

SLIGO WOMEN'S NEWSLETTER

INFORM, CONNECT, EDUCATE

FALL 2023

www.sligowomensministry.org

His Light

Be a light for Jesus, doing unto others,
As He would do for us, His sisters and His brothers.
Shine forth your light, onto those who are in need;
Remind them that God is in control and will help them to succeed.
So be a light for Jesus now and through all of your days;
That others may see your light within and God's glory they will praise.

By Teresa C. Hawes

Sligo Women's Ministry Fall newsletter continues to highlight ministries at Sligo Church, opportunities to serve and use your unique spiritual gifts and talents.



God Loves the Divorcee

By Carole Harris-Pryce

Saturday, September 16, 2023, was no ordinary Sabbath at Sligo Seventh-day Adventist Church. The sermon and afternoon seminars centered on response to divorce. The title of Dr. Hyveth Williams' morning sermon was *"The Shocking Truth about God - He's Divorced!"* She used Jeremiah 3:6-8 to illustrate how Judah's constant defiance of God and His laws was the reason for God's divorce from Israel. Dr. Williams, one of Sligo's former pastors, currently the lead pastor of the Grace Place in South Bend, Indiana, is the Director of the Doctor of Ministry Program and Professor of Homiletics at Andrews University.

Sligo's Heartlifters Ministry hosted the free afternoon seminar, *"After Divorce, Letting Go and Moving on With Dignity and Grace."* As one of the afternoon keynote speakers, Dr. Williams presented clear reasons why the church should not exclude divorced individuals

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God Loves the Divorcee - Continued from page 1

from being involved in church ministries. By understanding their struggles, weaknesses and sufferings, she admonishes that, as a church, we should be a compassionate, forgiving and redemptive community, ready to enlist divorced individuals, recognizing Jesus' love within their hearts.

Dr. Williams encouraged our church to be involved in educating others through seminars, workshops or special events; by so doing, divorced individuals can be prepared for ministry. She strongly encouraged the church to take 2 Corinthians 12:9 as a literal and positive message from Paul, that God's grace is not only sufficient in weakness, but provides us the ability to overcome and conquer weakness.



Presenters - Debbie Fairall, Gabrielle Barrington, Hyveth Williams, Jose Hernandez

Following Dr. Williams' presentation, participants could choose from three breakout sessions. Topics were: "Reclaim Your Joy: Stuck to Free after Divorce," presented by Debbie Fairall, ERNP; "Understanding Adolescent and Children's Grief," led by Gabrielle Barrington, MA, LCPC and Esther Saggurthi, MA, LCPC, and "From Loss to Growth - Eleven Principles of Transformation," by Jose Hernandez, MA, MS.



Jose Hernandez, Sheila Schlisner-Hendricks, Hyveth Williams, Charlotte Conway, Chris Daley, Carla Conway, Joyce Martin, Hazel Marroquin.

Participants then reconvened for a question-and-answer session with all of the presenters. We were once again reminded that we, as a community, should lead out in love; and that community as "common unity" embodies love for God, love for neighbor and love for self.



Homes of Hope: A Neighborhood

by Beth Wear

Homes of Hope, one of Sligo's outreach ministries, has the mission of supporting families who want their homes to be a mission of light to neighbors. Five teams share their faith, each using a different method:

Walkabout Home of Hope. Berilo and Ester Bacud use their connection with the Community Center to bring a weekly box of fresh groceries to 20 of their neighbors. Always a pamphlet of encouragement is placed in the box. Recipients look forward to their visits. Two families have indicated that they wish to have Bible studies.

Dinner in the District. IvyBelle Royce wastes no opportunity to share her faith with her neighbors and those she meets when taking the bus. Many have been invited to Sunday dinner, followed by a Bible study and an earnest prayer for their families.

Books of the Bible, a study of John. Fitzroy and Jennifer Thomas lead a Free Conference Call Bible Study three Sabbath afternoons a month. Fitzroy develops each lesson and actively involves each member, including three members of other denominations.

More Assignments, More Attendees. Carol and Jim Hammond have led a Sabbath afternoon Bible study in their home for at least 30 years. Carol prefers a question-and-answer format, such as found in the Voice of Prophecy or Faith for Today lessons. Carol's studies meet once a month. The number invited is 76, and an average of 47 come either to the house or via Zoom. Over time, 35 non-Adventists have attended. Each member is phoned during the month and given one question to read and comment on. About half of the class comes for a potluck lunch.

Books of the Bible, a study of Romans. Douglas Wear and Anees Abdelnour lead a group of about 15 who meet twice a month on Friday evenings. Four members from other denominations attend regularly. The group meets on Zoom.

If you'd like to be a part of Homes of Hope, please phone Beth Wear at 301-434-1963. You are invited to join an existing group or to start a ministry of your own. Homes of Hope is a place where everyone can find hope for today and assurance for tomorrow.



Our Goals

EVERY HOME is a mission of light
EVERY STREET has a welcoming neighbor
EVERY TEAM grows closer to each other
EVERY PERSON grows closer to Christ

For more information go to sligochurch.org/homes-of-hope



What Can I Do to Reduce My Risk of Breast Cancer?

You can make healthy choices to help lower your breast cancer risk. Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Be physically active.
- Choose not to drink alcohol, or drink alcohol in moderation.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

Source: https://www.cdc.gov/cancer/breast/basic_info/prevention.htm

Women's Ministry Newsletter Team Members

Elizabeth Abel, Joan Francis, Carolyn Kujawa,
Elma LaTouche, Heather Oliver and Leida Martinez

To be part of Women's Ministry Newsletter Team send
note to 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.



Trailblazer at Sligo

by Joan A. Francis

Sligo Seventh-day Adventist (SDA) Church has two female pastors, Pranitha Fielder and Hazel Marroquin. Over several decades, female pastors have ministered to the needs of the Sligo congregation. So it seems natural to the congregation to have female pastors. However, this has not always been the

case. The trailblazer and first female pastor at Sligo Church was Josephine Benton who in 1973 was the first woman ordained as an elder in the Adventist Church in the 20th century. She later served as the senior pastor at the Rockville SDA church.

Josephine Benton's father was Elder A.G. Griffin, a pastor and evangelist. Josephine enjoyed listening to her father's sermons and thought, "If I were a boy, I could be a minister." Instead, she studied speech and taught ministers how to prepare their sermons. In the 1960s, when other churches began to admit women to the ministry,

Josephine decided to attend Wesley Theological Seminary. While enrolled in the Seminary, she continued teaching and began working in the community with others to organize an Adventist church in Washington, DC.

Josephine earned a PhD in Speech and taught at Columbia Union College. One of her students was a young Ted Wilson.

In 1990, Josephine Benton published a book entitled, *Called by God: Stories of Adventist Women in Ministry*, that highlights other Adventist women trailblazers who served as ministers.



Josephine Benton receiving ordained ministerial credentials from Dave Weigley, Columbia Union Conference president, at Sligo Church - Feb 2013

*EMERITUS
CERTIFICATE OF ORDINATION*

This Confers That

Josephine Benton

Having given satisfactory evidence of her call to the sacred work of the gospel ministry, was granted an emeritus ministerial ordination at the Sligo Seventh-day Adventist church in Takoma Park, Maryland on the 16th day of February, 2013, and is duly authorized under the provisions of the Columbia Union Conference of the Seventh-day Adventist Church to perform all of the functions of the ministerial office.

Issued By

THE COLUMBIA UNION CONFERENCE OF SEVENTH DAY ADVENTISTS

Dave W. Weigley President *Robert Vandewater* Secretary

Sam + Branden *William O. Johnson*

Called by God
To download go to [Josephine-Benton Called-by-God.pdf](#)



HeartLifters Ministry

By Charlotte Conway



Six years ago, two team members in the Sligo Church Office shared experiences of losing their husbands to cancer. The women realized that there was no church ministry that addressed the needs of those who had lost their spouses. They shared their thoughts with staff members. So, Kathleen Driscoll, Sheila Schlisner-Hendricks, and Charlotte Conway decided on an outreach program for widows and widowers. We did not like the terms “widows” and “widowers.” We wanted a ministry to help people find joy after loss. We decided on the uplifting name “Heartlifters” for the ministry.

In the Sligo database, we discovered nearly 100 names listed as widows or widowers. We added those names to the HeartLifters Ministry and began sending them cards on holidays and anniversaries of the death of their spouses. We received numerous thank-you notes for remembrances sent.

At one event, a lovely woman with tears in her eyes asked, “Can HeartLifters include those who have lost spouses through divorce?” Our response: “Why, yes, of course!” So, we expanded our ministry once again. Then came another group – those with spouses in long-term care who were feeling the loneliness of losing spouses. They also wished to become part of HeartLifters.

HeartLifters has become a support community offering comfort and assistance to those who have lost spouses by death, divorce, or dementia. HeartLifters now has 235 members!

We listened to those who had lost spouses and many were lonely and sitting alone in church! During the pandemic, we had monthly “Uplifter” Zoom meetings to encourage members with uplifting events. However, we need to make our ministry more personal and are looking for volunteers willing to call those who are lonely once a week.

Our ministry has continued to grow and now includes the Bereavement Ministry which ministers to all who have lost a loved one or are in the process of losing a loved one. There are many opportunities in this Ministry for those who are willing to help.

Grief is a challenging experience for which Heartlifters offers support.

During our lives, we will deal with the loss of someone we love. The loss may come after a lengthy illness, or it may come suddenly. It is often hard to cope with grief all by ourselves. Although we celebrate and give thanks for the promise of eternal life, grief is inevitable. HeartLifters provides a place of support, prayer, encouragement, and opportunities to show and receive love and compassion and to find joy in the midst of loss and sadness.

For more information about HeartLifters, go to heartlifters.org.



Sligo's Health Action Team

by Sharon Ford



Sligo's current Health Action Team has the goal of promoting the health and well-being of both the congregation and the community. One Sabbath a month the Health Action Team offers members and visitors free blood pressure checks and also "Ask a Doctor," an opportunity to meet one-on-one with a physician about personal health questions.

Additionally, a nurse/health professional is on duty each worship service to assist members or visitors who are injured or become ill. The health professional determines whether treatment on site is enough or whether to call 911.

This fall our team is offering Full Plate Living, a sound nutritional/lifestyle program. One can attend the weekly program at Sligo or attend virtually via Zoom. The program teaches lifestyle medicine nutrition principles.

Past activities included a series on "Eight Weeks to Wellness", physician lectures on topics such as prostate cancer, disaster preparedness, and others. Last year the Health Action Team worked with Adventist Health Care to present "Mental Health First Aid," a lay person training program. The goal was early identification and assistance for anyone needing help with a mental health issue.

The Health Action Team welcomes nurses, physicians, and other health professionals, as well as individuals with an interest in health issues, to join its team. Anyone interested in working with our team can contact Ministry Leader and nurse Sharon Ford at sharonruth.ford@gmail.com

How Well Do You Know the Women in the Bible?



1. Who were the two midwives in the Bible who defied Pharaoh's order to kill baby boys?
2. What was the name of the first mother in the Bible who gave birth to twins?
3. Whom did Abraham take as his wife after the death of Sarah?
4. Who was the mother of Moses, Aaron, and Miriam?
5. Who was the wife of Nabal who became the wife of King David after Nabal's death?
6. What was the name of the woman who killed all the remaining members of the royal family and then reigned as queen in Judah?
7. Which queen was banished for failing to appear at the king's banquet?
8. What was the name of Hosea's wife?
9. What was the name of the business woman in Thyatira who later became a Christian?
10. What was the name of Timothy's mother?

Answers are on page 8.



CONNECTION CENTRAL | 9:15 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

CALENDAR

September 26 to November 14

Tuesdays at 6:30 - 8:00 pm

Health Ministry: Full Plate Living Seminar

October 21

Disability Awareness Sabbath



Panel Discussion 2:00- 4:00 PM

Special Education in our Adventist Schools

Panelists: Juwel Watson, Drechelle McCray,
Shemika Campbell, Ashley Laing & Ken
Flemmer.

Lunch registration required in Atrium
kathyroyjohnson@verizon.net

November 5

2 to 5 PM

Sligo Fall Fest

7600 Flower Avenue



Calm your Stress



MUSIC
for
MIND & MEMORY
January 20, 2024

An Interactive Seminar - Music Therapy



Dr. Alicia Barksdale
DIRECTOR
MUSIC THERAPY PROGRAM
WASHINGTON ADVENTIST
UNIVERSITY

SLIGO SDA CHURCH

Women in the Bible

Answers

- 1.Puah and Shiphrah: Exodus 1:15 -21
- 2.Rebekah: Genesis 25:24
- 3.Keturah: Genesis 25 :1
- 4.Jochebed: Exodus 6: 26
- 5.Abigail: 1 Samuel 25: '
- 6.Athaliah: 2 Kings 11
- 7.Vashti: Esther 1: 10- 21
- 8.Gomer: Hosea 1:3
- 9.Lydia: Acts 16: 14-15
- 10.Eunice: 1 Timothy 1:5

Women
in Seventh-day Adventist History

OCTOBER • 12-14 • 2023
SLIGO ADVENTIST CHURCH

Registration