

SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

2026 Q1



NOW IS THE TIME

Sligo Church has embraced the theme “NOW IS THE TIME” for 2026. Women’s Ministries echoes this call—now is the time to engage, uplift, and serve.

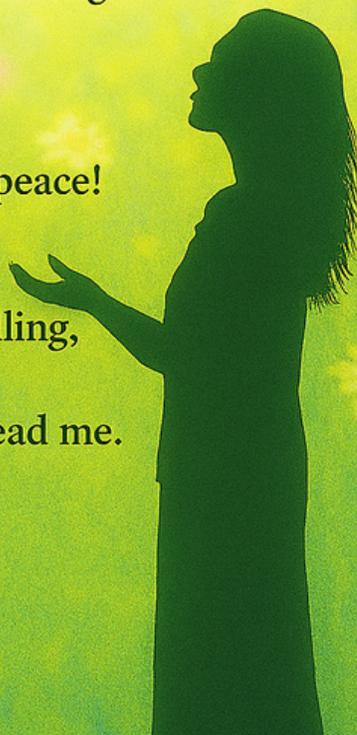
Here Am I

Here am I, Lord, send me:
I have heard You calling, calling, calling,
“Here am I, Lord, send me’:
I will go, Lord, where You lead me.

I will hold Your people in my heart:
In the times of triumph, pain, and suffering,
I will hold Your people in my heart,
Humbly, Lord, to do Your bidding.

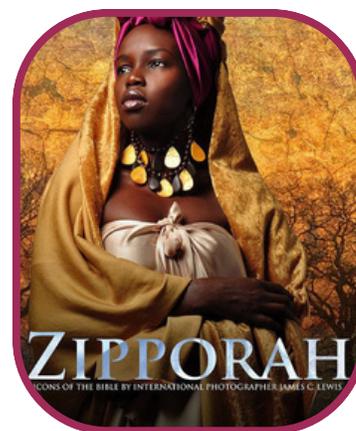
O how beautiful it is,
O how beautiful it is
Bearing the gospel of Your peace!

Here am I, Lord, send me:
I have heard You calling, calling,
“Here am I, Lord, send me’:
I will go, Lord, where You lead me.



Zipporah: A Woman of Courage and Wisdom

As we celebrate both **Black History Month** and **Women's History Month**, it is a perfect time to reflect on a remarkable woman whose story is often overlooked yet profoundly significant—**Zipporah, the Midianite wife of Moses**. Her life offers a powerful reminder that God has always worked through women from many cultures and regions to shape salvation history.



Zipporah was the daughter of Jethro, a respected Midianite priest. When Moses fled Egypt, it was Zipporah's family who welcomed him, offering refuge, belonging, and eventually partnership (See story in Exodus 2.) Their marriage united two cultures and two faith traditions, demonstrating that God's purposes often unfold through unexpected relationships.

Zipporah's most defining moment appears in Exodus 4, where she becomes an instrument of divine intervention. In a mysterious and urgent encounter on the journey back to Egypt, Moses' life is suddenly in danger. Scripture tells us that Zipporah acted swiftly and decisively, performing the covenantal rite of circumcision to save her family. Her courage preserved Moses' mission and ensured the deliverance of Israel. In that moment, Zipporah stood as a protector, intercessor, and spiritual leader.

Her story reminds us that women—women of diverse races, backgrounds, and positions—have been central to God's redemptive work. Zipporah embodies the quiet strength of those who act faithfully behind the scenes, whose obedience changes the course of history even though their names may not be widely celebrated.

Let us honor all women who, like Zipporah, demonstrate resilience, spiritual insight, and the power of decisive action. Her legacy encourages women to stand boldly in their calling, to act with wisdom, and to trust that God can use each of us—regardless of background—to advance His gospel of love, faith, and hope.



How is Your Heart?



February is **American Heart Month**. Now is the time to focus on heart health. Heart disease and stroke affect women of all ages and remain the leading causes of death for women in the United States.

Go To [Mayoclinic for Heart-healthy diet: 8 steps to prevent heart disease](#)

How can you love your heart? Commit to eating well, staying active, managing stress, and getting enough sleep.

They Made a Difference



Lucy Byard

100 years ago, Dr. Carter G. Woodson, the second African American to receive a PhD from Harvard, established Negro History Week, which evolved into Black History Month. This fundamentally reshaped American understanding of history by proving Black people had made significant contributions to American society. This year, as we reflect on their contributions, we reflect on the impact of Lucy Byard on the Adventist church.

A Decision of Shame

Lucy Byard and her husband James Byard were active members of the Adventist church in New York. In 1943, she was diagnosed with cancer, and they decided to come to Washington Sanitarium, an Adventist hospital in Takoma Park, MD. The Sanitarium had been accepting certain African Americans in emergency cases, and they were treated “in an inconspicuous way” in the basement. But by 1943, the hospital had changed the policy, deciding that “No Blacks were to be admitted to the Washington Sanitarium”.

Policy Change

The Byards’ pastor in New York wrote to the San to ask for assistance since their church would cover the expenses. He did not know that the policy had been changed. Additionally, it seems that those at the San with whom they made the arrangement did not realize the Byards were black. Arrangements were made, but when Mr. and Mrs. Byard arrived at the San, they were sent instead to Freedman’s Hospital (now Howard University Hospital) in DC. Despite receiving excellent treatment there, Lucy died 38 days later.

News of her death was the last straw for many Black Adventist members and led to the formation of Regional Conferences in 1944. (See Columbia Union Visitor, March 2019, Vol. 124, Issue 2)

Recognition

On December 10, 2021, Adventist HealthCare (AHC), honored the life and legacy of Lucille “Lucy” Byard with the establishment of a series of significant scholarships in her name that will benefit nursing students at three universities: Oakwood University in Alabama, Washington Adventist University in Maryland, and Howard University in Washington, D.C.

You may contribute to this fund that assists nursing students, and nursing students may apply at: LucyByardScholarship@AdventistHealthCare.com.

Resources: <https://encyclopedia.adventist.org/article?id=9CEA>

Excellent Leader

Ella Simmons is a woman who deserves recognition as the first African American female general vice president of the Adventist World Church, and the recipient of the Association of Adventist Women's Woman of the Year award in 2010. Her historic accomplishments cannot be ignored. During her tenure, she played a leading role in shaping the global education system of the SDA church. She was an advocate against classism, racism, nationalism, casteism and sexism, and she pushed the church to address social issues in a Christ-centered way.



Academic Background

Before coming to the General Conference, she had previously served as the Vice President for Academic Affairs at Oakwood University and as Provost and Vice President for Academic Administration at La Sierra University. Her time as an educator prepared her for her vice presidency. Simmons found that those around her appreciated her inclination to teach as she leads, and to allow those under her leadership to grow and develop as individuals. She asserts that “Being an educator, I also have a tendency to want to understand people, want to hear what they're saying, but also to understand the meaning behind it and the foundation behind it.” Ella Simmons is one more Adventist woman whom we admire and respect.

Renewal

The Sligo Garden Club is a new initiative this year. The second meeting was held on February 22, gathering via Zoom for an engaging presentation on “Regenerative Gardening: Quantum Soil” by Nevada-based soil expert Walt Michaels. He highlighted the importance of rebuilding healthy soil using materials such as Coco Coir Fiber, Biochar, compost, and natural nutrients, noting how depleted soils lead to produce with fewer nutrients.

Michaels also introduced concepts such as water structuring, electrocultivation, and the Three Sisters planting method, encouraging participants to continue exploring and experimenting with regenerative practices.

As we look ahead to spring, now is the perfect time to plan gardens, enrich the soil, care for the environment, and consider sharing future harvests with our community. To join the Sligo Garden Club, email gardeningclub@sligochurch.org. Next meeting: March 8, 2026.

Upcoming Events

- Feb 21 10:00 a.m. **Discipleship 101** in Fellowship A. Every Sabbath with Pastor Rick Johns.
- Mar 4 07:00 p.m. **Discipleship 201**, on Zoom. Every Wednesday for 7 weeks.
- Mar 8 12:00 p.m. **Planning the Plot & Starting the Seeds**, on Zoom, Sligo Gardening Club.
- Mar 17 07:00 p.m. **Financial Fitness**, on Zoom. Every Tuesday for 5 weeks.