

WOMEN OF CONFIDENCE

March 2020

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WOC LEADERSHIP

Pastor Patrice Keith: *The
Visionary*
**Deaconess Charmaine
Hood:** *Auxiliary Leader*
Sister Monica Keith:
Assistant Auxiliary Leader
Sister Natasha Parks:
Newsletter Scribe

THE STRUGGLE IS REAL

WRITTEN BY PASTOR PATRICE KEITH

Let me first start with, EVERYONE has struggles. Life's struggles are when you want something very badly; you do hard work for it, but still you didn't get what you thought you should've gotten! That is struggle! Even a rich man can face life's struggle in finding happiness, sleep, peace, or love. Young people struggle in school with peer pressure, how many likes they get on social media, and who is going to be their friend. They struggle with leaving high school to find a good college and now having to make decisions in a big world, now that they are growing up. Married couples can struggle with unfaithfulness or an abusive spouse. Singles are therefore likely to struggle with loneliness and sexual temptation. People that are addicted to drugs struggle with "being high" but wanting to quit because of losing friends & family. Church people struggle with competition, being a leader, being the best singer, or not being noticed or being judged. We all struggle. The list can go on and on.

I want to encourage you that we are created to be more than conquerors when we have issues and struggles. So, it's according to your thinking...your mindset. You have purpose, regardless of what happens in life. Always remember that God created YOU with purpose. We all have reasons to rejoice! Let's examine ourselves and see where we are in our faith. How do we rejoice? Why should we rejoice? God's joy is our strength and moderation come into play as we rejoice even in our struggles.

Ask yourself this: Is it stress or strain? I want to let you know to be fully aware that it's a TEST. If we say, "We have faith," our faith will be tried. Instead of getting bent out of shape (which we all have done or could have done) begin to rejoice. I am reminded of what Pastor Keith said, "You must remember that God is real, and you need to remember that the struggle is real. God sometimes will not remove what you're struggling with because He didn't remove the thorn from Paul even when Paul asked God." Now that's REAL! Rejoice! Wait on the Lord and He will strengthen your heart. Don't faint or lose heart in the struggle. Remain steadfast and unmovable in the face of adversity!



WOC FELLOWSHIP REFLECTIONS

WRITTEN BY SISTER TASHA PARKS

The first Women of Confidence gathering for 2020 was held on February 8th. The WOC theme "The Struggle Is Real" was introduced to us. Deaconess Charmaine Hood engaged us in a very deep, but REAL conversation about STRUGGLE. The first question we were asked was, "What does it mean to struggle?" The definitions that resonated with me were, "a fight," "a push and pull between your mind and spirit," and "being unsettled in your mind."

Even as Christian women, we encounter struggles on a daily basis. We face struggles at home with family, at work in the corporate setting, and maybe even at church. The purpose of our struggles are meant to activate our faith. It's so easy to say "God got me!" when life is going good. But we have to remember that "God got us!" in the midst of our storms. The Lord may send adversities our way to make us grow.

Deaconess Charmaine gave a perfect example. When a gardener is planting a garden, the gardener must FIRST prepare the soil. The preparation will disrupt the

soil. It will be broken up, torn apart, and crumbled to pieces. All this is necessary so when the seed is planted, the tree will bear good fruit. The soil is symbolic of our lives and God is our gardener. The struggles in our lives represent the preparation of our own soil. The struggles we face may cause temporary brokenness, we may feel torn apart, and crumbled up because God is breaking up our comfort zone. The discomfort is necessary because God is prepping us to reap his blessings. Our struggle is what makes us strong enough to bear good fruit.

Remember, God views our lives from our finish lines. We see the RIGHT NOW, but that "right now struggle" is to get us to the finish line God has placed for us.

I encourage each and every woman, who views this newsletter, to attend these WOC Fellowships. We learn from one another and build bonds with each other through God's word.

REMEMBER WE ARE STRONGER
THAN OUR STRUGGLE!!!



The best way to handle anxiety and worry is to bring your thoughts and needs to the Lord. We too often want to fix our problems ourselves but we must remember that our God is a loving, caring, and powerful God. God's word can help in taking our worries away and gives clear instruction on how to bring your problems to the Lord. Here are some verses we can refer to when faced with stress and difficulties:

Psalms 46:1 (ESV) "God is our refuge and strength, a very present help in trouble."

Isaiah 12:2 (ESV) "Behold, God is my salvation: I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation."

Matthew 6:34 (ESV) "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself."

Jeremiah 17:7 (ESV) "Blessed is the man who trusts in the Lord, whose trust is the Lord."

We Want to Hear From You!!

"Only God can turn your MESS into a MESSAGE, and you TRIAL into Triumph!"

God is working in our lives daily and we want you to share the good news. How has God moved in your life? Women of Confidence wants to hear your story. If you are interested in sharing your testimony please contact Sister Tasha Parks or send an e-mail to: Natasha.e.Parks@gmail.com. Remember, we are overcome by our testimonies.

In addition to sharing your stories, WOC wants to hear your ideas. Is there something you would like to see happen in the WOC ministry? Do you have an idea for a fellowship or activity for WOC? Well this is the time to speak up! We are looking for fresh ideas on how to come together as a sisterhood. Copy and paste the link below into your browser and take a few moments to answer the survey questions.

<https://drive.google.com/open?id=1rTGvhMm7yGsIPrSIFN6hWGGwEsRIponzooNUYkg2dCY>

MOVE THAT BODY

Ladies, LET'S GET ACTIVE!!!
Perform the exercise
corresponding to each letter of
your first, middle, and last
name. Rest for 15 seconds after
each letter:

A: 45 Second Plank
B: 50 Jumping Jacks
C: 30 Squats
D: 10 Burpees
E: 1 Minute Wall Sit
F: 15 Push-ups
G: 20 Arm Circles
H: 20 Squats
I: 30 Jumping Jacks
J: 25 Leg Raises
K: 50 Bicycle Crunches
L: 20 Lunges (Each Leg)
M: 60 Second Plank
N: 10 Burpees
O: 50 Arm Circles
P: 1 Minute Wall Sit
Q: 10 Push-ups
R: 60 Second Plank
S: 30 Squats
T: 20 Leg Raises
U: 10 Lunges (Each Leg)
V: 100 Jumping Jacks
W: 20 Burpees
X: 25 Crunches
Y: 30 Mountain Climbers
Z: 20 High Knees

FALL IN LOVE
WITH TAKING
CARE
OF YOUR
BODY!!!

QUARTERLY FIT RECIPES



Chili Lime Shrimp Wraps

Ingredients: 1.5lb raw shrimp, 2tsp ground cumin, 1tsp smoked paprika, 2 cloves fresh garlic (minced), 2 Tbsp olive oil, 2 limes, a handful of cilantro leaves (chopped), 8-10 romaine leaves (rinsed and pat dry), 1 large avocado diced, 1 red chili thinly sliced, salt and pepper to taste.

Instructions:

1. In a large bowl, add shrimp, all seasonings, juice of 1 lime, garlic and 1 Tbsp of olive oil.
2. Season with salt and pepper to your taste. Stir well to combine. Marinate for about 15 minutes.
3. Heat oil in a large skillet over medium heat. Add shrimp and cook until just pink, about 3-4 minutes.
4. In a large bowl add cooked shrimp, diced avocado, cilantro, chili slices, juice of 1 lime and remaining oil. Stir to combine.
5. Add spoonfuls of shrimp mixture to lettuce leaves and ENJOY!



Tangy Poppy Seed Fruit Salad

Ingredients: 1 20 oz can pineapple chunks (drained, save juice), 1 orange (peeled and segmented), 1 kiwi (peeled and sliced), 1C grapes, 1C strawberries (quartered), 1/4tsp grated lime zest, 2Tbsp lime juice, 1Tbsp honey, 1tsp poppy seeds

Instructions:

1. In a large bowl, toss pineapple, orange, kiwi, grapes, and strawberries.
2. In a small bowl, combine lime zest, lime juice, honey, poppy seeds, and 1/4C reserved pineapple juice. Stir until well combined.
3. Toss dressing and fruit together, serve chilled.



Apple Flax Muffins

Ingredients: 1 3/4C whole wheat flour, 3/4C ground flax seed, 2tsp baking soda, 1/2tsp baking powder, 1/2tsp salt, 1/2tsp cinnamon, 1/2C brown sugar, 1 large egg, 1/2C unsweetened applesauce, 1/2C plain non-fat yogurt, 1/2tsp vanilla extract, 2 medium apples (cored and diced).

Instructions:

1. Preheat oven to 400 degrees. In a large bowl combine the dry ingredients (flour, flax seed, baking soda, baking powder, salt, and cinnamon)
2. In a medium bowl, whisk together the wet ingredients (egg, brown sugar, yogurt, applesauce, and vanilla).
3. Pour the wet ingredients into the bowl of dry ingredients, stir until just combined. Fold in the chopped apples.
4. Spray a muffin tin with non-stick spray and evenly distribute the batter into the muffin cups. Bake muffins about 20-25 minutes. Remove the muffins from the tin and let cool on a wire rack.

What's Happening With WOC

- Grab your Hollywood Attire and come celebrate Pastor Patrice's Birthday on March 14, 2020 at 4:00 pm. Registration is required so visit the website for more details.
- Mark your calendars for our next WOC Fellowship on April 11, 2020 at 10:30 am. More details coming soon!!
- It's not too late to join the fun of the WOC cruise being held June 25th-28th, 2020. See Minister Ruby James for any additional details.

All dates and times are subject to change

New Horizon Outreach Ministry
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North Augusta, SC



NO MISTAKES

BY LENORA MCWHORTER

When my hopes fade and my dreams die.
And I find no answer by asking "why?"
I just keep trusting and hang on to my faith.
Because God is just, He never makes mistakes.
Should the storms come, and trials I must face.
When I find no solution, I rest in God's grace.
When life seems unfair and more than I can take.
I look up to the Father, He never makes mistakes.
God sees our struggles and every bend in the
road.
But no mistake is ever made cause He weighs
every load!

Happy
BIRTHDAY
Pastor Patrice

