

# VIRTUOSITY

*Proverbs 31 Woman*

**"A newsletter for the virtuous woman of today and tomorrow."**

**Editor –in – Chief**  
Sis. Andromeda Bellamy

**Assistants – to – Editor**  
Min. Althea Bellamy      Sis. Angela Young

Women's Ministry  
Christ Temple Church of the Apostolic Faith  
502 South 6th Avenue  
Maywood, Illinois 60153

E-mail address- [virtuositynewsletter@yahoo.com](mailto:virtuositynewsletter@yahoo.com)

Volume II Issue III  
April/May 2008

## PRESIDENT'S



*Ye have not chosen me, but I have chose you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the father in my name he may give it you*  
( St. John 15:16)

Praise The Lord and Greetings in the mighty name of our Lord & Savior Jesus Christ!

I am so excited about what God is doing in our midst here at Christ Temple (Maywood, IL). The anointed word of God is being preached and taught by our own anointed pastor, Dist. Elder Michael Bellamy and as a result, the presence of God has been manifested in a great way. Just in case you did not know or have not heard about what God is doing, a few Sundays ago ten (10) souls all at the same time, ranging from all ages were baptized in the name of Jesus. Also, we had some who had left their former church and requested to be baptized in the name of Jesus and have since joined the Christ Temple Church Maywood family. During the Sunday Morning Worship Service, some have been healed by the power of God, and there have been many in our midst who have proclaimed through their testimonies the wondrous miracles that God has performed in their lives. Last but certainly not least, God so graciously filled our dear sister, Sis. Gloria DeLoach-Moss with the precious gift of the Holy Ghost! Can somebody shout, Hallelujah! God is an Awesome God! I believe that God has many more great things in store for His people. I just want to be in position to witness His awesome power and to fulfill His plan & purpose. So stay tuned for there is more yet to come!

Speaking of staying in tuned, our 3<sup>rd</sup> Annual Women's Conference is scheduled to convene on **Friday, June 6<sup>th</sup> through Sunday June 8, 2008**. This year's theme is **"WOMEN ON THE MOVE, WHO ARE DEDICATED TO DO THE WILL OF GOD"** (Judges 4 & Col 2:7). We have some anointed women of God who will bring forth the word of God. Please, mark your calendar and plan to attend.

Finally, It gives me great pleasure to inform you that as you read through this issue you will certainly gain a wealth of knowledge regarding health, school, decorating & safety tips that can also be shared with your family and friends. Also, contained in this issue is a poem that celebrates & honors mothers (MOTHER'S DAY - MAY 11, 2008), Girls' Night Out Sleepover – Special THANK YOU to Sis. Shaquila Adams, an article of inspiration & encouragement, and much, much more! Enjoy and be blessed!

*Yours In His Service,*  
*Sis. Gwen Bellamy*  
Sis. Gwen Bellamy  
President of Women's Ministry



**New Babe in Christ!!!**

~ Gloria DeLoach-Moss ~

Received the gift of the Holy Ghost on....

**Wednesday, April 16, 2008**



*April's/May's Birthdays*

Sis Sabrina Bellamy  
Sis. Judy Williams  
Sis Nakia Bellamy  
Sis. Mildred Manuel  
Evang. Mildred Lemons

&  
All those born in the months of  
April and May

# WOMEN'S Health



May

National Hypertension Month

What is hypertension or high blood pressure you ask? When the heart pumps blood through the arteries, the blood presses against the walls of the blood vessels. In people who suffer from hypertension, this pressure is abnormally high. If blood pressure is elevated, the heart must work harder to pump an adequate amount of blood to all the tissues of the body. What should you do then? How can you help to prevent high blood pressure? A look at your diet and lifestyle may provide some answers to your blood pressure problem. An abundance of fresh fruits and vegetables, plenty of legumes, nuts and seeds, some fatty fish, and tofu, will boost your intake of all precious minerals for regulating blood pressure. If you treat your self on a regular basis to drinks containing these and specific foods, such as garlic, onions, beans, and celery, with ability to lower blood pressure, you would certainly be doing your arteries some favors. Stress may play a part so it is always a good idea to replace caffeinate drinks, which exacerbate tension, with relaxing herbal teas, such as chamomile, lemon balm, or lime flower. Regular aerobic exercises, for 20 to 30 minutes a day, will not only help you to feel better generally, but also serves to regulate your blood pressure and keep your heart and arteries healthy.

### Sources

Prescription for Healing 4<sup>th</sup>. Ed. By: Phyllis A. Balch, Cnc Pg 486

Drink to your Health By: Anne McIntyre Pg 98

Submitted By:  
Evang. Diana Nesbitt  
Licensed Practical Nurse (LPN)

## WHAT'S HOT AND WHAT'S NOT!

Gospel Music Review

Submitted By: Sis. Jasmine Jones

(Teen Committee Leader)

**Artist:** James Fortune and FIYA

**Song Title:** "I Trust You"

Thumbs Up!



Okay, so it's a new gospel artist named James Fortune and FIYA (Free in Yahweh's Abundance) and his new album is called "The Transformation". One of the songs on the album that I really like is called I Trust You. It talks about how one of the most difficult things to do is to find yourself in a storm and it seems like everyone you thought you could count on has just walked away and it feels like God has even forgotten about you. It's an inspirational song that just tells how no matter what, God will always be there for you and will always make a way. If you can't trust anyone else, you can always trust in God. I give this song 4 1/2 stars. And that's WHAT'S HOT!!!

# Food for Thought

## POETRY CORNER

### Who am I?

By: Sis. Amanda Bellamy

Inspired by Christian Wives, Holy Mothers, and true Women of God

I am the rib of man, without him I am not complete  
I am a crown to my husband;  
yet I walk in agreement alongside him  
I give him strength when he falls to his feet  
I have a spiritual heart not full of deceit  
I am the fabric of feMale;  
a gift from God that all man seek

I am a wise woman who hath built our home  
I am a light to my children that they see clearer  
I am a comforter in the world they fear  
I am an influence to greatness, fulfilling HIS purpose  
At times I am quite the baker but all in all  
I am just a plain 'ol down south HOME maker

I am strong and bold  
I am bright and intelligent  
I am respectful and respected  
I am worth it all, but priceless  
I am beautifully made

I am Wife ...I am Mother...I am WOMAN....I am me

God Bless

# BOOK Club



Do you want to expand your horizons? Why not join The CTC Women's Ministry Book Club? I've found a few ways that joining our book club can contribute to lifelong learning and self-development.

**1. The book club can fulfill your desire to learn while accommodating your busy lifestyle.** We normally meet every other month as not to take up too much of your time. I know that we all have busy lives.

**2. The book club can expand your horizons.** Some of the books chosen may not address a particular area of your life at the moment that the book is presented. However; that book could help you to encourage another sister who is going through the very thing addressed in the book. Reading books outside of your normal taste could only make you better equipped to do so.

**3. Participation in informal group discussion can help you learn to listen to others, express your opinions appropriately and learn to accept disagreements.** When you are a part of a group discussion of course you don't always agree. However, the book discussion session could help you learn to respectfully accept the opinions of other. Also, it can help you to tactfully express your own opinion.

These are just a few benefits of being a part of the book club. However, there are many more. The book club can help in many areas of your life. So again, I would like to encourage you to join our book club. Try it, you might like it!

Happy Reading,  
Deac. Vanessa Bellamy



# TEACHER'S CORNER

Sis. Marlene Spencer - Rodgers

Chicago Public School Teacher  
Tips for Improving Your Child's  
Educational Experience

## Wrapping Up the School Year -2008

Praise the Lord,

The end of the year brings expected joy at finishing another school year, and perhaps some sadness at leaving a year behind filled with great experiences, teachers, and friends. Help them celebrate and ease any anxiety associated with end-of-school year days.

Let your child know that he doesn't have to feel happy about the school year ending. Some children experience a sense of sadness, too. Relate a personal story about a time when you were sad to leave at the end of a school year. Let them know that mixed emotions are normal and you're open to listening to their feelings.

Help your child keep in touch with classmates, and tell them they can gather contact information of classmates they wish to keep in touch with over the summer. If it is an older child that has an e-mail address, they can keep in touch by computer. For younger children, you may want to plan an activity and invite some of their classmates to come.

If your child is attached to their teacher, have them write an end-of-school year thank you letter or give them a thank-you card.

Finally, if your child is anxious about a new building or grade, try to arrange a visit while this school year is still in session. If that's not possible, schedule a time during the summer to make the trip or find out if there will be orientation later. Letting your child know that they don't have to walk into a new situation unseen will help ease their last great days of school.

I hope you and your children have a wonderful and blessed summer.

God Bless You,  
Sis. M. Spencer- Rodgers

## Southern Belle

Submitted By:  
Deac. Vanessa Bellamy

**Definition:** A beautiful and charming woman from the Southern United States. A Southern Belle possesses an undeniable natural charm, has a warm and dazzling smile, and impeccable manners, calling each person she encounters 'sir' or 'ma'am' regardless of their age or position. A Southern Belle can be recognized by her unforgettable Southern drawl, unstinting hospitality and graciousness.

Living in the South brings its own set of rules, especially to young girls and women. While these rules are not written, most southern belles learn them from their mothers and grandmothers. The rules involve entertaining, cooking, education and attitude. She knows to put her napkin in her lap and to say "ma'am" and "sir". She says "excuse me" when she accidentally bumps into someone and "thank you" for gifts and compliments. A true southern belle knows how to dress appropriately. A true southern belle knows how to entertain and cook. She always has a pitcher of iced tea prepared for her family as well as unexpected guests. She can cook fried chicken, mashed potatoes, and biscuits. She has her mother's peach cobbler recipe tucked away in a safe place. A true southern belle knows the importance of education. She will finish high school, even if it is public education, and pursue further education at a public or private college or university. She will finish her college education and use the knowledge she has acquired in a career that brings personal satisfaction as well as honor to her family.

Living in the South does not qualify every girl as a southern belle. A southern belle displays a grace that only few seem to show. It takes time, education, and perseverance to become a true southern belle.

Continued on insert ~ Side A

## WHAT'S HOT AND WHAT'S NOT!

Gospel Music Review

Submitted By: Sis. Amanda Bellamy

### Thumbs Down!



**Album:** The Password: Access Granted

**Artist:** Canton Jones

If you are looking for a CD that caters to your spiritual soul then this is not the album for you. This lyrically rough album is more like a gangster rap concert that unfortunately has the name Jesus mentioned every now and then. If you are not into pimping the Lord, as no one should be, then avoid this album all together. Although one or two songs are nice vocally, the album is not a good lyrical mix of holy Christian music. With the tracks about gangsters and pimps, it is sad to listen to an album marked as gospel but portrayed as worldly music.

## Guess Who?

Can you figure out who this is?



Can you guess who this gorgeous baby is????  
Look real hard to see if you can figure it out. Here are a few Fun Facts about her.  
Her favorite color is green.  
She attended a Catholic grammar school. She had a purple tongue in school for 3 whole days. Guess who!!!!

## Editor's Corner

Sis. Andromeda Bellamy

Praise the Lord!

If you have something that you would like to share with other sisters, please, submit it!!! We are always looking for poems, recipes, short stories, gospel music reviews, and of course suggestions. Our next issue will be distributed in late July.

For our next issue, **submissions must be submitted no later than July 13<sup>th</sup>**. A special thanks to ALL who helped to make this issue a success!!! Your commitment and dedication to the success of this newsletter is greatly appreciated.

# YOUTH for Christ

## Youth Profile

~ Tierra N. Bellamy ~

**Age:** 15 years old

**Birth date:** June 20, 1992

**Favorite Color:** Purple

**Hobbies:** Playing Piano, Reading, Poetry, Swimming

**What Do You Plan to be**

**When You Grow Up? Why?**

Tierra would like to be a business woman and also a cosmetologist. She'd like to be a business woman because she wants to own her own business. She'd like to be a cosmetologist because she loves braiding and styling other people's hair.

**Favorite Food(s):** Spaghetti, shrimp, steak

**Favorite Gospel Song:** "I Need You Now"

**School:** Best Practice

**Favorite Activity at School:** Piano

**Favorite Subject:** Algebra

**What Do You Enjoy Most About Church:** Preaching

**Activities/Things You Would Like to be A Part of at Church:** Junior Nurse

**Character Traits that Describe You:** Funny, outstanding, mysterious, interesting

*Information gathered by Sis. Rashida Jones*



### Bible Trivia

Compiled By:  
Gabrielle Young/ 11 years old

**Question 1:** Who cut Samson's hair?

**Question 2:** Who gave birth to Jesus?

**Question 3:** Who married Joseph?

**Question 4:** Who gave birth to John the Baptist?

**Question 5:** What woman ate forbidden fruit in the Garden of Eden?

*\*See our next issue for the answers to these trivia questions*



## Teen Freestyle

### Third Eye Crying

Fear has taken hold of me,  
Won't let my spirit fly free,  
Keeping me a prisoner within me  
Seeking out my insecurities,  
And using them against me.  
My vision is blurred,  
Because my Third eye is crying,  
Seeing visions of my visions dying.  
Lost in the 3D animated Matrix  
Unable to stay focused on my foundation  
Close to accepting this unreal perception  
When my Brother reminded me  
That all of this is only deception that's  
Trying to break the connection that  
Keeps me connected to the Source of Energy  
That my soul needs  
That Energy that I receive when I remember how to breathe  
And set my spirit free from negative energy.

-Submitted By Jasmine Jones



### Safety Tips

Submitted by:  
Clarisse Young/ 8 years old

1. Walk, don't run, in buildings, including church.
2. Never leave your toddler alone.
3. Never have your baby in your lap while driving. Keep them in a car seat.
4. Always wear a seat belt. It will save your life!  
 ⚠ Don't talk so much on the cell phone when you're by yourself outside. Someone could kidnap you or harm you if you don't hear or see them coming.



### Tips for Eating Healthy

Submitted By:  
Gabrielle Young/ 11 years old

1. Eat a lot of apples, oranges, bananas, and strawberries.
2. Instead of chips, eat popcorn.
3. Instead of chocolate cookies, eat oatmeal raisin cookies.



# National Decorating Month

As we celebrate National Decorating Month, we thought that we would give you a few tips. You always want to start with a focal point (the center of visual attention). When someone walks into a room, their eyes should immediately go to a single spot. If your room has a beautiful picture window looking out toward a lovely garden, that's it. If you have a fireplace, large or small, that will be the focal point in that room. Once you have determined the focal point, build your personality and room around it (your focal point).

One relatively inexpensive way to start decorating is to paint the walls. Most people are afraid to step outside of the "White wall box". However, adding color to a room really gives it a punch! It will also help your art work to really stand out. Remember not to go too dark if you are painting a small room. However; you can create what we call an accent wall by painting one wall. It will add richness and depth to the room.

Now that you have chosen a focal point and painted the walls, choose a theme for the area in which you are decorating. This will make the space or room more polished. Choosing a theme can be tricky, so tread lightly in this area. You can choose an Asian-inspired theme, Tuscan inspired, Greek or Contemporary. Whatever theme you choose, it should be reflective of your personality.

Your home should be your place of serenity. A place to relax, relate and release. I hope that these few tips will help you build your peaceful home.

Decorating can be fun and exciting. So take it one room at a time!

Deac. Vanessa Bellamy



## Cook's Corner

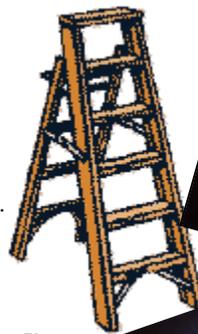
### Good Turnip Greens

- 1-3 pounds of Turnip Greens
- 5 turnips
- 1 pound of bacon, or smoked pork hog hock or ham



Pick stems off the greens and wash several times to remove all the grit. Put bacon into a large pan with some water—Bring to a boil. Add the turnips to the boiling water-- Heat to a simmer. Dice the turnips. Then, add on the top of the greens. Cover and cook until tender—approximately 1 ½ hours. The juice made from cooking turnips is called pot liddker and makes a delicious lunch the next day when served.

Sis. Ruthie Hudson

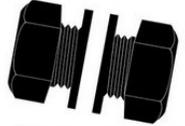


## Girls Night Out



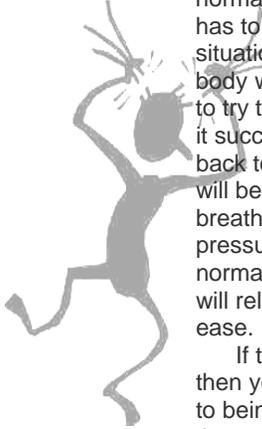
The young ladies of Christ Temple Church/ Maywood would like to give a special thank you to Sis. Shaquila Adams for opening up her heart and home to us. We had a wonderful time!

Sis. Sabrina Bellamy



# Virtuosity

## Too Blessed to Be Stressed or Are We Just A Hot Mess?



Stress is actually a normal response the body has to being in a hostile situation or environment. The body will make adjustments to try to **"de-stress"** it self. If it succeeds, everything goes back to normal. Your heart will beat regularly, you will breathe easily, your blood pressure will decrease to a normal level, your muscles will relax and you will feel at ease.

If this doesn't happen, then your body is on the way to being in **distress**. When the symptoms you have from stress aren't relieved, it can have a long-term effect on your physical and mental health. You will suffer from anything as minute as a dull headache to a heart attack or stroke. Studies have shown that 85% of the serious illnesses we have are caused by stress, so RELAX!

These are some stress warning signs to pay attention to:

- ✓ Moodiness, agitation, short-tempered, irritable, impatient

- ✓ Feeling tense, feeling overwhelmed, general unhappiness
- ✓ Memory problems, indecisiveness, inability to concentrate
- ✓ Anxious thoughts, constant worrying, insomnia
- ✓ Chest pain, muscle tension and stiffness
- ✓ Headaches, backaches, nervous habits like nail biting
- ✓ Skin breakouts (ex. Eczema)
- ✓ Frequent colds, nausea, dizziness, teeth grinding
- ✓ Picking fights with others
- ✓ Eating more or less
- ✓ Unexplained illnesses

We as females tend to experience more day-to-day stress that we often allow to build up which will then manifest itself into physical, mental and emotional problems. Many females feel that they can harbor the stress, disguise it, deny it's there, and or work with it. The real truth is that we can't work with it. This is one of those

things that falls into the cliché of "It's easier said than done".

Here are some things to try when you feel yourself getting stressed out.

- ✓ TRY JESUS!! He can work it out!
- ✓ Avoid people and situations who cause you to stress out
- ✓ Don't worry about things you can NOT change
- ✓ De-clutter your life and your home
- ✓ Take a hot bubble bath
- ✓ Do something constructive that makes you happy (read, sing, sew, color, take a walk, laugh, do something nice for someone else)
- ✓ Take a long nap
- ✓ Manage your time better, don't over-commit to activities
- ✓ Learn to forgive

Submitted By:  
Sis. Angela Young



### A few Tips on Being a Southern Belle:

1. Offer Iced Tea to everyone who visits your house.
2. Refer to all men as "gentlemen caller" or "beaux".
3. Never let a man know you're interested or chase him because you know there are too many men who want **you** for you to expend the extra effort.
4. Refer to every party you go to, as a "cotillion."
5. Never be seen without your girdle.

### A few more tips.....

1. Never ever wear white shoes after Labor Day or before Easter . (brides are the only exception)
2. Always wear white when you walk down the aisle.
3. It is never too soon to write a thank you note for anything. Thank you notes are a necessary component of being gracious and appreciative.
4. Never show your bosom.
5. Absolutely, never chew gum in public.
6. Never show anger in public; smile and act like a lady.
7. Always exude elegance and grace.