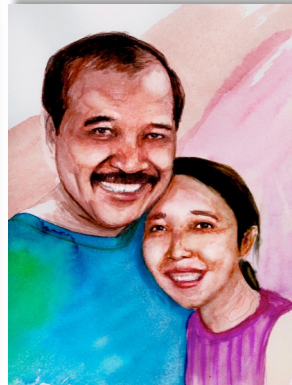
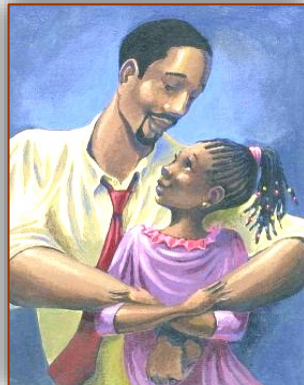




## *Sisters in the Spirit Ministries Newsletter*

*Empowerment for the Christian Woman*

# **We Need Our Fathers**



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

**S**ingle mothers ... you gotta love 'em. Single mothers seemingly do everything. Mother Teresa penned a line that, although it wasn't written about single mothers, describes them perfectly. She wrote "we the willing, led by the unknowing, are doing the impossible for the ungrateful. We have done so much, with so little, for so long, we are now qualified to do anything, with nothing." Mothers, and especially single mothers, are AMAZING!

The one thing that mothers cannot do is be fathers. We need men to fulfill this critical role in the lives of our children.

Statistics indicate that there are approximately 72

million men who are fathers in the United States. Unfortunately, of that number, less than half of them are reported as living in the same household with a spouse or their kids. Fatherlessness has reached epidemic proportions in America. The U.S. Department of Justice provides some shocking statistics: 90% of homeless/runaways are from fatherless homes; 85% of reported behavioral issues come from fatherless homes; 75% of substance abuse patients reported a fatherless home; and 63% of youth suicides are from fatherless homes.

There is a deep societal need for developing good intentional relationships with our fathers, as well as

a spiritual need: the better the relationship we have with our earthly fathers, the better the relationship we have with our Heavenly Father. And while the data is alarming, it also emphasizes the profound purpose for fathers in the lives of their children. We need our fathers!

God is our Heavenly Father and we are all His children. This relationship makes it easy to understand the important role of a Christian father being in the home. Although lifestyle changes over the generations have taken many fathers out of the house, the role of a Christian father makes a huge impact on "training up a child in the way they should go"

*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 chorus of:

***We Are The World***  
by Lionel Richie and  
Michael Jackson

We are the world  
We are the children  
We are the ones to make a  
brighter day, so let's start giving  
There's a choice we're making  
We're saving our own lives  
It's true we'll make a better  
day, just you and me

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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**



**O**ne of my favorite adjectives is the word fabulous. Not only is it a fun word to say, but it also elevates everything to being the best that it can be.

Fabulous is an attitude, a state of mind, and a remarkable condition that all Christian women experience. Why? Because it's fabulous serving the Lord. God has uniquely gifted each of us in fabulous ways. By recognizing and embracing our fabulous, we glorify God in ways that allow us to use our gifts to further the Kingdom of God.

Fabulous ways to serve the Lord include:

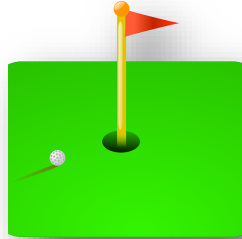
- **Sharing your gifts.** By sharing your knowledge, passions, time, wisdom, love, creativity - whatever gifts you have, you bless others when you generously give them away. Being fabulous is a gift from God. Use your gifts in fulfilling God's purpose for your life.
- **Finding the fabulous in everything and everyone.** When you seek to discover something to love in everyone, and something to learn in every situation, you will have made a fabulous find. Start with an understanding of God's Word. Romans 8:28 tells us that "all things work together for good to them that love God and are called according to God's purpose." Even when your situation doesn't look or feel so fabulous, know that all things are working for you.
- **Walking by faith and wearing fabulous shoes.** Our actions become the yardstick that others use to measure our relationship with the Lord. Our walk must always propel us forward - never walk in circles. Because we serve such an awesome God, we can boldly step out on our faith and be confident in the steps that God has ordered for us.
- **Being fabulous, but humble.** What God desires most is not outward sacrifices but a humble spirit. God's Word tells us that those who humble themselves before God will be exalted. The life of Jesus gives us our best example of humility. God provides grace for the humble, and grace equips us to build relationships with those in need, to be a blessing in their lives, and to glorify God by humbly serving His people.
- **Helping someone else find their fabulous.** Although we are fabulous, our lives are simply not about us. Our life purpose is fulfilled when we serve God by taking care of His people. Never be content with seeing others in need; being fabulous does come with responsibilities to do whatever you can for others. Sometimes fabulous resides in dark places. Use the light of the Lord that lives within you to destroy the darkness and release the fabulous in others.
- **Working your faith.** Faith is a wonderful way to please the Lord, but faith is dead if you don't work it. As our relationship with the Lord grows, our faith in the substance things hoped for and evidenced by things unseen becomes our standard for living. Our faith gives us the strength to do all things, and justifies us through Christ Jesus.

Be fabulous my Sisters! Make the best out of every person, every situation, and every day. Our lives are truly purposed to be fabulous for the Lord in every way we can.

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



# BEING A DAD



What's it like being a dad? Ask, and you'll get as many answers as there are fathers. Some men will tell you that becoming a father means your life completely changes. *"When you first have a baby you're not going to sleep for the first six months. There'll be diapers and tantrums and messes and confusion. You'll be more exhausted than you've ever been in your life, and your personal life will all but disappear."* It sounds like a parental nightmare.

Others will tell you *"being a dad is the most revered and humbling title I have held in my lifetime. It requires your attention 24-7. Unlike other jobs we have, we can't take any time off. It means holding and consoling your child when they have an ear infection. It also means playing catch or Barbie dolls on demand. It means that I have a life filled in ways that I could have never imagined."*

No matter how men describe it, being a dad is a huge responsibility which should never be taken lightly. Sisters in the Spirit (SIS) talked to several men who shared what it meant to them to be a dad.



## Tim

(pictured with daughters Kayla and Jessie) has been a father for 24 years. He has two daughters.

**SIS: what does it mean to you to be a father?**

**Tim:** Being a father provides a sense of purpose. Everybody needs a course, or a direction for their lives. Being a father provides that for me.

**SIS: What has been your biggest challenge or worry as a father?**

**Tim:** I want my children to experience acceptance and joy. It's important to me that my children find their niche in life. I want them to be able to do whatever makes them happy.

**SIS: What do you want your children to remember about you?** **Tim:** I want them to remember two words about me - energy and positivity. These are some of the things that I brought to their lives.



## Ron

(pictured in the middle with sons Marcus and Justin) has been a father for 42 years. He has two sons and eight grandchildren. SIS asked him: **what does it mean to be a father?**

**Ron:** Being a father is the most important job a man could have. You are given an opportunity to instill good values in another person, and help them to carry on the family traditions and the family name.

**SIS: What has been your biggest challenge or worry for your children?** **Ron:** My biggest concern is that my children not be confronted with racism and hostilities. His concern is bolstered by seemingly unrelenting attacks on Black men. High profile cases highlighting the number of Black men who die at the hands of the police, or who are shot by extremists targeting African Americans with violence, is overwhelming. Ron says he is deeply troubled by how these events impact his family.

**SIS: What do you want your children to remember about you?** **Ron:** I want my children to remember that I was a good father, that I was always there for them, and that I taught them how to be good fathers.

## Micheal



(pictured with daughter Trina and sons Milo and Mikey) has been a father for 16 years. He has three children.

**SIS: what does it mean to you to be a father?**

**Micheal:** Being a father means that

every day I'm molding and shaping someone. I'm guiding my children along the way. I'm showing them that they are loved as well as showing them how to love others. I'm

Continues on page 5

# Celebrate Freedom

## JUNETEENTH

Juneteenth is a holiday celebrating the emancipation of those who had been enslaved in the United States at the time of the Civil War. Search for words that honor knowledge, freedom, liberation, and unity.

Just for Fun

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

ABOLITION  
CEREMONY  
CONFEDERATE  
FREEDOM  
HONOR  
LINCOLN  
SLAVERY

ABRAHAM  
CIVIL WAR  
CULTURE  
GALVESTON  
JUNE  
NINETEENTH  
TEXAS

AMERICAN  
COMMEMORATE  
EDUCATION  
HISTORY  
JUNETEENTH  
PROCLAMATION  
UNION

CELEBRATION  
COMMUNITY  
EMANCIPATION  
HOLIDAY  
LIBERATION  
REMEMBER  
UNITY

# BEING A DAD

Continued from page 3

helping them understand consequences, and teaching them accountability for their actions and decisions.

**SIS: What's important to you about being a father?**

**Micheal:** Being there for them, being approachable, and loving them.

**SIS: What do you want your children to remember about you?**

**Micheal:** I want them to remember that I love them and that I tried every day to be the best for them.



## Nelson

Nelson has been a father for 34 years. He has one daughter, three stepchildren, and a deceased daughter. He is the grandfather of five step grandchildren and one deceased grandchild.

**SIS: What does it mean to you to be a father?**

**Nelson:** Being a father means responsibility. Once you are a dad a lot of responsibility comes your way. **SIS: What has been your biggest challenge or worry as a father?** **Nelson:** I don't really worry about things, but I do want my children to succeed in whatever they choose to do. I want them to be happy.

**SIS: What is important to you about being a father?**

**Nelson:** What's important to me is being there for them. When they hit the rough spots, they know that I am there, to offer a kind word or some direction. I want them to know that we can solve problems together, and that they can always come to me.

**SIS: What do you want your children to remember about you?** **Nelson:** I want them to remember that I was not selfish, and that I was always there to do what was needed.

KWB

## Please Help Support Sisters in the Spirit Ministries

**Your financial donation helps provide support for**

- Publishing the SIS newsletter
  - The Nursing Home Hour of Praise Power
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- And much more ...

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**Thank you for your generosity!**



**T**he donkey told the tiger "the grass is blue." The tiger replied "no, the grass is green."

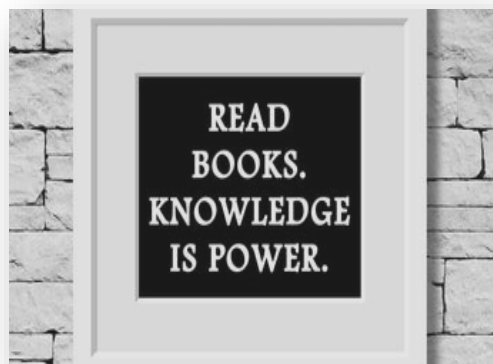
The discussion became heated, and the two decided to submit the issue to arbitration. To do so they approached the lion, the King of the Jungle. Before reaching the clearing in the forest where the lion was sitting on his throne, the donkey started screaming "Your Highness, is it true that grass is blue?" The lion replied "true, the grass is blue." The donkey rushed forward and continued: "the tiger disagrees with me and contradicts me and annoys me, so please punish him". The king then declared "the tiger will be punished with 5 years of silence".

The donkey jumped for joy and went on his way, content and repeating "the grass is blue ..."

The tiger accepted his punishment, but he asked the lion "your Majesty, why have you punished me, after all, the grass is green?" The lion replied "in fact, the grass is green." The tiger asked "so why do you punish me?" The lion replied "that has nothing to do with the question of whether the grass is blue or green. The punishment is because it is not possible for a brave, intelligent creature like you to waste time arguing with a donkey, and on top of that to come and bother me with that question".

The worst waste of time is arguing with the fool and fanatic who doesn't care about truth or reality, but only the victory of their beliefs and illusions. Never waste time on discussions that make no sense. There are people who, for all the evidence presented to them, do not have the ability to understand, and others who are blinded by ego, hatred and resentment. The only thing that they want is to be right even if they aren't. When ignorance screams, intelligence shuts up. Your peace and tranquility are worth more.

When it comes to guidance in what to do when embroiled in arguments with people who simply reject truth and understanding, the Bible gives us this advice: stop trying to reason with a fool. In particular, Proverbs 26:4 says "do not answer a fool according to his folly, or you yourself will be just like him." Fools tend to reject knowledge and understanding and, thus, repeat their mistakes. Scripture describes the absurdity of a fool with blunt language: "truth is as useless to a fool as legs are to the lame" (Proverb 26:7), and "a fool repeats his folly like a dog returns to its vomit." (Proverbs 26:11). As such, act with wisdom. Avoid fools and their foolishness.



# We Need Our Fathers

*Continued from page 1*



## UNEXPECTED BLESSINGS BY ROMA DOWNEY

Actress and *New York Times* bestselling author Roma Downey returns with an uplifting and life-affirming devotional celebrating the power of God's love that will comfort your heart and nourish your soul.

Inspired by her *New York Times* bestseller *Box of Butterflies*, she presents a beautiful 90-day devotional that guides you to savor God's blessings. Featuring some of the most moving content from her previous book, along with new heartwarming material, *Unexpected Blessings* combines scripture with insight and prayer, helping you enjoy a moment of calm and encouragement as you reflect on God's love for you. This is the perfect gift for anyone looking to be reminded that when we open our hearts, we discover blessings surrounding us in every circumstance of our lives.

As you open the cover of this book and start thumbing through the pages, expect to encounter a soul so connected to the heart of Almighty God that you are truly touched as if by an angel. She reviews eternal truths in a very unique style, includes many of her own personal challenges she has had to overcome, and with each chapter offers up a prayer for the reader to tap into the lesson God would have us grasp. With everything Roma does and says, she is an example of one of today's greatest Ambassadors of Christ. Buy this book and look forward to being royally blessed...to in turn be a blessing to others.

**ABOUT THE AUTHOR:** Roma Downey is an Emmy-nominated actress, producer, author, and has been creating inspirational content for twenty-five years. Born in Northern Ireland, she was classically trained in London. For almost a decade, Roma starred in the hit CBS show *Touched by an Angel*, playing the tenderhearted angel, Monica.

This preview is reprinted from the publisher's, Simon and Schuster, website and from amazon.com. *Unexpected Blessings* is available at Christianbook.com, and amazon.com.

and also how the child will experience God.

Christian fathers are God's instruments for discipline and instruction in his children's lives. Ideally Christian fathers should also provide for, protect, support, and pour purpose into their children. These are fundamental qualities that emulate how our Heavenly Father cares for His children; this reflects the very character of God. Even though the stereotypical image of the family is often one where the father is remote and emotionally unattached while the mother is the one who nurtures the children, the Bible paints a more balanced picture. A Christian father should be able to fulfill both the physical and emotional needs of his family.

We need our fathers to be a leader for his family and to be anchored in Christ at all times. We need our fathers to be providers, protectors, supporters, and to sow purpose into his children. Without our Christian fathers fulfilling these critical roles, it is difficult to raise children who are grounded in life and anchored in Christ.

As providers, Christian fathers should make sure his family has what they need. Responsibilities include making sure that there is food on the table, that the family has a place to lay their heads, and that everyone has clothes on their backs. If there is any worrying to be done, theoretically, the father is the one who shoulders that burden. Worry however, is not in God's plan for fathers. Jesus told His disciples "that is why I tell you not to worry about everyday life—whether you have enough food to eat or enough clothes to wear. For life is more than food, and your body more than clothing. Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!" (Matthew 6:25-27) God wants fathers to take care of their business, not by worrying, but by working to make provision for his family.

As protectors, Christian fathers project safety and security for his children. He makes the home, and thus the world, a safe place to live. When Dad is around there is often no safer feeling - fear of those things in the outside world is rejected. Our Heavenly Father also gives us the ability to live fearlessly. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. (2 Timothy 1:7) We need our fathers to be our fearless super heroes who makes his children feel safe.

When our fathers support and sow purpose into their children, it speaks life and confidence into them. He lets them know they are important and significant, and he calls them to something bigger than themselves. The father should challenge his children to make a difference in the world, just as he has made a difference in their world. Our Heavenly Father does the same thing. Not only does God call us into greatness, but He pours into us what it takes for greatness; prepares us as overcomers; and sets us up for success. Children need this same kind of support from their fathers as a way of helping define their purpose in life.

God's Word reminds us that He has plans and purpose for fathers. "I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11) God believes in us so much that in John 14:12 He confirms "very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father."

Fathers serve as role models for their children, so we need them to be strong examples of good Christian fatherhood. Encourage our fathers to showcase God in their lives and to emulate how God is a Father to His children. Most importantly, re-emphasize how much we need our fathers to help bring their children closer to the Lord.



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**THIS WILL BE THE BEST BAZAAR  
OF THE SUMMER!!!**

## *Enough*

**By Chanell Burnette**

*I see her.*

But sadly, you can't  
or perhaps you'd like not to

*But I see her.*

That hurt little girl  
in need of a hug,  
some reassurance,  
and a love unconditional.  
One that tells her she alone  
is enough, and no more is  
necessary for the acceptance  
and approval she so desperately  
seeks, craves, and secretly longs  
for.

*I see her.*

But more importantly,  
He sees her

*Her God.*

And He is quietly and tenderly  
beckoning her to Him

*Go.*

Run to Him and find all that you'll  
ever need.

He is enough, and in Him

*You are enough.*

**Editor's Note:** Chanell Burnette is an inmate incarcerated at the Fluvanna Correctional Center for Women. She is an aspiring writer and journalist, and expects to further pursue these goals upon her release, scheduled for 2024.

Sister Chanell participates with the Prison Journalism Project (PJP). Her first story published by PJP entitled *Using My Voice to Share My 16-Year Journey* was featured in the November 2021 issue of The Sisters in the Spirit Newsletter. SIS has invited Sister Chanell to submit her writings to The Newsletter for publication. "Enough" is her third piece.

Jesus said to His disciples "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." (Matthew 25: 35-36) With almost 10,000 women incarcerated in jails or prisons in Virginia alone, we all have abundant opportunities to show God's love by reaching out to those who are imprisoned. Write letters; donate needed items; and cover with your prayers, all those who are imprisoned.

To contact Sister Chanell send your letters to:

**Chanell Burnette #1188812  
6A-216B FCCW P.O. Box 1000  
Troy, VA 22974**

Join **Sisters in the Spirit Ministries** on the  
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10:30 am - 11:30 am

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*It's Hallelujah Good Time!*

## THE LAST LAUGH



### SQUIRRELS IN THE CHURCH

The Presbyterian church called a meeting to decide what to do about their squirrel infestation. After much prayer and consideration, they concluded that the squirrels were predestined to be there, and they should not interfere with God's divine will. At the Baptist Church, the squirrels had taken an interest in the baptismal pool. The deacons met and decided to put a water slide at the pool to let the squirrels drown themselves. The squirrels liked the slide and, unfortunately they instinctively knew how to swim, so twice as many squirrels showed up the next week.

The Lutheran church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist church. Two weeks later, the squirrels were back after the Baptists took down the water slide. The Episcopalians tried a much more unique path by setting out pans of whiskey around the church in an effort to kill the squirrels with alcohol poisoning. They sadly learned how much damage a band of drunk squirrels can do. But the Catholic church came up with a more creative strategy. They baptized all the squirrels and made them members of the church. Now they only see them at Christmas and Easter.

Not much was heard from the Jewish synagogue. They took the first squirrel and circumcised him. They haven't seen a squirrel since.

### WITH AGE COMES WISDOM

A guy is 92 years old and loves to fish. He was sitting in his boat the other day when he heard a voice say, "pick me up." He looked around and couldn't see anyone. He thought he was dreaming when he heard the voice say again, "pick me up." He looked in the water and there, floating on the top, was a frog. The man said, "are you talking to me?" The frog said, "yes, I'm talking to you. Pick me up, then kiss me, and I'll turn into the most beautiful woman you have ever seen. I'll make sure that all your friends are envious and jealous, because I will be your bride!" The old man looked at the frog for a short time, reached over, picked it up carefully and placed it in his shirt pocket. The frog said, "are you crazy? What are you doing? Didn't you hear what I said? I said, "kiss me, and I will be your beautiful bride!" The old man opened his pocket, looked at the frog and said, "nah. At my age, I'd rather have a talking frog." With age comes wisdom.

### HOW DID YOU GET THAT LIMP?

A man met his friends for lunch one afternoon. When he walked into the restaurant, his friends were surprised because he was walking with a pronounced limp. "What happened to you Jim? The last time we saw you, you were just fine?" Jim sheepishly said "well I had a little fight with my wife." His friends were dismayed. "How could that be? Your wife is one of the nicest women we know," Jim's friends said. He explained what happened. "When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the shed, the boat, the car ... always something more important to me. Finally she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush. I said, when you finish cutting the grass, you might as well sweep the driveway." "The doctors say although I will be able to walk, I will always have a limp."

### CALL THE VOLUNTEER FIRE DEPARTMENT!

A fire started in the grasslands close to a farm. The county fire department rushed to the scene, but the fire was more than they could handle. Someone suggested calling the volunteer fire department. Despite some doubt that they would be of any assistance, they were called. The volunteers arrived in a dilapidated old fire truck. They rumbled straight towards the fire, drove right into the middle of the flames and stopped! The firefighters jumped from the truck and frantically started spraying water in all directions. Soon they had completely snuffed out the fire. As the farmer watched all this, he was impressed and grateful that his house and farm had been spared. He quickly got his checkbook and donated \$1000 to the volunteer fire department. A local news reporter asked the volunteer fire captain how they planned to use the funds. The captain replied, "The first thing we're gonna do is get the brakes on our fire truck fixed!"



## 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

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### June teenth Word Search answers

