



YWCC NEWS

JANUARY/FEBRUARY/MARCH 2009

NEW COVENANT MINISTRIES CHURCH OF GOD IN CHRIST

Praise the Lord!!!!!!!!!!!!

God is truly worthy to be praised. God has truly blessed us in 2008 and will do more in 2009. If we continue to praise and worship him He will show us new things.

Prov 3:6 says...In all thy ways acknowledge Him and He shall direct our paths.

If we truly love God we will acknowledge Him before we do anything. In doing so He will lead us in the direction we need to go. Then we will always be blessed because we are in his will. God is taking us to new heights and we want to be ready. So I encourage you in 2009 to diligent in the work of the Lord because the reward is great.

Missy Mildred Johnson

WOMEN IN THE BIBLE

Jehosheba's

**Juh-HUH—shuh-buh
"Yahweh is abundance"**

When King Ahaziah of Judah was killed his mother Athaliah determined to seize the throne for herself. So she ordered all her grandchildren executed. While Athaliah did seize the throne for herself, one of Ahaziah's infant sons, Joash was spared.

The rescue was accomplished by Ahaziah's sister named Jehosheba. Jehosheba who was married to the Lord's high priest, Jehoiada, sheltered the infant in the temple until he was seven years of age. Then Jehoiada organized a coup, executed Athaliah and placed the seven year old Joash on Judah's throne

YWCC HAPPENINGS

Sister 2 Sister

Congratulations to Miss'y T. Johnson on our first Sister 2 Sister event.

We are looking forward to more fellowship, food and fun next month.

Upcoming Events

March

- 7th- Leadership Training 10:00am
- 13th-14th Praise Conference
- 17th-20th Spring Bible Conference
- 22nd Building Fund Service
- 24th Trustee Meeting
- 27th-28th Women's Praise Service
- 29th 5th Sunday Fellowship

**Women In Praise Conference
May 14th-15th**

**59th Annual
Women's Convention
Denver, CO
May 25th-29th**

ANNOUNCEMENTS



Birthdays

| | |
|----------------------------|--------|
| Missionary Charlotte Neely | Jan 13 |
| Missionary Cynthia Burley | Feb 3 |
| Sister April Obie | Feb 7 |
| Missionary Carolyn Owens | Mar 3 |
| Sister Tnya Townsend | Mar 12 |
| Sister Brandon McGee | Mar 18 |

Anniversaries

| | |
|-----------------------------------|--------|
| Mr. & Mrs. Bernard Townsend | Jan 24 |
| Mr. & Mrs. William A. Daniels Jr. | Feb 26 |



QUOTE OF THE MONTH

The hardest arithmetic to master is that which enables us to count our blessings.

Eric Hoffer



New Arrivals

**Joseph Maurice Connor -- January 8, 2009
DeMarre Virgil Williams -- February 17, 2009**

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BLACK WOMEN MAKING HISTORY

Janet Emerson Bashen



In January 2006, Ms. Bashen became the first African American female to hold a patent for a software invention. The patented software, LinkLine, is a web-based application for EEO claims intake and tracking, claims management, document management and numerous reports. Bashen will soon release the federal sector counterpart, EEOFedSoft, MD715Link and the web-based AAPSoft for building Affirmative Action Plans.

Janet Emerson Bashen was issued U.S. patent #6,985,922 on January 10 2006, for a "Method, Apparatus and System for Processing Compliance Actions over a Wide Area Network."

Maggie Lena Walker



Maggie Lena Walker (July 15, 1867- December 15, 1934) was an American teacher, businesswoman, and banker. She was the first woman to charter a bank in the United States. As a leader, she achieved successes with the vision to make tangible improvements in the way of life for African Americans and women. Disabled by paralysis and limited to a wheelchair later in life, Walker also became an example for persons with disabilities.

Maggie Lena Walker became the first woman bank founder and president in the United States. On opening day, the receipts totaled \$9,430.44. Many people opened Christmas savings accounts in which they deposited a penny or a nickel a week.

Patricia Bath



Dr **Patricia Bath**, an ophthalmologist from New York, was living in Los Angeles when she received her first patent, becoming the first African American female doctor to patent a medical invention. Patricia Bath's patent (#4,744,360) was for a method for removing cataract lenses that transformed eye surgery by using a laser device making the procedure more accurate.

Patricia Bath - Cataract Laserphaco Probe

Patricia Bath's passionate dedication to the treatment and prevention of blindness led her to develop the Cataract Laserphaco Probe. The probe patented in 1988, was designed to use the power of a laser to quickly and painlessly vaporize cataracts from patients' eyes, replacing the more common method of using a grinding, drill-like device to remove the afflictions. With another invention, Bath was able to restore sight to people who had been blind for over 30 years. Patricia Bath also holds patents for her invention in Japan, Canada, and Europe.

Joycelyn Harris



Joycelyn Harrison is a NASA engineer at the Langley Research Center researching piezoelectric polymer film and developing customized variations of piezoelectric materials (EAP). Materials that will link electric voltage to motion, according to NASA, "If you contort a piezoelectric material a voltage is generated. Conversely, if you apply a voltage, the material will contort." Materials that will usher in a future of machines with morphing parts, remote self-repairing abilities, and synthetic muscles in robotics.

Concerning her research Joycelyn Harrison has stated, "We're working on shaping reflectors, solar sails and satellites. Sometimes you need to be able to change a satellite's position or get a wrinkle off of its surface to produce a better image." Joycelyn Harrison has been granted a long list of patents for her inventing and received the 1996 R&D 100 Award presented by R&D magazine for her role in developing THUNDER technology along with fellow Langley researchers, Richard Hellbaum, Robert Bryant, Robert Fox, Antony Jalink, and Wayne Rohrbach.

YOUNG WOMEN'S CHRISTIAN COUNCIL

EASY STRESS BUSTERS

We're so pressured with responsibilities—work, personal life, community activities—that we often get tied up in physical and mental knots just trying to get through an average day.

Richard Cotton, MA, chief exercise physiologist with myexerciseplan.com in Carlsbad, CA, and a spokesperson for the American Council on Exercise, suggests the terrific stress-busters below. They take only a minute or two. Each can be done almost anywhere and don't need fancy equipment:

Stress-Buster #1:

1. Stand up. Put your fists on your lower back at the beltline, with your elbows pointing back.
2. Keep your legs fairly straight and arch your shoulders back.
3. Press your fists lightly into your lower back and your head will go back.
4. Blow out. As you do, imagine you are blowing out the stress of the day. "We tend to hold stress in our lower back," Mr. Cotton says.

Stress-Buster #2:

1. Sit in a chair.
2. Inhale as you push your

3. heels down into the floor. Push your back into the seatback of the chair.
3. Hold that tension for a moment, then relax and exhale.
4. Inhale again and squeeze the thigh muscles tight. Hold, then relax and exhale.
5. Place your palms together in front of you. Inhale as you push them in, then relax and exhale.
6. Breathe in as you tighten your abdominal muscles, pushing your lower back into the chair.
7. Blow out as you release the muscles and relax.
8. If you have time, you can continue this exercise with other muscle groups

HealthyWomen.org

THE RECIPE BOX



ALABAMA SPOON BREAD

| | |
|--------------------------------|-------------------|
| 1 cup yellow corn meal sifted | ½ cup milk |
| 2 cups boiling water | 4 eggs separated |
| ½ cup all purpose flour sifted | 1 T sugar |
| 1 T butter or margarine | 2 t baking powder |
| 1 ½ t salt | |

Sprinkle cornmeal over boiling water. Add butter and salt stirring until mixture is thick. Pour into large bowl: cool about 5 minutes. Combine egg yolk and milk: stir into batter. Sift flour, sugar, and baking powder together and add to batter, mixing well. Beat egg whites until stiff but not dry and fold in. Pour into large buttered baking dish and bake at 400* for 30 to 35 minutes, or until knife inserted into the middle comes out clean. Serve at once from baking dish with plenty of butter

HELPFUL HINTS

Scent-sational ways to wake up

Even when you are exhausted, you can muster enough energy to sniff. Make it the right fragrance and a whiff is all you need for an instant pick-me-up. The scent of lemon can stave off fatigue and keep you invigorated. Lavender, whether in spritz or footbath can revitalize you. Put the two together and aroma therapists say you've got strong energizer. For when you are behind the wheel try peppermint or cinnamon. These aromas are said to make drivers more alert and less frustrated. (FC&A Medical Publishing)

Smooth and smooth chapped skin

To smooth and soften skin, add a few drops of sandalwood oil add vitamin E oil to an- almond base oil. Apply to hands, face or body once or twice a day as **needed** and rub in well.

(FC& Medical Publishing)