



Sparkling Hearts Newsletter

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



Friday

Inside:

Notes from the Heart

Tuesday to Triumph

W.H.A.T.S.U.P.

Sparkle Conference

Registration: \$65.00

Registration deadline: March 19, 2024

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

Register Online: sccog.com/women

South Carolina
Women's Ministries
Quarterly Publication





Wanda Rabon
Women's Ministries
Director



Note from the Heart

Winter has finally arrived, and I hope you are staying warm. We are gearing up for our Sparkle Retreat, and I am excited about the lineup. I hope you will be able to join us. I can't wait to see you and fellowship with you.

As this is the month we celebrate Valentine's Day, I wanted to express my sincere gratitude for your faithful service and dedication to our Home for Children, WWAM Ukraine project, and our Covenant Sisters.

I recognize that fundraising for these ministries can be challenging, but your willingness to go the extra mile and help us in this endeavor has made a significant difference. Your contributions have helped us support our various initiatives and outreach efforts, and I am genuinely thankful for that.

As we continue to work together to support these worthy causes, I am reminded how blessed we are to have you as our family. Your role in our church and community is invaluable, and it is a joy to serve alongside you.

As we come together for the Sparkle Retreat, let us continue to love and lift each other, encouraging one another in our faith journey. May this event be a time of renewal and growth for all of us!

Please know that I love and appreciate you, and I am here to support you in any way that I can. May God richly bless you for your faithfulness and dedication, and may we continue to work together to serve His kingdom.

Lastly, I want to pray for your family. Lord, we ask that You protect them from harm and guide them in Your ways. Please give them the wisdom to know how to lead, and nurture them and help us strengthen our relationships. May our homes be places of peace, love, and joy, where Your presence is felt. We trust in You, Lord, and know You are faithful. Thank You for hearing our prayers and for loving us unconditionally. In Jesus' name, we pray, Amen.

In closing, we want to remind you that you are not alone. I am here for you; more importantly, God is here for you. Whatever you may be going through, know that He hears your prayers and sees your tears. He is faithful, and He will carry you through.

Wanda Rabon

Women's Ministries Board

Janice Vaughn
Annette DeVane
Rosa Vazquez
Kim Allen
Christle Collins
Jessica Nolan
Sylvia Roberts
Jackie Sims

Church Ministries Sandra Wooten

Home For Children Kim Kerns

Girls Ministries Paige Martin

WM Administrative Assistant Melody Hand



COG State Office
P.O. Box 309
Mauldin, SC 29662

Website:
WWW.SCCOG.COM

"Don't Let Anyone Dull Your Sparkle"





Josh Martin is originally from Warner Robins, Georgia. He and his wife Paige were married in 1998 and have two daughters. Josh has a degree in Christian Education from Lee University and a master's degree from the Pentecostal Theological Seminary. He has served the local church in multiple roles, such as Senior Pastor, Youth Pastor, and Children's Pastor. He has had the privilege of serving as Youth and Discipleship Director in Indiana, Pennsylvania, and Virginia. Josh is most passionate about equipping leaders to minister to young people and seeing young people make life-long decisions to follow Christ.

Paige Martin serves as Girls' Ministries Coordinator. Josh and Paige have two beautiful daughters, Morgan and Ella. Paige has an accounting degree from Lee University and an MBA from Indiana University. Paige is an avid reader. Her favorite place to read is in her happy place... the beach... any beach... as the sun sets.

They bring a wealth of ministry and leadership experience and have a heart for serving the community. We are excited to have them join our team and know that they will be a great asset to the youth of SC.

Welcome, Josh and Paige Martin



Who Packs Your Parachute?

Charles Plumb, a U.S. Naval Academy graduate, was a jet fighter pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a Communist prison. He survived that ordeal and now lectures about lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"

"How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!"

Plumb assured him, "It sure did – if your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night thinking about that man. Plumb says, "I kept wondering what he might have looked like in a Navy uniform – a Dixie cup hat, a bib in the back, and bell-bottom trousers. I wondered how many times I might have passed him on the Kitty Hawk. I wondered how many times I might have seen him and not even said, 'Good morning, how are you,' or anything because, you see, I was a fighter pilot, and he was just a sailor."

Plumb thought of the many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute? Everyone has someone who provides what they need to make it through the day."

Take time out to encourage and thank the people who provide the parachutes in your life.

Author Unknown

Tuesdays To Triumph



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.

UKRAINE: THE JOURNEY HOME

5K



RUN • WALK

UKRAINE PROJECT #020-8203

Location // 306 Monroe Dr, Simpsonville

Saturday, May 4th

Registration // 9 am
Start Time // 10 am

Entry Fee // \$25

Deadline to Register
April 12, 2024

Classic Car/Bike Show



10 am
to
12 pm



All Proceeds Go Towards the Ukraine Project
Register online at www.sccog.com/women

Importance of attending a local church.



Has anyone ever asked you a question that might go like this: "Why do you insist that I need to attend a local church when I get tremendous enjoyment in attending a different church often?"

We live in a day that offers the message of the Gospel to the Sinner and inspiration to the Christian in a wide variety of ways, such as the internet, radio, television, CDs, MP3 files, and so on!

Here are some thoughts regarding the importance and value of attending a local church. You may know of more reasons, but here are a few for now.

1. A place to call "home" – "Home" is usually where the "rubber meets the road." We get to know our "family," and they get to know our strengths and weaknesses, and as "iron sharpens iron," we become stronger both in the short and long term.

2. Accountability and Encouragement – A home church becomes a place for accountability (continuing the thought from the previous point) and an excellent place for receiving encouragement from brothers and sisters in our family.

3. Pastoral Care – We all encounter times of crisis, such as sickness, death, divorce, family events, and times of joy, such as marriages, job promotions, etc. It's wonderful to share these events with our families, and of course, it's always so comforting to have the local family of God surrounding you with prayers and support.

4. A Storehouse for regular Tithes/Offerings – Where would the local church be without regular Tithes and Offerings from its members and adherents? Basically, we are wasting time with fundraiser after fundraiser to fund the church ministries. Tithing was commanded "before" the giving of the law and was never stopped at the time of Christ, even though the opportunity was there. Any media ministry that encourages sending tithe to them instead of the local church is doing a disservice to God and His people.

5. A place to get involved with a ministry on a consistent basis – As part of a community of believers, there is something powerful about having the faithful, consistent witness of a person in ministry not only in the good times but also in the tough times. Impressionable children and youth often look up to those in ministry as examples for their own lives. .

6. Respectability and Acceptance in ministry endeavors – Most Pastors want to know what home church a person attends when they are asking for a place to minister in the church or community. To most pastors, this shows a teachable and servant spirit. In watching over the flock under their care, Pastors are careful who speaks into the lives of the congregation.

7. Gives the local church stability for more effective and impactful ministry – The church knows who can be depended upon for financial and ministry support. If everyone moved from church to church, there would be no opportunity for effective ministry whatsoever, and churches would have to close their doors due to a lack of faithful attendees.

Well, these are just a few reasons for the value of attending a local church, and no doubt there are many more. I trust these will be of assistance to you as some ask you this question I often am asked!

And, of course there's always this powerful scripture from the Word in Hebrews 10:25 (NKJV) "Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching."





W.H.A.T.S. UP!

Women's Health And Tip Section

As February is the month of love, it's also a perfect opportunity to show love towards your health. Women are often juggling multiple responsibilities between work, family, and personal life, which makes taking time to care for one's own health seems challenging. However, it's essential to prioritize your health and well-being to maintain a happy and fulfilling life.

Here are some practical tips to help women improve their health and wellness this February:

1. Keep your heart healthy

Heart disease is the leading cause of death among women, and maintaining a healthy heart is vital to living a long, happy life. Some ways to keep your heart healthy include:

- Eating a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins.
- Staying physically active by incorporating exercises such as walking.
- Managing stress, as it can contribute to heart disease.

2. Prioritize your sleep

Getting enough sleep is essential for your overall well-being. Studies show that most adults need seven to eight hours of sleep per night. Here are some tips to improve sleep:

- Stick to a consistent sleep schedule.
- Avoid caffeine
- Keep the bedroom cool and dark.
- Avoid screen time before bed.

3. Practice self-care

Taking care of yourself isn't selfish; it's necessary for your mental and physical well-being. Here are some self-care practices to incorporate into your daily routine:

- Take a relaxing bath or shower.
- Schedule a massage or spa treatment.
- Meditate or practice deep breathing exercises.
- Find time to do something you enjoy, such as reading or watching a movie

4. Stay active

Exercise benefits both physical and mental health. Consistent activity can reduce the risk of chronic diseases, improve sleep quality, and boost mood. Here are some ways to stay active:

- Incorporate physical activity into your daily routine, such as taking the stairs instead of the elevator.
- Participate in group fitness classes or activities.
- Try a new form of exercise, such as Pilates.

February is an opportunity to prioritize your health and well-being. By implementing these tips, you can maintain a healthy and happy life, empowering you to take care of yourself and feel better.

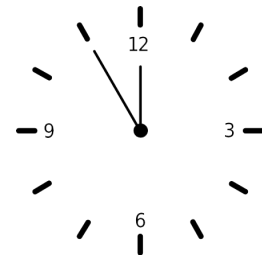


What are “Empty Minutes”?

Late missionary and author, Frank Laubach wrote: "I have this minute in my control. It is all I really do have to work with. It is as magnificent or drab or vile as the thoughts which fill it. I fear our most common sin is empty minutes."

As you read that statement, maybe you thought to yourself something like, "Well I surely do not have ANY empty minutes. In fact, I'm so busy I could use many more minutes each day."

- 'Empty minutes' refers to much more than the action of being busy!
- Though busyness is a healthy part of our daily lives, we should ask ourselves, "Do I have the right kind of busyness in my life?"
Is the sum total of our busyness filled with empty minutes?
- We are daily surrounded by the ever-increasing hustle and bustle of life's activities.
- There are so many things on our checklist of life that must be done, that could be done, that want to be done, and those that are never done.
- There is so much activity and so many distractions that we find it more of a challenge to be sensitive to God's Spirit within us. He gave us His Spirit to enable us to live 'more than overcoming' lives in this world. Too often, we feel more 'overcome' than 'overcoming.'
- Could it be that during those 'empty minutes' His Spirit was speaking but our busyness prevented us from hearing?



Let's meet the challenge of turning the busyness of those empty minutes into a healthy and God-directed use of our time and energies.

Author Unknown



February 2024

17 Chaplain's Conference
24 Senior Adult Talent

March 2024

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

April 2024

13 Junior Talent
19-20 Women's Retreat

May 2024

3-5 Boy's Campout
4 Women's Ministries 5k & Car Show
24-25 Palmetto Gathering

June 2024

9-12 Camp Meeting
18-21 Pee Dee Mini Youth Camp
19-22 Mauldin Mini Youth Camp
24-28 Mauldin Senior Youth Camp
24-28 Pee Dee Senior Youth Camp

July 2024

1-5 Pee Dee Junior Youth Camp
1-5 Mauldin Junior Youth Camp
8-12 General Assembly
16-19 Mauldin Intermediate Youth Camp
30 Screening Committee

September 2024

21 Girls Day Out

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



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)





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!





Food for thought!

If the church service depended solely on **MY** worship, how full of worship would the service be?

How faithful would my church be if the church had to depend solely on **MY** faithfulness?

If the church had to survive solely on **MY** prayer life, how much prayer would be going on?

If the church could only go as deep as **MY** relationship with God goes, how deep would my church be?

If we had to make it on **MY** Bible reading and knowledge, How knowledgeable would my church be?

If we have to go by **My** offerings, how BIG would the church outreach be?

How responsive would **My** church be if the preaching depended solely on my response to the preaching and the altar call?

If it all depended on me, What would happen?

Be a blessing to your church! Be...

The first one praying
The first one worshipping
The first one reading and studying
The first one responding
The first one fasting
The first one being faithful
The first one giving

"I just don't get anything out of his preaching" isn't a valid argument. You're there to worship Jesus and serve the lost.

Remember: we can't complain if we're not being what we say we want.

Author Unknown

Beauty Becomes You!



Inner Beauty Tips

Imagine being able to buy a product that promises to give youthful beauty that will last forever. No one would pass that by. In 2 Corinthians 4:16-18, the Bible says that our physical body is getting older and weaker. Our looks are only temporary, no matter how well we take care of ourselves. What we see on the outside will last only a short time, but what we cannot see will last forever. There is something inside us that is made new every day, our spirits! So, as we spend time on our outward appearance let's also spend more time on developing our inner, spiritual lives, by praying and reading the Bible.

Outward beauty Tips

1. **Moisturize:** Use a good moisturizer to keep your skin hydrated and prevent dryness.
2. **Sunblock:** Even in the winter months, you still need to protect your skin from the sun's harmful UV rays.
3. **Exfoliate:** Exfoliate your skin to remove dead skin cells and reveal brighter, smoother skin.
4. **Lip care:** Use a good lip balm to keep your lips soft and prevent cracking.
5. **Hair care:** Protect your hair from the cold weather by using a good conditioner and moisturizing mask.
6. **Eye care:** Use a good eye cream to prevent dark circles and puffiness.
7. **Hydrate:** Keep yourself hydrated by drinking plenty of water.
8. **Exercise:** Exercise regularly to improve blood circulation and maintain a healthy complexion.
9. **Eat healthily:** Eat foods that are rich in vitamins and minerals to maintain healthy skin and hair.
10. **Sleep:** Get enough sleep to allow your body to regenerate and repair itself.

2024
**Palmetto
Gathering**
SENIOR ADULT RETREAT | FOR AGES 50+

MAY 24 - 25, 2024

SCCOG CONVENTION CENTER

306 MONROE DR, SIMPSONVILLE, SC 29681



TIM LOVELACE
FRIDAY AFTERNOON



BISHOP TIM HILL
FRIDAY EVENING SINGING



TRIUMPHANT QUARTET
SATURDAY MORNING

<i>COST</i>	<i>EARLY BIRD</i>	<i>\$40 PER PERSON</i>
	<i>MAY 1-15</i>	<i>\$50 PER PERSON</i>
	<i>***DEADLINE MAY 15***</i>	
	<i>WALK-IN</i>	<i>\$60 PER PERSON</i>

REGISTER ONLINE AT WWW.SCCOG.COM/EVENTS

SCs Got Talent

Senior Adult Talent

FEBRUARY 24, 2024

**A TALENT COMPETITION
FOR THOSE AGES 50+**

LOCATION: TREMONT CHURCH OF GOD
2854 NEW EASLEY HIGHWAY, GREENVILLE SC

Categories: Music, Art, Creative Writing, Drama

INFO TO KNOW:

- Registration deadline is February 8, 2024
- Register online at www.sccog.com/events
- Participant Check-In is 9:00 – 9:30 a.m.
- Competition begins 9:30 a.m.
- Talent Guidelines available at www.sccog.com/events
- Participants must be 50+ years old and be regular attenders of a SC Church of God
- Winners are eligible to compete at Smoky Mtn Jubilee in Gatlinburg, TN on April 23-25, 2024

Home For Children Project

I am thankful for 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.



The words appear UP,
DOWN, BACKWARDS
and DIAGONALLY.
Find and circle each word.



YUMMY HOT CHOCOLATE WORD SEARCH PUZZLE

H	O	M	E	M	A	D	E	T	S	Y	L	K	M	M
V	B	E	O	L	S	H	Q	U	Q	O	R	E	I	A
S	B	U	V	G	S	Y	G	X	K	J	E	G	L	R
W	P	S	U	P	T	A	O	Q	S	N	T	C	K	S
E	U	M	O	H	R	O	P	S	I	E	N	M	I	H
E	T	O	W	C	B	A	H	K	P	B	I	J	I	M
T	N	A	R	X	O	J	X	N	U	D	W	F	N	A
C	H	R	L	C	U	Z	R	I	R	Q	O	S	W	L
M	C	Z	O	O	J	U	I	R	E	I	M	R	A	L
A	D	C	O	U	C	P	T	D	D	G	A	E	L	O
E	M	R	A	W	A	O	S	W	R	K	E	T	X	W
T	W	G	N	Z	T	F	H	J	O	R	R	A	S	S
S	Q	U	Z	P	U	C	F	C	I	A	C	W	O	A
I	W	R	E	D	W	O	P	L	E	D	R	X	I	D
J	H	E	A	T	D	E	P	P	I	H	W	X	I	M

CHOCOLATE
COCOA
CREAM
CUP
DARK
DRINK
ENJOY

HEAT
HOMEMADE
HOT
MARSHMALLOWS
MILK
MIX
MUG

ORDER
POWDER
SIP
SPOON
STEAM
STIR
SUGAR

SWEET
WARM
WATER
WHIPPED
WINTER

Pee Dee Mini Camp (June 18-21) // Pee Dee Senior Camp (June 24-28) // Pee Dee Junior

Camp (July 1-5) // Mauldin Mini Camp (June 19-22) // Mauldin Senior

Camp (June 24-28) // Mauldin Junior Camp (July 1-5) // Mauldin Inter Camp (July 16-19)



SOUTH CAROLINA CHURCH OF GOD

Throwback

YOUTH CAMP 2024

CHURCH OF GOD 79TH INTERNATIONAL GENERAL ASSEMBLY

JULY 8-12 INDIANAPOLIS, INDIANA

Registration Is Now Open
For the 79th General Assembly

Register and find more info at www.ga24.info

To be held at the
Indiana Convention Center

