

We Made It *By His Grace*



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

NEWSLETTER 2022/FIRST QUARTER

DR. ELLEN JAMERSON
STATE PRESIDENT

BY HIS GRACE

God's grace is abundant. There is no end to the goodness, mercy, love, healing, forgiveness, and countless other ways he pours out his blessings on His people. Through the endless reserves of God's grace, he enriches our lives and unites us together in his family, the body of Christ.



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Greetings my Sisters,

I come grateful and humbled to bring you greetings in this new year of our Lord and Savior Jesus Christ, 2022. Last year we all talked about COVID and feared the results from it. This year we are still talking about COVID and how it affects us.

My Sisters, let's talk about Faith. "Faith is the substance of things hope for, the evidence of things not seen." (Hebrews 11:1)

What are some of the things we need to put back in God's hands by faith? Wow, good question! We need to know that God has never let us down, though we let Him down. Let us put our concerns back in His hands. We have come this far by faith. Let us put the journey of life back in His hands. It is by Faith that we have the strength to make it from moment to moment and day to day. Let us put the things we cannot control back in His hands. It is by faith we overcome our fears. Let us put anxiety and worry back in His hands. God's grace saves us from the elements that tries to distract us and lose focus. We need to rest assured that God is there for us. Yes, trials come and go, but, GOD has always stood by our side!

A contractor guarantees that his work will be done, God has given us our guarantee (Ephesians 1:14). Therefore, we have confidence that God's Work in us will be accomplished, but it will take time.

Let us stop worrying about COVID. Put it and everything that concerns us in His hands. Keep praying. Keep social distancing, Keep sanitizing. Keep wearing your masks and most of all keep the faith.

Dr. Ellen Jamerson

Dr. Ellen Jamerson, State President

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



Greetings,

God has blessed us to cross over into a New Year, and we are so thankful for His grace and mercy. “Tis so sweet to trust in Jesus, and to take him at his word; Just to rest upon his promise, and to know; Thus saith the Lord”. As the Omicron variant continues to sweep the United States, we are still standing! We are blessed women of God because we are covered, protected, and healed as we continue to walk by faith.

The unprecedented times have caused us to move in a different direction. The VAMWMW Alene B. Godwin Retreat was held virtually for the first time. Sis. Angenette Elder, our Retreat Organizer, accepted the challenge to produce a virtual retreat. The three speakers were just amazing. Sis. Takisha Freeland of Georgia spoke on “Seedling Take Root,” “The Wings You Need for your Winning Season”, our own Sis. Karen Minor-Turner speaking on “Blossom in Fertile Ground,” Utilize your gifts as Child of God, and also from Georgia, Sis. Linda Strickland speaking on “Mighty Oak Emerge,” “The Journey of Life”. What a time we had with these three powerful women of God. The retreat was executed with success as Sis. Elder walked by faith, and the results were amazing!

VAMWMW celebrates the accomplishments and activities of our sisters and locals. Congratulations to our State President, Dr. Ellen Jamerson, as she has been bestowed an honorary doctorate of Humane Letters. Take a look inside to see more accomplishments, community service, moments of inspiration, relax and pause to do a crossword puzzle and laugh in our *Tickle Your Funnybone* section. We encourage you to send in your activities and celebrations.

God bless you all as we continue to trust, watch, and pray.

Hattie C. Blackmon

Hattie C. Blackmon

**VIRGINIA ASSOCIATION OF MINISTERS' WIVES AND
MINISTERS' WIDOWS**

71st Annual Convention - April 22-23, 2022

Virtual

Hosted by

MWMW Alliance of Charlottesville & Vicinity

Leading Ladies Gracefully Making a Difference
"For Such a Time As This"

Esther 4:14b



Sister Helen L. Carter
Local President/Chair

Friday, April 22nd
5 PM – 8 PM
Open to the Public
Awards
Queen Procession



Dr. Ellen Jamerson
State President



**Print Registration Form
at
www.vamwmw.org**



Rev. Dr. Natalie J. White
Convention Co-Chair

Saturday, April 23rd
9 AM – 12 PM
State Registrants Only
The President Speaks
Business
Education



**Music Ministry by
Courtney Bryan and Awaken**



Rev. Dr. Mary H. Young
Education Facilitator



INTERNATIONAL ASSOCIATION
of Ministers' Wives and Ministers' Widows, Inc.
Dr. Margaret Brown Payton, International President

Northeast Regional *Conference* **2022**



Dr. Cheryl R. Evans
Vice President, Northeast Region

Passing **BOLDNESS**,
Blessings and the Baton

MARCH 24 - 26

**Crystal City Marriott at
Reagan National Airport**
1999 Richmond Highway
Arlington, Virginia 22202



Serenity House
From Addiction to Deliverance
Stage play by: *Ursula V. Battle*
Donation: \$25.00
THU. MAR. 24



Dr. Rodney & Monica A. Teal
BLENDED: In the Pulpit and the Pews
(Being and Ministering to Blended Families)



Mr. Isaiah Solomon
**Financial Legacy: Getting and Giving, and
Leaving a Legacy for the Church and Home**



Dr. Daniel Spruill
**Our Children's Future: Public, Private, and
Restorative Education**

For more information: www.neiamwmw.com



www.iamwmw.org

**INTERNATIONAL ASSOCIATION
OF MINISTERS' WIVES AND MINISTERS' WIDOWS, INC.**

81st Annual Convention 2022

Hosted by
Washington State

**JUNE 24 -
JULY 1**

Dr. Margaret Brown Payton
International President

Co-Chairs – Mrs. Rubye Hudson, Mrs. Faith Washington, Mrs. Emmajean Haynes

Mrs. Nel G. Thornton
General Chairperson

“A Beloved Sisterhood: Set Apart to Encourage, Enable, and Edify.”
I Thessalonians 5:11

HYATT REGENCY BELLEVUE

900 Bellevue Way NE
Bellevue, WA 98004

Call for Reservations: 1-877-803-7534

Reservations link for booking –

<https://www.hyatt.com/en-US/group-booking/BELLE/G-IAMW>

Shuttle to/from Sea-Tac Airport - \$26.00/pp each way

Hotel Discounted Parking - \$10.00 per day.

Group Rate Cut off date is June 1, 2022

Room Rate: \$169 plus tax

Room Rates are the same for Singles, Doubles, Triples, & Quads



Local Alliances

Charlottesville

Danville

E.C. Bouey

E.C. Thompson

Danville

Fredericksburg

Lynchburg

Northern Virginia

Petersburg

Richmond

Suffolk

Tidewater

Wayland Blue Ridge



MINISTERS' WIVES AND MINISTERS' WIDOWS ALLIANCE

OF

CHARLOTTESVILLE AND VICINITY

News

Helen Carter, President
February/March Edition
2022

Dr. Brenda Arrington, Editor

The Ministers' Wives and Ministers' Widows Alliance of Charlottesville and Vicinity invites you to join us as we host the 71st Annual Virginia Association State Conference. Come and be Inspired. See God use women who are

Smart, **T**alented, **E**legant, **R**eliable and **S**pirit-Filled!



President Helen Carter

GATHERING UP THE FRAGMENTS

The MWMW Alliance of Charlottesville and Vicinity elected Helen L. Carter in June 2021 as its President for the next two years. She has served the Alliance in several positions in the past. She is inspired to "gather up the fragments that remain, so that nothing is lost." *John 6:12*. It is from this perspective that God wants to leverage our skills and resources into great results.

NEWLY ELECTED OFFICERS



Helen Carter, President; Rochelle Clark Alexander, V.P.; Min. Linda Johnson, Secretary; Ida Dyer, Financial Secretary; Pearl Washington, Treasurer

PUT ON THE WHOLE ARMOR

The Weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;
2 Corinthians 10:4

*OUR BATTLE IS NOT AGAINST FLESH
AND BLOOD, BUT AGAINST*

- **Principalities**
-demons, fallen angels
- **Powers**
-control, influences
- **Rulers of darkness**
-deceptions, evil
- **Spiritual wickedness in high places**
-those in high authority



The Charlottesville Alliance Celebrates Christmas at Olive Garden ~ Richmond, VA
Oh, what a fellowship! Oh, what a joy divine!



Members and families joined the Celebration on December 18, 2021



Staying Fit Through Covid -19

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, glorify God with your body." Corinthians 6:19-20

It has been two years since Covid -19 touched the lives of all of us. It has caused us to shut down our churches, businesses and many of those activities that brought us pleasure. Yet, we can be assured that God is still in control! His Word confirms that "He will never leave us." *1 Kings 8:57*

In keeping with God's Word, we must be consistent in taking care of our bodies both physically and spiritually. The idea of having "Sister Friends" is an important part of our lives. As noted in a previous newsletter, Sister Christine has decided to fight this pandemic by organizing a group of women who love the Lord to come together via ZOOM to exercise and pray. Sister Christine says, "We began meeting on Zoom twice a week at 9:00 am. Our time together lasted 30 to 45 minutes. It was great to be able to see people, exercise together and just have adult conversation. We always start with prayer. The number of women has grown and we now meet three days a week. Women have joined us from New Jersey, Chicago, Missouri and, of course, Charlottesville. We have included a devotional period every Tuesday before we workout. Every participant has a opportunity to lead devotions. Exercising together has not only helped us physically, but spiritually, as well. This has truly been a blessing for us all." For more information, or to simply join with other "Sister Friends," contact Sister Christine Brown at chrisplus3@yahoo.com



International Founder's Day 2021

Sisters Natalie White & Ida Dyer



Drs. Rickey and Natalie White



February is Women's Heart Health And Black History Month



The Education Committee for the C'ville Alliance has sent healthy tips and little known history facts about the contributions of Blacks to American culture and lifestyle via email to the members every week during the month of February.

Did you know that **laughter or a merry heart** helps a body like medicine? *Proverbs 17:22*
Did you know that **you should eat dark chocolate every day!** According to Sister Charemon Brooks, who is also Professor of Nursing, chocolate is high in antioxidants. So, laugh and greet your sisters with a holy kiss!



Romans 16:16, 1 Corinthians 16:20, 2 Corin. 13:12 and 1 Thessalonians 5:26

A new study shows women's heart disease is increasing, with the number of women aware that heart disease is the leading cause of death; nearly doubling in the last 15 years. However, this knowledge still lags in minorities and younger women, according to the American Heart Association (AHA). **Educate yourself!**

Your Body is the Temple of God!

1 Corinthians 6:19-20

Take this little quiz and see how much you know.

African-American women are more likely than white women to have cardiovascular disease.

A. True B. False

How much physical activity is enough to help lower your risk for cardiovascular disease?

A. 15 minutes every day B. 30 minutes every day C. 90 Minutes every day D. It depends on the size of your heart

(answers below)

Some Inventions ~ by Women of Color

Caller ID - Dr. Shirley Jackson

Feeding Tubes- Bessie Blount

Home Security System- Marie Van Brittan Brown

Clear Vision - Dr. Patricia Bath

Analyst for NASA - 3D Movies -Valerie Thomas

Answer key: True, B

Happy 80th Birthday, Elder 80 years around the Sun!



Elder Phillip Dyer poses with his family at a surprise party in his honor. He had no clue as to why his wife wanted to take him to Richmond.

Phillip Razelle Dyer, Sr., born on November 20, 1941, 80 years around the Sun! We thank God for allowing him to have another year with us. We were all Blessed to celebrate him on his actual 80th birthday with a private dinner. He was surrounded by his family and close friends. All of whom he holds near and dear to his heart. He was overwhelmed with joy and so filled-up, and he could not put words together, to express his emotions. It was such a surprise to see everyone together in one place to celebrate his birthday. It literally took his breath away. What a day to remember! He cried, he smiled, he laughed, he sang, oh, and he cried some more. He enjoyed every morsal of food, and, as always, he left nothing on his plate. Saturday, November 20, 2021, was an awesome day and a blessing to celebrate Elder Dyer!

At 80 years "young," and still pushing on, he wears many hats: he's a husband, father, grandfather, brother, uncle, Elder-Deacon-CFO-Trustee of the Union Run Baptist Church, a professional accountant, community service provider and a friend to all. Elder Dyer enjoys serving the Lord and spending time with his family and friends. He loves a good meal and, of course, with his hot sauce on everything. He doesn't leave home without it.

We know God is well-pleased with His good and faithful servant, and we look forward to many more years of the Lord's light being perfectly and graciously shown through Phillip Razelle Dyer Sr. Elder Dyer is the husband of Ida Dyer of over 50 years.

Written by Linda Dyer, daughter in law.

Our PKs ARE PHENOMENAL!

It is important that we recognize our young men and women for their accomplishments and the positive things they are doing. The world refuses to acknowledge the positives of our Black youth, therefore it is our job to lift our Kings and Queens up and help them to see *who* they are and to *Whom* they belong; created in *HIS* image. Submitted by Sister Charemon Brooks

Did someone say, **MOREHOUSE?**

codehouseorg
Atlanta, Georgia



Marcus Terrell Billingslea, II Proud Parents

**Yes, that's right,
The Morehouse!**

**Only the best and
the brightest!**

**AND . . . he's a
"PK"**

(Preacher's Kid)



Young Marcus Billingslea, II is a 1st Year student at the prestigious Morehouse College. His mother writes, *"We proudly shout out our 'Young King,' our soon to be 19 year-old son, for his accomplishments as a 'Man of Morehouse.' Prior to his enrollment at Morehouse College, he was an Honor student at Fork Union Military Academy, graduating in 2021 as Salutatorian, with a cumulative GPA of 4.66.*

At Morehouse, he lives in Graves Hall, the Honors Dorm; the same dorm that Dr. Martin Luther King Jr. resided in while he was a student at Morehouse. As a Freshman, Marcus has already interviewed for summer 2022 internships with Microsoft, Google and PayPal, with a current offer from Microsoft to intern with them this summer.

Sister Charemon says, *"My husband and I give all praises to God for His guidance, coverage and promises for our family, and especially for our son."* Marcus is the son of Pastor Lewis and Sister Charemon Brooks.

2021 Fall All Central Virginia Football: Offense



**Amaje' Parker is a standout
for the Albemarle High School Patriots.**

Amaje' Parker was the catalyst for an Albemarle football team that captured a share of its first Jefferson District championship since the Patriots won the outright title in 2016. In his first season as full-time starter, Parker engineered one of the Jefferson District's top scoring offenses and was named District Offensive Player of the Year. He completed nearly 70 percent of his passes and was responsible for 32 touchdowns for the season. Amaje' was inducted into the Falcon Club for his performance both on the field and in the classroom. Amaje' is the grandson of Sister Pearl Washington.

Honors Leadership Scholar



Koryn Arrington Sanders

Koryn Arrington Sanders has been inducted into the Young Leader Scholars and the Music Honor Society at Wilde Lake High School in Howard County, Maryland where she is in her Sophomore year. She has been recognized for high achievement in college-level coursework through the University of Maryland's College Academy Course partnership for high achievers. She has maintained a 4.0+ in all of her coursework.

Koryn is also an avid swimmer on the USA Swim Team, a member of the All Black National Swim Association, and a Track and Field standout; the pole vault being her specialty. She is already receiving scholarship offers from several colleges and universities. Koryn is the granddaughter of Dr. Brenda Arrington.

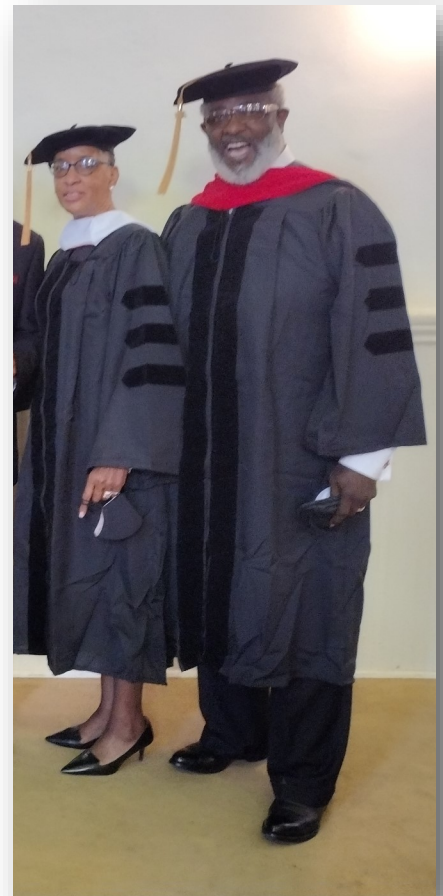
Interdenominational Ministers' Wives and Ministers' Widows Association
of Danville, Virginia and Vicinity
Mrs. Shirby Keen, President

The Danville Ministers' Wives and Ministers' Widows celebrated their 39th Anniversary on December 12, 2021 with a "Sisters Rocking with a Hattitude" Fashion Walk. A few sisters and guests paraded in hats of different styles, sizes and colors. We then gathered at the end of the week for our Christmas celebration for a time of fun and games.



Congratulations

Congratulations and God's blessings to our very own, Dr. Ellen Jamerson, local sister and State President and her husband, Rev. Dr. Samuel Jamerson on receiving a Doctorate of Humane Letters from Eastern Theological Seminary of Lynchburg, Virginia. May God bless you in your endeavors.



Ministers' Wives and Ministers' Widows Fellowship of
Fredericksburg and Vicinity
Min. Amelda Jones, President

Blessed & Highly Favored in Such a Time as This

*But those who trust in the LORD will find new strength. They will soar high on wings like eagles.
They will run and not grow weary. They will walk and not faint. (Isiah 40:31 NLT)*

Greetings my sisters! What a blessing to be in this brand-New Year filled with excitement and never-ending anticipation. God has been mighty good to us all, and we are glad. The MWMW of Fredericksburg & Vicinity are happy to report that God keeps right on blessing us over and over again.

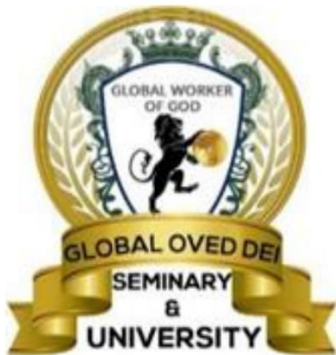
Congratulations to Chaplain Eva J. Brown



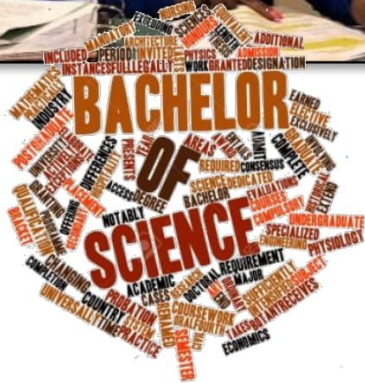
Fredericksburg honors our widow sister, Chaplain Eva J. Brown. Sister Eva is motivated and dedicated to our local alliance and goes above and beyond the call of duty, encouraging and uplifting our sisters. She shares word of inspiration at our monthly meetings and helps, assist, and advise when needed. Whatever her hands find to do, she does it with all her might, in excellence, and without complaint or second thought. She is truly a blessing.

Sister Eva graduated in 2021 from Global Oved Dei Seminary and University and currently serves the university as Dean of Chaplaincy. Chaplain

Eva was recently featured on the cover of "Dish" Magazine January 2022 Edition as one of the "Top 20 Women Who Win 2022". Sister Eva is a focused woman of God with a clear vision.



Congratulations to First Lady Yvonne Lee



First Lady Yvonne Lee completed her Bachelor of Science Degree from Liberty University in January 2022. She held down a full-time job, carried out church related duties, rewrote the constitution and by laws for our local alliance, created several productive fund raisers for our group; maintained her position as 2nd Vice President and is now our local Queen and will represent at the 2022 Convention. Lady Lee moves with grace, eloquence, and a sincere heart to serve God and others.



Reverence for God serves as the foundation upon which your significance as a **KINGDOM WOMAN** will flourish.

Congratulations to Evangelist Tangie Jordan



Evangelist Tangie Jordan was ordained November 6, 2021. Evangelist Jordan is the recording secretary and historian for our local alliance. She works a full-time job and cares for her family. She is a diligent, humble conscientious worker for the Lord. Prior to COVID 19 she came from La Plata Maryland faithfully to our Fredericksburg Alliance, to participate.

And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory. (Romans 8:30 NLT)





Fredericksburg & Vicinity "Ring in the Christmas Season"

In December our alliance celebrated our second virtual Christmas Social. Our planning Chairwoman 1st Vice President Minister Valencia Campbell along with her committee First Lady Jacqueline Williams and Chaplain Eva J. Brown, planned an eventful Saturday night! We were blessed to have in attendance our state president Madam President, Dr. Ellen Jamerson and her husband, Dr. Samuel Jamerson, former state president, Dr. Gloria F. Jackson was on the line, Madam President Darlene Kelly from our Northern Virginia alliance, Dr. Loretta H. Dennis from Richmond, our Instructional Technology Specialist Lady Erica O'Neil-Scott and VAMWMW 1st Vice President Reverend Dr. Patricia Wormley. We had a wonderful time in the service of the Lord!



*We
proclaim
to you what we have
seen and heard,
so that you also may have
fellowship with us.
And our fellowship is
with the Father
and with His Son,
Jesus Christ.
1 John 1:3 NIV*



**Ministers' Wives and Ministers' Widows Fellowship of
Northern Virginia & Vicinity
Mrs. Darlene B. Kelly, President**

"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)***

Greetings Beloved Sisters,

To God be the glory forever and ever! Amen.

The year of 2021 was a successful and fruitful year in spite of COVID-19 Pandemic, and the Delta variant. The Sisterhood of MWMW Fellowship of Northern Virginia & Vicinity was able to make progress, support and encourage each other, learn, adapt to changes, help others, and to testify of the goodness of God.

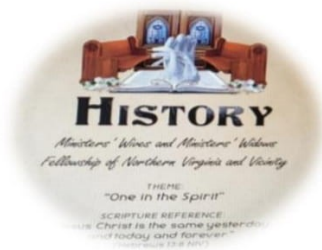
We met monthly using the zoom platform. Business was conducted as usual, and special focus was given to COVID-19 updates, real talk, self-development skills, and self-care activities. These activities have encouraged thinking outside of the box, realization that taking care of yourself is important, and it has increased the closeness of our sisterhood.

We were well represented and participated as requested in all of the virtual activities of VAMWMW, NER, and IAMWMW. Everyone enjoyed all the events.



Our Outreach Ministry is very active. We have increased our partnership with other organizations, and this has allowed us to expand and help more people in our communities. Sister Michelle Butler, Chair of our Outreach Ministry coordinated our partnership with the Women's Ministry to Northern Virginia Baptist Association, Inc. Gift cards and COVID-19 supplies; hand sanitizers and wipes were delivered to 36 first-time teachers in four underserved schools in the counties of Prince Williams and Fairfax.

Two major projects were successfully completed in October 2021; our website was designed, programed, and launched; and our history was revised and published. Please visit our website at: NOVAMWMW.org.



CELEBRATING OUR ORGANIZATION'S MILESTONE!

On Saturday, November 6, 2021, the Minister' Wives and Ministers' Widows Fellowship of Northern Virginia and Vicinity celebrated our first anniversary.

This marked 65 years of a great Sisterhood working together in the spirit of love, support, encouragement, prayers, and the Word of God. We were blessed to have in attendance family, friends, local alliances, and distinguished guest.

Our Keynote Speaker was First Lady Dr. Gwendolyn O. Young, she delivered a powerful word using our theme: "Living By Godly Standards" and tagged it with "A Call For Godly Women." The supporting scripture: "The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace." Numbers 6:24-26 (KJV).

Dr. Young explained that we all live by sphere of standards from childhood, education, jobs, and professions. We hear the Word of God and the importance of living by God's principals and standards. We must choose His standards and to do so we must submit, sacrifice, and separate from the world.

President Kelly presented the 2021 Presidential Award to one of our Beloved Sisters:

The MINISTERS' WIVES AND MINISTERS' WIDOWS FELLOWSHIP OF NORTHERN VIRGINIA AND VICINITY 2021 PRESIDENTIAL AWARD: "FAITHFULNESS"



Mrs. Terriza Ross Jefferies



Ministers' Wives and Ministers' Widows Alliance of Petersburg and Vicinity Mrs. M. Alice Johnson, President

"There is no greater calling than to serve your fellow men. There is no greater contribution than to help the weak. There is no greater satisfaction than to have it done well."

The Petersburg Alliance love to serve the community. It gives us great joy and satisfaction to help fellow citizens in need. Every quarter, we support the local women and children shelter, CARES Inc., (Crisis Assistance Response Emergency Shelter) with donations.

Mrs. Gloria W. Menyweather-Woods, Chair of the Brunswick County Industrial Development Authority, brought greetings at a ceremony for a new product processing and packing facility planned for the I-85 Business Center Park. Governor Ralph Northam visited Lawrenceville, Virginia to make the official announcement of the partnership between the Brunswick County IDA and Southern Virginia Vegetable Packing, LLC to construct a \$4.2 million produce and packing facility.

M. Alice Johnson, President

Gloria W. Menyweather-Woods, Reporter

Serve



Ministers' Wives and Ministers' Widows Fellowship of Richmond and Vicinity Mrs. Valarie Thomas

The Richmond MWMW was asked to attend the Armstrong/Walker Football Classic Legacy Parade, on Saturday, November 27. This parade commemorates the legacy of the State of Virginia's greatest annual high school rivalry football game the "Armstrong/Walker Classic". For over 40 years (1938-1978) this special game took place annually on the Saturday after Thanksgiving. There is significant history with the Richmond Fellowship and the Armstrong/Walker Classic. Our, founder, Dr. Elizabeth C. Bouey was one of the earliest graduates and valedictorian of Armstrong High School, then known as Richmond Normal Colored School. The name was later changed to Armstrong Normal School. There were other Richmond local sisters who attended this school. Dr. Dolores Whitaker was crowned Miss Armstrong in 1953 and Dr. Loretta H. Dennis was a majorette.

Attendees at the parade were, President Valarie Thomas, Elder Silvia Hathaway, who rode on the back of a convertible on the parade route as representatives for the MWMW Fellowship of Richmond, Queen 1953, Dr. Dolores Whitaker who rode a sharp yellow convertible corvette, Elder Gina W. Cannon, Dr. Loretta H. Dennis and a few others in the crowd.

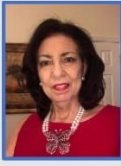


What a joyous homecoming as they celebrated the past, present, and future of their community.





Wayland Blue Ridge Ministers' Wives & Ministers' Widows



Conchita B. Shorts
President

Author A. Howell shares in her book that Women need fellowship -- the nurturing companionship of other women. Above all things we need the fellowship of God. Friendship between two women is based on love, loyalty, and commitment. An example of a devoted friendship between two women is seen in the New Testament between Elisabeth and Mary found in Luke 1:39 – 56 and in the Old Testament between Ruth and Naomi, a mother-in-law / daughter-in-law situation that blossomed into a lifelong friendship. Women are encouraged to build lasting friendships that will endure life's challenges. This describes a true Sisterhood! This describes Wayland Blue Ridge MWMW. Thank you, Chaplain Alfreda Dean for sharing this writing.

The Ladies of our Local Alliance has continued to persevere through this Pandemic period. With 100% vaccinated members this has given us some opportunity to come together in person while following the CDC Mask Guidelines, however we continued to hold out Monthly Meeting virtually.

Our first in-person gathering was our Annual Friends and Family Outing in August. Due to Covid restrictions this outing was restricted to vaccinated members and husbands only. It was a beautiful fellowship held at the home of President Shorts. The fellowship, food and fun were good for the soul.



We continued to reach to the community to give a helping hand. We visited and donated purses filled with needed items to the Front Royal Pregnancy Center and the Domestic Violence Center in October. This visit was very heartwarming as we learned so very much about the support that these two organizations assist and offer services to women that require help with pregnancy and violence against them. Our First Vice President Janice Kilby arranged these site visits for us. This is another example of Women helping Women.





Wayland Blue Ridge Ministers' Wives & Ministers' Widows

The Annual Christmas outing was held virtually. We had loads of fun making Christmas pillows out of placemats. It was a fun project, and all participants were able to complete their project while online.



One of our beloved, Lady Evelyn Brown went home to be with the Lord on July 6, 2021. She was a member of our Alliance for more than 20 years. Her Love for God and God's people touched many through her spirit of giving. She was also a Life Member of the Virginia Association of MWMW. We miss her immensely!



TO GOD BE THE GLORY for the great things He has done in us to continue to do the work that He has assigned. It has been a time of prayer, growing spiritually in faith, fellowship, and love.

2021 - 2022 Members

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





In The SPOTLIGHT

Virginia Association of Ministers' Wives and Ministers' Widows, Inc.
"Leading Ladies Gracefully, Making a Difference: For Such a Time as This"

Congratulations to Virginia State Sisters, Dr. Ellen Jamerson, State President, Rev. Dr. Patricia Wormley, First Vice President, and Dr. Loretta H. Dennis, State Treasurer who were awarded with an Honorary Doctorate of Humane Letters from Eastern Theological Seminary, Lynchburg, Virginia. Rev. Dr. Samuel Jamerson, husband of our president also received the honor. The convocation was held at The Historic Diamond Hill Baptist Church, Lynchburg, Virginia.



L to R: Mrs. Erica O'Neil-Scott, Rev. Dr. Sherleen Scott, Rev. Dr. Samuel Jamerson, Dr. Ellen Jamerson, Dr. Loretta H. Dennis, Rev. Dr. Patricia Wormley, Rev. Dr. Natalie J. White, Dr. Harriett Johnson, Dr. Peggy Dunning



L to R: Rev. Dr. Samuel Jamerson, Dr. Ellen Jamerson, Dr. Loretta H. Dennis, Rev. Dr. Patricia Wormley



Dr. Mary G. Holmes received the Lynchburg Chapter Humanitarian Award sponsored by the Virginia Center for Inclusive Communities.



VIRGINIA TAKES THE FOUNDER'S WEEKEND AWARDS



Highest Individual Contribution \$100.00

Elder Lynette Galloway Branch (Virginia)

Highest Local Contribution \$500.00

Ministers' Wives & Ministers' Widows Fellowship of
Richmond and Vicinity (Virginia)
Mrs. Valarie Thomas, Local President



Highest State Contribution \$2500.00

Virginia Association of Ministers' Wives and Ministers' Widows, Inc.

Dr. Ellen Jamerson, State President

State Queen, Min. Amelda Jones (L), placed first in the IAMWMW Coronation, Sister Joyce Smith, Richmond received the Beloved Sister Award (C), and Rev. Dr. Sherleen B. Scott (R), Lynchburg, was inducted into the Hall of Honor. President Emeritus, Shirley Alexander Hart, Ed.D. and Dr. Eleanor Morris were honored for over 50+ years in the IAMWMW.

To God be the Glory!



Min. Amelda Jones
Virginia State Queen



Mrs. Joyce M. Smith
"Beloved Sister"



Rev. Dr. Sherleen Scott
"Hall of Honor" Inductee



Dr. Eleanor Morris
Shirley Alexander Hart, Ed.D.

Medicine and You



Know the warning signs of heart attack and stroke

You could save your life




Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.





As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden confusion, or trouble speaking or understanding
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke.

The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

GoRedForWomen.org

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NATIONAL WEAR RED DAY GO RED!

Virginia Sisters participated in WEAR RED DAY in recognition of Heart Health.



Dr. Natalie White



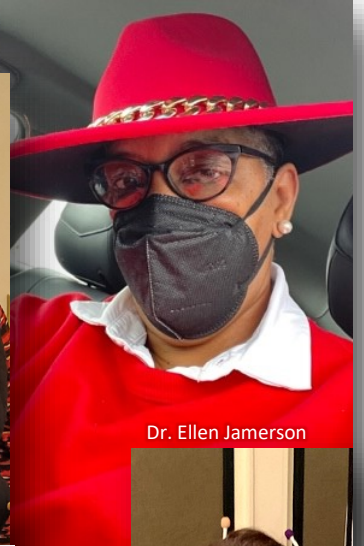
Mrs. Deborah Robinson



Mrs. Nadine Frost



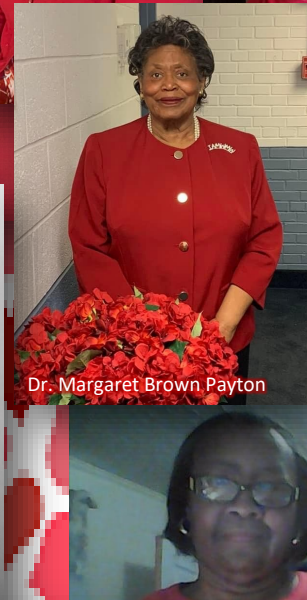
Dr. Patricia Wormley



Dr. Ellen Jamerson



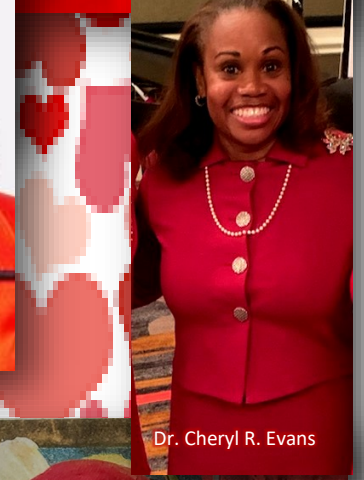
Dr. Loretta H. Dennis



Dr. Margaret Brown Payton



Chaplain Eva J. Brown



Dr. Cheryl R. Evans



Mrs. Meredith Smith



Mrs. Hattie Blackmon



Min. Linda Johnson



Mrs. Devera Barnhart



Mrs. Darlene Kelly



Mrs. Renelda Brown



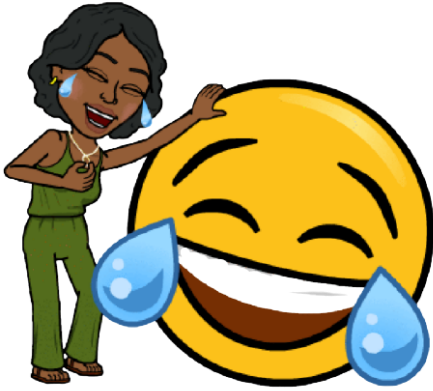
Mrs. Michelle Butler



Mrs. Erica O'Neil-Scott



Mrs. Ernestene Williams



TICKLE YOUR FUNNY BONE

Got up this morning and ran around the block 5 times. Then I got tired, so I picked up the block and put it back in the toy box.

At our weekly Bible study, the leader asked an elderly gentleman, Walt, to open the meeting with prayer. Walt did so in a soft voice. Another man, straining to hear, shouted, "I can't hear you!" Walt replied, "I wasn't talking to you."

The Sin of Lying

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only sixteen chapters. I will now proceed with my sermon on the sin of lying."

What did Daniel tell his real estate agent?

"I'd prefer a house with no den."



Seasoned with Love

Red Beans And Rice

★★★★★
5 from 8 votes

7 11 4 WW Freestyle: 7

Prep Time	Cook Time	Soak Time	Total Time
20 mins	2 hrs	8 hrs	10 hrs 30 mins

Tender red beans and spicy Andouille sausage are cooked into a full-bodied dish that's heavy on aromatics and authentic flavor.

Course: Dinner Cuisine: American/Southern Servings: 10 Calories: 424
Author: Katerina | Diethood

Equipment

- Stove

Ingredients

- ☐ 1 pound dry red beans
- ☐ 2 tablespoons olive oil
- ☐ 12 to 14 ounces andouille sausage, cut into 1/4-inch slices
- ☐ ½ tablespoon butter
- ☐ 1 large yellow onion, diced
- ☐ 2 celery ribs, diced
- ☐ 1 small red bell pepper, diced
- ☐ 1 small green bell pepper, diced
- ☐ 6 cloves garlic minced
- ☐ 1 teaspoon salt or to taste
- ☐ 1 teaspoon dried oregano
- ☐ ½ teaspoon dried thyme
- ☐ ½ teaspoon paprika
- ☐ ⅛ teaspoon ground cayenne red pepper, or to taste
- ☐ Freshly ground black pepper, to taste
- ☐ 6 to 7 cups low sodium vegetable broth, (you can also use chicken broth)
- ☐ 2 bay leaves
- ☐ ½ cup chopped fresh parsley plus more for garnish
- ☐ Fresh green onions chopped, plus more for garnish
- ☐ 1 ½ cups long grain brown rice or white rice, cooked according to the directions on the package

Instructions

1. Put dry beans in a large soup pot or a large bowl; cover in water and soak for 8 hours, or overnight. Water should come up about 2 inches over the beans.
2. When ready to cook, heat 2 tablespoons olive oil in a large dutch oven or a heavy pot set over medium heat.
3. Add the sausage slices to the heated oil and cook until browned on both sides. Stir frequently.
4. Remove sausage from pot and set them aside.

5. Add butter to the pot and melt.
6. Stir in the onions and cook over medium heat for 3 minutes, or until starting to soften.
7. Add celery and bell peppers; continue to cook for 4 minutes. Add a little more butter, if needed.
8. Stir in garlic and cook for 15 seconds.
9. Season with salt, oregano, thyme, paprika, cayenne, and black pepper; continue to cook for 1 more minute.
10. Pour in vegetable broth and stir, scraping up all the browned bits from the bottom of the pot.
11. Drain the soaked beans and rinse; add the beans to the pot, and previously prepared andouille sausage.
12. Add bay leaves.
13. Increase heat to High and bring mixture to a boil.
14. Reduce heat to low; cover and simmer for 1-½ to 2 hours, or until beans are soft and tender.

Start checking for doneness around the 1-½ hour mark by mashing or squeezing the beans between your fingers. The skin should be a bit resistant to pressure, but the interior should be the consistency and appearance of baked potato.
15. When beans are cooked through, remove the bay leaves from the pot and discard.
16. Remove 1 cup of beans to a bowl; mash the beans with the back of the fork, and then return to the pot; stir.
17. If mixture is too thick, add up to 1 cup water.
18. Taste for salt and seasonings, and adjust accordingly.
19. Stir in parsley and green onions and cook for 5 more minutes.
20. Remove from heat.
21. Serve over cooked rice.

Nutrition Facts	
Louisiana Red Beans And Rice	
Amount Per Serving	
Calories 424	Calories from Fat 126
% Daily Value*	
Fat 14g	22%
Saturated Fat 4g	20%
Cholesterol 30mg	10%
Sodium 1123mg	47%
Potassium 885mg	25%
Carbohydrates 55g	18%
Fiber 9g	36%
Sugar 4g	4%
Protein 20g	40%
Vitamin A 1097IU	22%
Vitamin C 33mg	40%
Calcium 66mg	7%
Iron 4mg	22%
* Percent Daily Values are based on a 2000 calorie diet.	



A SCRIPTURE A DAY KEEPS THE DEVIL AWAY

God Sent His Son, Jesus, to Save Us Ephesians 2:1-10

- 1 And you hath he quickened, who were dead in trespasses and sins;
2 Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience:
3 Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others.
4 But God, who is rich in mercy, for his great love wherewith he loved us,
5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)
6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:
7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.
8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:
9 Not of works, lest any man should boast.
10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.
11 Wherefore remember, that ye being in time past Gentiles in the flesh, who are called Uncircumcision by that which is called the Circumcision in the flesh made by hands;
12 That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:
13 But now in Christ Jesus ye who sometimes were far off are made nigh by the blood of Christ.
14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition between us;
15 Having abolished in his flesh the enmity, even the law of commandments contained in ordinances; for to make in himself of twain one new man, so making peace;
16 And that he might reconcile both unto God in one body by the cross, having slain the enmity thereby:
17 And came and preached peace to you which were afar off, and to them that were nigh.
18 For through him we both have access by one Spirit unto the Father.
19 Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;
20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;
21 In whom all the building fitly framed together groweth unto an holy temple in the Lord:
22 In whom ye also are builded together for an habitation of God through the Spirit.

Precious Gemstones

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

jewelry

hematite

polish

emerald

sapphire

color

agate

tanzanite

carat

turquoise

opal

rarity

pyrite

asteria

beauty

jasper

pearl

fashion

quartz

topaz

luster

diamond

precious

ruby

value

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

Trivia: This is a word for a person who specializes in the science, art, and profession of evaluating gemstones.

Answer: _____



A Hymn?

"Amazing Grace" is a Christian hymn published in 1779, with words written in 1772 by the English poet and Anglican clergyman John Newton (1725–1807). It is an immensely popular hymn, particularly in the United States, where it is used for both religious and secular purposes.

Newton wrote the words from personal experience. He grew up without any particular religious conviction, but his life's path was formed by a variety of twists and coincidences that were often put into motion by others' reactions to what they took as his recalcitrant insubordination. He was pressed (conscripted) into service in the Royal Navy. After leaving the service, he became involved in the Atlantic slave trade. In 1748, a violent storm battered his vessel off the coast of County Donegal, Ireland, so severely that he called out to God for mercy. This moment marked his spiritual conversion but he continued slave trading until 1754 or 1755, when he ended his seafaring altogether. Newton began studying Christian theology and later became an abolitionist.

Ordained in the Church of England in 1764, Newton became curate of Olney, Buckinghamshire, where he began to write hymns with poet William Cowper. "Amazing Grace" was written to illustrate a sermon on New Year's Day of 1773. It is unknown if there was any music accompanying the verses; it may have been chanted by the congregation. It debuted in print in 1779 in Newton and Cowper's *Olney Hymns* but settled into relative obscurity in England. In the United States, "Amazing Grace" became a popular song used by Baptist and Methodist preachers as part of their evangelizing, especially in the South, during the Second Great Awakening of the early 19th century. It has been associated with more than 20 melodies. In 1835, American composer William Walker set it to the tune known as "New Britain" in a shape note format; this is the version most frequently sung today.

With the message that forgiveness and redemption are possible regardless of sins committed and that the soul can be delivered from despair through the mercy of God, "Amazing Grace" is one of the most recognisable songs in the English-speaking world. Author Gilbert Chase writes that it is "without a doubt the most famous of all the folk hymns".^[1] Jonathan Aitken, a Newton biographer, estimates that the song is performed about 10 million times annually.^[2]

It has had particular influence in folk music, and has become an emblematic black spiritual. Its universal message has been a significant factor in its crossover into secular music. "Amazing Grace" became newly popular during a revival of folk music in the US during the 1960s, and it has been recorded thousands of times during and since the 20th century.

https://en.wikipedia.org/wiki/Amazing_Grace



VAMWMW 2022/Q1