

SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

Winter 2022

www.sligowomensministry.org

WELCOME

Welcome to the first issue of Sligo Women's Ministry Newsletter. We are excited to launch this newsletter to connect and embrace life together – better, stronger, and wiser.

We designed this quarterly newsletter to keep you informed, spotlight women who are making a difference, share dates and events of interest, provide wellness tips, offer devotions to help us grow stronger in Christ, and keep you posted on opportunities to serve in ministries with other women.

Please send your suggestions and comments to womensministry@sligochurch.org.

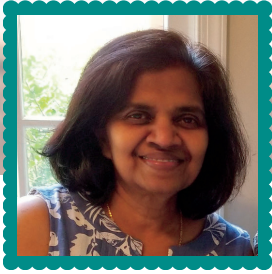
BRINGING PEACE HOME

The Women's Ministry presented the seminar "Bringing Peace Home" on August 20, 2022, with Dr. Mable Dunbar from the Women's Empowerment Network. The event took a stance against domestic abuse occurring within Christian homes and the church. Domestic abuse is about power and control, a pattern of behavior that occurs repeatedly. It can happen in marriages, relationships, towards children, among siblings, or towards the elderly. The abuser can be male or female of any age. Often, abuse in the home or relationships is kept silent because of shame or fear.

Continued on page 4.



From



ELIZABETH'S DESK

MANY GIFTS, ONE SPIRIT

Look around you when you are with Sligo's church family at worship, Sabbath School, any of the ministry events, or with your Sligo friends. What do you see?

Paul writes to the Corinthians, "God's various gifts are handed out everywhere; but they all originate in God's Spirit. God's various ministries are carried out everywhere; but they all originate in God's Spirit. Each person is given something to do that shows who God is. The variety is wonderful! All these gifts have a common origin but are handed out one by one by the one Spirit of God." In Corinthians and again in Ephesians, Paul lists the variety of gifts God bestows. God is the one who bestows the gifts and the talents. You and I do not decide who receives which gifts.

The source of all gifts is God. Gifts are given to us by His generosity. The gifts are for the common good and diversity of gifts is God's intent. Our names for God exemplify diversity: Creator, Shepherd, Judge, Father, Friend, Light, and Bread. As Debie Thomas says, "Diversity is at the heart of who God is and so diversity is the right and natural trademark of God's church."

When we use our gifts, let us be empowered by the fruits of the Spirit. As we move away from the pandemic, let's recognize and use our gifts. Let's cast our nets wider and deeper. Each of us is given unique gifts for God's purpose.

Praying that this newsletter of Sligo Women's Ministry will help us to connect, share stories of kindness and learn of our church's ministry activities, both inside and beyond the church walls. May each of us use our gifts, wherever God has placed us in His master plan, to bless those around us and to build up His Kingdom.

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.

TAKOMA PARK'S INNOVATIVE ADVENTIST DOCTOR



Dr. Laretta Eby Kress
(1863 -1955)

by Joan A. Francis

Dr. Laretta Eby Kress (1863 -1955), a Seventh Day Adventist (SDA) and the first female physician to practice in Montgomery County, Maryland, lived at "Krestview", 7265 Carroll Avenue directly across from the old Washington Adventist Hospital (WAH).

3,000 Babies

Dr. Laretta Kress had the basement of her home remodeled in 1925 and used it as her medical office. At Krestview, she delivered more than 3000 babies. Prior to that, in 1918, Dr. Kress opened the Kress Maternity and Children's Hospital which was connected to the Sanitarium (WAH) but the Kress Maternity and Children's Hospital was a distinct unit with its own doctors and nurses, exclusively treating expectant mothers and newborns.

Even before Laretta Kress arrived in Takoma Park, she had worked in England, Australia and in various states of the United States, founding Adventist sanitariums and promoting public health along with her husband, Dr. Daniel Kress. Dr. Laretta Kress was widely respected for her skill as an obstetrician and her expertise in women's health and prenatal care.

Against the Trend

Dr. Kress was often featured in Washington, D.C. newspapers for her accomplishments and findings as a physician. In 1934, for example, a Washington Post article entitled, "Mothers Too Fond of Cocktails and Sports for Babies' Health, Thinks Doctor", highlighted her commentary on prenatal and infant care. At a time when women were largely unaware of the negative effects of alcohol and smoking during pregnancy, Dr. Kress stated that pregnant mothers who drink and party "hurt themselves as well as their children." Smoking, drinking, and partying had come to symbolize the liberation of women during the second wave of feminism in the 1920s and 1930s. In speaking against this trend, Dr. Laretta Kress sparked a conversation that became an absolute rule of prenatal care decades later.

Retirement - In and Out

Dr. Kress celebrated her 75th birthday in 1938 by helping to deliver her 4,150th baby. Finally in 1939, Laretta retired to Orlando, Florida. But due to the shortage of physicians during World War II, she returned to full-time service, serving as a physician for two years at Florida Sanitarium and Hospital. Laretta again came out of retirement briefly in 1948 to deliver her 4,388th baby.

For more information on Laretta Kress:

[Laretta Kress, *Encyclopedia of Seventh-day Adventists*](https://encyclopedia.adventist.org/), accessed February 25, 2022

<https://encyclopedia.adventist.org/>

Continued from page 1 - Bringing Peace Home

NO ONE deserves to suffer abuse. Domestic abuse goes beyond the physical, which includes grabbing, slapping, choking, or other bodily harm. The abuse can be emotional or psychological, like yelling, name-calling, threatening, humiliating, isolating, or manipulating. It includes sexual abuse even within marriage, where one partner forces or shames the other against their will to have sex. The abuser can financially restrict one's ability to work, control their finances, or accumulate debts in their name.

Dr. Dunbar shared how abusers single out victims because they often lack boundaries and easily give in. Abusers also prey on the fear of others. If you are a victim, GET HELP! Pastor Alex Barrientos shared how the Bible is misused to condone abuse God did not intend. Submissiveness is not to be confused with abusive control. Abuse of any kind is NOT acceptable.

HOW YOU CAN HELP!

- If someone comes to you sharing concerns of abuse, first **LISTEN**. No one wants to be in an abusive relationship. Reasons for staying are often complex and if a person wants to leave, never encourage them to stay. Maintain confidentiality.
- **HELP** the individual connect to resources found on the Women's Ministry page.
- **REMAIN** connected for support.
- **INFORM** a member of the pastoral team for additional help.
 - Dr. Donna Robinson is also a resource.
 - House of Divine Guidance, Inc. provides emergency housing and services for homeless women with or without young children and trauma empowering support groups.

Donna.robinson@houseofdivineguidance.org |
www.houseofdivineguidance.org | (240) 888-6775

For more resources go to
sligowomenministry.org/bringing-peace-home



WELLNESS

Equip your body to resist infections by getting enough sleep

Evidence accumulated over the last few decades demonstrates that adequate sleep improves the ability of the immune system to resist infection. Shorter sleep durations in otherwise healthy people are associated with an increased risk of developing the common cold. In one study, researchers found 50% of those sleeping fewer than 5 hours per night in the preceding week got infected. Only 18% of those sleeping an average of 7 or more hours were infected. Chronic sleep deprivation also contributes to an increased risk of obesity—a known comorbidity for COVID-19.

Positive Tip: Equip your body to resist infections by getting enough sleep every night.
(From [Good Sleep Improves Resistance to Viruses - PositiveChoices.com](https://www.positivechoices.com))

ONLINE EVENTS

SLIGOCIZERS | 10:00 AM
EVERY SUNDAY WITH LOUVINA JOSEPH

WOMEN OF THE WORD | 9:30 AM EVERY
SABBATH WITH JOAN FRANCIS

PRAYER GATHERING | 11:00 AM EVERY
SUNDAY AND 7:00 PM EVERY WEDNESDAY

BOOK CLUB | 7:00 PM
2ND WEDNESDAYS WITH KAY ROSBURG

CALENDAR

SLIGO WOMEN'S RETREAT

MAY 6, 2023

RENEW, RESTORE, REFRESH

FEATURED SPEAKER: ANN RODA



From Sligo Family Ministry

A promotional banner for an Israel Holy Land Tour. The top half has a red background with the text "ISRAEL Holy Land Tour" in white. Below the text, it says "July 2nd - 10th, 2023" and "9 days (7 nights)". On the right side of the red banner is the Sligo Seventh-day Adventist Church logo. The bottom half of the banner features two images: on the left, a night view of a city with lights; on the right, a daytime view of a coastal town with a prominent golden dome and a beach.

sligochurch.org/events/holy-land-tour/

WOMEN OF THE BIBLE



Elizabeth, Naomi, Ruth, Priscilla, Dorcas and **Mary** are popular Biblical names of women who can be emulated but have you ever heard of females with these names? **Mahlah, Noah, Hoglah, Milkah** and **Tirzah**?

These five ladies decided that because they had no brothers, they should not lose the inheritance of their father so they petitioned Moses and won their case. As a result, the law of the land was changed. Even in a theocracy, women were empowered and entitled to equality.

Read the story in [Numbers 27: 1-8](#):

"Then came the daughters of Zelophehad and they stood before Moses and before Eleazar the priest and before the princes and all the congregation, saying: 'Our father died in the wilderness ... and had no sons. Why should the name of our father be removed from among his family because he hath no son? Give unto us therefore a possession among the brethren of our father.'

And Moses brought their cause before the Lord and the Lord spoke unto Moses saying: 'The daughters of Zelophehad speak right; thou shalt surely give them a possession of an inheritance among their father's brethren and thou shalt cause the inheritance of their father to pass unto them. And thou shalt speak unto the children of Israel, saying, if a man dies and has no son, then ye shall cause his inheritance to pass unto his daughter.'"

New Post for Dr. Olive Hemmings

Bible scholar and theologian, Dr. Olive Hemmings, was appointed Chair of the Religion Department at Washington Adventist University, July 2022. During the time of Covid, Dr. Hemmings could be heard in many parts of the world via Zoom. One of her students describes her as “a modern-day prophet who challenges the status quo, speaking out about injustice through her empowering words and wisdom from the Lord.”



Peace, Love, and Joy to You and Everyone you Love!



Heather Griffin, recipient of the 2022 Caring Heart Award. Head Elder, James Gulley presented the award at Sligo Church on November 19, 2022.

Griffin is “Caring Heart”

Due to COVID, many of us learned to connect through technology. This, however, proved difficult for those with disabilities. For years Heather Griffin has helped with Sligo Media Ministries and during COVID, she felt a burden for those with disabilities which increased their isolation during the pandemic. Heather created a way for them to connect to worship services, prayer gatherings, and other events. She offered a platform for them to call in and listen to the services; in this way, even though unable to connect through Zoom or online, because of Heather’s caring heart, they were able to join services and connect with others during the pandemic.

Women's Ministry Newsletter Team Members:

Elizabeth Abel, Gabby Barrington, Joan Francis, Carolyn Kujawa, Elma LaTouche, Naomi Rodriguez and Dana West.