Sisters in the Spirit Ministries, Inc.



April 2024 Volume V **Issue 2**

Sisters in the Spirit Ministries Newsletter

Empowerment for the Christian Woman

A Spiritual Spring Renewal

pring is the natural time of rebirth, renewal and hope - physically and spiritually. It is a time to let go of the drab lifelessness of winter and embrace the revival of color and newness. It's a time of year when we begin to feel less sluggish, and become more open to making changes – both big and small - in our lives.

The symbolism of springtime is one that most people can appreciate. In cultural traditions the world over, Spring is a time of rebirth and new beginnings. Many of those traditions don't resemble Christian observations however. Whether it's the tributes to fertility gods observed in pagan cultures, or the springtime observation of Christ's resurrection, Spring has never been a season that passes unnoticed.

Surely Spring is one of the most anticipated, exciting, and blessed seasons of the year. The cold weather and the bleakness of bare trees and gardens, are being replaced with vibrant new life and fresh beauty. Poet Henry David Thoreau observed that Spring is an "experience in immortality," and he believed that one's state of health could actually be impacted by how they responded to spring. He said that if the prospect of an early morning walk in the sunshine and the warbling of a bluebird did not thrill you, "you should check your pulse.

Not only does Spring bring physical changes in nature, it can also be a time of exciting spiritual growth. God's "new thing" should bring an invigorating freshness to our souls. Our spiritual senses experience revival, and there is a spiritual fragrance that awakens us to the glory of God, the wonder of His love and grace, and His willingness to love and forgive.

Unfortunately, it is not like that for everyone. For many people, their spiritual winter season impacted their vitality so severely, that they are reluctant to embrace a new season.

Often times God uses our spiritual winter to remove things from our lives. In John 15, Jesus explained about times of pruning for believers (John 15:2). Although no one enjoys pruning, Jesus expressed that the same laws that operate in nature apply to the spiritual. To be fruitful, it means that there must be times of cutting back. Winter is necessary to

continues on page 6



Health officials recommend washing your hands frequently, for a minimum of 20 seconds, as a primary defense against germs. You can time this by singing a verse and chorus of:

Never Would Have Made It

By Marvin Sapp Never would have made it Never could have made it without You I would have lost it all But now I see how You were there for me And I can say Never would have made it Never could have made it Without You I'm stronger, I'm wiser I'm better, much better

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By Rev. Dr. Katrina White Brown



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Sisters in the Spirit is an outreach ministry created to empower Christian women in better serving the Lord. We are here to help "equip God's people for works of service, so that the body of Christ may be built up ..."

Ephesians 4:12



I n one of the most important chapters in the Bible, the Apostle Paul gives a marvelous description of love. He wrote in 1st Corinthians chapter 13:

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres ...

The power of love is overwhelming and life changing. Kindness makes the same impact. And by substituting the word kindness for love in Paul's writings, we find that kindness can and should be a way of life that has the infinite power to change the world.

Love and kindness are so closely connected that love without kindness is non-existent; kindness without love is disingenuous. Loving kindness embodies the teachings of Jesus, and when implemented, the results are golden, emulating the rule to be kind to others as you would have others be kind to you.

In Paul's words "love is patient; love is kind." This translates to the kindness of patience. Sometimes it takes only a moment to be kind, but sometimes it takes much longer. When it does, patience is required. It takes many forms. For example, the ability to remain calm as the older person in front of you writes a check to pay for groceries, or has difficulty negotiating an electronic checkout - that's the kindness of patience.

Resisting the urge to blare your horn at a driver who doesn't accelerate to full speed when a traffic light changes from red to green - that's the kindness of patience. Being content to wait for an item to be refilled at the buffet, instead of taking the last little bit of everything so that others are denied – that's the kindness of patience.

The kindness of patience doesn't require face-to-face encounters; a simple and genteel conversation - perhaps with that telemarketer who always seems to call at the most inconvenient time - or a call to a friend you haven't spoken to for a while, can convey kindness. When the infinite power of kindness is exhibited through patience, it allows one to exhale, to take a step back; to ease anxiety; to implement order; and to just slow down. These precious pauses can be life changing.

There's nothing structured about kindness. It can be intentional or random; continual or momentary; and expressed privately or publicized to the masses. Whenever and however kindness occurs, its infinite power to change lives is always released. It has the power to be paid forward; to be returned in kind to others; to inspire movements; to unite communities; and to encourage and foster hope in humanity.

The infinite power of kindness can be summarized in this quote from Randa Abdel-Fattah, an Australian born writer and human rights advocate: *sometimes it's easy to lose faith in people. And sometimes one act of kindness is all it takes to give you hope again.* In my spirit for you my sisters, is that you always experience the infinite power of kindness, and that it changes your life.

Love, Bence, and Blessings Always, Katrina U/. Brown



hile you're cleaning out closets and sweeping under the furniture, think about this: spring cleaning, while worth the effort, will only last for a season, but spiritual cleansing could have an enduring influence. So don't just dust behind those bookshelves. Instead, dust off that Bible and get ready for a spiritual spring cleaning.

Cleanse Your Heart to Become Spiritually Healthy

The Bible encourages us to draw close to God and allow our hearts and bodies to be cleansed. This is the first step in our spring cleaning project. We can't clean ourselves. Instead, we must draw near to God and ask Him to do the cleansing.

Psalm 51:10: *Create in me a clean heart, O God; and renew a right spirit within me.*

Hebrews 10:22: Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

Deep Clean Your Mouth Inside and Out

Spiritual cleansing requires deep cleaning--it is housekeeping that goes beyond what others see and hear. It's a cleansing from within, inside and out. As your heart gets clean, your language should follow. This is not just talking about bad language, but also negative talk and pessimistic thoughts that contradict the Word of God and faith. This includes the challenge to stop complaining. **Luke 6:45:** The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart, his mouth speaks. **Philippians 2:14:** Do everything without complaining or arguing.

Renew Your Mind

This is one of the biggest areas of struggle for most of us: removing the garbage from our minds. Garbage in equals garbage out. We must feed our minds and spirits the Word of God instead of the garbage of this world. **Romans 12:2:** *Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.* **2 Corinthians 10:5:** *We demolish arguments and every pretension that sets itself up against the knowledge of*

Clean up your spiritual house!

By Mary Fairchild

God, and we take captive every thought to make it obedient to Christ.

Clean out Your Spiritual Closets

Hidden sin will destroy your life, your peace, and even your health. The Bible says to confess your sin: tell someone, and reach out for help. When your spiritual closets are clean, the heaviness from hidden sin will lift. **Psalm 32:3-5:** When I kept silent, my bones wasted away through my groaning all day long. For day and night, your hand was heavy upon me; my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord," and you forgave the quilt of my sin.

Release Unforgiveness and Bitterness

Any sin will weigh you down but long kept unforgiveness and bitterness is like old baggage in the attic you can't seem to part with. You are so familiar with it, you don't even realize how it is hindering your life. **Hebrews 12:1:** *Therefore ... let us strip off every*

weight that slows us down, especially the sin that so easily hinders our progress.

Ephesians 4:31-32: Get rid of all bitterness, rage, and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Involve Jesus in Your Daily Life

What God wants most from you is a relationship: friendship. He wants to be involved in the big and small moments of your life. Open your life, let the light of God's presence shine into every part, and you'll have no need for a yearly spiritual cleansing. Instead, you'll experience a daily, moment to moment refreshing of your spirit.

1 Corinthians 1:9: God ... is the one who invited you into this wonderful friendship with his Son, Jesus Christ our Lord.

Psalm 56:13: For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light.

Learn to Laugh at Yourself and at Life

Some of us take life too seriously, or we take ourselves too seriously. Jesus wants you to enjoy yourself and learn to have some fun. God made you and He delights and takes pleasure in our joy and laughter!!

Psalm 28:7: The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy, and I will give thanks to him in song. **Psalm 126:2:** Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The Lord has done great things for them.

ippy.Spr	Unscramble these words that usher in the springtime
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Prey vs Pray ... Know the Difference



A lady had a pet snake that she loved very much. The snake was about 7 feet long and one day it just stopped eating. After several weeks of trying everything the lady still couldn't get the snake to eat.

The woman took the snake to the vet and explained her situation. The vet replied "I see. Has your snake been sleeping with you at night or snuggling real close and stretching himself out?" The woman answered "yes." She continued that "everyday this happens and it makes me so sad that I can't help him feel better."

The vet said to the lady "ma'am your snake is not sick. It has been preparing to eat you. He's been sizing you up everyday so he knows how big he has to be. He's not eating so he has enough room to digest you.

The Moral of this Story: Pray for God's discernment to recognize the snakes around you. Everyone's intentions aren't pure. Just because they seem close to you, it doesn't mean that their intentions aren't to devour you.

Some people aren't PRAYING for you; they are PREYING on you!!!



Join with Sisters in the Spirit in providing the SIS Newsletter to the 800 women incarcerated at the Fluvanna Correctional Center for Women in Troy, Virginia

Fluvanna Correctional Center for Women (FCCW) is the largest prison for women in Virginia. SIS has been sending newsletters to several of the inmates for years, and the women have found *Freedom in the Word* that they read. The FCCW Chaplain Rev. Jerusha Moses, contacted SIS and asked if the Ministry could provide newsletters to all 800 of the women. We said

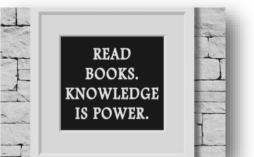
Yes, Yes, Yes!

You can help us accomplish this! Your gift of \$25 will help sponsor three months of newsletters for 10 women incarcerated at FCCW.

Jesus said "Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." There is encouragement, enlightenment, and empowerment within the pages of the SIS Newsletter. You can help provide this freedom in the words of the Newsletter by sending your contribution to:

SIS Ministries P.O. Box 649 * Gloucester Point, VA 23062 Attention: <u>Freedom in the Word</u> Campaign Or use our cash app - \$SntheS

> Thank you! for your generosity towards those who are in prison!



WHEN WOMEN

When WALK ALONE CINDI MCMENAMIN

MCMENAMIN Finding strength and hope through the seasons of life

BY CINDI

More and more women are finding themselves alone in their Christian walk because of life's circumstances-a lack of support from people in her home, work, or church; being left out of the things she used to be included in; being misunderstood and unable to explain. Cindi McMenamin, author of Drama Free, offers personal encouragement and practical, biblical steps for gaining strength in times of isolation and becoming resilient to, not resentful toward, loneliness.

Cindi's audience for When Women Walk Alone is a broad one-single women, women parenting alone, women alone as the spiritual head of their household, women facing challenging life situations, women without close friendships. And her message is timely-every woman feels alone at some point in her life, yet every woman needs someone to grow alongside her and to encourage her in her walk with the Lord.

When Women Walk Alone encourages readers to see alone times as unique opportunities for personal and spiritual growth. Women will discover practical ways to...

• find support from other women who feel alone in their lives

celebrate their own uniqueness and grow through the lonely times

gain strength for the challenges of parenting alone

funnel "loneliness in prayer" into "a new power in prayer alone with God"

• rely on the Lord and others to overcome personal trials

Using examples of biblical and contemporary women who emerged from a time of loneliness stronger and more complete, Cindi also looks at the example of Jesus and the many times He was alone or sought out some "alone time" to draw strength from His Father.

> Review reprinted from Amazon.com When Women Wal Alone is available at Amazon.com, Christianbooks.com, and Goodreads.com

A Spiritual Spring Renewal

Continued from Page 1

manifest the beauty of spring - the renewal and rejuvenation. Likewise, the Christian life needs pruning back — which often happens during our spiritual winters, in times of despair, and when we are under attack from the enemy.

Spiritual winters prepare us for the growing season - these are times of preparedness. Although winter is necessary and will occur, transitioning from one season to the next doesn't automatically happen. It requires that the mind, body, and spirit be receptive to whatever God is doing in the new season.

A change of spiritual seasons, just like those in nature, is necessary for our health and growth if we are to get on with productive and fruitful lives. Therefore, a spiritual Spring renewal is critical.

The foundation of spiritual Spring renewal is found in 2 Corinthians 5:17. "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" This verse reminds us that through Christ, we have the opportunity to renew and refresh every aspect of our lives.

Spiritual renewal also requires us to make space in our hearts for whatever God is bringing to us to help in the renewal process. "Throw off everything that hinders and the sin that so easily entangles." (Hebrews 12:1) Reflect on the habits, thoughts, and behaviors that need to be let go. This process is spiritually liberating because it makes space for God's grace to fill your springtime tank more abundantly.

A spiritual Spring renewal includes cleansing and purification. Ephesians 5:26 speaks to this, pointing out that Christ loved the church and gave himself up for her "to make her holy, cleansing her by the washing with water through the word." God's Word renews us from within.

Also, our spiritual Spring renewal calls for a fresh commitment to repentance; for turning away from sins and turning back to God. Acts 3:19 reminds us to "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." Seek transformation within your soul by asking God to renew your spirit and guide you in His ways.

Spiritual Spring renewal culminates in the joy of embracing new beginnings. Isaiah 43:19 declares, "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." This is a verse filled with hope and anticipation for the new things God is doing, and should inspire us to walk forward in faith, eager to receive God's fresh anointing for our spiritual Spring renewal.

Despite the world still suffering from wars, economic crises, poverty, illness, homelessness, personal tragedies, terrorism, and the aftermath of the COVID-19 pandemic and more, hope will spring eternal. Every Spring reminds us of that. As such, surely there is truth in a writer's observation that: 'the day the Lord created hope was probably the same day He created Spring!"



Testimonies from our Readers

Body Freedom versus Mind Freedom

Testimony by Brenda Allen I believe that we all have regular experiences that can change our lives forever. Recently, I've been considering experiences which have not only affected me positively, but also has made me a better person. It was my decision not to focus on negative experiences. That's because of Jesus Christ.

Philippians 4:8 is a Bible verse that influences me greatly. The American Standard Version (ASV) of this scripture reads "Finally, brethren, whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." So, I've learned not to focus on what is negative, even thought it is real. Our daily focus on the positive is life-changing for the good of our body, soul, and spirit. One of my life-changing experiences involves going onto a campus housing female inmates and sponsoring one of them. That altered my way of thinking about those behind bars. The change came because we had a church administrator who served at the largest correctional facility for women in my state. There were inmates in various custody levels and control statuses, ranging from death row to safekeepers. She encouraged the women in our church to supply needs, bring gifts, offer holiday programs with food, and to provide Bibles and Bible Study to the inmates. We did that for years until some of the rules regarding these activities changed.

The lessons I learned being on the campus of the correctional facility and sponsoring (this means several



hours of release from the facility periodically for planned activities, especially church) an inmate are many. My pre-parolee's lifechanging story centered around her love and commitment to a man which led her into crimes. Through our relationship, we learned how ordinary lives can change. Physical freedom can be taken through incarceration, but the mind can remain free. In other words, a mind can still experience freedom, even though the body is imprisoned.

Christians, whether incarcerated or not, learn that bad or good experiences come from choices we make daily. These choices are based on what we think and believe, and are manifested through our actions, words, and thought. Wherever we are, we should be aware that God created the mind to have a significant freedom role that we don't often understand and appreciate. Wherever we are, we should be aware of the need for the mind to be renewed and controlled by God's Word: "For as a person thinks within self, so is that person." (Proverbs 23:7).

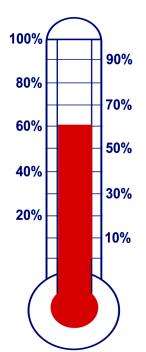
No matter where we are, we should fight and win mind battles. When our minds tells us something that we cannot do, like have peace of mind, we can confess and believe what Jesus said in John 14:27, "Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful." So, our freedom bottom line is: "to act justly, love mercy, and walk humbly with our God." (Micah 6:8)

Our new **Grateful, Thankful, Blessed** column is for you to give your testimony. Let us know about how God is moving in your life. We'll publish your story.

Mail or E-mail your testimony to: Grateful, Thankful, Blessed P.O. Box 649 | Gloucester Point, VA 23062 Email: kawbrown@yahoo.com

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FREEDOM IN THE WORD Campaign THANK YOU!



Our Goal **3200**

We have raised over half of our goal needed to get the SIS Newsletter to the 800 women incarcerated at the Fluvanna Correctional Center for Women. (See page 5)

Your gift of \$25 will help sponsor three months of newsletters for 10 women at FCCW. Please give as much as you can. These women may be in physical bondage, but not their spirit, because there is true freedom in God's Word!

Send your contribution to Freedom in the Word Campaign P.O. Box 649 Gloucester Point, VA 23062

Solution to Spring Has Spring Word Jumble

1. AILLSC lilacs

- 2. SIOL soil
- 3. DENGAGNIR LTOOS gardening tools
- 4. IPSNGR LENGNICA Spring Cleaning
- 5. PIUTSL tulips
- 6. MCHUL mulch
- 7. SIPCCNI picnics
- 8. LWAN EMRWO lawn mower
- 9. WSOLFER flowers
- 10. LSOIFFADD daffodils
- 11. MBUELB EBSE bumble bees
- 12. NIGHMUM SDIRB humming birds
- 13. LOLENP pollen
- 14. EENGR ASSGR green grass
- 15. IULTREETSBF butterflies
- 16. NSSINEHU sunshine
- 17. RMWRAE HWEARET warmer weather
- 18. GDATIHYL ISVGSNA ITEM daylight savings time
- 19. TORSDOUO outdoors
- 20. AMNPIGC camping
- 21. ALNEREW <u>renewal</u>
- 22. GNZANROIIG organizing
- 23. ZAAESLA azaleas



Sisters in the Spirit Newsletter

This is a free monthly publication of Sisters in the Spirit Ministries, Inc, a 501(c)(3) non-profit organization founded to empower Christian women in better fulfilling their God-given purpose. Editor: Dr. Katrina W. Brown The newsletter is distributed via mail and online throughout the United States and the Caribbean.

Visit our website: sistersinthespirit.org



Sisters in the Spirit Ministries, Inc



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Contact SIS

By mail: Sisters in the Spirit Ministries P.O. Box 649 Gloucester Point, VA 23062 By e-mail: sistersinthespiritministries @gmail.com

or kawbrown@yahoo.com

The LAST Laugh

The sweet smell of revenge

After 37 years of marriage, Jake dumped his wife Edith for his young secretary. His new girlfriend demanded that they live in Jake and Edith's multi-million dollar home. Since Jake's lawyers were a little better than Edith's, he prevailed.

He gave Edith, his now ex-wife, just 3 days to move out. She spent the 1st day packing her belongings into boxes, crates, and suitcases. On the 2nd day she had the movers come and collect her things. On the 3rd day she sat down for the last time at their beautiful dining room table by candlelight, put on some soft back-ground music, and feasted on a pound of shrimp, a jar of caviar and a bottle of Chardonnay. When she had finished she went into each and every room and stuffed half-eaten shrimp shells dipped in caviar into the hollow of all of the curtain rods. She then cleaned up the kitchen and left.

When Jake returned with his new girlfriend all was bliss for the first few days. Then slowly the house began to smell. They tried everything - cleaning, mopping and airing the place out. Vents were checked for dead rodents and carpets were cleaned. Air fresheners were hung everywhere. Exterminators were brought in to set off gas canisters during which they had to move out for a few days, and in the end they even replaced the expensive wool carpeting. NOTHING WORKED. People stopped coming over to visit. Repairman refused to work in the house. The maid quit. Finally they could not take the stench any longer and decided to move. A month later, even through they had cut their price in half, they could not find a buyer for their stinky house. Word got out and eventually even the local realtors refused to return their calls. Finally they had to borrow a huge sum of money from the bank to purchase a new place.

One day ex-wife Edith was feeling a little melancholy. She called Jake and asked how things were going. He told her the saga of the rotting house. She listened politely and said that she missed her old home terribly and would be willing to reduce her divorce settlement in exchange for getting the house back. Knowing his ex-wife had no idea how bad the smell was, Jake agreed on a price that was about 1/10th of what the house had been worth, but only if she were to sign the papers that very day. She agreed and within the hour his lawyers delivered the paperwork. A week later the man and his girlfriend stood smiling as they watched the moving company pack everything to take to their new home, including the curtain rods!

The loneliest sport

The night before the championship fight, I bought my wife Phyllis a powder-blue negligee. I was confident. I was on a nine-bout winning streak and I bought the negligee and I gave it to her in Cleveland the night before the fight. I said, 'tomorrow night I want you to wear this in bed because tomorrow night you're going to be sleeping with the heavyweight champion of the world." She said, "okay, no problem."

After the fight I came back to the hotel - I lost the fight - and walked into the hotel room. And there she is sitting on the end of the bed with the powder-blue negligee, and she says to me, "Am I going to Ali's room or is he coming to mine?" Yeah, she had a real good sense of humor.

Baptize Them

Three Pastors in the south were having lunch in a diner. One of them said, "you know, since summer started I've been having trouble with them flying bats in my loft and attic at church. I've tried everything, but nothing seems to scare them off." Another pastor said "yes, me too. I've got hundreds living in my belfry and in the narthex attic. I've even had the place fumigated, and they won't go away!" The third pastor said, "I had hundreds of them too. I baptized all mine, made them members of the church, and we haven't seen one back since!"

Help for the poor

The Baptist preacher just finished his sermon for the day and proceeded toward the back of the church for his usual greetings and handshaking as the congregation left the church. After shaking a few adult hands he came upon the seven year old son of one of the Deacons of the church.

"Good morning, Jonathan," the preacher said as he reached out to shake Johnathan's hand. As he was doing so he felt something in the palm of Jonathan's hand. "What's this?" the preacher asked. "Money," said Jonathan with a big smile on his face, "It's for you!"

"I don't want to take your money, Jonathan," the preacher answered. "I want you to have it," said Jonathan. After a short pause Jonathan continued, "My daddy says you're the poorest preacher we ever had and I want to help you."