



YOUNG WOMEN'S CHRISTIAN COUNCIL

YWCC NEWS



DECEMBER 2005/JANUARY 2006

NEW COVENANT MINISTRIES CHURCH OF GOD IN CHRIST

Ladies,

Well, here we are at the threshold of a new year. As the holidays approach, I want to take the opportunity to thank each of you for your participation, your dedication and your committee to the ministry and to the work of God. Your labor is not in vain nor has it gone unnoticed.

We must take all the teaching and all the experiences that God has allowed into our lives and translate it into an effective evangelistic tool, ready for the Lord's use at anytime. Our goal is to be carriers of the good news of the gospel...the good news that there is hope when all seems hopeless.

The coming new year presents a new opportunity, a fresh start. Let's leave whatever hindering thing that has happened in 2005 and begin 2006 with an undefeatable attitude. All things are possible through Christ that strengthens us.

Until next time,
Missionary Alana Daniels

CHRISTMAS OUTREACH

This year our mission is to be a blessing to the Women and Children residing at the Women's Shelter in Onslow County.

We Need Your Help!

Donations needed by December 18th

Warm-up/Sweat Suits

New Underwear

New Socks

Toiletries

Toys, Books & Gifts for Children up to ages 14

All donations will be used to create a minimum of 25 Beautiful Gift Baskets that will be delivered to the shelter on December 23rd. You may bring items to any NCYD Advisor during any church service.

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


DECEMBER

3rd Jurisdictional Call Meeting
Wendell, NC
10th Jurisdictional Musical
Wendell, NC
11th Women's Day
16th Youth Fellowship
18th Christmas Program
25th Christmas Day Service
11:00 a.m.
31st Watch Night

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

ANNOUNCEMENTS

Birthdays

Sister Willie Mae Hudson	Nov 14	
Sister Anntonio Johnson	Dec 5	
Sister LaKenya Conner	Dec 21	
Sister Alisha Williams	Dec 23	
Sister NaAsia Barnes	Dec 24	
Sister Raushanda Barnes	Jan 10	
Miss'y Charlotte Neely	Jan 13	

*Happy Holidays and
God Bless You in the New Year!*

Quote for the Month

"Contentment is not by addition but by subtraction: seeking to add a thing will not bring contentment. Instead, subtracting from your desires until you are satisfied only with Christ brings contentment."

— Jeremiah Burroughs

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WOMEN'S HEALTH

Health Wise: Curb Sleep Disturbances – Coping with Chronic Fatigue

By Doris Beck
(from christianwomentoday.com)

I was first diagnosed with chronic fatigue in 1989 by a family physician who recognized that my fatigue level was something out of the ordinary. He immediately set out to find a way to help me function as a wife and mother of three young children. I am so thankful that he was willing to hear me out, adjust medication levels, and work with me to manage the pain and fatigue.

When I was going through a particularly painful time six years ago, a rheumatologist gave me a definitive diagnosis for fibromyalgia. I had only one pressure point that wasn't extremely painful. While I know that fibromyalgia will always be part of my life, with the right medications, exercise, and better sleep patterns, I have seen God do amazing things in and through me. This last year has been the best in 15 years! I've been sleeping much better, following the

advice of my rheumatologist. Here are some tips that might also help you if you're struggling with sleep disturbances.

1. **Don't nap during the day!** This is really hard for me because I would be so tired. But the rheumatologist said that because I was sleeping during the day, I often couldn't sleep at night. So that was the first huge change for me.
2. **Exercise Daily:** I walk at least four or five times per week. At first it was very hard because of the pain, and even, now, when I start out some mornings, I am in a lot of pain. But with each step it gets a little bit better and by the time I get back home, I feel much better. This also makes me more tired physically (and not just mentally) and so I sleep better.
3. **Get rid of whatever it is that keeps you awake or wakes you up!** My doctor gave examples such as blackout blinds to keep out the morning light, getting rid of the dog or cat that sleeps in your bed and wakes you up, or using ear plugs to keep out the noise of your husband snoring; all very practical. Our dog no longer sleeps with us and I now have a set of earplugs always available by the bed. That simple tip

has made a huge difference in the amount and quality of the sleep that I get!

4. **Try to wind down before going to bed.** Because I often feel very tired and nauseous in the mornings, I was doing lots of work and activities in the evenings. The result was that when I went to bed, my body and my mind were still going in a hundred different directions. Consequently, it would take me hours to slow down enough to get to sleep. Now, instead, I try to limit what work is done in the evenings. I read more, watch less television (which contrary to popular belief, does not help us relax!) and spend more time working on creating memory scrapbooks which I can do and relax at the same time.

Having fibromyalgia, I have learned many things about myself. I was a "doer", someone who went like a whirlwind from morning until night. I have had to learn to choose what I give my energy to, and where I will expend it. Each day I choose to celebrate God's faithfulness, regardless of the pain and fatigue. I trust Him to give me the strength and grace to do all He has called me to do – and He does!

HELPFUL HINTS CORNER

Money Saving Tips

House Mortgages. If you own a home, your mortgage is probably your biggest expense. Is it at the most advantageous rate? Surprisingly, many families don't know the answer to this question, or if they are aware of current mortgage rates, think it's too much of a hassle to do anything about. If you purchased your home with a mortgage for, say, 9 3/4% interest while 7 3/4% is currently available in the market, you may be paying an expensive price for not investigating your options. Example: in the example above, the difference in payments between a \$100,000 mortgage at 9.75% and at 7.25% amounts to \$142.74 per month, or \$1712.88 per year. Even if you plan to stay in the home for only 8 more years, the savings (less any closing costs) amount to over \$13,700.00. Can you say "a good start toward college education costs?" Comparison is important here, though, as there will usually be variances in rates from lender to lender.

MORNING MEDITATION

MERCY AND GRACE

By Robin M. Dial (Excerpt from Women of Color Devotional)

"And he said, I will make goodness pass before thee, and I will proclaim the name of the Lord before thee; and will be gracious to whom I will be gracious, and will shew mercy on whom I will shew mercy." Exodus 33:19

God will do just what He said He would do. You are where you are for a specific reason. God wants you to live for Him and he wanted all the glory and honor. Stop right now and read Exodus 33:19. God promised to always give us just the amount of grace and mercy that we need. Your spiritual growth is most important to him. The trials and tribulations that you encounter are simply to make you stronger. Psalm 103:13 says, "Like a father pitieth his children, so the Lord pitieth them that fear him."

Something to ponder: How can you be more merciful to others in your life?