



Fruits of Joy

The Power of Kindness
Being Good To Others Can Be Good For You

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Birthday Recognitions

April

3 – Eunice T. Turner, BA
12 – Monica Brown, HC
21 – Vanessa D. J Hillard, BA
21 – Deborah D. Taylor, BA
22 – Loretta Pines, BA
24 – Madlean S. Lewis, BA
27 – Sandra Pierson, BA

May

5 – Theresa M. McCoy, UMA
12 – Cora L. Jackson, BA
12 – Rena' Batts Elmore, BA
18 – Ramona Ivy, BA
18 – Davishia A. Baldwin, BA
21 – Angela Dorsey, BA
25 – Joann M. Talley, BA
28 – Barbie Daughtry, BA
30 – Andrea Logan, IC
30 – Margaret B. Payton, BA

June

2 – Michelle Russell, BA
8 – Agnes Venson, HC
13 – Edna M. Owens, UMA
14 – Rosa Fitzgerald, BA
15 – Theresa Denson, BA

July

4 – Kathy E. Pointer, UMA
7 – Crystal F. Brown, BA
9 – Sherl L. Streeter, BA
10 – Burree Williams, UMA
16 – Willetta Graham, UMA
17 – Patricia M. Brown, HC
18 – Talita V. Grayton, BA
24 – Yvette Tyree, IC
27 – Elsie Young, HC
30 – Marie Bowe-Quick, BA

August

3 – Angela White, HC
3 – Marie White, HC
3 – Betty Sistrunk, HC
5 – Kim Trice, UMA
14 – Marie White, HC
14 – LaVon V. Thompson, BA
15 – Quienzella E. Lattimore, BA
20 – Patricia F. Brown, BA
23 – Shelia Lee, BA
26 – Lakeisha Galloway, HC
30 – April Elliott, HC

September

3 – Norma McCain, BA
7 – Lois Washington, BA
8 – Sarah Y. Phillips, BA
10 – Gloria J. Williams, IC
10 – Patricia Ann Jones, BA
11 – Mattie M. Lawson, BA
21 – Verna Wilson, HC
23 – Ezora Brown, HC
25 – Inez Elliott, HC
26 – Oleathea Slaughter, BA
30 – Felicia Momoh, BA



The Need for Fellowship and Support

The United Metropolitan Alliance of Ministers' Wives and Ministers' Widows was established July 8, 2010, under the leadership of Lady Edna M. Owens and Minister Glenda Harden Boston, who served as the first President. The mission for the chartering of another local for the District of Columbia State Association was to foster a sisterhood through fellowship, workshops, and philanthropic activities. The Alliance was designed to embrace ministers' wives and ministers' widows (MWMWs) and to provide a safe place for sharing ideas, strategies, and information that would enhance their quality of lives.

UMA is a **SISTERHOOD** that strives to support, mentor, encourage, motivate, and pray for each other daily. We commit to maintain spiritual endurance, forbearance, and a heart of love, mercy, and understanding for all. We believe it is important to be a source of inspiration and influence, not only to the sisterhood, but to the families and to the body of Christ by demonstrating the right spirit and using wisdom as we interact with others.

Initially, monthly meetings were held during breakfast fellowships on the third Saturday of each month at 9 a.m. Monthly Fellowship Breakfast was soon enhanced by Annual Get-A-Way Weekends, Workshops, and a Christmas Fellowship Dinner.

Ministry and service activities include a monthly Adopt-A-Sister Outreach plan, a time of Deliberate Prayer for those in need, monetary gifts for ministers' wives & widows in crisis, as well as support for families within the community for holidays and special efforts.

A Sisterhood of Kindness is showing behavior of generosity, consideration, or concern for others without expecting praise or reward.

UMA colors are Lavender and Green. We accessorize our suits with these colors at conferences, funerals, as well as the state, regional and international meetings.

In April 2019, the sisterhood hosted their first annual outreach fellowship and received new members, Willetta Graham, Michelle Pointer, Monica Teal, and Kim Trice. During our 2021 Outreach Fellowship, over 10 sisters throughout the DMV joined us for a great time of sisterhood; UMA welcomed one new member, Lakeisha Pointer.

IAMWMW Founder's Day Weekend 2019



From left to right: Edna Owens, Sherl Streeter, Doretha Pettus, Glenda Boston, Kathy Pointer, Willetta Graham, Pamela Barksdale



Top left to right: Monica Teal, Kim Trice

Bottom left to right: LaKeisha Pointer, Michelle Pointer



From the Heart of the UMA President...



Reverend Dr. Kathy E. Pointer

Kingdom Women on a Mission to Do Kingdom Business!

UMA is no stranger to fellowship and support of others. **Putting Our Hands and Hearts to Work** is an initiative focused on listening to God and following His purpose for our lives.

Kingdom Assignments consist of:

Adopt-A-Sister - Find ways to be a blessing to others ministers' wives and ministers' widows. We provide a gift basket or monetary donation to a sister to encourage her Christian walk.

Deliberate Prayer - Prayer requests are collected and sent out to the ministry for corporate prayer.

Outreach - We are always encouraged to share and invite other ministers' wives and ministers' widows to join and fellowship with us.



Standing in the Gap for Others *Helping to Get a Prayer Through*



Years ago, I read a story about a pastor who was awakened in the middle of the night and led to pray for a woman he didn't know and hadn't met. At a conference, a woman shared her testimony. The pastor realized that this was the woman for whom he prayed. The two of them lived states apart. This is just one example of how prayer unleashes the power of God!

From that pastor's experience, I was reminded about the importance of a relationship with God. Since then, I've learned to include scriptures in the prayer. Praying for others has encouraged continuance in listening to those Holy Spirit nudges and obeying the call to pray. When people come to mind, I pray and sometimes I'm led to call them.

Recently, I telephoned a young lady. After the greeting, she started to cry and asked, "How did you know?" meaning know to call. She shared her current situation. The call ended in prayer and a calming spirit came over her as the peace of God was manifested. In another situation, someone was anxious about an upcoming surgery. After praying, the person said "Thanks for quieting me down."

My experience in praying for others is gratifying, especially when I hear the testimonies. As the song writer says "Don't stop praying, for the Lord is high. He'll hear your cry. God has promised and He is true. Don't stop praying, He'll answer you".

Putting Faith to Action,

Mrs. Doretha Pettus

First Lady, Evening Light Christian Outreach Ministry Inc.
United Metropolitan Alliance MWMW

UMA Inspirational Moment



Win the Day: 7 Daily Habits to Help you Stress Less and Accomplish More by Mark Batterson

1. Flip the script!

If you want to win the day, you've got to flip the script. How? The Bible is a good starting point. Scripture reveals our Father's "big picture" and the unique role that each one of us plays in it. You are more than a conqueror, and nothing can change that. It is what it is; it is who you are.

There never has been and never will be anyone like you. No one can serve others like you or for you. Jesus doesn't just live in us; Christ lives as us! Start living your life in a way that is worth telling stories about. It's time to flip the script! Think on this: If you want to change your life, start by changing your story.

2. Kiss the Wave

We serve a God who rebukes the wind and the waves: "Peace, be still." But before you rebuke the storm, you need to accept it. You can't move past the pain if you ignore it, hide it, or deny it. You've got to own the past, or the past will own you. Lord, don't move that mountain, but give me the strength to climb it. You've got to kiss the wave that throws you against the Rock of Ages.

3. Eat the Frog

According to Mark Twain, if you ever have to eat a live frog, it's best done first thing in the morning; because you can go through the rest of your day knowing the hardest task is behind you! How you start the day sets the tone for the rest of it. If you want to win the day, you've got to attack the day. It's time to eat the frog!

4. Fly the Kite

Does God delight in our accomplishments? Like a proud parent, our heavenly Father celebrates the little steps of faith. God is great because nothing is too small. It starts with the fourth habit—fly the kite. It's doing little things like they're big things.

5. Cut the Rope

Cutting whatever "rope" that is holding you up doesn't seem safe. The greatest risk is taking no risks. Whatever you don't do today, you are less likely to do tomorrow! Don't put off till tomorrow what you can do today! Today, if you hear his voice, do not harden your hearts. (Hebrews 3:15)

6. Wind the Clock

God is in the business of strategically positioning us in the right place at the right time. The sixth habit—wind the clock—stewards time in two ways. It makes the most of every minute, but it also makes the most of every moment. If you don't control your calendar, your calendar will control you. Chronos is all about making good time.

Kairos is about enjoying the journey. It's less about getting to a particular destination in record time and more about who you become along the way. Let's wind both the chronos and the kairos clocks with the sixth habit. Time is measured in minutes; life is measured in moments.

7. Seed the Clouds

Elijah seeded the clouds with a brave prayer. Elijah climbed to the top of Mount Carmel, bowed low to the ground, and prayed with his face between his knees. There are lots of ways to seed the clouds, but none are more powerful than prayer! There are moments when you need to press in and pray through. You need to seed the clouds with contending prayer. Sow today what you want to see tomorrow!

*Daily devotional referenced in UMA minutes,
February 2021, by Mrs. Pamela Barksdale*

HMWWC Inspirational Moment



Evangelist Dale Parran Brown is the First Lady of House of Prayer Church of God in Charles Town, WV, where her husband, Rev. Dr. Paul E. Brown, is the Senior Pastor

Are You a Teacup or a Teapot? Which would you prefer?

Well, there are various types of teacups. Some are made of ceramic, some are fine bone china, and the “better” teacups are porcelain. Teacups can be very dainty, sometimes painted exquisitely with intricate details. Teacups are made for drinking tea and “receiving” what’s poured into them. Our lives can be like a spiritual “teacup”. How will we otherwise get filled? There are times when we need to be poured into. Most teacups are accompanied by a saucer to catch the overflow. We as women of God can allow that overflow to shower on and benefit others. We may sometimes start out empty after giving out so much in our many roles, but we serve a God who is able to fill us up again and again. So how do we receive? We receive from the Lord and we receive from others. The scriptures says that Paul planted, Appollos watered, and God gave the increase.

Then there are many types of teapots. Some made of steel, some made of cast iron, glass, ceramic, porcelain and even a whistling teapot which many of us may have grown up with. Each type has its specific properties and shapes that make them unique. Each is made different, but each has the same functionality-- which is to pour out. As women of God, we should serve as conduits where we have the ability and take opportunity to pour into the lives of others.

One of many examples of when Jesus “poured” into someone’s life is in the story of the woman at the well. Jesus goes to Jacob’s well, where supposedly he would go for a drink of water. He meets a Samaritan woman with a waterpot there to draw water, and asks her for water. She recognizes that he was a Jew. The Samaritans and Jews were enemies, but here he is talking with her offering her water. The water he offers her was not the physical H₂O. He told her things about herself that she was surprised that he knew. Was he not our example?



2 Corinthians 1:3-4 reads: “Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort. Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”

We should be reminded that as we comfort others (pour out), there are times when we ourselves need to be comforted (poured into). So in conclusion, I ask again, “Are you a teacup, a teapot, or are you both?” I conclude that we are both.

Holiness Ministers Wives and Widows Council Christmas Fellowship 2019



Seated from left to right:
Patricia M. Brown, Elsie Larkins, Gladys Smith,
Janice Myles, Inez Elliott

Standing left to right:
Angela White, Dale Brown, Marie White, Vernia
(Penny) Rollins (deceased), April Elliott, Linda Davis,
Monica Brown, Agnes Venson, Beverly Ellerbe

The District of Columbia Association Hosts the Annual Holy Communion Service



The **Annual Holy Communion Service** was held on Sunday, June 27, 2021, at the Mount Pleasant Baptist Church, Washington DC, under the leadership of Reverend Terry D. Streeter, who delivered the communion message. International President Margaret Brown Payton, Northeast Region Vice President Dr. Cheryl Evans, and DC State President Minister Glenda Harden-Boston shared the podium with greetings and Association news. Several clergy husbands participated in the service, along with the DCAMWMW Ensemble, under the musical direction of Reverend Nolan Williams, Jr. (son of Lady Gloria Williams, President of ICMWMW). It was a call to reflect upon and re-dedicate ourselves for the future of IAMWMW.



Clergy husbands on the program: Bishop Larry L. Branch, *Worship Leader*; Bishop Alvin Venson, *Invocation*; Reverend Wayne B. Quick and Bishop John Brown, *Scripture*. Others included Reverend Christopher L. Nichols, Reverend Eric Barksdale, Elder Alton Pettus, and Reverend Dr. Carey Pointer.

Installations

Lady Gloria Williams Gets Installed as Second-Term President to the ICMWMW



The BMWWA Installs New President Reverend Joann Talley



ICMWMW left to right:
Yvette Tyree, Glenda Harden-Boston, Patricia C. Brown,
Hattie Cotton, Gail Johnson, Gloria J. Williams,
Patricia M. Brown, Elsie Larkins, Andrea Logan



BMWWA Front Row:
Vanessa Hilliard, Marie Bowe-Quick,
Joann Talley, Eunice Turner, Gloria J.
Williams, Margaret B. Payton

2nd Row:
Theresa Denson, Patricia Jones,
Jennifer P. Washington, Talita
Grayton, Patricia Smith, Pamela
Barksdale, Sherl Streeter

3rd Row:
Loretta Pines, Elzonias Smith, Mattie
Lawson, Quienzella Lattimore,
Patricia F. Brown, Mary Wilson,
LaVon Thompson, Sheila Lee



Congratulations on the Installation of Reverend Monica
Brown (HMWWC) to Deliverance Temple Sanctuary
Ministries, Inc.

Founder's Day Weekend At a Glance

69th Annual Session

"The Legacy of God's Called Women Moving Forward in Kingdom Assignments"

Honoring Mrs. Ruby Marshall

June 10-12, 2021



Fulfilling the Lord's Joy that Likeminded Sisters Work Together in Love and in the Same Spirit of Oneness.
Philippians 2:2

The Joy of the Lord is my Strength!

I praise God for another opportunity to celebrate another year in service. It has truly been an honor and a pleasure to serve with women of God in this capacity building a Stronger Unified Body to show forth the Joy of the Lord with gladness.

This past year has been both a blessing and a challenge. God has given us the ability to be creative in moving forward with our assignments. Not being able to come together face to face has taken us to another level of communication that has blessed us immensely. God in his infinite wisdom has supplied us with resources to do greater things through Him as we continue to be a blessing to others.

We have been blessed in fellowship with our Georgia Sisterhood, in support of our Annual Rainbow Tea this past March with Evangelist Dr. Linda Strickland. As our guest speaker, she delivered a powerful message, "We Can't Afford to Lose A Sister".

Our International President, Dr. Margaret Brown Payton and Northeast Regional Vice President, Dr. Cheryl Evans were present and brought greetings in support of our State's first virtual Rainbow Tea fundraiser event. We have truly made history! At the start of my administration, I was given a charge by my Pastor, Reverend Christopher L. Nichols.

1. Be Christ; 2. Be Decisive; 3. Be Respectful; 4. Be on Time to the meetings; 5. Fulfill your duties; 6. Pay your dues and assessments; 7. Treat one-another as you would like to be treated.


So that I do not compromise my servanthood, I vow to keep this charge before me as a constant reminder of my purpose. I expect nothing less from my sisterhood when exercising the charge to this administration:

1. Trust in the Lord; 2. Be faithful; 3. Be Respectful; 4. Be on Time to the meetings; 5. Fulfill your duties; 6. Pay your dues and assessments; 7. Treat one-another as you would like to be treated.

My Sisters, our present is just as important as our past, so celebrate with me as we remember our Founder, Mrs. Ruby Marshall, and all those wonderful Women of God on the cover of this booklet of whose shoulders we stand upon. Let us uphold their legacy of faith, love, and prayer as we continue to remember them and share their stories with our new sisters in this auspicious body.

Much Love and Respect,

Minister Glenda Harden-Boston
DCAMWMW State President

District of Columbia
Association of Ministers' Wives & Ministers' Widows of WDC & Vicinity

*Remembering Our Founder
Mrs. Ruby Marshall
1952 - 1959*

The District of Columbia Association of Ministers' Wives and Ministers' Widows (DCAMWMW) of Washington D.C. and Vicinity was founded by Mrs. Ruby Marshall in June 1952 at the seventh annual conference of the National Association of Ministers' Wives and Ministers' Widows (now known as the International Association of Ministers' Wives and Ministers' Widows, Inc.). Mrs. Marshall was the wife of the late Reverend James H. Marshall of the St. John Baptist Church in Arlington, Virginia. She served as the District of Columbia State President for seven years. She also served as the Baptist MWW Association President. She held many notable leadership positions: Chairman of the Board of Directors for the National Association of Ministers' Wives and Ministers' Widows, a financial coordinator, missionary, teacher, organizer, parliamentarian, and speaker. She issued the call to ministers' wives and ministers' widows in Washington, D.C. for the purpose of uniting into one Christian fellowship of various religious denominations for the greater and more effective service in kingdom building. The organization stands on the principles of Faith, Love and Prayer. The DCAMWMW is a sisterhood of Christian Ministers' Wives and Ministers' Widows that come together for Educational Training, Fellowship, and Sisterhood. Members must be the wife or widow of a licensed or ordained preacher of the Gospel.



**LAUGHTER...It's
Just Good Food
for the Soul!**

Sister Regina Scott began her Christian journey under the Pastorate of the late Reverend Dr. Thomas J. Ritter at the Second Macedonia Baptist Church in Philadelphia, PA.

In 1982, she continued her Christian journey at the Mt. Olivet Baptist Church, Coatesville, PA. This is the church where her husband Reverend John S. Scott, Jr. pastored for 37 years until his retirement in 2013.

In October 2013, she and her husband joined the Mount Calvary Baptist Church in Ardmore, PA where Sister Scott's friend and brother, Reverend Albert G. Davis is the pastor.

Though recently retired from nursing, Sister Scott started a new career. God bestowed upon her a blessing and in December 2007, she began her career in comedy. Sister Scott enjoys the blessing and loves to share it with others. Her favorite saying, "IT JUST JOKES, JUST JOKES".

Sister Scott resides in North East, MD with her husband Reverend Scott.

To God Be The Glory
For The Great Things He Hath Done!



GLENDA S. HARDEN-BOSTON
OFFICE OF THE STATE PRESIDENT
DISTRICT OF COLUMBIA ASSOCIATION OF MINISTERS' WIVES AND MINISTERS' WIDOWS, WASHINGTON, DC & VICINITY

Fulfilling the Lord's Joy that Likeminded Sisters Work Together in Love and in the Same Spirit of Oneness.
Phil. 2:2

DCAMWMW 69th Annual State Meeting
JUNE 12, 2021 10:00am

Welcome & Occasion. President Glenda Harden-Boston
Scripture & Prayer.....Lady Vanessa Hillard
Meditation Moment.....Reverend Dr. Kathy Pointer
Greetings from Past State Presidents & Local Presidents (2 minutes or less)
• 21 Past State President.....Mrs. Patricia F. Brown
• 20 Past State President.....Dr. Edna M. Owens
• 19 Past State President.....Lady Andrea Logan
• 17 Past State President.....Elder Patricia M. Brown
• Interdenominational Council MWMW.....Lady Gloria Williams
• Holiness MWMW Council.....Evangelist Beverly Elbert
• Baptist MWMW.....Bishop Eunice Turner
• United Metropolitan Alliance MWMW.....Reverend Dr. Kathy Pointer
Roll Call.....Reverend Joanne Talley
Elect, Appointed Officers, Local Presidents and At Large Members
Adoption of Agenda
Reading and Adoption of Minutes of June 13, 2020, Annual State Session (email)

Reading & Adoption of Minutes of Executive Board December 12, 2020 (email)

The President's Report
Committee Chair Reports
• Dean of Education.....Reverend Dr. Kathy Pointer
• Program Chair.....Mrs. Doretha Pettus
• 1st Vice President.....Lady Vanessa Hillard
• 2nd Vice President Report.....Rev. Dr. Agnes Venson
• 3rd Vice President Report.....Dr. Marie Bowe-Quick
• Queen's Rally/Contest Report.....Minister Glenda Harden-Boston
• Necrology Chair.....Minister Glenda Harden-Boston
• Souvenir Journal Chairs.....Mrs. Sheri Streeter and Lady Vanessa Hillard
• Souvenir Journal Report.....Lady Julia Williams
• Carol L. Gilmore Scholarship Report.....Elder Patricia M. Brown
• Communications Team Report.....Mrs. Willetta Graham
• Budget & Financial Secretary Report.....Mrs. Mary R. Wilson
• Treasurer's Report.....Mrs. Patricia F. Brown

GLENDA S. HARDEN-BOSTON
OFFICE OF THE STATE PRESIDENT
DISTRICT OF COLUMBIA ASSOCIATION OF MINISTERS' WIVES AND MINISTERS' WIDOWS, WASHINGTON, DC & VICINITY

Old Business
• Revisions to the DCA Constitution
• DCA Directory

New Business
• New MWMW Awards
• Lifetime Membership \$50 (Pins come w/membership-separately \$25)
• DCA Educational Academy Couples Sessions
• Stipend for Dean of Education
• Need a Budget Chair
• Need an In-House Auditor
• DCA Cookbook
• DCA Prayer Journal
• Drive-by Fish Fry (September or October)
• DCA Retreat 2022
• Hosting of the 2022 NE Regional

Workshop Session.....Reverend Dr. Kathy Pointer
Closing Prayer & Benediction.....Reverend Dr. Kathy Pointer

Living Legend Past Presidents

Mrs. Pamela D.Y. Burkholder
2003-2009
Theme: Unity

Mrs. Pamela D.Y. Burkholder served as State President for the DC State Association of Ministers' Wives and Ministers' Widows (DCAMWMW) from September 12, 2003 to September 14, 2009. During her administration, we continued to host the Annual Rainbow Tea, where we increased the fun and fellowship so much so that we continued to outgrow the selected venues. We also had our first All White Gala Awards Banquet. Through these events the four local associations became better acquainted with each other and began to support each other for various events. I was privileged to represent the State at the International Association of Ministers' Wives and Ministers' Widows Convention in Richmond, VA (2006), Fresno, Indiana (2007), Atlanta, GA (2008), and Columbus, OH (2009). We won the "Largest Contribution for the Smallest State" in 2008 and 2007.

Dr. Edna M. Owens
2010-2015
Theme: Widening the Circle of Fellowship

Dr. Edna M. Owens served as president of DCAMWMW for the years 2010-2015. She served with honor and represented the sisterhood with honor and excellence. She led the Association through the dynamics of hosting Regional meetings of our International sisterhood. The DCA website was continued, and the newsletter for the association was published and enjoyed. The annual events of the association were modified to adhere to the constitutional requirements and to meet the demands of the changes to organizational support. She is recognized and appreciated as a mentor of MWMW and was named NE Regional State President of the Year in 2014.

Mrs. Andrea Logan
2007-2010
Theme: Making a Difference - God's Love in Action

Reflecting on our past years, I recalled such wonderful unity and support among the sisters of DC. The love and legacy have lived on through love, pain and suffering, rejuvenation, rebuilding and even a pandemic! 2011 Annual Session DC sponsored a Dinner Theater, "The Great Pretender", at the Vermont Avenue Baptist Church, 2010 chartered the United Metropolitan Alliance MWMW. 2009 History of Harts Demonstration. What wonderful legacy shown throughout the years. Congratulations to President Boston, her cabinet, and the DC Sisterhood for winning bonds of love and strength with cords that cannot be broken.

Elder Patricia M. Brown
1999-2003
Theme: First Families as Models of the Community

Elder Patricia M. Brown served as the DC State President from 1999-2003. Elected to Board of Education in the International Association of MWMW. We hosted the 2000 NEW with our PPs singing on the Capitol Steps. Named the NE Regional Widow of the Year 2004. To God be the Glory for the great things he has done and doing in this current Administration.



**FOUNDER'S DAY
WEEKEND**
JUNE 10-12, 2021

REMEMBERING OUR FOUNDER
MRS. RUBY MARSHALL

CELEBRATING 69 YEARS IN SERVICE

THE LEGACY OF GOD'S CALLED WOMEN
MOVING FORWARD IN KINGDOM ASSIGNMENTS

For our God's backbone, crown of glory, Jesus is the great one,
and God's presence is always there with us.
Philippians 2:6

Souvenir Journals are still available and can be obtained for a donation. Email info@dcamwmw.org to submit your request.



If you know of any ministers' wives or ministers' widows within your church organization or statehood who would like to join any one of the four local chapters, please have them contact the State President at info@dcamwmw.org for more information.

If you are interested in submitting content for the newsletter, please contact the editor at willettak.graham@gmail.com.



Coming Soon... A Cookbook Series

Banana Bread
(New Dieter's Cook Book)
Preparation Time: 10 min.
Cooking Time: 45 min.
Low Fat
No Cholesterol

Ingredients:
1 ½ cups all-purpose flour
1 ¼ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
1/8 teaspoon salt
2 slightly beaten egg whites
1 cup mashed banana
¾ cup sugar

- Instructions:
1. In a medium mixing bowl stir together flour, baking powder, baking soda, cinnamon, and salt.
 2. In a large mixing bowl stir together egg whites, banana, sugar, and oil. Stir flour mixture into banana mixture just till moistened.
 3. Spray a 8x4x2 inch loaf pan with nonstick spray coating. Spread batter in prepared pan. Bake in a 350 degree oven for 45 to 50 minutes or until a toothpick inserted near the center comes out clean. If baking in a convection oven, bake at 350 degrees for 35 minutes.
 4. Cool bread on a wire rack. For easier slicing, wrap the bread in plastic wrap and store overnight. Makes 1 loaf (16 servings)

Nutrition information per serving:
125 calories, 2 g protein, 22 g carbohydrate, 4 g fat, 0 mg cholesterol, 81 mg sodium, 73 mg potassium

**Members of the DCAMWMW make
their way into the Leadership Academy...**

The District of Columbia Association has a forever place in the history books as members from 3 out of 4 of its locals were selected to participate in *The First Cohort* of the IAMWMW Leadership Academy.

Congratulations Cohortians!!

Rev. Dr. Agnes Venson - HC
Mrs. Sherl Streeter - BMWWA, UMA
Mrs. Willetta Graham - UMA
Rev. Barbie Daughtry - BMWWA

STATE CONSTITUTION AND BYLAWS UPDATE



Your input is still needed.
Please submit your comments TODAY!

*Let all things be done decently and in order.
1 Corinthians 14:40 KJV*

SAVE THE DATE



80th Annual Convention & Founder's Day

**In-Person Gathering
December 1 - 4, 2021**

Agenda

Wreath Laying
Queen's Coronation
Inductions to the Hall of Honor
website: www.iamwmw.org

HOTEL INFORMATION

The Omni Richmond
100 South 12th Street,
Richmond, VA 23219
1-804.344.7000

Room Rate

Single/Double \$129

**Deadline for Reservations at this Rate
NOVEMBER 15, 2021**

