

Women of the Crest (WOC) Potomac Crest Baptist Church Women's Ministry Newsletter

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Mission Statement: The women's ministry is a ministry of Potomac Crest Baptist Church. The purpose of the ministry is to encourage spiritual growth, to engage in friendship, fellowship and mentorship and to provide an outlet for meeting needs.

"From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love." - Ephesians 4:16



"Reflections of the Heart"

I would like to share some of my thoughts and some of the amazing things I observed while in Ghana. I am not exactly sure what I expected to see or experience, I suppose I had the stereotypical thoughts of the Africa I had seen on television or read about. First, let me say that God answered prayer and blessed us beyond what we could have ever imagined! I would like to thank all of you for your prayers, especially during the times that I was able to share with the women.

I was so humbled by the reception and continued hospitality that was shown to me. I have never seen such beautiful smiles and white teeth. Everyone was always smiling, but it was more than just a smile, it was joy that you could see in their eyes! I observed this in the two churches and as we walked and drove through the neighborhoods. It never felt depressing to me. When these people were at church, they were there to worship, nothing else seemed to matter. It was overwhelming to watch. The area around the church was like nothing I have ever seen. The roads were a mess, I'm not even sure you could refer to them as roads. Everything was covered in what we call Georgia red mud! The houses were cement blocks, wood and tin; many of them with no running water or electricity. Each day as we made our way to the church I observed a frenzy of people walking everywhere. They were selling every type of fruit, vegetable, clothing and anything else they had. The things that I saw women carrying on their heads, and at the same time a baby on their back, were incredible! I saw many women sitting around fires cooking food or washing clothes in large tubs. I was amazed as we talked with them, they seemed really happy. They were just living their lives and you could see the joy in their eyes! My mind drifted back to the couple of days before we left for Ghana and my washing machine was not working properly, I was very frustrated. I suddenly felt guilty for being frustrated; at least I had a washing machine and the resources to have it repaired. I could have taken my clothes to the dry cleaners. I complained without realizing that I was blessed to be able to pay someone else to clean my clothes. My perspective had changed.

I began to think about other things or inconveniences I had complained about or had taken for granted, as I watched these people every day work harder than I have ever had to work, and do without all of the luxuries that I have been blessed to have. It did not seem to bother them at all! There is nothing wrong with having nice things and a beautiful home, what is bothersome is the amazing way God has blessed us and we take so much for granted and we complain about so much. Beatrice, the pastor's wife, told me that they work too hard to have time to complain about their situation. There was contentment among these people, they had so little yet they had so much. Most of the congregation walked to a church that did not have an air conditioner and they worshipped God with all their heart. They did not complain about being hot or the rain splashing in on them, as the church is completely open air. There is not a nursery, a water fountain or coffee being served. They just come to church to worship God, they aren't looking for someone to do something for them or give them anything.

I came home and looked at everything differently. I had a deeper appreciation for those things that really matter. God has blessed me with a man that I know He made especially for me, he is my soul mate. I am blessed to be married to him! I have two beautiful and amazing children that are proud to call Jesus their Savior. We prayed for both of their mates all of their lives and God gave us two more beautiful children who know and serve the Lord. My oldest grandchild, Emily, was saved last year on my birthday! I have a wonderful, supportive and loving church family! I have precious friends that would do anything for me. Ladies, I am blessed to have each of you as a part of my life. Many of you have helped and loved me during some of the most difficult times of my life. These are the things that really matter. Most importantly, I am saved by the blood of Christ, and one day I will live with Him for ALL eternity!! He walks with me every day and promises to never leave me! That's something to smile about and everyone should see THAT joy in every believer's eyes.

I am grateful to have a roof over my head, a safe place to lay my head down each night and yes, I am grateful that I have running water and electricity! I pray that each of us will continue to look at the blessings God gives us every day and to not let inconveniences cause us to lose focus on what really matters in this life! I pray that when someone looks into my eyes they are able to see the joy, no matter what my circumstances may be.

Keep the Joy Always

Deb Duty

My Sister's Keeper

Dear Sisters, I just wanted to tell each and every one of you how very special you are and just how much you all mean to me. We have a sweet sisterhood here at PCBC, a very unique group of ladies that love Jesus and aren't afraid to show it. You aren't afraid to pitch in when help is needed...no matter the task. I have been here such a short time but I have witnessed AMAZING times when you were the hands and feet of Jesus. I encourage each and every one of us to remember our sisters in prayer on a regular basis, talk to a new lady each week, come to ladies monthly breakfasts, and don't forget yourself, we are here for YOU whoever you may be 15 year member or first time visitor. In Christ, Lillian Shank.

Women of Faith Conference

Imagine being in an arena of more than 10,000 women who love the Lord. That is just what happen August 26th and 27th. The women of PCBC attended this year's conference and the presence of the Lord was truly in the Verizon Center. The lineup for this year's conference was, Sheila Walsh, Luci Swindoll, Lisa Harper, Ken Davis, Mary Mary, Natalie Grant, Nicole Johnson, and Henry Cloud. On Friday we clapped, sang, and listen to messages from amazing speakers, and if that wasn't enough we spent the night in a hotel in town and did it all over on Saturday. Just imagine yourself there next year! There may not be a Friday full-day session next year, more details to follow. We reserved a seat just for you, but hurry we only have five tickets left. To reserve your ticket, contact Cathy Clement at cathystatham@yahoo.com.

Body & Soul Fitness. Join Us! You will improve your physical fitness as well as your spiritual fitness. Be encouraged, get stronger, improve your health, grow in your understanding of God, ask questions and make friends. PCBC ladies meet every Monday and Thursday, 6:30-8:00pm in the Fellowship Hall. For information, contact Debbie Fisher at reneedf1@msn.com or 703-7838 or Olthea Croom at olthea_croom@hotmail.com.



Raven Nicole Ryder gained a love for the armed service as a member of the AFJROTC At C.D. Hylton High School in Woodbridge, VA. On November 8, 2011, that love becomes a career when she is sworn in to the US Navy as an Aviation Boatswain Mate.

Moving away from family and friends will be difficult, but valuable life lessons have equipped her for success. Her participation in field hockey, wrestling, and softball have taught her accountability and mental toughness. Her strong leadership and commitment were developed through active involvement with Delta Sigma Theta Sorority from ages 12-18.

Raven is the only girl of five children in her family. She enjoys helping with foster children that they lovingly except into their home. This love has transferred to church where she works with toddlers every Sunday. She has the full support of her church family that has watched and supported her growth as an exceptional woman.

WOC Survey Forms: We need your help to plan a program that fits the needs of all. Please take a moment and fill out the WOC survey form. Forms are in the WOC Ministry Survey box in the lobby. Your participation will help to make the WOC ministry more inviting with programs that are spiritual and fun.

Women's Fellowship Breakfast. Mark your calendar for Saturday, November 12 - 9:00 am. **We are Thankful!** Bring "something" that you are thankful for - a person, a picture, or an item and share with the group. Bring a friend and a dish to share! Come, enjoy the fun and get to know your PCBC Sisters! Contact Cindy Fox Bachman for more info

Child Care For Women's Breakfast. CNC Haiti Mission Trip willing to watch kids for the Women's breakfast. They would need to know the Thursday prior to each breakfast. All donations will be accepted and should be paid by the parent at the time the child is picked up. Contact Judy Meyer at 571-264-5508.

Medically Speaking



It is cold and flu/virus season. Don't forget that good hand washing is the best way to prevent the spread of germs. Make sure you keep little ones home until they have been fever free for 24-hours without fever reducer. Drink plenty of fluids when not feeling well...flush the yuck out! Also, drink extra fluids when fever is present because the body burns off extra fluid with fever and one can become dehydrated quickly. Finally, October was Breast Cancer Awareness Month. Please do monthly self-breast exams and check with your health care provider about mammograms. Is it time for yours?

Lillian Shank

Shop In The Privacy of Your Own Home. Ladies if you have a home based business please let us know. We are compiling a list of PCBC women with home based businesses. We would love to promote you here. Many individuals are enjoying the many rewards of working from home with their own business. We are very interested in hearing more about your business. Forward your business name, contact information and type of business.

It's Angel Tree Time Again! Your help is needed. We need volunteers to call families, work at the tree, and/or deliver gifts. We are considering throwing a party for the families to come to the church to receive their gifts. Any and all help with this is welcome. Please contact Angie Blanton if you would like to help in any way with the Angel Tree project. For further information contact Angie Blanton at pcbcbblanton@gmail.com or (703) 986-0891.

Current Events

Tuesday Nights Bible Study, 7:30pm, in the College and Career classroom. Rachelle Carlson is leading the study of the Book of Isaiah.

Sunday Bible Study, 5-6:30pm,
Beth Moore, "Daniel".
Leader, Lynn Colon.

Sunday Bible Study, 5:00pm
"BOD4GOD"
Leader, Judy Meyer.

Upcoming Events

Ladies Monthly Fellowship Breakfast
9:00 a.m. - 11:00 a.m.
Fellowship Hall
Bring a friend and a covered dish to share.

November 12, 2011
December 10, 2011
January 14, 2012
February 18, 2012
March 10, 2012
April 14, 2012
May 12, 2012
June 9, 2012

Girls Day Out - Day trip to Hagerstown Premium Outlets, November 19. Transportation: Church van or carpool. More details to follow in bulletin.

Ladies Retreat - Camp Cross Road -
April 27-29, 2012
A Day of Beauty - Spring 2012

WOC newsletter strives to be a source of information, encouragement, and spiritual uplifting. The newsletter contains profiles of Christian women, stories, articles, tips of interest to women, recipes, Christian book reviews, pictures and recap of recent events, upcoming events, and other items related to the Women's Ministry.

Get Involved! Would you like the chance to submit an article, testimony, song, or poem for our next Women's Ministry Newsletter? If so, please e-mail information women@potomaccrestbaptist.com or ladies-ministries@potomaccrestbaptist.com NLT the last Sunday of the month. *We look forward to hearing your story!*