



# Sister to Sister News

*November, 2021  
Issue #17*

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**Ministry Purpose:**

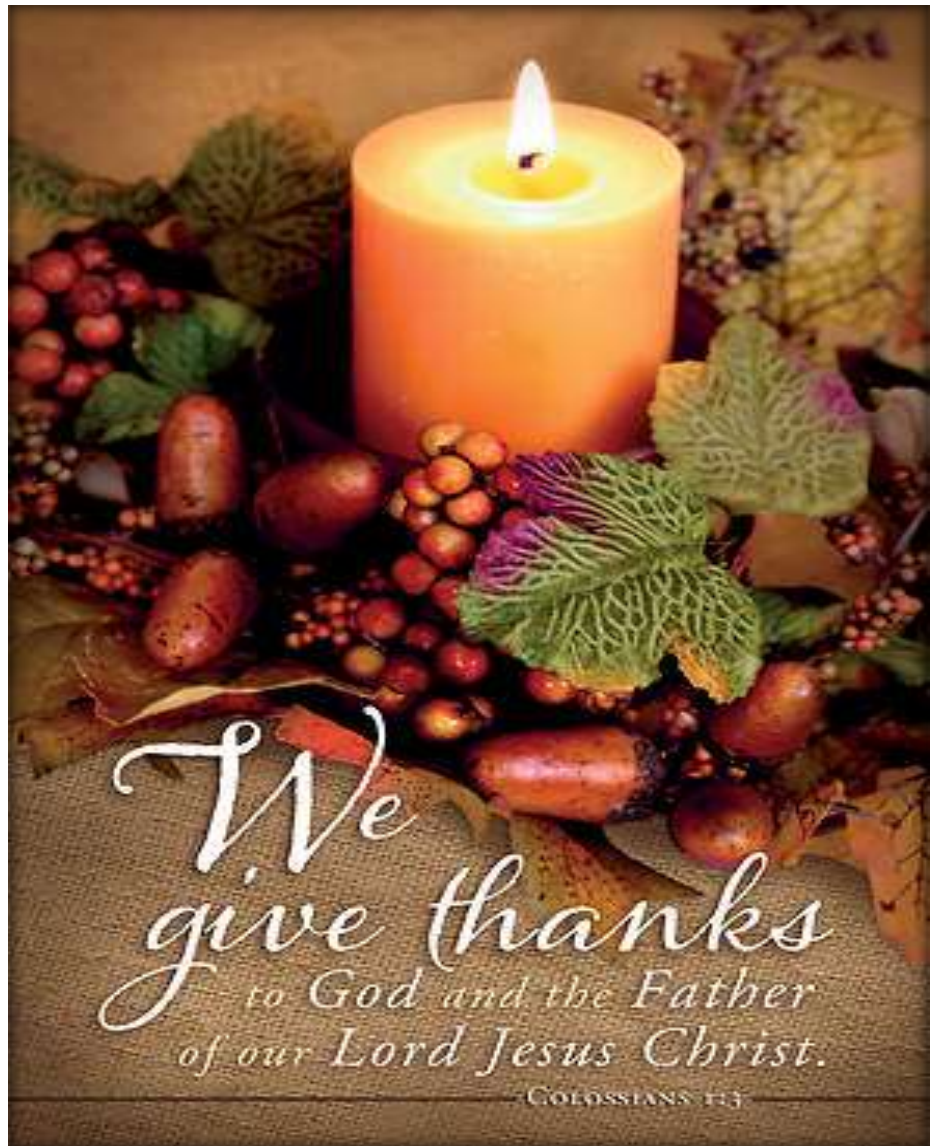
To equip, inform and inspire to nobler services as we share the gospel of Jesus Christ and the gift of salvation.

**Ministry Mission Statement:**

Kingdom Women vigorously seek the Kingdom of God and His righteousness. This requires earnest endeavor and diligent faith, spiritual warfare that includes the will to resist satan and sin; and to hunger and thirst for the Word of God. Together, we will intercede through fasting and prayer for the lost, the family and the community. We serve God with whole hearts and willing hands, performing good deeds that please the Father. We will walk in love and protect the spirit of unity through the bond of peace among the sisters as we follow Christ Jesus.

**Foundational Scripture:**

Esther 4:14-17



**Fort Foote Baptist Church**  
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Rev. Dr. Joseph W. Lyles, Pastor  
Mrs. Sheila M. Lyles, First Lady

**2021 KWM Theme:  
Lift Your Sisters and Become One  
John 13:34-35 & 17:21-22**



## MEEKNESS

*Blessed are the meek, for they shall inherit the earth. Matthew 5:5*

**What is meekness?** Meekness, according to the Bible, is being **humble and gentle towards others**. It is being submissive and obedient to the Lord. It is not being loud, brazen or over-confident in your own strength. Meekness does not mean shy or weak in any way; it's a calm, quiet, humbleness. It might be true that when we think of meek, we think of wimpy, milquetoast, weak or flabby. We don't want to be that. But, especially in the New Testament (as in the Sermon on the Mount), that's not what that word means. In the Greek understanding of the word, "meek" had to do with the breaking-in of horses, the training of animals. Imagine an untamed animal – filled with passion, spirit, and energy – and then imagine getting all that under control during the training process. The Greek understanding of "meek" carries with it the idea of taking all this fire, all this passion, and putting it under control.

Aristotle said the meek person is the one who feels anger on the right grounds, against the right person, in the right manner, at the right moment, for the right amount of time. He didn't say that a meek person never gets angry. Meekness includes the idea of self-restraint. It's having the power at our disposal, but not using it. It's like the king who could, in fact, destroy his enemies, but chooses to be merciful, chooses to be lenient, chooses restraint. It combines a sense of gentleness and strength – not weakness, not indifference, but strength with gentleness.

A good modern-day illustration of this point comes from a very popular sport – football. Imagine all the players lining up for the next play. There are all these big, burly men in huge shoulder pads, with all their fire, all their aggressiveness, all their passion – under somewhat perfect control. This is the Greek understanding of meekness. Now, after the ball is snapped, that understanding of the word is no longer relevant. The moment before the ball is snapped – that's strength under control. Once the ball is snapped, it's a whole 'nother ball game!

Jesus identified himself as being "meek lowly in heart." We know he got angry, and we know he stood up to the religious leaders, we also know that he threw people out of the temple! Yet, he defined himself as being meek and lowly in heart. That's how we must understand meekness – not as wimpy, but as God-controlled.

*Excerpt from BibleWise  
Submitted by Rev. Brenda R. Allen  
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## 4 PRAYERS FOR COURAGE TO DO THE RIGHT THING



The Bible instructs us to make every effort to do what is right in the eyes of God. But God’s Word does not just give us instructions, it shows us by example how to do the right thing. Through real stories of everyday people like you and me, we can gain strength and courage to do what God commands us to do.

Overall, the Bible is clear that we do not have to act alone in doing what is right (2 Timothy 1:7). God is with us, and His Spirit enables us to do what we cannot do on our own. Yet, it takes faith and trust, and we often have to battle against our own selfish desires, wanting to take the easy way out, or wanting to stay comfortable. These are temptations we can work to overcome.

Here are four lessons and prayers, through the examples of Moses, Joshua, Abigail, and the Good Samaritan, you can use when you need to have courage to do the right thing in your community or workplace, for your family or for the wider world.

1. **Moses: Courage to Follow Your Calling** - Often God calls us to do things for which we feel ill-equipped. We need courage when faced with tasks that seem beyond our abilities. When we follow through, we gain confidence in God. We also have the joy of seeing His power at work. When our knees are shaking or we are apprehensive at the prospect of serving God in the way He is asking us to, we can look at Moses, who felt the same way but is a fine example of a courageous character. At the outset, Moses made excuses and questioned God’s calling on his life ([Exodus 3:11-4:13](#)). His faith looked shaky and his courage non-existent. Moses seemed far from equipped and he assumed the Israelites would feel the same way about him. Yet, he followed through. And at the end of his life, we see a man with a strong faith and deep trust in God. Moses stepped out and spoke up to Pharaoh, even though he felt unable to speak eloquently. He led the people faithfully, even though they were fickle. Moses had the humility and confidence to follow through on his calling and, even though he didn’t get to enter the Promised Land, he had the joy of speaking with God face to face. What is God calling you to do, for which you feel ill-equipped? Whatever is beyond your ability is within God’s ability. Step out in faith and trust God to do what you cannot do. Use this prayer to help you.

*Lord God, help me to remember that when you call me, you will equip me—that I should not look at the task in front of me but keep my eyes firmly fixed on you. Forgive me when I have made excuses or questioned You. Today, I will have courage to do the right thing. I will stay true to the task of trusting You. Lord God, I want to have the joy of seeing You at work. I want to marvel at seeing Your power at work through me, your humble servant. Thank you for giving me the privilege of serving you. In Jesus’ name, Amen.*

2. **Joshua: Courage to Lead Well** - All of us are leaders in some capacity. We don’t have to be a president or prime minister to think that having the courage to lead well applies to us. As a father or a mother, you can be a leader in your home. As a woman or a man, you can be a leader in your workplace. You may be a leader in your church or community, too. Many leaders in the Bible needed courage to lead in the face of physical danger. We may not face the same physical dangers today, especially in the western world, but we can still learn from such leaders, one of whom is Joshua. Joshua had the courage to lead the people into the Promised Land as God commanded, and take possession of it. How did Joshua have such great bravery in the face of an enormous task? Many things leading up to that time had given him the fearlessness to move forward. Joshua had previously led a battle and seen God give him success ([Exodus 17:8-13](#)). Moses had been an encourager and mentor to Joshua since his youth ([Exodus 24:13](#)). But, most importantly, Joshua trusted and had faith in God. Joshua had seen God give him victory in the past which gave him courage for future tasks. As a leader, Joshua followed God’s leading and had courage to do the right thing in the face of danger. Where has God given you success in the past that gives you courage to lead in the right way today? Are you focusing on faith and trust in God as you step out to lead others? Who can come alongside you to give you encouragement or even mentor you?

*Lord, where I am a leader in my home, at work, my church or elsewhere, I ask you to help me lead well. Give me courage to lead in the right way and do the right things. Lord God, help me always to remember, that you go before me and you will be with me; you will never leave me nor forsake me. Help me to know I need never be afraid; I do not need to be discouraged even in the face of what seems dangerous or risky. In Jesus' name, Amen*

3. **Abigail: Courage to Act Quickly** - Sometimes we need the courage to act quickly to do the right thing. Knowing when to act, rather than standing by and doing nothing, is important. Making sure we do the right thing when we act is also crucial. We don't want to be left thinking "I should have, or should not have, done that."

On one hand, it's easy to act impulsively when our emotions are running high. But, this can lead to disastrous results, especially if we are angry or upset. On the other hand, we can hesitate to take action, which often leads to not acting at all. In the story of Abigail, we see that wisdom precedes the courage to act quickly in doing the right thing. Abigail was a woman who acted quickly and wisely. She did the right thing in the heat of the moment and not only averted disaster coming on her household, but stopped David from taking revenge and doing the wrong thing ([1 Samuel 25:18-34](#)). Abigail faced David with humility and fearlessness. As a woman acting alone without her husband's knowledge ([1 Samuel 25:19](#)), she went against the social expectations of her time. The [Bible](#) encourages us to ask God for wisdom. And God freely gives wisdom when we ask for it. Today or tomorrow you may face a situation where you need to have the courage to act quickly and do the right thing. Waste no time in asking God for His wisdom that is so much better than worldly wisdom.

*Lord God, I want to not only have the courage to act quickly when I need to, but also to make sure my actions are right and pleasing in your eyes. I ask you to give me the wisdom to know when to act quickly to do the right thing. When I can avert disaster whether at home or across the world, show me how to act wisely. When I can stop others doing the wrong thing, whether in my family, church, workplace, or community, give me the courage to step up and speak. When I need to do the right thing that goes against the norms of today, give me common sense, and integrity. Lord, thank you for your wisdom that you give to those who ask. I ask you in advance to give me wisdom when needed. Fill me with humility and courage to do the right thing quickly. In Jesus' name. Amen*

4. **The Good Samaritan: Courage instead of Comfort** - We can have many good intentions, but they mean nothing unless we follow through. It takes effort to act in the right way and often it is uncomfortable. Many of us have comfortable daily lives. We are surrounded by those with circumstances similar to our own. Moving outside our comfort zones is not only uncomfortable, it takes courage. The Bible calls for us to stand out for those suffering injustices ([Isaiah 1:17](#)). Through the parable of the [Good Samaritan](#) ([Luke 10:25-37](#)), we see it can be easy to ignore doing the right thing. Mercy and justice take time, money, and inconvenience. And, often it takes courage to step outside our comfort zones. Jesus used the parable of the Good Samaritan in His example of doing the right thing for other people. The Good Samaritan tended to a traveler, presumably Jewish, coming from Jerusalem, who had been attacked by thieves. He tended his wounds and provided for him until he recovered. The challenge is to have the courage to go beyond our prejudices and do the right thing for those we do not like, or could even hate. Jesus is asking us to confront our intolerances and discriminations and do that which makes us feel uncomfortable. To do the right thing takes courage to step outside our comfort zones, even when those around us are not doing so. Where do you need courage to do the right thing for those who are not like yourself—to show kindness towards those whom you hold prejudices against? Where do you need to become uncomfortable and face any preconceived opinions? We need courage to [do unto others](#) as we want them to do to us.



*Lord God, I admit it is often difficult to step outside my comfort zone. I get comfortable and I live in comfort. Forgive me for ignoring those who are not like me, but still need mercy and justice. Give me the courage to be like the Good Samaritan—to go out of my way to help others, to give of my time and money, but most of all to break down the barriers of prejudice. I ask you to show me the wrong opinions I have about other people. I ask you to show me one way today that I can be courageous enough to stand up for those unlike myself. In Jesus' name, Amen.*

**When we turn to God for courage to do what is right, we can be confident that He will come alongside us, He will be with us, and He will show us what is good.**

*Rachel Britton, Author – August, 2021 - Crosstalk*



## **IT'S NEVER TOO LATE**

Who said life is meant to be easy? You can certainly live without the things you want, provided that's the place you want to be. If not, it hurts. It's not easy.

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33*

**Sometimes things don't turn out the way we think.** Maybe the doctor gave you a negative report, or it appears you're past the age of having the family you've longed to have. Or you're still waiting for Mr. or Mrs. Right. Maybe you had it all, and you lost it all. And now you don't appear as youthful as you used to and you're back to ground zero.

Maybe it's a family situation where the happy bells don't ring all the time and things are not as they used to be. It's dysfunctional. For the bell to ring, you need to pull on the right string. That's when it can feel hard to accomplish. In time, it can even become overwhelming. I know.

Who said life is meant to be easy? You can certainly live without the things you want, provided that's the place you want to be. If not, it hurts. It's not easy.

Where is God when all this happens to you? When it feels like it's too late for his promises to still work in your life? What can you stand on then?

Believe that God is at work. Trust him and have faith. Be still. Take a breather. Feel the peace.

God is with you in the midst of everything. He sees you just the way you are. God cares and has a great plan for your life. He loves you deeply. Scripture says in this world you will have trouble [John 16:33](#). But you can have hope because God has given you Jesus – his best gift ever!

*Dear God, please strengthen my heart and fill me with peace while you work on my circumstances. In Jesus' name, amen.*

Give yourself a gift today — the peace of Jesus. Carve out fifteen minutes to be still and breathe as you pray the prayer in this devotional.

*Written by: Fab Batsakis  
Submitted by Roslyn Murphy*

## *A Prayer of Thanksgiving*

Father in Heaven,  
Creator of all and source of all goodness and love,  
please look kindly upon us  
and receive our heartfelt gratitude  
in this time of giving thanks.

Thank you for all the graces and blessings

You have bestowed upon us,

spiritual and temporal:

our faith and religious heritage,

our food and shelter, our health,

the loves we have for one another,

our family and friends.

Dear Father, in Your infinite generosity,  
please grant us continued graces and blessing  
throughout the coming year.

This we ask in the Name of Jesus,

Your Son and our Brother.

Amen.

www.archtoronto.org  
Prayer from www.catholic.org

*Happy Thanksgiving From Fort Foote Baptist Church  
Kingdom Women Ministry. May the Lord Bless You and Your family  
Abundantly Throughout this Holiday Season*



## *Upcoming Virtual Fellowship Events*

Date:	Fellowship:
December 11, 2021	Why My Health Matters
January 8, 2022	Annual Women's Prayer Breakfast
February 12, 2022	Spreading Love & Kindness (Beyond the Walls)
March 12, 2022	Spring Revival Topics: Preserve, Self-Love, etc.
April 9, 2022	Coffee & Conversation
May 14, 2022	Mother's Day Celebration
June 11, 2022	Cooking Health Demonstration
July 9, 2022	Leadership Team/Planning Retreat
August 13, 2022	No Fellowship This Month
September 10, 2022	Forgiveness (Part 2)
October 15-16, 2022	Women's Day Weekend Celebration
November 12, 2022	Mission/Giving to Women's Shelters & Homeless Women
December 10, 2022	Market Day

# CALL TO PRAYER

## Kingdom Women Ministry Weekly Prayer Call

Every Thursday 7:14 p.m. until 7:30 p.m.

Dial Teleconference

Call Number - 425-436-6357 - Access Code -543895#

*Prayer Requests can be Submitted via The Prayer Room*

Fort Foote Baptist Church - Fort Washington, MD: Kingdom Women Ministry: KW Prayer/Praise Request  
([fortfootebc.org](http://fortfootebc.org))



## A GODLY MOMMA KNOWS BEST

Proverbs 9:10 reads:

**“Fear of the Lord is the foundation of wisdom. Knowledge of the Holy One results in good judgment.”**

“A GODLY MOMMA KNOWS BEST” is based on the nurturing love and care of a **Godly Sister/Friend** that wants you to know that you are never alone in this journey of life.

“A Godly Momma/Sister/Friend Knows Best” is an opportunity for women of all ages to submit questions anonymously about sensitive or intimate subjects and receive wise and godly counsel at (<http://www.fortfootebc.org/kwm>).

Responses to your submissions will be answered by our team. The Team consists of “*Sister Wisdom,*” “*Sister Knowledge,*” “*Sister Understanding, with the Almighty Insight,*” and let’s not forget “*Sister Girrrrl, I’ve Been There Before, and He Brought Me Out!*”

Let’s continue to share with and to support one another by being led by the Holy Spirit to direct our conversations and responses to our sisters in need.

*A Godly Momma Knows Best* Submission Form can be found on our new **Kingdom Women Ministry Web Channel** at <http://www.fortfootebc.org/kwm>. If your need or concern is beyond the expertise or authority of the **A Godly Momma Knows Best Team**, it will be referred to the Church for assistance.



Submitted by The Godly Momma Knows Best Team





## SPEAK THE NAME

*Koryn Hawthorne & Natalie Grant*

<https://youtu.be/m7ot7WPhIJc>



The atmosphere is changing  
Nothing stays the same  
Heaven is waiting  
For the mention of the Name  
The Spirit is moving  
Burning like a flame  
Healing the broken  
By the One we proclaim

Raise it up  
Fill the sky  
Chains will fall  
Mountains move  
We lift Him high

Speak the Name  
The Name above all other names  
Speak the Name  
The Name the wind and waves obey  
All of heaven's coming down  
Fill the earth with the sound  
Of the Name  
The Name of Jesus

Gather all who wonder  
Hostages of shame  
Miracles unfolding  
At the mention of the Name  
Our darkness is fleeing  
Mercy raining down  
Healing waters flowing  
As our lips make the sound

Raise it up  
Fill the sky  
Chains will fall  
Mountains move  
We lift Him high

Speak the Name  
The Name above all other names

Speak the Name  
The Name the wind and waves obey  
All of heaven's coming down  
Fill the earth with the sound  
Of the Name  
The Name of Jesus  
Speak the Name  
The Name of Jesus

Strongholds are broken  
I've been made free  
I am forgiven  
Fear has to leave

Strongholds are broken  
I've been made free  
I am forgiven  
Fear has to leave

Your Name is healing  
Your Name is power  
Your Name is holy  
My strong, strong tower  
Wonderful Name  
Glorious Name  
Powerful Name of Jesus  
Jesus

Speak the Name  
The Name above all other names  
Speak the Name  
The Name the wind and waves obey  
All of heaven's coming down  
Fill the earth with the sound  
Of the Name  
The Name of Jesus  
Of the Name  
The Name of Jesus  
Speak the Name  
The Name of Jesus



## Turkey Tostadas (Butterball Recipe)



### Ingredients:

- Nonstick cooking spray
- 6 (6 inch) corn tortillas
- 1 (1.7 lb.) package fresh ground turkey
- 2 oz taco seasoning mix
- ¾ cup of water
- 1 cup refried beans, heated
- 1 ripe avocado, pitted, peeled & chopped
- 1 large tomato, chopped
- 1 cup shredded Mexican-blend cheese
- 1 cup lettuce, shredded
- 3 Tbsp green onions, thinly sliced
- 1/3 cup sour cream

### Directions:

- Preheat oven to 350 degrees. Spray both sides of tortillas with cooking spray. Place on a cookie sheet. Bake 10 minutes or until lightly browned.
- Brown turkey in a medium skillet over medium heat, stirring occasionally, drain liquid. Stir in taco seasoning and water; fully cook.
- Divide and spread heated beans evenly over baked tortillas. Cover beans with cooked turkey mixture, avocado, tomato, cheese and lettuce. Top with green onions and sour cream.
- Makes 6 servings

# Live Laugh Love

GROUP GAME

## Thanksgiving Word Search

1 Thessalonians 5:16-18, "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

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

### Word Bank

AUTUMN	FEAST	GOD	LEFTOVERS	PRAISE	TRADITION
BAKE	FELLOWSHIP	GRATITUDE	LOVE	PRAYERS	TURKEY
BLESSINGS	FRIENDS	GRAVY	NAP	PUMPKIN	WORSHIP
CHRIST	GATHERING	HARVEST	NOVEMBER	SHARING	YUM
CHRISTIAN	GIVING	JESUS	PARADE	TABLE	
CHURCH	GOBBLE	LAUGHTER	PIE	THURSDAY	

## Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 ETRSHVA [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 MEVRNOEB [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 ILIGPMR [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 KUTEYR [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 BCNERRRAY [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 YRAOMEFWL [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 TMOLPYUH [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 AYHLIOD [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 GWNMPAAO [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 INKPMUP [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  
 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] !

# 40242-10-11/2020



Twelve things in the picture on the bottom are different or missing from the picture on the top

**Q. Why did the turkey cross the road before Thanksgiving?**

**A. He was trying to give people the impression that he was a chicken.**

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## 2021 Kingdom Women Ministry Leadership Committee

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### Sisters of Fort Foote Baptist Church

We hope you enjoyed **YOUR** Kingdom Women Ministry Monthly Newsletter.

Please be encouraged to submit topics you would like to see in future newsletters or suggestions for Newsletter improvements. If you would like to join the KWM Newsletter Team, please contact:

**[elagrangesmith@gmail.com](mailto:elagrangesmith@gmail.com)**

*Your Continued Support is Greatly Appreciated!*