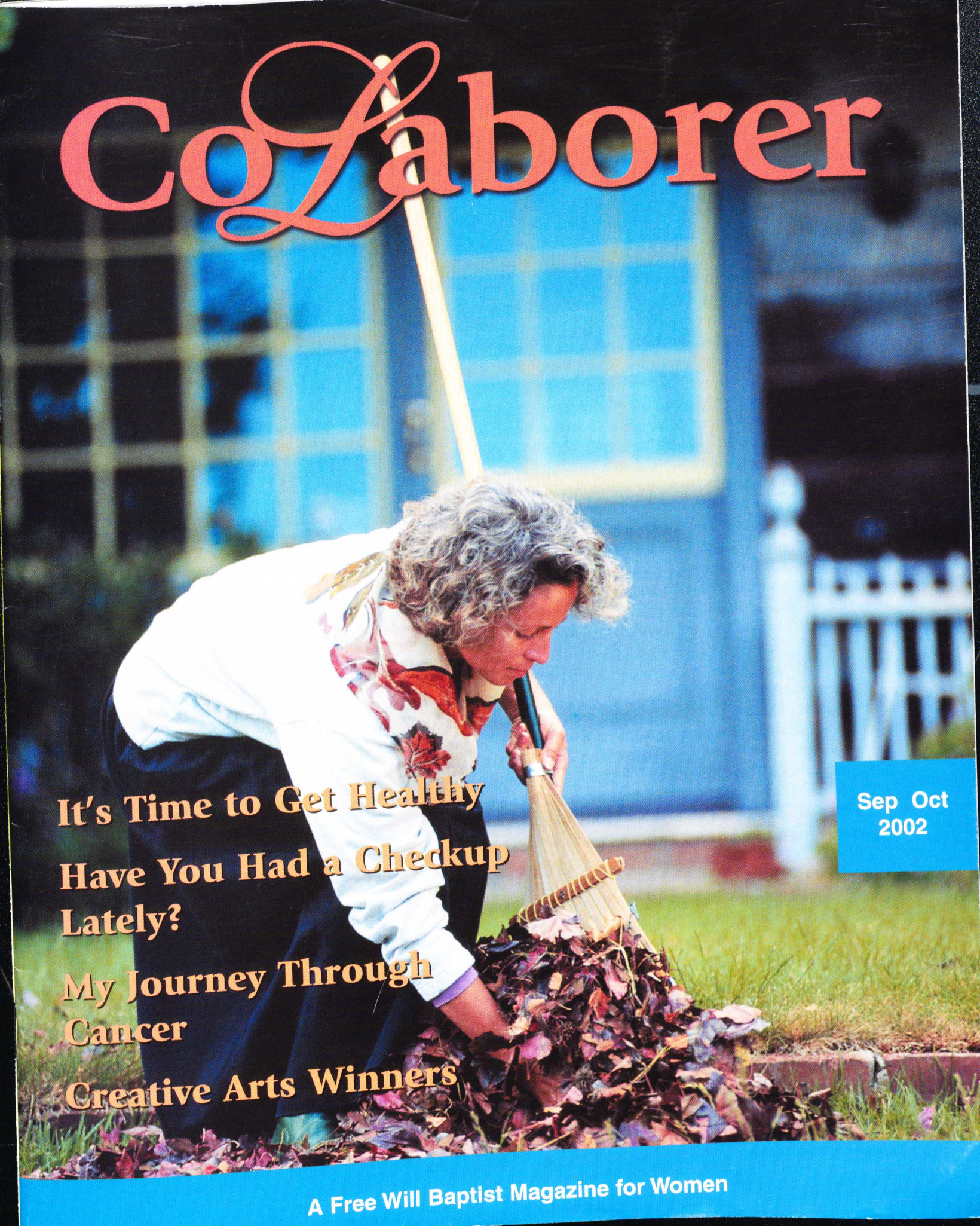


CoLaborer



**It's Time to Get Healthy
Have You Had a Checkup
Lately?**

**My Journey Through
Cancer**

Creative Arts Winners

Sep Oct
2002

A Free Will Baptist Magazine for Women



Labor of my heart

Sarah Fletcher

Further Testing

Recently I went for a routine mammogram. It was not fun. It was not comfortable. But I was okay with this. My medical professional told me it is necessary for preventative health.

I was not prepared, however, when that same medical professional called me the next week and said, "It's nothing to be alarmed about. It may not be anything, but we need to do further testing." I agreed to go again. What other choice did I have! (Thankfully, my retest revealed no problems. Not so for several of our collaborators. Our prayers are with them.)

Our omniscient God also routinely tests. The tests may not be comfortable. They may not be fun. But they are also necessary for preventative spiritual health. One Bible teacher says that these tests are two-fold. They can be intended by God as a test, yet used by Satan as a temptation. Test or tempt, the way we handle them is our choice. If we follow the guidance of God and trust Him, we pass the test. If we rebel or resist, we fall into temptation and become ensnared in Satan's trap.

I can accept that. All Christians know they must face trials. It's routine. But further testing, now that's a harder concept. I am not always prepared for this. To pass through the fire, only to face the furnace, or the flood! Yet what choice do we have? Can we risk the opportunity to know? To go deeper, to experience His Presence? It's a bittersweet choice, yet no choice at all.

Paul made that choice. He faced trials "beyond measure." Yet he counted all these things as loss, compared to the excellency or surpassing greatness of knowing Christ (Philippians 3:8). David also chose. He said, "One thing have I desired of the LORD...that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple" (Psalm 27:4). David's tests were definitely more than routine.

It was through the tests, and further testing, that both David and Paul experienced joy. Paul admonished the Philippians to "rejoice, and again I say, rejoice" during a retest in a Roman prison. David said, "...in the shadow of thy wings will I rejoice," as he was being chased by Saul for the "umpteenth" time. Testing reveals what's inside. It allows our Physician to pinpoint any abnormality that needs immediate attention.

Further testing? Do you have a Divine appointment? Is there a hidden growth or cancer that needs to be revealed? Is he simply drawing you to know Him, to trust Him, to see from His perspective? Is there an area in which he wants to prepare you to minister to others? Trust Him. Even in further testing, He is Jehovah-rapha. And the outcome is a crown.

"Blessed is the man that endureth temptation (testing) for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." James 1:12

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Tall Enough

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changes one
woman's perspective
for life***

*Except where otherwise indicated, all Scripture quotations are taken from the King James Version.

For Such a Time As This FITNESS



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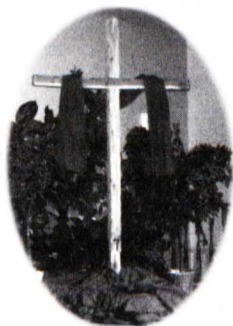
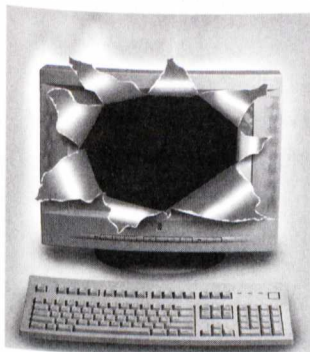
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Ladies and Gentlemen, it's time for the event you've all been waiting for...

The Physical Fitness Pageant.

Before I introduce the contestants, let me remind you that you, the audience, will be the judges for tonight's event. Are you ready? Here we go...

Hello, I'm Lilly, and I've managed to stay in physical shape by drinking Slimfast shakes twice a day, and eating one sensible meal. The shakes taste great, and if I ever get hungry, I can eat a Slimfast bar once a day as well. Yum!! (*Swoons and almost passes out.*) Oops! Sorry, ladies and gentlemen, I've been doing that a lot lately! I can't imagine why!

**Contestant
#1**

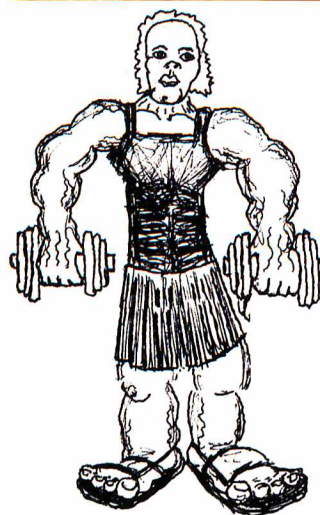
**Lilly
the
Liquid
Dieter**



Hi, I'm Wendy, and my body is a product of weight training. By spending only 5 hours a day, six days a week, I'm able to build my muscles and maintain this strong body. If I could have a volunteer from the audience, I would like to demonstrate my strength by picking up the volunteer, throwing her over my shoulder, and ... you say you'd rather me not?

**Contestant
#2**

**Wendy
the
Weight
Lifter**



Announcer: Our third contestant is Sally Souper. Please welcome her to the stage.

My name is Sally Souper, and just look at my slim figure. I owe it all to the seven day soup for supper plan. I am able to eat such a wonderful variety of soups that I never go hungry or unsatisfied... Well, at least not for long... I mean of course, I occasionally crave chocolate, and then the other day, I just thought I was going to die if I didn't get a salad, and the meat... oh, for a thick, juicy steak... (Sounds very unsure of herself). Anyway, the soup diet is just SUPER!

Contestant #3 Sally Souper



that means running all the time, but actually it can mean several things. (Starts doing jumping jacks.) See? There's so much this aerobics thing. Calories? A thing of the past. Some days I burn off so many calories, I've burnt off the entire next day's worth! Gotta go! Can't stop for long, you know. Remember this can work for you too!

Announcer: We have one final contestant, Linda Lifestyle.

Linda: Hi, everyone! I'm Linda. I really don't know what to tell you about how to stay healthy except what works for me. I try to eat a variety of foods, eating until I'm satisfied, not stuffed. I eat whatever I want, whenever I want it. I try to eat plenty of fresh fruits and vegetables, and I do my best to walk 3 or 4 times a week in my neighborhood. Like I said that's really about it. I just try to live a healthy lifestyle. Thank you!

Announcer: That was Souper Sally, I mean Sally Souper. Well, anyway, you know who I'm talking about, right? Okay, on to our next contestant. All the way from Pittsburg, Pennsylvania, it's Paula Protein.

Contestant #4 Paula Protein



Paula: I am Paula, and I just love what I do to stay fit. I am an advocate of a popular protein diet. I eat protein for breakfast, protein for lunch, protein for dinner, and even protein for snack. This is such a wonderful program because of all the variety. That's it; that's all I feel like I need to say. You can see for yourself what kind of shape I'm in.

Contestant #5 Annie Aerobic

Announcer: Wow! Up next is Annie Aerobic. Annie, you can come on in now!

Annie: I'm Annie, and I'm here today because of aerobic exercise. Some people think



Contestant #6 Linda Lifestyle

Announcer: Well, that was interesting, cough, cough. That's it, and now it's your turn to vote. If the contestants will please step out. Judges may I have your decision please. The winner is Linda Lifestyle!!! What???? There must be a mistake! Her plan was nothing new! I just can't believe this! I quit!



A complete script with stage directions is available on the WNAC web site (www.nafwb.org/wnac) or by calling 1-877-767-7662. For other presentation helps and suggestions, see the 2002 Yearbook, pp. 45-46.

SEPTEMBER FEATURE

It's Time to Get Healthy



by Wendy Salyers

PHOTO BY BONNIE KERR

BEING HEALTHY.

Everyone talks about it, but few seem to take it very seriously. Why? Maybe there's confusion about what "good health" actually is. Or maybe people just fail to see its importance. By taking a closer look, we can discover why it is important to be healthy, and how to begin the process—for it is a process.

Exercise Exercise Exercise Exercise

When most women think of being healthy, we tend to envision something like a weight lifter or an aerobics queen, don't we? And it really doesn't look like a lot of fun! Right? Although physical fitness is definitely a major part of being healthy, it doesn't have to be quite so extreme. Regardless of our age, however, both aerobic exercise and strength training are vital to physical fitness. Aerobic activity strengthens the heart and lungs while also burning calories. Strength

training builds muscles and bones, helps keep our bodies toned, and even boosts metabolism. Doesn't that sound wonderful?

Health and fitness experts today recommend doing some type of aerobic exercise three to five times a week for at least twenty minutes. Aerobic activities are those that put your heart to work. They include walking, running, swimming, cycling, etc. Walking is one of the best choices because it requires no trip to the gym or special equipment. Incorporating a morning or evening walk into your lifestyle is usually not too difficult though it may require a little discipline.

Health experts recommend:

Aerobic Exercise three to five times a week **Strength Training** one, two, or three times a week on alternating days

Strength training, or lifting weights, is another important part of physical health. A recent study concluded that women who regularly work out with weights reduce their body age by up to 20 years. Fitness experts recommend doing strength training one, two, or three times a week on alternating days. Many people think they must belong to a gym and look like a body builder to lift weights. The truth is, a small set of inexpensive barbells, along with some exercises for different muscle groups, can do the trick.

Getting started is probably the most difficult aspect of exercise. It is important to note the following suggestions:

1. Begin slowly, and gradually increase difficulty and duration.
2. Schedule your workout at a time and a place most convenient for you.
3. Choose an activity that you enjoy (or you won't be consistent).
4. Find a partner to join or at least encourage you.
5. Call your local YMCA, check the library, or surf the web for specific exercises.
6. Check with your doctor before you begin.

Diet Diet Diet Diet

Besides exercise, what other health word comes to mind? How about D-I-E-T?

Being healthy does have to do with diet, but not "A Diet." There is a difference. Healthy people don't usually "go" on a diet; they just maintain a healthy one. Confusing? Maybe. Frustrating? Yes. When studying the Weigh-Down plan, I was thrilled to realize that we do not have to diet. God gives us food, and he expects us to eat it. Food itself is not sinful—not even chocolate! All foods, in moderation, are fine. Gluttony is sin; so is making food our god. But God wants us to enjoy what He gives us. Isn't that exciting?

Our bodies are made to tell us what they need. We all know we need plenty of fruits and vegetables, but we also need protein, fats, etc. Use the food pyramid as a general guideline. Other sources of information about what our bodies need are available online, at the library, and at the doctor's office.

Portion sizes are key to staying healthy. Eating a variety of foods in controlled portions helps you feel satisfied, not "stuffed." For many of us, it's not what we eat, but the amount we eat that causes our

Portion sizes are key to staying healthy. **Eat for hunger's sake** —not to fill an emotional need.

weight problem. Practice eating until you are no longer hungry, then stop. Always check food labels for an appropriate serving size.

It is so important for women to eat for hunger's sake and not to fill an emotional need. Many of us turn to food when we're experiencing boredom, depression, frustration, or anxiety. When we do this, we are allowing food to control us. It's true! Think about a time you've been stressed out, and ran for the chocolate, eating not just a handful of M&M's but a 2 lb. bag! I've been there. Be cautious; notice when you eat. Keep a food diary, writing down everything you eat each day. See if it reveals a tendency to binge or a pattern of emotional eating. If so, turn to the only One who can fill your emotional needs. Let Him meet your needs, not food.

Newsflash! It's a PROCESS!

Being healthy doesn't happen in one day; it is a long process. Begin by making conscious lifestyle changes. Choose to take the stairs instead of the elevator, carry your own groceries to the car. You could even bypass that perfect parking space at the mall. Make conscientious choices about what, when, and why you eat. Most importantly, do it gradually, one day at a time, and ask for God's help. He can help, you know!

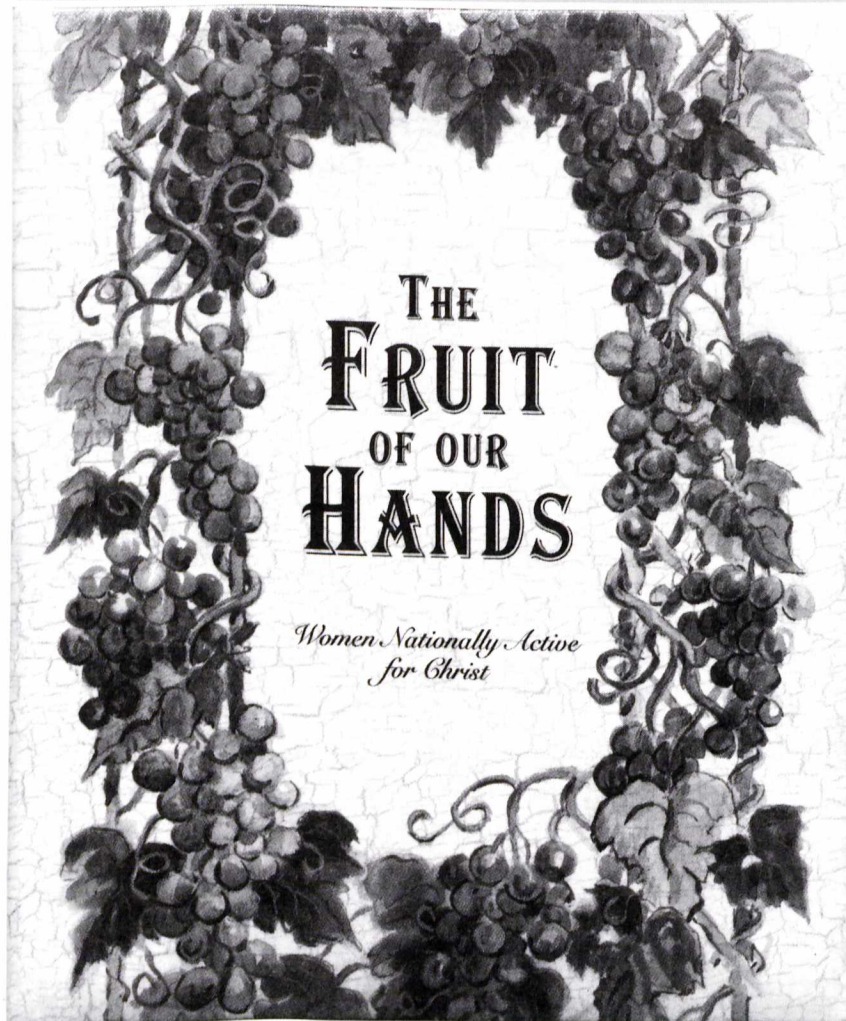
Are there benefits to being healthy? Definitely! By exercising and eating right, you will look better, feel better, and (Lord willing) even live longer.

Doesn't your body deserve it? After all, it's not really your body anyway.

"What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Corinthians 6:19,20

Wendy Salyers attends Woodbine Free Will Baptist Church in Nashville, TN. She and her husband Jeff have two young children.

Enhance your healthy lifestyle with wholesome recipes from the new WNAC Cookbook.



Here's what women are saying:

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"This really sounds good."

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*So many recipes,
so many good cooks!*

SOME STATISTICS ABOUT BREAST CANCER:

- 182,800 people will be diagnosed with breast cancer this year in the United States, most of whom will be women.
- Breast cancer is the most common cancer among women.
- A woman's level of risk for developing breast cancer increases as she ages. It's unusual for women younger than 35 to get the disease.
- One percent of all breast cancer cases occur in men.

What is Breast Cancer?

The breast is divided into about 20 sections called lobes. Each lobe has groups of tiny bulbs called lobules. These lobules produce milk. Thin tubes called ducts connect the lobes and lobules to each other. The breast contains blood vessels as well as other vessels that carry a clear fluid called lymph. These lymph vessels lead to small, bean-shaped organs called lymph nodes. Lymph nodes are part of the body's immune system. Groups of lymph nodes are located near the breast and in the axilla, or armpit. Lymph nodes are also found above the collar bone and in the chest, as well as in many other parts of the body.

Cancer is made up of abnormal cells that multiply constantly. Although being diagnosed with cancer is never easy, women with breast cancer have more treatment choices and can expect to live longer with the disease than ever before. Doctors are constantly learning more about breast cancer, its prevention and detection. In doing so, they are finding ways to improve breast cancer treatment options and to help women with breast cancer have better lives.

THE LUMP

She found the lump and froze, at first.
We always tend to think the worst.
Our modern life is programmed for despair.
The sunny times bring joy and song,
When suddenly it all goes wrong.
We throw unholy hands up in the air.

But lumps are not to be ignored.
If one is found, there could be more.
Her peaceful world was quickly turned around.
All thoughts of death were cast aside,
She would not run away and hide.
She knew that, with God's help,
she'd face it down.

Brave words could not the pain erase.
Sometimes it showed in her small face.
But prayers for her were offered night and day.
So many prayers, her cancer changed
And she was made all whole again
By God whose hand can take all lumps away.

—Freedra Lucas

Freedra Lucas attends the Haymond Free Will Baptist Church in Cromona, Kentucky. A retired school teacher, she wrote this poem about her niece.

What to Say and Do (for those who have cancer)

Do:

(Non-verbal)

- Visit them at home and the hospital.
- Make phone calls to family members or other interested parties.
- Activate a prayer chain.
- Send flowers, cards, balloons, plants, letters, etc.
- Provide meals for the family.
- Laundry for family.
- Run errands and help with other small chores
- Provide a bed for the family.

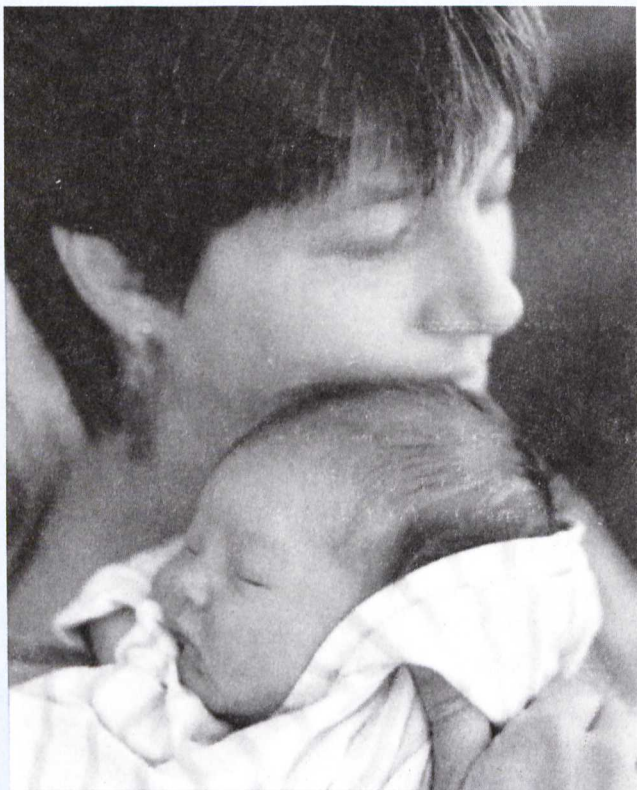
(Verbal)

- Immediately pray for and with them.
- Follow prognosis and treatment schedules so you can easily and knowledgeably talk with them.
- Be that someone whom family members can talk to.

Cancer information and suggestions adapted from a seminar by Dr. Kathy Masulis at the 2001 Tennessee State WAC Retreat.

Don't:

- Tell them not to worry.
- Share how bad it was for someone else you know (*unless you are asked*).
- Pre-diagnose their condition before the doctor does.
- Tell them there must be something wrong in their lives or this would not be happening.
- Assure them that they are too young or old to get this disease.
- Ask more questions than they are willing to answer.



*Is a new baby
keeping you up or
getting you down?*

OH, THOSE BABY BLUES

by
Barbara Hicks

Postpartum (the first six weeks following delivery) is a time of many physical and emotional changes for you as a new mother. Just remember that you cannot give good care to your baby unless you take care of yourself first. Even on an airplane, at the beginning of every flight, the attendant gives a safety talk and instructs you, "Put on your own mask before helping any children with you."

Many women are very anxious to get their bodies back in shape after delivery. It takes about six weeks for healing and involution of the uterus to be completed. You know best what your limit of activity is. Some general guidelines for activity are:

- ❑ *Start back into your regular activities slowly.* If you had a cesarean delivery, your doctor will give you instructions as to what you can do and when.

- ❑ *Don't do any heavy lifting.* A general rule is not to lift anything heavier than your baby.

- ❑ *Take it easy climbing stairs.* Try not to go up and down a long staircase more than once or twice a day. Place a basket at the bottom of the stairs to collect items and take them up in one trip.

- ❑ *Start taking short walks.* Taking your baby for a ride in the stroller is an excellent way to get out and exercise. Even very young infants will enjoy this. Often fitness centers, YMCAs, or community colleges have special classes for postpartum women.

- ❑ *Don't start driving for two weeks, especially if you've had a cesarean section.* If you've had surgery, your reaction time may be slower due to pain. During this time your hormones are fluctuating and you'll be tired and easily distracted.

Some mothers are impatient with slow weight loss and are disappointed that they don't lose all their pregnancy weight gain soon after the baby is born. Keep in mind that it took nine months to make a baby and put on that extra weight! New mothers should wait at least three weeks to start dieting because they need energy to meet the demands of infant care. A sensible calorie reduction diet combined with mild exercise is appropriate. The diet should contain enough protein and vitamin C foods to promote healing. Most doctors encourage new moms to continue taking their prenatal vitamins until they're all gone. Moms are sometimes so involved with the needs of the baby that they fail to eat properly. Remember that grabbing snacks often involves high caloric intake without meeting nutritional needs.

Breastfeeding mothers tend to lose body fat even without dieting. Gradual weight loss is better and should be accompanied by a combination of mild exercise and a diet high in nutrients with at least 1800 calories per day. Nursing mothers should drink at least eight glasses of fluids a day that do



***Cherish your time with your infant.
You'll blink and that child will be
walking out the door with car keys in
hand.***

not contain caffeine. Mothers often worry about whether the baby is getting enough milk. Generally a good indicator is that the baby has six to eight wet diapers per day.

The case of Andrea Yates drowning her five children in a bathtub drew national attention to postpartum depression. There is a difference between postpartum blues and postpartum depression. The condition of postpartum blues is generally defined as a short period of sadness beginning around the third postpartum day and usually lasting only a few days. Nearly eight out of ten women experience this, making it a very normal occurrence. Researchers believe postpartum blues are caused by a combination of stress, hormonal changes, and lack of sleep. Common symptoms of postpartum blues are mood swings, feeling low, anxiety, feeling overemotional, being tearful, fatigue, and confused or muddled thinking.

Postpartum depression is *not* normal and affects about one or two in 1000 women. Postpartum depression usually starts later, lasts longer, and is much worse. Symptoms include feelings of anxiousness (like something is wrong but you don't know what), long periods of uncontrollable

crying, feelings of being worthless or of not being a good mother, eating too much or too little, fear that you might hurt yourself or your baby (accidentally or on purpose), hopeless feelings, trouble sleeping, or fatigue to the degree that you do not feel you can do little things—like brushing your teeth. If you think you have postpartum depression, you should notify your doctor immediately. Often just having someone to talk to about your feelings can help. Sometimes prescription medication is needed. Be encouraged; postpartum depression is treatable!

These tips may help you navigate through the postpartum period.

□ *Try to relax.* Christian radio or praise and worship music can encourage and lift your spirits. One of the most important things you can do for yourself is spend time with your Lord. Make reading your Bible and prayer a priority. If you feel that you just can't carve out the time during the day, use some of baby's feeding time. Pray for your new baby every day and ask the Lord to help you be the kind of parent He would have you be. Even the most chaotic day is managed better when it has been bathed in prayer.

□ *Get enough sleep.* Learn to take naps and sleep when the baby sleeps. Enlist your husband's help with night feedings. You can't meet your husband's

needs or your infant's needs if you're so sleep deprived that you can't function.

□ *Ask for help and accept help when it's offered.* I always thought that to be a good mom, I had to do everything on my own. Enlist the assistance of grandparents who are usually eager to offer help. Allow them to keep your baby overnight so you can get some uninterrupted sleep. Yes, it is possible for you to survive one night away from your bundle of joy!

Here are some ways others can help a new mom.

Take over a casserole for dinner (preferably in a disposable, microwavable dish), vacuum and dust, run to the store for her (keep a list on the refrigerator and write down items as you think of them), do a load of laundry, or do the dishes. (It's always more fun to wash someone else's dishes!)

Cherish your time with your infant. Hold, cuddle, and talk to your baby. You'll blink your eyes and that child will be walking out the door with car keys in hand. Remember...

"A 100 years from now it will not matter how much money I made, what kind of car I drove, or the size of the house I lived in, but maybe the world will be a better place because I was important in the life of a child."

Barbara Hicks is a member of the Ina Free Will Baptist Church in Ina, IL. She holds a Master's Degree in Nursing and has taught in an Associate Degree Nursing program for the past 20 years.

Have you had a checkup lately?

by
Dr. Mary R. Wisehart

LOSE 20 POUNDS IN ONE MONTH!
LOWER YOUR CHOLESTEROL. WATCH
THAT BLOOD PRESSURE!

We are bombarded on every side with suggestions about our physical health. God made our bodies and He expects us to care for them. But what about our spiritual health?

God has placed us in this time and place according to His purpose. To fill our places and be a part of His purpose, we must be spiritually healthy.

Ephesians 6:12 reminds us that we are in a battle. Our weapons are not guns, missiles and bombs. We are struggling with spiritual forces of evil and darkness. To combat them, endure the

struggle and be victorious, we must have spiritual strength.



Have you had a spiritual checkup lately? Go ahead. Take the test found on p.17. What is your spiritual temperature?

Symptoms of Spiritual Ill-Health

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily

For presentation helps, see the 2002 Yearbook, pp. 47-48.

A case study

JAMES 4:1-10

James gives a prescription for spiritual health and outlines a regiment for recovery.

What were some symptoms that James addressed? (vv. 1-3)

What was the root problem or diagnosis?
(v. 4)

What attitude is necessary for treatment?
(v. 6)

List the seven steps to spiritual recovery:

1. (v. 7)
2. (v. 7)
3. (v. 8)
4. (v. 8)
5. (v. 8)
6. (v. 9)
7. (v. 10)

beset us, and let us run with patience the race that is set before us" (Hebrews 12:1). (*Emphasis added.*)

In spite of our desire to be spiritually healthy, we may be ensnared by "the sin which doth so easily beset us." While we are in the flesh, we are subject to those things which weaken us spiritually.



Spiritual Anemia.

Spiritual anemia makes us feel all washed out. We just can't get up early for devotions. We are too weak to

help out at church or reach out to our neighbors. Prayer takes time and is demanding, and we just don't have the strength to pray as we should. We may even fall asleep in church!

Poor Nutrition. Poor diet affects us in all kinds of ways. Check on what we are feeding our mind and spirit. How much time do we spend reading newspapers, romance books, or popular magazines? Check up on how much time we actually watch TV soap operas or talk shows. What we feed on mentally and emotionally will affect our spiritual health. *Watch that diet.*

Anxiety Syndrome. *Everyone seems to be affected by stress.* We hear stories that depress and sadden us from all over the world. Personal problems seem overwhelming at times. We are anxious about balancing our families and careers. We worry about finances. How are we going to care for aging parents? What about our own retirement years? Anxiety gives us an unhealthy outlook on life.

Impurities. Hebrews 12:1 reminds us that we can easily fall into sin. Envy, anger, resentment, grudges, bitterness may hide away in our hearts. Though hidden, they will show themselves in our actions and attitudes. These impurities are like spiritual cancer, destroying us from the inside out. We may not acknowledge them, but God knows they are there.



Consult the Great Physician

Don't despair if you fear these diseases. We all experience some of them at times.

*The Great Physician now is near—
The sympathizing Jesus,
He speaks the drooping heart to cheer—
O hear the voice of Jesus.*

—William Hunter, 1859

He is ready with His diagnostic tools. You will not have to sit in the waiting room or lie waiting on a cold table in the examining room. You should be warned that the examination may be somewhat painful. God's tools are even better than CATs or MRIs. No matter how painful, we must face ourselves as God sees us if we find healing.

He will check that heart problem. "The heart is deceitful above all things, and desperately wicked: who can know it? I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings" (Jeremiah 17:9,10). God looks on our hearts, knows what motivates us, and sees even those things we hide from ourselves.

...the examination may be painful, but the healing is worth it.

We may pride ourselves on being well and whole. Friends may think we are spiritually healthy. Yet sometimes we need to allow the Holy Spirit to search our hearts and soul so that we can be truly healed by the Great Physician.

His Word will show us our ills and correct them. "For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart" (Hebrews 4:12).

Oh yes, the examination may be painful, but the healing is worth it. We don't want to pretend we're fine when we have not sought God's forgiveness and received His healing.

Prescriptions for Spiritual Healing

For Anemia. Spiritual anemia can only be cured by a close connection with the source of spiritual power. "I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth

forth much fruit: for without me ye can do nothing" (John 15:5). Protect your relationship with your Lord at all costs. Only that close connection with Him will provide strength to overcome Satan and accomplish work for God.

For Nutrition. "As newborn babes, desire the sincere milk of the word, that ye may grow thereby" (1 Peter 2:2). Do you long to grow in the knowledge of God? Make His Word your spiritual food and drink. Group Bible studies, commentaries and books about the Bible are all right. They cannot replace your own private Bible study. Other books may confuse and lead you astray. Stay with the pure spiritual food that God wants to provide in His Word under the guidance of the Holy Spirit.

For Anxiety Syndrome. Worries and fears may attack us in this life. But God offers tranquilizers with no side effects.

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your

requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6-7).

Why be loaded down with worries and fears? "Casting all your care upon him; for he careth for you" (1 Peter 5:7). This scripture seems to suggest that He will do our worrying for us—if there is any to be done.

Do these seem adequate? One more tranquilizer: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee" (Isaiah 26:3).

If these tranquilizers are not sufficient, look for more in the Word. Remember, He keeps His promises.

For Impurities. If we have allowed the Holy Spirit to search our heart and find any corners that need cleansing, bring them to God. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9). How wonderful to know that God sees our deepest impurities and loves us still. He stands always ready to forgive and cleanse.

"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" (Isaiah 1:18).

For your health...

- ✓ *Read Psalm 139.*
- ✓ *Spend some time in prayer for God's searching and healing.*
- ✓ *Sing or read aloud the hymn, "Search Me, O God."*

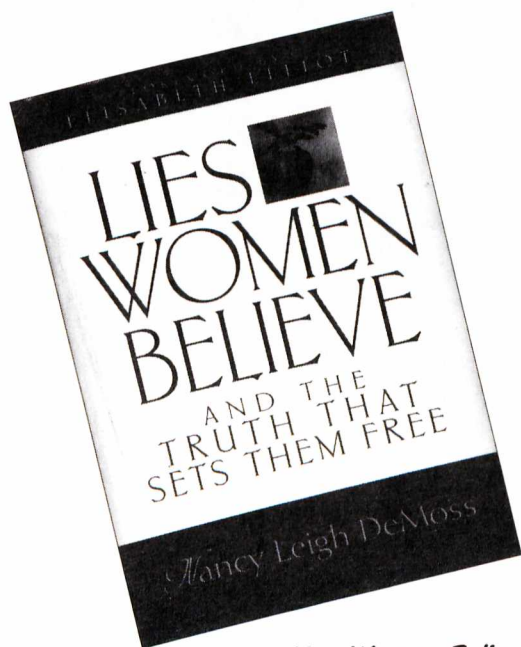
A checkup is only for diagnostics. Though the Physician may prescribe diet, regiment, or treatment, ultimately, you must make your own health decisions. Will you accept his Word? Will you obey Him?

Dr. Mary Ruth Wisheart is an adjunct professor of English at FWBBC. A member of Cofer's Chapel FWB Church in Nashville, TN. Dr. Wisheart served as WNAC's Executive Secretary-Treasurer from 1985-1998.



**Prescriptions for
Spiritual Healing**

Healthy Reading Material



Lies Women Believe
by Nancy Leigh DeMoss
Moody Press \$19.99

YOU AND I HAVE BEEN LIED TO. WE HAVE BEEN DECEIVED. Nancy Leigh DeMoss believes that most of the struggles women face are rooted in deception—Satan's deception. She traces the account of Eve and exposes the specific lies that all women since Eden have encountered and believed. Topics include lies about sin, marriage, self, children, priorities, emotions, and circumstance. However, the focus is not on lies, but on truth. The book provides Scriptural truths to counter every lie. The ultimate goal is freedom in Christ.

Lies Women Believe is suitable for personal reading or for small group studies. Each chapter ends with an interactive "Making It Personal" section. The book also provides helps and resources for women caught in specific areas of bondage.

Combining fictional vignettes, true life examples, and the powerful truths of the Word, this book is an excellent choice. Miss DeMoss is an author, editor, and conference speaker for LifeAction Ministries. She has presented portions of this book on her daily radio program, "Revive Our Hearts."

Twenty years ago, pastor's wife Anita Haney faced a battle with a little-known disorder called anorexia nervosa.

Today, eating disorders have become a paramount problem among women and teen girls. Anorexic is a familiar term.

Anita's story may also be familiar. Many will identify with her strict upbringing and her "desire to please" as a Free Will Baptist minister's wife.

Recently reprinted by Randall House, this book is attracting a new generation of readers. If you have never read *Battling Anorexia*, seize the opportunity.

Battling Anorexia
by Anita Haney

Randall House Publications \$9.95



Both books available from WNAC 1-877-767-7662

a different kind
of health issue...

Hmmmm, a 400 word article about computer viruses; *awful, beastly, contemptible, dastardly, deceptive, despicable, detestable, dreadful, evil, frightful, ghastly, horrible, insidious, loathsome, malicious, mean, nasty, obnoxious, pesky, revolting, scary, terribly time-consuming, vile, wasteful, yucky, and zero fun.* Whew! Now that all that's out of my system I can think on true, honest, just, pure, lovely, of good report, virtuous, and praise-worthy things—anti-virus programs. They were created “for such a time as this.”

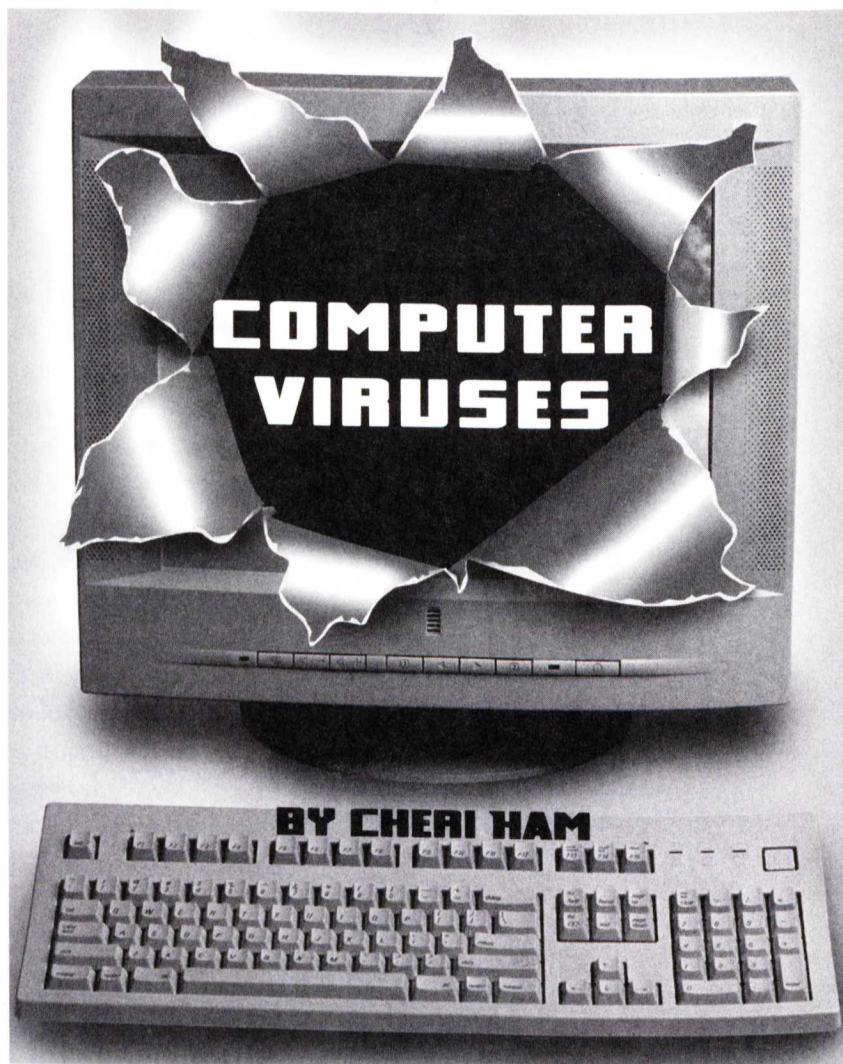
“...reading email without taking precautionary measures is like picking up hitch-hikers when you're all alone; it's very risky.

inserts them into other programs and usually performs a malicious action (as destroying data).” Today the majority of these insidious programs worm their way into our computers through our

In 1981 the first computer virus was written to attack Apple computers at Texas A&M University. Today the majority of viruses are written to target the biggest audience, Microsoft. Merriam-Webster defines a computer virus as “a computer program usually hidden within another seemingly innocuous program that produces copies of itself and

emails. You may think you're opening an attachment from a friend only to find out it's a virus. Opening an email is generally all right. It's downloading the attachment or opening it that activates the virus and infects your computer.

How do we protect ourselves against these dangerous programs when new ones are being written every day? Obtain a good anti-virus program and keep it up-to-date. Don't operate your computer without one! Know how to check its web site for upgrades and download new virus definitions when they are published. www.grisoft.com has a free, albeit limited, anti-virus program. Consider investing in the full version and then keep it current. PC-Cillin is another good product available at www.antivirus.com. www.symantec.com is yet another excellent source for information on the latest viruses. Most importantly, NEVER, NEVER, NEVER open an attachment from anybody (including your spouse) without them specifically telling you that they are sending you an attach-



ment, what the attachment's name is, and what it contains. Even then the attachment should have the specified name.

Operating a computer and reading email without taking precautionary measures is like picking up hitch-hikers when you're all alone; it's very risky. Some viruses show you a cute fireworks display as they infect your computer, clone themselves, and send emails with the virus attached to everyone in your address book, without you even knowing it. Others will crash your computer and you will lose everything. Those you know about right away!

If you really want to be a savvy computer user, follow these steps.

1. Backup your personal files on zip disks or CD's.

2. Keep your system restore disks and additional software well organized.

3. Install a good anti-virus program.

4. Be extremely careful which emails you open.

Cheri Ham is the Network Administrator for FWB Foreign Missions and the "resident computer expert" for the FWB National Offices. She serves as coordinator of her local WAC at Cofer's Chapel FWB Church in Nashville, TN.

CHECK YOUR SPIRITUAL TEMPERATURE

1. I pray

Never	_____ -5
Sometimes	_____ +5
Everyday for at least 30 minutes	_____ +10
Often throughout the day	_____ +10

2. I read and study the Bible

Never	_____ -5
Spasmodically	_____ +5
When I need an answer	_____ +5
In structured classes	_____ +5
In personal time	_____ +10

3. I am

Usually unhappy	_____ -5
Often stressed out	_____ -5
Worried over everything	_____ -5
Able to trust God with small things	_____ +5
Usually at peace	_____ +10
Able to trust God with hard things	_____ +10

4. I

Never sin	_____ -5
Let anger and resentment build	_____ -5
Recognize sin and ask forgiveness	_____ +10
Seek cleansing every day	_____ +10

Temperature Total

Your temperature should be at least 70. Any less suggests you need some of the prescriptions described on pages 12-14.

—MARY R. WISEHART

SPRINGBOARD

memos for WAC officers

Prayer Chairman:

For reminders, prepare prayer "prescriptions" for Community Health team members in Côte d'Ivoire (Dr. Kenneth Eagleton, Verlin Anderson, and Alice Smith).

Pray for the WNAC National Retreat.

There is no Lucy and Marge skit for September. Use the Physical Fitness Pageant instead. A complete script (with stage directions) can be found on the WNAC website.

Study Chairman:

The book, *Lies Women Believe* is an excellent choice for a group or an individual study. To peak interest in the book, obtain a copy. On slips of paper write out various lies. On other slips, write the Bible truth. Have women match the lie with the truth. Encourage all women to read.

For a different kind of reading, encourage all women to get a copy of the new WNAC Cookbook.

Treasurers:

Pay a "pill bill." Use washed pill bottles as banks. Challenge women to donate a set amount (dime, quarter, etc.) for each pill they take within the month. Use the money as a special offering for WNAC or for the upcoming Home Missions offering in November.

REGISTER NOW FOR RIDGECREST

NATIONAL WNAC RETREAT

SEPTEMBER 19-21, 2002

www.lifeway.com/ridgecrest

1-800-588-7222

Coordinators and Assistant Coordinators:

Begin early planning for the Pre-Thanksgiving Week of Prayer. Consider inviting a Home Missionary wife to speak to your women.

Hospitals or health organizations often provide free women's health fairs for churches. Contact your local hospital or chapter of the American Cancer Society. Invite community women to attend the fair—and your WAC program. What a wonderful way to be salt and light!

Plan ahead. Order the 2003 Program and Plan Book, *Lifting Up Our Eyes*.

Provision Closet Needs:

Twin mattress covers
Bath towel sets
Sheet sets (all sizes)
Blankets (all sizes)
Salad spinners

For up-to-date information and current missions prayer requests

**Call
Missions
Hotline
(615) 731-3839**

or
subscribe
online
carole@nafwb.org

Missions/Service Chairman:

Encourage women to participate in Operation Saturation, September 28.

National Life Chain Sunday is October 6. This peaceful afternoon demonstration is a great way to exercise and show support for the sanctity of human life. Join a chain in your area, or form a chain. For a free guide, call: 530/671-5500 (in Texas: 972/964-0600) or email:

plml@sacramentolifechain.org

**We're on the Web!!
Check us out @
www.nafwb.org/wnac**

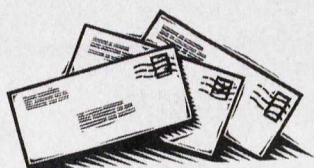
LABORS OF LOVE

"We give thanks to God always for you all, making mention of you in our prayers, remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father:" 1 Thessalonians 1:2,3



✿ Central District WAC in South Carolina met for their annual meeting, February 16, 2002. Kristi Johnson, missionary to Spain served as guest speaker—a special speaker indeed since Kristi's home church is Westside FWB within the Central District. The Central District ladies (*crowd pictured at left*) have wholeheartedly supported the Johnsons in their mission service and were thrilled to have Kristi, Tim, and Alejandro share with them during their first state-side assignment.

What are your labors of love? Send us news of your group. Pictures are always welcomed.



Letters to WNAC

Dear Ladies,

Just a note to say "Thank You" for the provision closet. It is such a help to be able to come home on furlough and have all our needs met. It also helped out our children with school needs. Again, thanks for your help and prayers.

Lila Nichols and family
Côte d'Ivoire

Dear Friends at WNAC,

We appreciate all you do to keep the work of WNAC alive and well. The *CoLaborer* has really been full of great reading the last several issues. We are encouraging all our older teen girls and

women not a part of WAC to subscribe. I am so glad to see articles and stories that can interest all age levels and different women. We should be able to entice women to let some other magazine subscriptions expire and turn to *CoLaborer*. Keep up the good work. We had fun with the March program, "Embracing the Vision."... The next Sunday (one woman) went home with about six books to read about FWB missions and WNAC.

In Christ,
Sammie Montgomery
Glennville, GA

LAST-MINUTE REGISTRATION FORM

Free Will Baptist WNAC National Retreat

September 19-21, 2002 * Lifeway Ridgecrest Conference Center * Ridgecrest, North Carolina

CONFERENCE PACKAGE

Package includes conference fees, two nights lodging, and five meals (Thurs. dinner-Sat. breakfast).

PER PERSON RATE:

(Indicate type and number of rooms requested.)

- _____ 1 in room (\$191 each)
_____ 2 in room (\$137 each)
_____ 3 in room (\$124 each)
_____ 4 in room (\$117 each)

LIST NAMES AND ADDRESSES OF ALL PERSONS STAYING IN EACH ROOM. (Make additional copies as needed.)

Group/ Church name: (If applicable)

Your name: _____

Phone: (H) () (W) ()

Address: _____

E-mail: _____

Name 2: _____

Address: _____

Phone: () E-mail: _____

Name 3: _____

Address: _____

Phone: () E-mail: _____

Name 4: _____

Address: _____

Phone: () E-mail: _____

SPECIAL NEEDS: (Indicate number of rooms)

_____ Handicapped access _____ First floor

GROUP RESERVATIONS:

_____ Total number of rooms needed

_____ Number of persons in group

Attach list of all participants, grouped by roommates.

GROUPS SHOULD PAY WITH ONE CHECK.

DAYTIME ONLY PARTICIPANTS
CONFERENCE COST IS \$50.00 PLUS MEALS
B—\$7.50 L—\$8.75 D—\$10.50

EARLY ARRIVAL OR DEPARTURE:

Arrival date _____ First meal _____

Departure date _____ Last meal _____

PAYMENT

● \$50 PER PERSON DEPOSIT MUST ACCOMPANY

REGISTRATION

● DEPOSITS CREDITED TO ACCOUNT AT CHECK-IN

● NO REFUNDS AFTER SEPTEMBER 3, 2002

By Credit Card

_____ VISA	_____ MasterCard	_____ DISCOVER
SIGNATURE: _____		
CARDHOLDER NAME: (Print clearly.) _____		
ACCOUNT NUMBER: _____		
EXPIRATION DATE: _____		
Credit card registrations may also be phoned or faxed.		
Ph: 1-800-588-7222 Fax: (828) 669-9721		

By Check

Make check payable to:

Lifeway Ridgecrest Conference Center
P. O. Box 128
Ridgecrest, NC 28770

DIRECTIONS:

Ridgecrest is located 17 miles east of Asheville, NC, on Interstate 40, exit 66. At the top of the ramp turn left. At the first junction turn right onto Old U.S. 70. Ridgecrest entrance is on the left.

TRANSPORTATION:

Asheville Regional Airport is serviced by Delta, American, US Air, and United Airlines.

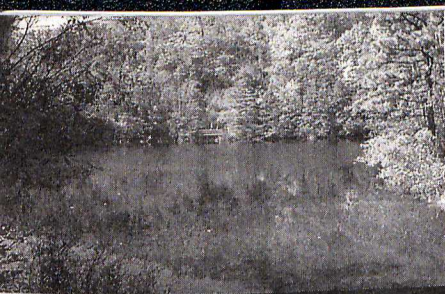
GUIDELINES:

Ridgecrest is a Christian conference center. Guests are expected to dress reflecting a Christian example.

Ridgecrest facilities and grounds are designated a smoke-free environment.

No alcoholic beverages or illegal drugs are permitted on the conference center campus.

Register online at www.lifeway.com/ridgecrest



WNAC Twelfth National Retreat

RIDGECREST NC

September 19 - 21 2002

Theme **For Such a Time as This** Scripture **Esther 4:14**
Hymn "For Such a Time as This" Music Coordinator Rebecca Pugh

THURSDAY SEPTEMBER 19

- 3:00—7:00 - - - - Registration and check-in
- 5:30—6:30 - - - - Supper
- 7:30 - - - - General Session
- Special Music (Mini Concert) **Ronda Freeman**
- Speaker **Ashley L. Hartley** "Climbing Life's Mountains"
- 11:30 - - - - Quiet Time

FRIDAY SEPTEMBER 20

- 7:15—8:15 - - - - Breakfast
- 8:45 - - - - General Session
- Special Music **Ronda Freeman**
- Speaker **Ashley L. Hartley** "The Hand of God" (Part 1)
- 10:00—10:30 - - - - Break
- 10:30 - - - - General Session
- Special Music **Ronda Freeman**
- Speaker **Ashley L. Hartley** "The Hand of God" (Part 2)
- 12:00—1:00 - - - - Lunch
- 1:00 - - - - Your Choice—Missionary Displays/WNAC literature room/Recreation
- 5:30—6:30 - - - - Supper
- 7:00 - - - - General Session
- Missions Service **Joanne King & Laurie Horne**
- Missionary Offering
- Two by Two Prayer Time
- 11:30 - - - - Quiet Time

SATURDAY SEPTEMBER 21

- 7:15—8:15 - - - - Breakfast
- 8:45 - - - - General Session
- Congregational Singing
- Special Music **Ronda Freeman**
- Speaker **Ashley L. Hartley** "God's Hand on the Journey"
- 10:15 - - - - Homeward Bound

Register Today

Online www.nafwb.org/wnac (click on announcements.)
By phone **1-800-588-7222**
By mail **See registration form on opposite page**

Life! Action

a column for teens

Relief

for

Oppressed

People

Everywhere

by

Vicki Sturgill

Jim and Vicki Sturgill, FWB missionaries in Brazil, serve as representatives for ROPE, an organization based in England which ministers among the poorest of poor. As ROPE Holders, they administer funds for their area. The Sturgills receive no salary for this, but view it as an open door of ministry for their church.

The Sturgill home rings with laughter two or three times a year as Junior girls arrive to help with the ministries of the church. Soon everyone is busy working—some making posters, others cutting materials for Daily Vacation Bible School, some making camp booklets, or coloring Sunday school or Children's Church teaching pictures. Each girl anxiously awaits her 30 minute turn to use the copy machine. Why is that so important? After each Sunday night service, any leftover activity sheets from Children's Church and the Nursery are stored. Often these sheets include a Scripture verse or Bible story. On this special workday, girls take the sheets and run extra copies for the Children's Home and Day Care our church helps support. The Day Care teachers really appreciate this since they have no copier. Our Junior girls have learned to love the children there. They see the great spiritual needs of the community and long to help spread the Gospel in that area of the city.

The girls know that within a week, the van will pull away from the church, loaded down with food provided by ROPE, funds for older children to buy needed uniforms and books for public school, clothes given by the members of our church, sets of sheets from the Provision Closet (which TEAM members used and left for us), used toys, more food given by church people, the copied activity sheets, and a special treat for each child at the New Hope Children's Home. The Day Care center also operates at the Home. Often several girls accompany us on the hour-long trip on dusty dirt roads to deliver the items.

The Home and Day Care are located in one of the poorest and most violent areas of metropolitan Belo Horizonte in an area called Rosa Neves. Jim and I

learned of this needy ministry when we took the first funds from ROPE to the Home. Our church people were looking for a ministry to the needy as well. They now thank ROPE for introducing them to the needs there. They respond with additional help—gifts for all the children on Christmas and Children's Day, more food and school supplies. This past year the Junior girls delivered the gifts.

This past March, as Aparecida (a lady worker at the home) received the coloring pictures, she told us two stories.

A mother kept reading the verses on the papers her child took home from Day Care. This aroused her interest and led her to church. Within a few weeks she was saved and is now serving the Lord.

Our Junior age children had tears in their eyes as they realized this mother was saved through their ministry of copying materials.

The second story is also precious. One little boy learned to say mealtime prayers at the Day Care. At home when he asked his mother to thank the Lord for their food, she replied that she did not know how to pray. The boy told her he would thank the Lord if she did not know how. She had also been reading the verses and messages on the papers he had brought home. The Lord was already working in her heart. When she took her son to the Day Care the next day, she was dressed nicely. She kindly asked Aparecida to recommend a good church for her to attend. She knew she was not living right. Soon this mother also came to know the Lord.

Through the Home and Day Care, ROPE not only ministers to the children, but also to the parents. ROPE has broadened our church's ministry to those in need—not only physical needs, but also spiritual needs.



I Love a Good Story

by Debe Taylor
WNAC president

I love a good story! I have ever since I was a little girl. My sisters are partly responsible for this infatuation.

When we were growing up, I remember Nora loved *No Children, No Pets*. She shared that book with the rest of us and we loved it, too. The many adventures of the "Bobsey Twins" held the attention of Rhonda. After she let me read them, they held my attention, too. When I was in my adult years, Verla gave me a wonderful story—*The Best Christmas Pageant Ever*. I have read about the Herdmans' shenanigans every Christmas since. It still makes me laugh and cry! *I love a good story!*

Before Amy was ever born, I read aloud to her. I had been told that this would cause my child to be an avid reader. Well, she is! I passed on my love for a good story. Ever so often she calls to ask me, "Mom, have you read...?" Then she tells me about a new book she has read. She knows—I *love a good story!*

Recently God reminded me that every morning I read a good

story. In fact, Fulton Oursler called it *The Greatest Story Ever Told*. No doubt, it is just that!

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." *I love a good story!*

"For unto you is born this day in the city of David a Savior, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger." *I love a good story!*

"And many other signs truly did Jesus in the presence of his disciples, which are not written in this book: But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through His name." *I love a good story!*

"And when they were come to the place, which is called Calvary, there they crucified him, and the malefactors, one on the right hand, and the other on the left. Then said Jesus, 'Father, forgive them; for they know not what

they do.' And they parted his raiment, and cast lots." *I love a good story!*

"And he saith unto them, Be not afraid: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold the place where they laid him. But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you." *I love a good story!*

"For the Lord himself will descend from heaven with a shout, with the voice of thearchangel, and with the trump of God. And the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: And so shall we ever be with the Lord." *I love a good story!*

***"Tell me the story of Jesus,
Write on my heart every word;
Tell me the story most precious,
Sweetest that ever was heard."***

Debe Taylor is a pastor's wife in Hot Springs, Arkansas. She and her husband David have two grown children.

2002 Creative Arts Contest

POETRY

1 st	<i>Waiting for Hope</i>	Rachel Sekulich	Brunswick, GA
2 nd	<i>Beautiful Mind</i>	Angel C. Hall	Greeneville, TN
3 rd	<i>The Stranger</i>	Ruth Bivens	Rio Grande, PR
Honorable Mention	<i>God's Grace</i>	Judy DeLong	Hager Hill, KY

ART

1 st	<i>Afghan Refugee Camp</i>	Janis Williams	Nashville, TN
2 nd	<i>Girl and Baby</i>	Bonnie Kerr	Memphis, TN
3 rd	<i>Church</i>	Janis Williams	Nashville, TN
Honorable Mention	<i>Girl in Gym</i>	Bonnie Kerr	Memphis, TN

SKITS

1 st	<i>My Name is Christian</i>	Rachel Sekulich	Brunswick, GA
2 nd	<i>Stolen Joy</i>	Sandi Roberts	Smithville, MS
3 rd	<i>An Easter Rehearsal</i>	Betty Griswold Jones	Kirksville, MO
Honorable Mention	<i>Let Your Light Shine</i>	Nadine Hood	Sapulpa, OK

ARTICLES

1 st	<i>The Terror of the Middle East</i>	Loretta Freeman	Roland, OK
2 nd	<i>Worry</i>	Lee Ann Wilfong	Park Hills, MO
3 rd	<i>The Sparrow</i>	Ruth Bivens	Rio Grande, PR
Honorable Mention	<i>The Ironing Board</i>	Darla Trimble	Greeneville, TN

PROGRAMS

1 st	<i>How to Build a Snowman</i>	Penny Walsh	Locust Grove, OK
2 nd	<i>The Parable of the Wild Grapes</i>	Ruth Bivens	Rio Grande, PR
3 rd	<i>Reflecting the Son</i>	Judy DeLong	Hager Hill, KY
HM	<i>MIA's</i>	Monica Bryan	Garner, NC
HM (tie)	<i>Hanging of the Greens</i>	Diane Willey	Madison, TN

HELP! I'M A MOM

bright ideas for mothers from mothers

Q A How do you teach children respect?

Respect, like many virtues, is more caught than taught. Much of our children's attitude toward others will come from our actions and our words. If children hear us belittle or make fun of individuals, we can expect to hear the same from little lips. If they observe praise, honor, and kindness, they will imitate these.

Respect is an attitude. It's not merely saying "yes ma'am or sir" or remembering social graces. (Although these are good things to teach children.) We should first teach children respect for God. We can do this most easily through worship—simple acts like bowing our heads and being quiet during prayer. We should also

teach respect for authority. When we see or hear disrespect of this type (i.e. on TV, in books), we can talk with children about why this is not right. Our discipline can also either enhance or hinder respect. Respect for peers is best taught through kindness. Remember the Golden Rule (Matthew 7:12). The book, *I'm Special* by Max Lucado touches on both self worth and respect for others. Other areas include respect for animals and for the earth. Both of these are biblical principles. A family pet provides a wonderful teaching opportunity. Involve children in picking up litter and in planting gardens. If respect characterizes our lifestyle, our children will be more apt to model it.

Next issue: How do you share your faith in Christ with your child?

Send us your input on this subject. We welcome your questions, too.

WNAC: Moms, P. O. Box 5002, Antioch TN 37011-5002 or sarah@nafwb.org

ONCE A SINNER

† DAWN HUBBARD †

Jesus can make the vilest sinner clean. My life is an example of His saving and cleansing power.

I was dancing, stripping, lying, sinning! I lost my children and suffered greatly, mentally and emotionally. I kept having nightmares and had to continually be busy in order not to think about the things in my life that I couldn't deal with. Not having my kids and having to fight to see them was devastating. People told them I didn't want them and that they didn't need me since they had a new mother. I was dying inside.

I started going to church—not because of my situation, but because I was called. I had always wanted to be in church. As I went, I noticed that I began to handle things better. Through Scripture, I was being healed. But I resisted the pull I felt to accept Christ. I was terrified that I would have to be perfect, and I knew that was impossible. I kept asking God, "What if I sin again? I'm only human." I really struggled with this.

One morning at church as I was again struggling, a woman sang a song. The words were something like "If you slip to the end of the rope, you still have hope. I can still forgive you." I knew Jesus was answering my questions. He was speaking to me through that song. I gave my life to Jesus that day, and I became a new creation in Him.

Life didn't become perfect or even wonderful overnight. About a year after my salvation experience, my daughter told me that she had been sexually abused by her father when she was only five. I was enraged. I would have to face this man the very next day as I picked up my other children for an Easter visit. I didn't know how I could face him and not kill him. I prayed and asked God to help me through this time in my life. And I made it through. He can literally thank God for sparing his life. Had I not been a Christian, I think I would have killed him. And he has done more harm to himself than I could ever have hoped to do. He is now in prison and must register as a sex offender at his release.

I had to really work hard at forgiving him for what he has done to me and my children, but with the help of God, I have. Forgiveness does not mean acceptance of his behavior, nor does it mean I am not glad he has been punished. It simply means I have forgiven him. I have prayed that he will find Jesus through all of this.

I now have all my children. The state gave them back to me without an argument. My children are no longer under this bad influence. They are doing great, and I love them all.

What about you? Have you made this change in your life? You are never going to be without trouble. So whom do you want holding your hand—Jesus or Satan? Choose Jesus.

Dawn Hubbard attends the Free Will Baptist Church in Indianola, Oklahoma. She has been a Christian for two years now, and desires all people to know her Lord.

HOW DID YOU FIND CHRIST?

Send us your testimony
(1000 words or less).

Email: sarah@nafwb.org

Mail: P. O. Box 5002, Antioch, TN 37011

Mission Alert



Evangelism News from Around the World

FWB AROUND THE WORLD

WORLDWIDE CONCERNS

Pray for Christians in Indonesia who are facing family separations and extreme persecution from Muslim extremists. Pray that the government would rule against such attacks and protect these citizens.

A fifteen year old girl in the Philippines came to Christ and is now leading a Bible study with six of her friends. (Source: The Bible League) Pray that Christian teens worldwide might have boldness and wisdom in evangelism.

More than 40% of all Cambodians and 32% of all Vietnamese are between the ages of 4-14. Pray for mission organizations who are targeting these groups with the gospel. (TWR)

FWB IN NORTH AMERICA

Missionary Jerry Rayburn, Sierra Vista, AZ, is praying for one or two couples who would join him in this mission effort. They are especially praying for people with a heart for youth.

Missionary Keith Bartlett, Castaic, CA, is also seeking a young couple or family who will relocate and help in the church and its preschool.

Heritage FWB Church, Laconia, NH, now has a permanent meeting place. The building is across the street from Laconia High School where 20,000 cars a day pass by.

Summit Chapel FWB Church has checked out of the hotel (its former location) and moved into a storefront property on a main street in Ogden, Utah. Missionary Tim Lewis gives praise to God.

Missionary Gary Elder gives voters a little extra. The Harvest FWB Church is now an area polling place. Voters receive a little treat from the church, information and an invitation to attend services.

Pray for expectant missionaries Andrea Moore, Kristi Johnson and Lea Edgmon. Pray that God would grant each a safe delivery and a healthy child.

Missionary Ken Bailey recently baptized 90-year-old Mr. Tomoji Takaso. Two unsaved women heard the Gospel and listened to his testimony.

Dennis Owen who recently had heart surgery is now on stateside assignment to recoup and raise needed funds.

Former missionary Dawn Sweeney continues to undergo treatment for fibromyalgia and cancer. A special fund has been established to help with expenses.

FWB missionaries in Spain are planning works in Moralarzal and Alpedrete, towns with 15,000 people and no gospel witness.

Praise the Lord that Vicki Sturgill's surgery was successful. She is regaining total use of her hand, allowing her to resume playing the piano. She and husband Jim returned to Brazil in June.

Pray for the health of Carlisle Hanna as he travels between India and the US.

JUNE 27, 2000. My dad and husband stood beside my hospital bed awaiting the results of extensive tests and blood work. (Only two days, and already my arms and hands were sore and bruised from all the needles.) Still unsure, the doctors narrowed my ills down to four possibilities—all of them life threatening: Rheumatoid Infection, Tuberculosis, HIV, or Cancer.

My Journey Through Cancer

by
Rebekah
Bragan

In ten weeks, I had already seen four different doctors in three different states, had been diagnosed with sinus infection, acute bronchitis, and anemia; and had been given eight medications with no relief. My temperature spiked to 103 degrees; I experienced body aches, drenching sweats, swelling, a persistent cough, a heart rate of 130–150, extreme fatigue, and vomiting. Yet, I had no time to deal with my illness. Life was happening!

My husband Bobby and I were leaving our jobs at Free Will Baptist Bible College to assume our new pastorate in Georgia. Our son Chris had just finished 6th grade. For weeks I'd been furiously packing boxes, preparing to move, while caring for my four-year-old daughter Caitlyn and nursing my nine-month-old son Caleb. I'd often just collapse on the couch in exhaustion—drenched with sweat from the fevers, yet freezing under a blanket. I would lie there until I gained enough energy to tackle the next box. I'm sure the Lord's angels helped me drive our van on that hot summer moving day in June. As waves of sickness washed over me, I would become almost incoherent, too sick to know what I was doing, at times even pulling over just to rest.

Within two weeks, we made another ten-hour trip to our hometown, Durham, NC, for my father-in-law's funeral. I *had* to stay strong for Bobby and the kids, yet my health was also taking a turn for the worse. The day after the funeral, I was admitted to Duke University Medical Center in serious

condition. Although I had been guzzling water, I was extremely dehydrated. I'd lost 22 pounds in two weeks and my blood levels were at 50%. My lymph nodes, liver, and spleen were swollen. Doctors immediately started IV's, antibiotics and blood transfusions.

We were all anxious to hear a diagnosis but none of us were prepared for the doctors' words. As I searched my husband's and dad's faces, I saw fear, shock, and concern. Yet, this was one of the strangest, most comforting and peaceful times I had ever known. It was as if I were watching this happen to someone else. I was not afraid; nor was I in denial. I knew I was God's child, created for His glory. If He wanted me home with Him, that's where I wanted to be. I was concerned for those closest to me, my family.

The next few days brought more tests and a final diagnosis: Hodgkins Lymphoma—cancer of the lymph nodes. Stages rate how far a cancer has progressed. (One is the beginning stage while four means the cancer has gone into the bone marrow—leading to leukemia. "A" means the cancer is in the upper part of the body while "B" specifies both upper and lower body. My stage: "3B.")

God's Word tells us, "in everything give thanks." How could we thank the Lord during this time? Easily. God controlled our circumstances—we were in the right place at the right time. Had the Lord not taken my father-in-law home, we would never have gone to Duke. My cancer was growing so

rapidly, another two weeks without treatment would have taken my life. We gave thanks at that moment for the heartaches we had suffered. Our thanks didn't stop there. Romans 12:12 became real to me. I rejoiced that there was hope! Hodgkins has a high cure rate. God is good! He was sparing my life, so I could see my children grow, so I could teach them in their young years, and so I could fall deeper in love with my husband and my Lord.

My dad constantly came over from work to stay with me. He and Bobby took turns feeding me; my arms were too sore to feed myself. My sisters both came from Nashville to help take care of my kids and me. The love and support of my close family helped me get through this difficult time.

By the end of the week, I had received the first of twelve chemotherapy treatments. Bobby and I celebrated our 12th wedding anniversary in the hospital. He then returned to Georgia for Sunday services. My younger brother Erik stayed up all hours of the night taking care of Caleb. For nine months, Caleb had only known mom. Suddenly, I was no longer there. Caleb had to learn to take a bottle with formula and was just learning to eat table food. He wouldn't sleep, wouldn't eat, and he had an ear infection. He was miserable and everybody knew it. Erik vowed he would definitely wait until after marriage to have kids.

I had nursed my other two children and I was not ready to wean Caleb just yet. Though several

people advised me to quit, I was determined to continue. I loved the closeness of nursing my babies. I could handle losing my hair. (It was gone within two weeks.) I could even handle the numerous side effects of the chemo. But not this. As I received a chemical injection, the nurse told me I couldn't breastfeed for 48 hours. That's when it hit me. The floodgates opened and for the first time since my diagnosis, I cried. I cried out to God telling Him that this hurt too badly and I needed Him to ease the pain. He gently reminded me of 2 Corinthians 12:9, "...My grace is sufficient for thee; for my strength is made perfect in weakness." He was in control. I had to release my wants for His will to be accom-

plished. I needed to draw my strength from the Lord.

decided to leave the church and reunite our family closer to Duke so I could continue my treatments there. The Lord opened and closed doors and led us to Charleston, South Carolina. Our Thomaston, Georgia, church family helped in our relocation.

Another new home, new church, and new beginning. By this time, I was regaining strength. We placed Chris and Caitlyn in a good Christian school and life became routine. The drive to Duke proved overwhelming. We found a good oncologist in Charleston to finish my treatments. I was half way and counting down!

That Thanksgiving, we joined my family (all 15 of us) at a Christian resort in Roan

chest near the thyroid. A CT scan offered the same conclusions. Doctors thought it strange that 99% of the tumors would respond so favorably, yet one would resist treatment. If one more test confirmed the results, they would do a surgical biopsy and begin the whole chemo process again. At that point I began to wonder if God had forgotten me. Yet I clung to Romans 8:28. That next test was proof God was still in control and His protective hand was upon His child! The Gallium Scan was negative! Nothing there! The spot was gone. My doctor suspected a problem with the testing equipment in the first tests; since he fully expected the Gallium to be positive. The truth is, God

...God answers the prayer of His people.

plished. I needed to draw my strength from the Lord.

Caleb wouldn't have anything to do with me for several days after I got home. When he finally did let me hold him, he would lay in my lap and tug at my shirt asking to nurse. We would sit there and cry together, he, not understanding why something so comforting had been taken away at a time when he needed comfort, and I, not understanding why God would deny me this precious joy. Caleb eventually came around. He wouldn't let me out of his sight for a long time.

For six weeks, Bobby continued making the 600-mile trip to Georgia every weekend. Our family and our church adjusted to our crazy lifestyle. None of us knew what the next several months held. But I was constantly reminded of Jeremiah 29:11. After much discussion and prayer, we

Mountain, TN. A combination of the flu, the trip and the chemo landed me in the hospital with pneumonia. Then, it was total bed rest—difficult for me! Medications weren't helping, so we returned to Duke just before Christmas. Doctors determined I was not suffering from pneumonia, but from Bleomycin Toxicity, a toxin in the lungs caused by a chemo drug. Praise the Lord, they were able to identify and treat this. (Some permanent lung damage had occurred.) I didn't understand all the set backs, but the Lord was still trying to get my attention, teaching me to fully rely on Him. By January, I was finally able to receive my last dose of chemo.

In February, doctors ran a PET scan to determine any further cancer or treatments. My cancer had responded exceptionally well except for one tissue mass in my

answers the prayer of His people.

I then began the daily radiation process--31 treatments with a two-week break between the first and second rounds. I'd just regained my strength after the chemo, and I was not happy being down again for another two months. But the Lord was teaching me to slow down! I had no choice. Radiation caused extreme fatigue, a very sore throat, and nausea. But, the Lord remained faithful! I completed radiation right before my 29th birthday—the best present I could have received.

I officially completed all treatments in June 2001 and received a wonderful report from my doctor at Duke. I will continue to have three-month check-ups for two years. What about lasting affects? Because of the radiation, I must begin mammograms earlier. I will eventually take thyroid replacements. My lungs aged 25 years

and must work harder, and my immune system will never be as strong as it once was. Along with all that, I have a greater appreciation for life and health, for my kids (which I'm now homeschooling), and for my husband and his love for me. I've seen him live the promise he made 13 1/2 years ago "for better...for worse...in sickness and in health,"...continuing in the Lord's work through all of it! I have also adopted a motto: Embrace Life! Live each day to the fullest like you have no tomorrow. We don't know when the Lord will reach down and take us to be with Him. I do know the Lord still has a purpose for my life on this earth. This includes helping my husband in the ministry and being the best mom I can be. From the onset of my journey, I prayed that the Lord would use me and my cancer to bring Him glory. I also prayed that He would give me learning opportunities, and He has.

Hodgkins is typically a cut and dry case—12 treatments and radiation, no problems. My journey has been full of surprises, not typical at all. But, the Lord had a reason for each set back. He has been in control the whole time, and He has stayed by my side. The presence and prayers of family and friends played an important role in my recovery.

Through all the uncertainty, I knew peace and hope. Romans 15:13 says, "Now the God of hope fill you with all joy and peace in believing that ye may abound in hope, through the power of the Holy Ghost." Psalm 28:7 has become more precious. "The Lord is my strength and my shield; my heart trusted in him, and I am helped; therefore my heart greatly rejoiceth; and with my song will I praise him."

Rebekah Bragan lives in Effingham, SC, where her husband pastors the Lebanon FWB Church.



Tall Enough

by Carolyn Michael

"Boy, is she tall!" "She must be a giant!"

I turned around as the whispering voices disappeared into the boy's restroom. My head held high, I swallowed the urge to rush in and drag those boys to the principal. It wasn't the first time I had heard those words. I'm a very tall woman. At just a hair short of six feet, it's not unusual to get stares. In grocery stores, malls, hospitals, at ballgames, and even at church—people look from my head to my feet to see if I'm wearing platform shoes or high heels. I've been given the once-over many times, always leaving me with the feeling that I'm weird or strange. That's just the way it's always been.

In sixth grade, I was almost my full height. Imagine how gangly and awkward I appeared. That spring, we held an "Easter Parade" assembly program. I remember thinking that none of the boys would want to walk with me. They were too short—compared to me, anyway. One boy whom hardly anyone liked asked me to walk with him. Did I accept? Absolutely. I'll never forget the purple corsage he gave me. He also gave me hope that I could be *normal*. Still, this event didn't end the taunts. Even in adult life, I've endured the rudeness of people. I still don't enjoy rejection.

When I was fifteen, my home church held a revival. Raised in church, a revival was nothing unusual. But the change that took place in my life that week was most unusual. Jesus saved me. Since that moment, I've been living for Him. Though I've failed Him many times, He's always forgiven me of my "shortcomings" (no pun intended). But I've often wondered why I had to be so tall. Did I need extra humbleness?

When you're as tall as I am, things are not *normal*. You look very hard for clothes that fit. Full length skirts are "mini," and all pants are "capris." Little cars are out; airplanes are uncomfortable. Beds aren't long enough; hanging light fixtures are dangerous.

God had given me a beautiful gift. I had been tall enough.

Leg room at ballgames is non-existent. And the name calling? "How's the weather up there?" Everything from Jolly Green Giant to Long Tall Sally. You get the idea! On the plus side, tall has its advantages. You can easily see over crowds. Things on top shelves are within reach. You can almost step over fences. Hanging curtains is a breeze.

As a school teacher, I'd been in the public arena for thirty years. I'd repeatedly been asked, "Just how tall are you?" I always responded, "Tall enough." Yet it still bothered me that people could be so forward. I'd never asked anyone, "Just how short are you?"

Many years ago, I determined that nothing could change my tallness. God intended me this way. He surely made me tall for a specific purpose. I claimed Psalm 139:14, "I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well."

I began to realize that purpose when I attended the Alabama State Ladies' Retreat at Shocco Springs in Talledega, Alabama. The surroundings were beautiful and majestic. I sensed a peace and quietness as I arrived. I knew this would be a special event. All the preparations were completed. The speaker arrived in spite of bad weather. Most importantly, our ladies had spent much time in prayer.

We began practice for the evening service. The tall and regal cross our pastor had made was placed on the stage. Some would walk in with banners. One person would carry the crown and place it high upon the cross. This person must be tall. Guess who was selected?

The retreat music was wonderful. The message was tremendous. Then came time for the special service. Women began carrying the banners down

the aisle. It was time for me to enter. Suddenly my old insecurity appeared. What if I stumble and fall down? What if I knock the cross over? What if? What if? I breathed a prayer, "Lord, please walk with me."

From the moment I started down the aisle, I felt the love and power of God. He walked with me in

a wonderful, glorious way. I knew the very presence of the Lord. Glory bumps ran up and down my arms and back and my insides were as jelly. I carried the crown high over my head. All fear of being looked upon was gone. My only focus was the cross.

When I placed the crown on the cross, Heaven came down! Ladies came to the front and bowed at the cross with me. We gave praise to the Father. The Holy Spirit's presence was so real. What a tremendous experience! In that moment, God had truly given me a beautiful gift. I had been tall enough.

I know I was given this unique experience because of my height. I

was tall, for such a time as this. Responding to the Holy Spirit has been life changing. I'm not any shorter and people still stare, but I have a confidence now as never before.

Does God have a purpose in making each of us as we are? Definitely. Isaiah 43:7 says, "Even everyone that is called by my name: for I have created him for my glory, I have formed him; yea, I have made him." Tall can definitely be an asset in God's work...if you are "tall enough."

Carolyn Michael, Huntsville, Alabama, attends the Madison FWB Church with her husband Ken, a deacon. She is president of her local WAC and serves as clerk of the North Alabama District Association.





Words for WOMEN

Executive Secretary-Treasurer

*Marjorie H.
Workman*

YOU ARE WHAT YOU EAT

So come and dine

I am a cook. I learned to cook at an early age by helping my mother. My cooking days began when you had to catch and kill your own chicken, slaughter your pig, dig your potatoes, pick your beans and tomatoes, and pull your corn. The term "physically fit" was rarely referenced in our conversations and "couch potatoes" did not exist. By mere lifestyle we were physically fit.

But what about spiritual fitness? Of far greater importance is our spiritual condition. My early church life was much different than it is today. The circuit preacher made it once each month for a two o'clock service. Eventually the church found a preacher who would come twice a month—"half-time," we called it. I'll never forget the community talk when the church went "full time." Our little country church had arrived. We had caught up with the city churches. In my church today, I have every opportunity to stay spiritually fit.

To a degree, the church looks to the preacher for spiritual food, for guidance and direction. He charts the course. The church without a pastor is like sheep without a shepherd (Numbers 27:17). There is no sense of direction. The importance of a good pastor, like a good cook, cannot be measured.

As in cooking, pastoring is experiential. You don't begin with years of experience—you're a novice. But improvement, wisdom, and confidence come with practice. I have heard some preachers say they wish they could go back to their very first congregation and apologize. Perhaps I should apologize to my husband for those early meals of our marriage. In the

beginning, a cook, as well as a pastor, appreciates patience and understanding from those being served.

Cooking is work and time consuming. You must gather the ingredients—whether from the local grocery or the garden. Often the process begins days in advance. Even deciding what to cook can be a chore. For that special occasion, you want just the right menu. Can you imagine the preacher saying, "What in the world am I going to preach about on Labor Day weekend?" Like the cook, he has to think about it, research his resources and pray. Some sermons simply take more time to prepare than others.

A cook likes to know how she is doing. To see her family gorge themselves at her table repeatedly in silence would be unforgivable. She wants to hear words of commendation and appreciation for her labor. Likewise, the pastor needs to hear words of affirmation and blessing from his people. He is not laboring "for the meat which perisheth, but for the meat which endureth unto everlasting life" (John 6:27).

September is pastor appreciation month. Use the opportunity to say thanks to your pastor. Send him a card of encouragement and compliment his preaching. Positive feedback makes for a more productive ministry. Invite him and his family to dinner. After all, you dine at his table with every sermon. Jesus said, "...the workman is worthy of his meat" (Matthew 10:10). As a cook is to nutritional fitness, so a pastor is to spiritual fitness. Come and dine.

Retreat

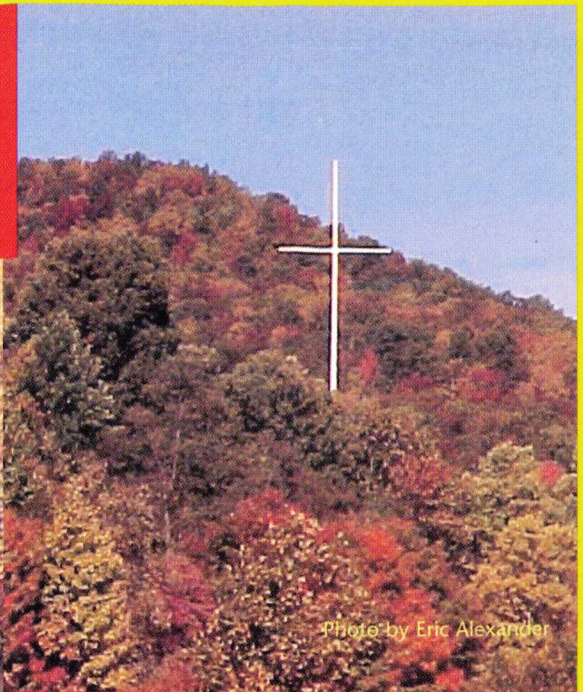
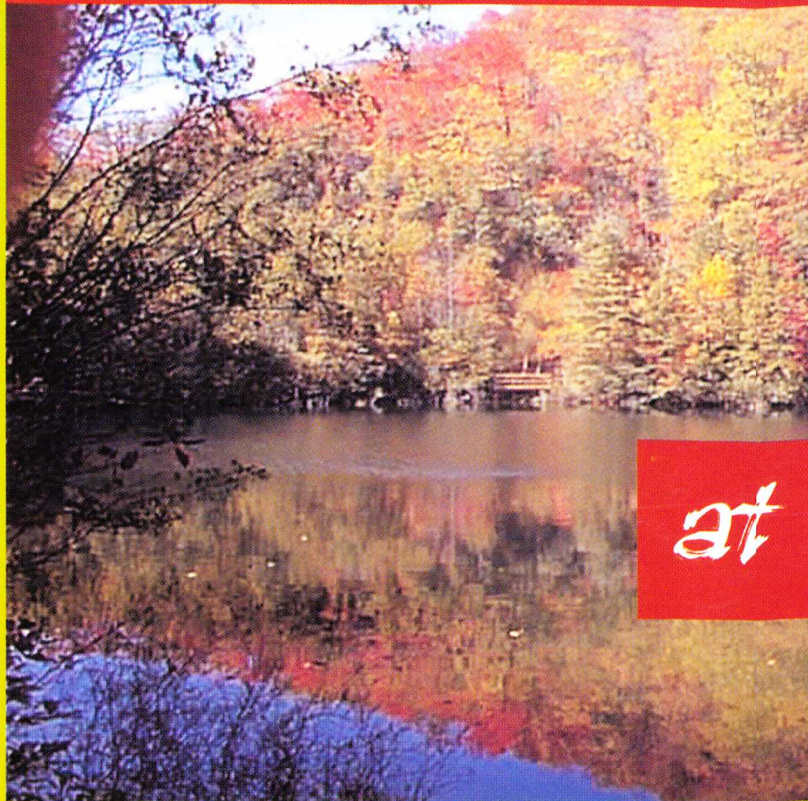


Photo by Eric Alexander

at Ridgecrest

WNAC National Retreat September 19-21, 2002
Ridgecrest, North Carolina

*Hurry!
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to register.
See form on page 20.*

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