



YOUNG WOMEN'S CHRISTIAN COUNCIL YWCC NEWS

AUGUST 2004

Ladies,

Welcome to another issue of the YWCC News. Special thanks to Sister Mildred Johnson for assisting in the production of our monthly newsletter.

Sister Johnson has included a great recipe this month and an awesome tip for your tired, achy feet. Also, be sure to read the multi-part article on incontinence in our Women's Health section.

Let's remember to keep one another in prayer and encourage a sister today.

Until our next issue,
God Bless

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

August

6th - Pastor @ True Holiness Church
8th - Pre-Appreciation Service 5:00 PM
22nd - Men's Special Service
26TH - 28TH - Men's Conference
29th - Annual Men's Day

September

1st - 5th - Friends & Family Day Svcs
4th - Annual Fun Day
15th - 18th - Women's Conference
19th - Annual Women's Day
22nd - 24th - Praise Conference
26th - Choir Annual Day
29th - Oct 1st - State Women's Convention

MORNING MEDITATION

Power Outage

Read: 2 Timothy 1:6-12 Bible In One Year: Psalms 49-50; Romans 1

God has not given us a spirit of fear, but of power and of love and of a sound mind. —2 Timothy 1:7

The silence awakened me at 5:30 one morning. There was no gentle whirl of fan blades, no reassuring hum from the refrigerator downstairs. A glance out the window confirmed that a power outage had left everyone in our neighborhood without electricity just as they would be preparing for work.

I realized that alarm clocks would not sound, and there would be no TV news. Coffee makers, toasters, hair dryers, and many telephones would be useless. Beginning a day without power was simply an inconvenience and a disruption of routine—but it felt like a disaster. Then I thought of how often I rush into the day without spiritual power. I spend more time reading the newspaper than the Bible. Talk radio replaces listening to the Spirit. I react to difficult people and circumstances in a spirit of fear rather than the spirit of "power and of love and of a sound mind" that God has given us (2 Timothy 1:7). I must appear as spiritually unkempt as a person who dressed and groomed in the dark.

Our power outage was short-lived, but the lesson remains of my need to begin each day by seeking the Lord. His strength is not for my success or well-being, but so that I will glorify Christ by living in His power. — David McCasland

*There's never a lack of God's power
In prayer and reading His Word,
For Jesus in heaven is listening-
Your prayer will always be heard. —Hess*

The human spirit fails us unless the Holy Spirit fills us.

www.dailybread.com

ANNOUNCEMENTS

Secret Sisters

Have you selected your Secret Sister's name yet? She's probably hoping you've got her name. See Missionary Daniels to select a name.

Women's Choir

The Women's Choir will be ministering every 2nd Sunday. Please see Sis Burley for rehearsal schedules.

Monthly Women's Topic

The YWCC needs your help. We are putting together an interest list of topics that the women are interested in having more teaching on. Please see Missionary Daniels who is compiling the list.

Women's Conference

Ladies, our Fruit of the Spirit Conference is in the month of September. Please be alert for dates and times.

Birthdays

Sister Alicia Aiken August 1
Mother Arlene Dennis August 8
Sister Sheri Aiken August 9



WOMEN'S HEALTH

Urinary Incontinence in Women

A Multi-Part Article

Urinary incontinence is an inability to hold your urine until you get to a toilet. More than 13 million people in the United States--male and female, young and old--experience incontinence. It is often temporary, and it always results from an underlying medical condition.

Women experience incontinence twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. But both women and men can become incontinent from neurologic injury, birth defects, strokes, multiple sclerosis, and physical problems associated with aging.

Older women, more often than younger women, experience incontinence. But incontinence is not inevitable with age. Incontinence is treatable and often curable at all ages. If you experience incontinence, you may feel embarrassed. It may help you to remember that loss of bladder control can be treated. You will need to overcome your embarrassment and see a doctor to learn if you need

treatment for an underlying medical condition.

Incontinence in women usually occurs because of problems with muscles that help to hold or release urine. The body stores urine--water and wastes removed by the kidneys--in the bladder, a balloon-like organ. The bladder connects to the urethra, the tube through which urine leaves the body.

During urination, muscles in the wall of the bladder contract, forcing urine out of the bladder and into the urethra. At the same time, sphincter muscles surrounding the urethra relax, letting urine pass out of the body (see figure 1). Incontinence will occur if your bladder muscles suddenly contract or muscles surrounding the urethra suddenly relax.

At that time, lowered estrogen levels might lead to lower muscular pressure around the urethra, increasing chances of leakage. The incidence of stress incontinence increases following menopause.

Continued in next month's issue.

www.health-science.com



PASTOR APPRECIATION

Honoring

Superintendent V. Robinson III

August 10 - 15, 2004

As a reminder.....

The Appreciation Service is rapidly approaching. Each member was asked to give \$100 during the Appreciation Service. Our goal is to be a blessing to the man of God.

Please personally commit to being in the service all week long to show our support to our very own Pastor and Superintendent. Each night we will have different speakers and we are looking for a high time in the Lord.

You can see any member of the PAC to turn in your pledges.

HELPFUL HINTS CORNER

Foot Refresher

After a long day of standing or a high time in the Lord of dancing, soothe your feet.

Materials Needed...

Foot Tub, Marbles, and 5 to 10 drops of essential oil of lemon, lavender, camphor, peppermint, rosemary, juniper, or eucalyptus. (These oils can be found in the health food store). ½ cup sea salt (table salt is fine)

To a tub of very hot or very cold water, add oil of choice and salt. Make sure there is enough water to cover the ankles. Now put in enough marbles to almost cover the bottom of the tub where your feet are resting. Soak feet for 15 minutes while gently rolling them back and forth over the marbles with toes. This action stretches and relaxes the feet. Roughly rub the feet and apply a soothing lotion mixed with a few drops of one of the above-mentioned oils.



The Recipe Box

Some recipes sound hard to make but in actuality they are simple. What are you afraid of? Try the Chicken Gumbo. No okra unless you just have to have it.

Chicken Gumbo

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|-----------------------------------|---------------------------|
| 1 large chicken cut up | Thyme, fresh if available |
| 4 tablespoons cooking oil | Salt and pepper |
| 1 large onion chopped | 1 pint oysters |
| 1 lb smoked sausage or andouille | 1 clove garlic, minced |
| 2 quarts chicken stock, heated | 1 tablespoon file' powder |
| 2 tablespoons green onion chopped | |

Using a heavy bottom pot, brown the chicken slowly in oil. Remove the chicken. Sauté the onion until soft (not brown). Return and any juice that runs from it back into the pot with the onions, cover and cook on low heat for about ten minutes, stirring occasionally to prevent burning. Add the heated stock, parsley green onion and garlic. Season generously with thyme. Add salt and pepper to taste. Cook over low heat until is tender. Add sausage and cook for ten minutes. Add oysters and the oyster-water and cook for ten minutes more. Skim off excess fat. Remove from heat and immediately add file' powder, stirring while adding. Serve over steamed rice. (Enjoy)