# Momen of Grace

March 2024 Edition



# A Month of Miracles

And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.

Mark 10:27



Fg#1

Greetings to all who reading this month's edition of the Women of Grace magazine. We have decided to dedicate this month to miracles. Stories that have been sent to me from several people. I want to thank each one that was so kind to share these amazing, faith inspiring stories, they will be such a blessing to all who read them!

We are also adding a monthly "Helpful Hints" page. So if you have any helpful hints about cooking, health, gardening, bible reading, journalling etc... by all means please email me them at mcmanusmichelle45@gmail.com,

We pray this magazine will be a source of encouragement and strength to each one. Read, Enjoy and Be Blessed,
Sis Michelle McManus

Romans 15:13 - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Pg#2

#### Sent By Sis Susan Kilfillen

- The first miracle was when the Lord breathed the breath of life back Into my body. I had died twice because of receiving burns to my body from a house fire at the age of 3.
- "The life i now live is not my own"
- It was a powerful miracle when the Lord saved my soul. To this day my heart is overwhelmed to know that he was looking after me even when I didn't even know Him.
- In the Fire / through the Fire / Now the Fire is IN ME! There are just no words to express all that Jesus means to me!
- One time I lost my disability Cheque because I had received some money. I told them and did everything they told me to do. I had to go before a board to fight for it. My Pastor and wife wrote a letter on my behalf, plus he went with me. The lord fought for me, they ended up having to give me back my Cheque, plus the months I had gone with out money. God is powerful! Only He could do this. Miracles are real! He gave me a car when I no longer had one. This doesn't just happen. Only Jesus can do these things this way. Believe me my heart is always thanking Him for all He does for me.
- I pray many blessings upon the ones who heard the Voice of God and answered. I will be forever blessed and thankful.
   Only Jesus could do these things, Miracles are REAL!!

ALJCC Ladies Ministry Pg#3

Pg#3

### Sent by Sis Helene Slipp

Back in 2018, we lived in Alberta and Justin and I were wanting to come back home. Justin found a job here in NB. He left on Feb 21st 2018 (so exactly 6 years ago). We didn't know how long he was going to be gone for. I stayed with our 5 children praying that everything was going to workout. A few weeks later, he found a house for sale. We had no money and were not able to get a loan from the bank (A few years prior we had lost our family allowance and we were trying to rectify that) Justin's grandmother offered to buy the house for us and we could pay her back when the taxes situation was fixed. Everything worked out and we bought the house, Justin started the renovations and I started to get ready for the big move back in Alberta. We owned a little mobile home there, so I got it ready to be sold. I put the mobile home for sale in March thinking that it was going to take a couple months to sell. It was just a couple days after, that we found our buyer. They wanted to move in asap. It was too soon. Our house in NB was not ready to welcome us yet. In April, Justin flew to AB to start the trip back home. We stayed with family for 2 months until we could move into our house. It was not an easy time, but we were all happy to be home. After a little while, we recieved a letter from the government wanting birth certificate and stuff like that, we sent everything they wanted...or so we thought. Again, after weeks of waiting, we recieved another letter saying that we didn't provide sufficient information. I didn't understand. We were really counting on that money to pay Nanny back and to help on a monthly basis. They needed proof that we could not provide. Doctors and dentists records that we could not provide. They wanted proof of address...proof that our children were living with us all those years, and we had nothing. We were going to lose all that money...We prayed... a lot...We talked with different people for help, but no one seemed to be able to help us. We called Service Canada again to see what else we could do. The man said that they needed an official paper from someone with "authority", a doctor, dentist, lawyer...and then I said: "Will a Pastor do?". "Yes", he said. There was our answer!!!!!! We contacted our Pastor from AB and asked him to write a letter saying that our family attended church from this date to this date and our children were living with us. We sent that letter and a few weeks later, the amount of over \$72,000 was deposited in our bank account. We were able to pay Nanny back and to put a basement under our house. If we had not gone to church, we would have not been able to recieve what was ours. It is not a life or death miracle, but it was REAL for us.

Pg#4

#### Sent by Sis Doris Cruickshank

#### Miracle testimony:

When I was in the hospital with COVID two years ago, my lungs were 3/4 covered with COVID scarring. I came home to recuperate at my daughter's home and my Respiratory Therapist came often to check my lungs to see if I was making any progress. I was not. One Sunday night, I got my daughter and son in law to take me to church - oxygen tank (to travel with) and concentrator (after I got there). During the service, many people formed a line and came by to pray for me. On Monday evening at supper time, I took my oxygen cannula out of my nostrils and began checking my oxygen saturation levels and much to my joy, they never dropped below 97 - 98. Shortly thereafter, I went home where the Therapist came to see me. The day he came and checked my lungs, he said "Doris, when you were at Stephanie's, your lungs were in very bad shape but SUDDENLY, there are no more crackles in your lungs". I was so happy to tell him how God had miraculously healed me. He went straight to the Extra Mural Office and told all the nurses what had happened to me! He also told me I was the first patient of his to ever get off oxygen. He told me "once a person gets on oxygen, they never get off. Thank the Lord for His healing power. My oxygen level remains between 98 and 100. To God be the glory!



#### Sent by Sis Beth Hudlin

Psalm 32:7 KJV: "You are my hiding place; you will protect me from trouble and surround me with songs of deliverance."

Isaiah 41:10KJV: "So do not fear, for I am with you; do not be dismayed, for I am your God."

It is hard to pick just one miracle God has performed for us for there are many times we have experienced God's protecting power, His delivering power, His healing powder and most of all His Saving power. God's hand of protection was very evident one evening while driving home after visiting friends. This was before the Trans Canada was twined. We were just rounding a turn and were at the top of a very long hill. The hill, however, did not provide a passing lane for thoes on the way up. There were two transport trucks cumming up and the one behind decided to pass the one in front of it. It is a scarry sight to see a transport truck coming at you in your lane. I said to my husband, "Put your turn signal on and pull over to the side of the road." Unfortunately he was like a dear in the headlights and keep on going. As the truck neared us I recall looking over my shoulder at our sleeping children and thinking, "They will never know what hit them." Turning to face the front, I braced myself and hollered, "LORD HELP US!" At that moment our car was pushed sideways and the truck passed by. I beleive God sent an angle to push our car out of the path of the transport truck. We stopped on the side of the road, praising God and thanking Him for what he had done for us. Truly, we do serve a God that not only can hear us when we call out to Him, He cares about us.

# Fg#6

#### Sent by Bro James McGillan

The confirmation of a witness.

I would like to share what I believe to be one of the greatest miracles in my life, God has done many things at which He deserves all the glory and praise. I was born in Middleton NS in 1973. At the time of my birth my parents were building the church there. I might pause here to say that Bro and Sis Vincent Hanley were a big part of this build. My mom was overdue with me at the 16 day mark. There was concern because of the delay of my birth. It was July 28 which was a Saturday evening and my dad was outside physically working of the new building. While he was working he was also praying that I would be born and everything be ok. He said it was the only time that God ever spoke to him audibly. God said, "You will have a son, his name will be James and he will be a blessing". My dad run in the house and said to my mother everything will be ok we are having a boy and his name is James. I was born the next day. From that point my parents knew that I was called to ministry. Some 26 years later as I was in my final year of Bible collage I was seeking God through fasting and prayer as to the direct I was to take. I had felt to evangelize but was seeking confirmation. I was scheduled to speak at a church while on weekend ministry at college. When I got up behind the pulpit and 83 year old preacher whom we had NEVER seen one another before or heard of one another stood to his feet. He said i have a message for you young man. He said, "I am the Lord your God, I have called you before you were born and I even named you from your mother's womb. The door you are wanting to walk through is the one that I have opened".

I called my dad that evening and we wept as I told him what had

happened. God is amazing and what he says will come to pass.

Pg#7

#### Sent by Sis Becky McGillan

The Sunday before conference is a Sunday I will never forget. Have you ever prayed for something and then you realize you really can't handle what you prayed for?? We as humans long for the glory of God not realizing the power His glory contains. It was on this Sunday that the Lord gave me a small glimpse of His power. Prior to this our church was fasting and praying like never before. We had several 2 hour prayer meetings and sometimes for 5 hours. During that time my heart hungered to see the power of God fall and to see His face. And it was on this Sunday He gave me the desires of my heart. During the service I was on the piano and could feel the presence of God so strong right from the very first note. It was amazing. We got about half way through song service and the power of God came down and the entire placed erupted in a glory spell. I was still playing at the time and then all of a sudden the power of God hit me and I could feel blood rushing through my arms and hands so much so that I couldn't play anymore. My hands were almost paralyzed and I could barely move my fingers. I decided to just pray and let God have His way, there was nothing else I could do at this point. After sitting there and interceding for a short while I decided to get up off the piano to let someone else continue to play. There was no way that I could continue. I made my way to my seat and was unsure if I could even walk, but I made it! The power of God was still on me so strong and I was starting to get worried as the blood rushing in my hands was now coming up my arms and I feared if it reached my chest would I be able to breath or what would it do to my heart. It was getting so intense at this point that I actually had to ask God to back off, I literally could not take anymore of His power. My body just couldn't take it any longer. I have felt the power of God before but nothing like this! What an encounter with God Himself!! Through this experience I come to realize that we as mere mortal humans cannot withstand His full glory and power. We can only handle just a small portion of it. If He would have poured out His full glory on me that afternoon I might not be here to tell the tale. It has become quite evident to me as to why our bodies will be changed into a glorified body on that glorious day. The mortal flesh simply could not dwell in His presence for eternity! Praise God!



#### Sent by Sis Stella Thorgeirson

God did not give us a spirit of fear 2Timothy 1:7,

He knows I'm human; so back in the spring of 2020 when my not so young husband announced he was going to buy himself an electric unicycle with a speed of 40 KPH FEAR took over. I tried everything to get Richard to change his mind and asked why it had to be an electric unicycle, why not a scooter or at least something with handlebars his reasoning I want something that will help me gain straight and give me exercise.

My thought was how much exercise are you going to get if your laying in the ditch mangled, so when I couldn't get him to change his mind I got serious, and told him when he got the Unicycle before he set one foot on it; I wanted every password, access to all government websites, and my name on all bank accounts, because as sure as I was his wife if I had to scoop him out of the ditch I didn't want to be tied up with legalities.

So he got me what I asked for; and his electric unicycle was delivered, Richard got busy learning to ride it and he got good at it. He gained straight and cardio endurance and he was feeling good. We lived in Winnipeg, at the time so by mid September, Richard had to put the unicycle away for the fall and winter. Fast forward to October 30th 2020, his covid test results come back positive, at 3:00AM November 5th I call the ambulance my husband is having trouble breathing and has a fever of a 106.\* F; he's taken to the hospital and by the morning he is in a drug induced coma his right lung had collapsed and he's intubated along with feeding tubes and breathing tubes his organs started shutting down.

And this is where the miracle comes in remember a couple paragraphs ago when I was going off about him getting the unicycle and wanting all the information in case, I had to scoop him out of the ditch. Funny how God works WHO KNEW? GOD KNEW!!! it wasn't the unicycle that was going to take him down, but COVID-19 the only thing I didn't ask Richard about was a DNR. I just told them to do what ever they had to do to keep him alive and so he coded a few times, and they brought him back, and I would get phone calls in the middle of the night telling me that they brought him back.

While Richard was in a Coma, he lost a lot of muscle mass and had he not had the cardio endurance and the muscle mass from riding the unicycle they would not have been able to bring him out of the drug induced coma. There has been a lot of positive things happen since Richard had Covid and recovered.

This is my go-to Bible verse when things are not going good.

Romans 8:28

EPg#9

#### Sent by Sis Joanna Eyolfson

#### Philippians 4:8 KJV

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. This was a verse I've quoted often since I memorized back in 2014. Anxiety was a huge part of my life at that point. It impacted me going to new places, hanging out with friends or family, and doing things I loved to do. But thankfully the attacks were happening less often around 2016, to this day I don't understand why they started in the first place. It seemed like all was well and I had control over them and was able to do the things I loved again. But on Easter Sunday 2021, as I was playing piano and singing this awful feeling came over me and I couldn't breathe. The worst anxiety I ever felt! Unfortunately the attacks kept happening for a year. Anytime I'd have to play or sing in church dread would come over me and it affected my appetite, sleep, and once again being with friends and doing activities I enjoyed. I felt lost and locked in a prison feeling like a failure because I thought I had overcome this.

However a year later on Easter Sunday 2022 we had a special speaker at our church. God moved so strongly and I prayed, "God I want to be set free from this. I'm tired of feeling like this it's hindering my life and everything in between, please set me free." The speaker came and laid his hands on the front of my head, and someone behind me laid their hands on the back of my head. The speaker prayed that I would be set free and that I'd feel liberty in the presence of God. I'm so grateful and thankful to God that since then I have not had an anxiety attack since. God set me free! Even to the point where I'm not scared of thunder storms anymore. Such a simple thing but it just shows how God cares about us, and that every request we bring to Him matters.

TPg#10

#### Sent by Sis Tanet Bulmer

Thank you dear Sisters for inviting me to share a miracle in my life. When Sis. Michelle asked me if I could share I told her I'd pray and think on it, I wanted it to be the right one driven by God's leading, he's starting with the beginning of my life, for this is the root cause of why a lot of things I did in my life came to happen, you know we must find the roots.

My staying alive at Birth was a miracle, when my mother was carrying me , she kept believing I was a boy ,as she had already given dad a daughter, (dad had Ben married before and had a son and daughter by his first wife who had passed away) Well when it came time for my birth ,mom had no time to get to hospital, and it just so happened a midwife lived next door and had a room in her home, they took mum there .Mom had a terrible hard time delivering me, when I was born ,and when she was told I was a another girl she immediately went into a depression, wouldn't even hold me,, when the mid wife would giver me to her to try and nurse, it wouldn't work I couldn't suckle on her she gave no milk, so depressed .The midwife tried to feed me with cows milk, and can milk these wouldn't work for me , made me sick, they though I was going to die, my mother didn't want to hold me , she told the midwife Janet she could have me, Janet was a Godly woman (so was my mom but depression does strange things) Janet prayed and loved on me , taking care of my mom at same time , for several weeks, you see Janet found out that goats 🦐 milk would help children like me that couldn't suckle, and the goats milk worked, she felt so blessed to have a child, as she could have none.Well my mom got well enough to go home ,as she was leaving and getting into the car to go she looked back and seen media Jamet's arms and didn't have the heart to leave me behind. This the first miracle of my life beginning at birth. So thankful God has been here for me from my first breath, this how i know I'm a child of God and the enemy wants to take me out, But Hallelujah God's still keeping me . Mum called me Janet to show appreciation to the midwife Janet for all her care and understanding she had given us both, and helping us both to live .This is the true meaning of God's mercy and Love in action.God bless and keep us all in His care.At seventy-three there's no one I'd rather be with than our Lord Jesus Christ 🙏 💗

# EPg#11

#### Sent by Sis Connie McManus

#### The Bolt Miracle

In the summer of 1987 my husband converted a school bus into a camper. When finished, he, myself and six children left Oregon to go to Maine for the summer. During our stay there many things had not gone the way we had planned. It was time to return to Oregon.

Discouraged and downhearted my husband went for a wall on an old field road. Asking God to help us in our situation. While walking along scuffing his feet he came across a bolt that had been buried, Not this bolt was rusty and very dirty, it was an unusual size, bigger than he had ever seen.

Wondering what benefit it would he considered throwing it away. A thought

crossed his mind to clean it up and so he did and put it in the tool box.

While on the trip back we stopped at a restaurant area, in Albuquerque

New Mexico for a break. Upon arriving noticed a car broke down and a very dejected couple. This couple was on their way to a new Job when several problems arose, leaving them with no way to help themselves. My husband offered to check it out, and the unusual bolt fit their car perfectly. Who but God could create the circumstances to pick up a bolt in Easton Maine and be at the rest area in Albuquerque New Mexico the exact time and place it would be needed!

That was indeed a miracle!

Pg#12

#### Sent by Sis Connie Ogdenfehr

I have a miracle story to tell. It is about the day my doctor said that I may have cancer of the breast. I called my Pastor Bro Mean and asked him to pray for me. It was the year 1984. He prayed for me. I went back to see the Dr and he said that it was not cancer!

I am so thankful for his prayers and to God for answering those prayers!

#### Sent by Sis Tennifer Fudge

My miracle was last summer coming home from church one Sunday night I lost the brakes on my car I had ruptured a brake line my brakes were not working properly I prayed to get home and God got me safely home I had to take the car to the shop to get fixed naturally I was scared to drive with next to no brakes so I did what sister Antworth would have done I took the oil bottle and I went all around that car bumper to bumper and anointed that car with oil and I even anointed the brake pedal and when I left to take the car I prayed all the way to the mechanic and God got me there safely it was a miracle that I got there with having next to no breaks.

## Pg#13

#### Sent by Sis Crystal Ingraham

Thursday August 11, 2022. Drake decided to build 3 wooden crosses. August 12, 2022, Friday...

In the morning Paul & Drake went over to the neighbors place to tear down a storage building.

At lunch time I decided to take a lunch over to them. We talked for a while. Drake started to pull

out a nail with his hands and all of a sudden the building started to fall. My husband hollered "RUN DRAKE RUN". The all of a sudden Drake was on the ground with the building on top of him. He was turning blue from lack of oxygen. When I seen him I just cried out to God in a very loud voice! The neighbor came and they lifted the building up with a tractor. After 911 was called I went out by the end of the driveway because in my mind I was planning a funeral... The ambulance went by the driveway then I cried out "MY GOD IS GREATER" as I walked up and down the driveway... This Grandma got desperate. After the ambulance had got there, and they had him in the ambulance, we followed close behind them. As the ambulance got to the hospital they were expecting him to take him right on thru to St John. They took him in to do tests on him. When they came back they said we cannot find anything wrong with him... No broken bones or anything. My God protected him from anything and everything that could have happened to him that day. Drake knows that God was keeping him safe from harm on that day!



#### Sent by Bro & Sis Robert ( Debra O'Donnell (Pt 1)

To everyone that reads this miracle I want you to-know that Robert and I have had many many miracles (Some we wont even know about until we reach Heaven) during our walk with the Lord and even before that but that'y another story. This one began in 2007. I will try to condense this as much as possible....

Violet O'Donnell Aug 23/2007

We got a call from our son one day telling us that he and our then dauhter in-law was going to have a baby. EXCITING!!!! But a short time later during her check up and the usual tests and proceedures we were given the devastating news. Something was terribly wrong. Violet had a large hole in her corto and doctors said she wouldn't survive.

They were told to abort the baby, don't buy any clothes, furnitre, crib... she won't survive. The next visit they were told she won't come to term and if she does she will die at birth or shortly after. Still they chose not to abort. The news just kept getting worse with every doctor visit. Two weeks before due date they were told they had to stay in the city so as to be close to the Stollery Hospital in Edmonton, one of the best in Canada and three hours away from home. Our unborn baby was monitored daily and Will and his wife were able to stay at the Ronald McDonald House which was great because they were just a few minutes away from the hospital.

The day arrived when Miss Violet O'Donnell arrived. Beautiful baby girl (cute as a button if I must say so myself that to look at you wouldn't know she had a life threatening defect. She defied the doctors and made it thru birth but the danger wasn't over. She would't survive without surgery to repair the huge hole in her Aorta.

They gave her a few days to gain strenth but five days later she underwent open heart surgery. Her chest was opened and the surgeons began repairing. They told Will it was the largest patch they had ever fixed and there was no guarentee that the procedure would hold. She was in an induced coma for a few days and lay on an adult hospital bed with her chest remaining opened and covered with a clear plastic in case they had to go back in or her heart began to swell. We were updated with pictures as we began to start making plans to travel to Alberta. She wasn't suppose to survive any of this and there were some scary times over the next few days. Will would call several times a day and update us and ask for prayer.

Pg#15

#### Sent by Bro & Sis Robert / Debra O'Donnell (Pt 2)

Three 'clock one morning we got a call from Will and he was in teary.. the doctory were going to have to restart Violets heart. It had been racing for awhile and putting her in grave danger and they were afraid that it was going to blow the patch!!! The doctors described it as a horse racing at full speed for hours and pretty soon it would collapse and die. In her condition she may not make it. We got on our knees and alsowalked the floors petitioning God to save our Granddaughter. At one point we went out on our deck and looked up in the night skies heavy with clouds and prayed to the Lord as tears were streaming down our faces and a warm light rain began to fall. As we were praying the clouds moved and there was a circle opening up above us with the moon shining thru. I have never seen that before or since that day. What a miracle again... then the Lord spoke to Robert again and said "Ask and believe, trust and receive" twice while we were praying that day. We felt such a release from God and knew that things were going to be ok. The patch held and her heart began beating normally after the restart.

We flew out a few days later and when we walked into her room she was so beautiful in her crib in Neonatal ICU with tubes and IV's in her arms, legs, heels and even in her head and surrounded by racks of equipment that was keeping her alive. She started improving the day we got there. We believe she knew Nana & Papa was there and that we had been praying for her and that God was answering proyers. By the end of the day they had removed half of the equipment she was hooked up to. The doctors told us she would not be coming home until Thanks giving and that was a month and a half. We knew we couldn't stay that long. We stayed in hotels for a couple of days and finally went to Wills home 3 hours away. We were getting ready to make the trip back to the city again 5 days later when Will called and said they were coming home with Violet. She had improved above and beyound what was expected. miracle after miracle!!! We cried again and thanked the Lord. She was a trooper, looking around and the occasional smile but we had to be so careful because of the surgery and her ribs had been wired together and she had a long road ahead of her.

Our Violet turned 16 Aug 23/23 and we thank God everyday for her. We give Him all the glory. He supplies our every need. We have a picture of her with her prayer cloth in her crib the day she was born. Many prayers went up for her and prayers over the phone with Pastor and other ministry. She's had a checkup in Aug '23 and she may need another repair but we're trusting God for this as well.

**Robert & Debra O'Donnell** 

# EPg#16

#### Sent by Bro CAlan McManus (Pt#1)

It was March, or perhaps April of 1979, my parents were on a get away together in Florida. They had left their four boys with a babysitter. I was the youngest of the four boys and I was two years old. We lived in a two-story house in Easton, Maine and the kids' bedrooms were upstairs.

We had the type of windows that open to the outside, left to right, with a small handle to rotate to open or close them. Because of the window rotating outward when opening, the screen was on the inside of the window. I used to push my face into the screen until I could feel the cold glass touching my nose through the window screen.

My mother, still vacationing with Dad in Florida had a dream. In her dream she was home and walking up the stairs towards the second floor as I was walking down the stairs towards her room. I stumbled and fell. She reached out and caught me in mid air. Then she awoke.

Mom called home to see if everything was alright, to which the babysitter replied, "Yes, but we had an awful scare." She went on to tell how I had awakened from my nap and pushed on the screen (no surprise there, except the window was open and my nose would not touch the glass this time) and fell out of the bedroom window from the second floor.

EPg#17

#### Sent by Bro CAlan McManus (Ft# 2)

My window was over the kitchen window (and a little to the left if looking from the driveway). Imagine the terror of a baby-sitter washing dishes when a two-year old she's baby sitting falls from the sky and lands on the ground face first in front of her. After being taken to the hospital, relief came when the report came back - somehow I was unhurt. This was nothing short of miraculous.

I believe that it was the hand of God that caught me, and then sent my mom a message in a dream to say, "It's okay. He fell, but there is no harm come to him." My mom and dad were people of prayer, who loved the Lord and taught their children to do the same. While this was the first and only time in which I had fallen from a two-story window, it would not be the only time in which I was rescued by an unseen hand from above that was moved with compassion by a mother and father who prayed.

I remember saying to my mother (as I was nearing the ripe old age of three years), "The next time I fall out that window, I go see Jesus." Thankfully, there never was a next time. - Rev. Alan McManus

### Helpful Hints

- 1Start your day with Prayer and Gods word, It will change the whole direction and atmosphere of your day!
- A good way to help keep crawling creatures (spiders, ants, earwigs etc) from your kitchen drawers, sugar and flour containers is to place bay leaves in them.
- 3-Empty ketchup and mustard squeeze containers are great for adding frosting in to decorate cakes or cookies!
- 4To prevent soggy salads place an inverted saucer in bottom of the salad bowl. The access liquid will drain off under the saucer and the salad will stay fresh and crisp.
- When in the middle of a kidney stone attack, it's been told that drinking pure apple juice helps to smooth the sharp edges of the stones and allow them to pass smoother. (experience tells me this does help!)
- When dealing with feeling nauseous, eating a dill pickle or drinking a small amount of dill pickle juice is known to help ease the nausea feeling.
- 7Add 1/2 c of salt to the wash cycle to prevent new colored fabrics from color bleeding

This will be a monthly page that will have little helpful hints about a multitude of topics. Pls feel free to email me if you have any to share...Thanks in advance!!

Sis Michelle McManus

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# Biblical Encouragement

John 16:33 - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Psalms 34:4 - I sought the LORD, and he heard me, and delivered me from all my fears.

1 Corinthians 15:58 - Therefore, my beloved brethren, be ye stedfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:6 - Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Isaiah 12:2 - Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

ALJCC Ladies Ministry Pg#20