

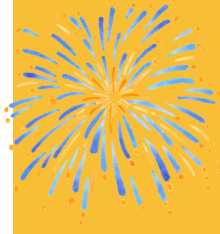
# SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

WINTER 2023

[www.sligowomensministry.org](http://www.sligowomensministry.org)

## RESOLUTIONS



**A new year** is here, a time to sigh and wish the old one a fond good bye.  
A time to put the past behind for the new one God has designed.  
A new year has come, a fresh new start, one to receive with an open heart.  
A time for God to reveal to us why this one to Him we must trust.  
A new year is here, a time to sing for all the wisdom God will bring!

By Deborah Ann Belka

## A New Year and a New You

by Elizabeth Abel

The Advent season brings joy. It is the season of gift giving. The Wonderful Counselor, Mighty God, Eternal Father, and Prince of Peace came to this earth as a babe and lived among us. As the Lamb of God, He kept His promise of salvation. We received the greatest gift.

As the new year dawns, as Adventists, messengers of hope, we continue to wait on Christ's Second Advent. What shall we do as we wait for His return? Let's make a new year's resolution to be intentional followers of Christ, allowing Him to transform our characters.

The first sermon Christ gave His disciples and followers are the Beatitudes, which illustrate the heart of God. They challenge us to consider where and how our privileges keep us from seeking God.

We make a mistake if we separate Jesus' words from His actions. We diminish Jesus—and ourselves—when we interpret His teachings through any filter other than that of Christ's life and ministry. Jesus pronounced blessings on the meek, the hungry, the impoverished, and the oppressed. But what did He do before and after this declaration? He empowered the meek; He fed the hungry; He cared for the poor; He demanded justice for the oppressed.

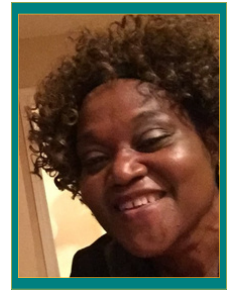
Blessed are the peacemakers. Jesus tells us those who put their faith in Him and actively pursue peacemaking are the children of God since they reflect the Father's character of peace and unity. In this war-torn world, where we witness the tears of children and parents, where political strife and divisions prevail, where earthly peace seems remote, we can be peacemakers and be called His daughters, members of God's great family.

Let us renew our commitment to be Christ's followers, to do as He did. Be blessed!

Sligo Seventh-day Adventist Church

# The Power of Music

by Dr. Judith A. Upshaw, Counseling Psychologist



Do you have a favorite song, hymn, or piece of music? If so, what is it? How do you feel when you listen to it? Does your selection help elevate your mood, reduce stress, stimulate positive memories, or decrease pain? If so, you have experienced the mental, physical, and spiritual benefits of music.

According to the American Music Therapy Association, music can promote wellness, assist in managing stress, help you find words to express feelings, promote physical rehabilitation, and increase blood flow throughout the body. Research also affirms that music can empower women and may be better at regulating the moods of women more so than men.

The empowerment of women is defined by the European Institute for Gender Equality as: "The process by which women gain power and control over their own lives and acquire the ability to make strategic choices." According to Sound Well Music Therapy, music helps women find their voices. The therapeutic use of music can help women who have experienced trauma feel grounded and safe. This can be accomplished through singing, drumming, lyric analysis, guided meditation, and prayer accompanied by music. Music therapy also provides a way for trauma survivors to reclaim their lives and heal.

Spiritually, music can benefit you by healing your soul, strengthening your faith, increasing your self-awareness, and helping you to feel more optimistic about life. Whether you want to learn to relax your mind or receive inspiration, music can help you connect and fellowship with one another and put your life in tune.

Experience the Power of Music at the "[Music for the Mind & Memory](#)" seminar. Register early to attend the in-person interactive seminar on January 20, 2024, hosted by Sligo Women's Ministry.

## 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.

## I Do Hereby Resolve...

by Carolyn Kujawa



**January 1, 2024.** Hang up a new calendar. Be brave and consider making New Year's resolutions. Not a lot, maybe just one. Perhaps you realize your life is a frantic race, so you'll resolve to drop a task or two. Or with just a few minutes a week, you'll cheer a distant friend with a note or text. Perhaps you have time and you'd like to help with one of the Sligo Church ministries. Where are your talents

and interests? Could you join the Homeless Ministry team, using your sandwich-making skills? Or does working with children make you smile? How about helping with children's Sabbath school? Feel a bit lonely sometimes? Make new friends on the Prayer Ministry team or the Sligo Women's Ministry team. What New Year's resolution will make 2024 a good year for you? For others? Write down your resolution. Stick it on your bathroom mirror. Whatever you do, let your resolution bless your year.



### Women in Genesis



Genesis can mean many things including origins, coming into being, the start, the first. As we look forward to the new year of resolution and new beginnings some will decide to read the Bible through from Genesis. So let us see if you can identify some of these women in the Book of Genesis.

ADAH

BASHEMATH

DEBORAH

MILCAH

ZILLAH

ASENATH

BILHAH

ISCAH

NAAMAH

ZILPAH

Identify these women; give the reference where they are mentioned in the book of Genesis. Then email your answers to [womensministry@sligochurch.org](mailto:womensministry@sligochurch.org) by January 31, 2024. The first three persons to submit the correct answers will receive gifts.

## Know the Women Elders of Sligo

by Dr. Joan Francis

Women are an integral part of Sligo Church. Many women serve as elders under the leadership of Terri Jo Hayes, a co-leader of the group. Female elders, like their male counterparts, are able and willing to be of assistance to you.

You are welcome to share your ideas and concerns with our female elders:



**Terri Jo Hayes**

Elizabeth Abel, Jean Arthur, Ester Bacud, Kylynda Bauer, Myrna Bas, Renee Brooks, Charlotte Conway, Dori Davis, Sharon Ford, Suseela Drumheller, Joan Francis, Heather Griffin, Terri Jo Hayes, Cosette Jamieson, Louvina Joseph, Alka Pandit, Dawn Reynolds, Donna Robinson, Naomi de Jesus Rodrigues, Ivybelle Roye, Brianna Stewart, Dee Taylor, Elizabeth Tomenko, Judy Upshaw, and Elisabeth Wear

## Kitt Watts

Catherine Bea ("Kit") Watts, a prominent Seventh-day Adventist leader and advocate for women in ministry, passed away on November 15, 2023 at the age of 79 after battling cancer. She served as assistant editor of Adventist Review and coordinated four special issues of the magazine focusing on women's issues. She was the first woman on the pastoral staff of Sligo Church and participated in the seminal "Role of Women in the Church Study Committee." She was the founding director of the Women's Resource Center at La Sierra University and attended 23 consecutive annual conferences of the Association of Adventist Women. She retired in 2007 and spent her remaining years as an Oregon rancher. A memorial service was held on December 18 at the Walla Walla University Church.



Read more at: <https://adventistreview.org/obituary/adventist-women-trailblazing-advocate-kit-watts-dies-at-79/>

# Family Ministries and an Important Resolution

by Drs. Samuel Perez and Rhoda Gottfried Perez

At the beginning of a new year, as we think about resolutions, consider the meaning. A resolution is a decision, a pledge, a declaration of steadfastness. The pastor's recent sermon from 1 Samuel reminded us that parents are responsible for the character of their children. Because Eli failed to check the evil in his sons, his sons exploited those who came to the temple. And yet Hannah dedicated her young son to serve in the temple. Because of his parents' dedication, God had a willing messenger in Samuel.

In Family Ministries we recognize that our children will be faced with tests of eternal consequences. As parents, we should make the important resolution to take the training of our children seriously. We desire to use our time to teach our children well, building strong character in each child entrusted to our care. Education, music, and sports are important in our children's lives. In these and many other areas we can help our children build strong, Christ-like characters.

Family Ministries is developing plans to have more family social time and community connection within Sligo Church to support an outward-focused mission. We will soon move forward with several ideas and will invite family participation. We hope to highlight various families as a way of getting to know each other.

Perhaps one of your New Year's resolutions is to work with Family Ministries. Contact us via email [familyministries@sligochurch.org](mailto:familyministries@sligochurch.org) and tell us how you would like to be involved.





# Your Health and You!

Dr. Rhoda Gottfried Perez



Every day we have the opportunity for newness. Each day we have the freedom to change, to discard destructive habits, and to build new and better ones. However, the official start of the New Year on January 1 is often when we decide to turn over a new health leaf.

Since we tend to indulge over the Christmas holidays, on New Year's day we may think of changes we should make. Often, gyms are filled with new members in January, but by February, many of us are once again couch potatoes.

Our health is the result of the decisions we make each day. Although many factors impact our health, and disease may be caused by factors outside of our control, many factors are within our control.

To improve my health, I need to know what to change. Sometimes, a health seminar provides new information about health concerns. But awareness alone, though helpful, will not help me change. I must know the consequences of my choices. If I am eating late at night, perhaps I am bored or lacking social contact, so late eating is fulfilling. Understanding my unwanted behavior helps me to change.

To change, I must understand my motivation. If I cannot find time to exercise, I need to ask myself "What are the rewards when I exercise?" I can focus on the rewards and celebrate each small bit of exercise I build into my daily routine.

If we brought home an expensive appliance or a new car, we would not ignore the instruction manual. Similarly, we should not ignore the guidance our Creator has given us for good health. As we resolve to live more healthfully, as we set realistic goals for ourselves and meet these goals, we will work toward the good health He wishes for us.



# Rachel “Anna” Knight

By Heather Oliver

Rachel “Anna” Knight was an African American Adventist missionary nurse, teacher, colporteur, Bible worker, and conference official.

Anna Knight was born in 1874 in Jasper County, Mississippi. Anna’s family were emancipated slaves who subsisted primarily as sharecroppers. Anna, however, was described as having “an amazing appetite for knowledge.” As a child, she loved to read every document on which she could get her hands. On one occasion, Anna received a copy of a short paper called *Comfort*. After



seeing ads in this paper Anna requested and was sent *Signs of the Times*, as well as other tracts and doctrinal Seventh-day Adventist (SDA) books. She studied the books and began to observe the Sabbath, then decided to move to Tennessee for additional instruction about the Adventist faith and beliefs. Eventually, Anna Knight was baptized into the SDA Church.

Anna attended Mount Vernon Academy in Ohio. Then with hard work, intense focus, and determination, Anna graduated as a missionary nurse from Battle Creek College. Her first missionary field was in segregated Jasper County, Mississippi. There she helped establish a school and taught twenty-four pupils in eight different grades. She also taught adults to read, write, cook and preserve food and live according to the principles of temperance. Because of her work in Mississippi, Anna became known to the General Conference (GC), and at a GC General Session, Anna overheard nurses discussing the critical need for nurses in India. Anna felt the call to help women in India. She sought God’s direction and became convinced that she should go to India. Anna’s motto was: “I prayed and worked on it.”

Not long afterward, Anna received her first assignment at the Karmatar Village Training School in India. Thus, she became the first female SDA missionary to India. Later she returned to U.S., and in 1909, Anna opened a sanitorium in Atlanta, Georgia.

Anna Knight accomplished goals unthought of in her youth. She traveled the equivalent of twenty-three trips around the world. For many groups in India and for hundreds of Black people in the South, Anna Knight showed repeatedly that even one committed and consecrated Christian person can make a difference. She died on June 3, 1972, at the age of ninety-eight.

Resource: “Called by God: Innovative Administrator – Anna Knight 1874 to 1972” by Josephine Benton.



**CONNECTION CENTRAL** | 9:00 AM  
EVERY SABBATH IN SLIGO ATRIUM

## ONLINE EVENTS

**SLIGOCIZERS** | 10:00 AM  
EVERY SUNDAY WITH LOUVINA JOSEPH

**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** | 7:00 PM  
2ND WEDNESDAYS WITH KAY ROSBURG




WM Newsletter Team Members: Elizabeth Abel, Joan Francis, Carol Jednaszewski, Carolyn Kujawa, Elma LaTouche, Leida Martinez and Heather Oliver

Unlock the secrets of music with our Mind & Memory Interactive Seminar! Come join us in person and learn how to listen to music like a pro, curate playlists that soothe your soul, and weave music into your everyday life. Get ready to amp up neuron connections, and let your spirit soar! Limited spots available, so hurry!

For details, check out

[Music for Mind & Memory](#)

Calm Your Stress  
**MUSIC FOR MIND & MEMORY**  
An Interactive Seminar - Music Therapy



**Dr. Alicia Barksdale**  
Director, Music Therapy Program  
Washington Adventist University

**January 20, 2024, at 2 p.m.**  
Sligo SDA Church, 7700 Carroll Ave., Takoma Park, MD 20912

*Special program for children 5-12 years old led by  
Family Ministry & WAU Music Program*

Registration Required  
[sligowomensministry.org](http://sligowomensministry.org)



## March 2024

### International Women's History Month

We will celebrate the contributions of  
Sligo Women

