

# Newsletter: Reflect & Refresh, Desiring A Godly Renewal!

## INSIDE THIS ISSUE:

|                         |   |
|-------------------------|---|
| Find Peace in Stillness | 2 |
| Assignment              | 3 |
| Managing Weight         | 4 |
| Bible Trivia            | 5 |
| A Mother's Love         | 6 |



**Mission:** To equip women to overcome life challenges and find God's purpose and fulfillment through prayer, teaching, and mentoring relationships.

**Vision:** Daughters of Hope Ministry is called to lead women towards spiritual, emotional, and physical wholeness through the application of biblical principles to their lives.

## “SAVE THE DATE”

We are living in a critical time where God is opening the hearts and minds of women to the possibility of their power to influence the world; shaping and developing their character to empower them to become living legends.

Legendary women are not just those in the history book, leading in business or politics. They are everyday women who choose to say yes to God. That one simple act can create a legendary legacy that lives on from generation to generation and forever changes the course of humankind as we know it.

Come join the DOHM at the 2024 Women's Retreat – “**Legendary Woman**,” where we will explore and present on several legendary women (biblical and today) who left and are leaving a legacy walking in the path where God has called them.

It is our prayer that as you participate, you too will discover your inner strengths, gifts, and the purpose for which you have been created by God to leave a legacy, being a “Legendary Woman.”

Register today at [www.daughtersofhope.org](http://www.daughtersofhope.org).



## Find Peace in Stillness

God will have the final say in everything that is taking place in our lives. Just be still. You can rest assured that He will take care of everything. Just rest in His presence.

In Matthew 6:9, Jesus taught us how to pray with reverence by modeling for us, "Hallowed be Your name." This phrase is a petition, not a proclamation. It is a request for the Lord to be hallowed in our lives. Allow the Lord to be holy, exalted, and glorified in your life. Be quiet and allow the Lord to have sovereignty over your life.

Psalm 46:10 shares a command and promise, "Be still and know that I am God." The command is to "Be still," cover your mouth and bend your knees. The promise is you will know that "I am God."

In the midst of all the storms that life brings, make sure you set your sight on God. Let God be God, and let Him be hallowed in your life.

Here are a few other scriptures that talk about being still.

- "The LORD will fight for you; you need only to be still." Exodus 14:14 (NIV)
- "So, the Levites quieted all the people, saying, "Be still, for the day *is* holy; do not be grieved." Nehemiah 8:11 (NKJV)
- "Be angry, and do not sin. Meditate within your heart on your bed and be still. *Selah*" Psalm 4:4 (NKJV)
- "Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes." Psalm 37:7 (NIV)

-- Linda Gary, DOHM President



## Assignment

Our default assignment from God is to show and lead others to Him. We are messengers. If we never figure out our God-given assignment in life, we should remember that the first assignment has always been for a born-again believer to be an ambassador for Christ. Therefore, we cannot say we don't know what God has called us to do; at the very least, act on this assignment, 2 Corinthians 5:17-20.

We are reconciled to God, recovered, once lost, but now found and restored to the right relationship with God. And now we can share the good news as messengers; God wants the world to know; He leaves no one out. But what does this ambassadorship look like? It will be different for everyone.

We have varied arenas to portray this position and vocations anywhere between professional to community volunteers. Consider the workplace, office setting, conversation at the coffee machine, and the conference room before a meeting. We don't always need to use the word Jesus or God to express hope in circumstances. After listening to their life's woes, most people will not object if we simply express empathy and say, "I will pray for you about that." With the many online church services, refer someone to a link or church website.

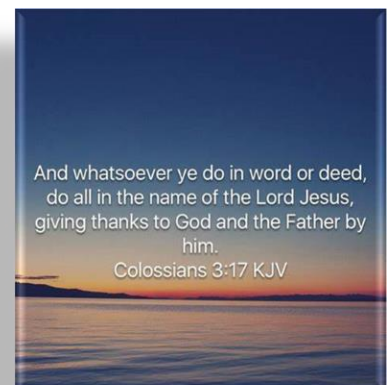
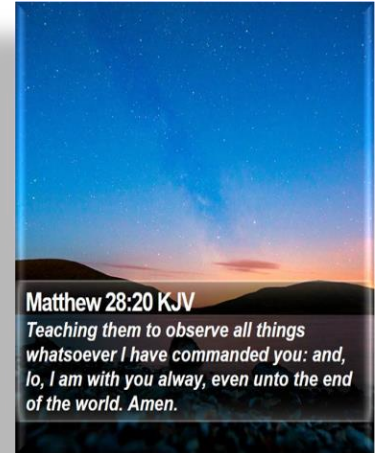
This assignment can also look like a mother or wife in the home. We can teach our children, and respect our husbands, letting them observe the model of Christ, 1 Peter 3:1-2. This assignment can also look like the ministry of DOH, sharing and caring about others enough to want them to live out the overcoming promises of God.

This assignment can certainly look like evangelism on the street, sharing literature with relatives or friends. You can challenge or invite someone to read a book with you or send a bible reading plan via the Bible app. This basic assignment can lead you to grow in unimagined ways, ministering at a level you thought yourself incapable of. And the truth is you were not equipped until Christ.

What is unique about this assignment from God is you have had no time to evaluate, study, or research. You have not necessarily had time to prepare; you cannot opt out. As an ambassador, you are not asked, "Your mission if you choose to accept it..." Not to ignore the effort and sometimes difficulty in carrying out our assignment. However, with the help and guidance of the Holy Spirit, the desired results will happen, whether we see them or not. So be encouraged; we have a helper and are not trying to complete this assignment alone; praise the Lord!





-- Constance Lowe, DOHM Technical Advisor

*Grow  
in Christ*

# As in the Natural, So it is in the Spiritual: Managing Weight

Some of us carry extra weight on our bodies, some carry excess weight spiritually, and some deal with them both. While trying to address them both, I noticed similarities in the ways they can be managed.

| Actions for weight management |   | Application   |  | Scriptures  |
|-------------------------------|---|---|--|---|
|                               |   | Physical  | Spiritual  |   |
| <b>Eat Right</b>              |    | <p>Eat fruits, vegetables, and healthy lean meats that are good for the body.</p> <p>Avoid JUNK foods.</p>  | <p>God's word is the spiritual food that feeds the soul.</p> <p>Meditate on scriptures that pertain to specific problems and burdens that you face.</p> <p>Sing and listen to uplifting and encouraging music.</p> <p>Listen to inspirational sermons.</p> | <p><b>Matthew 4:4</b> - Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"</p> <p><b>Jeremiah 15:16</b> - When your words came, I ate them; they were my joy and my heart's delight.</p>                           |
| <b>Exercise</b>               |   | <p>Engage in physical activity daily.</p> <p>To exercise means: to use to apply to engage in physical activity to sustain or improve health</p>   | <p>Pray to ask God for guidance and wisdom.</p> <p>Apply God's principles to the situations you are facing.</p> <p>Spend time praising and worshipping God.</p>  | <p><b>James 1:22</b> - Do not merely listen to the word, and so deceive yourselves. Do what it says.</p> <p><b>Hebrews 5:14</b> - But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.</p> |
| <b>Seek counsel</b>           |  | <p>See a nutritionist or dietician.</p> <p>Join a peer group like Weight Watchers or Overweight Anonymous.</p>  | <p>Search scripture.</p> <p>Seek guidance from a Pastor or church counselor.</p> <p>Link up with an accountability or prayer partner or a church small group.</p>  | <p><b>Proverbs 119:24</b> - Your laws are both my light and my counselors.</p> <p><b>Galatians 6:2</b> - Carry each other's burdens, and in this way, you will fulfill the law of Christ.</p>   |
| <b>Keep Track (Journal)</b>   |  | <p>Keeping track of what you ingest will help you identify negative inputs so that you can correct them.</p> <p>Keep a food journal to track the food you eat. Most of us are not aware of the nutritional value and quantity of what we eat. By writing them down, we can evaluate and make changes where they are needed.</p> | <p>Keep a spiritual journal to track thoughts, then evaluate them against what God says.</p> <p>Correct negative thoughts that weigh you down.</p>   | <p><b>Philippians 4:8</b> - Finally, brothers and sisters, Whatever is true, Whatever is noble, Whatever is right, Whatever is pure, Whatever is lovely, Whatever is admirable— if anything is excellent or praiseworthy— <b>THINK ABOUT SUCH THINGS</b></p>                              |



## “How well do you know the WORD?”

1. How many books are in the Protestant Old Testament? \_\_\_\_\_.
2. How many sons did Jacob have? \_\_\_\_\_.
3. This man wrote the first five books of the Old Testament. \_\_\_\_\_.
4. Name one of the two birds Noah sent from the Ark. \_\_\_\_\_.
5. What gave Sampson his strength? \_\_\_\_\_.
6. What does the word Israel mean? \_\_\_\_\_.
7. Who was the only female judge of Israel? \_\_\_\_\_.
8. What are the four rivers listed as flowing out of Eden? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
9. What musical instrument did David play? \_\_\_\_\_.
10. Who is the angel who told Mary she would give birth to Jesus? \_\_\_\_\_.
11. Where does Jesus give His first sermon? \_\_\_\_\_.
12. Where did Jesus turn water into wine? \_\_\_\_\_.
13. What is the name of the garden where Jesus went to pray after the Last Supper? \_\_\_\_\_.
14. What unusual gift did King Herod give to his daughter on his birthday? \_\_\_\_\_.
15. What city mentioned in the Book of Revelation is also the name of an American city? \_\_\_\_\_.

### Choose an answer from the list below:

- The head of John the Baptist
- Gihon
- Deborah
- His Hair
- 39
- Garden of Gethsemane
- Cana
- Hiddekel (Tigris)
- Philadelphia
- A Raven and A Dove
- Phirat (Euphrates)
- Prevails with God
- The Harp
- The Angel Gabriel
- Cana
- Moses
- 12
- Pishon

*Study to show thyself approved unto GOD,  
a workman that needeth not to be ashamed,  
rightly dividing the word of truth...*  
- 2 Timothy 2:15

## A Mother's Love. . . .

It is made of deep devotion and of sacrifice  
and pain.

It is endless and unselfish and  
enduring come what may.  
For nothing can destroy it or take that love away.

It is patient and forgiving when others are forsaking.  
And it never fails or falters  
even though the heart is breaking.

It believes beyond believing  
when the world around it condemns.  
And it glows with all the beauty of the rarest,  
brightest gems.

It is far beyond defining. It defies all explanation.  
And it still remains a secret like mysteries of creation.

A many splendored miracle man cannot understand.  
Another wondrous evidence of God's tender guiding hand.

Author: Unknown



As God has bestowed His unconditional love towards us, Mothers (and fathers) should also demonstrate this same love towards their children.

There will be times when Mothers will give sacrificially to their children as God has blessed them. However, on the other side, children should also be disciplined just as God is just in bringing correction. Having this balance will our children develop into responsible and loving adults, and they, too, will demonstrate the same toward their children when they are parents. In doing so, they will know and feel the love of God that they can walk in that love to share for generations to come. Mothers, love and discipline your children, even with the ups and downs. They are only there to make them better and stronger as they learn from them.

So, during this time of year, as we honor our mothers, let us not just reflect on this one day but that we celebrate and remember them in the many days, months, and years to come.

-- Linda Price-Smith, DOHM Newsletter Editor

### John 16:21

“A woman giving birth to a child has pain because her time has come; but when her baby is born, she forgets the anguish because of her joy that a child is born into the world.”

A  
mother's  
Love  
is the  
Heart  
of a family.

### Proverbs 31:25-30

“Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her: “Many women have done excellently, but you surpass them all.”

# DOHM

## UPCOMING EVENTS

- 2024 Daughters of Hope Women's Retreat – "Legendary Woman" / March 7-9, 2024. Register at [www.daughtersofhope.org](http://www.daughtersofhope.org).
- Bring Up the Treasure That Is Within You – Entrepreneur Event (*date to be determined*)
- Open Forum (*date to be determined*)

## Do-It-Yourself At Home



Exploring new ways to treat and care for ourselves is becoming increasingly more important daily, especially since the pandemic. See the links below for simple steps and natural skin care recipes using natural ingredients for DIY facials and foot care at home.

<https://www.hellodollface.com/clean-beauty/diy-facial-natural-ingredients/>  
<https://www.healthline.com/health/diy-foot-soak>

## Meet the DOHM Vendors



For more information on previous conference vendors, please visit the DOHM website at <https://daughtersofhope.org/conference-vendors/>



The Daughters of Hope Ministry is a 501(c)(3) organization. Your tax-deductible contributions are welcome to help host events that will build up the spirit, soul, and body. Donations can be made via PayPal, credit cards, and checks. Checks can be mailed to the Daughters of Hope Ministry, P.O. Box 583, Glenn Dale, MD 20769. Year-end tax statements will be provided.

## CONTACT US

**Daughters of Hope Ministry**  
 P.O. Box 583  
 Glenn Dale, Maryland 20769  
 443-422-DOHM (3646)  
[www.daughtersofhope.org](http://www.daughtersofhope.org)  
[daughtersohope@aol.com](mailto:daughtersohope@aol.com)  
 Twitter: @dohmG62

### Bible Trivia Answer Key:

- |                       |   |
|-----------------------|---|
| 1. 39                 | 8. Pishon, Gihon, Hiddekel (Tigris), and Phirat (Euphrates) |
| 2. 12                 | 9. Harp   |
| 3. Moses              | 10. Gabriel   |
| 4. A Raven and a Dove | 11. The Mount   |
| 5. Hair               | 12. Cana  |
| 6. Prevails with God  | 13. Garden of Gethsemane                                    |
| 7. Deborah            | 14. The head of John the Baptist                            |
|                       | 15. Philadelphia  |

