

Issue 3
2010

Summer/Fall

Not Average Newsletter

(Strictly for Women)



A Production

Of

Wendy Mitchell Ministries, Inc.

P.O. Box 337

Triangle, Virginia 22172



DEDICATION

This edition's newsletter is dedicated to my mother, *MRS. EARLINE G. MCKINNIE.*

HAPPY BIRTHDAY MOM!



LOVE

FOR!

Thanks all of your counsel, raising, advice, being a friend and most of all for being that example of a Woman of God!

You are a great teacher-you taught us how to be a lady! You are the epitome of a mother! You taught us how to be excellent in all that you set your hand and mind to do.

Most of all I thank you for showing us the way to JESUS!

Love,

your eldest daughter, *Wendy!*





IT'S IN THE SHOES

Ephesians 6:15: And your feet shod with the preparation of the Gospel of Peace.



I am a shoe fan! In fact I am a shoe addict. I love shoes! I really love shoes! I own an enormous amount of styles and colors. From olive green boots to orange sandals to plaid pumps. From three-inch purple silver buckled pumps to red-shimmering one-half inch flats. If you name the shoe style or color, chances are I have it. Now I may not possess nearly as many shoes as Imelda Marcose (she owned at least 1,160 pair), but I do own a tremendous array of shoes.

How did I become so addicted to shoes? My addiction stemmed from a lack of having more than only three pair of shoes during my formative years.

Born into poverty, the third of nine children, my parents could afford to buy each of us only three pair of shoes annually. For me it was one pair of black or white patent leather shoes for Easter which served as church shoes also; a pair of penny loafers for school; and one pair of Kmart chuck converse all stars tennis shoes aka "Kmart Specials" for physical education.

In the world of poverty, there was no such thing as having a pair of shoes to match every outfit you owned. This was absolutely unheard of. Unlike parents today who spend hours in stores searching for shoes to match every outfit their children owns, my parents focused on the practicality, purpose, affordability and durability of shoes. Having a parade of shoes was nonsense for my parents, and it certainly wasn't even an issue with my siblings and I. Regardless of the color of our dresses we knew that it was either black or white patent leather shoes for my sisters and I; and black or brown shoes for my brothers regardless of the color of their suite or pants. Each of us had only one pair of dress shoes to match every formal outfit we had; and the formal wear known as church clothes weren't very many either.

Regardless of the number of shoes we had, we were content. We were grateful to have shoes and became ecstatic when we got new ones! In fact we had only two choices of reactions for owning one pair of dress or formal shoes, even if they were hand-me-downs: Either Be Content or Be Shoeless! None of chose the latter! It's In the Shoes!

Shoes have and always will be a part of every human beings life to include horses (they two have shoes called horseshoes). Shoes are a great necessity. One simply can't do without them. Why are they such a great necessity? Because they serve as protectors for the most popular and common mode of transportation you, I and all other human beings have: FEET!-our primary mode of transportation. As a

protector that none of us can do without, shoes keep our feet from many dangers such as graveled roads that could hurt the ball and heel of our feet while walking; rough terrain that could potentially cut our feet and insect or snake bites that could infect our feet and potentially kill us as we're traveling on foot. You see we walked just about everywhere! We walked to school, church, and home. We walked to visit friends and relatives' clear across town which was at least 6-10 miles from our home; city fairs and college events and I can't forget the neighborhood grocery store, one of our favorite passed times. In fact there were at least two or three we frequented on a weekly basis. No matter where we walked, my siblings and I definitely encountered potential dangers that could harm our feet and no doubt the rest of our bodies as well.

I can recall some of the dangers I encountered during my childhood as I walked alone periodically. I found myself walking on scorching hot pavements for long distances which could cause blisters on my feet. I recall walking dusty unpaved roads, muddy trails which made me think of quick sand each time I passed by them on foot; sometimes I would encounter rocky paths that had the potential for twisted or sprang ankles; sandy-spurs which felt like a cactus piercing and sticking in my feet until it bled and had to be pulled out; and of course I can't forget the cock roaches or the ant beds! OUCH!

Life on foot was extremely difficult and because of this, my parents never ceased to ensure we wore the proper shoes to meet the grave dangers we faced daily. My parents, namely my mother took much care in this area. She was totally involved in all shoe fittings, shoe selections, and purpose of the shoes. My mother saw to it that we had room for growth in the shoes prior to buying them. I remember her always asking this one question and giving instructions right after she'd ask: "Where is your big toe?" as she kneeled town to press on the front tip of the shoe to find the big toe! Then she instruct us to walk up and down the aisle in the shoe. If the shoe was too big, she'd get a half size smaller. If the shoe was fitting just right she'd get a half size larger. She was looking out for growth! Her purchase of shoes was quite remarkable! She'd search for quality. The shoes' material had to be durable; a thick, strong, soles and heels had to be a part of the shoe, and the shoe had to have a reputation for lasting because it would be passed down to the next sibling depending on the gender. The brand names Buster Brown and Stride Rite had such a reputation on all fronts, so in my household Buster Brown and Stride Ride had number one fans! Oh and I must not forget the Kmart specials!

My mother was also instrumental in making sure that our feet were equipped with shoes that enabled us to FLEE! -Run!- if necessary from danger! In my case quite often I'd get into a fight on the way from home. Usually it would be with the same girl daily and I'd win. But there was on one occasion when I had to flee, run, because the bully was to overwhelming and she had a crowd with her. I thank God that day for Momma equipping me with the right kind of shoes on that day! And I just happen to wear the right shoes on that day!

Just as my mother equipped my siblings and I with the proper shoes to face nature's challenges and either flee or stand up against our enemies during our childhood, you and I as women of God (WOG) and more importantly as children of God (COG) must be equipped with shoes also. Why? Because as WOGS and COGS we have an enemy too! He is God's

enemy and the minute we gave our lives to Christ, we immediately gained this enemy of God's. That enemy is Lucifer, the Devil, Satan. Such an enemy launches personal attacks on you, your family, your

marriage, finances, relationships, health, faith and any weaknesses you possess. Satan will try every trick in his book to sift you as wheat, take you off course, attempt to make you abandon your faith your faith in Christ, rob you of your joy, steal your peace and ultimately kill you. The enemy comes to steal, kill and destroy (John 10:10).

In order to stand against the enemy and overcome the devil's tactics, trickery and deception, God commands us in Ephesians 6:10-18 to PUT ON THE WHOLE ARMOR OF GOD. Why? So that we may be able to stand against the wiles (tricks) of the devil. There are 7 pieces of God's armor that we must put on daily in order to face the enemy head-on! These 7 pieces of God's armor are called weapons of warfare and they are mighty through God. Here's what these weapons do:

1. Bulldoze strongholds!
2. Annihilate arguments and every hypocrisy that sets itself up against what you and I know about God!
3. They enable us to take hostage every thought to make it obedient to Christ.

These weapons are not carnal. That is they are not the natural or world's weapons such as guns, knives, grenades, bombs, etc. No these types of weapons cannot win the war or engage in the war we fight with Satan. We need the aforementioned weapons of God which are spiritual. Why because the enemy we face is a spirit. We do not fight with each other, or any other human being, but it's evil spirits that we wage war with. For the Bible clearly states in Ephesians 6:12 that we wrestle against not flesh and blood (humans), but against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. This is spiritual warfare we're engaged in and therefore such a war requires far more advanced weapons than those in the natural. Spiritual warfare requires spiritual weapons.

Of the 7 weapons God has equipped us with, one of them are shoes. God has given us shoes to wear in this battle with the enemy and He commands us to

PUT THEM ON! He tells us in Ephesians 6:15 to shod our feet with the Preparation of the Gospel of Peace! To shod our feet means to PUT ON.

We are to put on the shoes of the Gospel of Peace. And just how do we do that? Here's how.

The Gospel of Peace is the Good news that Jesus came to save a dying world from sin, death and the grave. The good news is that Jesus Christ died for all of us, was buried in the grave and now lives! And because He lives, you can live, I can live, your loved ones and friends, any sinner can live, if we and they all repent and surrender their lives to Christ! So how do you put on the shoes of the preparation of the Gospel of Peace? You run and tell somebody the good news that Jesus loves them, died for them is risen and lives! Now once you tell the good news with a sinner, the war with Satan intensifies! But fear not! Keep the shoes on. Why? Because the shoes of the Gospel of Peace will give you peace while battling Satan. Remember these shoes come from the Prince of Peace, therefore in the midst of your battle, the Prince of Peace is in the battle with you, ever fulfilling His promises of peace:

1. To keep you in perfect peace as long as you keep your mind fixed and focused on him (Isaiah 26:3) and not the attack or the enemy!
2. Yes Christ, the Prince of Peace is in the storm with you fulfilling His promise of depositing peace that surpasses all understanding within you! (Philippians 4:7).
3. Christ has promised to never leave you nor forsake you! The God of Peace shall be with you (Philippians 4:9)
4. God will bruise Satan (Romans 16:20): And the God of Peace will bruise Satan under your feet shortly.
5. **YOU WIN!** All things work together for the good of those who love the Lord, to them that are called according to His purpose! You've got to remember that **YOU ARE MORE THAN A CONQUEROR THROUGH CHRIST JESUS WHO LOVES YOU!**

1. Peace with God
2. Peace with ourselves
3. Peace with others

With our feet shod with the preparation of the Gospel of Peace and living a holy life unto God we are armed against temptations to sin and every attack designed by the enemy, Satan!

Finally my sister, the Shoes of the Gospel of Peace has with it an eagerness and a willingness to advance war with the enemy! You can see such eagerness and willingness in the Roman soldiers of the New Testament. Anytime Roman soldiers went out to battle they wore special shoes called caligae. Caligae were made of brass and was used to protect the soldiers' feet against gall traps and sharp sticks. Such powerful shoes enabled the soldiers to advance against their enemy. This is exactly what the Shoes of the Gospel of Peace are designed to do! To enable you to advance against the Devil. Such engagement and advancement automatically indoctrinates you into the army of the LORD. Onward Christian soldier! Since you are now officially a Christian soldier, it's time now for you to rise up and proclaim to the one that is seeking peace that Jesus is the answer to their peace today!

WOG and COG, adorn your feet with the shoes of the Gospel of Peace, follow Jesus, telling all others the good news that JESUS loves them, died for them, and wants them to live abundantly!

IT'S IN THE SHOES!



DO YOU KNOW?

I possess many pairs of shoes, but none like these for sure.
Do you know what shoes I'm speaking of that's keep me so secure?
They are not humanly manufactured or even well-known
Do you know what I consider to be the best pair of shoes that I own?
They aren't well-known by the world; the world can't comprehend their make and model
Do you know what shoes I strut my stuff in, do a curtsy and a waddle?
These shoes were given to me after a price was paid
With the Life of One who hung on the cross, pierced and then laid!
Laid in the grave for three long days
Long enough to fulfill the will of God for His babes.
To save His babes-all humanity
That includes both you and me.
Oh what love the Father has for me
Look at how He's adorned my feet!
What really stuns and causes me to be amazed
Is the fact that He rose from the dead and left death and the grave in a craze!
Hell sighed as He came up out of the ground!
It was all over for the threesome, they were all bound!
Bound by My Lord and Savior Jesus Christ the King
Oh grave where is your victory, and Death now where is your sting?
Oh what beautiful shoes on Christ has adorned my feet
Do you know that these shoes bring me victory?
They cause me to sing, to dance before my King
Oh what peace these shoes really bring!
These shoes give me peace with God, myself and others
I'm willing to share them with both sisters and brothers!
Do you know that these shoes are one size fit all?
They never get old, worn, raggedy, torn up or beat up, they perpetually stand tall!
They outlast any pair of shoes I possess
They are simply the best!

Do you know what shoes these are?

ANSWER: SHOES OF THE PREPARATION OF THE GOSPEL OF PEACE!

They are designed with you the believer in mind!

Pick up a pair from Jesus and Put them on! Take them out of the box and use them! There is a dying world out there and somebody needs to know real Peace! Go on! Don't be shy! Tell somebody the GOOD NEWS in Your NEW

SHOES!

Written by Wendy Mitchell, under the inspiration of the Holy Spirit



FEATURED AUTHOR



THE SPIRITUAL SPA

Paulette House was born in Manchester, Jamaica W.I and now resides in Woodbridge, Virginia.

She has an Associate Degree in Electrical Engineering (Instrumentation Technology) which she practiced in the field for over 10 yrs. She is a mother of three, a wife and a servant of God.

Paulette is an anointed prayer intercessory, exhorter and she enjoys teaching.

She pens daily inspirational devotionals which touches, inspires, and transforms many lives via the internet. Paulette is fulfilled when she impacts the lives of others by giving them hope in God. Paulette is the author of the Spiritual Spa, featured in this edition's newsletter. She strongly believes that HOPE in God is the start of the faith walk. Her desire is to be used as an instrument for Christ through words.

31 Day Devotional Spiritual Q & A

Written by Paulette House

Under the inspiration of the Holy Spirit



Instructions

Dear Sisters,

For the next 31 days you are invited to indulge in our Spiritual Spa! Deliberately take 30 minutes out of your day to indulge in this spa. Sip on a tall glass of lemonade on your deck, on the front porch or some place that lends itself to no distractions. Dress down, let your hair down and immerse yourself in the spiritual spa. Read it, do what it says and watch God speak to you like never before. Expect His presence! Expect to feel Him and experience Him in a new and refreshing way. Excuse yourself from your family for 30 minutes each day and spend time in God's Spiritual Spa! Be sure and journalize your experience because we would like for you to share it in our next edition.

Love you,

Wendy

DAY 1

Let your mind be in Christ Today.



Dear Heavenly Father,

We thank You that I can fill my mind with Your words and thoughts minute by minute. Father I ask that You renew my mind and heart. Help me Father to put You first in all I do, in Jesus Name, Amen.

Romans 12:1-2 (KJV): I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

DAY 2

Distraction will come, but keep focus.



Dear Heavenly Father,

I thank You that nothing will separate me from Your love. Father sometimes I get distracted and off track, but You stretch out your hands to catch me. Father please order my steps today, in Jesus Name, Amen.

Romans 8: 38-39 (KJV): For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come. Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

DAY 3

Open my eyes Lord.



Dear Heavenly Father,

I thank you for opening my eyes to the truth! As your word says: "I should worship you in spirit and in truth", I will do just that. Father please put a spiritual filter on my eyes that I may see you always, in Jesus Name, Amen.

Matthew 6: 22 (NIV): "Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light.

DAY 4

As he speaks listen.



Dear Heavenly Father,

Thank You for continuously speaking to me. Father I ask that you forgive me when I ignore you. Father would you please help me to be even more sensitive to your voice? in Jesus Name, Amen.

Mark 4: 9 (KJV): And he said unto them, He that hath ears to hear, let him hear.

DAY 5

God is there knocking all you have to do is open the door...



Dear Heavenly Father,

I thank You for knocking at my heart. I welcome YOU in everything that I do. Father would you always be the compass in my life? In Jesus Name, Amen.

Revelation 3:20: Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.

DAY 6

Let the father breathe new life into you.



Dear Heavenly Father,

I thank You that you sent your Son Jesus so that I may have life and life more abundantly. Father I ask that you breathe on me today a new fragrance, in Jesus Name, Amen.

Acts 3: 19 (NASB): Therefore repent and return, so that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;

DAY 7

Speak the word over yourself, the situation, the



Dear Heavenly Father,

Thank You first for your word, as your word says let there be light and there was light. Father would you help me to always remember that life and death is in the power of the tongue, and help me to practice speaking life in my daily life? In Jesus Name, Amen.

Psalms 19:14: Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

DAY 8

*Let everything that have breath praise the Lord! May God, who is the God of hope, joy, peace, and love **REFRESH YOU**.*



Dear Heavenly Father,

I thank you for your joy, peace and love. I will praise your name forever and ever. Father I look to you.

Psalm 24:7-10: Lift up your heads, O ye gates; and be ye lifted up ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory.

Day 9

You are chosen.....



Dear Heavenly Father,

Thank you for choosing me; You knew me even before I was conceived in my mother's womb. Father as You has chosen me; help me to be responsible with the great destiny that you have called me to do, in Jesus Name, Amen.

1 Peter 2:9: But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Jeremiah 1:5: Before I formed you in the belly I knew you; and before you came into the world, out of the womb, I sanctified you, and I ordained you a prophet unto the nations.

DAY 10

Seek him.....



Dear Heavenly Father,

I thank YOU that I can seek YOU in all that I do. Father help me to find balance in my life in order that I may be pleasing to you, in Jesus Name, Amen.

Matthew 6:33: But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

DAY 11

Today just Trust God.



Dear Heavenly Father,

I trust You with my health, wealth and all the areas of my life that concerns You. Father help me always to acknowledge You in all we do and turn to You always for understanding in Jesus Name Amen.

Proverbs 3:5-6: Trust in the LORD with all your heart and lean not on your own understanding;

In all thy ways acknowledge him, and he shall direct thy paths.

DAY 12

What God said He would do in your life He will do, He loves you.....



Dear Heavenly Father,

I thank You for the great work you have started in me. Father I ask for your help to keep me focused and overcome distractions that would hinder me from completion, in Jesus Name, Amen.

Philippians 1:6: Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

DAY 13

His Grace is sufficient.



Dear Heavenly Father,

I thank You for Your grace and mercies. Only You Father I can run to. Father I love to boast how wonderful You are. I am grateful for having a mighty God who knows everything that concerns me, in Jesus Name, Amen.

2 Corinthians 12:9: But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

DAY 14

You are important to the heavenly father.....



Dear Heavenly Father,

I thank you for each of my sisters they are important to me; but they are even more valuable to you. Please Father guide them, strengthen and protect them today. Amen.

Isaiah 43:1: But now, this is what the LORD says— he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine.

DAY 15

There is NOTHING too hard for the LORD, just try him.....Have a Dynamic day!!!



Dear Heavenly Father,

Thank you because there is nothing too hard for You; and what I say is impossible You say is possible, so today Father I speak to the mountains (whatever it is) in my life to come down, in Jesus Name, Amen.

Matt 19:26 (NIV): Jesus looked at them and said, "With man this is impossible, but with God all things are possible."

DAY 16

In every situation give thanks.....



Dear Heavenly Father,

I thank You that You have chosen me. Father I give you all the glory in my life. Father I ask you to forgive me of all my sins. I ask You today if I do not behave like You, please Father would you wash me, purge me and cleanse me? As you word says "Create in us a clean heart and renew a right spirit within us". Father I love and adore you. I am thankful that I serve a Mighty GOD, in Jesus Name, Amen.

2 Thessalonians 2:13: But we ought always to thank God for you, brothers loved by the Lord, because from the beginning God chose you to be saved through the sanctifying work of the Spirit and through belief in the truth.

DAY 17

If you hear his voice, do not harden your hearts.....



Dear Heavenly Father,

Please bless me today. Speak to each person today that I come in contact with. Father I ask that your word penetrates our heart today, in Jesus Name, Amen

Hebrews 4:12 (NIV): For the word of God is living and active, sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

DAY 18

You are victorious in Jesus Christ.



Dear Heavenly Father,

I thank You that in You I am more than a conqueror and I can do all things through You which strengthens me, in Jesus Name, Amen.

*Romans 8:37: Nay, in all these things we are more than conquerors through him that loved us.
Philippians 4:13: I can do all things through Christ which strengtheneth me.*

DAY 19

Delight in him today.....



Dear Heavenly Father,

I thank You for just another day to run to you. Father please bless me today, guide me protect me, hover over me, and please pour yourself into me today, in Jesus Name, Amen.

Psalms 37: 4 (KJV): Delight yourself also in the Lord, And He shall give you the desires of your heart.

DAY 20

Let everything that hath breath praise the Lord! May God, who is the God of hope, joy, peace, love refresh you today....



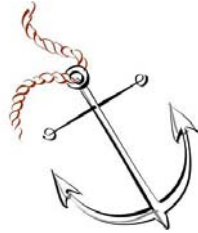
Dear Heavenly Father,

I thank You for your joy, peace and love, I will praise your name forever and ever AMEN.

Psalm 24:7-10: Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory.

DAY 21

God's hope is our anchor, hold on to him today.....



Dear Heavenly Father,

I thank You that I can hold on to you as my Anchor! You are my rock and fortress and my strong tower.

Father please bless my sisters and brothers today. Help them not to grow weary but to continue to hold on to You, in Jesus Name, Amen

Hebrews 6: 19 (NKJV): This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil.

DAY 22

God loves you, he cares about you and he protects you.....



Dear Heavenly Father,

Thank You for your Word that sets me free, corrects me and trains me. Heavenly Father speak to me today. I ask in Jesus name that you would bless, strengthen and protect me today, in Jesus Name, Amen.

Proverbs 30: 5 (KJV): Every word of God is pure: he is a shield unto them that put their trust in him.

DAY 23

May you be richly blessed today.....



Dear Heavenly Father,

Thank you for your perfect love-You sacrificed your only Son who shed his precious blood , that I may live a more fulfilling life in you. Father bless, protect and speak to me today. Let my thoughts be your thoughts, in Jesus name, Amen.

1 Peter 5: 6-10: Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

DAY 24

Adore Him



Dear Heavenly Father,

Thank you for this beautiful day! Father I praise you! I magnify your name! Thank you for caring for me. Father I trust you, honor you, and love you. Would you please speak to me and help me to let my life radiate for you today? In Jesus name, Amen.

Psalms 50:23: Whoso offereth praise glorifieth me: and to him that ordereth his conversation aright will I shew the salvation of God.

DAY 25

God is the one fighting for you.....



Dear Heavenly Father,

Thank you that you have me in your arms. I have the confidence and peace that you will bring me through all of my situations just like you brought your people, the Israelites out of Egypt. Father I ask you today to speak to me, direct and lead me that I may hold my peace in you, in Jesus name, Amen.

Exodus 14:14 (NLT): The LORD himself will fight for you. Just stay calm."

DAY 26

Let us Praise him because he is God. He is All Powerful.



Dear Heavenly Father,

I love you! I extol you! I exalt your name because you are worthy to be praised! I will praise you with my whole heart. I will tell the world how marvelous your works are! I will be glad and rejoice in you today, in Jesus name, Amen.

Psalms 92 :1-2 (ESV): It is good to give thanks to the LORD, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night.

DAY 27

GOD cares about you, and we have the victory in him.....



Dear Heavenly Father,

Thank you for this beautiful day! Father I ask You in Jesus name to perfect those things concerning me today. Please protect, guide and lead me today. Thank you Father for loving me so much, in Jesus name, Amen.

2 Corinthians 4:16-18: Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

DAY 28

May you walk in all of God's Fullness today: Peace, love, joy, self control, gentleness, goodness and faith.



Dear Heavenly Father,

Thank you for sending back the Holy Spirit to guide me. I desire Father for your Spirit to be in me today, in Jesus Name, Amen.

John 16:7,13-15: (KJV): 7: Nevertheless I tell you the truth; It is expedient for you, that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send Him unto you. 13: Howbeit when he the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear that shall he speak; and he will show you things to come. 14: He shall glorify me: for he shall receive of mine, and shall show it unto you. 15: All things that the Father hath are mine: therefore said I that he shall take of mine, and shall show it unto you.

DAY 29

God will renew your strength just trust him.



Dear Heavenly Father,

Thank You for Who you are and that I can put my trust in you. Father, would you please watch over me today, help me with each project and task that I need to complete? Help me not to get weary, in Jesus Name, Amen.

Is 40: 31 (KJV) But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

DAY 30

"Rise and shine and give God the GLORY!"



Dear Heavenly Father,

I bless YOU today. Let the Holy Spirit increase in me more and more each day. Cover me with your precious blood and please whisper a word in my ear, in Jesus Name, Amen.

Isaiah 60:1 (NIV) "Arise, shine, for your light has come, and the glory of the LORD rises upon you!"

DAY 31

Praise him all the time! Something happens when you praise him in the middle of a storm, and even when you are at the top of the mountain, the mountain seems to get taller when you praise him.



Dear Heavenly Father,

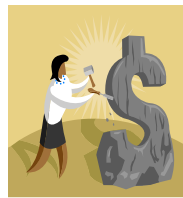
Thank you for you are a wonderful God. I will praise you all the time and nothing will separate or stop me from praising you. Father I praise you for your great and mighty acts performed in my life! I praise you for your excellent greatness that you depict even in my greatest sorrows and tribulations. I praise you even if I cannot carry a tune! I praise you when my dance move is off. Father I just love you and honor you today! I am grateful that I serve a GREAT GOD. Father today please walk with me and whisper your words to me that I may be rejuvenated, refreshed, revived and restored, in Jesus Name, Amen.

Psalm 148:13-14: Let them praise the name of the LORD: for his name alone is excellent; his glory is above the earth and heaven. He also exalteth the horn of his people, the praise of all his saints; even of the children of

Israel, a people near unto him. Praise ye the LORD.



Financial Tips: It's tax time!



Yes, it's tax time. This means that it's tax time 24 hours a day, 7 days a week. You heard correctly. One of the most disturbing things we see in our tax practice is taxpayers who fail to plan. Yes, they fail to plan because tax planning is the single most important financial act one can do for the upcoming year. Many taxpayers attempt to make key decisions on April 1, XXXX, for the preceding tax year. In other words, they change exemptions for their W-2, start Individual Retirement Accounts (IRAs), and start to keep receipts for the year that has already come and gone. We recommend in order to get ahead of Uncle Sam and his taxes is to start planning that day after (April 16, XXXX) you file your current year taxes. At this time you should be able to make smart and timely decisions. Here are some tax tips to plan for 2010. Items 1- 5 are some of the benefits that will no longer be available for tax year 2010.

- 1) If you are an educator (teacher, librarian, etc.) you lose the \$250 above the line deduction for expenses you purchase for your students.
- 2) You are not eligible to participate in a ROTH IRA if your Adjusted Gross Income (AGI) is \$177,000 if married filing jointly or \$120,000 if single.
- 3) Deduction for state and local sales tax
- 4) Government retiree credit

5) Exclusion of the first \$2,400 for unemployment benefits

Items 6 - 10 are tax tips one can use to reduce your tax liability and enhance your tax refund

6) If you had a tax liability in 2009, you may consider reducing your exemptions by completing a W-4 with your human resource office.

7) Start a traditional IRA or increase your contributions to a 401K in order to reduce your taxable income.

8) Many people have the "itch" to start a business. If this is the case with you, this will help reduce your tax liability provided your expenses exceed your income. But be sure you are ready for the business venture option. It's a LOT of work.

9) Give more to charity. This is not so obvious to many taxpayers. But it's a direct strategy to minimize your tax liability. That is, give more and you will pay less to Uncle Sam.

10) Finally, whatever option you choose above, keep meticulous records. The IRS is known to wait years before they come a calling. Generally, they have three years to review tax records. After three years, statute of limitations set in unless you're returned was considered fraudulent.

Barry L. Mitchell, Sr., Your Neighborhood Accountant



Healthy Choices



We are about 8/12's of the way through the new year of 2010. I'm sure, like many of us, New Year resolutions were made concerning food selections and maintaining a healthy weight. There is so much that can be said about making the wrong food choices. We all know that diabetes, heart disease, stroke, and cancer have some direct or indirect connection with our food choices and level of physical activity. It's not too late to get back on the horse if you have fallen off. Here are some suggestions: 1) Don't beat yourself up if you haven't stayed on course with your weight-food selection game plan; 2) Now is the time to make incremental changes; and 3) Slowly migrate away from foods high in saturated fat (fried foods such as chicken, hamburger, hot dogs, cake, ice cream, cup cakes, and the list goes on and on) and move to foods that are high in fiber. Some of those food items are fruit, grain, vegetables, cottage cheese, and beets. I know these foods don't appeal tasty or delicious, but they can add years to your life and give you a quality life that you would never be able to enjoy. Take the high road and decide to give yourself a fighting chance. For the life you save will be you own.

Keeping on save your life!

Barry L. Mitchell, Sr., Your Food Conscience



Hair Care Tips by Gifted Hands Styling Services

(Laurie Gadson, Owner/Operator)

540-760-6263

Care Hair Tip

Do not use regular cutting scissors (i.e. shears that are used to cut material, kitchen shears, nail shears, etc.) as this will cause damage to the hair follicle and slow the hairs natural growth.



HIGHLY FLAVORED CATERING SERVICES

(Jonathan & Laurie Gadson, Owner/Operator)

540-760-6263

We know that the summer is fast approaching and we all want to get out and “USE THAT GRILL”!!!! Here are a few safety tips for cooking and holding times.....

When you are cooking beef (i.e. hamburger, pork roast, etc.) make sure that the internal temperature is 265 degrees in an effort to kill all bacteria, so it is a good idea to use a food thermometer.

Chicken has a holding time of 3 hours after cooked. Also, be careful when handling chicken as it does carry the salmonella virus which could make you very ill and/or even cause death. Remember to wash all areas where the chicken was handled thoroughly so that you will not cause cross-contamination (personally, I use bleach and wipe down all

surface areas where the chicken is handled). Very important, WASH HANDS WELL!!!!

When defrosting meat (i.e. chicken, pork chops, hotdogs, etc., NOT STEAKS) if you are not going to cook it immediately, you should defrost in the refrigerator. If you are looking to defrost immediately, you could use cool running water to defrost or use the microwave.

There are so many other safety tips that could be given but I will leave you with this BE CAREFUL AND IF YOU DO NOT KNOW, JUST ASK SOMEONE. HAVE A SAFE AND BEAUTIFUL SUMMER.

HAPPY HOLIDAYS!

HAPPY LABOR DAY!

(SEPTEMBER 6)



Happy Grandparents Day!

(September 12)



Columbus Day
(October 11)



**LET'S
HAVE
SOME**

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██████████

FUN

LET'S HAVE SOME FUN!

Did you know that a woman invented the illusion transmitter that transforms flat images located behind your tv screen into 3-dimensional images that make them appear as though they are in your living room?

Guess who she is? Valerie Thomas!

You Go Girl!

WHO AM I?

How well do you know shoes?

Instructions: On the following page, see how many shoes you can identify correctly. Write the name of each shoe or pair of shoes in space provided underneath it/them. Choose the name of the shoe(s) from the list below. The answers are on page 35.

Shoe List

1. Moc
2. New balance
3. Sling backs
4. Mary Jane
5. Penny loafers
6. Fit flop
7. T-strap sandal
8. Mule
9. Thong
10. Croc
11. Espadrilles
12. Scuff pumper

WHO AM I?



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.

WHAT DO SHOES SYMBOLIZE IN THE BIBLE?

1. When you put your shoes on it symbolizes Readiness: Exodus 12:11
2. When you take your shoes off it symbolizes Reverence before God: Exodus 3:5; Joshua 5:15
3. Mourning: 2 Samuel 15:30
4. Giving in marriage to another: Mosaic Marriage Rights: Ruth 4:7, 8
5. When you untie or loose someone else's shoes it symbolizes an act of homage: Luke 3:16
6. Preparation for Service: Ephesians 6:15
7. Protection and Provision: Deuteronomy 33:25
8. Alertness: Isaiah 5:27

Answers to Shoe Activity

- 1. Penny Loafers 2. Mary Jane 3. Thong 4. Espadrilles 5. Sling Backs 6. Fit Flop
- 7. T-Strap Sandal 8. New Balance 9. Scuffpamper 10. Mule 11. Moc 12. Croc

Exercise Your Mind:

Keep Your Mind Sharp and In Tact! Read! Read! Read!

Book of the Quarter: I Love Being A Woman

Author: Patsy Clairmont

Vocabulary Word of The Quarter: Supplication - to make a request; to implore; to petition on bending knees



Bless A Sistah-Share Your Testimony

Got a testimony you would like to share? The Not Average Newsletter is now accepting testimonies to be published in its next edition. Testimonies must be submitted no later than October 1, 2010. Submit your testimony online or via mail. To submit your testimony online send to wmminc@gmail.com; by mail: WMMI, Attn: Not Average Newsletter, P.O. Box 337, Triangle, Virginia 22172-0337.

Bless A Sistah!

UPCOMING EVENTS

Not Average Anniversary Tea Celebration – October 2, 2010



Missions Trip to Guyana, South America – November 18-30, 2010



Not Average Christmas Adventure Day-Out – December 4, 2010



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