



YOUNG WOMEN'S CHRISTIAN COUNCIL YWCC NEWS

OCTOBER/NOVEMBER 2004

Ladies,

Greetings and salutations. I pray that you are blessed and highly favored of the Lord. It seems as though the summer season just kinda blew by this year. Before we know it the Christmas season will be upon us.

In this issue, we continue our efforts to inform you and to encourage you. Thanks to Sister Johnson for all of her assistance in putting the women's newsletter together. If you have any ideas for articles, columns, etc., to improve our newsletter, please get in as soon as possible.

Until next time,
God Bless you is my prayer,
Missionary A. 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 Events

October

1st - First Lady Robinson's Birthday
3rd - Special Service
9th - Women's Fellowship 1:00 - 3:00
10th - Youth Special Service
13th - 15th Fall revival
16th Call Meeting - Wendell, NC
9:00 am
24th - Youth Talent Show
31st - Annual Youth Day

November

3rd - 6th Pastor's Aide Service
6th - Women's Fellowship 1:00 - 3:00
8th - 16th - Holy Convocation, Memphis
17th - 19th - Women's Conference
20th - Women's Tea 2:00 p.m.
21st - Annual Women's Day
25th - Thanksgiving Service 11:00 am

MORNING MEDITATION

WHATCHA TALKIN' BOUT

If someone talked to you, like you sometimes talk to yourself, would you continue to hang around with that person?

Your thoughts about yourself and your performance and your interpretation of specific situations have a direct impact on your feelings and behavior.

Once you become aware of how your self-talk sounds, just imagine what a kind, supportive voice would say.

Here is a partial list of my self-esteem recovery tips:

1. Step outside of yourself emotionally to hear what you are saying about "you."
2. Empty the mental trash can.
3. Let go of the need to be in control and perfect.
4. Learn to identify the voices of judgment, hurt and criticism from the past.
5. Understand that you have given them power to identify you.

--by Jewel Diamond Taylor

"Your own mouth condemns you, and not I; yes, your own lips testify against you." Job 15:6 AMP

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.

CONGRATULATIONS

Brother and Sister Foxe; Brother and Sister Tate on their new arrivals.

Birthdays

First Lady Robinson - October 1
Rochelle Conner - October 6
Willie Mae Hudson - November 14



WOMEN'S HEALTH

Life's Great Transition

Living With Menopause

Are you approaching your menopausal and post-menopausal years? If so, you are beginning one of the most meaningful and fulfilling periods of your life.

There are 40 million women in the U.S. who have reached that time of life when menstruation ends and the ovaries no longer make very much estrogen. This is a normal body "change" that forces menstrual periods to slow, then stop completely. When there is no menstrual period for a year, a woman is said to be "in menopause."

Surgical menopause occurs when ovaries are removed by an operation before naturally occurring menopause. Menopause can also be caused by treatment for a serious disease, like breast cancer.

The period before menopause is called peri-menopause. During peri-menopause some women have no symptoms and others realize something

is happening to their bodies. Some of the symptoms include:

- * Irregular periods that occur unpredictably and vary in length and amount of flow.
- * Hot flashes that feel like a sudden rush of heat that start at the chest or neck and spread to the face, and are accompanied by sweating, flushing, blotching or rapid heart rate.
- * Night sweats occur when a hot flash awakens a woman from a sound sleep and she finds herself drenched in sweat.
- * Vaginal dryness that can cause painful intercourse.
- * Change in sexual desire where that is an increased or decreased interest in sex.
- * Urge incontinence causing a sudden urge to urinate.
- * Stress incontinence causing involuntary leakage of urine when you laugh, cough sneeze or lift a heavy object.

The physical changes that occur during menopause should not slow you down or keep you from activities you enjoy. Every woman is unique. How you cope with and respond to menopause can determine whether it is a pleasant or unpleasant experience. If you understand your body, learn what options are available to you to prepare you for the rest of your life and live each day to the fullest. Menopause can be the beginning of one of the best times of your life.

From "Speaking of Women's Health" Brochure

Maintaining Vaginal Health

The Kegel Exercise

The Kegel exercise can strengthen the muscles around the urethra, vagina and rectum, helping to improve bladder control. The exercise involves squeezing and relaxing muscles around the vagina. Squeeze them tightly for 5 to 10 seconds, then relax. Repeat this 10 times every time you talk on the phone or any other time you are waiting for someone or something. Many women make a practice of "doing Kegels" each time they stop at a traffic light.

HELPFUL HINTS CORNER

Fabric Softener

Do you forget to put the fabric softener in the rinse cycle?

Don't fret. Instead of starting the rinse cycle all over again just soak a clean washcloth in a solution of liquid fabric softener and water for a few minutes. Squeeze out the excess liquid, and then put the washcloth in with the clothes being dried in the dryer.

Did You Know?

The tin canister, or can, was invented in 1810 by Londoner Peter Durand. The year before, French confectioner Nicolas Appert had introduced the method of canning food by sealing the food tightly inside a glass jar and then heating it. He could not explain why the food stayed fresh but his bright idea won him the 12,000-franc prize that Napoleon offered in 1795 for preserving food. Durand supplied the Royal Navy with canned heat-preserved food while Appert would help Napoleon's army march on its stomach.

Tin canning was not widely adopted until 1846, when a method was invented to increase can production from 6 in an hour to 60. Still, there were no can openers yet and the products labels would read: "cut around on the top near to outer edge with a chisel and hammer."

The **can opener** was invented in 1858 by American Ezra Warner. There also is a claim that Englishman Robert Yeates invented the can opener in 1855. But the can opener did not become popular until, ten years later, it was given away for free with canned beef.

The Recipe Box

ANGEL FOOD CAKE

- 3/4 cup all-purpose flour 1 1/2 teaspoons cream of tartar
- 3/4 cup sugar 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon salt 1/2 teaspoon almond extract
- 3/4 cup sugar
- 1 1/2 cups (about 12) egg whites, room temperature

1. Place oven rack at lowest position. Heat oven to 375°F. In small bowl, combine flour and 3/4 cup sugar.
2. In large bowl, combine egg whites, cream of tartar, salt, vanilla and almond extract; beat until mixture forms soft peaks. Gradually add 3/4 cup sugar, beating at high speed until stiff peaks form. Spoon flour-sugar mixture 1/4 cup at a time over beaten egg whites; gently fold in just until blended. Pour batter into ungreased 10-inch tube pan. With knife, cut gently through batter to remove large air bubbles.
3. Bake at 375°F. on lowest oven rack for 30 to 40 minutes or until crust is golden brown and cracks are very dry. Immediately invert cake onto funnel or soft drink bottle; let hang 1 hour or until completely cooled. To remove cake from pan, run edge of knife around outer edge of pan and tube.

TIP: To make loaves, bake in 2 ungreased 9 x 5-inch loaf pans for 25 to 30 minutes.

High Altitude (above 3500 feet): Increase flour to 1 cup; increase egg whites to 1 3/4 cups (about 13). Bake at 400°F. for 30 to 35 minutes.

Makes 12 servings Prep Time: 20 minutes (ready in 2 hours)