



Sisters in the Spirit Ministries Newsletter

Empowerment for the Christian Woman



By Rev. Dr. Katrina White Brown

What does it really mean to be forgiven? During Lenten season forgiveness is front and center in our thoughts, because Jesus Christ died as an atonement for our sins. His act of dying on the Cross meant that we were forgiven - the slate was wiped clean, and all debts paid. However, understanding the meaning of forgiveness in our heads and applying forgiveness to our hearts are two very different things.

The scriptures tell us that when God forgives, He "will again have compassion on us ... will tread our sins underfoot, and

hurl all our iniquities into the depths of the sea." (Micah 7:19) When we ask forgiveness from God (repentance), it is a gift of grace from God who chooses to forgive. This gift, however, is not something that we are to keep to ourselves. We too, must forgive others who have wronged us. We know what the Bible says. In Matthew 18:21-22, Peter approaches Jesus and asks, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" Jesus then answered, "I do not say to you, up to seven times, but up to seventy times

seven." However, doing what the Bible says often causes us to struggle when it comes to forgiveness.

Mother Teresa, who was the founder of the Order of the Missionaries of Charity, a Roman Catholic congregation of women dedicated to helping the poor, observed that "we need lots of love to forgive and we need lots of humility to forget, because it is not complete forgiveness unless we forget also ... Very often we say we have forgiven but we cannot forget. And as long as we cannot forget, we really have

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 of:

**Holy, Holy, Holy
by Reginald Heber**

Holy, Holy, Holy
Lord God Almighty
Early in the morning
Our song shall rise to thee
Holy, Holy, Holy
Merciful and mighty
God in three persons
Blessed Trinity

INSIDE THIS ISSUE

Page 2

- **In My Spirit - How Long Oh Lord?**

Page 3

- **We are at war - Recognizing Spiritual Attacks**

A Christians, we are always in Satan's crosshairs for destruction. How do you recognize when you are the target of a spiritual attack?

Page 4

- **Just for Fun**

The Easter Story Word Search puzzle

Page 5

- **The Forgotten Diamond**

Page 6

- **Read Books. Knowledge is Power**

*The Lord's Prayer
by Adam Hamilton*

Page 8

- **The Last Laugh**



*Sisters in the Spirit
Ministries, Inc.*

Board of Directors

Rev. Dr. Katrina W. Brown
Founder/President
804-356-1721

Ronald L. Brown
Treasurer

Katrina Comissiong-Williams
Secretary

Barbara A. Foster
804-642-2379

Patricia Jarvis
804-824-4281

Rev. Sheila J. Madanat
804-815-0192

Calisse Manning
757-342-2118

Zanette McMillan
804-642-3163

Sandra Thornton
804-815-4777

*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



Sisters, here's a Bible story that seems ripped right out of today's headlines ... Habakkuk the prophet was troubled. He saw a dying world and it broke his heart. So he took his broken heart and his hard questions directly to the Lord for answers. He cried out: "How long, Lord, must I call for help but You do not listen? Or cry out to You, Violence! but You do not save? Why do You make me look at injustice? Why do You tolerate wrongdoing? Destruction and violence are before me; there is strife, and conflict abounds. Therefore the law is paralyzed and justice never prevails. The wicked hem in the righteous, so that justice is perverted" (Hab. 1:2-4).

Like Habakkuk, I too, am troubled and my heart is torn apart by the violence, corruption, and injustice that is rampant in the world, but especially America. I too, am crying out to the Lord and asking why the wickedness of hatred, racism, injustice, and oppression continue to prevail.

Like Habakkuk, I too, am struggling with God's plans and purpose. The evil of these times is almost unbearable and it is destroying the mind, body, and spirit of God's people.

Like Habakkuk, I too am crying out to the Lord for answers!

In responding to Habakkuk's tormented spirit, God reassured him that He is still in control of the world despite the apparent triumph of evil. Then God answered Habakkuk's questions like this: "Look at the nations and watch - and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told" (Hab. 1:5).

Centuries ago, Habakkuk spoke those words from the Lord to a heartsick and hurting nation of God's people who were being held captive in Babylon. These Babylonian leaders were ruthless, prideful, and uncompassionate, and demonstrated concern only for themselves. Just like then, God is speaking to His people the same way now. We should be reassured that even though we don't understand everything that is happening - GOD IS IN CONTROL.

Sisters, we cannot see all that God is doing, nor do we have the mind of God to know how His Word will be fulfilled; we simply have to have faith to know that God keeps His promises - ALWAYS.

In my spirit for you is that you, like I, pray like Habakkuk: "Lord, I have heard of Your fame; I stand in awe of Your deeds Lord. Repeat them in our day; in our time make them known; in wrath remember mercy" (Hab. 3:2).

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

We are at war ...



Recognizing Spiritual Attacks

The war in the Ukraine is a very visual reminder that war is a painful part of our lives. The images of death and destruction, particularly as it affects the lives of children, personalizes the evil toll that war exacts.

A greater truth is that Christians are in a never ending war on this earth with evil. And while the physical manifestations of evil are easy to see - lives destroyed by gun violence, government fraud and corruption, internet scammers victimizing millions of people, particularly the elderly, and millions of fatalities - the result of war, genocide, and the massacre of the innocent.

Evil is also evident in the bold attempts that Satan is making in the lives of young people. The online publication Christianity Daily (christianitydaily.com) reports that *"the Satanic Temple took legal action against a Pennsylvania elementary school when it rejected a bid to create an After School Satan Club. The Satanic Temple is accusing the Northern Elementary School in York, Pennsylvania of violating the Constitution after the school rejected a parent's bid to establish an After School Satan Club at Northern Elementary School. The Satanic Temple said that the main issue of the litigation is whether the Northern York County School Board was discriminating against their organization by allowing other after school clubs but not one sponsored by the Satanic Temple. They say this is against the First Amendment. On its website, the Satanic Temple described the After School Satan Club as an after-school program that 'promotes self-directed education by supporting the intellectual and creative interests of students.'*"

Less evident, but even more devastating are Satan's direct attacks on our spirit. Every believer struggles at different times with spiritual attacks even though we don't always realize the source of the attack. We blame our circumstances, family, friends, and sometimes even God, for our troubles. But Satan is a master deceiver who instigates problems and disappears before anyone recognizes his influence.

The Bible instructs in Ephesians 6:10 that *"our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms"*. By recognizing the signs of a spiritual attack, you won't waste time blaming the wrong source. Instead, you can focus your energy on defeating the attack, suited up in the whole armor of God.

What are some of the signs of a spiritual attack?

1. *You struggle with confusion over what you believe.* You may be experiencing random thoughts that contradict Biblical teachings. Devotion to the Word of God requires discipline. Yet even with discipline, it's possible that your mind wanders to the wrong places, and you find yourself struggling with adverse thoughts. Remember that sinful, evil thoughts don't come from God and likely are planted by Satan. To counter this spiritual attack, deal with those negative thoughts promptly. One of the best scriptures to use is 2 Corinthians 10:4-5 *"the weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."*
2. *You struggle with overwhelming feelings of discouragement.* You feel defeated and depressed; things seem hopeless, overwhelming, and burdensome. You feel an overall sense of disappointment. You struggle with a lack of peace and you feel stressed - like giving up. In those times we must call out to God to provide the grace we need to move forward. Encourage yourself by finding at least one thing to thank the Lord for daily. Focus on what you have instead of what you don't as a way out of feeling discouraged. And claim every victory you experience, whether great or small.
3. *You struggle in your relationships.* Even when we strive to live at peace with everyone, we may have to deal with people who cause division, distraction, and disruption in our lives. These could be family members, coworkers, or even fellow believers. Most of the time, they don't realize that they are being used by Satan to cause trouble. Meanwhile, you may be feeling rejected and that no one truly understands you: you feel like you don't belong anywhere and that no one really cares about you. Overcome this struggle by praying for those creating confusion in your life, and ask God for the wisdom to deal with your relationships in a way that is pleasing to Him.
4. *You struggle with sleeping.* You are usually at your best when you are healthy and get a restful sleep. However Satan can cause us to be awoken with troubling dreams that interrupt our sleep. Seek the Lord's Word to get you through.

Continues on page 5



The Easter Story

Search this puzzle for words that proclaim the Good News that Christ is Risen!

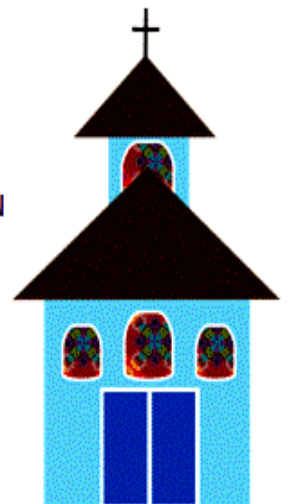
Just for Fun

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

APOSTLES
BETRAYAL
CAVE
CHURCH
CROSS
CROWN
CRUCIFIXION
DISCIPLES
FAITH
GOOD FRIDAY

JESUS CHRIST
JUDAS
LAMB
LAST SUPPER
LENT
MARY
MIRACLE
PASSOVER
PENANCE
PENTECOST

PRAYER
REDEMPTION
REJOICE
RESURRECTION
RISEN
SAVIOR
SON
THORNS
TOMB



WE ARE AT WAR ... RECOGNIZING SPIRITUAL ATTACKS

Continued from page 3

Psalm 3:5 *"I will lay down and sleep; I wake again, because the Lord sustains me"* and Psalm 4:8 *"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety"* are especially helpful.

5. *You struggle with past temptations that you've overcome*
Just when you thought you were over a past temptation—it comes back with a fierce determination to draw you back in. You think about going back to your old lifestyle. The enemy places thoughts in your mind about going backwards rather than moving forward with faith in God. Satan will lie to you and tempt you with the very things you have been delivered from. The Lord makes a way for us to escape if we are willing to trust Him. According to 1 Corinthians 10:13 *"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."*

6. *You struggle with worries, doubts, and fears every day.*
We live in a fallen world where there's an abundance of trouble to deal with. Yet our hearts and minds must stay completely focused on God's Word and His faithfulness in spite of the hardships we face. An everyday fear, worry, or doubt needs God's Word. Remember 2 Timothy 1:7 *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*

7. *You struggle with praying regularly.* There's nothing Satan wants more than for the people of God to stop praying with regularity. Our prayers hinder his work in the world. Many times we underestimate the power of prayer and begin to neglect the fervency and consistency of it. We must never forget the amazing works of God in our lives through prayer. When you are under spiritual attack - **PRAY WITHOUT CEASING.** Your prayers are powerful and effective way to tear down the walls of deceit and lies built by our enemy.

Spiritual warfare is more common than you might think. If you feel you are under spiritual attack, do not give up! Attacks will come, but know God is fighting for you, and it shall pass. Do not give in to what the enemy shows or tells you; he is a master of magnification and illusion. Even if your life seems out of control or that darkness is sitting upon it—hold on, help is on the way! Through Jesus Christ we have the power and authority to bind the enemy from operating in our lives.

When you see others undergoing spiritual attack, pray for them like Jesus prayed for His disciples. John wrote (John 17:15) these words of Jesus—*"My prayer is not that you take them out of the world, but that You protect them from the evil one."*

The first, best, and only defense against spiritual warfare is God's Word. *"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."* (Ephesians 6:13)

Stay prayed up and suited up!

The struggle of life is one of our greatest blessings. It makes us patient, sensitive, and Godlike. It teaches us that although the world is full of suffering, it is also full of the overcoming of it.

~~~Helen Keller



## THE FORGOTTEN DIAMOND

Ashley turned the beautiful stone over and over again in her hand. "Are you really giving this to *me*?" she whispered in awe and wonder. The thought that her father was giving her this priceless diamond seemed almost too much to comprehend.

"Yes, my darling daughter, I am giving you that diamond. Love and cherish it, and keep it ever in your thoughts." Ashley threw her arms around her father's neck. How she loved him! She couldn't imagine life without his love. For the first several months after Ashley's father gave her the diamond, she guarded the diamond as she would her own life. She spent hours gazing upon it, then went and told everyone she knew about her father's marvelous love. Her heart of gratitude showed in everything she did. She was kind and loving toward others because her thoughts were focused on her father's kindness to her. She was always eager to serve and praise her father because her thoughts were completely consumed with him.

It would have been wonderful if Ashley faithfully treasured her diamond for the rest of her life and continually lived in the same joy she had those first few weeks. Sadly, that was not the case. Gradually, Ashley began to devalue the diamond she'd been given. Although the diamond itself never diminished in value one bit, she stopped thinking of it as much throughout her day. While she was still kind toward others and told others of her father's love, she did so more from habit and duty than from gratitude and joy. Her words sounded like hollow recitations instead of heartfelt realities.

"Ashley, can I talk with you?" Ashley's friend Eliza asked one afternoon. "Of course," Ashley replied, wondering what Eliza could want.

"The diamond your father gave you—can you describe it to me? And can you tell me what that diamond means to you?" "Why, of course I can," Ashley replied. She stumbled through a description that sounded strangely vague even to her.

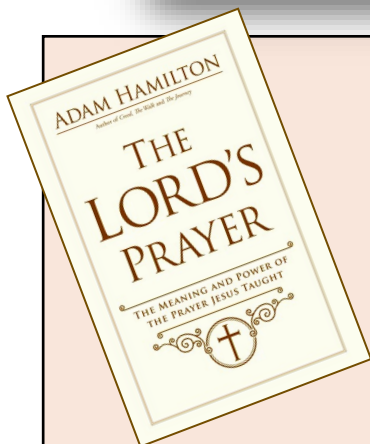
Ashley's encounter with Eliza awakened Ashley's sleeping conscience. *I have forgotten to gaze upon the diamond my father gave me! I've forgotten to let it bring me joy.* Saddened at her neglect, Ashley slowly walked upstairs and knocked on her father's study. One look at her father's face showed Ashley that he already knew how she had treated his treasure.

"Come, my dear, let's go look at the diamond again together," he said as he gently wiped her tears. With that, Ashley's father led her to the special case in which she kept her diamond. Ashley broke into a fresh set of tears when she saw the diamond. She had forgotten how beautifully it glittered and glistened! Her heart felt overwhelmed once again by the incredible gift that her father had given her.

"Oh, Father, please help me to never forget!" she whispered, looking up in love and admiration into her father's face.

The greatest gift that has ever been given to humanity is God's gift of Christ Jesus. "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life."

**Let us never forget!**



## THE LORD'S PRAYER

### THE MEANING AND POWER OF THE PRAYER JESUS TAUGHT BY ADAM HAMILTON

Most Christians know the Lord's Prayer by heart. We pray it often, at different times

and in different settings. We remember it as the prayer that Jesus taught his disciples. But do we really understand and appreciate the meaning and power of its words, what we ask of God each time we pray it?

When the disciples asked Jesus how to pray, Jesus gave them this prayer. He likely taught it to his followers often, not just one time. He never intended the Lord's Prayer to be a museum piece, framed and placed on a mantel or in a display case. It was Jesus teaching God's people, through his disciples, how to pray.

In *The Lord's Prayer: The Meaning and Power of the Prayer Jesus Taught*, pastor and bestselling author Adam Hamilton guides us to really know—and really pray—the Lord's Prayer. He explores each of its rich lines and their meaning in the Bible, illuminating what we ask of God and what we ask of ourselves through its words.

Rev. Hamilton writes *"learning to pray the Lord's Prayer is a bit like learning how to appreciate a meal at a fine French restaurant, or understanding how a professional football game is played. You can devour the meal quickly, like a meal at McDonald's ... and it will still nourish you. You can have fun at a pro football game and enjoy the atmosphere, even if you don't follow the game. But it means so much more when you actually understand what you are eating or have a grasp of the way the game is played. In the same way, the Lord's Prayer begs to be explored, understood, engaged, and savored."*

Within the six chapters of the book, Rev. Hamilton examines, line by line, the prayer Jesus taught. Chapter 1 is "Our Father, who art in Heaven; Hallowed be Thy Name"; Chapter 2 - "Whose Will be done"; Chapter 3 - "Our Daily Bread"; Chapter 4 - "Forgive ... as we forgive"; Chapter 5 - "And lead us not into temptation"; and Chapter 6 - "For Thine is the Kingdom." And he teaches us how to use it as a pattern for our own prayer life. The Lord's Prayer is available at [Christianbook.com](http://Christianbook.com), Target, and Amazon.com.

*Review excerpts from Christianbook.com*

# FORGIVEN

*Continued from page 1*

*not forgiven fully.*" She was considered one of the 20th century's greatest humanitarians, and constantly reminded that "we all stand in need of mercy; we stand as beggars in need of His love, of His forgiveness, and of his mercy." Just as God keeps forgiving us for our continual transgressions against Him, such continuous forgiveness must be extended to others as well.

Forgiveness means that you put something aside—completely and finally—as though it had never happened. If you say, "Well, we just won't talk about that anymore," you may have declared a truce, but you have not really forgiven a person. You have simply buried the hatchet with the handle sticking up so that you can use the incident as a whip against the other person if he or she gets out of line—or, when he or she gets out of line, because in our human frailty we are bound to stumble. We all live the behavior that the Apostle Paul wrote about in Romans 7:15, "...For what I want to do I do not do, but what I hate I do."

When Jesus came to earth, lived the perfect life we could not live, and died the death we deserved to die, so that He could pay the penalty for our sins. As such, you are forgiven. Period. When you know you are forgiven, your past can stay in the past and your future can be totally different because you've been set free from guilt and shame over what you've done.

Forgiveness is a healing balm that covers the wounds of our sinful living and binds up the fractures of our brokenness. To be forgiven by God is to also be empowered by God to be able to forgive others the way He forgave us. It is this type of forgiveness that can truly restore relationships. This is why we are required to forgive.

When Jesus declared, "It is finished" (John 19:30), He meant that the full price for sin had been paid - and that we have been **Forgiven**.





# CONGRATULATIONS DOUG AND KIM HIBBS THE NEWEST RECIPIENTS OF THE SIS HOPE AWARD



Doug and Kim Hibbs received their HOPE at a presentation ceremony that took place on April 24th at the Courthouse Restaurant in Gloucester, VA. The couple were recognized as a "tag team for the Lord who consistently go above and beyond expectations to make a difference in the lives of others."

*Top photo:* SIS President Katrina Brown and Board of Directors member Sandy Thornton present the Hibbs with their award.

*Bottom photo:* SIS Treasurer Ronald Brown presents the \$100 check that the Hibbs received as part of their award.



## Help Support Sisters in the Spirit Ministries

Your financial support helps  
provide funds for

- Publishing the newsletter
- The Nursing Home Hour of Praise Power
- The Thanksgiving Basket Giveaway
- The Christmas Blessing Program
- The Senior Food Program
- The HOPE Award recognition program
- And much more ...

**We appreciate any amount.**

Make your check payable to  
Sisters in the Spirit Ministries Inc.

P.O. Box 649

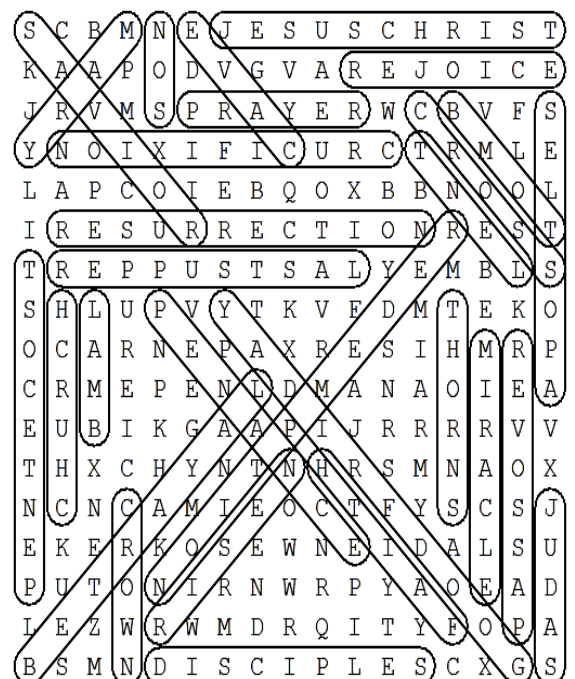
Gloucester Point, VA 23062

Or Cash App \$SntheS

Contributions of \$30 or more will receive a  
Sisters in the Spirit Ministries tee shirt.

**Thank you  
for your  
generosity!**

*The Easter Story word search solution*



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



10:30 am - 11:30 am  
7602 Meredith Drive \* Gloucester, VA 23061  
*It's Hallelujah Good Time!*

## THE LAST LAUGH



### YOU TALK TOO MUCH

A husband was trying to prove to his wife that women talk more than men. He showed her a study which indicated that men use about 10,000 words per day, whereas women use 20,000 words per day. His wife thought about this for a while. She then told her husband that women use twice as many words as men because they have to repeat everything they say. Her husband looked stunned. He said "What?"

### AN ALL-NIGHTER

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence. She made a mistake, however, when she accused Frank, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon.

She emphatically told Frank (and several others) that everyone seeing it there would know what he was doing! Frank, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny. He said nothing. Later that evening, Frank quietly parked his pickup in front of Mildred's house, walked home ... and left it there all night.

### CHANGE YOUR DIET

A doctor was addressing a large audience. He said "the material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake?"

### WAIT FOR THE BEST PRICE!

Four old retired men are walking down a street in Yuma, Arizona. They turn a corner and see a sign that says, "Old Timers Bar - ALL drinks 10 cents". They look at each other and then go in, thinking this is too good to be true. The old bartender says in a voice that carries across the room, "Come on in and let me pour one for you! What'll it be, gentlemen?"

There's a fully stocked bar, so each of the men orders a martini. In no time the bartender serves up four iced martinis shaken, not stirred and says, "That'll be 10 cents each, please." The guys stare at the bartender for a moment, then at each other. They can't believe their good luck. They pay the 40 cents, finish their martinis, and order another round. Four excellent martinis are produced, with the bartender again saying, "That's 40 cents, please." They pay, but their curiosity gets the better of them. They've each had two martinis and haven't spent a dollar yet.

Finally one of them says, "How can you afford to serve martinis as good as these for a dime apiece?" "I'm a retired tailor from Phoenix," the bartender says, "and I always wanted to own a bar. Last year I hit the Lottery Jackpot for \$125 million and decided to open this place. Every drink costs a dime. Wine, liquor, beer it's all the same." "That's some story!" one of the men says.

As the four sip their martinis, they can't help noticing seven other people at the end of the bar who don't have any drinks in front of them and haven't ordered anything the whole time they've been there. Nodding at the seven at the end of the bar, one of the men asks "What's with them?" The bartender says, "They're retired people from Florida. They're waiting for Happy Hour when drinks are half-price..."



### Sisters in the Spirit Newsletter

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

**Editor:** Dr. Katrina W. Brown  
The newsletter is distributed via mail and online throughout the United States and U.S. Territories.

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



Find us on:  
**facebook®**

### 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)



### SEND US YOUR THOUGHTS AND BLESSINGS ...

This is your time and space to share whatever comments you have about the newsletter with our readers. Please mail your

### THOUGHTS AND BLESSINGS

to  
Sisters in the Spirit  
P.O. Box 649  
Gloucester Point, VA  
23062

OR

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

*"Every time I think of  
you, I give thanks to  
my God."  
Philippians 1:3*