



“PREPARED & PRAYERFUL”

Daughters of Hope Ministry 2025 Tea

It is Tea time! The DOHM event, "Don't Forget The Oil," is coming up soon. **The deadline to register is May 2, 2025; tickets will “not” be sold at the door.** So, we encourage you to complete your registration at your earliest convenience to ensure your attendance.

The theme of the Tea was inspired by the parable in Matthew 25:1-13, where Jesus likened the kingdom of heaven to ten virgins who took their lamps to meet the bridegroom; five were wise (prepared) and five were foolish (not prepared). This event reminds us of the beauty of preparation and staying spiritually ready.

Come join us as we sip on tea, savor light refreshments, and enjoy an uplifting time of fellowship, music, and God's Word at the Comfort Inn & Suites in Bowie, Maryland. Special group discounts are available for tables of eight—perfect for your ministry, family, or small group. Reserve your spot today for a relaxing and meaningful Spring afternoon that will renew your spirit and connect you with others in faith

See the flyer below to register now (scan the QR code or click on the Registration tab). We look forward to your participation!

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www.daughtersofhope.org

Daughters of Hope Ministry

presents

Don't Forget the Oil

“Women's Tea”

Matthew 25: 1-13

Keynote Speaker:
Rev. Nikki Pearson

Date: May 17, 2025
Time: 11am-1:30pm
Location: Comfort Inn & Suites
4500 Robert S. Crain Hwy
Bowie, MD 20722

“Stay Prepared & Diligent”
For more information and to register
please click the link or scan QR code below

Registration

Guest Psalmist: *Larry Vaughn*

Be Still and Know that I am God

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"- Psalm 46:10

The Hebrew word for "be still" in this verse (raphah) means more than being quiet. It suggests a letting go, a release, a surrendering of control. It is an invitation to surrender control and trust in God completely, knowing that His plans are far greater than our own. When we are still, we acknowledge that God is omniscient (all-knowing), omnipresent (present everywhere), omnipotent (all-powerful), and sovereign over all things. Knowing who God is implies we can trust Him and surrender to His plan because we understand His ultimate authority.

What does it mean to "be still"?

Being still is more than an external quiet; it is a posture of the heart. It means surrendering our worries, fears, and desires to God. It is a call to trust His plan, even when we do not see the full picture.

Be still in His presence. When life feels too heavy or chaotic, take a moment to pause and simply *be* with God. In those moments, allow your heart to align with His will.

Be still before you eat, remembering God's provision. Acknowledge that every good gift comes from Him and express gratitude for His provision.

Be still when there is a problem. When difficulties arise, pause before reacting. Trust that God is already at work in your situation, even when the path forward is not clear.

Be still in both the light and the dark, in times of abundance and lack, in moments of joy and in seasons of sorrow. Being still is about remaining grounded in His presence no matter the circumstances.

Being still does not mean we do nothing; we are to:

1. **Trust God Daily** – "But someone will say, 'You have faith, and I have works.' Show me your faith without your works, and I will show you my faith by my works." James 2:18 (NKJV)
2. **Pray Without Ceasing** – "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:16-19 (NIV)
3. **Expect Great Things from God** – "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 (NIV)
4. **Hear from the Holy Spirit** – "However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own *authority*, but whatever He hears He will speak; and He will tell you things to come." John 16:13 (NKJV)
5. **Spend Time in His presence** – "Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28 (NIV)
6. **Move in Faith** – "Then the Lord said to Moses, 'Why are you crying out to Me? Tell the Israelites to move on.'" Exodus 14:15 (NIV)

May we all learn to "be still" in His presence, trusting His timing, His ways, and His faithfulness.

Linda Gary, DOHM President



Relax
Refresh
Rejuvenate!

"Rest, Mama: Because You Matter Too"

Job, kids, homework, cooking, cleaning, ministry—then it's off to bed, only to wake up and do it all over again. Sound familiar? If your days feel like a whirlwind of tasks, leaving you drained and disconnected, you are not alone. Many mothers find themselves pouring out for everyone else, only to realize they have lost touch with themselves somewhere along the way. But this is not how God designed it to be.

As a mother, you are meant to be honored and cherished. Yes, your role is vital—but so is your well-being.

Before you can fully care for your family, you must first care for yourself. Self-care is not selfish; it is sacred. Carving out time for rest is not a luxury but a necessity. The Bible reminds us that even Jesus took time away to rest and pray. How much more, then, should we follow His example?



Find a quiet corner in your home, a cozy spot in your favorite coffee shop, or even a shady tree in the park. These sacred pauses are your opportunity to breathe, to pray, and to realign your heart with God's. In those still moments, ask the Lord for directions; what does He want you to focus on today? How can you navigate the pull of responsibilities while still maintaining your peace?

Let your rest become a rhythm. Use devotional time to reflect on where you have been, where you are, and where God is leading you. In doing so, you will find that rest is not an interruption—it is God's invitation to walk in His strength.

Remember, when you are well, your family thrives. So take that moment. Breathe. Reconnect. And let the rhythm of rest restore your soul.



Reflection: As you respond to the Lord's invitation to rest, what are you discovering about yourself, and how do you find true rest in Him?

Scripture Meditation: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."
Matthew 11:28-29

Tomiko Hankerson, DOHM Vice President / Administrator

You Matter!

Daily . . .

I am reminded of the old hymn, "I need thee every hour"; it expresses continued oversight from God. I think most of us would say we want God's presence never to leave us, and that is how He is omnipresent. I ask myself, "Am I with Him always?" a relationship that acknowledges daily companionship. I want to encourage us never to step away or think time with God can be set aside, even for a day.

With our time, we should not act like we are calling God to do errands. We can be quick to ask God for help, fix this, take care of that, provide here, etc. Spending time with our Lord and Savior becomes a two-way commitment, requiring time daily. He wants our time and fellowship, not our to-do list. God does many things in our lives and in the lives of others, but He is personal. He has things to tell and show us if we make room. He knows our future.

A day is described as a period from sunrise to sunset. Our Lord God knows we have daily needs. Consider the Lord's prayer verse, "Give us this day our daily bread." He has daily provisions for us. Be careful you are not running on yesterday's fumes. The people of Israel were given Mana every day; on the sixth day, there was enough for the seventh. Therefore, God provided for every day. But they had to go out and get it, decide, take the time, and reach for it.

Our God loves to be with us; consider the 5 Love Languages as described in a book written by Dr. Gary Chapman. I say God has them all, so how do we show them to Him?

1. **Words of Affirmation:** Expressing our thanks, "I love you, Lord."

Leviticus 22:29 - "And when you offer a sacrifice of thanksgiving to the Lord, offer it of your own free will."

1 Chronicles 16:8 - "Oh, give thanks to the Lord! Call upon His name; Make known His deeds among the peoples!"

Ephesians 5:17 & 20 - "Therefore do not be unwise, but understand what the will of the Lord is. . . . giving thanks always for all things to God the Father in the name of our Lord Jesus Christ."

2. **Physical Touch:** The woman in Luke 8 who touched Jesus' garment made a withdrawal; using her faith, she pulled from the Lord what she needed, and He was definitely aware of it. Know that God is aware of you when you make a demand on His virtue by faith.

Luke 8:45-46 - "And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" But Jesus said, "Somebody touched Me, for I perceived power going out from Me."

3. **Acts of Service:** Showing care for those who have a need.

Matthew 25:40 - "And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'"



Daily . . . (Continued)

4. **Gifts** - Praise, reminding our Lord that we love Him and spend time and energy doing it.

Psalm 150:1-6 - "Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His excellent greatness! Praise Him with the Sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the Lord. Praise the Lord!"

5. **Quality Time** - Showing love and devotion, giving Him your undivided attention, spending uninterrupted quality time ignoring distractions, and showing that He is the most important thing. Psalm 1:2 But his delight is in the law of the Lord, And in His law he meditates day and night.

Deuteronomy 6:5 - "You shall love the Lord your God with all your heart, with all your soul, and with all your strength."

Joshua 1:8 - "This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."

Psalm 1:1-3 - "Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful, But his delight is in the law of the Lord, And in His law he meditates day and night. He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper."

Now, who does not want prosperity and success? Spending time and our thoughts on Him is daily. Guard against getting too busy and thinking God is inconvenient to your schedule.

Who are we, for God created day and night? Time for us is such a small thing. 2 Peter 3:8 states, "But, beloved, do not forget this one thing, that with the Lord one day *is* as a thousand years, and a thousand years as one day." A day missed with God can be like a thousand years for Him, oh my!

Decide today how you will do your daily time with the Lord God. Are you going to express one of the love languages to Him or sit with Him as a friend and just hang out, possibly receiving wisdom or guidance? I know there have been times I have spent with the Lord, and it came back to me during the day in a decision I needed to make, not knowing that what was shared earlier would be necessary for the day. Whatever, and no matter what, don't miss your time with God. (Scriptures from NKJV)



Constance Lowe, DOHM Technical Advisor

Honor Your Father and Mother in the Lord



Honoring parents is a clear biblical command, but it can feel especially challenging when the relationship is strained. Whether due to past hurts, disagreements, or ongoing conflicts, the idea of honoring parents in difficult circumstances may seem overwhelming. However, the Bible teaches that honoring parents is not based on their perfection or worthiness but on our obedience to God.

One of the most direct commands regarding honoring parents comes from Ephesians 6:2-3, "Honor your father and mother, which is the first commandment with promise: that it may be well with you and you may live long on the earth." This verse, originally given in Exodus 20:12 ("Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you."), does not provide exceptions for difficult relationships. Instead, it emphasizes that honoring parents is a divine principle that leads to blessings, regardless of the circumstances.

The Bible also speaks of children, that parents do not provoke them to wrath, but to bring them up in the nurture and admonition of the Lord (Ephesians 6:4 and Colossians 3:21). The purpose of parental discipline is to help children grow, not to hurt or discourage them. Parenting is not easy, and it takes lots of patience to raise children in a loving, Christ-honoring manner; frustration and anger should not be causes for discipline. Instead, parents should act in love, treating their children as Jesus treats the people He loves. This is vital to a child's development and their concept of the Lord.

There are cases where a parent may have been abusive, neglectful, or toxic. In such situations, honoring may look different. It may involve:

- Choosing forgiveness without reconciliation (if reconciliation would cause harm).
- Maintaining a respectful distance while still acknowledging their role.
- Seeking godly counsel to navigate the relationship wisely.

Also, children honoring their parents does not mean approving wrongdoings, enabling toxic behavior, or pretending that past wounds do not exist. Instead, it involves:

- Showing respect: Speaking with kindness, avoiding insults, and acknowledging their role in your life (Ephesians 4:32).
- Forgiving past hurts: If you have a grievance against someone, forgive them as the Lord forgave you. Letting go of bitterness frees your heart from resentment (Colossians 3:13).
- Setting healthy boundaries – Honor does not mean allowing ongoing harm; however, setting limits can help maintain peace while still showing respect (Proverbs 4:23).
- Caring for their needs when possible – Even if the relationship is not close, finding ways to ensure their well-being reflects God's love (1 Timothy 5:8).
- Praying for them – Asking God to bring healing, wisdom, and reconciliation can be one of the most powerful ways to honor them (Ephesians 6:18).



Honor your father and mother in the Lord, even in strained relationships. It is ultimately an act of obedience to God and not just a response to human behavior. While relationships may not always be perfect, we are called to reflect God's grace, wisdom, and love as believers. By setting healthy boundaries, extending forgiveness, and treating parents with respect, we can uphold this biblical command while also protecting our own emotional and spiritual well-being.

Linda Price-Smith, DOHM Newsletter Editor



How Do I Keep My Lamp Full Of Oil?

I am glad that you asked. Keeping your lamp burning does not have to be hard. In fact, there are a few simple but powerful ways to keep your lamp full of oil.

Nurture and maintain a strong faith

Faith comes from hearing the Word of God, but it does not stop there. Be a doer of the Word, not just a hearer. This will deepen your faith and strengthen your relationship with the Lord.

**1 Corinthians
16:13**

Invite and receive the Holy Spirit

The Holy Spirit empowers you to honor and worship God in your thoughts, words, and actions. The Holy Spirit guides your steps and helps you to live in a way that is pleasing to God.

Acts 8:15

Make prayer a constant part of your life

Prayer is how we stay connected to God. He listens and responds, and our relationship with Him deepens through this ongoing conversation.

**1 Thessalonians
5:16-18**

Spend time in God's Word

Reading and meditating on Scripture renews your spirit and helps you align with God's will for your life.

Joshua 1:8

Stay engaged in the body of Christ

Being active in a community of believers encourages growth, accountability, and support as you walk in faith.

**1 Corinthians
12:12-27**

Take these few simple steps to stay ready and spiritually full. By doing so, you will keep your lamp filled with oil and your heart prepared for whatever lies ahead.

Gretchen Huntley, DOHM Member

**Keep your
lamps filled
with oil.**



We Have Help

Before His crucifixion and resurrection, Jesus prepared His disciples for what they would experience after He left. One of the things He said was, "I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you." (John 16:7) He was referring to the Holy Spirit. He told them to wait in Jerusalem for the promise.

He also said, John baptized with water, but they would be baptized with the Holy Spirit. So, the advantage of Him leaving would be that He had been *with* the disciples, but the Holy Spirit would *dwell within* them.

The promise was first manifested while the disciples were gathered in an upper room on the day of Pentecost. Acts Chapter 2:2-4, says, "Suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance".

The following is a list of some of the Holy Spirit's ministries that were found on the website <https://www.crossway.org>.

- He counsels ([Isa. 11:2](#))
- He imparts wisdom ([Isa. 11:2](#))
- He adopts ([Rom. 8:15](#))
- He calls to ministry ([Acts 13:2-4](#))
- He empowers ([Acts 1:8](#))
- He illuminates ([1 Cor. 2:10-13](#))
- He produces fruit ([Gal. 5:22-23](#))
- He seals ([2 Cor. 1:22](#))
- He strengthens ([John 14:26](#))
- He helps ([John 14:16](#))
- He intercedes ([Rom. 8:26](#))
- He provides truth ([John 14:17, 26](#))
- He teaches ([Luke 12:12](#))
- He testifies ([John 15:26](#))
- He guides ([Acts 16:16-17](#))
- He grieves ([Eph. 4:30](#))
- He convicts ([2 Thess. 2:6-7](#))
- He loves ([Rom. 5:5; 15:30](#))

Today, we receive the Holy Spirit at the time we receive the Lord Jesus Christ as our Savior ([John 3:5-16](#)). The Holy Spirit comes to live within (indwell) us at the moment we believe. The Holy Spirit is our helper, comforter, and guide.

Cornette Cole, DOHM Treasurer





Daughters of Hope Ministry – Event Vendor



THE KNEADING WELL
You need us. We knead you.



"I have always aspired to have a fulfilling and purposeful life that consists of using my talents to bring meaning, joy and comfort to others. I have been a practicing registered Nurse for over 20 years specializing in areas such as neurotrauma and Labor and Delivery. As a nurse interacting with all types of patients across the lifespan, I saw the need to help people connect with their self and their bodies in a way to promote optimal wellness through healing and relaxation, movement and mobility, restoration and recovery."

As a practicing licensed massage therapist for over 15 years, I use integrative massage and bodywork modalities to help people feel better, heal better, function better and live better within their bodies. I want people to better appreciate every body part, every muscle fiber, every strand of connective tissue and fascia, and every joint, tendon and ligament that supports them daily. **The Kneading Well, LLC** came to fruition in 2020 as a result of my journey and commitment to helping others discover optimal function, health and wellness through massage therapy and bodywork.

My combined medical and athletic backgrounds provide me with a skill set to address a variety of client's needs from sports performance to chronic medical conditions. Over the past 10 years, I have been developing my professional skills and building my foundation. I completed two Masters Degrees in Leadership and Management (2010) and Business Administration (2018). I am certified in Nurturing The Mother® Prenatal Massage, a certified Modern Cupping Therapy® Practitioner, a certified SportStretch® massage therapist, a certified Manual Lymph Drainage Therapist Vodder method trained through Klose and trained in post-op massage through Academy of Lymphatic Studies (ACOLS). I am also a member of several organizations: Association. of Bodyworks and Massage Professionals (ABMP), American Massage Therapy Association (AMTA) and Alpha Kappa Alpha Sorority Incorporated (AKA).

The Kneading Well welcomes **YOU** to a space where you are our focus. We provide customized [Massage Therapy](#) services to knead and unravel the tensions of your mind and body that prevent you from achieving optimal function and wellness.

Kyanni Fleming MS, MBA, BSN, RN, LMT, CMLDT

Tel. 443-203-8308

Email: info@thekneadingwell.com

Website: <https://www.thekneadingwell.com/>

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

Save The Date
DAUGHTERS OF HOPE MINISTRY
2026 Women's Retreat
March 5th - 7th, 2026

For Such A Time As This

More information coming soon

*Perhaps you have come to your royal dignity
for just such a time as this. Esther 4:14*

Shenandoah Valley Conference Center
710 S. Main Street, Harrisonburg, VA 22801
www.daughtersofhope.org

Come join the Daughters of Hope Ministry for their “2026” Women's Retreat – “For Such A Time As This,” March 5-7, 2026, at the Hotel Madison Conference Center, Harrisonburg, VA. The theme of the Women's Retreat was inspired by Esther 4:14 that holds a powerful and timeless message.

“For if you remain silent at this time, liberation and rescue will arise for the Jews from another place, and you and your father's house will perish [since you did not help when you had the chance]. And who knows whether you have attained royalty for such a time as this [and for this very purpose]?” (AMP)

These words, spoken by Mordecai to Esther, resonate deeply within the narrative of the Book of Esther, where they saw that God had placed them in their positions for a purpose, so they seized the moment and acted. This was a powerful call to courage, purpose, and seizing the moment. God has also placed you here with purpose and strength. There is so much uncertainty, division, and unrest going on in our world – whether it is political tension, social injustice, war, economic instability, climate challenges, or even just the overwhelming pace of change.

In times like these, it is easy to feel small or powerless. But don't withdraw, behave selfishly, and wallow in despair. Instead, ask God for His direction, and act. God may have placed you where you are “for such a time as this.”

The Women's Retreat will be a time of encouragement, renewal, and faith as we come together to seek God's strength. Let us stand firm, support one another and step boldly into our purpose – for such a time as this.

Come be refreshed, inspired, and reminded that you are not alone. We look forward to sharing this special time with you on this journey! To learn more about the DOHM, scan the QR code above or visit us at www.daughtersofhope.org.



- ✚ DOHM Tea, "Don't Forget The Oil" (Saturday, May 17, 2025) – Register now at [DOHM Tea Event - Don't Forget The Oil](#) (Tickets will "not" be sold at the door)
- ✚ DOHM 2026 Women's Retreat, "For Such A Time As This" (March 5-7, 2026)
- ✚ Entrepreneur Event, "Bring Up the Treasure That Is Within You" (Date TBD)
- ✚ Open Forum – (Title and Date to be determined)



The DOHM continues to pray for all of you. We stand together offering support and strength through prayer, and we believe in the power of collective prayer to uplift and comfort one another. However, if you have an individual specific request that you would like us to pray over, we invite you to submit it on our website at www.daughtersofhope.org or by email at daughtersohope@aol.com. Whether it is a personal struggle or a loved one in need, your prayer requests are welcomed and valued. Rest assured that your requests will be held in confidentiality and treated with respect.

The DOHM is a 501(c)(3) organization. Your tax-deductible contributions are welcomed to support the DOHM's mission and vision in **Helping Oppressed People Everywhere**, to build up the spirit, soul, and body. Thanks to those who continue to donate, your generosity is very much appreciated. Donations can be made via PayPal, credit cards, and checks that 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
daughtersohope@aol.com
Twitter: @dohmG62

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.

Scripture:

- [Zechariah 2:10](#) – "Sing and rejoice, O daughter of Zion! For behold, I am coming, and I will dwell in your midst", says the Lord."
- [Galatians 6:1](#) – "Bear one another's burdens, and so fulfill the law of Christ."

