

November 2023

# Sparkling ♥ Hearts

*Note from  
The Heart*

*W.H.A.T.S. UP*

*Prayer Conference*

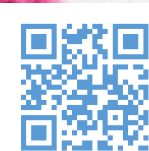
*Sparkle Conference*

*Tuesdays  
To Triumph*



*South Carolina  
Women's Ministries*

*Quarterly Publication*





Wanda Rabon  
Women's Ministries  
Director



## Note from the Heart

*Where has the time gone? It's hard to believe that Thanksgiving and Christmas will be here before we know it. I guess it is true that time flies when you are having fun.*

*The next few months are some of my favorite months of the whole year. November is a time to slow down and enjoy the beauty of Fall, the cooler weather, shorter days, and a season of thankfulness. December is always special because it's a time for us to stop and reflect that Jesus is the reason for the season.*

*I want to take this opportunity to express my deepest appreciation and thanks to the women of South Carolina for the kindness you have shown me over the years with your love, support, and, most of all, your prayers.*

*As we celebrate this wonderful season, we are reminded that thankfulness is truly the kind of spirit we are to have, and this thankfulness is more meaningful when we are both thankful to those around us and our God above us.*

*This joyous season is so much more than eating all the food we can eat, followed by a marathon of football games or Christmas movies! It is a time for us to slow down, be thankful for all His blessings, and be a blessing to those around us.*

*I often express my thanksgiving to the Lord who has called me to be just a small part of what He is doing here in South Carolina. I am ever mindful of the honor of leading the Women's Ministries in this great state, yet I am also mindful of the obligation I have to love and serve you in any way possible. I love and appreciate the women here in SC and am honored to serve beside each of you.*

*You have made the Women's Ministries more effective because of your love and sacrifice, and I look forward to even greater things in the future, as God enables us together to impact our community and world for the sake of the Gospel!*

*I am super excited to announce that our guest for the Sparkle Conference are the anointed Amanda Crabb, the amazing musical group Avalon, and the powerful preacher and song writer Angela Primm. Register today and get the special early-bird rate.*

Wanda Rabon

### Women's Ministries Board

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### Home For Children

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Melody Hand



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"Don't Let Anyone Dull Your Sparkle"







*We are nearing that wonderful time of year when we express our thanks and appreciation to God for all His blessings in our lives, as we celebrate Thanksgiving.*

*Some may consider Thanksgiving a quick holiday before the Christmas Season, but in reality, this is an extremely meaningful time as we show our gratitude.*

*One of the ways Thanksgiving has been celebrated over the years is to gather together with family over a delicious meal. Visions of a Norman Rockwell painting seem to come to mind as family members gather around the table in anticipation of what has been placed before them. The chatter of conversation soon quiets, as delicious food replaces words in the mouth.*

*Yet, with all of those wonderful thoughts of the Thanksgiving table, I'm reminded that this time of year is quite difficult for many, as family members may be far away. Others can only use the day to remember what "was" or what "could have been," as the happier days have seemingly passed them by and as they offer thanks to God for His blessings in what has become a lonely place for them.*

*We all have so much for which to be grateful. We ought to be thankful for the air we breathe, the food to eat, a place to call home, plenty of water, family, friends, and so much more. God has definitely bestowed blessings all around us, and if we open our hearts and eyes to see, we will be eternally grateful.*

*This Thanksgiving, no matter what you are going through, give thanks to God. Even if you are going through a tough time, thank God for the times He has helped you through other difficult times and for all the good things in your life. Keeping your eyes on Him and off of your circumstances will allow your heart to open and be enlarged. 1 Thessalonians 5:18 states, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

*We want to wish you and your family a Happy and Blessed Thanksgiving. Thank you for all you do for the Kingdom and for your prayers and support for us as we serve you.*

*The Rabons*

# *Peace, Gratitude, Hope, Love, Faith, and Renewed Spirit!*

## **A Holiday Season Filled with Peace, Gratitude, Hope, Love, Faith, and Renewed Spirit!**

As we approach the holiday season, a magical transformation sweeps over us, illuminating our lives with the radiant qualities of peace, gratitude, hope, love, faith, and renewed spirit.

From Thanksgiving's gratitude to the joy of Christmas and the fresh start of the New Year, this season encompasses the very essence of what it means to be human.

### **Thanksgiving: Peace and Gratitude**

Thanksgiving kicks off this season of celebration with a focus on gratitude. It invites us to pause and reflect on the blessings in our lives, filling our hearts with a deep sense of peace. It's a time when families gather around tables, not just to feast, but to express thankfulness for the love and abundance that surround them.

### **Christmas: Hope and Love**

Christmas, the heart of the season, brings a message of hope and love. The birth of Jesus reminds us that even in the humblest circumstances, hope can shine brightly. Love becomes tangible as we exchange gifts, share meals, and embrace the spirit of giving. It's a time when acts of kindness and compassion abound, lighting up the world with warmth and love.

### **New Year: Faith and Renewed Spirit**

The New Year offers a fresh start, symbolizing faith and renewal. It's a time when we set intentions, make resolutions, and believe in the possibility of positive change. It invites us to have faith in our ability to grow, evolve, and make the world a better place.

Throughout this holiday season, let us hold fast to these timeless values: peace, gratitude, hope, love, faith, and renewed spirit. Let us not just celebrate with our loved ones but also extend these qualities to those around us. As we gather, share, and reflect, may our hearts be filled with the true spirit of the season. In doing so, we can make this holiday season a source of enduring joy and inspiration for ourselves and those we touch, spreading the light of peace, gratitude, hope, love, faith, and renewed spirit far and wide.

Article by:  
Dawn Seals





Women's Health And Tip Section  
**W.H.A.T.S. UP!**



Stroke is the fifth leading cause of death for women.<sup>1</sup> In the United States, 1 in 5 women between the ages of 55 and 75 will have a stroke.<sup>2</sup>

Surprised? You're not alone. Many women do not know their risk of having a stroke.

**These facts are alarming, but there is good news: 4 in 5 strokes are preventable.**<sup>4</sup> That's why it's important to know your risk for stroke and take action to protect your health. You can learn more about how CDC and its partners are leading programs to help women reduce their risk for stroke.

The **stroke treatments that work best are available only if the stroke is recognized and diagnosed within 3 hours of the first symptoms.** Stroke patients may not be eligible for these if they don't arrive at the hospital in time.

If you think someone may be having a stroke, act F.A.S.T. and **do the following test:**

- **F—Face:** Ask the person to smile. Does one side of the face droop?
- **A—Arms:** Ask the person to raise both arms. Does one arm drift downward?
- **S—Speech:** Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- **T—Time:** If you see any of these signs, call 9-1-1 right away.

**Note the time when any symptoms first appear.** This information helps health care providers determine the best treatment for each person.

**Do not drive to the hospital or let someone else drive you.** Call 9-1-1 for an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room.



# Protect Your Hearing!

I heard someone say recently they told some children "the Lord gave us two ears but only one mouth which should serve as a sign that we should listen twice as much as we speak." This is easier said than done!

The Bible tells us that the tongue is the toughest member to control or tame, but I believe the ears come in at a close second! It seems as if our ears "itch" to only hear the things we want to hear, such as gossip, negativity, criticism of others, and how we are just fine living our lives how we please.

The Bible says in 2 Timothy 4:3-4, "for the time will come when they will not endure sound doctrine; but having itching ears, they shall heap to themselves teachers in accordance with their own lust. And, they shall turn away their ears from the truth, and shall be turned toward fables" (KJV). This tells us that we should take great care, as to what we allow our ears to hear and possibly believe, as well as controlling what we say for others to hear. We must always be listening to the Voice of Truth which is the Voice of God.

Article By: Rev. Janice P. Vaughn



You may ask what is Tuesdays to Triumph? It is where we come together and pray and fast on Tuesday of each week.

Fasting is not just abstaining from food. It can be taking a break to give up simple pleasures that may rob you of your time. Many people fast social media and center and prioritize their prayer time.

Fasting is simply a call to lay ourselves before God, empty vessels that He can mend, fill, and use. It is expressing our openness and availability to God. It is simply a structure for uniting Church of God women in prayer and fasting for our homes, churches, nation, and world.

The benefit of fasting is immediate in that it is a rapid reminder of why you're fasting. Whenever you feel hungry or have the urge to check your phone or social media, it helps serve as a call and a reminder to pray and focus on your goal.

Fasting and prayer go hand in hand in the scriptures. In the Bible, we find powerful results of praying and fasting by Daniel (Daniel 9), David (Psalm 35), Anna (Luke 2), and Paul (Acts 14). Jesus tells us how to pray and fast in Matthew 6, instructing us to do so quietly, humbly, and without any pride.

## ***The Elijah Perspective***

I pray for God's Holy Spirit to anoint you as you read this today. May your heart be enlightened, your spirit challenged, and your emotions uplifted! This vital word can forever aid you in experiencing victory through Jesus Christ in your personal life and ministry!

I preceded this challenge with a short prayer over you because the enemy of your soul would prefer to distract you from receiving this message. Picture with me the account of Elijah's prayer for rain. In this moment, Elijah demonstrated faith in the answer to his prayer when his servant said, "A little cloud like a man's hand is coming from the sea." Let's explore two life-changing perspectives to the small clouds that come into our lives.

### **The One You Want to Avoid**

We all understand the illustrations of a glass that is filled half-way with water. Instead of saying the glass is "Half Full," a life-inhibiting perspective will say the glass is "Half Empty." So, if Elijah would have had this perspective, he would have waited to send word to Ahab until after he saw the lightning, heard the thunder, and felt the puddles forming around his feet.

### **The One You Want to Daily Practice**

The life-giving perspective of the glass being "Half Full" focuses upon the goodness of God, even in the smallest of events. I daily take note of God's goodness in my life, even when I am walking through the most difficult situations! I choose to overcome evil with good! I choose to be thankful to my Life-Giver! This perspective continues to be the strength that sees me through the most challenging moments. It's the "Elijah perspective" to recognize the hand of God moving even in the smallest of details!

Why is this so vital to your life and ministry? Let's bullet it for you in a list.

- You need strength to be victorious.
- The Joy of the Lord is your strength.
- Joy is not forced upon you.
- Your Joy in the Lord comes directly from your recognition of God's activity in your life.

The life-giving Elijah perspective creates in you an extra sensitive spirit to see God's activity. You then receive Joy which brings strength. This results in "Being More Than an Overcomer."

Make a special effort to develop the Elijah Perspective! Your days will be filled with joy. Your life will become a living testimony to the lost around you!







# UKRAINE: THE JOURNEY HOME

WWAM 2022-2024 PROJECT #020-8203

*We need your help!*

On February 22, 2022, the invasion of Ukraine separated families and displaced thousands of orphans.

When these children left their homes in the middle of the night, they were filled with all the things that war brings to your heart. They didn't know if they would even survive, but in spite of the fear, they have learned to trust in God and to hold tenaciously to His hands.

We are told that there are some 100,000 orphans in need in Ukraine. While we cannot help all of them, we must do our part. With your help, we will rebuild lives, reestablish families, and provide transportation, clothing and food that will sustain these children in their journey home.

Your gifts will be used to build and rebuild adequate facilities and housing that will provide safety, protection, education and Christian development for these children.

“Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself being polluted by the world.”



*Scan me!*





Women's Ministries

# Sparkle Conference

## Radiant

YOU WERE MADE TO SPARKLE

PSALM 34:5

APRIL 19-20, 2024

306 MONROE DRIVE SIMPSONVILLE, SC 29681



Amanda Crabb  
Friday



Angela Primm  
Saturday



Grammy Nominated & Dove Award Winner

Friday



Praise Cathedral Praise Team

### EVENT SCHEDULE

REGISTRATION: FRIDAY 2:00 PM - 5:30 PM

FRIDAY SERVICE 6:30 PM

SATURDAY MORNING SERVICE: 9:00 AM

Register Online: [sccog.com/women](https://sccog.com/women)



### REGISTRATION

Special Early-Bird Registration: \$50.00 Before February 1, 2024

After February 1, Registration: \$65.00

Registration deadline: March 19, 2024

After March 19, 2024, \$80.00 (t-shirt not guaranteed)



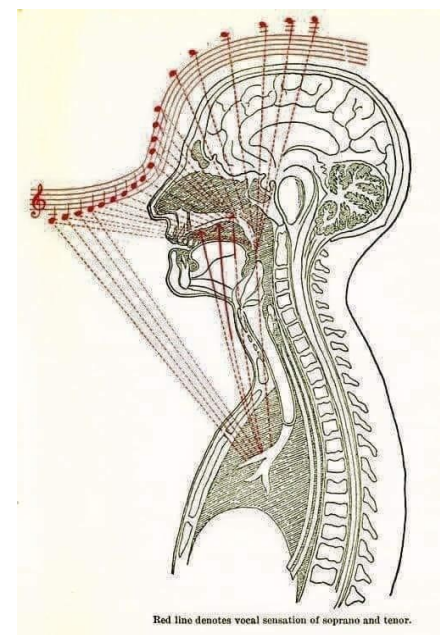




- *Singing informs the body the "right" vibrations that increase our vitality;*
- *During singing, special chemicals are produced in the human brain that help us feel peace and joy;*
- *Singing improves blood circulation in the throat area, which has a beneficial effect on the vocal cords and numerous lymph nodes in the throat and therefore significantly increases local immunity (in other words, we less often get colds);*
- *Improving the blood supply while singing leads to an increase in brain activity: it begins to work more intensively, memory improves, and any information is easier to perceive;*
- *Singing is very beneficial for lung diseases, as it works as a breathing gymnastics, which promotes chest development, proper breathing, and significantly reduces the number of acute lung conditions;*
- *With regular singing, the levels of immunoglobulin and hydrocortizone, which are signs of good immunity, increase in the body;*
- *Methods have been developed that treat hiccups through singing and help improve diction.*
- *Singing is even used in the fight against obesity: sometimes it is helpful to overweight people, when they feel hungry instead of eating, sing two or three songs.*

*Attention, girls! Singing improves blood supply to the head area and generally rejuvenates the body, skin condition improves.*

*This is why experts recommend singing at least 5 minutes a day, equating singing to physical exercise.*



Red line denotes vocal sensation of soprano and tenor.





### Prayer For God's Guidance And Protection

As we see the events unfolding in the Middle East we pray for the peace of Jerusalem.

The Bible says in Genesis 12:3 (NKJV)

I will bless those who bless you, And I will curse him who curses you; And in you all the families of the earth shall be blessed."

In addition to that very plain directive from God Himself, we also see that we are encouraged to "pray for the peace of Jerusalem."

Psalms 122:6 (NKJV)

Pray for the peace of Jerusalem: "May they prosper who love you."

Heavenly Father, thank You that You are a God who keeps His promises to all generations. Thank You for the nation of Israel, through Whom You chose to bring us Your Word, Your truth, Your wisdom and Your only begotten Son, in the person of the Lord Jesus Christ.

Lord, thank You that although we can be faithless, You remain faithful. Thank You, that the promises that You gave to Your chosen people, Israel, will not and cannot be broken.

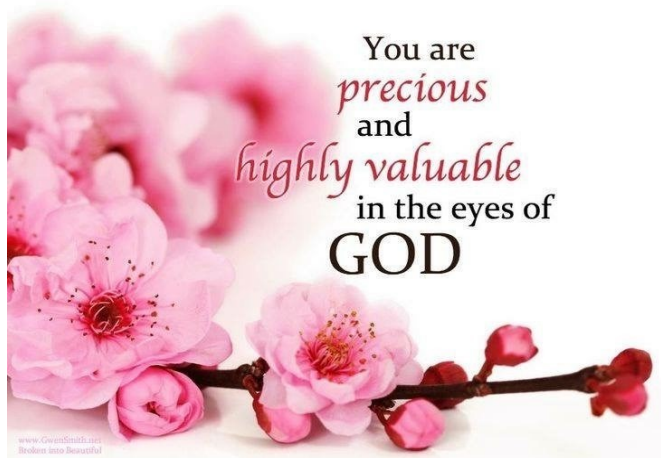
Guide and protect the little nation of Israel, in a world that would seek to erase them off the face of the map and drive them into the seas, for You have promised to return to earth and to set up Your kingdom when that nation calls upon the name of the Lord, and cries, "Blessed is He Who comes in the name of the Lord." Father, I pray that You would guard and protect the nation of Israel, both individually and nationally and hasten the time when they look on Him.

## *Beauty Becomes You!*



- ◆ *For lovely eyes, seek out the good in people.*
- ◆ *For a slim figure, share your food with the hungry.*
- ◆ *For beautiful hair, let a child run his fingers through it once a day.*
- ◆ *For poise, walk with the knowledge you'll never walk alone.*
- ◆ *For attractive lips, speak words of kindness.*
- ◆ *The tender loving care of human beings will never become obsolete.*
- ◆ *People, even more than things have to be restored, renewed, revived, reclaimed and redeemed.*
- ◆ *Never throw out anybody.*
- ◆ *Remember, if you ever need a helping hand, you'll find one at the end of your arm.*
- ◆ *As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.*
- ◆ *Your "good old days" are still ahead of you, may you have many of them.*

~Sam Levenson



# State Calendar of Events

## November 2023

- 1 CAMS Application Deadline
- 3-4 MIP
- 11 Hispanic MIP
- 18 CAMS 3
- 18 Hispanic CAMS
- 30 Screening Committee

## December 2023

- 4 MIP
- 7 RMF Christmas Lunch
- 9 Hispanic MIP

## January 2024

- 12-13 MIP
- 27 CAMS 1
- 29-30 Prayer Conference

## February 2024

- 9-10 MIP
- 17 Chaplain's Conference
- 24 CAMS 2

## March 2024

- 8-9 MIP
- 9 Men's Gathering
- 18-19 Lead Pastor's Retreat

## April 2024

- 12-13 MIP
- 13 Junior Talent
- 19-20 Women's Retreat
- 27 CAMS

## May 2024

- 3-5 Boys Campout
- 24-25 Palmetto Gathering

## June 2024

- 9-12 Camp Meeting

## July 2024

- 8-12 General Assembly





# Home For Children Project

I am thankful that the Women's Ministries in SC and their compassionate heart for our children. I know this is near to Christ's heart because He instructed us to care for the widows and the orphans.

I am asking once again for you to prayerfully consider giving an offering to help meet the needs at the cottages. I believe, if we come together and do our part, we can take care of this before the year's end. The kids come from troubled backgrounds, and we want them to have the best.

- Cottages 2 & 3 need new upright freezers
- Cottage 2 needs a new stove and a new kitchen floor
- All Cottages need new countertops and backsplash to match the kitchen
- Cottages 2 & 3 need new carpet in the kids' bedrooms
- All Cottages need new chest of drawers for each child, as well as nightstands.

Again, thank you for considering this need, and most of all, please pray for all the children at the Home for Children.

## *It is the season of Giving and Receiving*

### FIRST

When we have opportunity to be a blessing to someone else, we should do it.

### SECOND

We must be gracious recipients of God's blessings to us through others and refuse to let our pride or independence to get in the way.

### THIRD

God blesses one person, so they can bless another, and that person another, and so on.

That might seem like upside down thinking to some, but that's the way it works in the Kingdom of God.

**"As we have opportunity, let us do good to all, especially to those who are of the household of faith." (Galatians 6:10)**



## To Be 6 Again!

A man was sitting on the edge of the bed, watching his wife turning back and forth, while looking at herself in the mirror. As her birthday was approaching, he asked her what she would like to have for her birthday. "I'd like to be six again," she replied, still looking in the mirror.



On the morning of her birthday, he woke up early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. He put her on every ride in the park, including the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, and everything else there was. After five hours, they left the theme park. She was feeling dizzy, and her stomach was upside down. Then, he took her to McDonald's, where he ordered her a Happy Meal, with extra fries, and a chocolate shake.

After that, they went to a movie theater where they had popcorn, a soda pop, and her favorite candy, M&M's. It was a fantastic adventure. Finally, they returned home, and she collapsed on the bed, exhausted.

He leaned over his wife with a big smile and lovingly asked, "Well dear, what was it like being six again?"

Her eyes slowly opened, and her expression suddenly changed.

She replied, "I meant my dress size."

The moral of the story: Even when a man is listening, he is still likely to get it wrong.

## Spot the 10 Differences





# Merry Christmas

*From  
South Carolina  
Women's Ministries*

*Wanda Rabon  
Janice Vaughn  
Annette DeVane  
Rosa Vazquez  
Kim Allen  
Christle Collins  
Jessica Nolan  
Sylvia Roberts  
Jackie Sims  
Sandra Wooten  
Jennifer Fickett  
Kim Kerns  
Melody Hand*







# DARE TO *dream*

ISAIAH 54:2

## 2024 PRAYER CONFERENCE

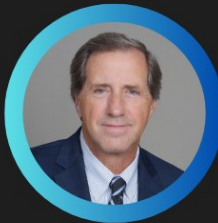
JANUARY 29-30, 2024

MONDAY & TUESDAY EVENINGS 7 P.M.  
TUESDAY MORNING 9:30 A.M.

EMBASSY SUITES AT  
KINGSTON PLANTATION  
9800 QUEENSWAY BLVD,  
MYRTLE BEACH, SC 29572



**TONY STEWART**  
Monday Evening



**TOM MADDEN**  
Tuesday Evening



**DR. ROGER & PAM CHILDERS**  
Tuesday Morning



**SHAWN REYNOLDS**  
Tuesday Morning



**BRUCE RABON**  
State Overseer

### TO BOOK YOUR ROOM:

CALL 1.800.876.0010,  
SELECT THE EMBASSY PROMPT,  
AND ASK TO BOOK YOUR ROOM  
USING THE "CHG" GROUP CODE

DIRECT LINK TO BOOK YOUR  
ROOM CAN BE FOUND AT  
[WWW.SCCOG.COM/EVENTS](http://WWW.SCCOG.COM/EVENTS)

DEADLINE TO BOOK YOUR ROOM AT  
OUR SPECIAL RATE: DECEMBER 22