



Ladies First

Hello everyone! I am so excited about this new mode of communication that God has opened up for me to communicate with you. I have been working on this "introduction edition" for about a month. *Ladies First* was born out of my desire to share with other ladies the things that I've learned over the years through personal ministry and ministry with my husband.

Ladies First is my personal ministry of sharing with the ladies at Neabsco Baptist Church and to those who follow my personal link (First lady) from our church website (www.neabscobaptist.org). I will update the information you find on these pages once a month (the first Saturday evening of each month). So be sure to check your email or stop by the website each month for devotionals, recipes, survivor tips, and a little bit of humor. I appreciate each one of you who stop by and hope that you are blessed and inspired by *Ladies First*. It is my desire that you will leave with new and inspiring ideas to serve the Lord. Please feel free to send me an email to let me know if you are enjoying the articles you find in *Ladies First*.

This week's Devotional

Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised."
Proverbs 31:30(KJV)

We are Beautiful Women...In Christ

So many times we are made to feel guilty about spending extra time working on our outward appearance. There is nothing wrong with working on our outward beauty. We are children of the King, so why not look like we are part of His Royal Family? We should *always* do our best and look our best; but many times we forget about the inside and the way we project ourselves. We make the mistake of concentrating only on one feature or one area of our Christian life and not the whole. Our beauty in Christ then becomes distorted.

Being beautiful in Christ involves more than just the outside or just one part of us. Our devotional verse says, "...a woman that feareth the LORD, she shall be praised." Proverbs 31:30 (KJV). That is the beauty that transcends time and doesn't fade away.

One thing about beauty that we all know as women is that it consists of a daily regimen. In the words of my mother, "we have to keep ourselves up." We all know what happens if we decide not to keep ourselves up. We begin to lose our outward beauty, and our self esteem becomes low. It is the same with being beautiful in Christ. We have to constantly work on having a closer relationship with Christ. Here are some things to help us improve our beauty in Christ.

Christ's Recipe For Inner Beauty

Cleanser

In order to make ourselves beautiful, we have to first cleanse ourselves of all unwanted impurities. Our cleansing agent works through our confession and God's forgiveness. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9)

Moisturizer

Having compassion can be a good moisturizer. When we start seeing others and their needs instead of our own it can really soften us up! "Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life. And of some have compassion, making a difference." (Jude 1:21-22)

Wrinkle Cream

If we want to smooth out those wrinkles how about applying a meek and quiet spirit? "But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price." (1 Pet 3:4)

Foundation

We need to start with a good foundation and what is better than the Word of God? If we have the Word of God in our hearts the rest of our spiritual make-up can be easily applied. "Thy word have I hid in mine heart, that I might not sin against thee." (Psa 119:11)

Eye Makeup

To keep our eyes shining the brightest we need to guard them from seeing things that are not fitting of a beautiful woman in Christ. "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" (1 Cor 6:19)

Lipstick

To make the face complete don't forget your lips. Apply lipstick in the shade of 'Pleasantness' daily for best results. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones." (Prov 16:24)

Blush

The blush we apply should be God's love radiating through us. "And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." (Rom 5:5)

Hand Lotion

We don't want our hands to become dry and brittle so we need to apply some generosity and good deeds. "Give her of the fruit of her hands; and let her own works praise her in the gates." (Prov 31:31)

Foot Therapy

Sometimes when we overlook our feet they can get callused and rough so we need to get them going in the right direction. Take your feet only to the places that Christ would approve. "Abstain from all appearance of evil." (1 Thess 5:22)

Outer Beauty Tip 101

1. For a smooth and perfect look, ..Apply **Mary Kay Essence** before applying Foundation. It works for me!

Recipe Of The Week

A few years ago at the Women's Retreat at Sandy Cove, Maryland, I shared small pound cakes with many of the ladies. This week I am sharing the recipe with you. ENJOY!

Five Flavor Pound Cake II



INGREDIENTS

1 cup butter	2 teaspoons coconut extract
1/2 cup vegetable oil	2 teaspoons rum flavored extract
5 eggs	2 teaspoons butter flavored extract
3 cups white sugar	1 teaspoon lemon extract
3 cups all-purpose flour	2 teaspoons vanilla extract
1/2 teaspoon baking powder	1/2 cup water
1/2 teaspoon salt	1 cup white sugar
1 cup milk	1 teaspoon almond extract

DIRECTIONS:

1. Preheat oven to 325 degrees F (165 degrees C). Grease and flour a tube pan.
2. Sift the flour with the baking powder and salt.
3. Cream butter or margarine, oil, and sugar until fluffy. Add eggs one at a time, beating well after each addition. Mix in flour mixture alternately with milk, beginning and ending with flour. Mix well. Stir in 1 teaspoon each of coconut flavoring, butter flavoring, rum extract, lemon extract, and vanilla extract. Pour batter into prepared pan.
4. Bake for 1 1/2 hours or until cake tests done.
5. In a small saucepan, combine water, sugar, and 1 teaspoon each of coconut flavoring, butter flavoring, rum extract, vanilla extract, and almond extract. Boil until the sugar has dissolved completely. Spoon over hot cake. Cool cake.

A Survivor's Tip for baking

Cake sticking to the pan? Simply rest the pan on a damp cloth for a few minutes as soon as the cake comes out of the oven



Just For Laughs

An 80-year-old couple was worried because they kept forgetting things all the time. The doctor assured them there was nothing seriously wrong except old age, and suggested they carry a notebook and write things down so they wouldn't forget.

Several days later, the old man got up to go to the kitchen. His wife said, "Dear, get me a bowl of ice cream while you're up." "Okay," he said. "...and put some chocolate syrup on it and a few cherries, too," she added. "You'd better write all this down." "I won't forget!" he said.

Twenty minutes later he came back into the room and handed his wife a plate of scrambled eggs and bacon. She glared at him. "Now, I told you to write it down! I knew you'd forget." "What did I forget?" he asked. She replied, "My toast!"

Coming Soon!

Ladies First Book Club

If you are interested in being a part of the Ladies First Book club, send me an email
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