

VIRTUOSITY

Proverbs 31 Woman

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

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Guess Who?

PRESIDENT'S *Address*

If my people, which are called by my name, shall humble themselves and pray, and seek my face and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land. (2 Chr. 7:14)

Praise The Lord and greetings in the mighty name of our Lord and Savior Jesus Christ!
For the past several months I have listened to the radio and have watched on television some of the most unimaginable events that has occurred right here in the United States of America. Often times we hear on the news about massive disruption and turmoil in other parts of the world, but we could never imagine that our nation, "the land of the free", would be faced with so much perplexity and chaos. Saints of God, America is sick and this great nation needs to cry out for the Great Physician to **heal the land**.

Just in case you have not seen or heard about the conditions of this country, America is experiencing a great economic crisis. The financial institutions are folding up and as a result many people have lost thousands of dollars in savings and investments, more and more families are losing their homes, thousands of people have lost their jobs, the price of gasoline is very high, communities have been destroyed by hurricanes and massive flooding. We can not forget the pain and suffering of the families who have lost their love ones in the war over in Iraq, just to name a few things and last but not least the economy is in such bad shape that Congress had to approve an emergency rescue plan and President Bush signed a historic \$700 billion financial bailout bill into law to resolve this country's financial crisis. But, what this country really needs is a "**Divine bailout**", which is something that only the Almighty God can grant. I do believe that if we as a people would just humble ourselves, unite in prayer to seek the face of God and abandon all ungodly practices, God would surely set America back on course and will "**heal our land**". Can He do it? Yes He can!

On **November 4th**, this country will be voting for a new President and Vice President and I must say that this Presidential race is a historical and very interesting race. In this issue our co-editor, Sis. Angela Young will provide excellent information on **Your Right to Vote** and remember your vote is your voice.

Despite our country's current economic crisis, you do not have to fret because Sis. Letrusia May has good news for you. She has provided a wealth of information that will help put current property owners' minds at rest and advise those who are looking to buy property in the future.

Also included in this issue we will feature:

- **Energy Wellness** - In this section, we will learn ways to save energy and keep more cash in our pockets by our very own assistant editor, Min. Althea Bellamy.
- **Domestic Violence** - If you or someone you know is affected by domestic violence, this section submitted by Leola Manley, will provide you with information and resources that would be helpful for anyone involved in a domestic violence situation.
- **Women & Health** - The month of October has been designated **National Breast Cancer Awareness Month**. Did you know that breast cancer is not exclusively a disease for women? Approximately 2,030 men were diagnosed in 2007. For more information be sure to read this section written by Evang. Diana Nesbitt.

There is also an uplifting and inspiring testimony from our very own Mother Bessie Deloach that I know will be a blessing to you. We have also included snapshots of Mother Ruthie Young's 75th Birthday Celebration and much, much more. We hope that you will be blessed as you read through the pages of this issue.

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



**Did you guess who?
See page 3 to find out
who this aspiring
graduate is from our
last issue?**



**I GOT
A TESTIMONY!!!**

On October 24, 2006, I went into my kitchen to fix breakfast for myself. Just as I made it to my refrigerator, something happened to me. I didn't know what was happening to me. All I could do was just stand up, shaking with both hands up, and my eyes closed. The Lord took me back to my bed. My daughter Gloria was called at work. She called my son to come upstairs to see about me. The ambulance was called, and took me to West Suburban Hospital.

They checked me and said I had an inner ear infection, gave me medicine and sent me back home. My children took me back to the hospital later because I was not better. The doctors checked me over and said I had a stroke, which is called a brain stem stroke that hit me in the center of my brain. I was in the hospital until December 4, 2006. I had to learn how to walk all over, and I couldn't sit up on my own for awhile. I came home with a walker, and had to go to therapy. But, I thank God I can walk with a cane now, and I am able to do a lot of things for myself. I just thank God for taking care of me. He has been so good to me. I thank Him for His goodness, love and kindness.

Submitted By: Mother Bessie L. Deloach

WOMEN'S Health



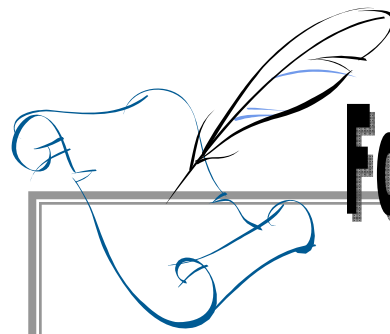
National Breast Cancer
Awareness Month
OCTOBER

Because this is National Breast Cancer Awareness Month it is important to know how to correctly examine your breasts each month. Check your breasts at the same point in your menstrual cycle, preferably the first week after your menstrual period ends. Do not examine them during your menstrual period or before your period. A woman's breasts may swell and become tender or lumpy before their period. This usually decreases after the period.

1. While standing and looking in the mirror, raise your hands over your head and press them together. Notice the shape of your breasts. Place your hands on your hips, apply pressure, and look for irritation or dimpling of the skin, nipples that seem to be out of position, one breast that looks different from the other, swelling in a portion of the breast, nipple pain, an inward curve of the nipple, a discharge from the nipple (other than breast milk), or thickening of the skin and nipples.
2. Raise one arm above your head. With the other hand, firmly explore your breast. Beginning at the outer edge, using a circular motion, gradually work toward the nipple. Take your time when examining the area between the nipple and the armpit, and feel the armpit as well. You have lymph nodes in the armpit; they move freely and feel soft, and are not painful to the touch. Look for lumps that are hard and not mobile. Cancers are often attached to underlying muscle or the skin. When you have finished examining one breast, repeat this on the other side.
3. Lie down on your back and repeat step 2. Lumps may be more easily detected in this position. Also, squeeze each nipple gently to check for blood or a watery yellow or pink discharge.

Source: Prescription for Nutritional Healing, 4th ed.
By : Phyllis A. Balch, Cnc
Pg. 251

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



Food for Thought

POETRY CORNER

Perfect For The Job

I've gone on many job interviews. These are some of the responses received:

"We're looking for someone with more experience",
"You're really over qualified for this position", or
"I'm sorry we just hired someone yesterday".

But, then one day I met Jesus. He made me to know I'm just perfect for the job. He had me in mind

Job Title: Child of God

Requirements: A repentant heart, water baptism in Jesus' name, being filled with the Holy Ghost

Job Duties: Lifting up the name of Jesus, spreading the Gospel, loving everybody, and meditating on His Word day and night

Base Salary: To keep your mind in perfect peace

Retirement Package: Eternal life

Boy, am I glad I met Jesus!

Notice: Positions available for all who will humble themselves.

Sis. Jacqueline Williams

BOOK Club



Praise the Lord,

The Christmas season is rapidly approaching. It is at this time of the year that we get busy shopping, planning huge meals and inviting family and friends over to celebrate this joyous occasion. I am not saying that we should not do these things. However, we tend to put too much emphasis on the natural and lose focus of the true reason for the season.

Our Lord and Savior, *Jesus Christ* is the "REASON FOR THE SEASON". Therefore, I considered this fact as I contemplated our book selection for this time. I wondered what book would best depict the Birth, Life, Death and Resurrection of our Lord and Savior. I determined that the selections would be as follows: the books of Matthew, Mark, Luke, John and Acts. Of course, we have read these books before. However; you can never get enough of Jesus!

I pray that you are blessed as you read and review the accounts of His Great Life.

Yours in Service,
Sister Vanessa Bellamy



TEACHERS CORNER

Sis. Marlene Spencer - Rodgers

Retired Chicago Public School Teacher

Tips for Improving Your Child's Educational Experience

Education-Parent-Teacher Conferences

Praise the Lord Saints,

As a parent and retired teacher after 34 years of teaching, I've been on both sides of the parent-teacher conference table. When I was on the teacher side, I was there to answer questions parents had regarding their child's performance, classroom activities, rules, and expectations. When I'm on the parent side (having 3 children and raising 1 grandchild), I want to know how I can extend classroom learning into our home and how to help reinforce my child's academic strengths and work on their weaknesses.

Here are some tips that I hope will help you get the most out of parent-teacher conferences:

1. Be there, even if your child is excelling in school. Teachers still want to talk to you. I personally found those talks most rewarding. Together, we could find a way to encourage a student and decide how students could go beyond classroom work and engage in extracurricular activities that will keep them interested. If for some reason you are unable to attend the conference, call or e-mail the teacher. Most teachers will be glad to discuss progress over the phone or via e-mail.
2. Parent-teacher conferences have a goal: to create a plan of action. Decide on a way of communication and touch base on a regular basis to see if your plans are working.
3. Ask questions. If you don't know the answer to the following questions, please ask your child's teacher.
 - What skills will my child be expected to master this year? Ask teachers to show you examples of in class assignments and projects. Look up state standards online at www.isbe.state.il.us.
 - How do they evaluate the students in the classroom? How are they tested and what rubric is used to determine grades?
 - How do they accommodate different learners in their classrooms? Every child learns in a unique way.
 - What topics will be focused on this year? Your child will gain a better understanding of study topics if you match classroom learning with family activities.

Both parents and teachers must work together to bring out the best in each child

Sis. Marlene Spencer- Rodgers



Real Estate

News

Looking to Purchase Real Estate Property

For those that currently do not own residential property or do have owner occupied property and currently want to purchase investment property for a monthly positive cash flow, now is the time to purchase. Many properties are selling for up to 90% less than they sold for just 2 years ago. Prices are starting at five thousand dollars for single family residences and 2-4 unit properties. Properties on the lower end may need a total rehab. There are local banks that are offering Rehab loans for these distressed properties and they will give you the money for the total rehab of the property. You do have to put more money down, but banks are still giving out loans.

For first time home buyers, there are still programs available with the buyer having to put 3% or less down for a down payment. It is my recommendation that before you purchase any property that you have or save up to 6 months cash reserves P.I.T.I., which is 6 months of principle, interest, taxes and insurance.

For Current Homeowners

For current homeowners that have an adjustable rate mortgage or if your current mortgage has become unaffordable for you, there is a company that specializes in speaking with your current mortgage company to try to get them to re-negotiate your current mortgage terms, which would mean a lower interest rate. This will make your mortgage payment more manageable. The Company is called N.A.C.A. "Neighborhood Assistance Corporation of America". There toll free number is 1-888-302-6222. To qualify to work with N.A.C.A. you must only own your own occupied property. This company is also good with getting first time home buyers ready to purchase.

Sis. Letrusia May
Licensed Realtor



Editor's Corner

Something that you would like to share with other sisters, please submit to

Sis. Andromeda Bellamy
looking for poems, recipes, short stories, gospel music reviews, testimonies and of course suggestions. If you have a picture for the "Guess Who" section, be sure to see Sis. Jasmine Jones. Our next issue will be distributed in late January. For our next issue, **submissions must be submitted no later than January 4th**. 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.

Guess Who?

Reminder clues... she has six children, loves to write poetry, would like to be a Sunday School teacher, and loves to cook. Did you guess...

Debra Elaine Bellamy

YOUTH for Christ

Youth Profile



~ Olivia Dunlop ~



A Faithful Servant

MARY MAGDALENE

RECAP

Mary Magdalene's story should teach us several things.

- ✓ **One:** Jesus didn't heal us and deliver us, just so we could continue in our mess. Jesus wants us to make a complete change and devote our lives to serving Him and others.
- ✓ **Two:** Jesus doesn't care who we are, what we are, where we come from or what we did while we were under Satan's control. He is able to free us and use us for His glory. Once He delivers us from our physical, emotional, mental and spiritual bondage, He wants us to be free to serve Him unconditionally.

If God has touched your life, what's stopping you from serving Him?

WOMEN OF THE BIBLE

Age: 16 years old

Birth date: March 19, 1992

Favorite Colors: Blue and Red

Hobbies: Hanging out with my friends, and reading

What Do You Plan to be

When You Grow Up? Why? Olivia plans to be a trader in the stock market, or an accountant because the whole Business field interests her

Favorite Food: Tacos

School: Proviso East High School

Favorite Activity at School: Class Council; Ceramics

Favorite Subject: Trigonometry

What Do You Enjoy Most About Church:

Preaching

Activities/Things You Would Like to be a Part of at

Church: Nursing

Character Traits That Describe You: Nice, fun, quiet, and a risk taker

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 X A N G L U L Z A D M Z V P T O F C H Z T E H M D

What I Am Most Thankful For...



I'm thankful for God, my family, and friends.
Cedrica Fails

I am thankful for love, music, life, and church.
Rashida Jones

I am most thankful for my family, my friends, and my life.
Shacara Adams

I am thankful for love, family, and the Holy Ghost.
Jasmine Jones

I am most thankful for a loving family.
Tiana Harris

- | | |
|-----------|---------------|
| APPEARED | JESUS |
| CHANGED | LOVE |
| DELIVERED | MAGDALA |
| DEMON | MAGDALENE |
| DEVOTED | MARY |
| FAITHFUL | MINISTER |
| FOLLOWER | SAVIOR |
| FREE | SERVANT |
| GALILEE | TOMB |
| GRATEFUL | UNCONDITIONAL |

Domestic Violence Awareness Month

October

Seated in a dimmed lit kitchen as she drank coffee and I tea, I passed her Kleenex as she disclosed the history of violence she had endured for the last seven years. I can recall this conversation as if it was yesterday because that was the last time I spoke with her. I remember her saying how charming he was to her when they first met and she was so special to him that he would not allow her to catch the bus home before and after work because she was too pretty. He knew men would be trying to get with her. Because of this, he quickly asked her to be his wife. She was mesmerized by the attention he gave her. He bought all of her clothing and they did everything together. She married him with great eagerness.

At first, she felt like a queen because he was paying so much attention to her. Their only problem was that he could not get enough of her. His demands became much greater than him just picking her clothes. Now, not only did he pick out her clothing, but he was beginning to make her stay at home. Every time she spoke with her mother he wanted to be in the room, if she insisted to speak to her mother alone, he would tell her she did not love him.

Since she wanted to show that she did love him, she would comply with all of his controlling demands. It was not until one day she was coming out of work and talking to a male co-worker did the physical violence

begin. When he saw them walking out of the office, he quickly jumped out of the car and grabbed her by her arm, pushing her into the passenger side of the door. There he verbally degraded her, and checked to make sure that she was not engaged in any physically activity with her co-worker. After determining she was clean, he deemed her to never be trusted again. He made her quit her job that day, stating she would never be with this man again, as long as he lived. He told her she could never leave the house again alone.

The next day, he brought her flowers and promised not to over react again. He stated if only she was not so beautiful and attracted men he

would not be jealous. He needed her to understand he loved her and did not want to lose her. Five years later, an estimated, 3 broken ribs, 30 black eyes, one broken arm, 2 times cutting her hair, 3 times threaten at gun point-- she is safe.

When she told me her story she was in a safe place, a domestic violence shelter. Her own kitchen had not been safe for her for a while. Each time she entered the kitchen, she remembered the times when he raped her before or after she prepared dinner. However, that is not what led her to the shelter.

Continued in Next Issue

Submitted By:
Leola Manley

USE YOUR RIGHT TO VOTE!

Submitted By: Sis. Angela Young

Women have had the right to vote for only about 88 years in America. The 19th Amendment was adopted in 1920 which states:

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex. Congress shall have power to enforce this article by appropriate legislation.

Prior to this amendment being passed, women did not have the right to vote. Many great women of the suffrage movement fought hard and long to change the constitution. Suffrage is the right or privilege of voting to elect public officials and to adopt or reject legislation. African-American women have only been able to vote for about the last 40 years. Even when the 19th Amendment was passed, it didn't enable African-American women to vote. It wasn't until the Voting Right Act of 1965 and amendments made to the Civil Rights Act in 1970, that women of color were able to vote.

We must never forget how important it is to use our right to vote. Our votes are important and they matter. Under the current administration, America has suffered much, especially with the housing market going south and the Wall Street collapse. There were a lot of mistakes made at very high levels and all of America is paying for it.

There is an all too important Presidential Election coming up on Tuesday, November 4, 2008. I am not here to tell you who to vote for or to campaign for any candidate. Whether you support Senator Barack Obama or Senator John McCain, I just want you to find out what they stand for, then go out and vote.

Don't take for granted what so many women fought hard and long for. We can't sit around and complain if we don't try to do something to bring about a change. So on November 4th, I urge you to go and vote for the next President of the United States of America. Make your vote count!

75th Birthday Celebration for Mother Ruthie Mae Young

Strength and honor are her clothing, and she shall rejoice in time to come (Proverbs 31:25)



Tip for electric bill reduction:

Allow everyone in the household to participate with energy awareness. Have all household members, including the children to turn off all electricity that is not being used. Allow them to view the electric bills and show the difference monthly. Put any saved money in a savings account for family events. YOU MAY BE ELIGIBLE TO GET HELP WITH YOUR UTILITY BILLS AND TO WEATHERIZE YOUR HOME.

Contact CEDA FOR LIheap Assistance.

LIHEAP Hotline: (800) 571-CEDA (2332)

Income guidelines and program requirements follows:

If your income is less than the chart below you may qualify for energy assistance. Income

Guidelines for 2009 LIHEAP Program*

(subject to change)

Household Size	30 Day gross income
1	\$1,300
2	\$1,750
3	\$2,200
4	\$2,650
5	\$3,100
6	\$3,550
7	\$4,000
8	\$4,450

For each additional member, add \$450
 *This program is available from September through May, or until funds are exhausted. The program begins annually on September 1 (September 2, 2008 due to the Labor Day holiday) with a special priority period for applicants with an elderly household member (age 60 or older), or a disabled household member; and/or beginning October 1st households without home energy service (are disconnected from their primary and/or secondary energy source).

Beginning October 1, LIHEAP Furnace Assistance will be available to low-income "priority (senior or disabled)" households whose existing heating systems are not operational or have been red-tagged by their utility company.

For More Information:
LIHEAP Hotline: (800) 571-CEDA (2332)

Submitted By:
 Min. Althea Bellamy

Birthdays

August/September

Sis. Hazel Brown Sis. Karla Nesbit
 Mo. Viola Bellamy Mo. Ruthie Young
 Deac. Elaine Bellamy Sis. Letrusia May
 Sis. Mary Carr Min. Althea Bellamy

October/November

Deac. Vanessa Bellamy Sis. Andromeda Bellamy
 Evang. Diana Nesbitt Mo. Rosetta Chambliss
 Sis. Amanda Bellamy Sis. Jasmine Jones
 Sis. Rashida Jones

&
 All those born in the months of
 August, September, October, and November

