



YOUNG WOMEN'S CHRISTIAN COUNCIL YWCC NEWS

MAY/JUNE 2005

NEW COVENANT MINISTRIES CHURCH OF GOD IN CHRIST

Ladies,
Let me take this opportunity to say a heart felt welcome and God Bless you to all of our Women In Praise Conference guests and visitors. We pray that you enjoyed the conference and the fellowship.

The YWCC News is the Women's newsletter of our ministry and we are proud to include a copy in your registration package. Our prayer is that you will be encouraged, inspired and informed through the contents.

If you would like to be added to our mailing list for the newsletter, please contact me at (910) 577-3892.

God Bless you and may heaven smile upon you.

Missionary Alana Daniels
YWCC President

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 Events

May 11 – 14 Women in Praise Conference

May 15 - Pastor @ House of Prayer, Clinton, NC

May 29 – Fifth Sunday Fellowship (Teachey, NC) 5:00 PM

*Please pray for our Delegates to the International Women's Convention in Atlanta, GA
May 30 – June 3, 2005*

June 5 – Happy Birthday Pastor

June 12 – Women's Fellowship

June 13 – Women's Day

June 16 - State Bldg Fund Rally (New Bern, NC)

MORNING MEDITATION

DON'T SPEAK THAT!

Be careful what you ask for, you just might get it: Your words, your dreams, and your thoughts have power to create conditions in your life.

What you speak about, you can bring about.

If you keep saying you can't stand your job, you might lose your job.

If you keep saying you can't stand your body, your body can become sick.

If you keep saying you can't stand your car, your car could be stolen or just stop operating.

If you keep saying you're always broke, guess what? You'll always be broke.

If you keep saying you can't trust a man or trust a woman, you will always find someone in your life to hurt and betray you.

If you keep saying you can't find a job, you will remain unemployed.

If you keep saying you can't find someone to love you or believe in you, your very thoughts will attract more experiences to confirm your beliefs.

Turn your thoughts and conversations around to be more positive and power packed with faith, hope, love and action.

Don't be afraid to believe that you can have what you want and deserve.

Watch your "Thoughts," they become words.

Watch your "Words," they become actions.

Watch your "Actions," they become habits.

Watch your "Habits," they become character.

Watch your "Character," for it becomes your "Destiny."

ANNOUNCEMENTS

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 during our Saturday Fellowship. Please see Missionary Daniels who is compiling the list.

Sister to Sister

Ladies, the YWCC News is seeking articles of interest from the Missionary Department. Each Missionary is asked to contribute an encouraging, inspiring or informative article for submission to the Newsletter. Just a brief article...not a mini sermon. Submissions are needed for all upcoming newsletters. Please give your article to Missionary Daniels or to Sister Johnson.

CONGRATULATIONS



Our Newest High School Graduates



Sister Delisha Brown
Sister Brandon McGee

Birthdays

Sister E. Higgins May 29
Sister Delisha Brown June 8
Missionary C. Bloomfield June 15



WOMEN'S HEALTH

Protecting yourself Against Breast Cancer

Breast cancer is a disease that occurs when abnormal cells grow and multiply in your breast. If breast cancer is not detected early and treated, these abnormal cells can spread to nearby lymph nodes and ultimately to vital organs such as the liver, brain and lungs. Researchers have not been able to find the specific cause of breast cancer. However, there are several factors that have been associated with an increased risk of developing the disease. Some of these factors are:

- Having a mother or sister who has had breast cancer
- Not having had children
- Giving birth to your first child after age 30
- Experiencing repeated radiation exposure

Some scientists believe that there is a link between breast cancer and the long-term use of birth control pills, but that theory has not been proven. It also appears that taking estrogen after

menopause may slightly increase your risk of developing the disease.

The good news is that breast cancer is a treatable disease. About half of women currently diagnosed with it are expected to live the rest of their lives without a recurrence. However, the key to treatment is early detection. That's why it's so important to know the early warning signs of the disease, perform breast self-exams, and have your breasts regularly examined by your doctor.

Most often the first sign of breast cancer is a small lump. The lump is usually painless and may grow slowly or quickly. You should always inform your doctor of any changes that you notice in your breast. Signs that you should look for include:

- Color change, dimpling, puckering, or scaling of the skin in one area of your breast
- A change in the size or shape of your breast
- Fluid discharge from your nipple
- Any lumps in your armpits

Most breast lumps are not signs of breast cancer. Often they are fluid-filled cysts

that change with your menstrual cycle. However, every lump must be evaluated. The evaluation usually involves an exam by your doctor, a mammogram, and either a needle aspiration or a biopsy. When you have a needle aspiration, you are first given a local anesthetic to numb the area. Then a needle is inserted. If fluid comes out, the lump is a fluid-filled cyst and is probably not cancerous. If fluid can't be removed, your doctor will perform a biopsy. While you are under a local anesthetic, your doctor will remove all or part of the lump. By examining tissue from the lump, your doctor can determine whether or not it is cancer.

There are four possible treatments for breast cancer. The standard surgical treatments are lumpectomy (removing the cancerous tissue and the normal breast tissue immediately surrounding it) or mastectomy (removing the entire breast). Lymph nodes in your armpit are usually removed and examined to see whether the cancer has spread.

Early Detection is the Best Protection

From the office of:
Gregory Streeter, M.D.
Jacksonville, NC

HEALTHY HINTS CORNER

Did You Know?

Although the olive tree originated in Asia, it has been cultivated for over 3,000 years in Mediterranean countries, where much of the live crop is used to make olive oil. In this processes, olives are pitted and ground to a thick pulp. The pulp is then pressed to remove the juices, which are placed in a centrifuge to separate the water from the oil. One tablespoon of olive oil contains 120 calories and 14 grams of fat, but the fat is mostly monounsaturated; it has a beneficial effect on blood cholesterol levels and is easily digested. In those countries where olive oil is consumed extensively, such as Greece, Spain and Italy, there is a low incident of cardiovascular diseases. The mild vegetable mucilage in olive oil protects the body's digestive tract. Ancient civilizations used olive oil to help heal wounds. Today, it is considered a good remedy for skin problems and an effective moisturizer.

Therapeutic Effect: Taken internally, olive oil stimulates metabolism, promotes digestion and lubricates mucous membranes. It can also be applied externally to treat dry skin.

Use only olive oil that is labeled "extra virgin." This guarantees that the oil has been cold pressed from freshly harvested olives and does not contain chemicals.

The Recipe Box

LEMON-CHICKEN SALAD

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| 1lb fresh asparagus | 4 cups mixed salad greens |
| 1/3 cup fresh lemon juice | 2 cups chopped, cooked chicken |
| 1 tbsp olive oil | 1 medium red bell pepper, julienne |
| 1/2 tsp lemon zest | |
| 1/4 tsp kosher salt | |
| 1/2 tsp freshly ground pepper | |

1. Snap off tough ends of asparagus; arrange asparagus in a steamer basket over boiling water. Cover and steam 8 minutes or until crisp-tender. Plunge asparagus into ice water to stop cooking process; drain and chill.
2. For vinaigrette, whisk together lemon juice, olive oil, lemon zest, salt and pepper in a small bowl; set aside.
3. Top greens with chicken, bell pepper and asparagus. Toss with vinaigrette. Serves 4

Per serving: 189 calories, 9g carbohydrate, 25g protein, 6g fat, 3g fiber, 60 mg cholesterol, 224mg sodium

CARBS	-	FIBER	=	NET CARBS+
9g		3g		6g

+ Net carbohydrates are calculated by subtracting fiber that has a minimal impact on blood sugar from total carbohydrates per serving.