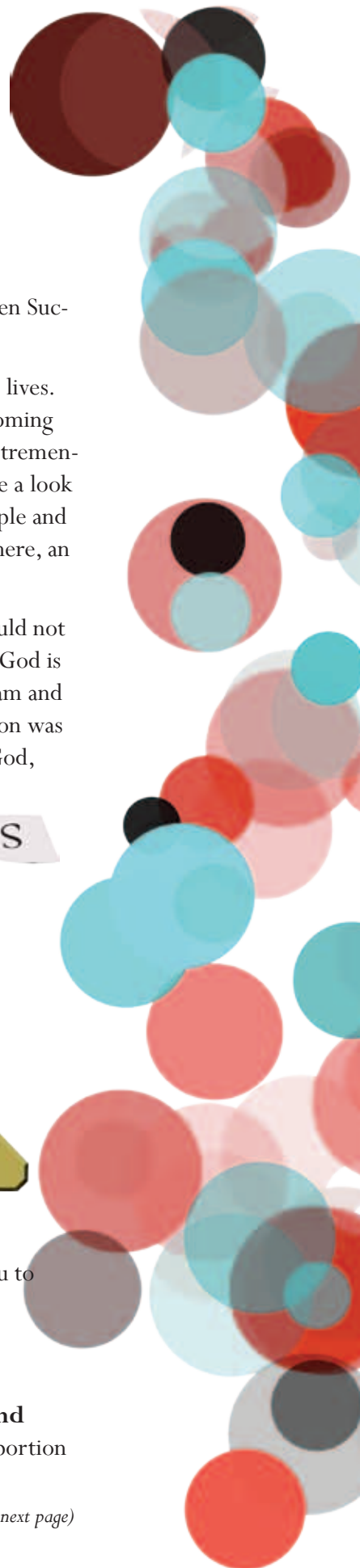
Although God was already aware of Adam and Eve’s action, He gave them an opportunity to confess their situation to Him. Even though they deviated from God’s plan He still wanted to provide them an opportunity to succeed. I believe that God continues to provide His children numerous opportunities so that we can succeed. Proverbs 24:16 says, “The righteous man may fall seven times and rise again . . .” God wants us to rise, no matter what! Rise up to the occasion and be all that we can be in Christ! He has given us the key to life.

Let us use the key and walk through every open door because He will help us get there . . . SUCCESS IS NOT AN OPTION . . . IT’S INEVITABLE. These four tools can empower you to obtain your inevitable success:

1. Vision board

Put your hearts desires in a physical form. Cut out pictures of things you are believing for **and** working towards. Use it as a reminder and a builder of your faith that those things are your portion and in due time it will be yours.

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SUCCESS IS NOT AN OPTION *(continued)*



2. If you feel like quitting, you're getting close

Only individuals who are working towards something good go through stages where quitting looks better than persevering. But when you feel like quitting you know that breakthrough is around the corner.

3. Pray about something and/or someone else

Yes I said it! There's no point praying over the same thing over and over again. God heard you the first time. Now you have to confess what you want to happen over the situation based on the word of God in faith and wait for it to manifest itself.

4. Walk in your Christ-confidence

Christ-confidence is confidence that is established on the person of Christ. With Christ all things are possible and He is the same yesterday, today and forever and because of that your success is inevitable. Enjoy the journey because someone is going to be encouraged by your testimony.

Dr. Faith C. Abraham is a renowned author, prolific speaker, co-pastor and entrepreneur. God has elevated her from a life that was full of childhood turmoil, low self-esteem and feelings of emptiness. As an advocate of advanced education, Dr. Faith has obtained multiple degrees including a Doctor of Philosophy in Christian Counseling and a Masters degree in Business Administration. She is also the Vice President of Academic and Student affairs at Higher Place Christian University (HPCU). HPCU's mission is to prepare students academically, spiritually and professionally to fulfill their life purpose and take their world to a higher place for God. Dr. Faith is also the co-pastor of Elevate Church. <http://myhigherplace.com> <http://www.faithabraham.com>

Women of Significance

"You are Valuable Right Where You Are!"

Join us on the Conference Call

NOVEMBER 2, 2010 / 8:30 p.m. - 9:30 p.m. EST

1-218-862-1000 Access Code: 134122#

HOMOSEXUALITY AND LESBIANISM: A HOLISTIC LOOK



I was speaking to a friend the other day and we began to discuss some current issues that are on the forefront of news “again” in Christendom. She began to tell me how her daughters are being confronted by classmates in elementary school wanting them to be their “girlfriends” and telling them that it is alright because their parents were involved in this lifestyle. Below you will find a great writing that I believe gives a holistic look at this subject as well as providing clear direction. We cannot be those who sit on the sidelines and watch without being equipped with the Word of God and also know how to apply the Word to our lives as well. May this article bring a strategy to assist those going through this spiritual warfare and also help us love people in the midst of their deliverances. Remember, homosexuality and lesbianism are not the only sin. Let us make sure that

WE stand clean before God in areas that do not show up in outward manifestations such as this. We all were delivered from something...let us stand steadfast in the gospel and intercede much more.

You can find this article on Bible.com

WHAT DOES THE BIBLE SAY ABOUT . . . HOMOSEXUALITY?

We realize that this subject can be a very difficult one to address. Furthermore, as hate crimes specifically committed against homosexuals occur, many feel that this issue shouldn't be addressed at all for fear of only adding to the hostile environment that many homosexuals face. Despite the cultural climate in which we live, this issue must be addressed according to the Word of God. God's laws are always for our good, although man may see them as restricting. In the end, only obedience to the Word of God can bring true freedom. We address this issue out of God's love for the homosexual to bless and help him.

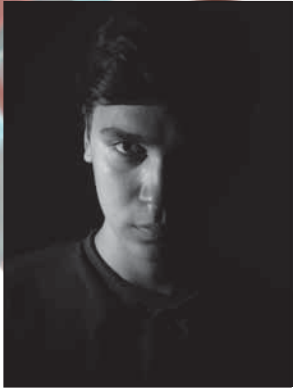
Much of our society has embraced many perverted sexual practices that are considered in the Bible as abominations to God. Homosexuality is among the list of deviate or abnormal sexual practices however, there are many other practices that can be included as well. Pornography, pedophilia, prostitution, bestiality, oral sex, phone sex and computer virtual reality sex, just to name a few of them.

1 Corinthians 6:9-10 (NIV): “Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters, nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.”

Although the Bible doesn't detail each and every one of these sinful acts, it does clearly speak out about many of them. Any deviation from God's original plan for sex between a married man and woman is still a sin in God's eyes. The main reason we call these things perverted is because they are unnatural and scripture clearly tells us those who do such things are committing abominations. **Leviticus 18:22 (KJV):**

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HOMOSEXUALITY AND LESBIANISM: A HOLISTIC LOOK *(continued)*



“Thou shalt not lie with mankind, as with womankind it is abomination.”

Homosexuality is also referred to as the sin of sodomy. This reference comes from an account in the Bible of two exceedingly wicked cities, Sodom and Gomorrah, which the Lord destroyed. Sodom was known for its rampant homosexuality and unrestrained sexual lust, as well as other sins such as arrogance, haughtiness,

and disregard for the poor. When the Lord sent angels to warn Lot who lived in the city that it was about to be destroyed, the men of the city actually wanted to rape the angels! **Genesis 13:13:** *“But the men of Sodom were wicked and sinners before the LORD exceedingly.”*

In the Old Testament the penalty for this sin was severe. **Leviticus 20:13:** *“If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood shall be upon them.”* Today the penalty of death comes in the form of AIDS and other sexually transmitted diseases. It also brings death to the soul and spirit of man because the life of God is pushed out by indulging in something that is an abomination to God. God wants to deliver all who are trapped in this unholy practice and He will if anyone calls out to Him with a sincere heart.

We certainly acknowledge that AIDS has broken out of the homosexual community, and now, many innocent people are suffering with this disease through no fault of their own. However, the intent of the above statement is not directed to those who have innocently contracted this disease, but rather to the sinners who are spreading it. A comparison could be made to those who smoke. Smokers are opening themselves up for lung cancer; however, the people who are subjected to breathing the smoke second-hand are also subject

to this disease. The person who willfully smokes is guilty of destroying their own bodies, but should those who are forced to live in the environment of the smoke, get lung cancer, they are not guilty of this sin. When we teach that smoking causes lung cancer, we are not judging or condemning those who innocently get lung cancer from breathing second-hand smoke. It is simply a true fact that smoking can cause lung cancer.

The same is true of AIDS. A homosexual life style increases the risk of that person contracting AIDS. There is no condemnation or judgment against those who innocently contract this disease through no fault of their own (for instance, through blood transfusions). However, since AIDS is most prevalent in the homosexual community, we need to warn people of the dangers of homosexuality, so that AIDS and sexually transmitted diseases are not spread to the rest of society, as now, many heterosexuals have contracted these diseases too, through unfaithful partners.

Romans 1:24-32: *“Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves: Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet. And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient; Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers, backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents, without understanding, covenantbreakers, without natural affection, implacable, unmerciful: who knowing the*

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HOMOSEXUALITY AND LESBIANISM: A HOLISTIC LOOK *(continued)*

judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.”

These scriptures clearly state that these vile affections of men lusting for other men (gay men) or women lusting for other women (lesbians) are not the natural affections God created men and women to have for one another. Let me say here that God loves all homosexuals! However, He hates the deeds of homosexuality because they are sinful. God did not create any human being as a homosexual. They are not born that way, just as murderers are not born that way. However, these spirits can be transmitted to children, especially if someone who had this demonic spirit seduced or raped a child—or even if they were close to gay people. These demons can also be imparted to others through unholy sexual acts.

People become homosexuals because they yield to abnormal acts or lust. It is through some source that they have received a demonic spirit that drives them to their lust. Viewing evil videos or pornographic books is a way of opening the door for Satan to give one an evil, perverse spirit. Though people are not born as homosexuals, the Bible does say all human beings are born with a sin nature. If we yield to the evils of our flesh it will lead to our destruction not only in this life, but in the life to come. However, through faith in Jesus Christ and His death on the cross we can break the hold that sin has upon us. We do not have to yield to the old fleshy nature but we can now overcome



evil temptations and live our lives controlled by the Holy Spirit.

Romans 8:1 “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit. For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. For as many as are led by the Spirit of God, they are the sons of God. For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.”

Sex is God’s idea and its purpose is not only for procreation, but also for recreation and the development of a deep relationship between man and woman. Nothing is wrong or dirty about sex when it is engaged in the bonds of marriage as the Lord commanded in the Bible. However, when perversions are committed inside the marriage relationship, this can be sinful also. God made man and woman and brought them together “face to face.”

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HOMOSEXUALITY AND LESBIANISM: A HOLISTIC LOOK *(continued)*

Oral sex is of homosexual origin that replaces the normal “face to face” relationship God intended in a marriage. The Bible describes the sex act in Song of Solomon Chapter 4. In this chapter it speaks of this “face to face” relationship by describing looking into his lover’s eyes and kissing his lover’s lips and fondling his lover’s breasts. Oral sex is not normal or natural as it is an unclean act.

No one has to live in bondage with an abnormal life of homosexuality nor any other abnormal behavior. No one has to be controlled by pornography. No one has to have evil thoughts plague their minds. There is a way out through what Jesus has done for us. He loves sinners and wants to free us from any evil practices. He will empower those who cry out for deliverance to get free and stay free. Here are the steps you must take to get free:

1. Make a total commitment to the Lord Jesus Christ. Be willing to turn your life completely over to the will of God and yield to His plan for your life. This means you must be willing to do anything, go anywhere and give up any thing as He leads. Remember, God will never lead you to do anything that is not in agreement with the Bible. You can trust God. He created you and has a better plan for your life.

2. You must pray and read your Bible daily. You must study and apply the Word of God to overcome Satan’s attacks. The way that you resist the attacks of the devil is by quoting the Word of God to him. When the devil came to tempt Jesus, He simply quoted the Word to him. Good praise tapes will also be of a great help when you are tempted. Put one on and start singing along with it.

3. You must pray for and seek out a strong Bible believing group of Holy Spirit filled people. You will need their help and fellowship. As you humble yourself and seek help, the Lord will deliver you. Ask God to lead you to someone that can pray the prayer of deliverance for you, as you probably will need to be set free from a



demon. You should also seek to be filled with the Holy Spirit as you will need His power to get free and to remain free.

4. You must cut off all sources and relationships that would lead you back into sin.

The Bible tells us to flee fornication (sexual sins). You must get out of any corrupt entanglements, or areas that you know will be a temptation to you. If you have been hooked on internet pornography subscribe to an Internet Service Provider that will filter out the pornography for you. Destroy all evil books and videos.

5. Should you slip or fall back occasionally, repent and get right back and go on with God. Do not allow the devil to condemn you once you have repented. Put your sin under the blood of Jesus. He will strengthen you and you will win this battle because of the Lord’s promise to you. Remember, He loves you and is there to help you. Run to Him when you get in trouble, never run from Him. He will not ever give up on you! We too, will be standing with you for your total healing and deliverance. Philippians 1:6: “Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”

6. You must forgive everyone that has ever hurt you. You can only do this through the power of God. You must by a simple act of your will voice the forgiveness and then the Lord will give you the feeling of forgiveness. This may be a while in coming but just keep forgiving when you think of

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HOMOSEXUALITY AND LESBIANISM: A HOLISTIC LOOK *(continued)*

any wrong that has been done to you. The Lord will give you His love for those people who have wronged you.

PRAYER FOR DELIVERANCE

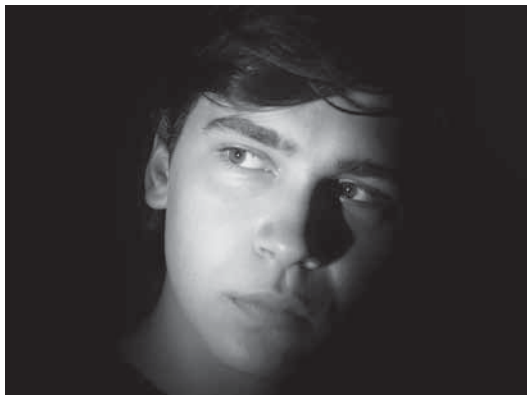
Finally we want to pray for you right now if you need it:

Dear Heavenly Father,

We come to you in the mighty name of Jesus and we ask that you touch this one right now, first of all with your love and forgiveness. Lord, wash their sins away. Wash away all the uncleanness and guilt. Lord, we ask you to free them right now from the powers of darkness.

Now, we speak to Satan and his demons and we command them to leave in the name of Jesus! Satan, this one is no longer under your power. The blood of Jesus has set them free! We resist you and you must flee! This one belongs to God and you have no more authority over them! Be gone!

Dear Lord, thank you that you have set this one free and we are believing that you will lead them to the right people that will help them to walk out this deliverance. We break every chain of iniquity over their life and cancel every evil word that has been spoken against them. We declare they will walk in your victory and that you will enable them to do it. Lord, fill them with your Holy Spirit and guide them in the ways of God! We speak blessing and success to them. Most of all, we pray that they will feel your love for them right now. We ask this all in the precious name of Jesus. Amen.



If you need further help, email us or you can get help from the ministries listed below: (Please go to these links so you do not have to struggle with this issue alone.)

Exodus International:

<http://www.exodus-international.org/>

This is an international organization with ministries around the world to help the homosexual.

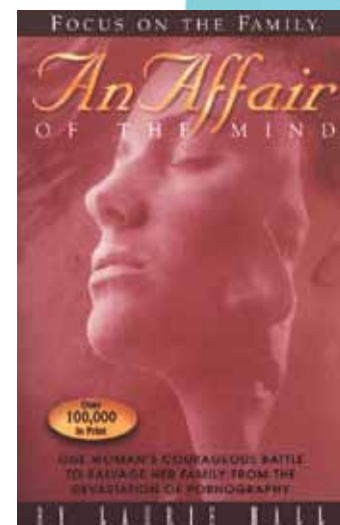
Desert Streams:

<http://www.desertstream.org>

This is a California-based Christian organization which offers programs for people seeking sexual and relational wholeness and healing.

An Affair of the Mind by Laurie Hall.

If you are struggling with this problem there is an excellent book that could be of help to you. Published by Focus On The Family and written from the first-hand perspective of a wife whose husband was addicted to pornography for over 20 years, this powerful book delves deep into many facets of sexual addiction. The principles in this book, if applied, can save any marriage and restore even those who are most bound to sexual addiction. The author shares candidly of her struggles as she sought the Lord for the salvation of her marriage and restoration of her husband. The things she learned from the Holy Spirit along the way will minister to every person who reads the book. It will help both husbands and wives.



HEALTH THERAPY - A BETTER YOU!!



Wendy Schoeman
Contributor

What would you like the world to see when it sees you? No amount of cosmetic, grooming or exercising will make you look good on the outside if you don't feel good inside. It is only through proper exercise and nutrition—and most important a positive attitude—that a woman can have the face and body she deserves, “because all women are beautiful.” The new millennium has been more confusing than ever for women because women are torn between career and home. In order to succeed, women must look after themselves. There are no hard and fast rules for staying beautiful, only wisdom, her aspirations and the environment she wants to create for herself and those around her.

Women are created in the image of God and we all long to be the women God designed us to be. Take the first step by looking at yourself from the inside out. Taking control your emotions will allow you to become a woman of beauty and strength.

The reality of everyday living is that life happens!! Too often we allow situations to wreak havoc on our emotions causing us to behave in a way that can affect our physical health. Women are known to be emotional creatures and if we



Priscilla Ziman
Contributor

do not confront our issues immediately we will carry those emotions with us for the rest of our lives. A healthy mind is the most important part of our bodies and by choosing the right thoughts we will master our hearts as Proverbs says “out of the abundance of the heart, the mouth speaks.” By seeking the wisdom of God it will allow us to make a calculated impact on society, whether in our families, business, friends or country.

A very important aspect in our lives is to free ourselves from judgment. Negative talk about ourselves and others will produce destructive things in our hearts which will manifest in our lives. Self judgment usually becomes condemnation or a justification and visa versa on the part of the other party who then justifies their behavior towards the guilty party. When we have peace and love in our lives it will allow us to think clearly and on purpose.

Today, the gorgeous supermodels and Hollywood stars are being used as the inspirational role models for young women. Attempting to look like any of them is depriving yourself of your own identity. Instead, preserve yourself with exercise and educating yourself on proper nutrition, which will result in developing healthy

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HEALTH THERAPY - A BETTER YOU!!

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eating habits. Nobody needs to be a diet junkie to live a healthy lifestyle—all you need is a sensible, balanced diet. A visit to a slimming clinic with a good eating plan where one can be encouraged and loved towards a weight goal still remains the best option.

No question, you cannot look good without care and maintenance of the skin. It is advisable to build a rela-

tionship with your local beauty therapist who can give you the appropriate treatment for your skin type and, of course, to discipline yourself in taking care of your skin on a daily basis.

The dictionary describes beauty as *good quality, appearance, advantage, good example and approval—beauty is in the eyes of the beholder—depending on how you see beauty.*

Priscilla Ziman and her daughter, Wendy Schoeman, are owners of Refresh, Health and Beauty Spa in Gauteng, Johannesburg, South Africa, which provide a variety of luxurious health and wellness treatments including slimming and fitness, massage therapy, and various skincare treatments. <http://www.refreshbeauty.co.za>.

THE AUDACITY TO BECOME EXCELLENT

(continued from page 2)

could. I always (for the most part) gave 100%. I learned early to become an answer to whoever the Lord set me to work with. If I was in a clerical position when I saw files out of order I would straighten them up. No one asked me to do. I saw a need and “answered” the need. Every position of the workforce I entered I excelled. When I came into the Kingdom of God I really excelled because I wanted to honor the God that I served with my talents and gifts. Boy, it was on then! I relied on the Holy Spirit to teach me the things I did not know. I disciplined myself to hear the Lord and truly the strategies He gave me propelled me to places and to meet people I would not ordinarily meet. When you are determined to BECOME EXCELLENT then God gets the glory, the following things accompany you:

- **Wisdom**
- **Favor**

- **Integrity**
- **You set standards for others**
- **You become a billboard (A MUST SEE)**
- **Duplication of Excellence is seen and copied by those around you**
- **Most importantly God is glorified and people see God’s standards**

In your ministry, business and family dealings, please strive to BECOME EXCELLENT. May we show through our everyday life patterns of excellence. May God be glorified in your lives.

Let us pay more attention to the way we decide to come into Kingdom living.

— *Dr. Cheryl*



MILITARY WOMEN - FACTS ABOUT MILITARY WOMEN AND WOMEN VETERANS IN THE U.S.

*Roles of Military Women Have Increased over Time as
Has Post-War Trauma*

By Linda Lowen

About.com Guide

Contributor

According to the U.S. Department of Veterans Affairs, as of October 2009 the number of women veterans living in the United States and Puerto Rico numbered 1,824,198. Out of a total veteran population of approximately 23 million, 7.9% are military women.

World War II

The Library of Congress Veterans History Project reports that World War II was the first conflict in which American women appeared in uniform in all branches of the armed forces. Many were ordinary women who, driven by a desire to serve their country, led the way for other military women.

Miriam Cohen was one of those women. In 1946, at age 35 Cohen enlisted as a Marine — one of the first group of women to do so. She served during World War II and later went on to become the oldest living female Marine until her death on Veteran's Day 2009 at age 101.

In all, almost 400,000 women served in the United States and Europe, North Africa, and Asia during World War II through the Army, Navy, Coast Guard, Marines, and civilian relief organizations. Female service members were involved in the Women's Army Corps (WAC); the female pilots of WAFS (Women's Auxiliary Ferrying Squadron); the Women's Air Service Pilots (WASPs); SPARS, the women's auxiliary unit of the Coast Guard; the WAVES (Women Accepted for Volunteer Emer-



Female soldiers at Fort Hood, Texas on November 10, 2009

© Joe Raedle/Getty Images

gency Service), a unit of the US Naval Reserve; and the Marines, among other groups.

Vietnam War

Following World War II — with the exception of nurses in the Korean War — women did not serve in a combat theater until the Vietnam War. According to the Pentagon, 1,234 military women served in Vietnam; include nurses and that number rises to 7,500. (A comprehensive history of women serving in the Army, Air Force, Navy, Marine Corps, and Army Medical Specialist Corps is available at Vietnam Women Veterans website.)

Persian Gulf War

At the time of the Persian Gulf War, Operations Desert Shield and Storm (1990-1991) involved more women in the military than any other conflict in the history of the U.S. Over 40,000 women were deployed; 15 were killed and two were captured and held by Iraqi forces. Almost every military unit included U.S. servicewomen, and

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MILITARY WOMEN - FACTS ABOUT MILITARY WOMEN AND WOMEN VETERANS IN THE U.S.

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old restrictions that had banned servicewomen from combat aircraft and vessels were later lifted as women proved themselves capable.

Iraq War and Afghanistan

In 2008, according to the Department of Defense, women made up 11% of the military force in Iraq and Afghanistan over the past six years; CNN estimated it at 180,000 women in the war zone — more than four times the number of women who served in the Persian Gulf War.

Unlike previous conflicts, this time women are serving in combat support roles and are experiencing violence firsthand. Rape, assault, and sexual harassment by superiors and other service men also compound the stress faced by women in the military.

Women veterans returning home are experiencing not only post-traumatic stress disorder (PTSD) but a mental health issue much more prevalent among women due to gender; of the 60,000 veterans diagnosed by the Veterans Administration as having PTSD, 22% of the women suffer from “military sexual trauma” (involving either sexual assault or harassment). Many women never report the trauma to superiors for fear of retribution, especially when the assailant is in the same unit. In rebuilding their lives after military service, some women veterans are finding re-entry difficult and their wartime service misunderstood. A growing number are ending up homeless, many of them with children. Facilities and programs for veterans, typically geared to meet men’s needs, often overlook the unique challenges women face. As women veterans reach out to VA hospitals and agencies for care and support, VA officials estimate that the number of military women utilizing the VA will double in the next five years. To meet the increasing needs of women veterans for gender-specific care (e.g. military sexual trauma), legislators are introducing bills such as the Women Veterans

Health Improvement Act of 2008 that will improve the types and range of health care available to former military women.

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**Tell us how God has used you to be
valuable right where you are!**

**If you would like to share
your testimony, praise report,
or other helpful ideas,
please email your thoughts to
editor_wos2010@yahoo.com**

THE SECRET OF HER PERFUME



Do you remember how Mary gave her precious perfume to anoint the feet of Jesus? She gave what was very expensive and important to her.

John 12:3 [ISV]: Mary took a pound of very expensive perfume made of pure nard and anointed Jesus' feet. She wiped his feet with her hair, and the house became filled with the fragrance of the perfume.

I like the part where it is translated to say and the HOUSE became filled with the fragrance.

This was a direct act or appreciation for who she was among. She and her sister Martha were good friends with Jesus. When you have those around you that you truly love and appreciate spending time with, sharing is priceless. Nothing should be withheld from them as Mary depicted so very well.

This article will speak to several areas that a woman have the ability to do in a godly way which is to set to change an atmosphere. Perfumes can do many things such as bring a pleasant odor, attract attention or serve as a repelling agent if used too heavily. Women in particular have a way that we walk, nurture and hopefully smell. I remember my mother and aunt would wear certain perfumes that just brought a sense of peace and I knew that there was no place like home. There are certain smells to me that speaks of a stable safe home life and a nice perfume is one of the top five smells. Their particular perfume made statements of womanhood, safety and so much more.

I remember years ago when I was a Director for the YMCA teaching children, they would comment on my subtle perfume that I wore. The children would always want to come to hug or talk with me. I understood then that the clothing, perfume and how I treated them served as signs of home life, safety and trust.



Everything we do "counts." Our perfume is a signature that we can use for your children, husband, etc. When YOU walk into a room everything about you should SPEAK. Our clothing is like our armor. It is our statement of how we feel about ourselves and it also

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THE SECRET OF HER PERFUME

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serves as a statement of respect of those that we are entreating at the time. How we carry ourselves also tells others how much time was put in preparing to receive them.

Although, this is a short message I believe it is a powerful message of how we carry ourselves and the RESPONSIBILITY of being a woman!

Fun things you can do with your perfume:

- **Collect sample cards of perfume** from department stores for children to smell or spray children with perfume.
- **Take some of your perfume and put some on your daughter's feet.** Explain that this perfume is for 'Ladies' but you are sharing

it with her. This opens up an opportunity to talk about fun things.

- **Spray your perfume on a piece of fabric** and put in your husband's undergarment drawer so that he thinks of you during the day.
- **Do the same with your undergarments** to keep a fresh scent upon your clothing.

Perfumes are scents and scents are powerful and leave a lasting affect whether good or bad. What is your favorite perfume? What does that particular perfume make you feel like? Is it a memorable scent?

Enjoy life . . . live more, love more, laugh more!



FRUGAL ENTERTAINMENT FOR THE WHOLE FAMILY

Fisher Swanson
Contributor

Here are some frugal entertainment ideas for the whole family.

Board Games



Board games are a great investment. If well taken care of, they can easily last a generation. You can often find them at garage sales for a dollar or two, even the

new board games. Every family should have some basics like cards, dominoes, chess, and checkers.

Movie Night

Rent a movie, pop some popcorn and entertain the whole family for a couple hours. Take turns picking out what movie to watch. You can order DVDs or videos from the library for free. Sometimes there is a wait but many libraries allow you to place holds online and receive notifications when your items are available.

Discount Movie Theatres

Most areas have at least one movie theatre that runs older movies for cheap prices. All you have to do is wait until the movie has been out a for a few months and it will eventually show up at one of these theatres. Ticket prices can be even less than a matinee and are sometimes

double features. Drive-in movie theatres can also be great bargains.

Minor League Sports



If your area has a minor league team they can be a lot of fun to watch and much cheaper than their major league counterparts. The minor league stars of today are often the major league stars of tomorrow.

Playgrounds, State Parks and Local Parks

Most parks are free, especially if you are not camping. Pack a picnic lunch or bring some barbecue. Try out different parks in your area until you find your favorites. Bring a frisbee and a dog!

Support the Arts

High school plays, talent shows and community theatre are generally inexpensive and a lot of fun. You will be surprised at how much talent there is in your community. Churches also have plays and programs that are open to the community even if you don't attend that church.

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FRUGAL ENTERTAINMENT FOR THE WHOLE FAMILY *(continued)*

Watch for Free Days and Free Events

Many museums, zoos and aquariums have free days. This is often one day per month such as the first Tuesday or last Friday. There are a lot of museums that are fun and have areas tailored towards kids. In art museums the ancient cultures exhibits are often fun for kids.

Open Houses, Openings and Festivals

Sports teams often have a free open house before the season starts. Also make note of free festivals and events in your communities. Check your local paper and chamber of commerce for upcoming events.

Zoo Membership

If you have kids who love to go to the zoo you should consider a family membership. It can be a great value if you plan on going often and have a zoo nearby. Similar memberships are available at museums and aquariums as well.



than you pay at the grocery market and usually there is something fun for the kids to do.

Library and Bookstore Events

Next time you go to the bookstore or library pick up an events calendar. They often have live music or book readings that might interest your family.

This is just the tip of the iceberg. Keep your eyes and ears open and you will find many more opportunities to have fun with your family without spending a lot of money.

Fisher Swanson is a regular contributor to the Daily Thrifty Tips newsletter at ThriftyFun.com. ThriftyFun publishes information about thrifty living. Send an email to dailythrifty-on@thriftyfun.com to subscribe to The Daily Thrifty Tips newsletter. <http://www.thriftyfun.com>.



Farmers' Market and Swap Meets

You don't have to spend much money to have a good time at your local Farmer's Market. Most communities have them on Saturday or Sunday every week during the Spring, Summer and early Fall. You can buy some great vegetables for less



WOMEN OF SIGNIFICANCE TESTIMONIES

On September 22, 2009, I was washing dishes. All of a sudden the right side of my face became numb. My husband, Tommy, took me to Washington [DC] Hospital Center. They gave me CT-Scan. They informed me to go back to Kaiser and have them take a MRI of the brain, because the CT Scan did see a mass. It took Kaiser 3 months to approve my MRI. Open season was right around the corner, so I fired Kaiser and went with Blue Cross.

I finally got an appointment with this wonderful Dr. Jeff Jacobson. He looked at the MRI results and MRI showed that I had four blood vessels about to burst! Also a tumor was spotted right between my eyes. My carotid arteries were 85% blockage. I never knew all this was going on in my head and body. I had suffered with bad headaches for at least two years, so bad that I laid in bed 2-3 days not knowing what day it was.

The doctor scheduled my surgery for February 4, 2010. He thought he could take care of all the blood vessels in one operation. He started to coil the first blood vessel and it ruptured. I started hemorrhaging. The doctors had to stop the surgery right away. Therefore, they could not finish the other blood vessels. The doctors informed my husband that it was a close call. I remained in intensive care for three days. The doctors could not finish the remaining blood vessels because it was too risky. After that I was transferred to rehab. I stayed in the hospital for the entire month of February. The surgery left my right side very weak. I could not walk without assistance.

Three months later, the doctors finish coiling the remaining vessels. Surgery went so well they sent me home the next day!

"I thank God for my handicaps for, through them, I have found myself, my work, and my God." — Helen Keller



Sherry Hilton
Contributor

Four months later, the doctors unclogged my arteries and that surgery went well also.

Now, the doctors are going to wait until January to remove the tumor. But if my vision becomes blurred or if signs of double vision occur, then they will have to remove the tumor right away.

God has been right by my side all the time. He has spared my life because he did not want to put too much on my family, especially my 75 years young mother. In January, we just lost my sister Betty. God will not put too much that you can bear. When I was in surgery, I felt the power of prayer from family members and friends. God is an awesome God. Let me tell you why. My husband was diagnosed with kidney disease. He healed him because he knew that I would need him to take care of me as I had cared for him.

God is sooooo good. I have been sharing my testimony with friends and family. These are the times when we must encourage ourselves and each other . . . God is still in control and He CAN and WILL do for those who live upright before Him.

EMBRACING YOUR RED SEA



Miatta Dukuly Reid

Contributor

Oftentimes in life we neglect our peaceful inner voice ushering us to make a decision, take a stance or

even a leap of faith regarding a situation. We allow fear, hesitation, doubt, noise, and buzz around us to contaminate our precious gift God has placed within us. You see, being a part of God's likeness entitles us to certain benefits or let me say genetics, like a child to his or her parents.

I remembered in 1990 when I had to embrace "My Red Sea." I had tragically lost my sister at age 21 when a civil war had just ignited in my motherland, Liberia, on the west coast of Africa. My two-year-old daughter had gone to her father and I was an endangered species in my own country because of my ethnicity and background. My loved ones pleaded with me to escape. I procrastinated to leave them behind and face the unknown. I finally listened to my inner voice urging me to cross and "Embrace My Red Sea." In the midst of my fears, uncertainties like the Israelites, God had a purpose for my life.

I waited in neighboring countries to ensure my loved ones were alive and glory be to God, they were well!

To conclude: We are all confronted with Red Seas in our lives. The question is should we embrace them or stand still? We should learn to listen to God when he speaks to us. The Israelites did just that, at the bank of the Red Sea.

Snip Bid: I woke up this morning. While getting ready for work, my inner voice tells me to take the local route to work, which has a million traffic lights (smile). There is always traffic on this route but I had decided to take the freeway before going to bed the night before. However, now I was torn between which route to take. Which route did I take to work . . .

The seeds of
our own decisions
will affect and
give birth to our outcomes.
MHR



YOUR NOT-SO-EMPTY NEST

Karen Wolff

Contributor



So the day has finally come; your last child has gone to college or moved out of your home. Here you are, alone with your husband for the first time in many years. So now what?

There are some tricks to making this time easier, more enjoyable, and A LOT less stressful.

1. First, be happy about how well you've done with your kids. So they're not perfect. Nobody's kids are perfect. Accepting and feeling good about the great job you've done not only makes you feel good, it is critical

to helping you move forward in this stage of your life.

2. Stop telling yourself how upset you are. You didn't lose anything. Your kids are out living their lives, being happy, successful, and are exactly where they need to be. Telling yourself, your kids, and your spouse how upset you are simply makes it harder for everyone. It isn't fair to make your kids feel guilty about wanting to live their own lives.

3. Mentally prepare yourself a long time in advance of your final child leaving your home. Start seeing yourself happy doing lots of new things with your husband. Start visualizing yourself starting new hobbies you've always wanted to pursue but never had the time. You can even see yourself enjoying a quiet evening with your husband watching a movie and enjoying a nice glass of wine. There's no limit to all the positive things you can imagine.

4. Don't let the negative stuff come and take up residence in your mind. Whenever those negative feelings start coming around, make the effort to consciously replace them with the positive ones you're creating. By the time the actual time comes, you'll be used to feeling good about it and things will be so much easier.

Just remember that your nest isn't empty, you're just making room for other things. You'll see your kids coming and going from your home, but just know that whatever they decide to do, you're going to be fine because you're choosing to think right so you can feel and act right no matter what.

Karen Wolff is the founder of <http://www.christian-books-for-women.com>, a website for Christian women to find help with every day issues.

FOUR CROCK POT RECIPES FOR FALL

Fall is upon us, and there's no doubt it's nice to come home to a warm home-cooked meal! If you let your crock pot do the work for you, you can get dinner ready in the morning and it will be there waiting for you at dinner time. You'd be surprised how many meals can be prepared in a crock pot. Here are just a few:



Crock Pot Lasagna

- 1 box rigatoni, cooked
 - 1 1/2 lbs. ground beef, browned & drained
 - 1 lg. pkg. sliced pepperoni
 - 1 green pepper, chopped
 - 2 lg. pkg. grated Mozzarella cheese
 - 2 lg. cans pizza sauce
 - 1 med. onion, chopped
 - 8 oz. mushrooms
 - Green olives, sliced
- Begin with layer of sauce on bottom of crock pot. Stir all remaining ingredients together. Place in crock pot and cook on low for 5 hours.

Crock Pot Pork Chops

- 6 to 8 lean pork chops
- 1/2 c. flour
- 1 tbsp. salt
- 1 (10 oz.) can chicken and rice soup
- 1 1/2 tsp. dry mustard
- 1/2 tsp. garlic powder
- 2 tbsp. oil

Coat pork chops in mixture of flour, salt, dry mustard, and garlic powder. Brown in oil in skillet. Place browned pork chops in crock pot. Add can of soup. Cover and cook on low for 6 to 8 hours or on high for 3 1/2 hours.

Crock Pot Meat Loaf

- 2 lbs. ground beef
- 1/2 lb. ground sausage
- 2 med. onions, finely chopped
- 1 clove of garlic, chopped
- 2 tsp. salt
- 1/2 tsp. pepper
- 1 c. sour cream
- 1 can cream of mushroom soup
- 1 1/2 c. bread or cracker crumbs
- 1 1/2 c. milk

Soak bread or cracker crumbs in milk. Mix meat, seasonings, and soaked crumbs thoroughly. In a separate bowl, mix sour cream and mushroom soup. Make meat mixture into loaf and place in crock pot. Pour the sour cream-soup mixture over top. Cook in crock pot 10 to 12 hours on low.

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FOUR CROCK POT RECIPES FOR FALL

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Crock Pot Stew

3 pounds lean stewing beef, cut into 1 1/2-inch cubes

1 envelope dry onion soup mix

1/2 cup beef broth

1 can (10-1/2 oz.) condensed cream of mushroom soup

1 can (4 oz.) sliced mushrooms, drained (opt.)

Combine all ingredients in crock pot and cook on low for 8 to 12 hours.



Rachel Paxton is a freelance writer and mom who is the author of What's for Dinner?, an e-cookbook containing more than 250 quick easy dinner ideas. For more recipes, gardening, organizing tips, home decorating, holiday hints, and more, visit Creative Homemaking at <http://www.creativehomemaking.com>.

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WRITERS' GUIDELINES

All writings will be subject to approval.

These are just a few suggestions to assist you in your writing. Each article that you write should have something that each woman can implement. You may also have a brief testimony/story about how you implement each instruction given. Please be led by the Holy Spirit.

- Times New Roman, 12 pt font
- Double spaced
- Bio in footer of article
- Please send separately a photo of yourself. Resolution must be 300dpi or better. Please send in one of the following formats: JPEG, AI, PSD, TIFF, or EPS.

Send your contribution to
editor_wos2010@yahoo.com



Dr. Cheryl approved



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It's about learning to dance in the rain!"*