

CBDWA

CONSOLIDATED BAPTIST DISTRICT WOMEN'S AUXILIARY NEWSLETTER

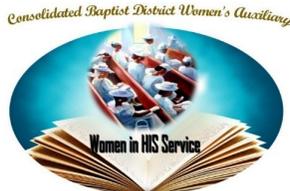
Suit Up & Put On The Whole Armor Because This Means War!

Presidential Remarks



Dear Sisters,

What a time, what a time, what a time! If you were not there at this year's Prayer Breakfast and Retreat, you missed a blessed "season of life!" The fervent effectual prayers of the former presidents and current Eastern Regional president laid the foundation for the day. The Praise Team "seasoned" the atmosphere with songs of worship and praise. Our session leaders let us know how God is with us in every season of our lives! They gave us instruction and guidance on how to walk out our faith in each season of life. Our keynote shared how she had lived through difficult seasons in her life and is now walk-



CBDWA

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ing victoriously in Christ! Check out our Facebook page and new YouTube channel to see snippets of the day. A tremendous debt of gratitude is owed to the planning team of Sisters Renee Burns, Rosalyn King and Vonita Bennett and a very special thank you to reinforcements Sisters Connie Curry and Barbara Menifee for technical and administrative assistance.

We journeyed from our Retreat to our CBDA Annual Session where we acknowledged the contributions of outgoing moderator, Dr. Nathl Moore as well as Sisters Rosalynn King, Ruby Mason and Mary Washington who cycled off the Board. We also welcomed Sisters Eleanor Barbour and Francine Boone to the team and offered congratulations to our new moderator, Rev. Reginald Davis. We continue to solicit help from the body, so, if you are interested in service, please contact me.

As we go into this new Association year, we recognize that the enemy

has stepped up his game and is attacking the body of Christ full throttle, so we need to *suit up and put on the whole armor because this means war!*

In Him,
Sister Anna



Back to school blessing

Dear Heavenly Father,

For all the children returning to school, send your Holy Spirit as their guide and protector.

Keep them free from danger and unnecessary harm. Put our sons and daughters in the right place, at the right time, to receive your grace. Let them learn and grow strong. May the presence of your Spirit fill their hearts. Help us to mature as parents and caregivers.

Bless every family, oh Lord.

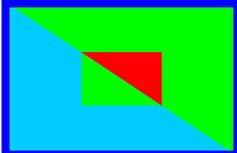
We entrust our children to you, dear God. Since from the beginning, they are yours to keep.

In the name of the greatest Son of all, Jesus Christ.

Amen.

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Consolidated Baptist District Women's Auxiliary Newsletter

CBDWA

August 2022



PRAYER

BREAKFAST

Thank you to our former
CBDWA Presidents



2022 WOMEN'S RETREAT

To Our
Facilitators,
Psalmist &
Musicians
Blessings & Gratitude
for helping us to
Shake It Out &
Light It Up!
Spiritual seeds were
definitely planted!
To God be the glory!

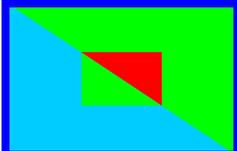


CBDWA wants to hear from you!

We want to minister to the needs of our community. Please reach out to let us know how we can assist in your church's ministry.

Let us know your desires for future Retreats, Prayer Breakfast, Women In Worship, Young Adult programs and Missions.

The donations of jewelry for the Haiti Mission Project has been phenomenal! Thank you for your donations, support, attendance and prayers. Blessings to you all!



Welcome to the CBDWA Team!

We look forward to serving God and the women of the District with you. Thank you for your willingness to serve with us.

Suit Up!

ELEANOR BARBOUR



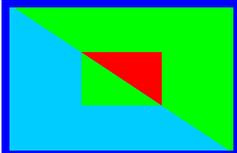
- Servant and child of the Most High!
- 1st Lady and member of Washington Missionary Baptist Church, Maysville, KY
- Co-leader of the Couples Ministry.
- Children's Usher board leader.
- President of the Baptist Ministers' Wives Council of Lexington & Vicinity.
- Corporate Compliance & Inclusion Officer for the Kentucky League of Cities, Inc.
- Liaison to the Kentucky Black Caucus of Local Elected Officials.
- Married to Pastor Keith D. Barbour, Sr. for 28 years.
- Mother to Keith DeAngelo, Kayla O'Neal(Carl) and Logan Mason
- Nana to J'Den D. and Ava O.
- ELEANOR is Enlightened, Loving, Energetic, Amicable, Natural, Obedient and Resourceful.
- I AM an Encourager, Conqueror, Sister Girl, Friend and Confidant!

Francine Boone

I, Francine Boone, am a child of God who attends First Baptist, Nicholasville where the pastor is Rev. Moses L. Radford. I attended the University of Alabama (Huntsville campus) and later graduated with a BS degree in Math and Science from Alabama A & M University of Normal, AL. After graduation I moved to Lexington, KY and obtained employment with the University of Kentucky as a Computer Operator for 10 years. I later was employed in Computer Operations with International Clinical Lab for approximately 9 years. Upon moving to Nicholasville, I received employment with American Cabin Supply as a Customer Service Representative.

I'm currently retired from labor in the work force but certainly not in the work of the Lord. As a member of First Baptist for 37 years, I have spent many of those years as a Sunday School Teacher. Up until earlier this year, I was an Adult Women Sunday School Teacher for over 30 years. Currently I serve as a Children's Teacher. I have been married to Mr. Alton Boone, a deacon of First Baptist, for fifty years and we have 1 son, Vincent Boone. To God be the glory for the things He has done for, with and through me.





Health Note

AUGUST IS GLOBAL BLACK MENTAL HEALTH AWARENESS MONTH

#BlackUnityHeals

www.BlackTherapyCentral.com



REPRESENTATION: WHY IT MATTERS IN THERAPY



Excerpts from Tara Hodgens, LMFT
Licensed Marriage & Family Therapist

Representation matters in mental health because it can interrupt that distrust when underserved communities have access to therapists that struggle and fight the same system through lived experiences. We know from research that what supports good outcomes in therapy is the relationship that a client has with their therapist. This relationship is strengthened when a therapist shares their traditions and understands how their family views healing..

Diversity in the therapy room offers culturally competent services because it gives the community access to a therapist familiar with diverse traditions, histories, beliefs and languages. Representation matters because it can lift the burden of having to explain one's culture and racial experiences to a counselor who does not look like them. Often there may be no explanation or conversation at all. Unspoken censorship happens in the therapy room when a counselor is afraid or even unaware of what to ask, or say, about the racial and cultural differences in the room. This can reinforce mistrust and a sense of isolation.

*BIPOC refers to Black,
Indigenous, People of Color*

When BIPOC are only given the option of seeing a white counselor, it creates another layer of questions and concerns in addition to the questions most have when entering therapy such as: How is the therapist's ignorance of internal bias playing out in the session? Does this therapist hold secret racist viewpoints that will harm me or my family? Will they pathologize my symptoms (or

worse-my child's symptoms) when they may be having a rational response to racism?

When you don't see people that look like you, you don't think it is for you. Think about what goes into deciding to purchase a product like hair care, make up, or clothes. What questions come up? Will this be a waste of my money? Is this made for my body? Is this going to look good on me? Is this for me? These same types of questions arise when deciding to purchase or engage in a service, including therapy.

There is plenty of research on the disparities and what is needed to increase representation in mental health; however, this remains a slow process, one that those in power must decide to act on with a sense of urgency. If we can acknowledge how systemic racism is a part of the mental health field, increase multicultural competency (including cultural humility) and increase the numbers of BIPOC clinicians, then we can ALL more effectively help our communities and inspire the next generation as those that came before us inspired us.

Consolidated Baptist District Women's Auxiliary Officers 2022-2023

| | | |
|---------------------|--------------------|---------------------------------------|
| President | Anna Allen Edwards | Shiloh Baptist Church |
| Vice President | Vonita Bennett | Second Baptist Church, May's Lick |
| Treasurer | Vida Brown | Shiloh Baptist Church |
| Financial Secretary | Sherry Jackson | Bethsaida Baptist Church |
| Recording Secretary | Linda Gates | Historic First Baptist, Camp Nelson |
| Corres. Secretary | Vacant | |
| Historian | Eleanor Barbour | Washington Missionary Baptist Church |
| Health Coordinator | Anissa Webb | Centerville Missionary Baptist Church |

Executive Board Members

| | |
|----------------|---------------------------------------|
| Francine Boone | First Baptist Church, Nicholasville |
| Renee Burns | Corinthian Baptist Church, Winchester |
| Paula Hardin | Macedonia Baptist Church |
| Evelyn Moore | First African Baptist Church |

President's Council

| | |
|--------------------|--|
| Valerie Marshall | Historic Pleasant Green Baptist Church |
| Tara Crumie | 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 |