



Sisters in the Spirit Ministries **Newsletter**

Empowerment for the Christian Woman



A Change of Season

By Minister Dr. Katrina White Brown

*There is a time for everything,
and a season for every activity
under the Heavens.*

— Ecclesiastes 3:1

It's Autumn: a new season of the year and perhaps, a new season in life. For some, the change of season is simply wonderful, and the fall weather is most welcomed. With it's cooler climate and colorful landscape; fall is the best time of the year for those who find the summer heat hard to endure. For others who have agonized through a long season of suffering - sickness, grief, natural disasters, loss of income, or trauma, a change of seasons is not just necessary, its mandatory.

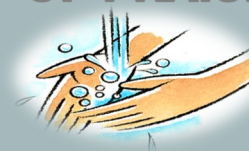
Solomon wrote in the Old Testa-

ment book of Ecclesiastes about seasons. The first 8 verses of chapter 3 is devoted to this topic. He pointed out that in the seasons of life we experience good and bad; happiness and sadness; laughing and weeping; war and peace. And just as it is with nature's seasons, the times in our lives also have a beginning and end; a reason and purpose; and will always change in one way or the other. This is a natural fact as well as a spiritual one.

The realization that all seasons have a time is key in understanding Solomon's point in Ecclesiastes 3: 1-8. The changing of the seasons is about timing, and timing is everything. Every experience in life has a

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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 the chorus of:

LORD, HELP ME TO HOLD OUT
By James Cleveland

*Lord, help me to hold out
Lord, help me to hold out
Lord, help me to hold out
Until my change is come*

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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



Sisters, you either believe you can, or you believe you can't. Both statements are true. You are what you believe you are.

I'm part of an Old School generation who was inspired to believe that we could do anything we wanted to do, and be anything we wanted to be. But, it could only be achieved through faith and hard work ... and the right attitude.

We were bolstered by riveting affirmations. Dr. Martin Luther King assured that no matter what our calling, our success was determined by our effort. He used as an example, a street cleaner. Dr. King said if you are called to sweep the streets, sweep them so well that all the hosts of heaven and earth will talk of your success. In other words, do the best, and be best at whatever it is you do.

Then, Maya Angelou pointed out *if you don't like something, change it. If you can't change it, change your attitude.* She affirmed that as humans, we have a lot of agency over our lives, attitudes, feelings, and beliefs. She encouraged us to find multiple ways of achieving our goals, even if it is not in the way you ideally want to do things. She said to think about what you can do – what achievable goals you can consider – and then go do them. It might take a while, it might be a hard road, but if you believe in your dreams, passions, and desires, mentally there's nothing you cannot do. You can gain victory, achieve your goals, and live your dreams, but only if you win on the battlefield of the mind.

Back in the day as my generation matured, we came to understand that in the ongoing fight for respect, equality, justice, and equal opportunities, weapons like our resolve, our education, and our determination could only achieve partial victory. Until we gained victory in the battlefield of the mind, we would repeatedly be defeated by our thoughts, beliefs, and attitudes.

Sisters, what's facing us is not nearly as important as our attitude towards what we face. Our attitude can determine our success or failure. The way you think about an obstacle may defeat you even before you ever face it. Winning comes when the thoughts, the attitude, the perspective, and the vision are all aligned for success. Victory is not always simple, quick, or painless, but it starts with believing you can win.

The real key to winning is not just believing however. We must use all that we have in conjunction with our faith. What we believe will keep us from perishing and give us everlasting life. What we believe gives us the ability to move mountains. What we believe makes all things work together for good to them that love God, to them who are called according to God's purpose. And, when we believe, "we can do all things through Christ which strengthens us." Believe in your power to succeed through Christ my Sisters!

Peace and Blessings Always,

Katrina W. Brown

GOD HAD OTHER PLANS FOR ME

By Rev. Jennifer Kimball



Rev. Jennifer Kimball is an Episcopal priest who has always had a plan; it was just different than the one God had for her. God called her to do ministry, and it landed her right in the middle of environments that were, at times, visibly misogynistic, racist, sexist, hopeless, disrespectful, faithless, and even godless. Yet, she endured, and is honoring her call by doing children's ministry, "... for such a time as this."

Reverend Jennifer Kimball is neither your typical minister, nor does she have a typical back story. She says "growing up in a sexist church and family, and not being content at all with that, I thought I would never take a job that was "women's work." I have stood up to gender stereotypes when playing sports (just as well as the boys), achieving grades, speaking in public, and becoming a priest. My mother would have been happy for me to have remained a quiet, shy woman who stays out of the limelight." But Rev. Jen acknowledges that "God had other plans for me."

The "other plans" that God had for Rev. Jen included family ministry, in particular, children's ministry. Long considered one of the more challenging assignments in ministry, those who focus on children and youth often find difficulty in coupling sound biblical doctrine with relevant, fun, engaging styles of teaching. Rev. Dale Hudson, a 30 year veteran in children's ministry, and the founder of the Building Children's Ministry organization, writes in Church Leaders magazine, "both what we teach and how we teach it are vital. Boring teaching of great Bible doctrine will not get through to kids. And fun, relevant teaching without solid Bible doctrine will leave kids without a strong faith foundation. It takes both working together, and it's easy to be discouraged when facing these challenges." For Rev. Jen, God's challenging plans for her life definitely posed a detour.

"Imagine my surprise and humility when I realized God called me to work with children, youth, and college students as a minister! My inner tough girl wanted to rebel. Why would I take on work that fit the harmful gender stereotype? Wasn't that going backwards, and reinforcing assumptions that kept women from being all they could become?" But Rev. Jen made an important discovery about her call. "This is the ministry that brings me the most joy, brings out the best I have to offer, feeds my soul, generates energy, inspires my creativity, and propagates tons of patience at a level that can only be due to the Holy Spirit doing Her thing."

Rev. Jen's approach to children's ministry is bold and courageous, because she sees children in ways that perhaps other don't. She understands that children learn from adults, but adults can also learn from children, because God speaks to them and through them. "In my reading and research on children's spirituality, I have come to one great conclusion: children know God before they are taught. This changed how I work with children, youth, and even adults. If we believe that we are one with God before we are born, and that all of life is an attempt to remember and reconnect with God, it leads us to treat each person with respect. It means we can learn from very young children – from their open trust, their blatant honesty, their wrestling with the right words to convey a thought or feeling."

Rev. Jen offers simple, but powerful advice: "open the ears of your heart when you are with them [children], and you will be enriched. Be with them in their joy of life, and you will find energy. Respect them, and they will repay you with trust. Pray with them, and you will find love. God be with each of us as we answer our calls to join hands with Christ and minister to the world." Amen!



Rev. Jen engages, interacts, and participates with those she ministers to by "meeting them where they are". She says, "I have fun, they have fun, and we all grow in God's love together."



Just for Fun

1. How did Moses heal the bitter waters of Marah? (Exodus 15:25)
 - ☐ He cast a tree into them
 - ☐ He touch them with his rod
 - ☐ He washed himself in the water seven times
 - ☐ He poured olive oil in the waters
2. What did Good send to feed the murmuring children of Israel? (Exodus 16: 13-15)
 - ☐ Bread and quail
 - ☐ Deer and fish
 - ☐ Wheat and seeds
 - ☐ Corn and barley
3. What did the children of Israel call bread? (Exodus 16:15)
 - ☐ Onani
 - ☐ Rama
 - ☐ Kafesh
 - ☐ Manna
4. What brought forth water when Moses struck it? (Exodus 17:6)
 - ☐ A rock
 - ☐ A clay pot
 - ☐ A tree
 - ☐ A pit
5. Where did Moses receive the Ten Commandments? (Exodus 31:18)
 - ☐ Eleon-Zeber
 - ☐ Mount Sinai
 - ☐ The Mount of Olives
 - ☐ Mount Ararat
6. What structure did the Lord command the children of Israel to build? (Exodus 25:8-90)
 - ☐ A statue
 - ☐ A fountain
 - ☐ A tomb
 - ☐ A tabernacle
7. What did the children of Israel do to repent of their sins? (Exodus 30:10)
 - ☐ Spill small amounts of their own blood on the altar
 - ☐ Carve idols of the Lord
 - ☐ Perform a sin offering through animal sacrifice
 - ☐ Meditate
8. How many elders did Moses choose to assist him? ((Numbers 11:16)
 - ☐ 70
 - ☐ 40
 - ☐ 512
 - ☐ 12
9. What was the antidote for the venom of the fiery serpents that bit the children of Israel? (Numbers 21:9)
 - ☐ Look at a brass serpent
 - ☐ Receive a blessing from a high priest
 - ☐ Perform a healing offering
 - ☐ Bathe in the river 7 times
10. Who replaced Moses in his position as leader of the children of Israel? (Numbers 27: 22-23)
 - ☐ Eleazar
 - ☐ Ammon
 - ☐ Caleb
 - ☐ Joshua
11. How many people survived from Sinai to the plains of Moab near Jericho? (Numbers 26: 64-65)
 - ☐ 20
 - ☐ 601,730
 - ☐ 2
 - ☐ 150

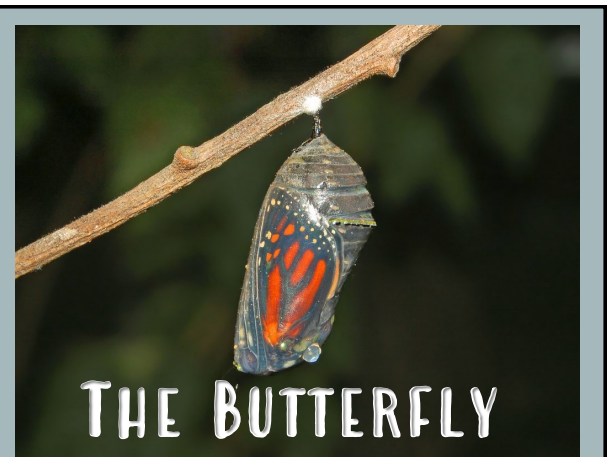
CONGRATULATIONS MRS. BRENDA DIXON RECIPIENT OF THE 1ST SISTERS IN THE SPIRIT HOPE AWARD



Mrs. Dixon received \$100 as part of her award. SIS treasurer Ronald Brown presents the representative check..



The HOPE Award presentation took place on Sunday September 12th at Mrs. Dixon's home church, Shepherdsville Baptist Church. In accepting the award she said she was honored "to do God's Will and to help others whenever and wherever I can."



One day a man discovered the cocoon of a butterfly. Every day he watched, fascinated by the development of the cocoon.

After about a week of watching, a small opening appeared in the cocoon. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole.

Suddenly it appeared as though the butterfly wasn't making any progress in getting out of the cocoon. In fact, it looked as though the butterfly was stuck.

So the man decided to help. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily, although it had a swollen body and small, shriveled wings.

The man didn't think anything of it and sat there waiting for the wings to enlarge to support the butterfly. But that never happened. The butterfly spent the rest of its life unable to fly, crawling around with tiny wings and a swollen body.

Despite the kind heart of the man, he didn't understand that the restricting cocoon and the struggle needed by the butterfly to get itself through the small opening, were God's way of forcing fluid from the body of the butterfly into its wings. This was how the butterfly prepared itself for flying once it was out of the cocoon.

In many ways, our struggles in life are just like the butterfly trying to get out of the cocoon. Our struggles develop our strength. Without struggles, we never grow and never get stronger, **but** we are never alone in our struggles. God is always in the midst giving us what we need.

The Bible is full of verses about struggle and perseverance, because as followers of Jesus, we will struggle with trials and tribulations. If Jesus had to endure them, so do we. But God equips us to overcome obstacles. And you can be assured that if God leads us to it, God will lead us through it.

READ
BOOKS.
KNOWLEDGE
IS POWER.

A CHANGE OF SEASON

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time, which lines up with God's perfect timing.

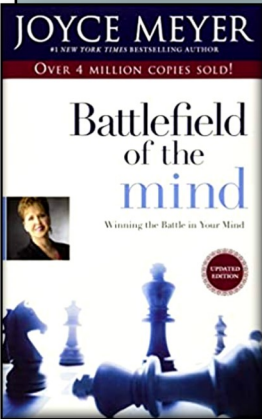
God has a plan for all people. God provides cycles of life, or seasons. Although each cycle has a specific purpose all of our seasons are designed *"to prosper us and give us a hope and a future"*. (Jeremiah 29:11) Although the problems we face may seem to contradict God's plan, we must see problems as opportunities to wait on God, who may not come when you want, but who is indeed, always on time.

Ecclesiastes 3 notes that there is even a time and a season of temptation. Jesus experienced His season of temptation during a 40-day period when, being filled with the Holy Spirit, He was led into the wilderness. The scriptures tell us that Satan presented numerous temptations to Jesus during His wilderness season. Jesus was hungry; Satan offered food. Jesus was humbled and lowly; Satan offered vast riches and great wealth. Jesus called on His Heavenly Father; Satan offered the Word of God.

But Jesus' season of temptation was also His season of strength. When Jesus exercised His authority over Satan the devil had to flee. Satan only viewed this as a temporary setback however. Luke 4:13 records that *"when the devil had finished tempting Jesus, he left Him until the next opportunity came."* This simply means that although harsh seasons may return in your life, God will provide what you need to endure.

God equips us for the seasons of our lives. The Holy Spirit provides strength, nourishment, wisdom, power, and authority so that we can move forward throughout the seasons of our lives as they come and go. Each season has a purpose in God's plan for our lives, and God assures us that we will reap a harvest of blessings *if we do not become weary in doing good*. When we experience our season of reaping, it will be in righteous abundance. (2 Corinthians 9:10)

Trust God through every season of your life, whether good or bad. The secret to knowing peace with God is to discover, accept, and appreciate God's perfect timing for your change of season.



BATTLEFIELD OF THE MIND BY JOYCE MEYER

According to the author "a war is raging. Your mind is the battlefield." ***Battlefield of the Mind*** is an oldie but goodie. Although the book was written in 1995, it's advice is just as relevant today as it was 26 years ago.

The book not only provides an up close and personal discussion of the problems and issues people face, but it also offers legitimate solutions to combating and conquering these issues.

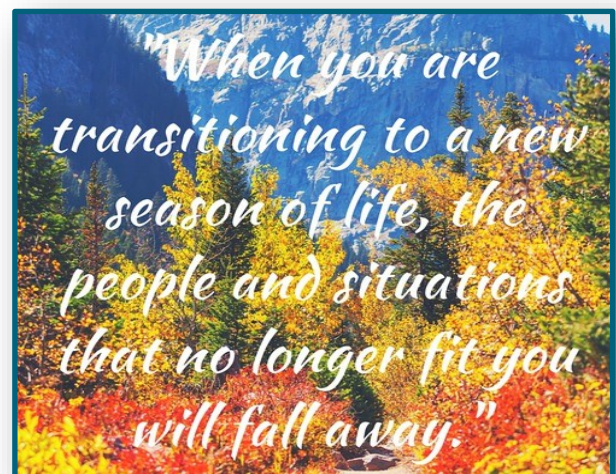
This is a written testimony to a belief that Joyce Meyer maintains about how lives are changed. She says our lives start to change when we start to change our minds. Further, she suggests being proactive about making the change. She doesn't advocate taking a "pray and wait" approach." Instead, she provides reasonable, practical, and effective tips and action steps to focus the mind on overcoming the negative and limiting thoughts we experience that keep us from becoming all that God has created us to be.

What will winning on the ***"Battlefield of the Mind"*** accomplish? Meyer says you can:

- "Gain control over your mind and find freedom and peace."
- "Recognize damaging thoughts and stop them from influencing your life."
- "Be patient with yourself even when you make mistakes."
- "Arm yourself with the Word of God, praise, prayer, and other powerful spiritual weapons."
- "Overcome your mental 'wilderness' – the bad attitudes and excuses people use that keep them from God – and find undreamed-of happiness and fulfillment."

If you do suffer from conditions of the mind such as worry, doubt, confusion, depression, anger, and feelings of condemnation - these are all addressed, as well as the consequences of judgmental, critical, suspicious, wandering, and passive minds. She points out that "we must be motivated from within, not from without. We must live our lives before God, knowing that He sees all and that our reward will come from Him if we persist in doing what He has asked us to do."

Battlefield of the Mind is available on Amazon.com



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may be built up ... " Eph. 4:12

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Use this link to view on You Tube

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EMPOWERED

VIDEO SERIES

PARENTING WITH A LITTLE MORE JESUS

If you're a parent, you already know that parenting is the toughest job on earth. There's no training, no probation period, and no user's manuals. Back in the day some parents used to threaten kids that got out of line by saying "I brought you into this world and I will take you out!" But before you do that, try parenting with a little more JESUS. This new video from Sisters in the Spirit Ministries can give you some simple tools and tips that will help you start and end your day with Jesus!

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!



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 also distributed online, and in businesses and organizations throughout the community.

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Contact SIS

By mail:

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

By e-mail:

sistersinthespiritministries@gmail.com
or kawbrown@yahoo.com

40 Years of Seasons

Answers

1. He cast a tree into them
2. Bread and quail
3. Manna
4. A rock
5. Mount Sinai
6. A tabernacle
7. Perform a sin offering through animal sacrifice
8. 70
9. Look at a brass serpent
10. Joshua
11. 2



Please let us know what you think about the newsletter, and what articles you would like to see. Send your comments to SIS P.O. Box 649 Gloucester Point, VA 23062 or email your comments to sistersinthespiritministries@gmail.com

THE LAST LAUGH



FLIGHT PLANS

On a plane bound for New York, the flight attendant approached a young woman who was sitting in the first class section of the plane. She was absolutely gorgeous. She was dressed in the finest designer clothing, wearing flawless make-up, and stunning jewelry, but she did not have a first class ticket. The flight attendant asked her to move to coach, but she was not having it. She loudly announced that "I'm young, I'm beautiful, I'm going to New York, and I'm NOT moving."

Not wanting to argue with a customer, the flight attendant asked the co-pilot to speak with her. He went to talk to the woman and asked her to please move out of first class. Again the woman said "I'm young, I'm beautiful, I'm going to New York, and I'm NOT moving." The co-pilot returned to the cockpit and told the captain about the problem. He explained that although the woman had a very entitled attitude, she really didn't seem to be to bright. Immediately the captain went to the first class section and whispered something in the woman's ear. She jumped up and ran to the coach section of the plane mumbling to herself, "why didn't they just say so in the first place."

Surprised, the flight attendant and the co-pilot asked what the captain said that finally convinced the woman to move from her seat. The captain said "I just told her that the first class section wasn't going to New York."

WRONG ADDRESS

Consider the case of the Illinois man who left the snow-filled streets of Chicago for a vacation in Florida. His wife was on a business trip and was planning to meet him in Florida the next day. When he reached his hotel, he decided to send his wife a quick e-mail. Unfortunately, when he was typing his wife's address, he missed one letter, and his e-mail ended up going to an elderly preacher's wife whose husband has passed away only the day before. When the grieving widow checked her e-mail, she took one look at the monitor, screamed, and fell to the floor in a dead faint. Hearing the commotion, her family rushed into the room and saw the e-mail on the screen: "Dearest wife, just got checked in. Everything prepared for your arrival tomorrow. By the way, it sure is hot down here."

KNOW YOUR SCRIPTURES

A pastor moved into a new town and went out one Saturday to visit his neighbors. All went well until he came to one house. It was obvious that someone was home, but no one came to the door even after he knocked and knocked. Finally he took out his business card and wrote on the back "Revelation 3:20" and stuck it in the door. (Revelation 3:20 reads: "Behold, I stand at the door and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.")

The next day one of the ushers came up to the pastor after service and gave him that same card. The person whom he had left the card had written a message under Revelation 3:20 which read Genesis 3:10. (Genesis 3:10 reads "I heard thy voice ... and I was afraid, because I was naked.")

BIBLE KNOWLEDGE

A Sunday School teacher asked her students to draw a picture of their favorite Old Testament story. As she moved around the class, she saw there were many wonderful drawings being done. Then she came across the drawing that one little boy had done. He was busy drawing a man driving an old car. In the back seat were two passengers—both scantily dressed. "It's a lovely picture," said the teacher, "but what story does it tell?"

The little boy seemed surprised at the question. "Well," he exclaimed, "it's the story of Adam and Eve leaving the Garden." "Adam and Eve," the teacher asked with a puzzled look on her face. "Yes of course" said the little boy. "The Bible says that God drove Adam and Eve out of the Garden of Eden?"

A QUICK LAUGH

Question: What do they call pastors in Germany?

Answer: German Shepherds