



## Sisters in the Spirit Ministries Newsletter

*Empowerment for the Christian Woman*

# It Was All About Eve

By Rev. Dr. Katrina  
White Brown

When it comes to firsts - it was all about Eve. Eve was the first woman on Earth; the first wife; the first mother; the first female of any kind. The name Eve comes from the Hebrew word *chavâh*, which means "the living" or "life." Therefore, she was called "Eve" because she was the mother of all living. In the story of Creation (Genesis 1), God made Eve on the sixth day. From that day until this, humankind has been challenged by how influential women have been in the evolution of life.

Eve was formed in God's own image; created with the characteristics of God. She and Adam would fulfill God's purpose in the continuation of creation. God brought human relationships, friendship, and marriage into the world with Eve.

Although historical slogans suggest that "it's a man's world," the story of Eve establishes the fact that when women lis-



ten to the voice of God, we can inspire the best, or the worst, in the lives of all we touch.

Eve's story shows the challenges of not only listening to the voice of God, but also being obedient when God speaks to us. Eve first sinned when she listened to the serpent instead of God. The lessons we learn from Eve go far beyond the consequences of listening to the wrong voice however.

There are at least 5 key life lessons we learn from Eve's story. By embracing these learning opportunities, we'll find that our relationship with the Lord will continue to grow in faith, strength, and wisdom.

**1. FOCUS ON WHAT YOU HAVE, NOT ON WHAT YOU DON'T HAVE.** Eve wanted for nothing, plus, she lived in paradise. Despite all the pleasures of paradise, Eve chose to pursue the one thing that she couldn't have: fruit from

*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 the chorus of:

### **A Song for Mama**

**from the movie Soul Food**

Mama, Mama you know I love you,  
Oh you know I love you  
Mama, Mama you're the queen of my heart  
Your love is like tears from the stars  
Mama I just want you to know  
Loving you is like food to my soul

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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



**M**y Sisters, ask yourself this question: *who do I want to be?* If your answer is anything other than "all God created me to be," then some negative influences have worked into your spirit.

We live in a time where "influencers," particularly the ones who occupy social media space, impact how we want to live, dress, and even worship. The glamorous life seems to be about going to the right places, where we can be seen by the right people; dressing in the right clothes, fashioned by the right designer; and going to the right church, the megachurch that has the right pastor.

When it comes to the nurturing of their souls, some influencers boast about keeping company with the pastors of these megachurches as though it gives them an edge into Heaven. They wear their spirituality like an accessory, and it gets changed often.

The only influence any of us need to be under however, is that of the Holy Spirit. This is what Jesus Christ sent to us as our comforter and our guide. Trends, people, things, and popularity comes and goes, - its here today and gone tomorrow. But yesterday, today, and tomorrow, Jesus is always the same. His message is consistent: love God, and love each other. His influence is eternal.

Jesus' endorsement doesn't depend on who you are, what you've done, who you know, or how many people like and follow you. He gets excited to be in the company of those who are called by His Name. Because of His influence we are clothed in righteousness; we eat at the table prepared for us in the presence of our enemies; and we are chosen as a royal priesthood. No social media influencer can offer anything to compare with what He can do for us.

Who you want to be should be influenced by God, who created us to be fearfully and wonderfully made - in God's own image.

So my sisters, stop comparing yourselves to other people. The flash and the cash may be appealing on the outside, but its not important on the inside - the place where God lives. God confirms His unconditional love for us daily. There is nothing that we can do or say that would change His love for us. And at a time when everybody, especially influencers, seems be looking for love in all the wrong places, and in all the wrong ways, it doesn't get any better than God loving us no matter who we are!

My sisters, I want you to be everything God created you to be, because He created us to be AMAZING. Open your heart to receive what Jesus has for you. We are all works in progress - have faith in to know that you can be all you want to be when you let Jesus be the chief influencer in your life.

*Love, Peace, and Blessings Always,*

*Katrina W. Brown*



# My Sister's Sudden Death Prepared Me for COVID-19's Slow Grief

By Amanda Held Opelt

*“As much as we might want to, none of us can outsource the burden of bereavement.”*



**O**n May 4, I woke up early and began preparing for the busy day ahead. I made my bed, brewed a strong cup of coffee, and cracked eggs in a pan to fry for my children's breakfast. I went to my closet and picked out a black outfit to wear for the day—an annual ritual on the four-year anniversary of the death of someone I loved very much: my sister, Rachel Held Evans.

Wearing black as an expression of mourning is a tradition that has largely been lost in modern-day America, but it's a simple act that has helped me name and honor my sorrow these last four years.

Four years. Some may say that my loss is in the past, that four years is an adequate amount of time to move on, to find closure. But those who have experienced the death of someone they deeply loved know that grief is not something from which you graduate.

You don't ever lay down the burden of bereavement. Rather, you develop the muscles to carry it for the rest of your life. Grief changes you. It is like a hurricane that forever alters your mental, emotional, and spiritual landscape. It can take a lifetime to find your bearings again.

We live in a world that is collectively attempting to find its bearings. On May 5, the World Health Organization announced that COVID-19 is no longer a global health emergency, signaling what many may say is an end to the pandemic. But for most of us, the outbreak will never really be in the *past*—we will carry the imprint of its “unprecedented times” forever. COVID-19 is a disease that is, in so many ways, chronic. As we move forward in this lingering aftermath, it is important to remember that we all experienced this pandemic differently. Some lost their livelihoods and financial stability. Some mourned loved ones who died in overcrowded hospitals. Some knew the white-knuckled exhaustion of being a frontline worker. Some learned to bake or knit, secretly cherishing the simpler, quieter days of isolation. Some were trapped in abusive homes. Some had to cancel weddings, graduations, or baby showers.

Some became sick and recovered quickly. Some are still recovering. Some lost relationships with friends and family over political divides. Some lost their faith.

Despite the vast differences in our experiences, we were all bereft of something that mattered to us. Which is to say we are all *bereaved*. We are all grieving. We lost our sense of safety and our routines. We lost that beautiful belief that if we make good choices and plan ahead, we can manage our outcomes and secure our futures. We lost that seductive illusion of control.

Americans in the 21st century aren't exactly accustomed to being confronted with our vulnerability. Advances in medical care, sanitation, and food production have not only dramatically improved the *quality* of our lives compared to that of our ancestors but also increased the *length* of our lives. While children growing up in the Victorian era had nearly a 50 percent chance of dying before their fifth birthdays, most people these days can expect to live to the age of 60, 70, and beyond. Death has begun to feel like an aberration, an exception to the rule. And when death *does* come to our doorsteps, we speak of it in euphemisms. We seek to move past it as quickly as we can, often planning brief, one-hour “celebrations of life” before expeditiously moving on to the cremations or burials.

Bereavement leave from work lasts, at most, one week. We employ professionals to manage the rites and rituals of mortality for us with sanitized efficiency. Care for the dying has been outsourced from the home to the hospital. The preparation of the dead has been delegated from family and friends to funeral directors. But the hard reality is, you cannot outsource grief.

Rachel was my only sibling, and my personal practice of wearing black on the anniversary of her death was no innovation of my own. In the months following that catastrophic loss, I was struggling to find my way, lost in the world without my sister in it. I was a novice at this new life, had no idea what to do or say. My meticulously constructed theology of suffering began to buckle under the weight of my inner anguish. But to

be strong for my family and convince God (and myself) that I could handle this, I never really gave myself permission to grieve, to truly fall apart.

As a writer, I started researching grief. I learned about the practice of Irish keening, where family and friends would gather in the home of the deceased to sing and wail aloud together. I read about the tradition of tolling the bell when someone died, which served as both a somber announcement and tribute. I studied strange superstitions surrounding death, like stopping clocks, covering mirrors, and informing the family bees when a loved one died. And I immersed myself in the minutiae of Victorian mourning attire, which included not only black dresses but also dark veils, memorial armbands, and jewelry sometimes woven from the hair of the deceased.

The grief rituals I found most powerful are the ones practiced communally. Many funeral food traditions involve entire communities preparing meals for the bereaved family. Decoration Day is an Appalachian tradition of annually cleaning the small family graveyards that adorn the hillsides. Friends and kinfolk gather to share stories about lost loved ones, sing songs, pray, and eat a meal together.

While some may dismiss such practices as primitive, obsolete, too grandiose, or even undignified, I've come to believe that grief rituals serve a vital role in the mourning process. At the very least, they give us something to do when we have no idea what to do. They set the body in motion, offering both mourners and comforters alike a script to follow, a map to guide the way in the strange and unfamiliar landscape.

Perhaps most importantly, bereavement rituals grant the mourner *permission*—permission both to be broken and to grieve. And when the work of grief is undertaken communally, we are reminded that we are not alone. As that slogan from the early days of the pandemic reminds us, “We are all in this together.”

The temptation is, of course, to quickly move on from the pandemic, to pretend it never happened. But we are indeed a grief-stricken society. And if we don't *name* that grief, if we don't collectively acknowledge that it is real and needs to be processed, we will all remain disoriented in this chronic fog of bereavement—wondering why we still feel so unsafe, so tired, so tense, and so lost.

“The inevitability of death does not make it something to be invited or even matter-of-factly accepted—pandemic or not. It is our enemy.” Perhaps the greatest gift the church has to offer the world in the aftermath of a global pandemic is our very own time-tested rituals of grief. Our psalms of lament are God-given scripts for mourning. The Eucharist is a reminder that we serve a God who cared so much about our pain that he stepped into it with us, becoming a Man of Sorrows and bearing our sin and shame on his own body. And, if there's one thing I know for sure about the church, it's that it does the funeral repeat better than anyone.

And maybe it's the permission piece that matters most of all. The church can passionately affirm that life in this world is painful because things are not as they *should be*. Creation groans ever since the Fall, and so do we. We can affirm that dignity can be found in mourning mightily. We do not prove our righteousness to God by maintaining a stalwart exterior.

It is holy to wail, to wear black, to sound the death knell, and to lament what is lost. My grief over my sister's death is a testament not only to the depth of love we shared but also to the sacred longing I have for the day when death will be swallowed up forever and our bodies will be resurrected.

Did not Jesus, in the Garden of Gethsemane, cry out in grief for the pain that was to come, so overcome by sorrow that he sweated drops of blood? If God can weep, then so can we. After all, the very emblem of our faith is the cross, an acute reminder of pain—of death and, by God's grace, of life. **Amanda Held Opelt is a songwriter and the author of *A Hole in the World: Finding Hope in Rituals of Grief and Healing*. She lives in the mountains of Western North Carolina with her husband and two young daughters.**



# Remembering the Mothers

Find these Biblical Mothers

Just for Fun

L	R	X	H	H	H	A	R	O	P	P	P	I	Z	J	P	Y	G	X	Y	D	S	Y	X
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- |           |                |                |                     |
|-----------|----------------|----------------|---------------------|
| HERODIAS  | MARY           | GOMER          | RIZPAH              |
| BATHSHEBA | ABIGAIL        | HANNAH         | RUTH                |
| NAOMI     | MICAH'S MOTHER | SAMSONS MOTHER | THE WOMAN OF THEBEZ |
| JAEL      | DEBORAH        | RAHAB          | ZIPPPORAH           |
| MIRIAM    | JOCHEBED       | TAMAR          | DINAH               |
| LEAH      | RACHEL         | REBEKAH        | SARAH               |
| LOTS WIFE | HAGAR          | EVE            |                     |

## THE UNEXPECTED LINK BETWEEN SLEEP AND TYPE 2 DIABETES



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

Did you know that lack of sleep can increase your risk of diabetes? Getting less than seven hours of shut-eye each night causes sleep deprivation, an inflammatory state that can raise cortisol levels. High cortisol levels are linked to an increased chance of developing type 2 diabetes, a chronic disease associated with heart attacks, strokes, dementia, vision loss, and amputation of limbs.

Type 2 diabetes is characterized by excessive thirst; frequent urination; hunger; sudden and drastic weight loss; fatigue; blurred vision; slow healing sores or frequent infections; and numbness/tingling in the hands or feet. Detecting these signs early is important. Unfortunately, over four million Americans have undiagnosed diabetes. It's strongly recommended to get checked for diabetes every year during an annual physical examination. It is also essential to get adequate hours of sleep.

If you need to improve your sleep, here are some tips: limit caffeine intake six hours before bedtime, no alcoholic beverage within three hours of bedtime; engage in regular physical exercise every day; create a comfortable sleep environment free of light, noise and electronic devices; just prior to turning in for the night, practice gratitude.

Getting enough sleep is essential for reducing the risk of type 2 diabetes. Want to find out if you're getting enough sleep? Take our free five-day sleep analysis! Copy and paste this link into your browser:

[shop.drhamiltonstubbs.com/sleepanalysis](http://shop.drhamiltonstubbs.com/sleepanalysis) )

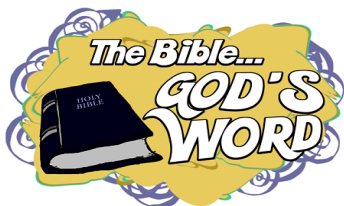


**From: God**  
**To: All His Children**

**Effective Immediately:** Please be aware that there are changes you need to make in your life. These changes need to be completed in order that I may fulfill my promises to you to grant you peace, joy and happiness in this life. I apologize for any inconvenience, but after all that I am doing, this seems very little to ask of you. I know, I already gave you 10 Commandments. Keep them, but follow these guidelines as well.

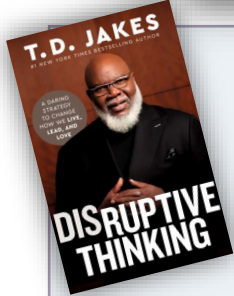
- 1. QUIT WORRYING** - Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?
- 2. PUT IT ON THE LIST** - Something needs done or taken care of. Put it on the list. No, not YOUR list. Put it on MY to-do-list. Let ME be the one to take care of the problem. I can't help you until you turn it over to me. And, although my to-do-list is long, I am, after all, God. I can take care of anything you put into my hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.
- 3. TRUST ME** - Once you've given your burdens to me, quit trying to take them back. Trust in me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on my list. Problem with finances? Put it on my list. Problems with your emotional roller coaster? For my sake, put it on my list. I want to help you. All you have to do is ask.
- 4. LEAVE IT ALONE** - Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave me your burdens, and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with me and forget about them. Just let me do my job.
- 5. TALK TO ME** - I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I want you to never forget. Please don't forget to talk to me - OFTEN! I love you. I want to hear your voice. I want you to include me in the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with me. I want to be your dearest friend.
- 6. HAVE FAITH** - I see a lot of things from up here that you can't see from where you are. Have faith in me that I know what I'm doing. Trust me, you wouldn't want the view from my eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?
- 7. SHARE** - You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who are mourning. Share your faith with those who have none.
- 8. BE PATIENT** - I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes me a little longer than you expect to handle something on my to-do-list? Trust in my timing, for my timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

**Continues on page 7**





READ  
BOOKS.  
KNOWLEDGE  
IS POWER.



## DISRUPTIVE THINKING

BY BISHOP T. D. JAKES

For most of our lives, we are encouraged to trudge along the well-worn paths of those who have come before us. We learn the rules – in our families, in our schools, in our workplaces, in our churches, but in order to experience a true breakthrough, we must *disrupt* the status quo. The new book from Bishop Jakes, *Disruptive Thinking*, will show you the mindset and the tools you need to create groundbreaking and meaningful change in your own life and in the world around you. In order to get started, we must analyze what is disruptive thinking, why have it, and why it's so difficult.

Jakes addresses how disruption affects the way we think, how we see the world and its possibilities. He writes about emerging from that previous era of enormous disruption with untold discoveries, transformative businesses, earth-shaking music and art and literature. He says we are now at a similar inflection point as a society, as a global community. How are we going to take the disruption we are seeing and use it as an opportunity to create radical change? How can we become disruptive thinkers at a time when the vortex of decadence threatens the very existence of our society?

“What it all comes down to is this: How do we respond to trouble? How do we respond to calamity and chaos? Will we be so orthodox in our thinking that we don't explore options beyond the veil of human acceptance—or will we jump the fence? Disruptive thinking is about finding a solution and a path toward it, rather than joining a gang and continuing a debate that might outlive you.”

Jakes says the need for disruptive thinking is evident. “Ask that white rural man, who is staggered that his job prospects have disappeared, with no relief on the horizon. Ask that Black mother trying to figure out how to feed her family as her wages buy less with each passing month. Ask the worker gazing out the office window watching her CEO slide into the helicopter to ferry him to his private jet—as her health insurance coverage is slashed even further.” He says “trust has been shredded. Anger is the new American pastime. If we are to be saved, we desperately need to summon the power of disruptive thinking. So, as we stand together on the precipice of the cliff, staring down into a valley teeming with unrelenting misery, we are all faced with the question for the ages: What are we going to do about it? What disruption are we willing to make in our lives to bring about change?”

Why is disruptive thinking so difficult? Jakes explains “the reality is that we all have invisible fences in our lives, quietly working to hold us back, to make us afraid, to curtail our attempts at boldness. To stop us from being disruptive. The fears and insecurities that we carry around with us are invisible fences, carefully constructed and reinforced by the negativity of others, woven together to form an intimidating barbed-wire barrier that continues to imprison us.”

He concludes that “no matter our background, race, or socioeconomic class, we all have fences to jump. In order to jump them successfully, we need to figure out what they are built of. Understanding our fences and deconstructing them is so crucial to moving forward. We can't have construction without deconstruction.”

Reviewed by Hachette Book Group. *Disruptive Thinking* is available at Amazon.com, Goodreads.com, and Christianbooks.com

the tree of knowledge of good and evil. She stepped outside of the will of God because she would not be content with what she had. Eve became disillusioned with what God had given her.

A sin was committed when Eve focused on what she didn't have rather than obeying God. The same holds true for us. What we learn from Eve is that although it is tempting to yearn for what you don't have, “be content with such things as you have.” Believers should put their trust and confidence in God, knowing that God is the giver of all good things.

**2. DON'T DOUBT WHAT GOD HAS TOLD YOU.** Eve disregarded what God said, and there are times when we ourselves question “did God really say that? The serpent caused Eve to doubt what God had said. It may be an outside influence (the serpent) or our inner doubts, but how easy is it to doubt what we were once sure that God had told us? When we doubt or refuse to hear God's voice, we will always move in the wrong direction. This will lead us into sinful temptation. What we learn from Eve is that there will be times when we listen to the wrong voice, but that we can always go to God and seek forgiveness.

**3. FOCUS ON GOD'S WORD.** Jesus faced the same sorts of temptations as Eve, but He did not fall. Why? Because when Satan tempted Jesus, He focused on the Truth, on God's Word. No matter the temptation, trust in God's word, and you will be able to withstand it. What we learn from Eve is that by disregarding the word of God, we lose our compass. God's Word is our secure haven; our lifesaver. We can turn to it when we're lost and need help navigating through life – but more importantly, it will guide us in making right decisions based on the truth.

**4. STOP TRYING TO CONTROL EVERYTHING.** Eve was tempted into trying to be the ultimate authority, replacing God as her standard of truth. How often are we taught to do this today? We are taught that we all have our own truth, that what's true for you may not be true for me, and that we get to determine who we are, what our place in the world is, and where we belong. This is not what the Bible teaches. Eve was created with no independent power of her own. She was entirely dependent on the will and grace of God for everything, yet she sought wisdom, knowledge, power and control. When we try to take the reigns from God and control everything ourselves, it just doesn't work. What we learn from Eve is that we are not in charge - God is. We should stop trying to make things work according to our own will.

**5. DON'T SEEK FULFILLMENT IN MATERIAL THINGS; SEEK GOD.** Material things do not fill the God-shaped hole inside of us. We will never really be fulfilled without a relationship with God. We were created to experience His love, grace, and guidance in our lives; it's what makes us whole people and it's the only way we can feel complete. Eve was created for obedience, but unfortunately, in obeying God, Eve did not find fulfillment. It is precisely the reason for which we were created. Material things will never fulfill us. Someone else will always have more. Additionally, relationships cannot fulfill us. People – even those we love most – will do and say things that disappoint us. What we learn from Eve is that we cannot be fulfilled by things that can be lost. Even paradise could not fulfill Eve. Only God can truly fulfill us, and it is the only way that we can be all God created us to be.



# Inspire Others ... Give

**In·spire** - to spur on; impel, motivate.

That's what you do when you give to Sisters in the Spirit Ministries, Inc. We minister to the needs of God's people, especially women. Your financial gifts help to empower, encourage, and educate Christian women in better serving the Lord.

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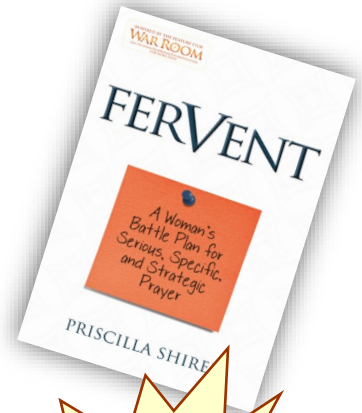
- Publishing this newsletter
- The Hour of Praise Power Bible Study
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*And much more ...*

**We appreciate any amount.** Those who contribute \$50 or more will receive our special thank you gift - **Fervent** by Priscilla Shirer. (First time contributors only)

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**Thank you for your generosity!**



## A Letter from God to You

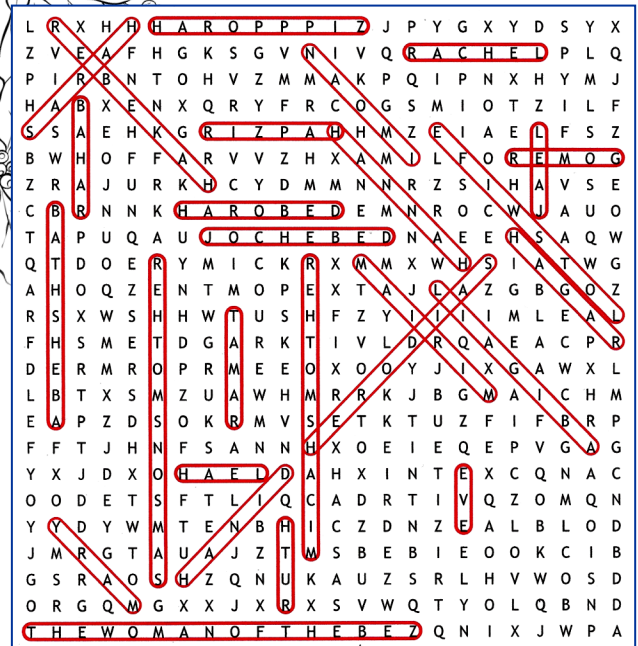
*Continued from Page 5*

**9. BE KIND** - Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for my sake. I created each of you different in some way. It would be too boring if you were all identical. Please know I love each of your differences.

**10. LOVE YOURSELF** - As much as I love you, how can you not love yourself? You were created by me to be loved, and to love in return. I am a God of Love. Love me. Love your neighbors. But also love yourself. It makes my heart ache when I see you so angry with yourself when things go wrong. You are very precious to me. Don't ever forget that!

*With all my heart, I love you,  
GOD*

Remembering the Mothers solution







## 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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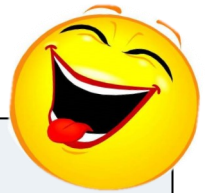
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# The LAST Laugh



### A sinner in the Congregation

A Methodist preacher and a Baptist preacher live in a small southern town. Every day, they pass each other on their bicycles as they ride to their respective churches. One day, the Methodist notices the Baptist walking. He says "Brother, where is your bicycle?"

"My heart is heavy, for I fear that a member of my congregation has stolen it" replied the Baptist preacher. "That's horrible." Thinking for a moment, the Methodist preacher has an idea. "I know how we might get your bike back. This Sunday, you should preach the ten commandments. When you get to thou shalt not steal, really bear down on it. Maybe the thief will feel guilty and return your bike."

"That's a great idea, I'll try it!" said the Baptist.

Sure enough, the following Monday, the Methodist preacher sees the Baptist preacher riding his bike. "I see my plan worked" said the Methodist. "Well, not exactly" replied the Baptist. "I did like you said, and gave a real fire and brimstone sermon on the ten commandments. However, when I got to thou shalt not commit adultery, I remembered where I left my bike."

### A surprise for the thief

An elderly woman was walking her dog when a young thief grabbed her purse and ran away. I asked her if she was alright, and she said that it was really no big deal because she carries her old purse to put her dog's poop in until she gets home to dispose of it.

### House calls

A young doctor had moved out to a small community to replace a doctor who was retiring. The older doctor suggested that the young one accompany him on his rounds, so the community could become used to a new doctor.

At the first house, a woman complains, "I've been a little sick to my stomach." The older doctor says, "Well, you've probably been overdoing the fresh fruit. Cut back on the amount you've been eating and see if that does the trick?"

As they left, the younger man said, "You didn't even examine that woman? How'd you come to the diagnosis so quickly?" "I didn't have to. You noticed I dropped my stethoscope on the floor in there? When I bent over to pick it up, I noticed a half dozen banana peels in the trash. That was what probably was making her sick."

The younger doctor said "Pretty clever. If you don't mind, I think I'll try that at the next house."

Arriving at the next house, they spent several minutes talking with a younger woman. She said that she just didn't have the energy she once did and said, "I'm feeling terribly run down lately." "You've probably been doing too much for the Church," the younger doctor told her. "Perhaps you should cut back a bit and see if that helps."

As they left, the elder doctor said, "I know that woman well. Your diagnosis is almost certainly correct, she's very active in the church, but how did you arrive at it?"

"I did what you did at the last house. I dropped my stethoscope and, when I bent down to retrieve it, I noticed the vicar under the bed".

### Smart teacher

"If there are any idiots in the room, will they please stand up", said the sarcastic teacher. After a long silence, one freshman rose to his feet.

"Now then mister, why do you consider yourself an idiot?", inquired the teacher with a sneer. "Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

### Happy Honeymoon

Tim decided to tie the knot with his long time girlfriend. One evening, after the honeymoon, he was organizing his golfing equipment. His wife was standing nearby watching him. After a long period of silence she finally speaks: "Tim, I've been thinking, now that we're married maybe it's time you quit golfing. You spend so much time on the course. You could probably get a good price for your clubs."

Tim gets this horrified look on his face. She says, "Darling, what's wrong?"

"For a minute there you were beginning to sound like my ex-wife." "Ex-wife!" she screams, "I didn't know you were married before!"

"I wasn't," he replied.

### First day on the job

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylight out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver — I've been driving a funeral van for the last 25 years."