



## Sisters in the Spirit Ministries Newsletter

Empowerment for the Christian Woman

### Give Thanks in all Things

As Believers, giving thanks to God should come naturally. In reality however, being thankful is a complicated state of being. When life is good and we are getting what we want, being thankful is easy. But when life is hard and nothing is seemingly going right, having a spirit of gratitude becomes a challenge. In fact, for many people, difficult times or circumstances are the easiest excuse to justify ungratefulness.

The Bible has much to say about being thankful and the message is completely counter to our human instincts. Specifically, in his letter to the church at Thessalonica, the Apostle Paul wrote, "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18).

Is Paul serious? Is it really possible to give thanks in all circumstances? Right now the world seems to be a very dark place filled with war, violence, suffering, and hatred. But Paul was not teaching that we should thank God **for** everything that happens to us, but **in** everything. There is a very distinct difference.

By Rev. Dr.  
Katrina White  
Brown

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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 verse of:

Come Ye Thankful People Come  
By Henry Alford  
Come, ye thankful people, come,  
Raise the song of harvest home;  
All is safely gathered in,  
Ere the winter storms begin.  
God our Maker doth provide  
For our wants to be supplied;  
Come to God's own temple, come,  
Raise the song of harvest home.

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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**



**A**bout 30 or so years ago, my children loved to play with Weebles. They were very popular toys and lots of fun to play with. Weebles were indestructible. You could knock them down, drop them on the ground, throw them around – anything. And the best thing about them was that “Weebles wobble but they don’t fall down.”

Weebles have something in their make-up that, no matter what you do to them, they will always land on their feet. They may wobble, but they won’t ever fall down. Unfortunately my sisters, the same thing is not true about Christians. 100% of us - whether or not we are Christians, or Believers, or even saved - have fallen down at one time or the other.

All of us have done things we shouldn’t have; things we aren’t proud of; and things that were just plain stupid. All of us have had those moments when we wish we could have a do-over. All of us have said things we regretted and wished we could take back. All of us have had those times when we think to ourselves – I can’t believe I did that. It’s worse when you are a Christian however. Christians are called to live holy – set apart - so that our lives will reflect a heart like Jesus. And that leads people to believe that no matter what comes our way, although we might wobble like Weebles, we won’t fall down. Nothing could be further from the truth.

As Christian women we wrestle, or wobble, all the time between: good and evil; right and wrong; selfishness and generosity; concern and apathy; joy and pain; and love and hate. We are always wobbling trying to be good mothers, responsible career women, attentive spouses, a “ride or die” good friend, and a caring family member. But, sometimes we just fall down. And while falling down does create problems, please remember my sisters, that falls also have a purpose

Some of us have the resiliency to fall down, jump back up again, and just keep it moving. But all falls affect your life in some way. Perhaps you gained experience so that you’ll be more careful not to fall down like that again. Perhaps you learned a life lesson that you need to do things differently so that you don’t keep going the way you’ve been going. Perhaps the fall destroyed your spirit and left you wounded and broken; hopeless and desolate. Even though we are Christians, we do wobble, we do fall down, and at times we can’t, or won’t get back up.

But there is good news. Jesus finds the best in us and transforms our fallen lives. The better news is that Jesus loves us, no matter what. We fall – He forgives; we fall again, He forgives, and He takes it even further - Jesus forgets. Jesus assures in His Word, that even when we fall again and again, “nothing can keep us from the love of God. Not death, not angels, not leaders, not any other power, not hard things now or in the future, not the world above or the world below, not any living thing can keep us from the love of God which is ours through Christ Jesus our Lord” (Romans 8:38-39). The best news however, is that even though we fall down, in Christ, we can get back up again. Proverbs 24:16 tells us “for the righteous fall 7 times and rise again. Do not rejoice when your enemy falls and do not let your heart be glad when he stumbles.” No matter how serious the fall, God is always seeking us out and is willing to forgive and forget our sins. And God doesn’t just give us a fresh start – God uses our fall as a way of picking someone else up when they fall.

In my Spirit for you my sisters, is that if or when you fall down, you don’t stay down. The difference between falling down and staying down, and falling down and getting back up again is Jesus. Jesus doesn’t wobble ... Jesus is steadfast and immovable ... the rock of my salvation ... and the same yesterday, today, and forever. Although we wobble, and yes we fall down, Jesus is faithful. He who calls you will also bring all things to pass.

*Love, Peace, and Blessings Always,*

*Katrina W. Brown*

# Don't Let Satan Steal Your Joy

## 9 Sneaky Things Stealing Your Joy and How to Defeat Them

*By Mel Johnson*

**L**ife is a gift, a beautiful tapestry woven with countless moments of joy and blessings. As people of faith, we are taught to rejoice and find happiness in the Lord. He wants us to experience joy in our lives.

However, it's all too easy to find our joy being stolen away. So, keep an eye out for these sneaky things that could be stealing your joy!

In this fast-paced world, there are so many intrusions into our daily lives. And that can make it hard to hold on to the joy and peace our Lord promises us. So, let's explore how to overcome these joy killers through our faith.

### **1) WORRY AND ANXIETY**

The weight of worry and anxiety can often steal our joy. We become so consumed with our problems and fears that we forget to trust in God's plan. Surrendering all of our hopes, dreams and outcomes to the Lord isn't easy. But it's the only way to combat the worry and fear that comes to steal our joy. As the Bible tells us in **Philippians 4:6-7**, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Similarly, doubt and fear can cast a shadow over our joy. In moments of uncertainty, we must remember to trust in God's plan and His unwavering love for us. In times of doubt, we can turn to Scripture for reassurance and draw strength from our faith community. So cast those fears onto the Lord. We are not meant to carry the burden!

### **2) BUSYNESS**

These days, life seems to move at the speed of light. With things like email, texting, and expedited shipping, our society has become accustomed to instant gratification. Waiting seems impossible and everything must happen NOW! But all the rushing and those to-do lists that seem never-ending start stealing our joy if we're not careful. We can easily find ourselves consumed by busyness, leaving little time for quiet reflection and connection with God.

The busier we become, the further we get from our true source of joy and therefore, the easier it is for joy to slip away. Embracing moments of stillness and prayer can help us reclaim our joy and strengthen our faith.

Even if it means marking the time on our calendars or sitting alone in our cars after grocery shopping — carve out some time each day for prayer, Scripture reading and to just focus on God!

### **3) DISTRACTIONS STEALING YOUR JOY**

In the hustle and bustle of our daily lives, it's easy to get caught up in the whirlwind of distractions that can steal our joy. Smartphones, social media, streaming services, etc. — there is just so much out there vying for our attention. And just like busyness, these distractions pull us further from God. If we're not careful, distractions can take center stage in our lives. And we risk losing sight of the blessings and the divine beauty that surround us. Let's make an effort to re-center our focus on what truly matters, to find joy in the present, and to nurture our faith. It's in those moments of clarity that we can truly experience the profound joy that comes from being present in God's grace.

### **4) COMPARISON**

Not only can social media become a distraction, it can lure us into the trap of comparing our lives to others. We see the carefully curated highlight reels of others' lives and wonder why our own don't measure up. This unhealthy comparison can steal our joy and lead to discontentment. We lose sight of the blessings in our own lives and begin coveting what others have or are experiencing.

Of course, we're never getting to see the full story. Only the polished, picture-perfect moments getting posted.

"Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth" (**Psalms 46:10**). Our faith reminds us that we are all unique. And our worth is not determined by the world's standards, but rather by God's unconditional love for us. So, take a deep breath and turn your heart toward God and your focus toward the blessings He's given you.

### **5) MATERIALISM — ALL THAT STUFF IS STEALING YOUR JOY!**

The pursuit of material wealth and possessions can also be a joy-stealer. There is nothing wrong with being financially well-off, or even wealthy. People often say money is the root of all evil, but we read in the Bible that it's the love of money that gets us in trouble. "For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows" (**1 Timothy 6:10**).

When we place too much importance on material things, we lose sight of the spiritual riches that truly matter. For as we read in **Matthew 6:24**, we cannot serve two masters.

Wealth and materials can become idols. And if we allow it, they start taking the place of God in our hearts. It's important to remember that everything we have comes from and belongs to God. And it is to be used according to His purpose. And that includes our wealth and possessions. Seeking joy in "things" will always leave us empty. We're always going to want more or bigger and better. Seek, instead, the true source of everlasting joy — Jesus!

As Jesus encourages in **Matthew 6:19-21**, "store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal."

### **6) ENTITLEMENT**

Entitlement, the belief that we're owed certain privileges or possessions, can be a subtle joy-stealer in our lives. With entitlement comes a lack of gratitude because we're often focused on what we feel we don't have (and deserve) rather than the abundant blessings we've already received.

This mindset can lead to dissatisfaction and rob us of the genuine joy that comes from gratitude and humility. And gratitude is a powerful force that can restore joy.

As people of faith, we're reminded to count our blessings and remember that every good gift is from above. Don't let ungratefulness start stealing your joy! By shifting our perspective from entitlement to thankfulness, we open our hearts to the joy and contentment that faith can provide.

### **7) BITTERNESS AND RESENTMENT**

Holding onto bitterness and resentment towards others can erode our joy from the inside out. Forgiveness, a fundamental

*continues on page 7*



# THANKS AND GIVING

*Find these words that celebrate the Thanksgiving season*

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- |                      |                  |                     |                 |
|----------------------|------------------|---------------------|-----------------|
| apple pie            | collard greens   | community meal      | corn bread      |
| corn pudding         | cranberry sauce  | desserts            | eggnog          |
| fall weather         | family gathering | football            | fried turkey    |
| friends              | giblet gravy     | glazed ham          | gratitude       |
| green bean casserole | harvest          | macaroni and cheese | marshmallows    |
| parade floats        | Praising God     | roast beef          | rolls           |
| stuffing             | sweet potato pie | thankfulness        | worship service |

## The Cockroach Theory for Self Development



**A**t a rather upscale restaurant, a cockroach suddenly flew from somewhere and landed on one of the female diners. Immediately she started screaming out of fear. With a panic-stricken face and trembling voice, she started jumping around and frantically tried to get rid of the cockroach.

Her reaction was contagious; everyone in her group also got panicky and also started screaming.

She finally managed to knock the cockroach off of her, but it promptly landed on another woman in the group. And, just like the first woman, the other lady in the group continued the drama.

The waiter rushed towards the group to their rescue.

In the relay of the women knocking the cockroach onto each other, it finally fell on the waiter. He waiter stood firm, composed himself and observed the behavior of the cockroach sitting on his shirt. When he was confident enough, he grabbed the cockroach and threw it out of the restaurant.

Although the scene was definitely amusing, it also brings to mind some profound thoughts.

First, was it the cockroach that caused all of the chaos and panic in the restaurant, or was the reaction of the women the cause of the drama?

Next, if indeed, the cockroach was responsible, why was the waiter not disturbed? He handled the situation without any chaos.

The problem was not the cockroach. It was the inability of the women to deal effectively with the cockroach that was responsible for creating most of the disturbance in the restaurant. This truth can be applied to almost every situation we encounter. When we react to a problem rather than respond to it, the problem can get wildly out of control. The women reacted uncontrollably to the cockroach; the waiter's response was far more effectual.

Lessons learned from the cockroach theory of self development include: reactions are usually instinctive, while responses are generally well thought out; based on the reaction, a calm situation can quickly escalate to a chaotic one; and responding is usually better than reacting because it gives you control over the situation - the situation does not control you.

If you apply the cockroach theory, it is a beautiful way to understand life. The happy person is not because everything in life is going right. The happy person is happy because the attitude (response) towards everything in life is right. Change your attitude and change your life!

## FREEDOM IN THE WORD



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

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

***Yes, Yes, Yes!***

and you can help accomplish this!

***Your gift of \$25 will help sponsor 3 months of newsletters for 10 women incarcerated at FCCW.***

Jesus said "Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

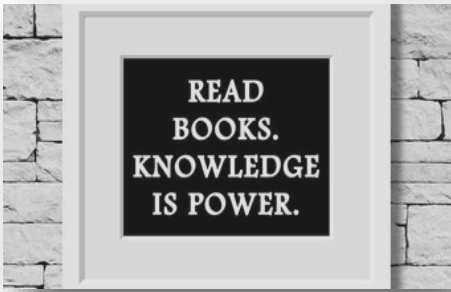
There is encouragement, enlightenment, and empowerment within the pages of the SIS Newsletter. You can help provide this freedom in the words of the Newsletter by sending your contribution to:

*SIS Ministries*

*P.O. Box 649 \* Gloucester Point, VA 23062  
Attention: Freedom in the Word Campaign*

*Or use our cash app - \$SntheS*

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



# Give Thanks in all Things

Continued from Page 1

Evil is a fact of our lives, and being a Believer does not provide an exemption from its impacts. Evil does not come from God so we should not thank God for it. But when evil does come, as it will in everyone's life, we can still be thankful for God's presence and the good that God will accomplish even through our distress.

The disciple James' attitude is even more difficult to embrace. He writes "*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance*" (James 1:2-3). James isn't suggesting that we look for hardships as a source of joy; neither are we to pretend that trials are enjoyable to endure. But when he said to "count it all joy," James was encouraging his readers to develop a new and improved attitude that looks at trials from God's perspective.

Trials are difficult and painful. But they exist for a purpose. Trials have the potential of producing something good in us, and, for this reason, they provide opportunities for expressing joy. By acknowledging that there is a bigger picture, we can see beyond our trials, and consider them as things to rejoice in. Even though joy is contrary to our normal reaction to problems, James urges us to work on changing our attitude toward troubles from dread to positive expectation; from failure to faith; and from tribulation to trust. "Counting it all joy" gives us hope and a reason to give thanks in all things.

As difficulties pile on, it can be easy to look around and see nothing good, sink into despair, hold perpetual anger, and experience an inability to feel gratitude. The Bible does not pretend that there is no suffering, but in order to be thankful at all times, it is important to have a source of joy. When we have a relationship with Jesus, we will always have something to be grateful for, because He is our source of joy and goodness when times are hard.

Ultimately, the Bible encourages Believers to focus on eternal things. It is important to thank God for earthly blessings, but in order to always be thankful, there must be things to thank God for that do not rust, decay, or disappear. The way to always give thanks is to remember God's eternal gifts and promises.

When the Bible says to give thanks in all things, it asks people to thank God for blessings, both visible and invisible. When He blesses, thank Him, and thank Him for the unseen things in which Christians place their hope.

Giving thanks in all things does not mean that every second of every day Christians should be muttering "thank you God" under their breath. It does however, encourage an attitude adjustment and a re-focusing of priorities. Thanking God for blessings through praise and prayer is the first step ... the second step is to focus on the future promises guaranteed by the Word of God that will last forever. So there is always something to thank God for, even if our current circumstances are difficult.



## STRAIGHTEN YOUR CROWN: REDISCOVERING THAT YOU ARE SEEN, YOU MATTER, AND THE KING DELIGHTS IN YOU BY TRISH BLACKWELL

You are royalty. What if you could experience the ups and downs of life with deep confidence and profound security? What if you felt so deeply loved that you stopped caring what people think of you, that you stopped second guessing yourself? What if you really walked with the dignity and grace of divine royalty?

That's what *Straighten Your Crown* is all about. This book is the mirror that you have been looking for your whole life. It's a mirror that reflect how God sees you and the delight that He feels about you. You will see that you make Him smile.

These pages will open new options to you. The option to say no to self-doubt. The option to choose your thoughts. The option to achieve anything you want. The option to believe that you are enough. As you read, each chapter will invite you to step fully into being God's daughter.

You're the daughter of the King. The King's fingerprints of love and protection are evident in every area of your life, from the mountaintop moments to the darkest valley, and as you read, you will see His love for you shows up in ways you have never before considered. It's time to know what it feels like to be enough. It's time to know what life feels like without anxiety, without stress, and without self-doubt. It's time to stand tall with confidence and shine like the light you were created to be.

It's time to straighten your crown!

Review reprinted from Goodreads.com.  
*Straighten Your Crown* is available at Amazon.com  
and Christianbooks.com



# Don't Let Satan Steal Your Joy

*Continued from page 3*

You'd never invite a thief into your house.

So why would you allow thoughts that steal your joy to make themselves at home in your mind?



principle of our faith, is the key to releasing these negative emotions and finding freedom.

Colossians 3:13 teaches us to "bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Is there a past hurt you're holding onto or someone you need to forgive? When we withhold forgiveness from others, the anger and bitterness that build up inside are just one more way Satan can come between us and the love of our Heavenly Father. They become a chain, holding us back and keeping us from the joy God has designed for us!

## 8) TOXIC RELATIONSHIPS

Toxic relationships, those that drain your spirit and undermine your well-being, can be joy-stealers that weigh heavily on your heart.

In our faith journey, it's essential to recognize that God intends for us to have relationships that uplift, support, and bring us closer to Him. When we find ourselves entangled in toxic dynamics, it becomes challenging to fully embrace the joy and peace that our faith promises. These relationships can distract us from the love and kindness we're meant to share with others. And they often erode our sense of self-worth and purpose. As believers, it's vital to seek the strength and guidance to distance ourselves from toxic relationships, making room for the genuine joy and love that our faith can bring into our lives.

In the face of toxic relationships, prayer and faith can be powerful allies. It's not always easy to distance ourselves from those who bring toxicity into our lives. But with faith as

our anchor, we can find the courage to set healthy boundaries and seek support from our faith community. In doing so, we pave the way for a more joyful and fulfilling life, one that aligns with the love and compassion that God calls us to embody.

Remember, as people of faith, we are never alone in our struggles. God's love and guidance are ever-present, helping us navigate the difficult journey of releasing toxic relationships and embracing the joy and peace that come with His divine presence.

## 9) NOT ENOUGH SELF-CARE

As people of faith, we know self-sacrifice is important. Yet, while caring for our loved ones and our communities is a noble endeavor, neglecting self-care can be a silent joy-stealer. When we consistently put ourselves last, we risk becoming physically and emotionally drained, making it challenging to find the joy that faith promises. It's important to remember that self-care isn't a selfish act; it's a necessary part of our journey toward a joyful and fulfilling life.

As we follow our faith's teachings about loving and caring for one another, let's not forget that this love should also extend to ourselves. In fact, it's often from a place of self-care that we can more effectively care for others. Our faith reminds us that our bodies and minds are precious gifts from God, and taking care of them allows us to be better vessels of love, compassion, and joy.

So, take time to nourish your physical, emotional, and spiritual well-being. By prioritizing self-care, you not only replenish your own joy but also have more to share with those around you, making the world a brighter and more faith-filled place.

In conclusion, as people of faith, we are called to live joyfully and to share our joy with others. By identifying and addressing the "things" that steal our joy, we can rekindle the light of faith and find the happiness that God intended for us. Through prayer, gratitude, and trust in the Lord, we can overcome these joy-stealers and live a life filled with the boundless joy that our faith promises.

## Here's Your Bonus Laugh!



### Life Sentence

A woman awakes during the night to find that her husband was not in bed. She puts on her robe and goes downstairs to look for him. She finds him sitting in the kitchen with a cup of coffee, and he appears to be in deep thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of coffee.

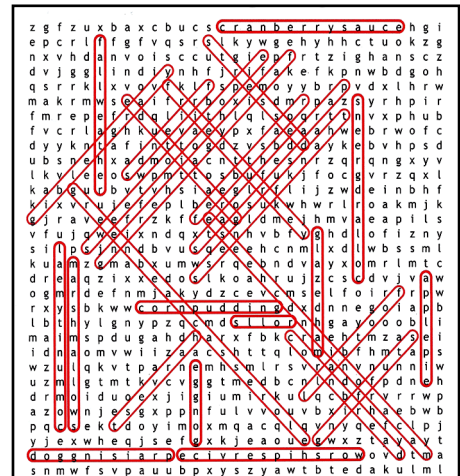
"What's the matter dear?", she whispers as she steps into the room. "Why are you sitting down here this time of the night?" The husband looks up from his coffee, "Do you remember 20 years ago when we were dating, and you were only 16?" he asks solemnly. "Yes, I do" she replies.

The husband paused, the words were not coming easily. "Do you remember when your father caught us in the back seat of my car making love?" "Yes I remember", said the wife, lowering herself into a chair beside him.

The husband continued. "Do you remember when he shoved the double barrel shotgun in my face and said, "Either you marry my daughter, or I'll send you to jail for 20 years." "Yes I remember that too" she whispered softly.

He wiped another tear from his cheek and said, "I would be getting out today!"

### Solution to Thanks and Giving Word Search





## Sisters in the Spirit Newsletter

This is a free monthly publication of Sisters in the Spirit Ministries, Inc, a 501(c)(3) non-profit organization founded to empower Christian women in better fulfilling their God-given purpose.

Editor: Dr. Katrina W. Brown

The newsletter is distributed via mail and online throughout the United States and the Caribbean.

Visit our website: [sistersinthespirit.org](http://sistersinthespirit.org)



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# The LAST Laugh



## Don't mess with Aunt Sarah

A teacher tells the students to each tell a true story that has a moral that they learned from one of their parents. The teacher calls up a little girl, and she tells her story, "My dad raises chickens for their eggs. One day he collected the eggs from his hens and put them all into a big basket. Then he put the basket into the back of his truck but as he was driving to market he hit a big bump in the road, which caused the eggs to fall out and break. So the moral is 'don't put your eggs all in one basket.'" "Very good" says the teacher, and calls up another kid. This kid says, "My dad also raises chickens, but for their meat. One day his hens laid about 20 eggs altogether, but only 15 of them hatched. So the moral of this story is, 'don't count your chickens before they hatch'."

"Excellent," says the teacher, and then calls up Johnny. He says "This is a story my dad told me. It's about my Aunt Sarah, who fought in the Gulf War. One day she was flying her plane with a parachute, a bottle of scotch, a machine gun and a knife when the enemy shot her plane down. She put on the parachute, grabbed her other stuff and jumped out. As she went down she drank the whole bottle of scotch, in case the bottle got smashed when she landed. When she did land, she found herself surrounded by enemy soldiers. She took her gun and killed many of them until she ran out of ammo. Then she stabbed many more of them to death with the knife until the blade broke, and then she fought off and killed the rest of them with her bare hands." The teacher is quite shocked by such a violent story and says, "My goodness! So what's the moral to that story?" Johnny says, "The moral is 'stay the frig away from your Aunt Sarah when she's been drinking!'"

## To marry or not to marry a knight

Young King Arthur was ambushed and imprisoned by the monarch of a neighboring kingdom. The monarch could have killed him but was moved by Arthur's youth and ideals. So, the monarch offered him his freedom, as long as he could answer a very difficult question. Arthur would have a year to figure out the answer and, if after a year, he still had no answer, he would then be put to death.

The question was "What do women really want? Such a question would perplex even the most knowledgeable man, and to young Arthur, it seemed an impossible query. But, since it was better than death, he accepted the monarch's proposition to have an answer by year's end. He returned to his kingdom and began to poll everyone: the princess, the priests, the wise men and even the court jester. He spoke with everyone, but no one could give him a satisfactory answer. Many people advised him to consult the old witch, for only she would have the answer. But the price would be high; as the witch was famous throughout the kingdom for the exorbitant prices she charged.

The last day of the year arrived and Arthur had no choice but to talk to the witch. She agreed to answer the question, but he would have to agree to her price first. The old witch wanted to marry Sir Lancelot, the most noble of the Knights of the Round Table and Arthur's closest friend! Young Arthur was horrified. She was hunchbacked and hideous, had only one tooth, smelled like sewage, made obscene noises. He had never encountered such a repugnant creature in all his life. He refused to force his friend to marry her and endure such a terrible burden; but Lancelot, learning of the proposal, spoke with Arthur. He said nothing was too big of a sacrifice compared to Arthur's life and the preservation of the Round Table.

Hence, a wedding was proclaimed and the witch answered Arthur's question: "What a woman really wants", she answered, is to be in charge of her own life. Everyone in the kingdom instantly knew that the witch had uttered a great truth and that Arthur's life would be spared. And so it was, the neighboring monarch granted Arthur his freedom and Lancelot and the witch had a wonderful wedding.

The honeymoon hour approached and Lancelot, preparing himself for a horrific experience, entered the bedroom. But, what a sight awaited him. The most beautiful woman he had ever seen lay before him on the bed. The astounded Lancelot asked what had happened. She replied that since he had been so kind to her when she appeared as a witch, she would henceforth, be her horrible deformed self only half the time and the beautiful maiden the other half. Which would he prefer? Beautiful during the day... or night? Lancelot pondered the predicament. During the day, a beautiful woman to show off to his friends, but at night, in the privacy of his castle, an old witch? Or, would he prefer having a hideous witch during the day, but by night, a beautiful woman for him to enjoy wondrous intimate moments? What would YOU do?

Lancelot said that he would allow HER to make the choice herself. Upon hearing this, she announced that she would be beautiful all the time because he had respected her enough to let her be in charge of her own life. Now...what is the moral to this story? If you don't let a woman have her own way, things are going to get ugly...

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