



MINISTRY HELPMATES NEWSLETTER

Late Summer/ Early Fall

The Lord God said,
"It is not good
that the man should
be alone: I will
make
him a help meet
(mate)
for him."

Genesis 2:18 KJV

Honorable

Evangelistic

Leader

Prayer Warrior

Missionary

Available

Trustworthy

Encourager

Thoughts From Brenda

Check out our website:

www.enonbaptistassociation.org

Ladies,

Hello! It has been way too long since I have written to you or seen you but I have not forgotten you! Most of you know my journey this past year has been tiring, tough, trying and many other words I could give you to describe what has and is still happening to me. Just a brief (I don't know if it can be very brief) explanation for those who don't...it started last August with a thyroid test and then things went crazy from there. My thyroid was too high and kept getting higher and I was also diagnosed with thyroid disease and Grave's disease. Then I was sent to an endocrinologist that said we need to kill your thyroid then put you on medication so in January of 2017 they did the radiation/iodine process giving me the same amount of treatment they would give someone with thyroid cancer and we went on our merry way avoiding people so that I would not get sick since my immune system is nothing. So we went back to the endocrinologist and through many tests, trails, errors and meds find out my thyroid did not die (this is very rare, but if you know me I am all about rare). Plus during this time I was losing weight, and I had plenty to share and the doctor says we will give it some time and see if it goes ahead and dies, it did not!! So as a result of all the testing they retested my adrenal glands and cortisol the test showed my adrenal glands are in failure, your adrenal glands control so much in your body that I was not aware of; your adrenal (energy), hormones, emotions, pituitary and heart. So as a result of all the testing my adrenal glands are done because of my age and overall health they won't come back on their own, that's not to say I have given up I know God is bigger than these glands, but until then I have added medicine for the Graves disease and Adrenal failure. I am on steroids, so you know all the weight I loss has now turned around on me and I have gained due to the steroids and the disease. I will take the steroids from now on and take medication for anxiety. I have never experienced this type of anxiety so I am trying to learn. I have never had to live in boundaries but I am having to learn. I take steroids to prevent me from going into a "crisis mode" which means if I experience too much stress, anxiety, or other things it can put me in "crisis" and I could die and would have to be given medication to keep me alive. So this has been a tough road but I have been down rough roads before this is just a new "speed bump". I don't get out as much as I use too because of the lack of energy but don't give up on me just keep us in your prayers. I don't know where this road will lead but I know God does and He is my provider and encourager. The verse in Psalm 46:10 says. 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' You see there have been and still are a lot of decisions, fatigue and weariness but I keep reminding my heart to turn to the only One who has the answers to each and every single decision. I have had a lot of time to "be still" and to really listen to the Lord, when I get discouraged He lifts me and all the prayers that have be lifted on my behalf "thank you" when the tears fall He wipes those tears away and keeps reminding me He is here with me.

(Continued on the back.....)



The "ECHO" and
the
"MINISTRY
HELPMATES"
newsletters

Can now be viewed
at our association
website. Also you
can post your
prayer requests.

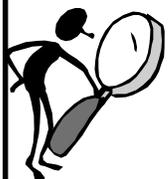
I have a lot of health problems but I am keeping on trusting in Him and know that I don't know the future He does and He has kept me here for a reason and if you know me well I always say you can either become bitter or become better, I choose BETTER! I am here to be His vessel to be used anyway that brings honor and glory to Him!

Lord, renew my awareness of Your presence. I need a fresh infilling of You in me. I need Your wisdom, for You to do a gentle, peaceful work in me that flows from me. No rushing. No pressure. Just peaceful guidance from You, leading to purposeful obedience from me. Be still. Be patient. Be quiet. Be trustful and know. That is where He calls me to go: Pause and find Him. Peace.

Love you,

Brenda

PS I am starting back with our Ladies fellowships so make plans to come



**WOMENS
CONFERENCES
And EVENTS**

LADIES...our next Pastors Wives and Staff Wives fellowship will be **Tuesday October 3rd at my home 201 Green Acres Drive, Atlanta, TX 6:00 PM**

I will send out reminders, directions and place. Mark your calendars now so you can be there! Just bring a covered dish and I will do drinks and dessert. Ladies, if you have never come to one of our fellowships we would love for you to come it is a night of fun and fellowship. If I do not have your email address please email me so I can let you know about upcoming events, send you the Association newsletter and let you know about our Pastor's Wives Fellowship meetings.



Ladies Conference

- ◆ Sept 23rd, Sat , "Redeemed, Renewed, and Transformed" Ladies Retreat at Good Exchange Baptist Church McLeod, TX Cost: \$15.00 for early registration by Sept. 1st \$20.00 at the door/ For more info contact Gayla Jones at 318-223-4565, Jamie Parker at 903-244-3033 or Noella McLaurin at 318-349-762

145th Annual Celebration

Date: Saturday, October 7th
Place: Oak Ridge Baptist Church, Marietta

Registration 8:30 AM
Times: 9:00 AM– 12:30 PM,
12:30 PM concludes with lunch provided by host church, And missions fair booths
Everyone welcome and encouraged to attend!



SBTC Bible Conference

and Annual Meeting at Criswell College
November Mon 13th - Tue 14th



Pastor/Ministry Staff/Supply Preachers/Retired Pastors and Wives Associational Christmas Banquet

Tuesday, Nov 28th 6:30 PM,
at FBC Atlanta Entertainment by:
"On my Way"
RSVP by Tuesday, November 21st

From my Kitchen to yours...

Rotisserie Chicken Casserole

3 cups of diced rotisserie chicken {or any other cooked chicken}
1 can cream of chicken soup {can use low-sodium or Healthy Request}
2½ cups cooked rice
½ cup sliced almonds
½ cup mayonnaise
¾ cup diced celery
½ cup crushed corn flakes
2 tbsp butter, melted
Instructions

1. Preheat oven to 350 degrees. Combine all ingredients into a greased 9x13 baking dish. I use a 9x13 because we like extra room for our corn flakes {more crunch!} but this recipe will fit into an 8x8 or 9x9 baking dish.
2. Mix up the ingredients right in the baking dish. Pour cornflakes into a bag and crush away. They don't have to be crushed to dust or anything - just break them down into smaller pieces. Sprinkle the cornflakes over the top of the casserole. Drizzle melted butter over the top.

Arizona Sunshine Lemon Pie

1 large lemon
4 large eggs
½ cup butter, melted
1 teaspoon vanilla
1½ cups sugar
1 (9 inches) pie crust, unbaked (or frozen deep dish)

– For the topping: (optional)

1 cup whipping cream
2 Tablespoons sugar

Take your pie crust out of the freezer or make your own. A frozen deep dish pie crust worked perfectly. Place it on a cookie sheet because the metal pan is not that strong but if using a glass pie plate you won't need to do this. Preheat your oven to 350 degrees.

Wash your lemon then cut up and remove all the seeds. (Don't peel it, you will blend the whole lemon!) Place in your high powered blender. Add the eggs, butter, vanilla, and sugar. Blend until smooth. Pour the mixture into your pie crust. Bake for about 40 minutes or until set. Let cool then chill in the fridge. For the topping: Place your mixing bowl and beaters in the freezer for about 20 minutes. Add your whipping cream and sugar. Whip until peaks form. Slice pie and serve chilled with a dollop of the whipped cream on top. This can be enjoyed warm or chilled.