

EKKLESIA CHRISTIAN CHURCH WOMEN'S MINISTRY NEWSLETTER

Sister 2 Sister
Empowering, Equipping and Encouraging Women

2007 Theme

*"Taking the Limits off
of our Faith"*

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2007 Focus
Kingdom Building

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Getting all of Heaven in 2007!
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Ekklesia Christian Church
1452 N. 27th Ave.
Phoenix, Arizona 85009
www.ekkesiachristian.org

Rev. D. Previn Carr,
Senior Pastor



Taking Off the Limits! *Getting all of Heaven in 2007!*

Greetings my sisters in Christ! I hope everyone had a wonderful Christmas and that we are ready to start the New Year off in style! If you are like me, I am sure you are expecting great and exciting things in the New Year. God blessed us to experience great things in 2006 and I am looking forward to seeing all that God has in store in 2007. There were many things we will be doing this year. My hope and prayer is that throughout this year your life will greatly impact others and others will be greatly impacted by your life.

This year, we are preparing to take the limits off of our faith. As we do this, we are also taking the limits off of how we do ministry. Our goal and focus for 2007 is **Kingdom Building**. It is our aim to expand the Kingdom of God with excellence. As we begin to take the limits off, we are preparing to grow in our love of God, our love for one another and our love for ourselves.

Get involved in Kingdom Building

I encourage you to get excited about what God is doing and what God is going to do. I encourage you to come be a part of the expansion of the Kingdom. God has saved, delivered, and redeemed you for this time. It is time to go to work. It is time to get involved. It is time to be about building the Kingdom of God.

To help you decide, think about and answer the following questions:

- *Did God save and deliver you just for you?*

- *Are you comfortable with just knowing that YOU have the guarantee of eternal life?*
- *Does everyone you know and love have a relationship with God?*

If you answered is NO to any of the above questions then... it's time for you to TAKE THE LIMITS OFF. It's time for you get involved. It's time to do the work of the Ministry. It's time to get connected. It's time to move.

Don't just settle for being a **MEMBER** of the Body of Christ; come be a part of the **MOVEMENT** of Kingdom Building!



The Balancing Act *Balancing family, work and ministry*

First Lady Kimberly Carr

It's Wednesday afternoon 4:00pm. The printer is jammed, the phone is ringing, and you're 10 minutes late for meeting. Finally, 5:30 arrives and you are getting ready to walk out the door. It's been a long day. Your boss comes over and asks you to come to his office for a quick meeting before you leave. As you leave the office, you make a mental list of all that you have to do; other places you need to be, other things you still need to do. You still have to pick up the kids. You've had very little to eat today. And on top of all of that... you have to be at Word Explosion tonight!

We live in a busy and fast paced society. The more we have, it seems the less we have, most of all time. So how are we to manage our families, our careers, our spouses, our children, our finances, ourselves and ministry?

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Food for Thought

Taken from *“Becoming the Woman I want to be. A 90 days journey to renewing spirit, soul and body”*

Life isn't much about what you *do*. It's more about who you *are*. Of course, who you are has a profound impact on

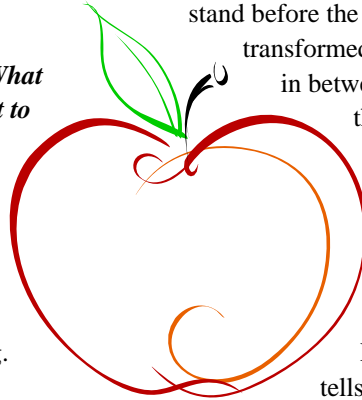
what you do and how you do it. But many of us get it backwards and define who we are by what we do.

So the question becomes: *What kind of person do you want to be?* Cultivating a healthy spirit requires devoting time each day to the spiritual disciplines of Scripture memory, Bible reading, praying Scripture-based prayer and journaling.

A Woman of Purpose

We have been declared justified in God's sight. Our sin is no longer held against us, and we have been granted entrance into Heaven. The work has already been accomplished. It is an

established fact. A done deal. It is on that basis alone that we will one day stand before the throne of God and be transformed into His likeness. But in between what happened on the day of your salvation and what will happen to you one glorious day, the process of working out that salvation takes place.



Philippians 2:2 (nkjv) tells us to *“Work out your own salvation with fear and trembling”*. We know that we cannot earn our salvation, so what are we supposed to work on? Well what does that really mean? It means that you take what God has already accomplished in your spirit and let it transform your soul-your mind, your will, and your emotions.

If God's only concern was your eternal salvation, you would have directly been transported to heaven on the day that you accepted Christ. But the fact is, God chose to leave you here for a specific purpose. He has Kingdom work for you to complete before you leave earth. God himself gives you the energy and power and desire to complete the good works he prepared in advance for you...but you've got a part to play also, too.

Although praying is the ideal starting point, it won't get you over the finish line. You can't just lie in bed and pray for God to do the rest. You have to get up and put forth some serious effort. You have to apply that energy and power and desire using it to move forward and take the necessary steps as an act of your will. God gives us freedom. He will never violate your will or force you to live a certain way. But he will give you the energy, power, and desire— in other words, everything that you could possibly need – to fulfill your life purpose. But only you can get on that path, by putting one foot in front of the other and walking worthy of your high calling.

The Marriage Corner

Reawakening the romance and passion you once enjoyed in your marriage.

You started your marriage filled with passion, and the flame of romance burned brightly. But then came real life. Stress. The demand of work. Routine. Parenthood. Disappointment. Anger. You even may have wondered if it was all a mistake. Sound familiar? If so, you are not alone.

The Seasons of Romance

There are 3 seasons of romance that every marriage goes through, and most couples revisit them as the years go by.

New Love

Begins during dating and continues throughout engagement, and sometimes the first few years of marriage. It is characterized by intense focus on each other. Couples in *New Love* are eager to sacrifice time and money to fuel this new experience. Their fears are minimized by the emotion of love, and they talk for hours about their lives, dreams and hopes. Shortly following the emotion and excitement of new love, couples realize that marriage isn't what they thought it would be-or should be, and disappointment sets in.

Disappointed Love

Awakens every newly married couple from their fairy-tale dream. It can be a healthy experience and a very necessary ingredient in the making of a great marriage. The reality of disappointed love is a surprise for most couples. Some couples, upon reaching this stage don't quit, but instead give up hope. When you reach this crossroad of decision, you can reject your vows, or you believe there is hope and trust God to help you rekindle the ashes and transform them into something vibrant.

Committed Love

Committed love is choosing to take your husband's hand and walk through the reality that God has allowed in your life. It is an inner resolve to keep going. It is a realigning of your thinking to conform to what you know to be true in spite of your feelings. When you choose to take the high road and trust God to rekindle your romance His way, you set your marriage on a course to experience this most exciting season of romance.

To be continued....

Health & Wellness Corner



Did you know?

When you are feeling stressed, you can help ease your mind and body using these five stress relievers

1. Move your body to re-energize yourself
2. Tell a joke and laugh
3. Relax your mind by taking a mental vacation
4. Take a deep breath, hold it in and then slowly exhale. Repeat four or fives times.
5. Writing about you stressful experience can help let go of negative feelings.

“The Balancing Act” *Cont from Page 1*

When we see what is before us and all that is required we can become overwhelmed. Although most of us deal with the same common occurrences on a daily basis many of us handle them in different ways. However, whatever way you chose to handle the load that you carrying we experience times of stress and burnout in one way or another.

The first thing we have to understand as we are moving to this new level in God is that we cannot look at ministry as something that we need to “make time” for. *“You are the light of the world. A city on a hill cannot be hidden.” (Matt. 5:14 NIV).* As Believers, God expects us to “do ministry” everyday. *“In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.” (Matt. 5:16 NIV).* Our light is to shine so that others will see Christ through our lives and Ministry is not something we do on Sundays or Wednesdays, that is our time to come together to fellowship and rejoice with other saints, to grow in God’s Word, and prepare for another week of “doing ministry”.

Ministry is a lifestyle. It is something that we do 7 days a week 24 hours a

day. It should not be seen as burdensome. The enemy’s aim is for us to get off focus. If he can get us off focus, he can stop the plan of God from being fulfilled. God’s plan is to finish the work that He started, and that He will definitely do. So how do we balance?

Determine the Source

Sometimes we are frustrated, angry, or upset and we don’t even know why. We end up blaming others, most of all God, because we cannot identify the root of our frustration. Therefore, to help us manage the stress that comes from dealing with everything that we must deal with we must first determine the source. These sources of stress and frustration fall into seven major categories:

Control - You believe you have a great deal of responsibility in ministry, but little control over decision-making power.

Competence - You are concerned about your ability to do what God has given you to do. You think you are inadequate to meeting the challenge or feel insecure about your calling.

Clarity – You feel uncertain about what your duties and responsibilities are and how they may be changing.

Communication –Poor communication between you and others involved in your ministry. Feel unable to express your concerns, frustrations, or other emotions.

Support –You feel unsupported by other members.

Significance –You find yourself unable to take pride in your ministry or involvement in ministry.

Increased Responsibilities –You have assumed additional responsibilities.

The enemy’s aim is to take one, or all, of the above and use them to heighten the stress in every other area of your life. The solution is simply this. Once you recognize the source, take it to God. Confess His Word over the situation. Release it. Don’t blame others for what

Upcoming Events

Come out and join us.

January 20, 2007 11:00am
 Sizzler @ 51st Ave & Indian Sch.
Women’s Fellowship
 Hosted by: Sis. Teresa Hayes and Sis. Chandra Franklin.

February 2007
MIA - Ministry In Action

March 2007
 Time, Location - TBA
Women’s Fellowship
 Hosted by: Sis. Harris & Sis. Scott

April 2007
 Time, Location - TBA
Spa Day

May 2007
 Time, Location - TBA
Women’s Fellowship
 Hosted by: Sis. Dancy and Sis. Jones

June 2007
 Time, Location - TBA
Women’s Fellowship
 Hosted by: Sis. Hardeman

July 2007
 Time, Location - TBA
Women’s Retreat & Weekend Getaway

October 2007
 Time, Location - TBA
Women’s Fellowship
 Hosted by: Sis Keisha and Sis. Rozier

November 2007
MIA - Ministry In Action

December 2007
Secret Sister Gift Exchange

you are feeling. Keep focused and remember...It’s all a matter of balance. When we keep our focus on ministry, God will take care of the rest.

