



YOUNG WOMEN'S CHRISTIAN COUNCIL

YWCC NEWS

SEPTEMBER/OCTOBER 2005

NEW COVENANT MINISTRIES CHURCH OF GOD IN CHRIST

Ladies,

God bless each one of you. The YWCC is looking forward to our Annual Women's Conference in September. The conference theme is WAR – Women Arising and Reclaiming. We are excitedly anticipating to hear from our guest speaker, First Lady Davis, from Nehemiah Christian Center in Durham, NC. We are also anticipating the Word from our very own Missionaries. We welcome each person who has joined us for this exciting conference.

In the month of October, we want to pause and say Happy Birthday to our very own First Lady, Evangelist T. F. Robinson. We pray that God will bless you with many more.

Until next time,
Missionary 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

September
 17th – 18th Women's Conference
 24th Building Fund Day
 28th – 30th State Women's
 Convention Wendell, NC

OCTOBER
 1st First Lady's Birthday
 8th Women's Fellowship
 15th Call Meeting, Wendell, NC
 9:00 a.m.
 29th Pastor's Aide Banquet
 30th Fifth Sunday Fellowship
 Jacksonville, NC

The YWCC News is a newsletter of the Women's Department of New Covenant Ministries COGIC. Contact Information: Info@NCMCOGIC.org or (910) 353-0986.

MORNING MEDITATION

WHAT IS YOUR GIFT?

If ever you doubt your course in life
 Here's a thought to give you a lift
 To help you along the way
 The Lord has given you a gift.

He has given you a talent
 Though in some areas you may lack
 There is a skill at which you excel
 There is a skill at which you've a knack.

Your gift may not be evident yet
 Your ability may seem unclear
 But the Lord will make it plain
 Soon your gift will appear.

Your talent might look unimportant
 It may not bring good fortune or acclaim
 But if you use it wisely
 God's favor will be your fame.

Stay on the path you've chosen
 From God's direction do not drift
 In life you do not walk unarmed
 For God has given you a gift.
 --author unknown to me

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen." I Peter 4:10-11 NIV

ANNOUNCEMENTS

Birthdays

Missionary Alana Daniels	Sept 5
Sister Naomi Bloomfield	Sept 12
Evangelist Theresa Robinson	Oct 1
Missionary Rochelle Conner	Oct 6
Sister Lei Burley	Oct 16



Anniversaries



Mr. & Mrs. Johnson	Sept 2
Mr. & Mrs. Middlebrooks	Sept 28

Quote for the Month

There is only one relationship that matters, and that is your personal relationship to a personal Redeemer and Lord. Let everything else go, but maintain that at all cost, and God will fulfill His purpose through your life. (This includes meeting the needs of your heart.) One individual life may be of priceless value to God's purposes, and yours may be that life."
 — Oswald Chambers

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WOMEN'S HEALTH

Controlling Your Cholesterol

Cholesterol is a fatty substance manufactured in the liver. It has both helpful and harmful effects on the body. You do need a certain amount of cholesterol to help build and maintain nerve cells and produce natural hormones. However, too much cholesterol in your bloodstream – a condition called “Hypercholesterolemia” – increases your risk for heart disease.

Too much cholesterol causes fatty deposits, called “plaque,” to form inside a person’s arteries. Over time, the plaque builds up, and the arteries become hardened and narrow, making it more and more difficult for blood to flow through. Blood clots may develop in the narrowed arteries, and blood flow may stop altogether, causing the person to have a heart attack.

Hypercholesterolemia – the silent disease

Hypercholesterolemia is particularly dangerous because it is a “silent” disease. Symptoms appear only after

complications have already developed. These may include chest pain or calf pain, caused by narrowed or blocked arteries to the heart or legs. While someone without a family history of hypercholesterolemia may develop it, the tendency often runs in families.

“Good” Cholesterol vs “bad” cholesterol

When people refer to “good” cholesterol and “bad” cholesterol, they are really talking about two substances that play very different roles. LDL (low-density lipoprotein) carries cholesterol through the bloodstream, leaving fatty deposits behind that increase your risk of heart disease. HDL (high-density lipoprotein) cleans the artery walls and removes excess cholesterol from the body, lowering heart disease risk. Obviously, it is better to have *low LDL levels* and *high HDL levels*.

Cutting down on Saturated Fat

If cholesterol is a problem for you, the worst kind of fat you can consume is “saturated” fat. This is found in animal protein such as beef,

pork and lamb; the skin on chicken and turkey; in animal by-products such as whole milk, butter, eggs, cheese and ice cream; and certain coconut and palm. When saturated fat passes through your blood stream, it tends to harden and stick to the walls of your arteries. Over time, the arteries may become so blocked with plaque that the blood can no longer flow through, and a heart attack results.

A better choice is “monounsaturated” and “polyunsaturated” fat. These are found in sunflower, safflower, soybean, canola and olive oils.

Cholesterol levels can, in some cases, be controlled by diet and exercise. Eating foods high in soluble fiber is recommended, so is reducing the amount of fat consume everyday to no more than 30% of your daily calories.

Exercise not only helps keep your weight down but also can increase HLD levels. Good choices include aerobic activities, jogging, walking and bicycling.

From the Office of :
Gregory D. Streeter, MD

HELPFUL HINTS CORNER

HOUSE PLANTS

1. Out of commercial plant food and want to add a little extra nitrogen to you hour plants. Add a little gelatin to the water once a month. Just empty an envelope of unflavored gelatin into 1 cup of boiling water and stir until gelatin dissolves and mix with 3 cups of cool water. Apply immediately; discard any leftover.
2. To revive a wilted houseplant plunge its pot into a bucket of tepid water. Let it soak until bubbles stop rising from the soil. Drain the excess water and set the plant in a humid spot like a bathroom or greenhouse. Or cover the plant with a plastic bag, supporting the plastic with a frame of stakes or coat hanger wire so that it doesn't touch the plant. Secure the bag to the pots rim with twine or a rubber band. Keep the plant out of direct sunlight while it recovers.



The Recipe Box

Sour Cream Pound Cake

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|------------------------------------|--------------------------|
| <i>1 cup butter (no margarine)</i> | <i>6 eggs</i> |
| <i>3 cups sugar</i> | <i>½ pint sour cream</i> |
| <i>3 cups all purpose flour</i> | |
| <i>¼ teaspoon baking soda</i> | |
| <i>1 tablespoon almond extract</i> | |

In a large bowl of an electric mixer, cream butter and sugar. Add eggs, one at a time. Beat well after each egg is added. Blend in sour cream. Add flour with baking soda mixed in. Mix well, add extract. Bake in a 10” tube pan that has been greased and dusted with flour. Bake at 325 for about 1 ¼ hours. Cool for 15 to 20 minutes before removing from pan. (Enjoy)*