



Sisters in the Spirit Ministries Newsletter

Empowerment for the Christian Woman

Death By Mosquito



By Rev. Dr. Katrina White Brown

Death by mosquito. It's a metaphorical way of explaining how little things can kill us. There is a story told about a church which had grown in membership to the point that an extension needed to be constructed. There was much discussion about how the extension would be used; finally it was agreed that part of it would house a vestibule to welcome visitors, offer hospitality, and provide a place for latecomers to wait.

The Hospitality Committee members furnished the area with tables and chairs, magazine racks for devotional materials, and a coffee bar. The coffee

bar served regular and decaf, but some of the members felt that a certain brand of gourmet coffee should be served, so that visitors would really know how special they were.

This coffee disagreement created deep divisions within the committee. Some felt that supplying gourmet coffee was a shameful waste of money. Others who were in favor of providing gourmet coffee insisted that it would show the visitors how valued they were.

The Hospitality Committee went back and forth all week about the type of coffee to be served. Finally the Sunday came when

the vestibule open for the first time to visitors. At the coffee bar regular, not gourmet, coffee was served. The committee members who wanted gourmet coffee served got so upset that they turned over the coffee bar. Coffee went everywhere. The whole thing was so disturbing that all of the visitors quickly left the church. The hospitality, and the opportunity to show others the love of Christ, was destroyed by something as small as a cup of coffee.

As Christians, we must stop fixating on the little things in life and keep our focus on the prize of the

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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 and refrain of:

Lift Him Up

Lyrics by Johnson Oatman Jr.

How to reach the masses, men of every birth

For an answer, Jesus gave the key
"And I, if I be lifted up from the earth

Will draw all men unto Me"

Refrain: Lift Him up

Lift Him up

Still He speaks from eternity

"And I, if I be lifted up from the earth

Will draw all men unto 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



I am a reluctant social media consumer. I can appreciate the value social media has in connecting people, communicating news and information, the sales and marketing opportunities provided, and the global networking possibilities. Too often however, I find myself utterly frustrated by the forum for foolishness social media provides. As such, very little of my life revolves around social media posts.

Nonetheless, I do know a lot of people who are absolutely fixated on everything from Facebook to Twitter, to Instagram, to Tik Tok, to whatever the platform. They seem to be intoxicated with posting anything and everything - pictures of their food, their family and friends, their flowers, their feet (pedicures), and their foolishness. Most of the time I end up shaking my head and wondering why, but occasionally I am complexly blown away by something that has been posted.

One of my Facebook friends shared the following. It made so much sense that I embraced it in my spirit:

A bottle of water at Costco costs .25 cents.

The same bottle of water in the supermarket costs about .50 cents.

In a good restaurant or hotel it can cost up to \$3.

At an airport or on the plane, you may be charged \$5.

The bottle and the brand is the same. The only thing that changes is the place. Each place gives a different value to the same product.

When you feel like you are worth nothing and everyone around you belittles you, change places - don't stay there.

Have the courage to change places and go to a place where you are given the value you deserve. Surround yourself with people who really appreciate your worth.

Don't settle for less!

In my Spirit for you my Sisters, is that you always remember "you were not redeemed with corruptible things, like silver or gold ... but with the precious blood of Christ" (1 Peter 1:18-19). God was willing to pay the highest price in the universe to redeem you—the blood of His dear Son. You are worthy! Don't settle for less.

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



Are you a spiritual bag lady? Before you recoil in horror visualizing the typical depiction of a poor and often homeless woman using bags or shopping carts to carry her meager possessions, know that there are a number of definitions of a bag lady.

The Urban Dictionary describes a bag lady as “a woman who collects emotional baggage over time. Wherever she is, so are her bags. Bags often contain the affects of betrayal, dishonesty, molestation, abortions, rejection, and low-self esteem. Another definition is “a woman who takes on other people’s emotional or physical burdens/responsibilities as her own.” Yet another defines a bag lady as “a woman who carries old hurt and emotional scars like a burden which keeps her from making progress.”

A spiritual bag lady is a little of all these definitions. She is at times poor—she feels she has no value and is lacking self-worth. She carries bags full of past hurts and disappointments. She loads herself with the problems of others, and she is weighed down with burdens, responsibilities, trials, and tribulations.

Carrying spiritual baggage is heavy because it comes with the added weight of overpacked emotional suitcases and bulky carry-on luggage. It’s also dangerous because of what it represents. Spiritual baggage is full of things like prejudice, resentment, hatred, adultery, drugs and alcohol, love of money, idol worship, and pride, just to name a few. Any one of these things will impact our relationship with the Lord. Imagine the difficulties in embracing all that the Lord has for us if our hearts, souls, and minds are over-

whelmed by the amount of bags we are carrying. Our baggage can and will bury us.

TYPES OF SPIRITUAL BAGGAGE

See if you are carrying any of these spiritual bags.

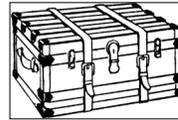


The Nearly-Invisible Backpack. You need to really look closely to see this bag. The bag lady who carries it doesn’t want anybody to know she has it. She hides it

behind her back because she doesn’t want anybody to know what she is doing. The woman who carries this bag seems to always do what is in everyone’s best interest. She’s always available, always volunteering, always involved, and always making herself indispensable. And why is that? Because inside her bag she carries around a need to be needed. She is a people pleaser. Having this trait in the bag may sound positive until you realize that pleasing others is more of a motivation for her than pleasing God. Working to please other people in the moment so as to gain favor with them, rather than seeking the will of God for them, is not loving others as God loves them.

This spiritual baggage is rooted in insecurity and a deep need for the approval of others. It is impossible to please everyone all the time; if our worth is based on how other people view us, we will often come up short. People pleasing is neither good for the pleaser or the people she is

trying to please. She carries her pain in that nearly invisible backpack to distract others from seeing her insecurities.



The Steamer Trunk. This is a big, heavy, awkward piece of luggage that no one can carry alone.

That’s because its full of religion, doctrine, sanctimonious self-righteousness, decades of doing the same thing the way its always been done, pettiness, hypocrisy, and anger.

This baggage often appears well-worn. That’s because the woman who has it drags it everywhere she goes. Although it is heavy, she is always ready to throw this bag at others. She carries her self-righteousness in the steamer trunk. She is a zealot for correct doctrine, and she sees herself as God’s Truth bearer, ready to slice you in half with “the Word.” She sees herself as a missionary and is always ready to debate anyone who disagrees with her dogma, her doctrine, her Biblical interpretation, or her opinion.

What is also in her bag is a rigid anger at old hurts and disappointments. She would love to experience emotional wholeness and maturity that accompanies true righteousness, but she has too much pride, jealousy, hypocrisy and resentment to dig through. She doesn’t actually like carrying this bag, but it’s the only way she can keep others from seeing who she really is - a flawed and imperfect vessel. She wants to believe that she is morally superior to others, but since the Bible tells us that people are sinful by

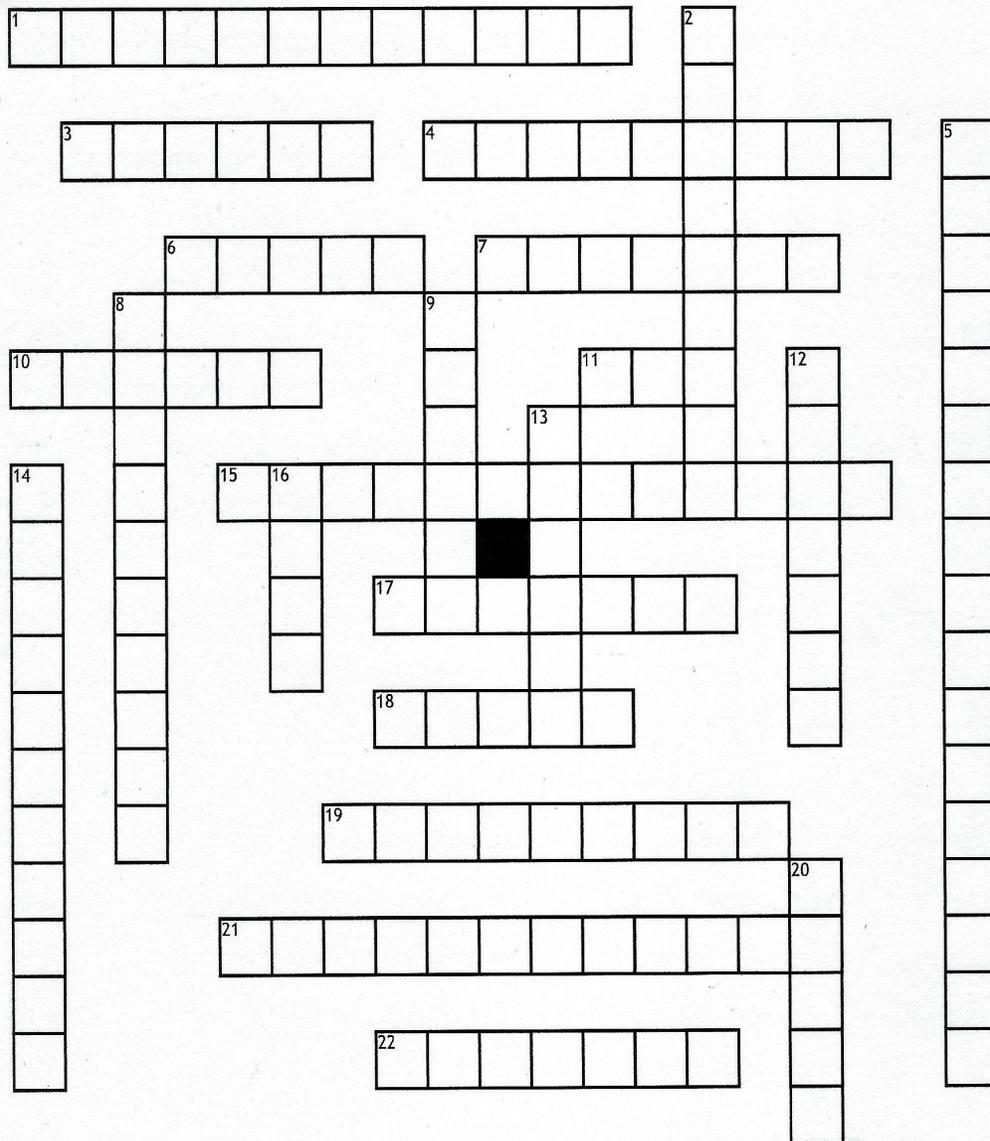
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History Making Women

March is Women's History Month. This crossword puzzle is full of women who made history; many by being the first to do what they did.

Just for Fun



Across

- 1. first to be second
- 3. Temple Prophetess
- 4. First Lady of the USA
- 6. protected the spies
- 7. Ethiopian queen
- 10. the first deacon
- 11. the first mother
- 15. famous flyer
- 17. the first Judge

- 18. business woman - seller of purple cloth
- 19. spread the gospel with husband Aquila
- 21. Nun of note
- 22. mean queen

Down

- 2. England's longest living monarch
- 5. she was a Supreme judge

- 8. Native American princess
- 9. Timothy's mother
- 12. cosmetics queen
- 13. Speaker of the House
- 14. stepped into education history
- 16. blessed and highly favored
- 20. Isaac's mother

ARE YOU A SPIRITUAL BAG LADY?

Continued from page 3

nature, her big bag holds a lot of lies. Self-righteousness drives people to pride rather than to love, and ultimately, self-righteousness separates us from God.



The Make-Up Bag. This bag is carried by the woman who feels compelled to always paint a smile on her face even when she feels down, or puts drops in her eyes to give her that “too blessed to be stressed” look, even though she is spiritually broken. The make-up bag is essential in order for her to look like something she is not.

Inside her bag are enough cosmetics to cover her unresolved issues - fears, anxieties, depression, addictions, betrayal, and abuses. However, the bag can never hold enough makeup to heal the woman that carries it. In order for the Make-Up Bag Lady to grow spiritually, she must uncover and bring to light the hidden hurts for healing. There’s no painful experience that God can’t touch and use for His glory. The sooner the Make-Up Bag Lady releases all that she is trying to cover up, the sooner God can give her beauty from ashes.



The Bag of Tricks. This bag lady treats God as though He is her personal magician. She has associated magic and superstition for so long with spirituality, that it is difficult for her to let go of her bag of tricks.

She has the “luck of the Irish” in her bag, along with bottles of holy water, prayer cloths, lucky pennies, lottery tickets, tarot cards, and more in her bag. When she wants something, she reaches into her bag and pulls out whatever she thinks will work. If her car doesn’t start, she’ll ask God to make it go. If she needs to hit the Pick 6 on her lottery ticket, she’ll call on the gods of luck to be with her. She opens and closes her spiritual bag of tricks without giving any thought to the inconsistencies in her behavior.

God cannot be manipulated to endow good fortune through superstitious practices. The Bible categorically condemns the use of superstition to gain the favor of God or any deity to bring fortunate results. The Bag of Tricks Lady would be better off worshipping and obeying God from her heart instead of from her worthless bag.

Sometimes it’s hard to see, but often the greatest barriers to our spiritual growth and flourishing are the things we’re carrying in our spiritual baggage. But we don’t need any of our baggage in order to serve the Lord. “When Jesus had called the Twelve together, He gave them power and authority to drive out all demons and to cure diseases, and he sent them out to proclaim the kingdom of God and to heal the sick. He told them: “Take nothing for the journey—no staff, no bag, no bread, no money, no extra shirt. Whatever house you enter, stay there until you leave that town. If people do not welcome you, leave their town and shake the dust off your feet as a testimony against them.” So they set out and went from village to village, proclaiming the good news and healing people everywhere.” (Luke 9:1-6)

To be pleasing to the Lord - Pack Light!



THE WISE OLD MAN AND THE CAT

A wise old man was sitting at the river bank. He saw a cat that had fallen into the river struggling to save itself from drowning. The man decided to save the cat.

He stretched out his hand towards the cat but the cat scratched him. He pulled his hand back in pain. However, a few minutes later he stretched out his hand again to save the cat, but it scratched him again, and again he pulled his hand back in pain. A few minutes later he was again trying for the third time!

A man, who was nearby watching what was happening, yelled out, “O wise man, you have not learned your lesson the first time, nor the second time, and now you are trying to save the cat a third time?”

The wise man paid no heed to that man’s scolding and kept on trying until he managed to save the cat. He then walked over to the man and patted his shoulder saying:

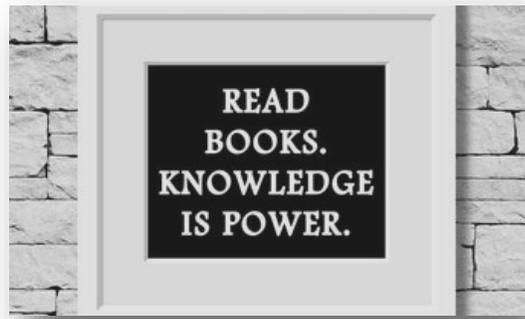
“My son it is in the cat’s nature to scratch, and it is in my nature to love and have sympathy. Why do you want me to let the cat’s nature overcome mine?”

The old man continued “my son, treat people according to your nature, not according to theirs, no matter what they are like and no matter how numerous their actions that harm you and cause you pain sometimes. And do not pay heed to all the voices that loudly call out to you to leave behind your good qualities merely because the other party is not deserving of your noble actions.”

Never regret the moments you gave happiness to someone, even if that person did not deserve it.

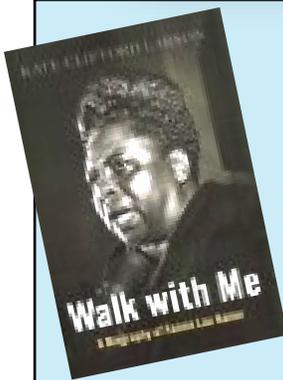
This is one of the lessons Jesus taught during His three-year ministry on Earth; do what’s right in God’s sight whether or not it is ever appreciated.

Jesus treats us according to His nature. Just think where we would be if Jesus were to treat us as according to our human nature. This is why Jesus saves us, in spite of ourselves.



Death by Mosquito

Continued from page 1



WALK WITH ME A BIOGRAPHY OF FANNIE LOU HAMER BY KATE CLIFFORD LARSON

Fannie Lou Hamer was born the 20th child in a family that had lived in the Mississippi Delta for generations, first as enslaved people and then as share-

croppers. She left school at age 12 to pick cotton, as those before her had done, in a world in which white supremacy was an unassailable citadel. She was subjected without her consent to an operation that deprived her of having children. And she was denied the most basic of all rights in America—the right to cast a ballot—in a state in which Blacks constituted nearly half the population.

And so Fannie Lou Hamer lifted up her voice. Starting in the early 1960s and until her death in 1977, she was an irresistible force, not merely joining the swelling wave of change brought by civil rights, but also keeping it in motion.

Working with the Student Non-Violent Coordinating Committee (SNCC), which recruited her to help with voter-registration drives, Hamer became a community organizer, women's rights activist, and co-founder of the Mississippi Freedom Democratic Party. She summoned and used what she had against the citadel—her anger, her courage, her faith in the Bible, and her conviction that hearts could be won over and injustice overcome. She used her brutal beating at the hands of Mississippi police, an ordeal from which she never fully recovered, as the basis of a televised speech at the 1964 Democratic Convention, a speech that the mainstream party—including its standard-bearer, President Lyndon Johnson—tried to contain. But Fannie Lou Hamer would not be held back. For those whose lives she touched and transformed, for those who heard and followed her voice, she was the embodiment of protest, perseverance, and, most of all, the potential for revolutionary change.

Kate Clifford Larson's biography of Fannie Lou Hamer is the most complete ever written, drawing on recently declassified sources on both Hamer and the civil rights movement, including unredacted FBI and Department of Justice files. It also makes full use of interviews with Civil Rights activists conducted by the Smithsonian and the Library of Congress, and Democratic National Committee archives, in addition to extensive conversations with Hamer's family and with those with whom she worked most closely. Stirring, immersive, and authoritative, *Walk with Me* does justice to Fannie Lou Hamer's life, capturing in full the spirit, and the voice, that led the fight for freedom and equality in America at its critical moment. **Walk With Me** is available at

Amazon.com Review reprinted from *Amazon.com*

high calling of Christ Jesus.

Just what is the small stuff? Anything that has to do with our salvation through Christ Jesus is big; **everything else is small stuff.**

Consider the mosquito. It's an irritating insect; a blood-sucking carrier of diseases; a disturber of our peace; an unwanted and unneeded annoyance; something that gets swatted, slapped, and sprayed - yet it gets a lot of our attention. We give this tiny thing the power to exasperate, infuriate, and aggravate us, and make us crazy. Our problems often come disguised as mosquitos. They are continually bombarding us, buzzing around in our heads, never seem to go away, sucking out our life blood, making us angry, and driving us crazy. But until we do what's needed to eradicate the . Mosquitoes, as well as our problems, we will have to deal with the negative effects.

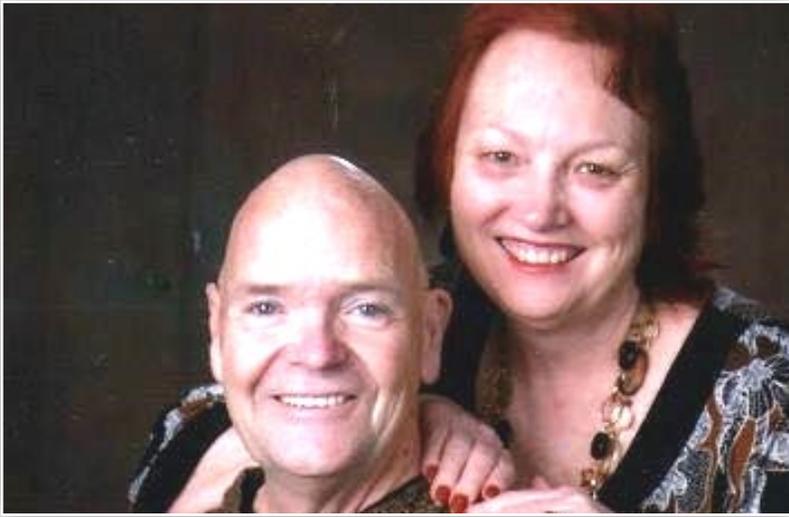
By changing your perspective however, you can change your relationship with the problem. A mosquito measures approximately 9 millimeters, or 0.354 inches. It is barely visible. From this perspective, you can see the absurdity of letting the mosquito - aka your problems - control you. Although troublesome, you are always bigger than your problems, especially when you have faith in God. With faith the Lord says you can move mountains - mosquitoes don't have a chance!

Yet, we make a big deal out of worrying about the small stuff. And in reality, what we worry about is all small stuff to God. The scriptures remind us not to sweat the small stuff. *"...do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ... Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field ... will He not much more clothe you - you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well"* (Matthew 6:25-33)

Don't sweat the small stuff. Stop stressing over little things that do nothing to glorify God. No matter how big your problems seem, God is so much bigger. Every promise from God comes to us through Jesus Christ - the one who experienced any and every problem the world could ever throw at us. Jesus assured that we would have problems, and He also reassured that we should "take heart" because He overcame the world.

Your mosquitoes maybe great, but God is greater. He is faithful to fulfill His promises to never leave or forsake us. Don't let the mosquitoes kill you. You are a child of the Almighty who *"made the heavens and earth by your strong hand and powerful arm. Nothing is too hard for you!"* (Jeremiah 32:17).

Meet the Newest SIS Ministries HOPE Award Recipients - Doug and Kim Hibbs



Sisters in the Spirit Ministries, Inc (SIS) is pleased to announce the newest recipients of the organization's **HOPE** Award are Doug and Kim Hibbs, owners of The Courthouse Restaurant in Gloucester County, Virginia. **HOPE** is an acronym for **H**elping **O**thers with **P**urpose and **E**mpowerment. The award is presented to those working in the Virginia counties of either Gloucester or Mathews, who, through their selfless efforts, facilitation, or direct service, are blessing others. Doug and Kim's nomination was unanimously selected by the SIS Board of Directors. The board recognized them as "truly embodying the spirit of the HOPE Award by going above and beyond expectations to make a difference in the lives of others.

Highlights from The Hibbs' nomination pointed out that "there are probably not many churches or non-profit organizations that have not received some kind of help from Doug and Kim. From the Friday night spaghetti dinners sold, with all profits being donated to the church or non-profit organization they are helping, to the free Thanksgiving dinners they host for the community each year, they are a tag team for the Lord who puts God's promises above profits. They provide regular donations to the Helping the Homeless Ministries; the GUEST emergency shelter program; the Salvation Army, and numerous other organizations. Doug is a member of the Gloucester Men's Ministry, and they conduct Bible studies from the restaurant."

"They are a God-fearing couple who puts their faith first and lets the Lord lead them" noted Rev. Dr. Katrina W. Brown, president and founder of Sisters in the Spirit Ministries, Inc. "They show the light of the Lord in all they think, say, and do, and exhibit their hearts of love to everyone they encounter. SIS is so proud to present our second HOPE Award to them," Dr. Brown said.

SIS created The **HOPE** Award in September 2021 as a public acknowledgement of those impacting others by "trusting in the Lord and doing good", in accordance to God's Word. The first HOPE Award winner was Mrs. Brenda Dixon, recognized for her work in facilitating COVID-19 vaccinations for the elderly. **HOPE** Award recipients receive a cash award, a specially designed certificate of appreciation, and a recognition ceremony held in their honor.

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
- And much more ...

We appreciate any amount.

Make your check payable to
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P.O. Box 649

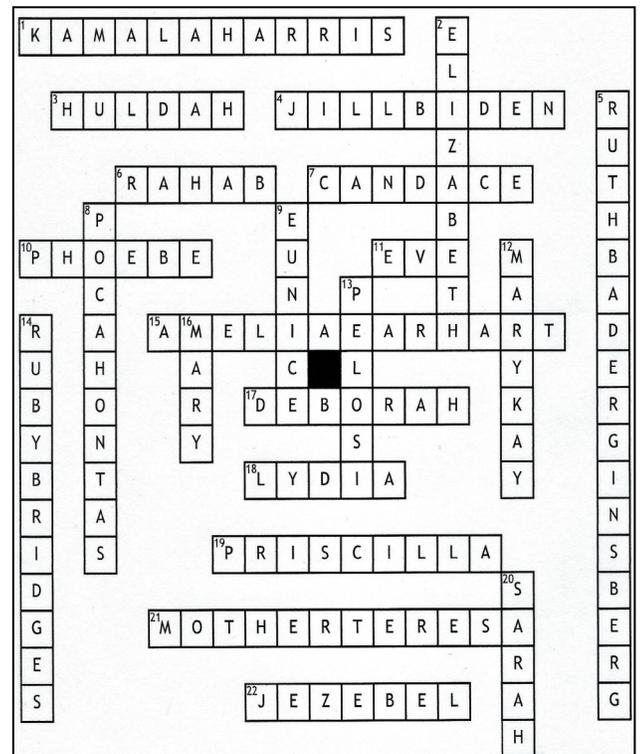
Gloucester Point, VA 23062

Or Cash App \$SntheS

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

THANK YOU FOR YOUR GENEROSITY!

History Making Women crossword 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



ALPHABET LOVE

After being married for thirty years, a wife asked her husband to describe her. He looked at her carefully, then said, "You are A, B, C, D, E, F, G, H, I, J, K." "What does that mean?" she asked suspiciously. He said, "Adorable, Beautiful, Cute, Delightful, Elegant, Foxy, Gorgeous and Hot!" She beamed at him happily and said "oh, that's so lovely! But what about I, J and K?" He replied "I'm Just Kidding!" The swelling in his eye is going down and the doctors are fairly optimistic about saving his genitals.

WHO'S IN CHARGE

A Drug Enforcement Agency (DEA) officer stopped at a farm the other day. He told the farmer "I need to inspect your farm for illegal growing drugs." The farmer said, "okay, but don't go in that field over there." The DEA officer verbally exploded saying, "Mister, I have the authority of the Federal Government with me!" Reaching into his rear pants pocket, the arrogant officer took out his badge and shoved it in the farmer's face.

"See this badge?! This badge means I am allowed to go wherever I wish ... on any land at any time! No questions asked or answer given! Have I made myself clear?... do you understand?!" the officer forcefully said. The farmer nodded politely, apologized, and went about his chores. A short time later, the farmer heard loud screams, looked up, and saw the DEA officer running for his life, being chased by a big old mean bull. With every step, the bull was gaining ground on the officer, and it seemed likely that he would surely get gored by the bull before he reached safety. The officer was clearly terrified. The farmer threw down his tools, ran to the fence and yelled at the top of his lungs "Your badge officer, show him your BADGE!!"

DO YOU KNOW JESUS?

An old nun who was living in a convent next to a construction site noticed the coarse language of the workers and decided to spend some time with them to correct their ways. She decided she would take her lunch, sit with the workers, and talk with them. She put her sandwich in a brown bag and walked over to the spot where the men were eating. Sporting a big smile, she walked up to the group and asked "do you men know Jesus Christ?" They shook their heads no, looked at each other, and were very confused. One of the workers looked up into the steelworks and yelled out, "anybody up there know Jesus Christ?" One of the steelworkers yelled down, "Why?" The worker yelled back, "cause his wife's here with his lunch."

THE GOLFER AND THE LEPRECHAUN

A man had just finished a putt and reached in the hole to get his ball, but pulled out a leprechaun instead. "Sure you have me now," cried the leprechaun, "but if you let me go, I'll give you three wishes!" "Thank you," said the man. "I don't really need anything, so I'll pass on the three wishes." He let the leprechaun go, and went off to finish his golf game.

The leprechaun was dumbfounded. Who had ever heard of such a thing? He sat on a pebble and thought to himself "such a man as that really deserves the three wishes!" I'll give them to him in spite of himself. But what shall I give him? Why money, of course! Everyone wants money" thought the leprechaun. "For his first wish he wants to be a millionaire! For his second wish, he wants to be a great golfer! And for the last wish, let him have a wonderful sex life."

A month went by and the leprechaun spotted the man playing on the course again. He jumped out of a hole and yelled up to the man "How you be doing?" The man smiled and said "hello, little friend. I be doing just fine." The leprechaun smiled back and said "and how's your money situation, if you don't mind my asking?" "It's funny you should ask," replied the man. "An uncle of mine passed away and left me a fortune!" "Hah! Is that so? And how's your golf game now?" "It's an amazing thing," said the man. "For the past few weeks I can't do worse than two under par!" "Sure, and that's wonderful!" With a sly look, the leprechaun asked "and how's your sex life?"

The man, obviously embarrassed, looked away and coughed, "Well, it's fine. Two or three times a month." "The leprechaun was aghast. "Two or three times a month? That's horrible!" The man looked up and said, "actually, it's not bad for a priest in a small parish."



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



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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

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Email to
sistersinthespiritministries@gmail.com
or to
kawbrown@yahoo.com

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