

September 2021

# WOMEN OF CONFIDENCE

New Horizon Outreach Ministry

## **LORD PREPARE HER** **WRITTEN BY DEBORAH CLARK**

**As women of God, the Lord prepares us for our spiritual and natural callings on our lives. God knows that we will have valley and mountain top experiences because He knew us before we were formed in our mother's womb and our footsteps are ordered by Him, and Him alone. The enemy is always seeking who he can devour, or should I say send us in a direction that he can cause confusion, division, and decrease our provision.**

**Each day, I have to confess,, "The joy of the Lord is my strength" (Nehemiah 8:10) and "Trust in the Lord with all my heart and lean not to my own understanding, but in all my ways acknowledge Him and He shall direct my path" (Proverbs 3:5-6) In times that we find ourselves where there is struggle, we must remember that Jesus, our Savior, also had struggle. He overcame fear, doubt, and unbelief.**

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# WOMEN OF CONFIDENCE RECAP

This past quarter, The Women of Confidence gathered together for some powerful and enlightening fellowship time, and let's not forget each event was so much FUN!

In March, the ladies came together to celebrate our one and only Pastor Patrice's birthday. It's always a good time when a party is involved. We laughed, played games, fellowshiped with one another, and enjoyed a light lunch together.

Necole certainly brought us a treat in April. She forced us out of our comfort zone. She presented us with a beautiful, full, peace lily. The plant was slowly but surely outgrowing its planter, ready to be uprooted and

repotted. The act of repotting a plant causes the plant a bit of discomfort but is ultimately rewarding because the plant now has room to grow. She used this illustration to explain that in order for us to grow in God's kingdom, it may require us to step outside of our comfort zone. She also challenged us to open up by answering different questions. Here are a few examples for you to ponder upon:

1. What keeps you from stepping out of your comfort zone?
2. What is your biggest fear?
3. What would you do if you knew failure wasn't a possibility?

Each lady present had the opportunity to share exactly what they felt. This allowed for us to be vulnerable with one another as we learned from each other.

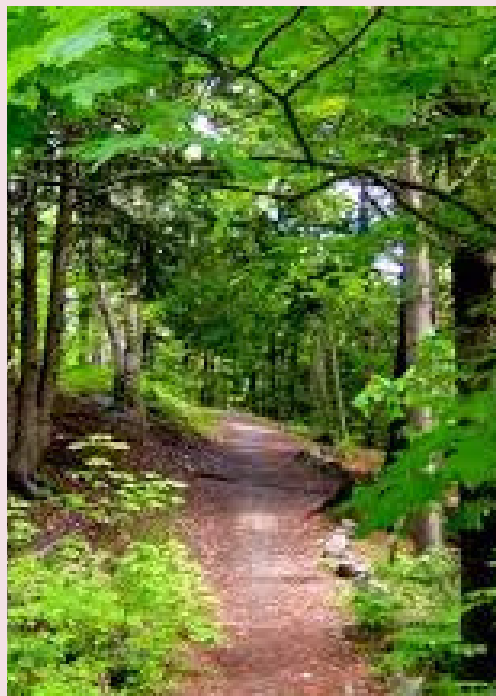
Lastly, in May Pastor Patrice put together a panel of women from WOC to answer questions submitted by the men of New Horizon wondering "Why women do what they do?" Apostle Carlos Keith acted as the moderator and the voice of the men. Each woman participated by giving their unbiased, honest answers to each question asked. This kind of interaction displayed the different viewpoints that each lady had. It was a learning experience for both the men and women. I want to encourage each and every one of you ladies who view this newsletter to join us at our Women of Confidence Fellowships. This is a great time to learn and grow with other women of God.

## UPCOMING EVENTS

The Women of Confidence gather on the second Saturday of every month. Here is a look at some of the upcoming events that are being planned for the women.

- Enjoy the beautiful colors of fall in nature, and join us on a hike on September 11th. We will meet at the Savannah Rapids Pavilion located at 3300 Evans to Locks Road in Martinez, Georgia. Be sure to have comfortable hiking shoes, sunscreen, and plenty of water!

We look forward to spending this time of fellowship together and please invite a friend. Please remember dates and times are subject to change.



# SPOTLIGHT ON GIRLS WITH SWORDS

"Iron sharpens iron, and one man sharpens another."  
(Proverbs 27:10 ESV)



Girl's with Swords is a mentorship program for our ladies ages 10-17. This ministry allows for young women to come together in fellowship with one another and be taught how to use God's word to navigate throughout their lives. We want to encourage everyone to bring your young ladies out to these events. For more information, please see Monica Keith, Tasha Parks, or Necole Reese.



## LORD PREPARE HER (CONT.)

As we are prepared for whatever it is that God has called you to, whether it be pulpit ministry, commitment to serving in whatever capacity in our connected churches, motherhood, singleness, doctors, nurses, community leader, etc. God will equip us to be committed to Him FIRST and as that happens, our commitment to other areas will increase.

Trusting God helps us to squash the head of the devil in every situation. Just remember who you are in Him and trust that He is preparing you for something greater and to finish the race that is set before you! We are "winners," but every winner must go through training (test, trials, and tribulations) to go to the next level.

We will WIN IN HIM!

WE ARE MORE THAN CONQUERORS!



”

Every  
winner  
must go  
through  
training!!

”



# MOVE THAT BODY

Ladies, LET'S GET ACTIVE!!!  
Perform the exercise  
corresponding to each letter  
of your first, middle, and last  
name. Rest for 15 seconds  
after each letter:

- A: 45 Second Plank
- B: 50 Jumping Jacks
- C: 30 Squats
- D: 10 Burpees
- E: 1 Minute Wall Sit
- F: 15 Push-ups
- G: 20 Arm Circles
- H: 20 Squats
- I: 30 Jumping Jacks
- J: 25 Leg Raises
- K: 50 Bicycle Crunches
- L: 20 Lunges (Each Leg)
- M: 60 Second Plank
- N: 10 Burpees
- O: 50 Arm Circles
- P: 1 Minute Wall Sit
- Q: 10 Push-ups
- R: 60 Second Plank
- S: 30 Squats
- T: 20 Leg Raises
- U: 10 Lunges (Each Leg)
- V: 100 Jumping Jacks
- W: 20 Burpees
- X: 25 Crunches
- Y: 30 Mountain Climbers
- Z: 20 High Knees

## QUARTERLY RECIPES SALAD EDITION



### CHICKEN PASTA SALAD by Delish

**Ingredients:** 1lb cooked fusilli pasta, 2 boneless skinless chicken breast, 1t garlic powder, kosher salt, black pepper, 1T EVOO, 4 slices bacon, cooked and crumbled, 2C halved grape tomatoes, 2C spinach, 1/2C crumbled feta, 1/4 red onion, thinly sliced, 2T fresh chopped dill. **Dressing:** 1/4C EVOO, 3T red wine vinegar, 1/2t Italian seasoning, 1 clove minced garlic, 1T dijon mustard, salt and pepper.

**Directions:** 1. Season chicken breasts with garlic powder, salt, and pepper. Heat oil over medium heat in a large skillet. Cook chicken until golden brown and cooked through. Let rest for 10 mins, then cut into 1" pieces. 2. To make dressing: In a medium bowl, whisk together oil, vinegar, Italian seasoning, garlic, and mustard. Season with salt and pepper. 3. In a large bowl with the pasta, toss together all remaining ingredients. Pour dressing over salad, toss until coated, and serve.

### BROCCOLI SALAD by Love and Lemons

**Ingredients:** 1lb broccoli crowns, 3T EVOO, 3T mayo, 1.5T apple cider vinegar, 2t dijon mustard, 1t maple syrup or honey, 1 minced garlic clove, 1/4t sea salt, 1/3C diced red onions, 1/3C dried cranberries **Smokey tamari almonds:** 1/2C almonds, 1/2C pepitas, 1T tamari, 1/2t maple syrup, 1/4t smoked paprika.

**Directions:** 1. Preheat oven to 350 and line a baking sheet with parchment paper. 2. Chop the broccoli florets into 1/2 inch pieces and any remaining stems into 1/4 inch dice. Peel any woody or course parts from the stem first. 3. In a large bowl, whisk together the olive oil, mayo, apple cider vinegar, mustard, syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat. 4. Place the almonds and pepitas on the baking sheet, toss with tamari, syrup, and paprika. Spread in a layer and bake for 10 to 14 mins. Let cool for 5 mins. 5. Toss the nut mix into the salad, season to taste and serve.



### TURKEY TACO SALAD by Budget Bytes

**Ingredients:** 1lb ground turkey, 1/2T olive oil, 2T taco seasoning, 1 head romaine lettuce, 1C frozen corn, 1 15oz can black beans, 1 pint grape tomatoes, 1 jalapeno, 2oz shredded cheddar **Dressing:** 1 avocado, 1/2C sour cream, 1 clove garlic, 1/4t salt, 2T fresh lime juice, 1/4 bunch fresh cilantro, 1/4C water

**Directions:** 1. Make dressing. Peel the avocado and remove the pit. Add the avocado to a blender with sourcream, garlic (minced), salt, lime juice, cilantro, and water. Puree until smooth and refrigerate. 2. Add olive oil to a skillet and heat over medium. Once hot, add ground turkey and cook. When about half way cooked, add taco seasoning and continue to cook until turkey is cooked. 3. Thaw frozen corn, wash and chop the romaine lettuce, rinse the black beans, slice tomatoes, slice jalapeno, and shred the cheddar cheese. 4. To build the salad, lay lettuce, top with beans, corn, tomatoes, cheese, ground turkey, and jalapeno. Drizzle with dressing and enjoy!





Mark your calendars and  
join us for our Apostle's  
Consecration on  
November 14th at 4pm at  
New Horizon  
Outreach Ministry!



Wishing a  
Happy Birthday  
to all those  
celebrating in  
September,  
October, and  
November!!!



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Stay connected by following the Lord  
Prepare Her Facebook page for updates on  
upcoming events and info.

*Thank!  
You!*

Pastor Patrice would like to thank all the  
women whom have participated in the Lord  
Prepare Her Facebook Page.  
Please continue to share your stories and  
words of encouragement. Remember our  
testimony is living proof that God's word  
works!

