

SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

Spring 2025

www.sligowomensministry.org

Am I My Sister's Keeper?

The Book of Ruth reflects an openness to the wider world and acceptance of other cultures. Ruth decides to leave and go with her mother-in-law. This showed the support and nurturing that Naomi had shown to her daughter-in-law. Ruth is rewarded a new life and is accepted in the new culture. Naomi and Ruth were their Sister's Keepers. Are you?



"Wherever you go, I will go, I will live and love beside you.
Your family will be my family, and together we will go with God.

Blessed be God Who helps us transcend the strong birth ties that bind us,
Who ties the cord that connects us in faith to a new security.

Wherever you stay, I will stay, content and secure around you.
Your hopes will be the source of my hope, and together we will hope in God.

Blessed be God Who unites two streams to form one current together,
enriching the lives of all on whom their fullness overflows.

Wherever you are, I will be, living and loving inside you.
Your dreams will be my energy, and our future will be with God.

Blessed be God Who sinks deep roots in us as the new creation,
taking the best of what has been for the seeds of what will be.

Wherever You go, we will go, Wherever You are, there we will be.
Your love is all-encompassing, and that is enough for me."

WomanWitness: "A Covenant Psalm"

Dr. Lottie Isbell Blake: Pioneering Physician and Missionary

Dr. Lottie Isbell Blake (1876-1976) who lived to be 100, was the first African American Seventh-day Adventist to become a licensed physician. Born and raised in a Baptist family, she trained as a teacher. However, when at age 20 she became a Seventh-day Adventist, she was encouraged to attend Battle Creek Sanitarium to study nursing. While she was there, Dr. John Kellogg encouraged her to become a doctor, which she did.



Earning her medical degree at age 26, she was the first African American Adventist to become a licensed physician. Her career led her to Huntsville Manual Training School, (now Oakwood University) where she was the first Black faculty member with a doctorate.

While there Dr. Blake established the nurses training program, which continues today.

Marriage and Missionary Work

When Lottie married David Blake in 1907 the couple moved to Nashville where they reestablished the Rock City Sanitarium, the forerunner of the Riverside Sanitarium and Hospital, the first Black Seventh-day Adventist medical facility in that region. At this time her husband completed his medical degree at Meharry Medical College.

Later, the growing family went to Panama and Haiti as self-supporting missionaries. Unfortunately, they contracted malaria and had to return to the United States.

Many Years of Medicine

Sadly, David contracted pneumonia and died before they could begin their medical work in Charleston, West Virginia. The widow sent her children to live with family in Columbus while she worked in Charleston for about five years. Afterward, Lottie reunited with her children and continued practicing medicine in the area. In 1935, she moved to Pittsburgh where she discovered the cure for "Smokey City pneumonia", a type of pneumonia caused by the pollution in Pittsburgh and other industrial cities.

Well-deserved Honor

When Dr. Lottie Isbell Blake retired in 1957 at age eighty-one, she was honored by the American Medical Association.



By Dr. Joan Francis, Leader of Women of the Word Sabbath School Class

See Encyclopedia SDA or Google her for more fascinating information about this amazing woman.

How to Stay Calm in 2025

We are living in tumultuous and challenging times. If you are experiencing heightened anxiety and dread, you are not alone. There is much to be concerned about, and each new day seems to bring a new calamity.

As a psychotherapist, it is my privilege to teach the principles of emotional regulation. I recommend activities that stimulate internal relaxation, such as deep breathing and humming. For best results, I encourage doing these activities slowly and for longer than feels practical. I would be a poor practitioner if I did not recommend rest, such as taking breaks from social media and screens of every kind, taking brief vacations from responsibilities, and enjoying one day of complete rest from the day-to-day grind. (The seventh day of the week would be good.)

After more than twenty years of working with people experiencing various crises and challenges of every kind, I can assure you that I know only one sure way to stay calm in a crisis. It is the behavior that you will dimly see in the gaze of a child with a loving, supportive parent; in the eyes of a pet with a caring, effective owner; in the face of an employee with an understanding and beneficent supervisor. But it is only fully known in the arms of the Savior.

The only way to stay calm in a crisis is to know the God of Heaven personally and to remember that God will determine the outcome, not just at the end of the world but at the end of this time during which you are struggling. Perhaps you were expecting something more profound, perhaps more practical; but I know of no better place to bring one's distress and receive peace than before God's throne of grace and mercy.

Now is the time to discover whether you truly believe that God is who He says He is. If you are unsure, learn to know God personally and you will be convinced. Then let the reality of knowing a loving Heavenly Father be with you through moments of distress as you find His peace.

by Lorette Gray



Mary McLeod Bethune: Educator and Civil Rights Activist



“Without faith, nothing is possible.
With it, nothing is impossible.”

Mary McLeod Bethune

Mary McLeod Bethune was a woman of strong and enduring faith. In 2022, she became the first Black woman honored with a statue in the U.S. Capitol’s Statuary Hall, a testament to her enduring influence.

Born in South Carolina in 1875, she was the fifteenth of seventeen children. Her grandmother and mother were former slaves, and she credited them both with inspiring her work toward equality. As a youth, she observed numerous instances of inequality and Jim Crow racism. Despite overwhelming societal odds, she graduated from the Barber-Scotia College and the Moody Bible Institute.

An educator, civil-rights activist, and presidential advisor, she is best known for founding Bethune-Cookman College in Daytona Beach, Florida. She referred to her female students at Bethune-Cookman as black roses, after seeing a black rose bush in Switzerland. She also founded the National Council of Negro Women in 1935.

Mrs. Bethune was a good friend of Eleanor Roosevelt and also influential in President Roosevelt’s New Deal. As a result, he appointed her Director for the National Youth Administration, a New Deal Agency that helped unemployed African-American youth during the Depression. She also lobbied President Roosevelt for equal consideration for African Americans in government jobs and defense industries. Mrs. Bethune, who became known as the First Lady of the Struggle, was the Vice President of the National Association for the Advancement of Colored People (NAACP) and the National Urban League (NUL).

From 1890 to 1955, Mrs. Bethune continually fought for freedom and equality. When she died in 1955, the Washington Post noted: “So great were her dynamism and force that it was almost impossible to resist her . . . Not only her own people, but all America has been enriched and ennobled by her courageous, ebullient spirit.”

By Heather Oliver



Sources:

The First Ladies by Marie Benedict and Victoria Christopher Murray.

Mary McLeod Bethune, en.wikipedia.org

Dedicated to Service



Pastor Keila Carmona

Pastor Keila Carmona serves as the Youth and Young Adult Pastor at Sligo Seventh-day Adventist Church in Maryland. She is dedicated to mentoring young people, walking alongside them in their faith journey, and fostering spiritual growth.

A Life of Ministry and Purpose

Inspired by strong women in ministry, Pastor Keila realized her calling was more than a career—a personal and spiritual journey. In college, she worked with teens and young adults, engaging in outreach and leadership. Witnessing the impact of discipleship, she felt an undeniable call to ministry. "Discipleship is the core of my ministry—guiding young people and partnering with God in their transformation," she explains.

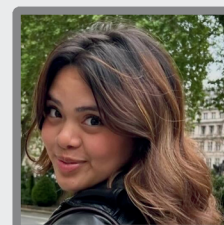
Overcoming Challenges

Pastor Keila's journey has not been without its hurdles, but she approaches them with a light heart and faith-filled determination. Instead of external barriers, she found herself navigating moments of self-doubt. Through prayer, reflection, and trust in God's plan, she learned to quiet the inner critic and confidently embrace her calling. She believes in the power of setting boundaries, taking time for self-care, and remembering that she's not alone—God is always guiding the way. Pastor Keila shares that one of her most important lessons is to trust in God's timing. "There have been moments when I felt uncertain, but God showed up in unexpected ways every time," she says. She encourages others to embrace the journey, even when the path isn't clear, and to remain faithful through every season of growth.

Encouragement for Women in Ministry

Pastor Keila advises young women, "Your calling is bigger than you can imagine! Be intentional about whose voice informs your self-talk. Believe in yourself and God's purpose for you." She highlights that ministry is not about perfection but willingness and trust in God's plan. With a Bachelor's degree in social work, a Master of Arts in Youth and Young Adult Ministry, and a Master's in Social Work specializing in trauma-informed practice with an emphasis on marriage and family therapy, all from Andrews University, Pastor Keila is well-equipped to mentor young people. Yet, her kindness, patience, and understanding define her ministry. She remains committed to empowering future leaders and helping them embrace their faith and calling. Her story reminds us that authentic leadership is about faith, service and commitment to God's calling.

by Daniela Cruz, Sligo Youth Leader





Connection Central: 9:00 am every Sabbath in Sligo Atrium

Online Events

Women of the Word: 9:30 am every Sabbath led by women

Prayer Gathering: 11:00 am every Sunday and 7:00 pm every Wednesday

Book Club: 7 pm 2nd Wednesday with Kay Rosburg

Calendar

Sligo Hiking Club: First Saturday of every month at 3 pm. Enjoy the beautiful spring weather. Watch the bulletin for details. To be on the mailing list please contact Pr. Rick Johns at rjohns@sligochurch.org

House of Prayer: Four Wednesdays at 7 pm. April 23 - May 7, 2025. Come receive prayer for Your Family, Your Healing, Your Job, and Our Nation. Hybrid @ Sligo Church.

WM Newsletter Team Members

Elizabeth Abel, Joan Francis, Carol Jednaszewski, Carolyn Kujawa, Elma LaTouche, and Heather Oliver.



Join us for Prayer Brunch!

Women's Ministry

Rise in Faith

Speaker: Celeste Ryan Blyden

April 13, 2025 at 11:00 AM
Check-in begins at 10:30 am

Sligo Church, Atrium
7700 Carroll Ave, Takoma Park, MD 20942

**Seats are limited
Register Today!**



To register scan QR code or visit sligochurch.org

For information contact:
womensministry@sligochurch.org

Women's Ministry Vision, Mission, and Purpose

Vision

Glorify God by challenging women to know God personally, to grow in Christlikeness, to discover and use spiritual gifts, to love and serve others, and in all we do to reflect the beauty of the Lord Jesus Christ.

Mission

Empower, nurture, and spiritually uplift women in the church and the community.

Purpose:

Encourage and support women as they discover their God-given gifts and fulfill their various roles in the church and the community.