

VIRGINIA ASSOCIATION OF MINISTERS' WIVES AND MINISTERS' WIDOWS, INC.

Strengthening and Empowering in 2023

MARCH 2023

IN THIS EDITION

- Locals at Work
- Convention 2022
- Save the Date 2023
- Tickle Your Funny Bone
- Hometown Recipes by You



PRAYER FOR YOU, SISTER, TO DRAW CLOSER TO JESUS

Heavenly Father, I come to You today and ask that you would bring my sister closer into Your presence.

May she feel your arms around her as she goes throughout the day reminding her of who she is in Christ! Let her draw strength from Your presence and may she know that You are always with her. Lord, I ask that you would help my sister to stay in the Word today during this time of trial! Remind her of how much You love her and let everything remind her of who she is as a child of God! In Jesus' name, amen.

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Greetings my Sisters,

Happy New Year, it is with great joy, that I come to you excited and expecting great things from our newsletter. I thank God for bringing us safely into a new year. God has been faithful despite the challenges we have faced and yet to face. Our theme for the state is, Leading Ladies Gracefully Making a Difference, "For Such a Time as This." Esther 4:14b. This year we are Strengthening and Empowering.

Thank you to all who have worked to make me and the state successful. I value every member and every elected and appointed officer.

God's blessings to our Virginia sisters and Founder's Day honorees, Sister Lisa Johnson, and Sister June Johnson, who were Hall of Honor Inductees. We are proud of you and your accomplishments. Thank you for your helping to make the organization a success. Your support allowed us win the largest donation given to Headquarters.

Get on your traveling shoes. We are getting ready for our Northeast Region Convention in Maryland in March, our own 72nd Convention in April with our Fredericksburg ladies, and look forward to our Annual Convention in Pittsburg, Pennsylvania for The International.

Just something to think about.

7 RULES OF LIFE

1.LET IT GO

Never ruin a good day by thinking about a bad yesterday.

2. IGNORE THEM

Don't listen to other people, Live A Life that is Empowering to You.

3. GIVE IT TIME

Time Heals Everything.

4. DON'T COMPARE

The only person you should try to beat is the person you were yesterday.

5.STAY CALM

It's okay not to have everything figured out. Know that in time you'll get there.

6. IT'S ON YOU

Only you are in charge of Happiness.

7. SMILE

LIFE IS SHORT. ENJOY IT WHILE YOU HAVE IT.

My sisters, Let it Go, Stay Calm, Smile, Be more loving, Patient and Understanding.



Dr. Ellen Jamerson

Dr. Ellen Jamerson, State President, Chaplain

*Leading Ladies Gracefully Making a Difference; Strengthening and Empowering
"For such a time as this." Esther 4:14b*



Greetings My Sisters,

I give God the praise for giving me the persistence, perseverance, and power to overcome the obstacles and setbacks I encountered in 2022; they are in the rearview mirror. I am looking forward to what the New Year will bring!

On December 3, 2022, during the Founders' Day Weekend two of our sisters were inducted into the 2022 Hall of Honor: Sis. June Johnson, a member of my local (MWMW NOVA) and Sis. Lisa J. Johnson of Richmond. Congratulations to Sis. June and Sis. Lisa for this prestigious recognition - their dedication and commitment to the Sisterhood is truly commendable.

In our world today with the chaos, social injustice, and unrest, many people are losing hope. Many of our family and friends are feeling hopeless in the face of all the hurt and trials in their lives and in the lives of others both locally and nationally. As Ministers' wives we have the answer. We know that as long as they have a little hope and a little faith, God will lighten their load. Our Father has called us to be messengers of hope. Sometimes all we have is our testimony of faith, hope, and love, which can inspire, encourage, and empower others through their journey. We can share what we know that our God is able to do exceeding abundantly above all that we ask or think according to the power that worketh in us.

God bless you as you have the Bread of Life to feed anyone who may need a morsel in 2023.

In prayer and amazing grace,

Hattie C. Blackmon
Hattie C. Blackmon



No Prayer, No Power.
Know Prayer, Know Power.

VIRGINIA ASSOCIATION OF MINISTERS' WIVES AND MINISTERS' WIDOWS, INC.

72ND ANNUAL CONVENTION



Amelda Jones
Host President



Dr. Ellen Jamerson
State President



Regina Mays
General Chair



"RENEWING OUR STRENGTH"

APRIL 20 - 22, 2023

SPECIAL GUESTS - VENDORS

92nd
VA
Convention

LADIES PLEASE JOIN US FOR
"THE GAMES PEOPLE PLAY"

CHUCKS & PEARLS Game Night

SNEAKING OUT FOR FUN AND LAUGHTER

THURSDAY, APRIL 20, 2023
7:00 PM - UNTIL



Husband's Group Come All!

Friday April 21st, 2023

Friday April 21st, 2023, There will be a tour of Fredericksburg on the "Trolley" and then a **fellowship luncheon** at the Great American Buffet for all husbands.



Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. Hebrews 10:25

A bus will transport the husbands from the hotel at approximately 10:00 AM and should return to the hotel around 12:30 PM. The actual tour time begins at 11:00 AM. After the tour, another bus will transport the husbands from the hotel to the Great American Buffet for the fellowship luncheon and return the husbands back to the hotel. The cost of the tour and the fellowship luncheon is being provided free of charge by the Fredericksburg Husbands. All husbands that wish to participate should sign up by emailing: rodneysr@verizon.net and respond to the following request:

Please indicate your preference by marking the choice that applies to you.

_____ I would like to participate in both the tour and the fellowship luncheon.

_____ I would like to participate in only the fellowship luncheon.

_____ I would like to remain at the hotel.

Maryland Association Hosts

INTERNATIONAL ASSOCIATION

NORTHEAST REGIONAL Conference 2023



MARCH 23-25



"WOMEN OF FAITH: LIVE, PRAY, AND WALK IN GOD'S GRACE"

MRS. JACQUELINE THORNTON
HOST PRESIDENT, MARYLAND

DR. MARGARET BROWN PAYTON
INTERNATIONAL PRESIDENT

MRS. ANDREA ROBINSON LOGAN
VICE PRESIDENT, NORTHEAST

BWI AIRPORT MARRIOTT
1743 W NURSERY ROAD
LINTHICUM HEIGHTS, MARYLAND

JOIN US FOR
HOLY COMMUNION
EMPOWERMENT WORKSHOPS
THE REGIONAL LUNCHEON
HUSBAND CLERGY GATHERING
A NIGHT OF FUN AND FELLOWSHIP

For More Information Please Contact General Chair, Dr. Thelma Rich at (410) 303-4836 or
State President, Mrs. Jacqueline Thornton at (443) 691-8984
www.neriammw.org

MAGNOLIA MOMENTS PRESENTS

A MUSIC AND WORD EVENT

FEATURING:
**PATRICK ALSTON &
THE HANDS 'N' HARMONY GROUP**
and
LECOUNT R. HOLMES
AS FREDERICK DOUGLASS, THE ORATOR

\$30

THURSDAY, MARCH 23RD | 6:30 PM
(Limited Seating) (Light Refreshments)

BWI Airport Marriott Hotel
1743 W. Nursery Road | Linthicum | Maryland

For tickets, please contact:
Latoya Robertson (410) 365-7842
Barbara Booth (410) 655-1307

82nd Annual Conference
INTERNATIONAL ASSOCIATION OF MINISTERS'
WIVES AND MINISTERS' WIDOWS, INC.

June 23 – June 30, 2023



Wyndham Grand Pittsburgh Downtown
600 Commonwealth Place
Pittsburgh, PA 15222

Room Rate - \$149.00 (+ 14% tax, subject to change)
GROUP – IAMWMW 2023

TO MAKE RESERVATIONS, PLEASE CALL
(412) 391-4600 – Call before June 1, 2023

Dr. Margaret Brown Payton, International President
Mrs. Debra Faye Cooper, State President/General Chair
Mrs. Barbara Terry, Co-Chair



Local Alliances

Charlottesville

Danville

E.C. Bouey

E.C. Thompson

Fredericksburg

Convention Host 2023

Lynchburg

Northern Virginia

Petersburg

Richmond

Suffolk

Tidewater

Wayland Blue Ridge



**MINISTERS' WIVES AND MINISTERS' WIDOWS ALLIANCE
OF
CHARLOTTESVILLE AND VICINITY**

News

Spring March Edition - 2023

Helen Carter, President

Dr. Brenda Arrington, Editor



Helen Carter, C'ville President

Greetings from President Helen L. Carter

It seems that this year has brought us many ever-changing situations. Yet, through it all we have harvested courage and much strength. We have discovered the treasures that were promised us through God's grace. Through Faith, Hope and Prayer, we realized that we are richer in wisdom and spiritual insight. The Word declares that He knows the plans He has for us. Plans to prosper us and not harm us, plans to give us hope and a future.

Jeremiah 29:11

Ministry of Service . . .



The Charlottesville Alliance Hosted a Food Drive in Support of the Blue Ridge Food Bank

(l to r) Janice Spellman, President Helen & Rev. Phillip Carter, Food Bank Representative, Ida & Elder Phillip Dyer.

The Food Drive was a great success! To God Be The Glory! We were blessed to provide the Blue Ridge Area Food Bank with donations enough to feed 242 families. In keeping with the purpose of our organization to serve, we pledge to help alleviate social problems by giving of our time and resources. We have happily demonstrated these efforts to serve throughout the year. Needless to say, this will be an annual project. Thanks to Sister Janice Spellman for coordinating this service activity and writing this narrative.

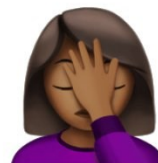
Celebrate Black History - Celebrate Us!



~Imagine~

Imagine America Without Black People.

B O R I N G !



Whether in elementary, secondary, technical or higher education institutions, education has been seen as a way, for Black people and communities of color, to resist the narrative that Black people are intellectually inferior. To learn more about the struggle, the journey, and the evolution of Black culture in America, look at this enlightening Executive Summary by The Association for the Study of African American Life and History (ASALH).

- Imagine navigating city streets without traffic lights.
- Imagine what it would be like if we didn't have gospel, jazz, reggae, blues, rock and roll, hip hop, R&B, soul music, among other genres.
- Imagine if we had no home security systems.
- Imagine not being able to transfer foods without refrigerated trucks.
- Imagine desktop computers without color monitors.
- Imagine if we still had to risk injury by manually closing elevator doors.
- Imagine what basketball would have been like without Michael, LeBron, Kobe, Magic, Steph, Dr. J, Bill Russell, Wilt and Kareem.
- Imagine if our light bulbs didn't stay on for long.
- Imagine how many more spam calls you'd have without caller ID.
- Imagine poetry with out Langston Hughes, Maya Angelou or Gwendolyn Brooks.
- Imagine New York without subways.
- Imagine laundry without ironing boards.
- Imagine if America didn't have workers to elevate our nation's steel, automobile and shipbuilding industries that helped catapult America.
- Imagine films without Denzel Washington, Will Smith, Morgan Freeman, Sidney Poitier, Samuel L. Jackson and Jamie Foxx. Or without Viola Davis, Halle Berry or Angela Bassett.
- Imagine sports without the athletic genius of Mohammed Ali, Serena Williams, Tiger Woods, Jim Brown, Hank Aaron, Jackie Joyner-Kersey, Bo Jackson or Bob Gibson
- Imagine how even more un-evolved we'd be as a society if nobody ever got into good trouble. If we never had Dr. Martin Luther King, Jr., or Malcolm X., Or Frederick Douglass, Rosa Parks, Cornel West, Angela Davis and Sojourner Truth. Or if there never was a Dorothy Height, John Lewis and Julian Bond.
- Imagine if chefs never had Worcestershire sauce.
- Imagine a world without blood banks to preserve plasma.
- Imagine sweeping your floors without a dustpan.
- Imagine if farmers never discovered crop rotation.
- Imagine if we didn't have folding chairs.
- Imagine golfing without tees.
- Imagine there was never a Jackie Robinson or Jesse Owens.
- Imagine if people didn't have suspenders to hold up pants. *(Actually, don't imagine that.)*
- Imagine scooping ice cream without ice cream scoopers.
- Imagine how ugly our front lawns would be without the lawn mower.
- Imagine if we still had to use rotary dial telephones.
- Imagine the Supreme Court without Thurgood Marshall.
- Imagine television talk shows without Oprah Winfrey.
- Imagine that nail art was never popularized.
- Imagine if we didn't have sneakers and were stuck wearing penny loafers for our everyday shoes.
- Imagine how inconvenient it would be if we didn't have mailboxes (pick up mail off the ground).
- Imagine cleaning your kitchen floors without a mop.
- Imagine snacking without potato chips. *(My favorite veggie!)*
- Imagine, ladies, if there were no hoop earrings.
- Imagine where your loved ones would be without lifesaving pacemakers.
- Imagine if we couldn't treat our elderly or others with cataracts without causing extreme pain.
- Imagine if none of our cool clothes had logos on them, Or awesome hoodies and other fashion styles.



Take a deep breath and be grateful to God that we don't have to imagine.

Honoring our Precious Jewels



SISTER ALICE SCRUGGS

The Charlottesville ladies showered Sister Scruggs with love, gifts and flowers at a luncheon immediately following a winter meeting. At 93, Sister Scruggs enjoys life and her deep relationship with the Lord.

Seated: President Helen Carter and Sister Alice Scruggs

Standing L to R: Sisters Ida Dyer, Delores Hubert, Min. Linda Johnson, Janice Spellman, Dr. Brenda Arrington, Barbara Henson, Pearl Washington, Dr. Natalie White and Mary Brown



Deaconess Lillie Mae Montague



(Seated center) Lillie Montague

CONGRATULATIONS

to Deaconess Lillie Mae Montague, Co-Founder and Charter member of the Ministers' Wives and Ministers' Widows Alliance of Charlottesville and Vicinity for 50 years of Service. Thank you for 50 years of service with the Virginia State Association.

CHRISTMAS 2022 LUNCHEON

Olive Garden
Richmond, Virginia



Elder Phillip and Sister Ida Dyer



Rev. Phillip and President Helen Carter



Sister Barbara Henson and Guests



Rev. Rickey and Dr. Natalie White

JESUS

The Reason
For The
Season



IAMWMW FOUNDER'S DAY

Richmond, Virginia ~ December 2-3, 2022



VAMWMW Leadership

(l) Dr. Natalie J. White, VP
(center) Dr. Ellen Jamerson, President
(r) Dr. Patricia Wormley, VP



Founder's Day Attendees

(l to r) Barbara Henson, Helen Carter, Janice Spellman,
Ida Dyer and Natalie White



E. C. Thompson Alliance of MWMW
Jean S. Hobbs, President



God has brought us this far by faith into 2023, and we will continue to lean and depend on Him. Greetings my beloved sisters! Although our membership is small, God has continually guided and directed us. We continue to be a driving force in this Association of Ministers' Wives & Widows. We hold fast to the theme, "Leading Ladies Gracefully, Making a Difference: For Such a Time as This."

We begin our year by electing a new president, Sister Jean Hobbs; a new secretary, Sister Georgina Hawkins; with other officers remaining the same.

We presented a scholarship to Travonte Hawkins, son of Rev. Trava & First Lady Georgina Hawkins. Travonte is attending the University of Toledo, in Toledo, Ohio. He is majoring in Political Science.



Trevonte Hawkins receives his high school diploma!!

We celebrated Bouey-Gayton Day virtually with our State President, Dr. Ellen Jamerson, extending greetings. We thank her for her dedicated service. We were blessed to have one minister's wife, Sister Felicite Argro, express an interest in joining us but was not able to be with us for our Bouey-Gayton Day Celebration because of her work schedule.

Two members, Sister Edith Ragsdale and Sister Jean Hobbs, attended Founder's Day which was truly blessed.



As one of our service projects, we continue to support Alms House under the umbrella of Feedmore, Inc., which provides food for families, giving backpacks of food to children to sustain them over weekends while not in school. We make monthly donations to Alms House along with volunteering when needed.



Other service projects included making donations to Patricia's Daycare Center in Brodnax, VA; VCU Health Hundley Center in South Hill, VA; and Heritage Hall Nursing Home in Blackstone, VA. Items given included Christmas decorations, body wash for men and women, lotion, socks, caps, undershirts, shaving crème, after shave, individual size packs of tissues, boxes of tissues, hand sanitizer, and many other

items for the daycare and nursing facilities.



Sisters Georgina Hawkins & Jean Hobbs delivers items to Daycare and Nursing Homes!



**MINISTERS' WIVES AND MINISTERS' WIDOWS FELLOWSHIP OF
NORTHERN VIRGINIA & VICINITY**

Mrs. Darlene B. Kelly, President

FEBRUARY 2023

"Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever." Psalm 106:1 KJV

Greetings my Beloved Sisters!

If you are like many of us, this past year probably did not go as expected. Some people came into 2022 proclaiming it to be the year of vision. Well, it was a year of vision, I'm just not sure people have really liked what they saw. Many of us were probably counting down the days to 2023, with the hope that it would be a better year. Some people like to start the New Year with a clean slate and make resolutions.

However, we as believers chose to serve God who is Omnipotence (all-powerful), Omniscience (all-knowing), and Omnipresence (and is everywhere), Hallelujah! All we need is God, Amen, Amen, and Amen.

WHAT HAVE WE BEEN UP TO:

Our Fellowship meets virtually every month to conduct business and outreach services, special focus on self-care, development, and activities that encourage engagement and fun. We continue using the Zoom platform for business meetings and events. We are really excited about having our first in-person gathering and an outreach ministry service activity in March 2023.

Our Adopt-a-Widow Ministry, chaired by Sister Arie Gray welcomed the Fall Season by planning two virtual Widows Teas. The theme was "A Widows' Tea – Sip and Chat" during the month of September. Both of the teas were such a blessing, we were able to visit and see some of the inactive windows. We laughed, cried, recalled memories, and thanked God for blessing us in such a mighty way.

During our September meeting, Reverend Bettye Walker, President and CEO of B. Walker Consultants, LLC presented to our fellowship, "Black Trauma and What Lies Inside Me". The presenter and the topic allowed for our fellowship to engage in real talk, and share stories, beliefs, coping behaviors, and barriers associated with trauma. We thank God for blessing us with this presenter and for allowing us to unite as sisters.

Sister Beynda Young, Founders Day Chair, presented at our November meeting, "What Kind of Shoes Are you Wearing?" She used Ephesians 6: 13, and 16 to support the theme. She spoke about the footsteps of Mrs. Irene Fairfax Terry, NOVAMWMW Founder, and Mrs. Elizabeth Cole-Bouey, IAMWMW Founder, and emphasized how these 2 leaders' footsteps and footprints have left a major impact on all of us and the future of our organizations. Sister Young asked all of us to choose one pair of our shoes and to state why we wear them. In closing, she stated that we wear our shoes for many reasons; for support, comfort, beauty, and specific jobs. And we must have our feet fitted with the shoes of the gospel of peace allowing us to be ready to share God with others at all times.

NOVAMWMW MEMORIES AND CELEBRATIONS



Minister Jeffery and Mrs. Nadine Frost

“God has granted us the opportunity to have visited as many as 57 countries. We crossed the equator and stood right on the line. We’ve placed our feet in all 7 seas. We made lifelong friends and became godparents, uncles, and auntie and now call each other kin. The dominion God has given us over the works of His hands keeps us mindful wherever we go to till and harvest His plan.”



Dr. Pamela Simpkins

Dr. Simpkins has been selected as Outstanding Principal of Region 4 in Fairfax County Public Schools. In June she will compete against four other principals for Outstanding principal Fairfax County Public Schools. Dr. Pam is beyond grateful to the Lord.



Miss. Abbigail Green, President Kelly’s Granddaughter

“She has been a cheerleader since she was 8 years old and today is a varsity cheerleader at the high school. She has physical strength, is confident, and has a great team spirit. At one of the games, she was awarded the Spirit Stick, more importantly, she carries the love of God with her in all she does.”

**Reverend Dr. Catina Joy Blackmon Jackson
 Reverend John and Mrs. Hattie Blackmon's daughter**



Reverend Jackson has completed her requirements for her Doctor of Ministry degree in Prophetic Activism from the United Theological Seminary in Dayton Ohio. She successfully completed her final examination in January 2023 as she defended her prophetic activism project that

supports young adults in Somerset, New Jersey. She will attend her graduation ceremony in May 2023 to celebrate completing her doctoral degree, which was one of her lifelong dreams.

Rev. Dr. Paul and First Lady Minister Esther Sheppard are the proud parents of Justin "JG," a college sophomore at Virginia Commonwealth University. Justin is a double major in Criminal Justice and Homeland Security student and has a passion for learning every aspect of criminal investigations, crime scene analysis, and the critical importance of Homeland Security in relation to our nation and abroad. Justin transferred from Old Dominion University where he received Dean's List recognition his entire freshman year. Sheppard is off to a great start at VCU and received Fall 2022 Dean's List recognition.



Mr. Justin "JG" Sheppard



Rev. and Mrs. Paul Sheppard celebrated their 20th wedding anniversary on August 20, 2022.

"Women Walking With God" That Ye Might Walk Worthy Of The Lord Unto All Pleasing, Being Fruitful In Every Good Work, And Increasing In The Knowledge Of God; Colossians 1:10 (KJV)

**Ministers' Wives and Ministers' Widows Alliance of
Petersburg and Vicinity
M. Alice Johnson - President**

To God be the Glory for bringing us through another year!!!!

Because of His mercies, we are not consumed. They are new each morning.
(Lamentations 3:22-23).

We are so grateful for our "beloved" and "devoted" President, M. Alice Johnson and we "honor" her for her strong and steadfast leadership. Our members are very few and they are dwindling daily BUT our President ALWAYS delivers above and beyond.

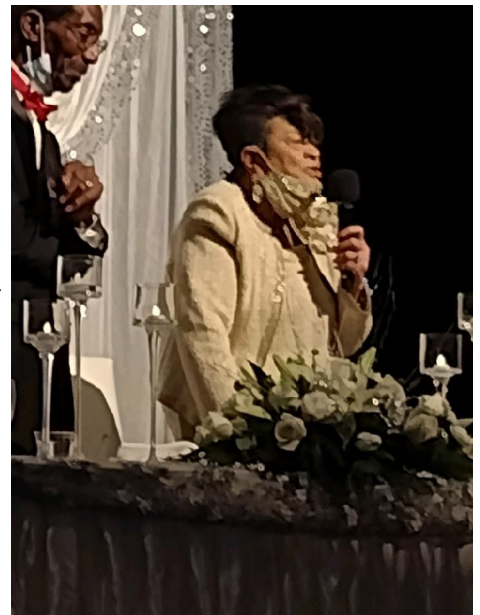
Membership Update:

We acknowledge the deaths of Mrs Cecilia S. Lee in May and Dr. Bertie J. Powell in August. Two of our members have moved to other states because it is no longer safe for them to live alone.



← **Christmas Project:**

We filled Christmas stockings with socks, tee shirts, blankets and baby toys that were donated to Truist Bank for distribution to children.



Celebrations: →

Congratulations to Dr. Gracie J. White who was blessed to celebrate her 90th birthday on January 22, 2023 at the Petersburg Library.

**Ministers' Wives and Ministers' Widows of
Richmond and Vicinity
Mrs. Valarie Thomas - President**

Council of Wives

The Ministers' Wives and Ministers' Widows of Richmond and Vicinity has created a resource made up of our membership to assist other ministers' wives and ministers' widows. Sometimes we just need some suggestions as to how to resolve challenges peculiar to being a minister's wife or minister's widow. We call this resource the "Council of Wives". This resource is a part of our "Volunteer Committee". We invite other minister's wives or minister's widows to write us about an issue that is peculiar to their being a minister's wife or widow. The responses are returned with suggested solution(s) from the combined experiences from the members on the committee.

The letter of introduction for this resource is attached and can be used by any other member of our International Organization.

In God We Trust

Valerie Thomas, President

JANE C. TALLEY

804 314-0001

Volunteer Committee



While being a Minister's Wife is a special privilege, we also know it can be a unique challenge. These are times you just need some concrete suggestions as to how to resolve some of life's challenges peculiar to being a minister's wife or a minister's widow.

There is a Committee of pastor wives and pastor's widows with years of experience standing ready to help. This is an opportunity resource just for Ministers' Wives and Ministers' Widows. You may mail your question or concern to a P.O. Box... signing confidentially with a name such as Sassy Sally, Confused Cathy or however you wish to sign including a return address of your choosing of P.O. Box. The Council will answer each letter received.

"Remember We've Got Your Back in Confidence"

DISCLAIMER: THE REPOSSES TO YOUR LETTERD WILL COME FROM THE COMBINED EXPERIENCES OF ACTUAL MINISTERS' WIVES AND MINISTERS' WIDOWS BASED ON THEIR PERSONAL KNOW HOW. THESE NON PROFESSIONAL RESPONSES ARE NOT INTENDED TO TAKE THE PLACE OF PROFESSIONAL COUNSELORS. THE MOST SERIOUS ISSUES MAY BE RECOMMENDED FOR PROFESSIONAL CONSULTATION.



It has been a joy for Bishop Dr. Larry Branch and Elder Dr. Lynette Galloway Branch to continue to support their adopted elementary school in the city of Richmond, Virginia. The school was adopted last school year and the ability to share time with students, teachers and staff has been fun and fruitful! Supplies to support classrooms and special projects were delivered at the beginning of the 2022-2023 school year. They have attended school productions, Harvest Fest and as many special school activities as possible. Elder Dr. Branch reads to a classroom each month through the RVA Reads Program sponsored by the Richmond Public Library. Like last school year, they have plans to provide gifts to each teacher during Teacher Appreciation Week and will support "Moving Up" activities for the children who move to the next grade. The picture provided shows the Branches delivering baskets for several families of the school during the Thanksgiving Holiday.

Suffolk & Vicinity Association of Ministers' Wives and Ministers' Widows



Gloria Phillips Diggs, President



To God be ALL The Glory for All He has done!!! Suffolk MWMW has been about our Father's business, and He continues to bless. Our Sisters in Suffolk have been involved in several Ministry of Service Projects.

Each Thanksgiving we prepare two Turkey Baskets and receive names of families who need food. This November 2022, we selected a family, a single father with six children, who lost their belongings in a house fire. In addition, there was another family, a father of four in need because he didn't have a full kitchen, yet he was willing to assist the family that burned out! We as a group decided to donate the two turkeys with all the fixings and more to these two families. Oh, what overwhelming emotions; they were so thankful!!

One of our bi-annual community services is donating paper products to Western Tidewater Clinic because they provide medical services to persons without insurance. We donated paper products because we were sure they would be useful. They were delighted!

In The Lives of Our Sisters:

Reverend Henry E. Diggs is the newly elected Pastor at Morning Star

Missionary Baptist Church, Portsmouth, VA. He and his lovely bride Mrs. Carol B. Diggs celebrated 52 years of marital bliss Oct. 26, 2022.

Reverend Dr. Floyd & Dr. Margaret Dugger were blessed to celebrate 52 years of marriage.

Bishop Perry & Dr. Kimberley Austin will celebrate 30 years of marriage in February 2023.

Pastor W. L. & Reverend Gloria Diggs celebrated 34 years of Pastoral Service at Galilee Baptist Church, Branchville, VA.

The Matriarch of MWMW Suffolk is Mother Margaret Colander, and she celebrated 98 years of life. God had truly been good to us!

On Sept 24, 2022, Pleasant Union Baptist Church celebrated their Pastor, Reverend Vaurice T. Chambers, honoring his 50 years of pastoral service. Due to an illness, Dr. Chambers was unable to attend the lovely banquet in his honor. However, his beautiful wife, Co-Pastor, Reverend Dr. Naomi Chambers represented that evening. The banquet venue was filled to capacity as the man of God was celebrated. Two weeks later Reverend Dr. Chambers was ushered to be with the Lord. But God has a plan! Three months later Reverend Dr. Naomi P. Chambers was installed as pastor of Pleasant Union Baptist Church. She is the first female pastor in the city of Suffolk at age 90. God's power is great!!!

On a few occasions, we were celebrating glorious days, yet, we were attending a homegoing when we were to be rejoicing anyway, as God tells us in The Word. We have had many ups and downs, some highs and lows, and some disappointments, but through it all, the good days outweighed the bad. **God has truly been good to us.**

Humbly submitted,
Rev. Gloria Phillips Diggs,
President

Ministers' Wives and Ministers' Widows Alliance of Tidewater
Lynette Richardson - President

On Friday, February 10, 2023, the Interdenominational Ministers' Wives and Ministers' Widows Alliance of Tidewater held their Marie E. Wise Annual Sweetheart Banquet at the Edmonds Center in Portsmouth VA.

With over 200 in attendance, including state and local government officials, the beautiful event featured the honoring of Minister Nina Earl as the Ministers' Wife of the year.

The theme was "Our Legacy: Poised and Empowered to Serve."

The speaker, Pastor Lucretia Mason Underdue, founder of United Community Church in Chesapeake, VA gave a riveting message based on 1st Corinthians Chapter 13.

The lovely Edmonds Center provided great atmosphere, decor, food, and drink. With music provided by the Elliott Brother and Sister duo.

Special kudos go to Dr. Karen C. Earls as banquet chair along with her committee for an exceptional evening of elegance.



Wayland Blue Ridge Ministers' Wives and Ministers' Widows



Conchita B. Shorts
President

Proverbs 17:9 Sweet friendships refresh the soul and awaken our hearts with joy, for good friends are like the anointing oil that yields the fragrant incense of God's presence.

The beginning of the New Year has started with a reaffirmation to continue the work that God has laid before us as women called by God to do good works.



Our first meeting was held in-person and it was wonderful to be together face-to-face. We also used this time together to fellowship with a light lunch, games, and gifts.



We congratulate Reverend Frank and Sister Shirley Lewis on 40 years of service to the Antioch Baptist Church and the Madison Virginia community.



Patricia A. Wormley of the Ministers' Wives & Ministers' Widows of Wayland Blue Ride and Vicinity has completed her dissertation and earned a Doctoral Degree in Biblical Studies from Cornerstone College of Virginia. She has chosen to wait and march with her 2023 class in May. Her dissertation title is: The Life of a Dialysis Patient: What Effects Does It Have on One's Life? Her research was based on her husband, Dr. Charles Wormley's 18-year journey in dialysis. Her research will be shared to empathize with his side effects and to educate members of her church and community families.



We also congratulate our dear Sister Mary Tinsley on her retirement after 30 years of employment. Hard work and perseverance pay off.



We welcomed our new member, Dr. Sheila Mathis. She is the wife of Reverend Derrick Mathis serving as Pastor of the St. Stevens Baptist Church in Culpeper VA. We are thrilled to have her with us.

Wayland Blue Ridge Ministers' Wives and Ministers' Widows

Wayland ladies are doing outreach in the community. We donated 135 skull caps to the Micah Ecumenical Ministries, serving those that are homeless. Some of the hats were handmade. We also donated 225 pounds of potatoes to the Fredericksburg Regional Food Bank. Thanks to Sister Doris Pinkard and Reverend Dr. Patricia Wormley for leading these projects for Wayland Blue Ridge MWMW.



Even though we are still in pandemic times we were able to attend the IAMWMW, Inc. Founder's Day. It was a beautiful celebration.



Our Founder – Dr. Elizabeth Coles Bouey



Conchita Shorts doing final decorations for the luncheon.



Rev. Dr. Wormley and Dr. Alexander enjoying the events.

We are excited for the opportunity to see our sisters at the upcoming Northeast Regional, Virginia State and International Conferences.

Wayland Blue Ridge Members and Officers

Conchita Shorts - President, **Mary Tinsley** - 1st Vice President, **Shirley Lewis** - 2nd Vice President, **Marvis Pitts** - Recording Secretary, **Janice Kilby** - Corresponding Secretary, **Martha Johnson** - Financial Secretary, **Marilyn Belle** - Treasurer, **Alfreda Dean** - Chaplain, **Doris Pinkard** - Widows, **Reverend Dr. Patricia Wormley** - Executive Board, **Beulah Lawrence** - Founder, Emeritus and **Dr. Shelia Mathis**



WIDOWS MINISTRY

The VAMWMW Widow's Ministry Committee greets you in the joy of Jesus. We are praying that 2023 will be a blessed year for you and your family.

When we started in 2022, we had seventy (70) widows and by the end of the year we had 76. It has been a real joy and blessing to reach out to our widows with cards and phone calls. They are so grateful to Dr. Jamerson, VAMWMW, and our committee for reaching out to them. Little things mean a lot.

Our highlight of the year was the Stay-At-Home Tea which was held via Zoom with Sis. Karen Minor-Turner and Sis. Erica O'Neil-Scott, IT Technician Chair. The tea was held on November 12, 2022 and was well attended by our State President, several State Officers, Local Presidents and our widows. The sisters were elegantly dressed in hats, fascinators and some with gloves, and their beautiful teacups. Chair Lady Morris did a demonstration on "How to Make a Perfect Cup of Tea" using a cinnamon stick as the stirrer. Sisters were given time for sharing comments. Dr. Jamerson brought greetings, and members of the committee participated in the program. At that time, we had five members on the committee: Sis. Ida Dyer read scripture, Sis. Doris Pinkard gave the prayer and Sis. Arie Gray, Recording Artist, rendered the music. Sis. Karen Minor-Turner was very instrumental in helping to make the Tea a memorable occasion. Sis. Yolanda Coppage and Sis. Peggy Dunning has been added to the Committee with a total of seven members.

Many of our widows are 90+ years. We are happy to honor two of our sisters from the Suffolk MWMW, Sis. Margaret Colander 98 years on January 29, 2023, and Reverend Dr. Naomi Chambers at the blessed age of 90 and she was installed as Pastor of Pleasant Union Baptist Church in Suffolk. What a testimony to a great woman Servant of God who served as Co-Pastor with her late husband. Congratulations to both of these beautiful sisters. Birthday and Valentine's Day cards will be sent to our widows this year. Other plans will be on the schedule for the year.

In Faith, Love and Prayer,

VAMWMW Widow's Ministry Committee
Submitted by Sister Eleanor R. Morris, Chair



Congratulations on achieving your Doctor of Ministry. The hard work and long nights, endless research has paid off.

Pastor Willie Elder earned his Doctor of Ministry from Virginia University of Lynchburg.

His dissertation study was entitled: *"Revitalizing the Ministry Approach of a Small Rural Church: Posturing for a Post-Pandemic Environment."*

*Lovingly submitted by
First Lady Angenette Elder*

Congratulations to Dr. Pamela Simpkins who was selected as Outstanding Principal of our Region. In June she will compete against 4 other principals for Outstanding principal of Fairfax County Public Schools .



Go Orange



The Sisters of the Virginia Association of Ministers' Wives and Ministers' Widows stand in solidarity with the Department of Education to recognize Bullying and Harassment in schools. It takes the efforts of all of us, from the families, to the students, to the teachers and administration on all levels.

We have learned that bullying can be very harmful. Its effects can cause students to skip school, lower self-esteem, cause depression, and cause students to harm themselves or others.

Always pay attention to your children, have frequent discussions, if they say they have a problem, listen to them and more importantly act on it, don't just brush it under the rug.

My Sisters, let's join in this fight of **No Bullying** in school.



Ellen Jamerson



Patricia Wormley



Lynette Galloway Branch

STRONG
PEOPLE
LIFT UP
OTHERS
WEAK PEOPLE PUT THEM DOWN



Natalie J. White



Loretta H. Dennis



Hattie C. Blackmon



Angenette Elder



Amelda F. Jones



Barbara Green



Barbara Henson



Gloria P. Diggs



Carol Diggs



Cheryl R. Evans



Delores Hubert-Christmas



Sophia Massenburg



Edith Ragsdale



Dolores Whitaker





Helen Carter



Gwen Childs, Miriam Chambers, Barbara Sparks



Hazel Hill



Eva J. Brown



Peggy Dunning



Linda Johnson



Karen Minor-Turner

STAND UP
STAY STRONG
SPEAK UP
STOP BULLYING



Ida Dyer



Janice Spellman



Jean Hobbs



Melanie Harris, Mary J. Braxton, Sherleen B. Scott, Peggy Dunning, Mary Holmes, Cheryl Edwards, Harriett Johnson



Pandora Riley



Mary Brown



Olivia Gattison

E. C. Bouey MWMW Alliance
Southside Rappahannock, Northern Neck & Middle Peninsula
“October is National Bullying Prevention Month”



Sister Marlene Cosby-Jackson



Sister Alice C. Bryant



Dr. Eleanor R. Morris, VP



Sister Jean Smith-Turner



Sister Patricia L. Johnson, President



Sister Lillian McGuire





Rochelle Clark-Alexander



Valeria Thomas



Valencia Campbell



Erica O'Neil-Scott

STOP BULLYING

PHYSICAL
BULLYING

VERBAL
BULLYING

SOCIAL
BULLYING

CYBER
BULLYING



Medicine and You



Can you afford to be sick?

The VAMWMW Health Committee

Dr. Edna Griffith and Dr. Pamela Hamilton-Stubbs, BSN, M.D., CNS

During the delta period of the coronavirus pandemic, researchers found that African Americans and people with diabetes, hypertension, cardiovascular disease, kidney disease, cancer, immune compromised conditions, and older than 60 years of age are more likely to require hospitalization for severe COVID-19. Researchers also discovered that a high blood sugar level, even in people without diabetes, increases the risk for severe COVID-19 and death.

Over time, new variants of the coronavirus with lower hospitalization and mortality rates have evolved. However, the World Health Organization (WHO) cautions that the pandemic is in transition and remains a health emergency. The International Federation of the Red Cross and Red Crescent Societies released warnings that all countries remain unprepared for future outbreaks.

The United States' vaccination program is designed to prevent severe disease, hospitalization, and death. Vaccinations are most effective against the original coronavirus. The coronavirus booster is effective against the Omicron variant and BA.4/BA.5 sub-variants. Booster shots offer much less protection against the newest variants of the coronavirus, XBB and a sub-lineage, XBB.1.5. However, even a small boost in protection is beneficial to the most vulnerable populations, people older than 65 years of age, and people who are immunocompromised.

Currently, XBB and XBB.1.5 viruses are causing a spike in COVID-19. Some who become infected will need hospitalization or out-patient medical care. Treatment for COVID-19 is expensive. People without insurance may find medical care unaffordable. People with health insurance can reach their out-of-pocket max with just one drug infusion. Health insurance does not cover most vitamins, supplements, alternative therapies and experimental treatments.

The Center for Disease Control and Prevention currently recommends getting vaccinated, avoiding crowded indoor spaces, and frequent hand washing. Immunocompromised individuals and senior citizens should consider wearing masks. Following the American Heart Association recommendation of limiting added sugar to a maximum of six teaspoons per day for women and nine teaspoons per day for men can reduce blood sugar level. To suppress sugar cravings, download a free copy of the *Sensual Eating Guide to Stop Sugar Cravings and Overeating* at shop.drhamiltonstubbs.com/sensual.

Beyond healthcare cost, COVID-19 results in lost earnings, disability, and reduced quality of life, especially for those who develop long term COVID-19. It is best to avoid becoming infected.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>

<https://health.ucdavis.edu/news/headlines/xbb15-what-you-need-to-know-about-covid-19s-kraken-variant-/2023/01>



Seasoned with Love

Cilantro Chicken Salad

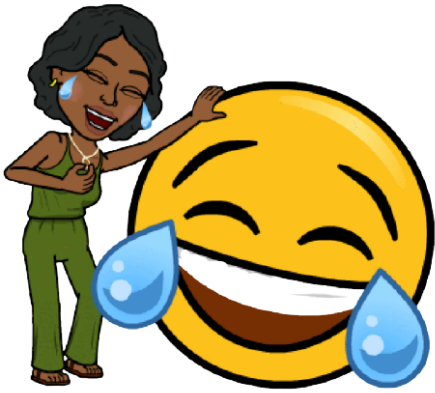
- 3 large boneless chicken breast halves
- 1 Tablespoon vegetable oil

- 1 Tablespoon fresh lemon juice
- 3 large celery stalks, sliced
- 2 green onions, chopped
- 3 Tablespoons chopped fresh cilantro
- 2 Tablespoons finely chopped red bell pepper
- ¼ cup mayonnaise
- Salt & pepper, to taste
- 3 Tablespoons slivered almonds, optional
- Avocado slices
- Tomato slices

Pat chicken dry. Heat oil in heavy medium skillet over medium-high heat. Add chicken and cook until spring to touch, about 8 minutes. Cool slightly. Skin & shred.

Toss chicken with lemon juice in large bowl. Add celery, onions, cilantro & bell pepper. Mix in mayonnaise. Season with salt & pepper. Cover & refrigerate at least 1 hour. (Can be prepared 8 hours ahead.) Sprinkle with almonds. Garnish with avocado & tomato.





TICKLE YOUR FUNNY BONE



**How do we know
Peter was a successful
fisherman?**

By his net income.

woman's day



**What is a
mathematician's
favorite book
of the Bible?**

Numbers.

woman's day

**I am the greatest financier
in the Bible. I floated my
stock while everyone was
in liquidation. Who am I?**

Noah

**I am black when you buy
me and red when you use
me. When I turn grey you
know it's time to throw me
away. What am I?**

Charcoal

Busy Bees

E R B I E Y S N E S E D X W N T
E A P D H E E T S A R V I E W F
B T Y J Q L B T I O V N I O V Q
R C M W L L U E N N G R M H Z U
E E V O K O W E L S G I A I Y C
L N P Y U W S X P B L E D L E G
L Y S U B A J A O L M P R A B O
I K D T S N G W I M P U N H Z O
K Z S H I D G O H T K N B E Y A
H V S I X B N R E P E E K E E B
Q B W S L L D S A T U E E K R T
A U E A E A L Y N B U Z Z I N G
L H E J G C C A D T T C E S N I
L V T E S K H O N E Y Q W W O I
X G B K N L P K K Q X Z I D V E

ANTENNAE
BEEKEEPER
BUMBLEBEE
BUSY
BUZZING
DRONES
HIVE
HONEY
INSECT
KILLERBEE
LARVAE

NECTAR
POLLEN
QUEEN
SIX LEGS
STINGER
SWEET
WAX
WINGS
YELLOW AND
BLACK

To find the answer to the trivia fact, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: Honey bees must tap the nectar of this many flowers to make one pound of honey.

Answer: _____



A SCRIPTURE A DAY KEEPS THE DEVIL AWAY

Psalm 119:1-176

Psalm 119 is written as an acrostic poem, the author is unknown but some have suggested it may have been Ezra the priest, written at the time that the temple had been rebuilt, almost every verse of Psalm 119 mentions God's Word in some way, just as Psalm 119 is the longest chapter of the Bible, two Psalms just before, Psalm 117, is the shortest chapter of all, and the overall message of Psalm 119 focuses on the truth of God's Word.

Psalm 119:1-8 (Aleph) – I long to keep the Lord's law!

Psalm 119:9-16 (Beth) – I long to meditate on the Lord's law!

Psalm 119:17-24 (Gimel) – I delight in the depths of the Lord's law!

Psalm 119:25-32 (Daleth) – I long to understand the word of the Lord!

Psalm 119:33-40 (He) – My only delight is in the Lord's law!

Psalm 119:41-48 (Waw) – I trust in the Lord's law, which is my only salvation.

Psalm 119:49-56 (Zayin) – I find hope and comfort in the Lord's law.

Psalm 119:57-64 (Heth) – The Lord's law is my only source of hope in times of trouble.

Psalm 119:65-72 (Teth) – Affliction has come upon me.

Psalm 119:73-80 (Yodh) – Let my affliction turn others to God.

Psalm 119:81-88 (Kaph) – How long must I be afflicted?

Psalm 119:89-96 (Lamedh) – The Lord's law has helped me endure my affliction.

Psalm 119:97-104 (Mem) – The Lord's law gives me understanding and wisdom.

Psalm 119:105-112 (Nun) – The Lord's law leads me through life's snares and afflictions.

Psalm 119:113-120 (Samekh) – The Lord's law protects and shields me.

Psalm 119:121-128 (Ayin) – I long for the Lord's promised salvation.

Psalm 119:129-136 (Pe) – I need the Lord's help to keep his commandments.

Psalm 119:137-144 (Tsadhe) – The Lord's eternally righteous words delight me.

Psalm 119:145-152 (Qoph) – I will continually meditate on the Lord's law.

Psalm 119:153-160 (Resh) – I long for the life and steadfast love the Lord's law promises.

Psalm 119:161-168 (Sin & Shin) – I love the Lord's law even though I am being persecuted.

Psalm 119:169-176 (Taw) – Hear my cry for help and accept my praise because I delight in the Lord's law.

<https://onthefoothills.com/psalm-119-a-summary/>

Praise Hymn

'A CHARGE TO KEEP I HAVE'

"...And keep the charge of the LORD, that ye die not; for so I am commanded" (Lev. 8.35)

INTRODUCTION: A song which encourages us to keep the charge that has been given to us is "A Charge To Keep I Have" (#201 in Hymns for Worship Revised, and #215 in Sacred Selections for the Church). The text was written by Charles Wesley, who was born at Epworth in Lincolnshire, England, on Dec. 18, 1707, the eighteenth child and youngest son of Samuel and Susanna Wesley, and the brother of John Wesley whose work resulted in the formation of the Methodist Church. The brother's father was an Anglican minister, and Charles was educated at home by his parents, at Westminster School beginning in 1716, and at Christ Church College, Oxford, in 1726. While at Oxford, he formed a "Holy Club" with his brother and their friend George Whitefield. This group of young students were called "Methodists" due to the strictly formal method of study which they practiced. Becoming a minister in the Church of England in 1735, like his father and brother, he accompanied his brother the following year on a trip to the English colony of Georgia, where he served as private secretary to Governor James E. Oglethorpe.

Because of some trouble in Georgia, after a few months Charles returned to England where he became associated with a group of Moravians on Aldersgate St. in London and in 1738 experienced his "spiritual conversion." This released within him his gift of song. The very next day he penned his first hymn, "Where shall my wandering soul begin," and before his death completed some 6,500 hymns on every conceivable subject of scripture, including such well-known favorites as "Jesus, Lover of My Soul," "Soldiers of Christ, Arise," and "Love Divine." These appeared in 56 different collections published by the Wesleys over 53 years. Shortly after his conversion, he began working with the felons in Newgate Prison and preaching at Islington, both in London, but was soon forbidden to preach in the established churches because of his new ideas. From this time on, he was closely associated with his brother in their travelling evangelistic work. After his marriage to Sarah Gwynne in 1749, his work was largely confined to Bristol and London.

"A Charge To Keep" first appeared in the Wesley's Short Hymns on Select Passages of Scripture, Vol. 1, of 1762. It was said to have been inspired by a reading of Matthew Henry's commentary on the book of Leviticus. Charles disagreed with his brother's inclination to separate from the Church of England and so resisted those of the "Methodist" Group who wanted to form a distinct communion, remaining a loyal member of the Anglican Church all of his life. While remembered primarily as a songwriter, Charles was also a powerful preacher, and delivered his last sermon at the age of 80 in March of 1788 at London's City Road Chapel. His death occurred shortly afterward at Marylebone in London, England, on Mar. 29, 1788. The tune (Boyleston) that is found with this song in most of our books was composed by Lowell Mason (1792-1872). It first appeared in his work The Choir, or Union Collection of Church Music in 1832, where it was used with "Our days are as the grass." It is possibly based on a Gregorian melody.

CONCLUSION: This is a relatively short song, but it is particularly beneficial because it impresses us with the fact that true Christianity is more than just "going to church" on Sunday, or even profiting from the worship, as important as that may be. It is a total commitment demonstrated in complete obedience to God's will. This song has been in nearly every hymnbook published by members of the Lord's church for use among churches of Christ. I grew up singing it. We would frequently use it at the beginning of the worship service to remind us of the seriousness of our purpose in worship to prepare ourselves for service to the Lord. However, in my past quarter-century plus of preaching experience it has been sung much less frequently than I remember when growing up, perhaps because too many people want Christianity without real commitment. However, I must learn to do my Master's will in all things and be careful not to betray that trust because "A Charge To Keep I Have."

Portions from <https://hymnstudiesblog.wordpress.com/2008/02/23/quota-charge-to-keep-i-havequot/>

