

# NEWSLETTER

Consolidated Baptist District Women's Auxiliary

# Women In Worship 2024

## MISSION EFFORT

How can you help  
**Jackie's House?**

- ◆ Laundry detergent
- ◆ Dryer Sheets

**Bring your  
donations to WIW  
May 3, 2024**

### Also REMEMBER

- ◆ Church Registration \$50
- ◆ Individual donation \$5

"And let us consider one another in order to *STIR UP* love and good works" Hebrews 10:24

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*Macedonia Baptist Church, Cynthiana*




Join us as we share with the Consolidated Baptist District Women's Auxiliary (CBDWA) for the "Women in Worship"

**Church Registration**  
\$50

Friday, May 3, 2024  
7:00 p.m.

**Offering \$5**  
*(asked of each attendee)*

103 East Pearl Street  
Cynthiana, KY 41031  
(859) 234-8473

*Rev. Anthony L. Stevenson, Pastor*

\*\*\*\*\*

Our Community Focus and Mission  
**Jackie's House**  
*"A Sober-Living Home for Women"*

Hope for Recovery KY, Inc  
*"Christ-Centered Recovery"*

Sis. Anna Allen-Edwards  
*President*

*Stir Up The Gift!*  
2 Timothy 1:6

Rev. Reginald Davis  
*Moderator*

## President's Address



Dear Sisters,

May flowers are springing up and their sweet fragrances fill the air reminding us that every good and perfect gift comes from God. May has many offerings: Women In Worship, the Derby, Graduations, Mother's Day, Mind Your Business Health Fair, and Memorial Day. The RETREAT is full, but we're asking all to come and join us for "Women In Worship" on Friday, May 3, 2024, at 7 p.m. in Macedonia,

Cynthiana. Pastor Anthony Stevenson, Sis. Demita Stevenson and the whole congregation have been working diligently to "Stir It Up!" where we can all worship God in spirit and in truth! Don't forget to have your church register. Our mission project is Jackie's House, and they need laundry detergent and fabric sheets. Please, let's try to bless them! Remember, we don't care what color you wear, we just want you there!

Also, May 18, 2024, beginning at 11 a.m., we will have a MIND YOUR BUSINESS: Heart, Soul, and Body Health Fair at Shiloh Baptist, Lexington where Dr. Joseph Owens is the pastor. Healthcare Coordinator Elma Zachary and her team have pulled out the stops and plan to "Stir It Up!" with a food truck, vendors and healthcare professionals of all ilks there. This free event is open to the public.

Last, if your mother is still here, please honor her this Mother's Day. She was used by God to bring you into this world and for her obedience she deserves honor and respect, whether she is living or not. This Mother's Day, I honor and respect the memory of my mother, Sis. Enestine Kizzar Crooks Allen, who though widowed at 33, did all she could to love and rear her five children and stir up the gifts within us to include love and good works. Stir It Up this May.

Blessings!  
Sister Anna

## WIW PATRON LIST

*Your support means so much to us! Praise the Lord for your prayers, your time and your generous donations.*

Charles and Anna	Allen-Edwards***
Sara	Baird
Rev. Keith	Barbour
Eleanor	Barbour***
Christine	Barrett
Lou Jane	Basham
Victorious	Bennett
Lumar & Kierra	Bennett
1st VM Rev. L. Rodney	Bennett***
Vonita	Bennett***
Faye	Bingham
Alton	Boone
Francine	Boone***
Harriet	Broadus Grace
Lisa	Brown
Lucille	Brown
Connie	Brown
Vida	Brown***
Peggy	Burns
Rev. Ronald	Burns***
Renee	Burns***
Vivian	Carmouche
Yvonne	Carson
Tonya	Carter*
Brenda	Carter*
Dr. Bishop	Carter, III**
Sharon	Childs
Sarah	Coffey
Darralynn	Combs
Moderator Rev Reginald	Davis***
Elaine	Dawson

Greg	Duffin
Louisa	Edmonds
Alexis	Edwards
Sherri	Edwards
Tommy	Franklin
Wanda	Frazier
Rev. Robert & Linda	Gates***
Dorothy	Gibbs
Deborah	Griggs
Sondra	Grissom-Cordray
Otis	Hardin
James	Hardin
Jared	Hardin
Paula	Hardin***
Gloria	Hatchett
Ahijah	Hinneh
Brenda	Holmes
Ed	Holmes
Barbara	Hughes
Sherry	Jackson***
Linda	Kentz
Paul	Kinnerson
Alicia	Kirby
Virginia	Kirk
Laverne	Laine
Marilyn	Lewis
Priscilla	Lewis
Bobbie	Livingston
Valinda	Livingston*
Isabelle	Mack***
Valerie	Marshall*

Brian G.	Mason
Chauncey	Mason
Jessica	Mason
Ruby	Mason
Augusta M.	Mason***
Priscilla	McCowan
Rita	Mobley
Leseia	Morton
Elizabeth	Owens
Dr. Joseph	Owens**
Ollie	Raglin*
Amber	Reed***
Carolyn	Reese***
Ann	Rice
Venda	Ridgeway
Debra	Smalley
Edwina	Smarr
Patricia	Smith
Diane	Spencer
Karen	Taylor
Debra	Taylor
Charlene	Taylor
Virgie	Thompson
Felicia	Thompson
JoAnn	Washington
Deonte	Watson
Jacklyn	Wingate-Harris
Elma	Zachary***
Edwards Rental, LLC	
CBDA Laymen***	

\*Former President

\*\*Former Moderator

\*\*\*Current Officer



## Reflections of Retreats with Mom

I remember when my mom took me to my first retreat, we was in Atlanta, Georgia, profound memories shared with mom and today I still attend every year ♡ ♡ ♡ -Sherry Jackson

My first one was with my mom over 20 years ago? I fell in love with the fellowship and the sweet sisterhood spirit of the event then and love it to this day! My momma actually drug me...even as an adult and I'm glad she did!! Some of our best memories together! -Eleanor Barbour

My mom took me to the very first woman's retreat and I too loved the fellowship and have been attending almost every year since! It became an annual trip for us. ❤️ 📷 🍷 -Renee Burns

I attended my first retreat with my Mom, my Mom's sisters (my Aunts) my sister, my bestie Sharon Brown Scott and friend Carolyn Bogarty. -Vida Brown

My aunts started bringing me to the retreat. They were faithful in attending the retreat every year. Sadly, but gladly they, Betty Jean Dawson and Pat Jackson, went on to be with the Lord a few years ago. They both were such a light! If you knew my aunt Pat, she always had a pleasant smile and kind words to share. If you knew Betty Jean(aunt Jeannie) you would ALWAYS get a laugh! I remember Atlanta-Dash Gladys Knight's restaurant, chicken and ribs, the



Gaylord Opryland hotel was nice, and the best one I remember was in North Carolina. I remember the banquet crew were shouting and praising God (I'm tearing up right now), and One even accepted Christ. We opened up with the song "anything can happen in here." We've truly had some amazing times- breakthroughs, answered prayers, healing, just hallelujah good times! Thank God for all the ones before who worked really hard to make these retreats amazing. -Isabelle Mack

Sisters, thank you so much for your heart Retreat Testimonial... Let's seek to bring our daughters to the next retreat...continue the legacy

**Challenge:** Make lasting memories with your daughter or a younger woman. Every older woman seek to find a young woman to mentor and bring along to the 2025 Retreat.

“That they may teach the young women...”  
Titus 2:4

Share your best Retreat memories in the June newsletter. Send to Vonita Bennett at [vgbnjoy4life@yahoo.com](mailto:vgbnjoy4life@yahoo.com) by May 15, 2024.



Consolidated Baptist District Women's Auxiliary  
2024 CBDWA  
**Women's RETREAT**  
**STIR IT UP!**  
|| Timothy 1:6  
REGISTER NOW - LIMITED SPACING!!  
SATURDAY  
JUNE 22, 2024  
10:00 A.M. - 4:00 P.M.  
CBDWA President: Anna Allen-Edwards  
CBDA Moderator: Rev. Reginald Davis  
KEYNOTE SPEAKER:  
**CAMILLE COOPER**  
FACILITATORS:  
**NIETA WIGGINTON**  
**MICEAN JOHNIKIN**  
\$100.00  
Effective Monday, June 24, 2024  
(if availability)  
Transportation, Venues, Dining, & More  
REGISTRATION CLOSED\*\*\*  
Contact Sister Paula Hardin 859-351-2244  
Get added to the "Waiting List"

**Retreat Transportation:**  
Bethsaida Church Van



\*\*If others have available transportation space, please let us know.  
Sherry Jackson,  
Transportation Coordinator  
sjackson316@yahoo.com

**T-shirt Orders!!!**

Be sure your contact lady provided us with your t-shirt size

**Vendors:** RNJ, Paparazzi, Scents from Beverly & more

**Health Screening with BTHD**

**Professional Glam shots**  
**Cruse Custom Photography**

Registration closed!!! **SOLD OUT**  
(Start saving for next year cause we're on the move)

CONSOLIDATED BAPTIST DISTRICT WOMEN'S AUXILIARY

2024  
ANNUAL WOMEN'S RETREAT

Micean J. Johnkin is a Pediatric Cardiologist, Health Advocate, and Woman of Faith. Dr. Johnkin serves as CEO of Hearts Matter L.L.C., an American Heart Association Training Site based in Lexington, Kentucky. Dr. Johnkin is a third - generation graduate of Tuskegee University, Tuskegee, Alabama where she graduated Magna Cum Laude (Bachelor of Arts - Mathematics and Bachelor of Science - Biology). She furthered her education with graduate studies at Stanford University, Stanford, California (Master of Science - Epidemiology) and Howard University College of Medicine, Washington, D.C (Doctor of Medicine). Dr. Johnkin completed post - graduate medical training in Pediatrics (Children's National Medical Center, Washington D.C.) and Pediatric Cardiology (St. Louis Children's Hospital / Washington University, St. Louis, Missouri and Boston Children's Hospital / Harvard School of Medicine, Boston, Massachusetts).

Dr. Johnkin has performed medical research and service both domestic and internationally. Her work includes undergraduate research in Rio de Janeiro, Brazil and malaria research in Bamako, Mali (West Africa). Dr. Johnkin presented her fellowship research at the International Heart and Lung Transplantation annual meeting in Prague, Czech Republic. Dr. Johnkin also treated HIV / AIDS patients in Mbabane, Swaziland (Southern Africa), as part of the Baylor International Pediatric AIDS Initiative. She worked as part of the Pediatric Resident team at the Orotta School of Medicine in Asmara, Eritrea (East Africa).

Dr. Johnkin is a local partner in cardiovascular health education, teaching community CPR classes in central Kentucky churches and community groups. She is a proud member of the Lexington (KY) Alumnae Chapter of Delta Sigma Theta. Dr. Johnkin serves as Sunday School teacher and coordinator of the "Unchained" College Ministry at Shiloh Baptist Church in Lexington. In her free time, she enjoys aerobic boxing and half - marathon running.

Dr. Johnkin is a devout Woman of Faith and places Christ first in her life. A breast cancer survivor since 2016, Dr. Johnkin ardently believes the words found in Romans 8:28, "All things work together for the good of those who love the Lord". She credits both of her grandmothers, Doris Jackson Will and Lizzie Mae Rivers Johnkin, as role models for being a strong Christian woman. Committed, compassionate and Christ - centered, Dr. Micean Johnkin aims to reflect the love and healing powers of Christ in both her career and her character.

**Micean Johnkin**



2024  
Women's Retreat  
Facilitator

**STIR  
IT  
UP**



# GoVote.ky.gov



Absentee Ballot Request
Review Your Registration or Absentee Ballot Status
New/Update Registration
Military & Overseas Voters
Polling Locations
KY Needs Poll Workers!
Candidate Filings
Sample Ballot
Election Results
Key Information

Registration Deadline  
April 22, 2024 4:00 p.m.

Primary Election  
May 21, 2024

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## PREPARE to VOTE: Primary Election—May 21, 2024 6AM - 6PM

- Know where to vote: your polling location or Voting Center
- Know when to vote: Review Early Voting Information
- Know the candidates: Review Your Sample Ballot

October 7, 2024 - Registration Deadline for General Election  
November 5, 2024 - General Election Day

### 2024 Primary Election

- President of the United States (9)
- US Representatives (23)
- State Senator (37)
- State Representatives (189)
- Commonwealth Attorney (47)
- District Judge (4)
- Judge of the Court of Appeals (2)
- Justice of the Supreme Court (2)

Visit [www.GoVote.ky.gov](http://www.GoVote.ky.gov) for important information

## Primary Election MAY 21, 2024

## CBDWA Events Mark your calendars!!!

Women In Worship - May 3, 2024  
Macedonia Baptist, Cynthiana

Mind Your Business Health Fair  
May 18, 2024  
Shiloh Baptist Church

Annual Women's Retreat  
June 22, 2024  
Blue Licks State Resort

CBDWA Prayer Breakfast  
July 13, 2024  
Washington Missionary Baptist,  
Maysville

## Monday, May 27, 2024



## HISTORIC FIRST BAPTIST CHURCH

LOOK WHERE GOD HAS BROUGHT US!

859.361.3827

# SAVE THE DATE

## HOMECOMING AND BASKETMEETING

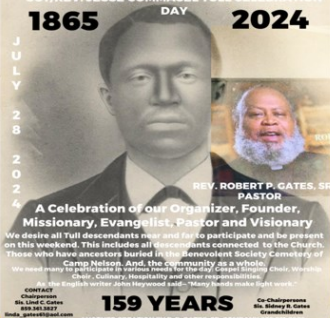
THE BEDROCK OF AFRICAN-AMERICAN HISTORY

UNITED STATES COLORED TROOPS

### HOMECOMING AND BASKETMEETING

1865 DAY 2024

JULY 28 2024



SUNDAY

JULY 28

@ 11:30 am

@ 3:00 pm

SPECIAL GUESTS  
PASTORS  
CHOIRS  
CONGREGATIONS

159 YEARS

271 CHURCH STREET, BOX 10  
CAMP NELSON, KY 40356

gateskeene@gmail.com  
FACEBOOK  
YOUTUBE

## Consolidated Baptist District Women's Auxiliary

C.B.D.W.A.

P. O. Box 12901 (New PO Box)

Lexington, KY 40583

Email: cbdwa.info@gmail.com

Facebook.com/C.B.D.W.A.

*Consolidated Baptist District Women's Auxiliary*



**Stir Up The Gift!**  
*II Timothy 1:6*

**We're on the web!**  
**www.cbdaky.org**

### Consolidated Baptist District Women's Auxiliary Officers 2023-2024

President	Anna Allen Edwards	Shiloh Baptist Church
1 <sup>st</sup> Vice President	Vonita Bennett	Second Baptist Church, May's Lick
2 <sup>nd</sup> Vice President	Linda Gates	Historic First Baptist, Camp Nelson
Treasurer	Vida Brown	Shiloh Baptist Church
Financial Secretary	Paula Hardin	Macedonia Baptist Church
Recording Secretary	Amber Reed	Macedonia Baptist Church
Corr. Secretary	Connie Curry	Corinthian Baptist Church, Winchester
Social Engagement	Eleanor Barbour	Washington Missionary Baptist Church
Archivist	Sherry Jackson	Bethsaida Baptist Church
Health Coordinator	Elma Zachary	Centerville Baptist Church
Worship Leader	Isabelle Mack Thompson	Centerville Baptist Church

#### Executive Board Members

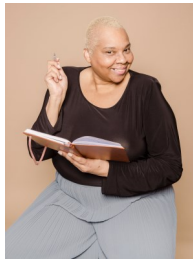
Francine Boone	First Baptist Church, Nicholasville
Renee Burns	Corinthian Baptist Church, Winchester
Augusta Mason	First Baptist Church, Nicholasville
Carolyn Reese	First Baptist Church, Paris

#### President's Council

Valerie Marshall	Historic Pleasant Green Baptist Church
Tara Crumby	Previously Zion Baptist Church
Hazel Compton	Jabez Baptist Church
Brenda Carter	Bethsaida Baptist Church
Pamela Thompson	Historic Pleasant Green Baptist Church
Elaine Farris	Bracktown Baptist Church
Roszalyn Akins	Bracktown Baptist Church
Valinda Livingston	Shiloh Baptist Church
Delma Peoples	Historic Pleasant Green Baptist Church
Ollie Ragland	First Baptist Church - Stanford

## HEALTH NOTE: How a Gratitude Journal Benefits Your Mental Health

*Being  
thankful  
is good  
for you*



Journaling can be a powerful practice for Black women. When Alice Walker published *Gathering Blossoms Under Fire*, she included entries covering more than three decades of her life. Salon pointed out how important her voice was and how rare the words of African American women diarists are published.

While most of us don't write like Walker, journaling can be a worthwhile exercise that may improve our mental health. This is especially true when we center our journaling on gratitude. One study reported that when participants with anxiety and

depression tried gratitude practices and self-kindness strategies, finding reasons to be grateful seemed to enhance their well-being. Practicing gratitude can also reduce stress, increase optimism and help you sleep better, according to PositivePsychology.com.

An article published in Berkeley's *The Greater Good Science Center* magazine suggests setting aside 15 minutes daily, three times weekly for at least two weeks to see whether the practice benefits you. Three of their standout tips include:

- Be specific about what you are grateful for. Was there a particular act of kindness, interaction or conversation for which you are thankful?
- Consider going deeper and explore the reasons you are grateful for a person, place or thing. Adding depth will be more beneficial than a list, that might be more of a surface-level exercise.

See the good things in your life as gifts. When you view things this way, you are less likely to take those gifts for granted.

Looking for a way to get started? To kick-start your practice, check out these gratitude journal prompts.

- ◆ List five things you're grateful for at the current time
- ◆ Write about something or someone that made you smile today
- ◆ Write about a scene for a TV show or movie that resonated with you

The possibilities for expressing gratitude through journaling are endless. Doing this daily activity will help you gain a newfound love for the world around you and your loved ones. Outside of improving your mental health and overall well-being, studies have shown that gratitude can improve your life in a number of ways.