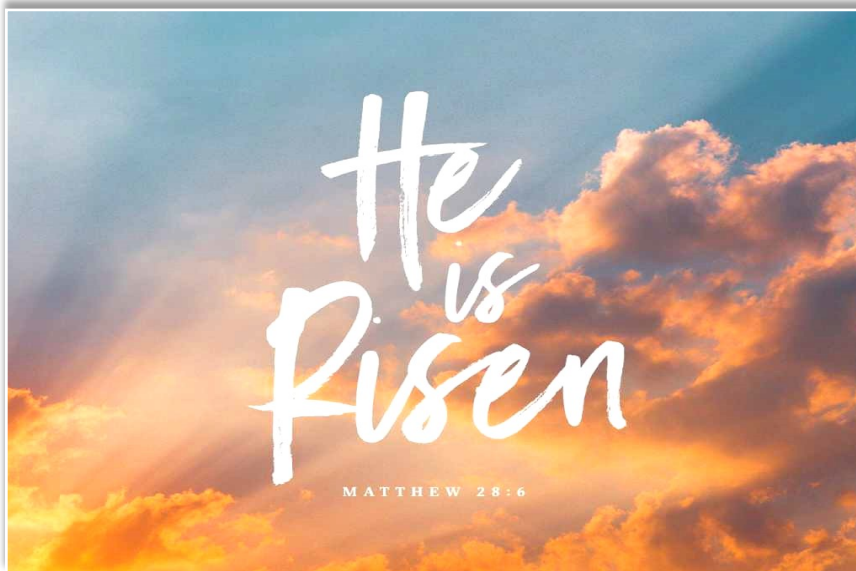




## Sisters in the Spirit Ministries Newsletter

*Empowerment for the Christian Woman*

# After the Third Day ...



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

On Resurrection Sunday, also known as Easter, churches all over the world preach about the fact that Jesus was crucified on Friday and, on the third day, He arose from the grave. One of the most powerful ways that preachers can close a sermon is by pointing out that early Sunday morning, the stone had been rolled away. Jesus left the tomb He had been buried in, empty.

This miraculous fact is what separates the God of Creation from any other person, place, or thing that people worship. It is the basis of all Christian beliefs. Although the events leading up to Jesus' crucifixion and resurrection are the most important events in establishment our spiritual lives, after the third day is when the real work of Christianity began.

It is no coincidence that Jesus rose on the third day. The number three has special significance - it relates to the very nature of our triune God. Before the world began, the Trinity - Father, Son, and Holy Spirit coexisted, three-in-one, in perfect harmony and love with one another.

When John baptized Jesus, the Trinity manifested on earth: "...and he saw the Spirit of God descending like a dove and coming to rest on him [Jesus]; and be-

*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:

***Because He Lives***

**by Bill and Gloria Gaither**

Because He lives, I can face tomorrow,  
Because He lives, all fear is gone;  
Because I know He holds the future,  
And life is worth the living just because He lives.

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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**s I admired the magnificence of trees, I was overwhelmed by God's renewal ritual that happens annually during the Spring. Trees that were barren and brown just a few weeks ago, are now regaled with brilliant colors, spectacular foliage, and are magically musical with joyous melodies supplied by the chirping birds.

Trees are one of God's greatest gifts to every living thing on Earth. They are absolutely necessary for survival. Trees provides: shelter; heat and warmth; cooking materials, storage, food, housing, oxygen to the atmosphere, shade just to name a few. They are the ultimate multi-purpose blessing.

Trees are an ever-present representation of steadfastness and strength. And, like trees, we should be planted and not be moved from our resolve to perform our assignments from God. When you look at a tree, it should be a constant reminder of how God allows us to experience seasons in our lives, and, like seasons, our lives will always be changing.

It was no coincidence that Jesus was crucified on a wooden cross. Whatever tree was used to construct the cross, it served it's purpose on Earth. The tree that died so it could be used to build the old rugged cross became the symbol of life for us all. We should cherish it and remember that God established the Tree of Life in the Garden. When Adam and Eve chose sin over obedience, the Tree was sacrificed. But God renewed us through Jesus' death on the tree (cross). Jesus chose obedience over sin and in doing so restored the Tree of Life.

The poet Joyce Kilmer opened his amazing poem *Trees* by acknowledging "I think that I shall never see, a poem as lovely as a tree ..." He concluded that "Poems are made by fools like me, but only God can make a tree."

In my Spirit for you my Sisters is that whenever you look at a tree, you remember how God is working in your life. He is growing, pruning, renewing, strengthening you, and changing your seasons. God is growing you into the fearfully and wonderfully made woman you were created to be - and transforming you into the ultimate multi-purpose blessing.

*Love, Peace, and Blessings Always,*

*Katrina W. Brown*

# Protect yourself from being

# Scammed



Although the writer of Hebrews advised “don’t forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it,” do question the ones who ask you for your personal information. Cybercrime has escalated at an alarming rate. According to the FBI the most recent statistics available show a record amount of losses due to cybercrime, surpassing \$4.2 billion dollars. Much of that affected those 50 and older, with losses in this age group exceeding \$1.8 billion.

During the height of the COVID-19 pandemic, overall reports from victims of cybercrimes in all age groups jumped 69 percent from 2019. The increase was blamed on crooks who exploited the COVID-19 pandemic for financial gain. “While the American public was focused on protecting our families from a global pandemic and helping others in need, cybercriminals took advantage of the opportunity to profit from our dependence on technology to go on an internet crime spree,” said the FBI’s Paul Abbate, a 25-year veteran who is the bureau’s deputy director.

Americans age 50 and older are victimized more than other age groups. Older victims are “targeted by perpetrators because they are generally believed to have significant financial resources.” As such, tech-support frauds were a particular bane to victims age 50 and older. These schemes see criminals defraud others by posing as technicians who will resolve an issue such as a compromised bank account or a computer virus. At least two-thirds of tech-support victims, who overall filed almost 15,500 complaints last year, were 50-plus, and they lost millions of dollars.

Cybercriminals run the gamut. They may pose as fake “grandchildren” with phony emergencies who hit up real grandparents for cash. Or online romances who promise love and marriage but want to get their hands on one thing: your money. Or e-commerce outlets that advertise having personal protective equipment for sale and accept payments, but never deliver.

With the COVID pandemic permeating all parts of life last year, fraudsters committed crimes tied to federal COVID-19 relief funds, grants and loans; enhanced unemployment benefits; and the purported online sale of scarce goods. They also coaxed victims into handing over personal identity information to commit identity theft.

Some of today’s most popular frauds include:

**THE WRONG NUMBER TEXT SCHEME.** A text message addressed to someone else pops up on your phone. It seems urgent, and since you’re such a helpful person, you text back “sorry wrong number.” This could trigger a scammer. According to the FBI “scammers are primarily aiming to find phone numbers where people are willing to engage ... They might then use that to try to get personal information to target you

for another scam.”

**PROTECT YOURSELF:** don’t respond to texts from numbers you don’t recognize. Simply delete them. Don’t click on links in these messages or respond with STOP if the messages say you can do this to avoid future messages. Instead, block the phone numbers they come from.

**BANK IMPERSONATOR RACKET.** Criminals are finding a low-tech way around two-step authentication. Let’s say you’ve set up your bank or credit card online accounts so that it requires a live code sent from the institution. Now let’s say a criminal has your credit card username and password login, wants to steal from you, and tries to login your account. In this increasingly common fraud, they call you, claiming to be from your bank and warning about a problem with your account. The caller tells you they’re emailing or texting you a “onetime passcode” for logging in, and asks you to read it back to them for verification. In reality, the scammer’s login attempt triggered your bank to send you the passcode. Handing it over gives fraudsters full access to your account.

**PROTECT YOURSELF:** scammers are good at impersonating bank or credit card company employees. Never give your one-time passcode to anyone who calls you. Hang up, find your institution’s phone number on your bank statement or on your credit card and call them to find out if there is really a problem. If not, report the scam to the bank or credit card company’s fraud division. Note: be wary of participating in social media games and quizzes that ask you to divulge personal information like “mother’s maiden name,” “name of your last pet,” or “name of the street you lived on as a child.” Often these answers are used for security questions on your accounts. Be careful you don’t give a scammer all he or she needs to steal your identity.

**THE OUT OF STOCK ITEM SCAM.** The email says the company is out of stock for a product you ordered. So where’s your refund? Scammers often place fake ads on social sites for products at too-good-to-be-true prices, take your order and payment information, then tell you the item is not available right now. They promise your refund is on the way, but it never arrives, and you can’t reach anyone at the company about it.

**PROTECT YOURSELF:** Research businesses online before you buy, and only shop on secure websites with a lock symbol in the browser bar and an internet address that begins with “https.” And pay by credit card. That way, you can withhold payment pending an investigation.

The FBI offers these key tips: use extreme caution in online communication. Verify the sender of an email. Criminals sometimes will change just one letter in an email address to

*continues on page 7*



# Resurrection Sunday

Solve this crossword with important clues about the crucifixion of Jesus



F  
 U  
 S  
 T  
 F  
 O  
 R  
 F  
 U  
 N

## Across

2. We take \_\_\_\_\_ for the forgiveness of our sins

4. Roman Governer, Pontius

8. To teach his disciples humility, Jesus washed their \_\_\_\_\_

11. People waved \_\_\_\_\_ branches and sang as Jesus entered Jersulaem

13. Jesus \_\_\_\_\_ thousands of followers with a few fishes and loaves of bread

15. They placed a \_\_\_\_\_ of thorns on Jesus' head

16. Jesus last words were, "It is \_\_\_\_\_."

17. Jesus rode on a \_\_\_\_\_ as he entered Jerusalem

19. when Mary and the others went to Jesus tomb, the \_\_\_\_\_-was rolled away

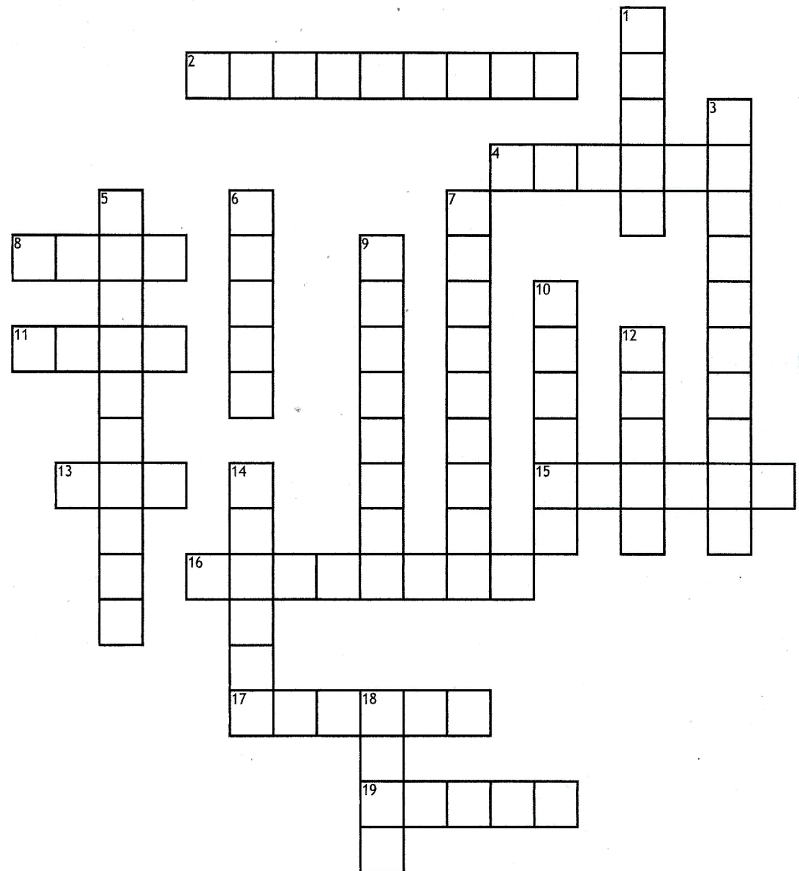
## Down

1. In communion we believe the \_\_\_\_\_ represents body of Christ

3. Jesus went to the garden of \_\_\_\_\_ to pray.

5. tiny chewy sweets usually eaten at Easter

6. Jesus rose on the \_\_\_\_\_ day



7. a brown sweet treat, dark or milk

9. the crowd chose \_\_\_\_\_ to be released instead of Jesus

10. Judas was paid \_\_\_\_\_ pieces of silver to betray Jesus

12. in communion, the wine represents the \_\_\_\_\_ of Christ

14. Jesus was \_\_\_\_\_ from the dead

18. Judas betrayed Jesus with a \_\_\_\_\_



# The Birdcage



One Easter Sunday morning, a pastor came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Several eyebrows were raised and, as if in response, the pastor began to speak.

"I was walking through town yesterday when I saw a young boy coming toward me, swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What you got there son?"

"Just some old birds," came the reply.

"What are you gonna do with them?" I asked.

"Take 'em home and have fun with 'em. I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats. They like birds. I'll take 'em to them."

The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh??!!! Why, you don't want them birds, mister. They're just plain old field birds. They don't sing - they ain't even pretty!"

"How much?"

The boy sized up the pastor as if he were crazy and said, "\$10?".

The pastor reached in his pocket and took out a ten dollar bill. He placed it in the boy's hand. In a flash, the boy was gone.

The pastor picked up the cage and gently carried it to the

end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds out, setting them free.

Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story.

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting.

"Yes, sir, I just caught the world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.

"Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other. How to hate and abuse each other. How to drink and smoke and curse. How to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you get done with them?", Jesus asked.

"Oh, I'll kill 'em."

"How much do you want for them?"

"Oh, you don't want those people. They ain't no good. Why, you take them and they'll just hate you. They'll spit on you, curse you and kill you!! You don't want those people!!"

"How much?"

Satan looked at Jesus and sneered, "All your tears, and all your blood."

Jesus paid the price. The pastor picked up the cage he opened the door and he walked from the pulpit.

**Food  
For  
Thought**



# After the Third Day ...

Continued from page 1

hold a voice from Heaven said, "This is my beloved Son, with whom I am well pleased." (Matthew 3:16-17). Jesus affirmed the Triune nature of God in the Great Commission, telling believers to baptize in the name of the Father, the Son, and the Spirit.

Acts chapter one gives us a good picture of what happened after Jesus' resurrection. "During the forty days after he suffered and died, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God. Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. John baptized with water, but in just a few days you will be baptized with the Holy Spirit." (v. 3-5) Jesus spent 40 days on Earth teaching His disciples about the Kingdom of God and preparing them to use the gift of the Holy Spirit so that they would "be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." (v. 8)

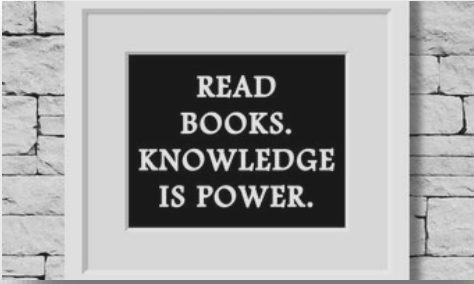
After He told the disciples about the power and authority they would receive when they received His Spirit, Jesus ascended into Heaven. Jesus left instructions for believers to go make disciples and empowered them with the Holy Spirit to fulfill this Great Commission, but He died for the sins of all—not just believers, so that after the third day, humankind would have the opportunity to experience the Kingdom of Heaven.

Simplifying Luke's account (written in the first chapter of The Acts of the Apostles) of the 40 days after Jesus' resurrection, Jesus did three things after the third day: First, Jesus showed up (v.3-5). "He presented Himself to the disciples," "He appeared to them over 40 days and spoke about the Kingdom of Heaven," and "He commanded them not to leave Jerusalem, but to wait for the gift promised by God the Father" - the Holy Spirit.

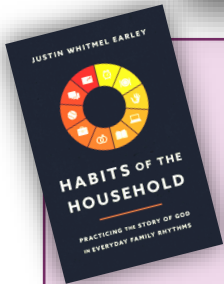
Second, Jesus showed out (v. 8-9) Jesus empowered the disciples by giving them everything they needed to do the work He had assigned them to do. Showing out means that everything is front and center. Jesus poured into His disciples the Spirit of Life through His righteousness.

Third, Jesus showed the way to the Kingdom of Heaven (v. 11). When Jesus was taken up into a cloud, two angels appeared among the disciples and asked them why were they staring at the sky. The angel told them that "someday He will return from Heaven the same way you saw Him go." Until He returns, Jesus showed how to live in obedience and work for the reward of the faithful.

Jesus told believers what to expect after the third day. He said: "many will come in my name, claiming, 'I am the Messiah.' They will deceive many... You will hear of wars and threats of wars, but don't panic. ... Nation will go to war against nation, and kingdom against kingdom. There will be famines and earthquakes in many parts of the world ... Many will turn away from me and betray and hate each other... Many false prophets will appear and will deceive many people. Sin will be rampant everywhere, and the love of many will grow cold. But the one who endures to the end will be saved. And the Good News about the Kingdom will be preached throughout the whole world, so that all nations will hear it; and then the end will come." (Matthew 24:4-14) The faithful will receive the victory that Jesus claimed when He arose on the third day.



READ  
BOOKS.  
KNOWLEDGE  
IS POWER.



## HABITS OF THE HOUSEHOLD PRACTICING THE STORY OF GOD IN EVERYDAY FAMILY RHYTHMS BY JUSTIN WHITMEL EARLEY

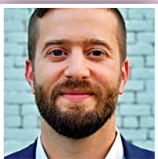
Discover simple habits and easy-to-implement daily rhythms that will help you find meaning beyond the chaos of family life as you create a home where kids and parents alike practice how to love God and each other.

You long for tender moments with your children--but do you ever find yourself too busy to stop, make eye contact, and say something you really mean? Daily habits are powerful ways to shape the heart--but do you find yourself giving in to screen time just to get through the day? You want to parent with purpose--but do you know how to start?

Award-winning author and father of four Justin Whitmel Earley understands the tension between how you long to parent and what your daily life actually looks like. In *Habits of the Household*, Earley gives you the tools you need to create structure--from mealtimes to bedtimes--that free you to parent toddlers, kids, and teens with purpose. Learn how to:

- Develop a bedtime liturgy to settle your little ones and ground them in God's love
- Discover a new framework for discipline as discipleship
- Acquire simple practices for more regular and meaningful family mealtimes
- Open your eyes to the spirituality of parenting, seeing small moments as big opportunities for spiritual formation
- Develop a custom age chart for your family to more intentionally plan your shared years under the same roof

Each chapter in *Habits of the Household* ends with practical patterns, prayers, or liturgies that your family can put into practice right away. As you create liberating rhythms around your everyday routines, you will find your family has a greater sense of peace and purpose as your home becomes a place where, above all, you learn how to love.



### About the Author

Justin Whitmel Earley (JD, Georgetown University) is the creator of The Common Rule, a program of habits designed to form us in the love of God and neighbor. He is also a mergers and acquisitions lawyer in Richmond, Virginia. He

previously spent several years in China as the founder and general editor of The Urbanity Project and as the director of Thought and Culture Shapers, a nonprofit organization dedicated to serving the community through arts. He and his wife, Lauren, have four sons and live in Richmond, VA.

Review by Goodreads.com. *Habits of the Household* is available at Amazon.com, Goodreads.com, and Christianbooks.com



# Inspire Others ... Give

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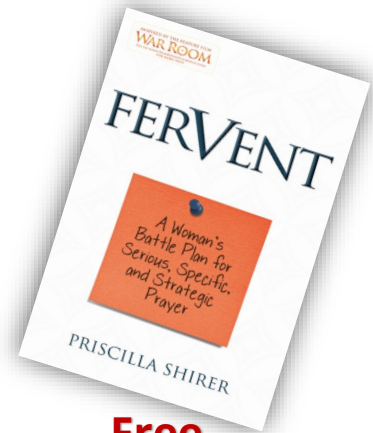
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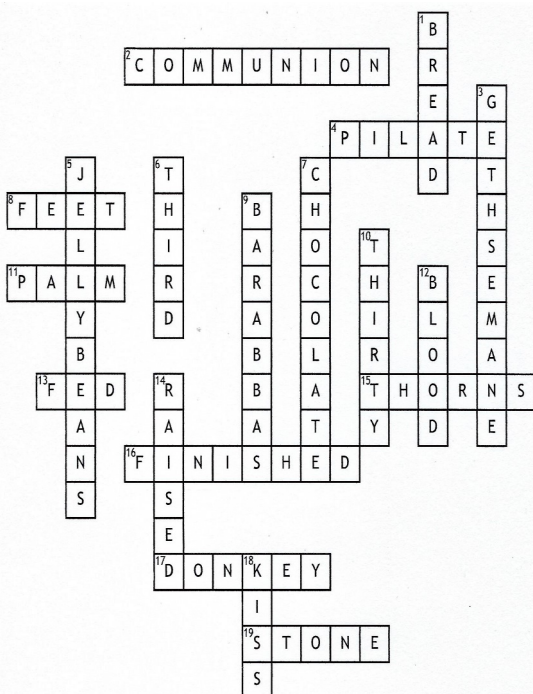
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## Resurrection Sunday solution



## Protect Yourself from being Scammed

*Continued from Page 3*

make it look like one you know. Be very wary of attachments or links. Hover your mouse over a link before clicking, to see where it's sending you; question anyone offering you something that seems too good to be true. This guidance also pertains to purported medical advice and so-called secret investment opportunities.

Rely on trusted sources for information. For medical information, turn to your own doctor, your health department and the Centers for Disease Control and Prevention. For consumer protection information, turn to the Federal Trade Commission; for tax information, try the Internal Revenue Service.

The FBI warns people age 50 and over in particular, to avoid these 10 common scams: advance fee schemes; investment fraud; romance scams; tech-support scams; grandparent scams; government impersonation scams; sweepstakes/lottery scams/charity scams; home repair scams; TV/radio scams; Family/caregiver fraud.

**Information for this article was compiled from the FBI website and from the AARP at [aarp.org](http://aarp.org).**



## 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



### I've got to find a new place to shop!

I cannot shop at Costco anymore. Yesterday I was at Costco buying 3 large bags of Purina dog chow for my loyal pet, Mayhem, the Wonder Dog, who tips the scale at 205 lbs. I was quietly waiting in the check-out line, minding my own business, when the woman behind me asked if I had a dog. Now I was tempted to answer by saying, no I have an elephant, but I turned and saw she had a somewhat blank "I live in outer space" look on her face, so I knew I had to think up something better. So I told her that no, I didn't have a dog, I was in fact restarting the famous Purina Diet again.

I continued saying that I probably shouldn't do it again because the last time I did it, I ended up in the hospital with tubes coming out of most of my orifices and I.V.'s in both arms along with a heart and brainwave monitor. But since I realized I'd lost 50 pounds when I woke up in ICU, I thought the benefit outweighed the risk.

I told her that it was essentially a perfect diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked if I ended up in intensive care because the dog food poisoned me. I told her no, and that the reason I ended up in the ICU was that I stopped to pee on a fire hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard. The cashier had to run to the bathroom shutting down the checkout line and the curious, "I live in outer space" woman left her cart and stormed out the warehouse. Now Costco won't let me shop there anymore saying I'm simply too disruptive.

### I'm having a bad day

There I was sitting at the bar staring at my drink when a very large, trouble-making biker steps up next to me, grabs my drink and gulps it down. Then he says menacingly, "Well, what cha' gonna do about it?" I burst into tears. "Come on, man," the biker says, "I didn't think you'd CRY, I can't stand to see a man crying." I say, "This is the worst day of my life," "I'm a complete failure. I was late for a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife with another man and then my dog bit me." "So I came to this bar to work up the courage to put an end to it all. I buy a drink, I drop a poison capsule in and sit here watching the poison dissolve; then you show up and drink the whole thing! But enough about me, how's your day going?"

### How to preach to a bear

A priest, a Pentecostal preacher, and a rabbi all served as chaplains to the students of a large university. They would get together two or three times a week for coffee and to talk shop. One day, someone made the comment that preaching to people wasn't really all that hard. A real challenge would be to preach to a bear. One thing led to another, and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it.

Seven days later, they all came together to discuss their experience. Father Flannery, who had his arm in a sling, was on crutches, and had various bandages on his body and limbs, went first. "Well," he said, "I went into the woods to find me a bear. And when I found him, I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary, Mother of God, he became as gentle as a lamb. The bishop is coming out next week to give him First Communion and Confirmation."

Reverend Billy Bob spoke next. He was in a wheelchair, had one arm and both legs in casts, and had an I.V. drip. In his best fire-and-brimstone oratory, he proclaimed, "Well, Brothers, you know that we don't sprinkle! I went out and I found me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So I quickly DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising JEE-zus!"

The priest and the reverend both looked down at the rabbi, who was laying in a hospital bed. He was in a body cast and traction with I.V.s and monitors running in and out of him. He was in really bad shape. The rabbi said, "Looking back on it, circumcision may not have been the best way to start."