



YOUNG WOMEN'S CHRISTIAN COUNCIL YWCC NEWS

JULY/AUGUST 2005

NEW COVENANT MINISTRIES CHURCH OF GOD IN CHRIST

Ladies,

Well, here we are again winding down our summer activities. Our children preparing to go back to school in August..... YES! Hopefully, they have enjoyed their vacation time this year. Congratulations to all of the new college Freshmen. Let's continue to keep them in prayer and to bind the devil as they take the next step in God's journey.

God has ordained success in the lives of all our children and also in our lives. We have much to look forward to and much to be grateful for. Stay encouraged and keep pressing toward the mark.

You are blessed and highly favored
Miss'y Alana Daniels

YWCC HAPPENINGS

Officers

President, Missionary Alana Daniels
Vice President, Sister Mildred Johnson
Chaplain, Missionary Simone Reid
Treasurer, Sister Rochelle Conner
Recording Secretary, Sister Patricia Benefield
Correspondence Secretary, Sister Cynthia Burley
Counselor, Mother Arlene Dennis
Teacher, Missionary Brenda Barnes
Chaperon, Missionary Cynthia Bloomfield

Dues

The monthly YWCC dues are \$10.00. You can pay your dues at anytime during the month.

Calendar Highlights

JULY

10 Women's Fellowship
11 Women's Day
13 - 16 Youth Revival
18 Pastor's Aide Service
20 - 23 Vacation Bible School
25 Building Fund Day

AUGUST

1 Pastor's Aide Service
6 Pastor @ True Holiness
8 Pre-Appreciation Service, Kinston
10 - 14 Appreciation Services
21 Men's Fellowship
22 Men's Special Service
26 - 29 Mighty Men's Conference
29 Fifth Sunday Fellowship

MORNING MEDITATION

LIVE WITH HIS HEART

"What if for one day and one night, Jesus lives your life with his heart? Your heart gets the day off and your life is led by the heart of Christ. His priorities govern your actions. His passions drive your decisions. His love directs your behavior.

What would you be like? Would people notice a change? And your family ... would they see something new? Your co-workers ... would they sense a difference? What about the less fortunate? Would you treat them the same? And your friends? Would they detect more joy? How about your enemies? Would they receive more mercy from Christ's heart than yours?

And you? How would you feel?... Would you still dread what you are dreading? Better still, would you still do what you are doing? Would you still do what you had planned for the next twenty-four hours? Pause and think about your schedule ... With Jesus taking over your heart, would anything change?

God loves you just the way your are, but he refuses to leave you that way. He wants you to be JUST LIKE JESUS" --by Max Lucado (an excerpt from "Just Like Jesus")

"Christ who suffered for you, is your example, follow in his steps. He never sinned, and he never deceived anyone. He did not retaliate when he was insulted. When he suffered, he did not threaten to get even. He left his case in the hands of God, who always judges fairly. He personally carried away our sins in his own body on the cross so we can be dead to sin and live for what is right." I Peter 2:21-24 NLT

ANNOUNCEMENTS

Birthdays

Alicia Aiken August 1
Sandra Middlebrooks August 1
Arlene Dennis August 8
Sherri Aiken August 9
Maxim Wesley August 12
LaSarah Higgins August 29



Anniversaries

Pastor & First Lady Robinson
July 21

Quote for the Month

It is a vain thought to flee from the work that God appoints us, for the sake of finding a greater blessing, instead of seeking it where alone it is to be found - in loving obedience.

- George Eliot

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WOMEN'S HEALTH

HEADACHES

From The Complete Guide To Natural Healing

A headache, one of the body's most powerful alarm signals, is often a sign of physical or psychological overload. There are several types of headaches, and they differ according to how and where the pain occurs. These include tension, cluster, simple and combination headaches and migraines – an especially intense form that is often accompanied by nausea and impaired vision. The pain can be triggered by many things. A common cause of headache is tense muscles in the head or neck. Headaches may also be a symptom of stress, caffeine withdrawal, allergies, certain infectious diseases or the result of too much alcohol. Constricted or expanded blood vessels, as well as altered pressure in the head (which may occur when the weather changes), can also produce

headaches. Natural methods – including relaxation exercises, massage and homeopathic remedies – can often be as effective as standard medications in preventing or relieving the pain caused by the different forms of headache.

TYPES OF HEADACHES

* Simple headache - Hammering, buzzing, pulsing in the head. Causes: stress, sensitivity to weather or changes in atmospheric pressure, high blood pressure, fever or lack of oxygen.

muscular tension or bad posture.

* Cluster headache – piercing, burning pain, which occurs on one side of the head and always in the same place. Cause: unknown.

* Migraine – pain is usually on one side of the head only. Often accompanied by nausea, vomiting and vision problems. Causes: hereditary factors or circulatory disturbances in the brain.

* Combination headache – dull oppressive pain that usually begins in the morning and reoccurs between migraine attacks. Causes: unknown.

A Helpful Headache Remedy

Run yourself this warm bath to alleviate tension and relax blood vessels. Combine the following essential oils with an emulsifier (cream or honey): 3 drops of chamomile, 3 drops of lavender and 3 drops of rosemary. Add the mixture to the bathwater.

*Tension headache – dull, oppressive pain occurring in the temples. Begins at the back of the head and neck or in the forehead and spreads throughout the head. Causes:

Headaches can be alleviated by cold compresses, baths, acupuncture and relaxation techniques. You should minimize your exposure to external stimuli, exercise in fresh air and abstain from smoking and alcohol.

HELPFUL HINTS CORNER

SHOE CARE

1. In a pinch you can shine your leather shoes with floor wax, pray furniture polish, or spray window cleaner. You can even use a banana peel. On patent leather try Vaseline, sprat window cleaner or castor oil.
2. For a high shine, squeeze a few drops of lighter fluid into your solid boot wax—it will spread more easily and penetrate better. Or rub lemon juice into the leather after it has been polished then buff for a high shine.
3. To get an even shine on white leather wipe with rubbing alcohol then polish.
4. To keep fresh polish from smearing clothes let it dry then rub with wax paper or spritz with hair spray.
5. If you do not have a soft cloth use a sheet of fabric softener.
6. To clean suede shoes, first remove dust with pantyhose or vacuum cleaners dust brush attachment. Then hold the shoes over steam to raise the nap. Brush lightly and let dry.
7. Cover the spots on black suede by sponging with black coffee; on white suede use chalk.



The Recipe Box

CRAWFISH JAMBALAYA

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| 1 cup chopped onion | 1 tsp dried thyme |
| 1 cup chopped green bell pepper | ½ tsp ground red pepper |
| 1 cup chopped celery | 1 bay leaf |
| 1 tbsp vegetable oil | 1 lb peeled fresh crawfish tails or medium shrimp |
| 1 lb cooked smoked sausage, halved lengthwise | 1 can tomato sauce (8 oz) |
| 1 can chicken broth (14 ½ oz) | 4 cups cooked rice |
| ½ cup chopped fresh parsley | 1 tbsp Cajun seasoning |

1. In a 12-inch skillet, cook onion, green pepper and celery in oil until tender. Add chicken broth, tomato sauce, Cajun seasoning, thyme, red pepper and bay leaf. Bring to a boil; reduce heat. Simmer, covered for 5 minutes.
2. Stir in crawfish and sausage. Cook, uncovered, about 3 to 5 minutes or until crawfish turn pink.
3. Stir in rice. Simmer for 5 to 10 minutes or until desired consistency, stirring frequently. Stir in parsley. Remove bay leaf before serving.

Per serving: 347 cal., 20g fat, 50 mg chol., 988mg sodium, 28g carbo., 12g pro., 2g fiber.