



CONSOLIDATED BAPTIST DISTRICT WOMEN'S AUXILIARY NEWSLETTER

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

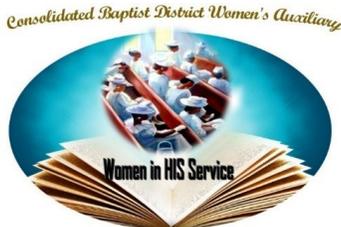
Presidential Remarks



Dear Sisters,

As we enter the season of thanksgiving, let us remember to thank God for everything - even our struggles. Let us also thank Him for our Veterans as we celebrate Veterans Day on November 11, 2022.

As Christians, we too are soldiers in the Army of the Lord. As soldiers, we have a duty to God to



CBDWA
 Primary Business Address
 P.O. Box 594
 Lexington, KY 40588
www.cbdky.org

serve Him and His people. We can honor God, Veterans and our ancestors' struggle for 1st class citizenship by voting this November 8th. I solicit your prayers and support personally in my upcoming election.

Above all else, we as Christians should offer thanks for Jesus whose death, burial and resurrection gave us the right to salvation. So "Suit Up - this means War!"

Blessings,

Sister Anna

General Election
 November 8, 2022

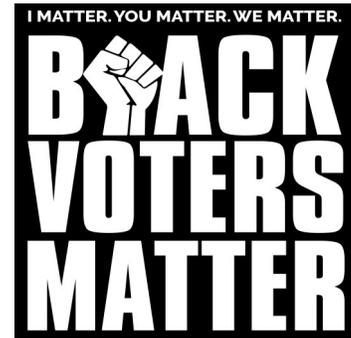
www.GoVoteKY.com
 See "Sample Ballot"

Be Informed & Vote!

Absentee Ballot Request
Track your Ballot and Review your Registration
New/Update Registration
Military & Overseas Voters
2022 Polling Locations
KY Needs Poll Workers!
Candidate Filings
Sample Ballot
Election Results
Key Information

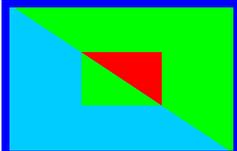
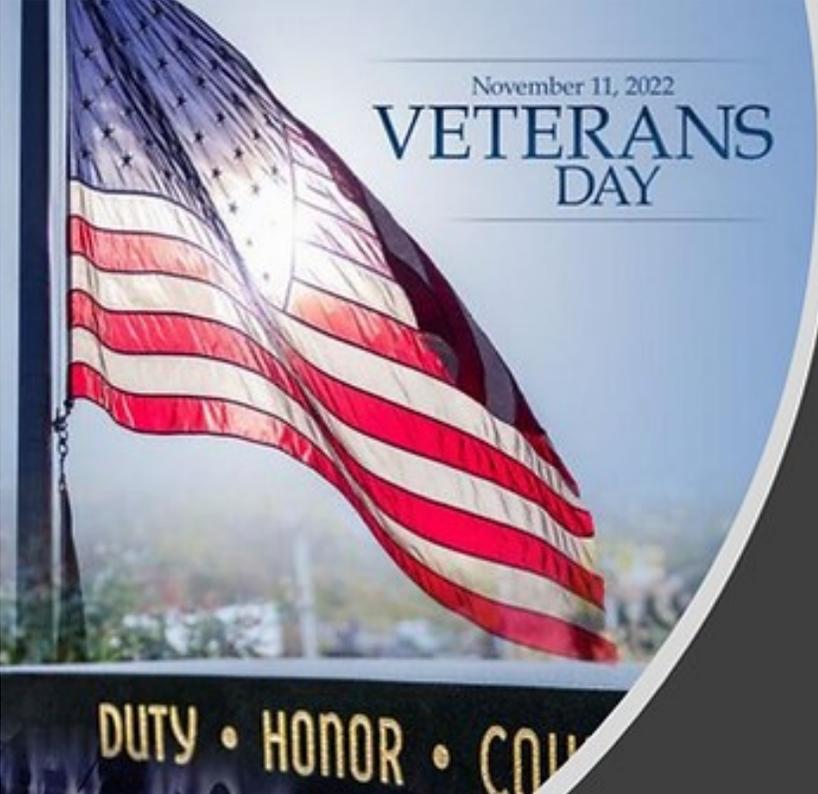
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The BVM Goal is to increase power in marginalized, predominantly Black communities. We agree with the words of Dr. Martin Luther King, Jr. when he said, "Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."

1 of their 5 core beliefs is that Black voters matter not only on election day, but on the 364 days between election days as well. This means we must support individuals and organizations that are striving to obtain social justice throughout the year.

CBDWA HONORS OUR VETERANS

Upload your favorite Veterans pictures to:
cbdwa.info@gmail.com
Provide Name, Rank and Branch of Service

No later than
Friday, November 4, 2022

Presentation on the District Social Media Site on November 11, 2022.

Suit Up: This Means War!
Ephesians 6:14-17

***There Is a difference - Remember, Honor, Teach
Veterans Day, Memorial Day, Armed Forces Day***

VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



www.bonzer.com



Honor those who are serving.
THE 3RD SATURDAY IN MAY
ARMED FORCES DAY

Honor those who died while serving.
THE LAST MONDAY IN MAY
MEMORIAL DAY

Honor those who served.
THE 11TH DAY OF NOVEMBER
VETERANS DAY

Remember. Honor. Teach.
EVERY DAY

#KNOWTHEDIFFERENCE

Mark your calendar for the New Year's Eve Gala

A NEW YEAR WITHOUT FEAR
Isaiah 41:10

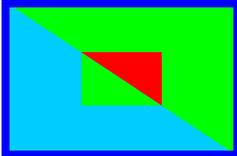
CBDWA



2023 NEW YEAR Gala

Saturday, 31 DECEMBER
EMBASSY SUITES • TICKETS \$85.00
1801 Newtown Pike, Lexington, Ky.

DOORS OPEN AT 5pm to 9pm
PLATED DINNER
MUSIC • DANCING • DOOR PRIZES



Meet Author

Leslie Bishop-Joe

Mix & Mingle

Book Reading with Q & A

Door Prizes

Nov. 19th - Lexington

Nov. 20th - Paris

**Thursday,
November 24, 2022**



Leslie Bishop-Joe, Author 

Book Signing

Pull It Off the Page
"Experiencing the God whom we sing, preach and read about"

Purchase & come have your book signed

Pre-orders: www.cbdky.org \$7.00 + processing fee (Also available on Amazon)
Meet the Author & participate in the book reading experience followed by a question and answer session

Door Prizes Available

Saturday, November 19th 1-3pm
Shiloh Baptist Church
237 E Fifth St., Lexington KY 40508

Sunday, November 20th 2-4pm
Paris-Bourbon County Library
701 High St., Paris KY 40361

WWW.CBDKAY.ORG

Hosted by CBDWA & CBDEC
Suit Up: This Means War! (Eph 6)

Leslie Bishop-Joe



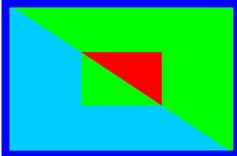
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Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are Able to bring hope through even the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

In Jesus' Name, Amen.”

DEBBIE MCDANIEL

woman's day



HEALTH NOTE: OVARIAN CANCER

5 WARNING SIGNS EVERY WOMAN SHOULD KNOW

If you experience bloating, have pain or discomfort in your belly or feel full after eating a small amount, you may assume you have heartburn, gas or another digestive problem. That may indeed be the case. But if you're a woman over 55, you should check in with your gynecologist, because those symptoms can also be warning signs of ovarian cancer, says Eli Serur, a gynecologic oncologist and chair of obstetrics and gynecology at Staten Island University Hospital in New York.

Studies show that ovarian cancer is often misdiagnosed as another condition, at least initially. You can lose valuable time in terms of coming up with an ovarian cancer diagnosis." Ovarian cancer is rare, but it ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. The risk of a woman's getting ovarian cancer is about 1 in 78 in her lifetime. It affects women of all ages, but it's most common after menopause. More than two-thirds of those diagnosed are 55 or older. You're at higher risk if you have a family history of ovarian or breast cancer, if you have inherited mutations in the BRCA1 or BRCA2 gene, if you have endometriosis or if you're obese. Early menstruation (before age 12) and late menopause also bump up risk.

RISK FACTORS FOR OVARIAN CANCER

- Age
- Women who never had children
- Family history of breast or ovarian cancer
- Inherited genetic mutations of the BRCA1 or BRCA2 gene
- Endometriosis
- Early menstruation or late menopause
- Giving birth after age 35 or never having a full-term pregnancy
- Obesity

Symptoms may be subtle

Ovarian cancer has sometimes been called the silent killer because it's often not detected until it's too late to be cured. Plus, there's no good screening test for it, like a mammogram for breast cancer or a colonoscopy for colorectal cancer. About 70 percent of women diagnosed with ovarian cancer already have advanced-stage disease.

Despite its nickname, ovarian cancer does have some early warning signs, research indicates. One study of 1,725 women with ovarian cancer found that 95 percent had noticeable symptoms three to 12 months before diagnosis. Part of the difficulty is that the symptoms tend to be subtle, common and unspecific — meaning they can indicate a variety of disorders, explains Jason Konner, a gynecologic medical oncologist at Memorial Sloan Kettering Cancer Center. "My advice to a woman experiencing these symptoms," Konner says: "Listen to your body, and trust your instinct about what you're feeling. If you believe something is wrong, persist in advocating for yourself." Here are some symptoms that can indicate ovarian cancer.

1. **Bloating**
2. **Abdominal or pelvic discomfort**
3. **Difficulty eating, or feeling full quickly**
4. **Change in your bathroom habits**
5. **Abdominal swelling**

What to know if you have symptoms: If you develop any of the above symptoms, it's important to remember that they can also signal other conditions and that ovarian cancer is rare. One study published in the journal *Cancer* found that women with ovarian cancer typically experience symptoms at least 12 times per month.

If ovarian cancer is suspected, your doctor will probably do a pelvic exam and order an ultrasound or another imaging test to look for signs of disease. In addition, your physician may test your blood for a tumor marker called CA-125. (High levels of CA-125 can also be caused by conditions such as endometriosis and pelvic inflammatory disease.)

Fortunately, the death rate from this type of cancer has dropped in recent years. Surgery and chemotherapy, the most common treatments for ovarian cancer, can be effective even if the disease has spread, Konner says. "For ovarian cancer, you can have stage 3 and it's potentially curable," he says.

By Michelle Crouch AARP

Consolidated Baptist District Women's Auxiliary Officers 2022-2023		
President	Anna Allen Edwards	Shiloh Baptist Church
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Corres. Secretary	Vacant	
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Roszalyn Akins		Bracktown Baptist Church
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