



Sisters in the Spirit Ministries Newsletter

Empowerment for the Christian Woman

TRAINING FOR THE CHRISTIAN LIFE



**PRAY
WITHOUT CEASING**

LIFT UP THE WORD



**RUN
THE GOOD RACE**

By Rev. Dr. Katrina White Brown

Just as an athlete trains to perfect her skills and abilities, gain strength and conditioning, and to become better at what she does, diligent training is required to perfect the Christian life. Training helps athletes build endurance. This is important because endurance helps them compete for a longer time. If athletes, particularly runners, don't train they won't be able to last throughout the game they are competing in, or the race they are running.

Living the Christian life

also requires endurance. The Apostle Paul instructed new believers in all the newly established churches about the demands of the Christian life. He told them that being a good Christian required energy. He said that in order to run the Christian race and win, they had to forget the past and press on to the future. *"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."* (Phil. 3:13-14)

Training for the Christian life also requires that we focus on winning the race. We must want to experience the promise of Christ - that we will spend eternity with Him at the race's end.

Vigorous training for the Christian life results in growth and development in the ways of the Lord. The Bible teaches that the Christian life is one of constant growth. That growth includes rebirth - when you were born again, you were born into God's family. It is God's purpose that

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20 SECONDS OF PRAISE



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 chorus of:

I Love the Lord

by Richard Smallwood

(sung by Whitney Houston)

I love the Lord
He heard my cry
And pitied every groan
Long as I live
And troubles rise
I'll hasten to his throne

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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 am a die-hard fan of the musical group Earth, Wind, and Fire (EWF). I have been since the group came out in 1970. I possess every album they ever recorded, and I go to every concert I possibly can. Anytime and anywhere an EWF song plays I get mesmerized - I stop whatever I'm doing and sing along with abandonment, and I really don't care whose listening or who thinks I'm out of my mind.

There are many reasons why I'm drawn to this group: they're named after some of God's greatest creations; musically, they are dynamic, innovative, creative, and extremely talented; they have literally reconstructed the sound of Black pop music; and I relate to their music on a deeper level than other groups or singers. Their music is spiritually restorative and it delivers me to a place of peace, tranquility, revelation, and enlightenment.

One of my favorite EWF songs (and there are many) is entitled "Keep Your Head to the Sky." It was written by the now deceased group leader Maurice White, who imbued it with his own sense of spirituality. In the song he encouraged us to look to God for the true meaning of life and to find our true calling and purpose. The lyrics include these words:

*Master told me one day, I'd find peace in every way
But in search for the clue, wrong things I was bound to do
Keep my head to the sky, for the clouds to tell me why
As I grew, and with strength, Master kept me as I repent
Keep your head to the sky
He gave me the will to be free, purpose to live His reality
Hey, and I found myself never alone, Chances came to
make me strong
To step right up and be a man, Cause you need faith to
understand
So we're saying for you to hear, Keep your head in faith's
atmosphere
Keep your head to the sky*

These lyrics speak to the overwhelming power of looking up to the Lord. It reminds me of the words written in Psalm 121—"I lift up my eyes to the to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Sisters, there are times in our lives when we need to elevate our living. Learn to look up - it changes your perspective. When you need direction in your life, instead of looking down or even inward, look up to the Lord - and keep your head to the sky!

Love, Peace, and Blessings Always,
Katrina W. Brown

OUT OF CONTEXT!!!

Scriptures used out of context can make your head explode. Worse yet, misquoting the Bible can take you completely out of the will of the Lord.
Learn the meaning of the Word for yourself!



Chances are you know someone who can fire off a Bible verse for any and every situation. That's not necessarily a bad thing - in fact, an appropriate word of scrip-

ture can be just what's needed. In times of sorrow or joy, God's Word is truth, but the verses should be understood in the proper context so that the words can minister in a way that glorifies God, and not any self-serving purpose.

It's important to read the Bible with an understanding of it's context. The verses around the verse you are reading will help you understand context. And, if you ignore the context you could very well end up with a skewed view of the Word of God. Context is one of the most crucial elements in the interpretation of the Bible because it helps to tell the whole story.

For example, if you take a sentence out of context you can make anyone say anything you want. That's the danger of taking scripture out of context. You can make the Bible say anything you want if you ignore the context.

Some of the most commonly misused scriptures have to do with money, power, revenge, and forgiveness. And when taken out of context, misused scriptures can lead you on a dangerous judgmental path that is completely out of the will of God.

Here are some of the most frequently misused, misinterpreted or misquoted scriptures in the Bible:

1. ***"Vengeance is mine, I will repay, says the Lord."***

Both the Apostle Paul and the writer of Hebrews affirms that the Lord will deal with wrongdoing. In Romans 12:19 Paul writes *"beloved, do not avenge yourselves, but rather give place to wrath; for it is written, 'Vengeance is Mine, I will repay,' says the Lord."* Hebrews 10:30 says *"we know Him who said, Vengeance is Mine, I will repay," says the Lord. And again, The Lord will judge His people.*" Both of these New Testament passages are referencing Old Testament sources. Romans points out that "it is written" and Hebrews notes that "we know Him who said" So where does God talk about vengeance?

In Exodus, Leviticus, and Deuteronomy, all written by Moses, he gives the Jews God-ordained guidelines for the Jewish judicial system. Specifically, Moses writes *"an eye for an eye, tooth for tooth, hand for hand, foot for foot"* (Exodus 21:24); *"fracture for fracture, eye for eye, tooth for tooth"* (Leviticus 24:20); and *"Your rule should be life shall be for life, eye for eye, tooth for tooth, hand for*

hand, foot for foot." (Deuteronomy 19:21) In this context Moses was providing appropriate guidance for Israelite judges to follow when they presided over cases involving physical injury. It was not a requirement mandating that every time a person was injured, the judge automatically prescribed an equal and opposite consequence. Instead, it was a guideline which ensured that the punishment would never exceed the scope of the crime. If a person caused another person to lose a finger, then the punishment should never exceed the injury that occurred. This means that the person who committed this crime should not be required to lose two fingers as a punishment.

2. ***"I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by my Father in heaven. For where two or three are gathered together in my name, I am there in the midst of them."***

It is commonly believed that if two or more Christians agree together about a prayer request, in accordance with the authority and will of Christ, then God will grant that request. But when Christ spoke these words, recorded in Matthew 18: 19-20, it was in the context of Jesus' guidelines for dealing with those who sin against us. He was not teaching about church prayer meetings or fellowship gatherings. Instead, he was teaching important lessons about humility and forgiveness; that when we come together to reconcile, it facilitates Christian love and harmony among the saints.

In the preceding scriptures (Matthew 18: 15-18) Jesus taught that when someone wrongs us, we should go to that person and forgive them. If the conflict cannot be resolved one on one, then the matter should come before the church, "so that the matter may be established by the testimony of two or three witnesses" (v. 16). In the body of believers, the sincere agreement of two people is far more powerful than the superficial agreement of thousands, because Christ's Holy Spirit is with them. Two or more believers, filled with the Holy Spirit, will pray for God's Will and not their own, thus their request will be granted. When used in the proper context, these verses are another example of how Jesus encouraged us to practice Biblical church discipline when necessary. Further, it is always a good thing for believers to "agree with one another" when we pray.

3. ***"Judge not, lest you be judged."***

According to Google, this is one of the most searched for verses. Taken out of context this verse, found in Matthew 7:1, has easily become a justification for just letting everyone live their lives however they want, and as an excuse for folks not listening to the faults others see in them. But that was not what Jesus meant when He spoke these words. Jesus taught that we should examine our own motives and behavior first - before we look at the conduct of

Continues on page 5



Fruits of the Spirit

Find these fruits which satisfy not only the body
but the spirit as well!!

Just for Fun

M D V R J G S R Y R R E B P S A R T C X D O G Z
V R B P Q G U A V A I V G A Z Z K T C R R E Q C
B L A C K B E R R Y W L P V H U D F A A L E S G
T A N G E R I N E E I R X S X A M G N L V E S U
L G M G K R S U Q G K M N T T C O G P X L Q L O
L O N I O O E O U L E O H E I N E A Y F N V S D
L W K Q Z U L G I O Q N S K F S N M C L I M E S
O S I U P T P G N V C O E R P I D O H E M J F I
Z V N G R I P N C E P H U R P P N A C R L B C K
O W D O O A A P E G I I E M O T P N M R D C E B
K V N E M H Y W G C T D F R R S E V J Y A A R N
Y Y E F Y E Z N N U T P P O R I I K A N F N X X
R C S J D J L P J G Q A L E T Y E T T A I O Y V
R Z S G Y U M I O F C H R A Y Y Z A Y P G L Z A
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B E Y G B S O O A C A C A D N O S S Q B R M M V
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R E X J B H L Q A W V S I P E A I L H P P D C G
T A F R C V Y K B R C G C R C F L X Y A C Y Y L
S C O O Q L J D O U G Z O M A N G O W I I E V U
L E J W D U V X X O W A T E R M E L O N K N Y U
J S J B U K C W L X Y H S C G S S E N D O O G C
C V V F R A A T F A I T H F U L N E S S P H Z J

APPLES
DATES
GENTLENESS
JOY
LOVE
PEACE
STRAWBERRY

APRICOTS
DRAGON FRUIT
GOODNESS
KINDNESS
MANGO
PINAPLLE
TANGERINE

BLACKBERRY
FAITHFULNESS
GRAPES
KIWI
NECTARINES
QUINCE
WATERMELON

CANTALOEPE
FIGS
GUAVA
LEMONS
ORANGES
RASPBERRY

CHERRY
GENEROSITY
HONEYDEW MELON
LIMES
PATIENCE
SELF CONTROL

OUT OF CONTEXT

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others. It doesn't mean that you shouldn't listen when someone points out something in your life that is problematic. But Jesus wants us to recognize that the traits which bother us in others are often the habits we dislike in ourselves. In this context Jesus wants us to judge ourselves first, and then lovingly forgive and help our neighbors.

When Jesus said "do not judge" He was targeting the kind of hypocritical, judgmental attitude that tears down others in order to build up yourself. In this context, Jesus calls for discernment rather than destructive criticism. This is why Jesus also points out in Matthew 7:3-5 "*why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.*"

4. For the love of money is a root of all kinds of evil.

Perhaps the most misunderstood or misquoted verse in all of the Bible is 1 Timothy 6:10. The reason is probably because the verse is so often paraphrased incorrectly as "*money is the root of all evil.*" This is completely out of context and inaccurate.

Money is simply a tool that can be used for good or bad. But the love of money is always destructive and sinful because it replaces our love for God. It's another form of idolatry.

Despite overwhelming evidence to the contrary, many people still believe that money brings happiness. Also, the misinterpretation of this scripture has led some to think that people with few resources are somehow more godly than affluent people. This is not what the Bible teaches however.

There were many priests, monks, and pastors who took vows of poverty, yet they were corrupt and lived in luxury. Conversely, many people whom God favored had significant resources, such as David, Solomon, and Job. God gives some people abundant resources so they can be generous to others in need; this is a godly use of money.

There is another highly misunderstood passage about money found in Luke 18: 24-25. Jesus said "***How hard it is for the rich to enter the kingdom of God! Indeed, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.***" It is often misinterpreted to mean that somehow there's righteousness in poverty and that being rich is a sin. This is not what Jesus was teaching. In this context Jesus was calling out those who thought that their works, fueled by their riches, could have purchased their salvation.

Jesus was also teaching about grace. He used this scripture to emphasize that none can get to heaven by their own efforts: it is only achieved by the grace of God through faith.

Paul advised Timothy to "*study to show thyself approved unto God, a workman that need not to be ashamed, rightly dividing the word of truth.*" (2 Timothy 2:15) Knowing the correct context and interpretation of God's Word will help us better understand how God wants us to live.



The Tortoise and the Hare

Yes, this is the old story about the tortoise and the hare; but no, the lesson learned is not the one you remember!

Once upon a time a tortoise and a hare had an argument about who was faster. They decided to settle the argument with a race. They agreed on a route and started off the race.

The hare shot ahead and ran briskly for some time. Then, seeing he was far ahead of the tortoise, he thought he'd sit down and rest for a while before continuing the race. He sat down under a tree and soon fell fast asleep.

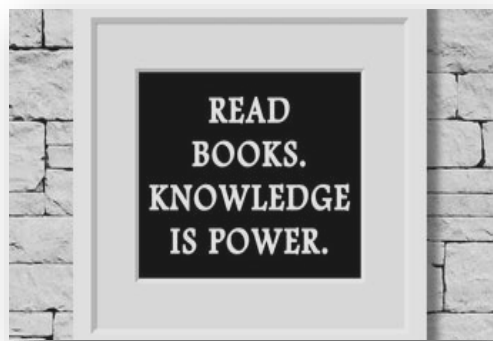
The tortoise, plodding along, soon overtook the hare, passed him, crossed the finish line, and won the race. The hare woke up and realized he'd lost.

Throughout the generations, folks have concluded that the tortoise was victorious because *slow and steady* wins the race. The real lesson however, is not about the tortoise at all: it's about the hare.

The hare made a huge mistake, believing in its ability but then not actually doing anything to prove it. In real race that we call life, you may have that great skill, one which everyone agrees that you have. But unless you use that skill or ability, you'll never be victorious. Skills have no value when they go unused. Success depends on using your talents, not just having them.

It is the same way in the spiritual race that we run on here on Earth. You may have great faith, but unless you work it, your faith doesn't achieve God's purposes.

Faith without works is dead because the lack of works reveals an unchanged life or a spiritually dead heart. True saving faith will result in a transformed life; that faith is demonstrated by the works we do. How we live reveals what we believe and whether the faith we profess to have is a living faith. Our works don't save us; neither are our works the cause of salvation, but works are the evidence of our salvation. And active faith in Christ always results in good works.



BEATITUDES THROUGH THE AGES BY REBEKAH EKLUND

The Beatitudes are among the most influential teachings in human history. For two millennia, they have ap-

peared in poetry and politics, and in the thoughts of mystics and activists, as Christians and others have reflected on their meaning and shaped their lives according to the Beatitudes' wisdom.

But what does it mean to be hungry, or meek, or pure in heart? Is poverty a material condition or a spiritual one? And what does being *blessed* entail?

In this book, Rebekah Eklund explores how the Beatitudes have affected readers across differing eras and contexts. From Matthew and Luke in the first century, to Martin Luther King Jr. and Billy Graham in the twentieth, Eklund considers how men and women have understood and applied the Beatitudes to their own lives through the ages.

The Beatitudes were part of the Sermon on the Mount, and considered some of the most beloved parts of the New Testament. Ms. Eklund does not attempt to tell the reader how to interpret them but she does take the reader on a tour of how they have been interpreted.

Those who have read Ms. Eklund's book have commented "what I love about this book is that she allows so many voices to be a part of the conversation. Normally scholars limit the voices to only those they believe are academic or not. But Ms. Eklund includes input from a diversity of conversation partners." Those partners include Roman Catholic, Orthodox, Lutheran and Reformed, Baptist and Mennonite denominations and believers. A broad discussion takes place in which we are all invited to participate. She summarizes the most popular options but allows the readers to enter into the process of interpretation. It is a book recommended for those interested in both the New Testament and in general history.

This review is reprinted from goodreads.com. *Beatitudes Through the Ages* available at goodreads.com, christianbook.com, and amazon.com.

TRAINING FOR THE CHRISTIAN LIFE

Continued from page 1

we continue to grow in a way that we will reach full maturity in Christ.

When you exercise rights in Christ, you become strong, stay strong, and you use your strength to help others. 2 Peter 3:18 tells us to "grow in the grace and knowledge of our Lord and Savior Jesus Christ." Steady development, constant enlargement, and increasing wisdom is evidence of you gaining spiritual muscle mass.

Training for the Christian life must include a daily spiritual exercise routine. To gain and maintain spiritual good health, be sure to regularly use these training tools:

1. *Read your Bible daily.* Don't just skim over a couple of verses, or just read your favorite scripture and be satisfied that you have read your Bible. Find a daily devotion to read. Get in the habit of choosing a guiding scripture that you can apply throughout the day. There are 66 books of the Bible - 39 in the Old Testament; 27 in the New Testament. You can read scriptures from a different book of the Bible every day for over two months. Research and study the Word for yourself. "And be not conformed to this world, but be ye transformed by the renewing of your mind, that ye may prove what is that good and acceptable and perfect will of God." (Romans 12:2)
2. *Learn the power of prayer.* Prayer is communication with God. Every prayer that you pray in the name of the Lord will be answered. Sometimes that answer will be "Yes"; sometimes it's "No," and sometimes the answer is to "Wait." Nevertheless, your prayers will be answered. Paul advised the new believers in Thessalonica to "pray continually." (1 Thessalonians 5:7) Although we can't spend all our time on our knees, we can have a prayerful attitude at all times. It's not a substitute for actual prayer, but a prayerful attitude will always keep us mindful of God's presence.
3. *Lift up the Name of the Lord.* Lift up the Lord through your Christian witness. Witness through your thoughts, words, and especially your actions. Jesus said to those who followed Him, "by this shall all men know that ye are my disciples, if ye have love one to another" (John 13:35). The greatest demonstration that we are Christians is to always show how we love God and how we love one another.
4. *Rely constantly on the Holy Spirit.* The Holy Spirit prays for us (Romans 8). What a wonderful comfort that should be - that we can stand aside and let the Holy Spirit take over all the choices and decisions in our lives.
5. *Exercise self-control.* Learn how to deal with temptation. Temptation is not sin. It is yielding to the temptation that is sin. Exercise self-control and let Christ, through the Holy Spirit, do the fighting for you.

Training for the Christian life means maintaining a regular schedule focused on doing God's will. As we must repeat exercises to tone our bodies, we must also steadily repeat spiritual exercises to stay spiritually fit. This will help us become better Christians and live in accordance with God's will.



30 days of eating oranges ...

Are you up to the challenge?

Dr. Pamela Hamilton-Stubbs has a challenge. She is offering a free 30 Day Orange Challenge. "For those without medical contraindications, eating oranges is a simple and hopefully fun way to boost health," Dr. Hamilton-Stubbs says.

She explained that "as we head into peak flu, and COVID19 season, now is a great time to indulge in eating oranges. Oranges are full of Vitamin C and carotenoids, which are two means of boosting immunity.

Dr. Hamilton-Stubbs is an internal medicine specialist in Richmond, Virginia with 40 years experience. She practices at Dr. Hamilton-Stubbs' Sleep & Total Wellness Institute in Richmond. She notes "oranges can lower your cholesterol level, provide nutrients that support vision, promote good cardiovascular health, are great for healthy bones and joints, furnish lots of fiber, and contain flavonoids which help fight cancer."

According to her website "42% of Americans have insufficient blood levels of vitamin C. You can boost vitamin C by eating just one orange. One orange provides 92% of the daily recommended amount of vitamin C. Also, vitamin C helps the body absorb iron, which is essential for healthy red blood cell function and maximum oxygen carrying capacity of red blood cells. A low oxygen equates to a low energy level and sleep disturbance.

The challenge will take place from September 1- 30, 2022. Dr. Hamilton-Stubbs said most of the benefits of eating oranges can only be measured using laboratory tests. However, oranges are thought to boost energy levels. The challenge will use changes in perceived energy level as a measurement of oranges impacting our health. At the beginning of the challenge participants will complete a short survey describing their energy level. The survey will be repeated at the end of the challenge to assess for changes in energy level. To avoid energy depleting affects of sleep deprivation, participants will be instructed to get 7-9 hours of sleep every night during the challenge. "For the challenge, we will eat 1-2 oranges

every day for 30 days (September 1-30). Oranges can be eaten as fresh fruits, as an ingredient in a salad, in smoothies and so many more ways. "During the challenge, I'll share interesting facts about how the humble orange is truly a super food. People can submit their favorite recipes with oranges as an ingredient to share with participants. There will be a weekly zoom check in on Thursdays 8:00 p.m. to 8:30 pm ET. Toward the end of the challenge we'll vote for the person with the most creative way of serving oranges" said Dr. Hamilton-Stubbs.

When you join the challenge, you'll get:

1. Invitations to join live weekly evening presentations from 8-8:30 p.m. ET
2. Information to help you learn more about how oranges promote health
3. Opportunities to share recipes
4. Get tips for ways to incorporate oranges into a healthy diet
5. A chance to win a FREE seat in one of my Sugar Reset classes!!

"Oranges have health benefits beyond vitamin C. Oranges are loaded with fiber. The fiber in oranges can stabilize blood sugar levels. Stable blood sugar levels avoid blood sugar spikes that are detrimental to health as well as sleep. In addition, the fiber in oranges reduces high cholesterol levels to prevent cardiovascular disease and offer some protection from some forms of cancer," Dr. Hamilton-Stubbs concluded. Seating for the Challenge is limited. Sign up using this link:

<https://shop.drhamiltonstubbs.com/orange>



Dr. Hamilton-Stubbs

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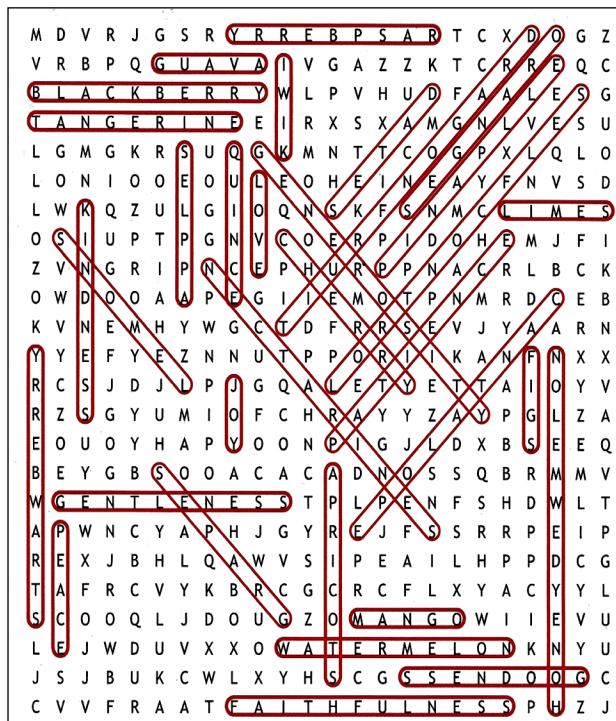
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for your generosity!

Fruits of the Spirit solution



Coming Soon ... Another SIS Video

EMPOWERED

Do You Really Know These Women of the Bible?

Watch for it!

Join **Sisters in the Spirit Ministries** on the
2nd Monday of every month at the
Walter Reed Convalescent Center for the



11:00 am - 12:00 am

7602 Meredith Drive * Gloucester, VA 23061

It's Hallelujah Good Time!



Sisters in the Spirit Newsletter

This is a free monthly publication by **Sisters in the Spirit Ministries, Inc.**, a 501(c)(3) non-profit organization founded to empower women in their knowledge and authority, to better operate in their God-given purpose.

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Visit our website:
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THE LAST LAUGH



RELIGIOUS UNDERWEAR

A man walked into the women's department of Macy's in New York City. He told the saleslady, "I would like a Baptist bra for my wife, size 36B." With a quizzical look, the saleslady asked, "what kind of bra?" He repeated, "a Baptist bra. She said to tell you that she wanted a Baptist bra and that you would know what she wanted." "Ah, now I remember," said the saleslady. "We don't get as many requests for them as we used to. Most of our customers lately want the Catholic bra or the Salvation Army bra, or the Presbyterian bra." Confused and a little flustered, the man asked, "so what are the differences?" The saleslady responded, "well, it's really quite simple. The Catholic type supports the masses, the Salvation Army one lifts up the fallen, and the Presbyterian type keeps them staunch and upright." He thought about that for a moment and then asked, "so, what is the Baptist type for?" "They," she replied, "make mountains out of mole-hills."

SINCE YOU'RE ALREADY AT THE STORE

A **wife** sends a text message to her husband: Honey, please don't forget to buy oxtails when you're coming home from work. Please buy 4 pounds. Also, your girlfriend Vernice is here and says hello to you.

Husband: Who is Vernice? **Wife:** Nobody, I just wanted you to respond, so I can have confirmation that you saw my message.

Husband: But I'm with Vernice right now. I thought you saw me!

Wife: What! Where are you? **Husband:** Near the neighborhood butcher shop. **Wife:** Wait there, I'm coming right now!

After 5 minutes, the **wife** sends a message to her husband: I'm at the butcher shop. Where are you? **Husband:** I'm at work. Now that you're at the butcher's shop please buy the oxtails!

THANKS JUDGE!

"Mr. Clark, I have reviewed this case very carefully," the Divorce Court Judge said. "I have decided to give your wife \$775 a week." "That's very fair, your honor," the husband said. "And every now and then I'll try to send her a few bucks myself."

THE DIET PLAN

A woman, who wasn't particularly bright, was concerned about being overweight, so her doctor put her on a diet.

"I want you to eat regularly for two days, then skip a day, and repeat the procedure for two weeks. The next time I see you, you'll have lost at least five pounds." When the woman returned, she had lost nearly 20 pounds. "Why, that's amazing!" the doctor says. "Did you follow my instructions?" The woman nods. "I'll tell you, though, I thought I was going to drop dead that third day." "From hunger, you mean?" said the doctor. "No, from skipping," replied the woman.

THE E-MAIL TRAIL

There is a lesson to be learned from typing the wrong email address! A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. Because of hectic schedules, it was difficult to coordinate their travel schedules. So, the husband left Minnesota and flew to Florida on Thursday, with his wife flying down the following day.

The husband checked into the hotel. There was a computer in his room, so he decided to send an email to his wife. However, he accidentally left out one letter in her email address, and without realizing his error, sent the e-mail.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a Baptist minister who was called home to glory following a heart attack. The widow decided to check her e-mail expecting messages from relatives and friends. After reading the first message, she screamed and fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read: **To: My Loving Wife**

Subject: I've Arrived

Date: March 2, 2022

I know you're surprised to hear from me. They have computers here now and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I've seen that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then! Hope your journey is as uneventful as mine was. P. S. Sure is hot down here!!!