



## Sisters in the Spirit Ministries Newsletter

*Empowerment for the Christian Woman*



**By Rev. Dr. Katrina White Brown**

**M**aybe you've seen those videos that have been appearing on social media where someone is asking to *not* be one of God's strongest soldier. Particularly in times of struggle, those of us in ministry point out that "God gives the toughest battles to His strongest soldiers." But because 2022 was tumultuous for some, in this new year you just want to at least, start out with peace instead of struggling to fight the battles God allows. Your prayer for the new year may sound like this: *"please Lord, I would rather not be on the strongest soldiers' list. Could you give these tough battles to someone else. I just don't want to keep fighting. Thank you Lord."*

Maybe you started the new year with renewed energy, ready to tackle new goals and vigorously praying for the Lord to "enlarge your territory"? Or, perhaps your new year began looking pretty much like the old year. Were you excited to jump right into all that 2023 will bring, or were you moving slow and simply hoping for a kinder, gentler year? However you started this year, know that every new year presents an opportunity to do things differently than you did the previous year.

There is a general expectation that the start of the year readies you to accomplish audacious goals. Because of this, some of us make promises that can't be kept in a decade of new years, much less in one year. But for this

*Continues on page 6*

## 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 verse and chorus of:

**Pass Me Not Oh Gentle Savior**  
by Fanny Crosby

Pass me not, oh gentle Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by  
Savior, Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

### INSIDE THIS ISSUE

Page 2

- **In My Spirit** - New Year's Never-lutions

Page 3

- **How to get healthier without dieting**

Guest columnist Dr. Pamela Hamilton-Stubbs provides healthy insights for losing weight.

Page 4

- **Just for Fun**  
A Winter Wonderland Word Search

Page 5

- **The Parable of the Donuts**  
Doing for others as Jesus did for us

Page 6

- **Read Books.**  
**Knowledge is Power.**

*The Sunflower*  
By Simon Weisenthal  
Would you, or could you forgive under extreme circumstances?

Page 8

- **The Last Laugh**



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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** try to keep my New Year commitments, aka resolutions, simple: do better this year than I did in the last year. This is something to which I can wholeheartedly devote myself. When it comes to those things that I didn't do, or didn't do well in the previous year, I vow to get them done or to do them better. It's truly an achievable goal.

Too often my Sisters, we feel compelled to make unrealistic and impractical New Year's Resolutions. Whether out of habit, by force, or by choice, we make these big plans to do big things and in big ways during the coming year. There's nothing wrong with aspiring to change for the better, but it doesn't make sense to measure yourself using someone's else's yardstick. Do what's right for you and take pride in what you can realistically accomplish.

I suggest you make New Year's Never-lutions as a way of lowering the stress level in your life. Never-lutions can truly help you stay focused on those things that are really important. Here are just three never-lutions to live by:

- **Never stop seeking the Lord's guidance.**

We spend a lot of time looking for love, peace, happiness, and joy in all the wrong places. When we don't find the things that we think will make us happy, depression, resentment, anger, and worry are likely to infect our spirit. The Bible gives us a better way. In Matthew 6 Jesus said not to worry about what to eat or drink. *"For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well."*

- **Never put people, or ambition, or possessions ahead of your desire to serve the Lord.**

Put God first. When we do it aligns us with the greatest commandment: *"Love the Lord your God with all your heart and with all your soul and with all your mind"* (Matthew 22:37). Everything we have and everything we are should be devoted to Him. Hold nothing back from God: it is the only way to live a life pleasing to Him. When we seek to make God first in our lives, *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."* (Matthew 7:7)

- **Never lose faith in God**

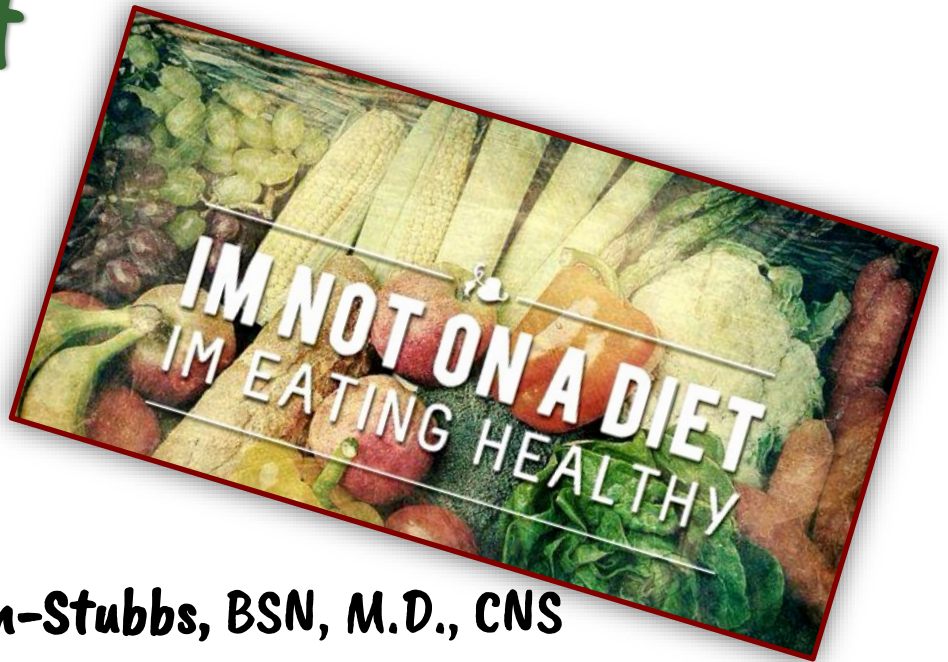
Faith gives us the motivation to move forward in the plans God has for us. But when we lose faith, it's rapidly replaced with fear, and fear comes straight from Satan.

Keep your faith—it stops fear dead in its tracks. When we're struggling with fear, we can turn to God's Word for an inspiring, encouraging reality check. For example - Romans 8:31 tells us *"if God is for us, who can be against us?"*

Never lose your faith in God. He is in control of all things, all the time.

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

# How to Get Healthier Without Dieting



By Dr. Pamela Hamilton-Stubbs, BSN, M.D., CNS

**E**very year thousands of people make New Year's resolutions. I'm one of them. I promise to stop eating fried, sugary, or processed foods. But, within a few days, the cravings overcome me and I slip back into old habits. If I did manage to lose a few pounds, I quickly regained the weight. Weight loss experts say, "Diets don't work" and I have plenty of anecdotal evidence. Year after year, I make the same New Year's resolution. This year will be different because I am practicing a different way of eating called sensual eating.

Sensual eating combines aspects of mindful eating, intuitive eating, food therapy and the neuroscience of sleep. Mindful eating, a sustainable behavior change in how we eat food, teaches us to use all five senses to experience food in a non-distracted, comfortable environment. Intuitive eating means accepting all types of food. Intuitive eating does not restrict or ban certain foods nor label foods as good or bad. Instead, you listen to your body and eat what feels right for you.

Sensual eating involves six steps, starting with gratitude. Gratefulness stimulates the brain networks responsible for our emotions, increases the release of hormones associated with happiness and activities the parasympathetic nervous system. The parasympathetic nervous system, also known as the "rest and digest" nervous system.

Give yourself enough time to replace gulping food with chewing food. Take time to chew food

while sitting in a comfortable environment without distractions. This means no talking on the cell phone, eating at the work desk or while watching television.

Use all five senses to experience food. Look at the food. Experience the texture of food on your hands and in your mouth. What sounds do you hear? Does the smell connect you to any joyful memories? Finally, how does the food taste?

An important part of sensual eating is awareness of the body's language. A satiation signal travels from the stomach to the brain. It takes approximately 20 minutes for the stomach to tell the brain that it is full. Eating slower allows the brain to register satiation before overeating occurs.

Learn more about Sensual Eating, download a free copy of the *Sensual Eating Guide*. <https://shop.drhamiltonstubbs.com/sensual>

## About the Author



Dr. Hamilton-Stubbs is an internationally known double board-certified Sleep Specialist, board-certified pediatrician, certified sports nutrition specialist, medical missionary, medical researcher, and co-author of multiple medical textbook chapters. Connect with Dr. Hamilton-Stubbs on Instagram @iamdrphstubby

# A Winter Wonderland

Search for these words that let you know Winter is here!

Just for Fun

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

Blizzard

Gloves

Ice Storm

Plowing

Snow Blower

Toboggan

Boots

Heavy Coat

Marshmallows

Scarf

Snow Pants

Tomato Soup

Fireplace

Hot Chocolate

Mittens

Shovel

Snowflakes

Warm Hat

Freezing Cold

Ice Hockey

No School

Sledding

Sweaters

Weather Delays

# THE PARABLE OF THE DONUTS



Dr. Christianson was a Professor of Religion who taught at a small Christian college in the Western United States. He taught the survey course in Christianity which every student was required to take during his or her freshman year regardless of their major. Although Dr. Christianson tried hard to communicate the essence of the gospel in his class, he found that most of his students considered the course as nothing but required drudgery, and they refused to take Christianity seriously.

This year, Dr. Christianson had a special student named Steve. Steve was only a freshman but was studying with the intent of going on to seminary for the ministry. Steve was popular, well liked, and had an imposing physical stature. He was the starting center on the school football team and was the best student in the professor's class.

One day, Dr. Christianson asked Steve to stay after class so he could talk with him. "How many pushups can you do?" the professor asked. Steve said, "I do about 200 every night." "That's pretty good, Steve," Dr. Christianson said. "Do you think you could do 300?" Steve replied, "I don't know...I've never done 300 at a time." "Do you think you could?" again asked Dr. Christianson. "Well, I can try," said Steve. "Can you do 300 in sets of 10? I have a class project in mind, and I need you to do about 300 pushups in sets of ten for this to work. Can you do it?" said the professor. Steve said, "Well...I think I can...yeah, I can do it." Dr. Christianson said, "Good! I need you to do this on Friday. Let me explain what I have in mind."

Friday came, and Steve got to class early and sat in the front of the room. When class started, the professor pulled out a big box of donuts. These weren't the normal kinds of donuts, they were the extra fancy BIG kind, with cream centers and frosting swirls. Everyone was pretty excited it was Friday, the last class of the day, and they were going to start the weekend with a party in Dr. Christianson's class.

Dr. Christianson went to the first person in the first row and asked, "Cynthia, do you want to have one of these donuts?" Cynthia said, "Yes." Dr. Christianson then turned to Steve and asked, "Steve, would you do ten pushups so that Cynthia can have a donut?" "Sure" Steve said, and he proceeded to do a quick ten. Dr. Christianson put a donut on Cynthia's desk. Dr. Christianson then went to the next person, and asked, "Joe, do you want a donut?" Joe said, "Yes." Dr. Christianson asked, "Steve would you do ten pushups so Joe can have a donut?" Steve did ten pushups, and Joe got a donut.

And so it went, down the first aisle, Steve did ten pushups for every person before they got their donut, and down the second aisle, till Dr. Christianson came to Scott. Scott was on the basketball team and in as good condition as Steve. He was very popular and never lacking for female companionship. When the professor asked, "Scott do you want a donut?" Scott's reply was, "Well, can I do my own pushups?" Dr. Christianson said, "No, Steve has to do them." Then Scott said, "Well, I don't want one then."

Dr. Christianson shrugged and then turned to Steve and asked, "Steve, would you do ten pushups so Scott can have a donut he doesn't want?" With perfect obedience, Steve started to do ten pushups. Scott said, "HEY! I said I didn't want one!" Dr. Christianson said, "Look, this is my classroom, my class, my desks, and these are my donuts. Just leave it on the desk if you don't want it." And he put a donut on Scott's desk.

By this time, Steve had begun to slow down a little. He just stayed on the floor between sets because it took too much effort to get up and down. You could start to see perspiration coming out around his brow. Dr. Christianson started down the third row. Now the students were beginning to get a little angry.

Dr. Christianson asked Jenny, "Jenny, do you want a donut?" Sternly, Jenny said, "No." Then Dr. Christianson asked Steve to do ten more pushups "so Jenny can have a donut that she doesn't want?" Steve did ten, and Jenny got a donut.

By now, a growing sense of uneasiness filled the room. The students were beginning to say "No" and there were all these uneaten donuts on the desks. Steve also had to really put forth a lot of extra effort to get these pushups done for each donut. A pool of sweat collected on the floor beneath him and his arms and brow were beginning to get red because of the physical effort involved.

Dr. Christianson started down the fourth row. During his class students from other classes had wandered in and sat down on the steps along the radiators that ran down the sides of the room. When the professor realized this, he did a quick count and now there were 34 students in the room. He started to worry if Steve would be able to make it.

Dr. Christianson went on to the next person and the next and the next. Steve was really having it rough, taking a lot more time to complete each set. A few moments later, when Jason, a recent transfer student, was about to come into the room, all the students yelled in one voice, "NO! Don't come in! Stay out!" Jason didn't know what was going on. Steve picked up his head and said, "No, let him come."

Professor Christianson said to Steve "you realize that if Jason comes in you will have to do ten pushups for him?" Steve said, "yes, let him come in. Give him a donut." Dr. Christianson asked "Jason, do you want a donut?" Jason, new to the room hardly knew what was going on. "Yes," he said, "give me a donut."

"Steve, will you do ten pushups so that Jason can have a donut?" Steve did ten pushups very slowly and with great effort. Jason, bewildered, was handed a donut and sat down. Dr. Christianson finished the fourth row then started on those visitors seated by the heaters. Steve's arms were now shaking with each pushup in a struggle to lift himself against the force of gravity. Sweat was profusely dropping off of his face and, by this time, there was no sound except his heavy breathing. There was not a dry eye in the room.

The very last students in the room were two young women, both cheerleaders, and very popular. Dr. Christianson went to Linda, the second to last, and asked, "Linda, do you want a doughnut?" Linda said, very sadly, "No, thank you." Professor Christianson quietly asked, "Steve, would you do ten pushups so that Linda can have a donut she doesn't want?" Grunting from the effort, Steve did ten very slow pushups for Linda. Then Dr. Christianson turned to the last girl, "Susan, do you want a donut?" Susan, with tears flowing down her face, began to cry. "Dr. Christianson, why can't I help him?"

Dr. Christianson, with tears of his own, said, "no, Steve has to do it alone. I have given him this task and he is in charge of seeing that everyone has an opportunity for a donut whether they want it or not. When I decided to have a party this last day of class, I looked at my grade book. Steve is the only student with a perfect grade. Everyone else has failed a test, skipped class, or offered me inferior work. Steve told me that when a player messes up in football practice, he must do pushups. I told Steve that none of you could come to my party unless he paid the price by doing your pushups. He and I made a deal for your sakes. Steve, would you do ten pushups so Susan can have a donut?"

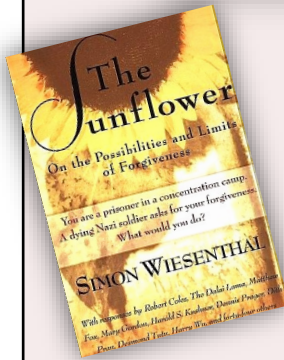
As Steve very slowly finished his last pushup, with the understanding that he had accomplished all that was required of him, having done 350 pushups, his arms buckled beneath him and he fell to the floor. Dr. Christianson turned to the room and said. "And so it was, that our Savior, Jesus Christ, on the cross, pled to the Father, 'into thy hands I commend my spirit.' With the understanding that He had done everything that was required of Him, he yielded up His life. And like some of those in this room, many of us leave the gift on the desk, unused."

Two students helped Steve up off the floor and to a seat, physically exhausted, but wearing a thin smile. "Well done, good and faithful servant," said the professor, adding, "Not all sermons are preached in words."

# A NEW BEGINNING

*Continued from page 1*

READ  
BOOKS.  
KNOWLEDGE  
IS POWER.



## THE SUNFLOWER BY SIMON WIESENTHAL

*The Sunflower* by Simon Wiesenthal is a book of non-fiction. It is an account of Wiesenthal's experience as a concentration camp prisoner under the Nazi regime. He describes his life in Poland prior to the German occupation, his experiences of anti-Semitism within the Polish culture, and his life as a concentration camp prisoner. He

describes life in the concentration camp, the continuous humiliations, the hunger, the illness, and the constant threat of death.

*The Sunflower* is the story of Simon being summoned to the deathbed of a young Nazi soldier whom Simon calls Karl and who has been wounded in combat. Karl confesses to Simon his activities against Jewish people, which he did in the service of the Nazi regime, and tells Simon he cannot die in peace unless Simon, a Jewish person, forgives him for the things he has done to Jewish people. Simon, after hearing the detailed confession, leaves the room without giving forgiveness.

This experience haunts him long after the encounter. After the war, Simon tracks down Karl's mother in Stuttgart and visits with her, listening to her as she tells him about Karl's youth, his Catholic upbringing, and his rejection of his parents' values in joining the SS. Simon decides not to tell Karl's mother the full truth of Karl's death.

After his experience with the dying Nazi, Simon continues to be troubled by the question of whether he should have forgiven the young man. He discusses it with his friends in the concentration camp and comes to no satisfactory resolution. He does gain some satisfaction, however, from the exchange of perspectives among the various prisoners. At the end of the narrative, Wiesenthal poses the question to his readers: if you had been in his position, at the bedside of the dying Nazi who asked for forgiveness, what would you have done?

The last section of the book entitled "The Symposium," is a series of essays in which fifty-three individuals give their responses to Wiesenthal's question. The respondents come from many different life experiences. The essays address the nature of forgiveness as it is viewed within various religious traditions, as well as from personal, non-religious perspectives. The cumulative result is a broad and nuanced variety of opinions on forgiveness, reconciliation, and accountability.

*The Sunflower* is, in a sense, the story of the vocation of Simon Wiesenthal, a man who spent most of his life bringing former Nazis to justice for the crimes they committed against Jewish people. Having heard that first confession of a dying SS man, Wiesenthal continued to be troubled by his refusal to give forgiveness and then spent much of his life seeking out and listening to the confessions of many others guilty of crimes of the same nature. By asking his readers what they would do in his situation, Wiesenthal not only bears witness to the most horrible event of the 20th century, but he also invites all people to participate in the discussion of justice and reconciliation.

*The Sunflower* is available at [amazon.com](https://www.amazon.com) and at [Christianbooks.com](https://www.Christianbooks.com)

year consider this: you don't have to start out going full speed. Even when God gives His strongest soldiers the toughest battles, He doesn't place the outcome of the entire war on shoulders of just one warrior. Your new beginning should start with God's timing; you should pray for God's purpose for your new year to be revealed; and you should operate in God's strength and not your own.

The point of a new year is not to give you another 365 days to do the same things you did in the last year. The new year is a time to reflect on the previous year and to process: what went well and what didn't; how did I recover from the hard moments; what do I need to keep healing; what were the joys and pains and victories; how did I weather the storms; and how did I embrace the sunshine? When we answer these questions by looking through spiritual eyes, we will see our new beginnings, not just at the start of the year but in each new day of the year.

Use the new year and your new beginning as an opportunity to grab a new perspective on what you've been through, how you're going through, and how you're going to get through. God has purpose for all that He allows in your life. With your new beginning, ask God to give you new discernment in trusting Him.

You don't have to carry into the new year what God wants you to leave in the old year. Let your new beginning in 2023 be the start of you getting from where you are to where God wants you to be.

## SIGN OF THE TIMES



# EMPOWERED

## VIDEO SERIES – EPISODE 2

**Now Playing** on the  
SIS Facebook page,  
on You Tube, and on our website  
SISTERSINTHESPIRIT.ORG



Do You  
Really Know  
*THESE*  
Women  
of the Bible?

There are 1,182 men named in the Holy Bible. Although there is not a single person who ever lived that was not born of a woman, only 187 women are named in the Bible.

When the Bible was written over 2000 years ago, women weren't considered very valuable. There was a general belief that "the birth of a daughter is a loss." Nonetheless, there were women in the Bible who were well known. Women like Ruth, Esther, and Lydia were highly thought of; other women like Jezebel, Delilah, and Gomer were despised for their treacherous and promiscuous ways.

Episode 2 of the EMPOWERED Video Series introduces you to some other women that you may or may not be familiar with, and asks the question "DO YOU REALLY KNOW THESE WOMEN OF THE BIBLE?"

### A Winter Wonderland solution

L	E	L	L	K	Y	N	T	R	O	N	Y	X	R	S	R	E	T	A	E	W	S	T	S
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O	Y	O	F	T	E	I	S	E	V	O	L	G	S	G	E	S	H	S	L	M	T	R	A

# Come Partner With Us

*to Empower, Encourage  
Enlighten, and Educate  
Christian Women in better  
serving the Lord.*

**Sisters in the Spirit (SIS)**  
needs your financial  
support.

**With your help, we can do  
more in ministering to the  
needs of God's people,  
especially women. As a  
financial partner, you help us  
with these programs:**

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- ***The Hour of Praise Power Bible Study***
- ***The Seniors Food Program***
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- ***The Thanksgiving Basket giveaway***
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*And much more ...*

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*Thank you for your generosity!*



## 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.

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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](mailto:sistersinthespiritministries@gmail.com)  
or [kawbrown@yahoo.com](mailto:kawbrown@yahoo.com)

# THE LAST LAUGH



### The value of money

Morris and his wife Esther went to the state fair every year, and every year Morris would say, "Esther, I'd like to ride in that helicopter." Esther always replied, "I know Morris, but that helicopter ride is fifty dollars, and fifty dollars is fifty dollars."

One year Esther and Morris went to the fair, and Morris said, "Esther, I'm 85 Years old. If I don't ride that helicopter, I might never get another chance." To this, Esther replied, "Morris, that helicopter ride is fifty dollars, and fifty dollars is fifty dollars."

The pilot overheard the couple and said, "Folks, I'll make you a deal. I'll take both of you for a ride, and if you can stay quiet for the entire ride and not say a word, I won't charge you. But if you say one word, it's fifty dollars."

Morris and Esther agreed and up they went. The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Morris and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Morris replied, "Well, to tell you the truth, I almost said something when Esther fell out, but you know, fifty dollars is fifty dollars."

### Its better to pay

A little old lady was walking down the street dragging two large plastic garbage bags behind her. One of the bags was ripped and every once in a while a \$20 fell out onto the sidewalk. Noticing this, a policeman stopped her, and said, "Ma'am, there are \$20 bills falling out of that bag."

"Oh, really? Darn it!" said the little old lady. "I'd better go back and see if I can find them. Thanks for telling me officer." "Well, now, not so fast," said the cop. "Where did you get all that money? You didn't steal it, did you?" "Oh, no, no", said the old lady. "You see, my back yard is right next to a golf course. A lot of golfers come and pee through a knot hole in my fence, right into my flower garden. It used to really tick me off. Kills the flowers, you know. Then I thought, 'why not make the best of it? So, now, I stand behind the fence by the knot hole, real quiet, with my hedge clippers.

Every time some guy sticks his thing through my fence, I surprise him, grab hold of it and say, 'O.K., buddy! Give me \$20, or off it comes.'

"Well, that seems only fair," said the cop, laughing. "OK. Good luck! Oh, by the way, what's in the other bag?" "Not everybody pays."

### The Littlest Angel

Little Johnny's new baby brother was screaming up a storm. Johnny asked his mom, "Where'd he come from?" "He came from heaven, Johnny." Johnny responded: "Wow! I can see why they threw him out!"

### The IRS Blessing

Father O'Malley answers the phone. "Hello, is this Father O'Malley?"

"It is"

"This is the IRS. Can you help us?"

"I can"

"Do you know a Ted Houlihan?"

"I do"

"Is he a member of your congregation?"

"He is"

"Did he donate \$10,000 to the church?"

"He will".

### Lord, don't help me!

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for Bible class. As she ran she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!" As she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again. As she ran she once again began to pray, "Dear Lord, please don't let me be late... But please don't shove me either!"