



MARCH IS WOMEN'S HISTORY MONTH

Suit up, This Means War! **Consolidated Baptist District Women's Auxiliary Newsletter**

Battle Call for to All Young Adults Y.A.I.G. - March 4th

March 2023 Issue

Special points of interest:

- YAIG-powerful testimony and tools for the battle
- The president is mad!
- Battle call for all military women!
- Retreat facilitators revealed
- Now we need your empty pill bottles
- CBDEC Institute on March 11th
- March 12 set clocks an hour ahead

Inside this issue:

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**CBDA WOMEN'S AUXILIARY
YOUNG ADULT IN GATHERING**

March 4, 2023
10AM-3PM
771 Corporate Dr. Lexington, KY

Join us for Dynamic Sessions on Wellness Including: Financial, Physical and Spiritual

**Suit Up,
This Means War!
Eph. 6:10-18**

CBDWA President: Anna Allen-Edwards
CBDA Moderator: Reginald C. Davis

Suit Up with Wellness Sessions:
Financial
Physical
Spiritual

Beloved, I pray that in every way you may prosper and be in health, even as thy soul prospers. 3 John 1:2

Victory In Battle!

Hear the transforming testimony of **Deanna Simmons**

Deanna is a resident of Lexington KY and newlywed who's been married for 6 months to her loving husband, Ivery Simmons. She is the proud mother of 3 amazing children: Destinee, Jerrius and Jakeece. Shiloh Baptist Church is her home church and she's been employed at St. Joseph Hospital for years.

Deanna's all-time favorite scripture is Jeremiah 29:11 because she knows that God has big plans for her life. Her spiritual testimony began in 2017 when she battled the addiction of alcohol and it completely took over her life. But GOD!!! Deanna says, "Learning to love myself and continue to include God in every aspect of my life keeps me sober today and I wouldn't trade nothing for my journey now!"

YAIG Panelist Emmanuel Washington Financial Planning

Emmanuel Washington hails from Pensacola, Florida. He was awarded an academic scholarship to Tuskegee University and went on to earn his Bachelor of Science degrees in Supply Chain Management and Sales & Marketing.

He is a Financial Advisor with Thrivent, a Fortune 500 company that offers full-service financial planning with Advice, Investments, Insurance, Banking, and Generosity.

(cont. P2)

YAIG Panelist Spiritual Advisor Rev. Michael Zachary, Sr.

Pastor Michael L. Zachary Sr. is a native of Opelousas, Louisiana. He is the youngest child of Joseph Zachary Sr. and Vera Hollier.

(cont. P2)

President's Address

Dear Sisters,

It's March Madness and I'm mad! I am mad about the number of young black people being killed – by each other! I am mad about the number of mass shootings taking place at college campuses, high schools, and even elementary schools! I am mad about the number of mass shootings at shopping centers, movie houses and grocery stores and I am mad about the number of mass shootings at places of worship! And I am just getting started! But, I'm really mad about how seemingly we, those who call the name of Jesus, as our savior, seem to be content with just us and our circle going to heaven.

Sisters, there is a war going on and the adversary, the devil, is out to destroy us! He attacks our families –



just check the marriage and divorce rate for Christians. He tries to kill off our children via drugs and murder and thus he would wipe out our whole existence as a people! Then he tries to kill off the knowledge of our very existence through the banning of teaching our history! Sisters, the sooner we "Suit-Up!" the sooner we can claim the victory through Jesus.

Remember, the weapons of our warfare are not carnal, but mighty in the

pulling down of strongholds! Let us lay aside every weight that so easily besets us and remember that we wrestle not against flesh and blood. We are not each other's enemies- the devil is our adversary because he hates our God.

Let's get busy getting our young adults to the In Gathering on March 4, so hopefully, we won't have to visit them at the morgue or in jail. Let's get busy gathering empty pill bottles to bring to the Match 11, Institute. Let's get busy preparing to bring food to the May 12, Women in Worship at the Camp Nelson Battlefield. Let's get busy paying our registration for the July 8, Retreat at the Blue Licks Battlefield where we will also acknowledge the women who have served our country. You don't want to miss any of these events as we prepare to Suit Up: This Means War!

Blessings, *Anna*

YAIG Panelist Emmanuel Washington (cont. from P1)

He provides his personalized services to people at all stages of life. Washington aims to edify the truth with all of his clients - that God owns it all and we are just mere stewards of the resources He has given us. Emmanuel's assignment is to help the individuals, families, and organizations he is called to serve steward their resources wisely!

YAIG Panelist Rev. Michael L. Zachary, Sr. (Cont. from P1)

Pastor Zachary is married to the former Elma J. Kinnerson. They have four children; Michael Jr., Anaiya, Malaya, and Alijah.

Pastor Zachary served as the Pastor of Peaceful Rest Missionary Baptist Church of Lufkin, Texas for 9

Y.A.I.G. Panelists

years. He's also served as an associate minister of First African Baptist Church, Lexington, Kentucky, First Baptist Church Lufkin, Texas, Little Zion and Mt. Olive Baptist Church of Opelousas, Louisiana. Pastor Zachary serves as the 13th Pastor of Centerville Missionary Baptist Church. He accepted the call in December of 2015 and preached his first sermon titled "Reach Forward" on January 3, 2016 and was installed on March 13, 2016. He is leading us as we strive to be the church where "The Difference is Worth the Distance." His vision from God for us to achieve our mission is centered around "2 Chronicles 7:14 and 1 Corinthians 2:9."

Pastor Zachary received his Masters and Bachelor of Arts degrees in Pastoral Studies with a minor in Youth Ministry from Southwestern College in Winfield, Kansas. Pastor Zachary has a love for community and helping kids. He has partnered with community leaders and church leaders to promote peace

and safety in our cities. He is dedicated to the spiritual education of God's people and currently provides leadership to the Consolidated Baptist District Educational Convention where he currently serves as Dean.

Pastor Zachary is a retired First Sergeant in the US Army and has dedicated over 20 years of service in defense of our nation. Pastor Zachary is also a Kentucky Colonel, receiving his commission on September 3, 2014 by former Governor Steven Beshear. He has been blessed to preach and teach in various churches and conventions throughout this country. His inspirational sermons have been uplifting and life-changing. He lives and preaches the Word of God with passion, boldness, and excitement with the hope that someone will hear and receive.

**RETREAT REGISTRATION OPEN NOW!
EARLY BIRD SPECIAL \$75**

*Payment by mail, online or in person
at next CBDEC Institute on March 11*

Help us to Honor Our Women Warriors

**Battle Call for Active Military
& Former Military Women**

Send picture with name and branch by June 10 to:
vgbnjoy4life@yahoo.com
Subject line: Suit Up!

Be watchful...more to come:

Retreat Facilitators: Joy Harris & Micean Johnikin
Keynote: State Representative, Pamela Stevenson
Musician: Toya Johnson

HFBCCN WELCOMES WOMEN IN WORSHIP TO CAMP NELSON
"THE BEDROCK OF AFRICAN AMERICAN HISTORY"

271 CHURCH STREET, NICHOLASVILLE, KY 40356 | May 12, 2023 | 7:00 p.m. | MISSION EMPHASIS JESSAMINE COUNTY FOOD PANTRY

Mrs. Anna Allen-Edwards, President
Rev. Reginald Davis, Moderator
Rev. Robert P. Gates, Sr., Preacher

Churches of Jessamine County
Cedar Top Baptist, Wilmore
First Baptist, Nicholasville
Historic First Baptist, CN
Macedonia Baptist, Keene

CBDWA ANOTHER CREATION BY R. P. GATES, SR. CO 859.321.6859

Consolidated Baptist District Women's Auxiliary

**Annual Women's Retreat
& Prayer Breakfast**



**Suit Up,
This Means War!**

Keynote Speaker
State Representative Pamela Stevenson
Special Musical Guest
Sister Toya Johnson & The Praise Team

Saturday, July 8, 2023

8:30am - 3:00pm

HONORING

Our Women Warriors
Active Military &
Retired Military

Send picture with name and
branch by June 10 to:
vgbnjoy4life@yahoo.com

Early Bird Special - \$75

1st payment due by Jan. 31 (non-refundable)
2nd payment due by March 31 (In-person at Institute)
3rd due by May 31 (In-person at Women In Worship)

\$100 Fee after May 31, 2023
Mail to CBDWA, POB 594, Lexington, KY 40588
Online at www.cbdaky.org

BLUE LICKS BATTLEFIELD STATE RESORT PARK

10299 Maysville Road, Carlisle, KY 40311, 859-289-5507

CBDWA President: Anna Allen-Edwards * CBDA Moderator: Rev. Reginald Davis

**March is National
Nutrition Month**



Academy of Nutrition and Dietetics | National Nutrition Month® 2023

FACT OR FICTION?



Circle the correct answer.

- Most Americans get enough dietary fiber. **FACT OR FICTION?**
- Frozen vegetables and fruits can be as nutritious as fresh produce. **FACT OR FICTION?**
- Wheat bread is considered a whole grain. **FACT OR FICTION?**
- Fish and seafood provide important nutrients. **FACT OR FICTION?**
- Nuts and seeds are sources of plant-based protein. **FACT OR FICTION?**
- Three cups from the Dairy Food Group are recommended daily for older children and adults. **FACT OR FICTION?**
- Only exercise counts towards physical activity goals. **FACT OR FICTION?**
- Snacking between meals is not recommended. **FACT OR FICTION?**
- Fruits and vegetables provide vitamins and minerals that support our immune system. **FACT OR FICTION?**
- Vegetable oils are considered healthier than solid fats. **FACT OR FICTION?**

Consolidated Baptist District Women's Auxiliary

C.B.D.W.A.

P. O. Box 594

Lexington, KY 40588

Email: cbdwa.info@gmail.com

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

Consolidated Baptist District Women's Auxiliary



Suit Up, This Means War!
Ephesians 6:10-18

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

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
Corr. Secretary	Connie Curry	Corinthian Baptist Church, Winchester
Historian	Eleanor Barbour	Washington Missionary Baptist Church
Health Coordinator	vacant	
Musician	Toya Johnson	Mt. Calvary Baptist Church

Executive Board Members

Francine Boone
Renee Burns
Paula Hardin
Evelyn Moore

First Baptist Church, Nicholasville
Corinthian Baptist Church, Winchester
Macedonia Baptist Church
First African Baptist Church

President's Council

Valerie Marshall
Tara Crumbe
Hazel Compton
Brenda Carter
Pamela Thompson
Elaine Farris
Roszalyin Akins
Valinda Livingston
Delma Peoples
Ollie Ragland

Historic Pleasant Green Baptist Church
Previously Zion Baptist Church
Jabez Baptist Church
Bethsaida Baptist Church
Historic Pleasant Green Baptist Church
Bracktown Baptist Church
Bracktown Baptist Church
Shiloh Baptist Church
Historic Pleasant Green Baptist Church
First Baptist Church - Stanford



CBDWA Mission Corner
Empty Pill Bottles Needed
for developing countries

Pill Bottle Donation Drop-Off

In developing countries, medicines are often dispensed into hands, paper napkins, pockets or any other available container. Donations of clean, unlabeled pill bottles helps to distribute much needed medications in sterile containers.

INTERNATIONAL AWARENESS & INVOLVEMENT

To drop off your empty pill bottles you can contact CBDWA Missions Team: Sis. Eleanor Barbour - 859-608-6410 or Sis. Paula Hardin - 859-351-2244. Final donations will be collected at the Young Adults in Gathering Meeting Saturday, March 4, 2023.

Anna Allen Edwards, President
Consolidated Baptist District Women's Auxiliary
Reverend Reginald Davis, Moderator
Consolidated Baptist District Association

Drop off at YAIG on Mar 4
Or contact Mission Coordinators

eat right. Academy of Nutrition and Dietetics

National Nutrition Month® 2023



ANSWERS

- Most Americans get enough dietary fiber.
FICTION: Research indicates that most people in the United States do not consume enough fruits, vegetables, and whole grains which provide dietary fiber.
- Frozen vegetables and fruits can be as nutritious as fresh produce.
FACT: Many fruits and veggies are frozen right after they have been picked, which makes them as nutritious as fresh produce. Look for varieties that have no added sugars, sodium, or saturated fat.
- Wheat bread is considered a whole grain.
FICTION: Unless the ingredients list states "whole wheat" or "whole grain" as the first ingredient (or second ingredient after water), it is a refined grain and not a whole grain product.
- Fish and seafood provide important nutrients.
FACT: Fish and seafood provide several important nutrients, including protein, iron, zinc, and omega-3 fatty acids.
- Nuts and seeds are sources of plant-based protein.
FACT: Nuts, seeds, and butters made from them, are part of the Protein Foods Group.
- Three cups from the Dairy Food Group are recommended daily for older children and adults.
FACT: A general recommendation for children, ages nine and older, and adults is to consume three cups of dairy per day. This could include low-fat or fat-free milk, yogurt, cheese, cottage cheese, or calcium-fortified soy milk or soy yogurt.
- Only exercise counts towards physical activity goals.
FICTION: All types of activity are considered to be beneficial and count towards physical activity. Americans are encouraged to move more during the day and to aim for at least 30 minutes of physical activity on most days of the week. Sixty minutes or more daily is recommended for school-age children.
- Snacking between meals is not recommended.
FICTION: Snacking on healthful foods can help manage hunger between meals. The key is to plan what you are going to eat in advance rather than waiting until you are hungry to choose a snack.
- Fruits and vegetables provide vitamins and minerals that support our immune system.
FACT: Fruits and vegetables contain a variety of vitamins and minerals that support immune health, including vitamins A and C.
- Vegetable oils are considered healthier than solid fats.
FACT: Oils, including vegetable oil, canola oil, olive oil and other types that are made from nuts and seeds are higher in unsaturated fat, which is healthier than sources of saturated fat.

Sources: MyPlate.gov and U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition, December 2020. Available at DietaryGuidelines.gov.

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