

WEPT EXPRESSIONS

Women Empowered To Pray Together

Saint Matthew African Methodist Episcopal Church

1629 Bennett Street Raleigh, NC 27604

Rev. Marion B. Robinson, Pastor

September 2011

How we started.....

Rev. Marion B. Robinson had the vision for a women's ministry in 1994. Under his leadership and carrying out his vision, Rev. Claudette Delpino started **Women Empowered To Pray Together** of Saint Matthew AME in 1994.

We realize that as women we often put ourselves last so the Second Sunday of each month has been set aside for "our time"—our Breakfast meetings. Our second Sunday breakfast meeting has served as an opportunity for the women of Saint Matthew to enjoy the fellowship, support and embrace of a sisterhood who are dedicated to praying and

uplifting God. Our speakers are our Sisters who have inspired us with their testimonies and empowered us with helpful information. We laugh; we cry and enjoy the time with our sisters. The Women of WEPT are grandmothers, mothers, sisters, daughters, aunts, cousins—anyone who is female. With her creative ideas, dedication to the Women of Saint Matthew AME Church and gentle, sweet spirit, Mrs. Henrietta Cassidy served as WEPT President from 1994 when WEPT first started until 2003. Juanita Boston has served as President since that time.



Special points of interest:

- Breakfast Meetings are the **SECOND SUNDAY OF EACH MONTH.**
- Membership is open to **ALL WOMEN.**
- Membership dues are \$5.00 each month.
- **ANYONE CAN VOLUNTEER TO BE A SPEAKER.**

We Need Your Information

We want to send you a Birthday Card, a Get Well card or keep you informed of WEPT information. We can only do this if you give us your address, telephone number and email address. We would also like to make a WEPT Directory available to all WEPT members.

Each One Bring One

WEPT is our organization and the success of increasing our membership and reaching as many women as possible depends on each of us.

It is up to each of us to invite another woman to come to WEPT. It is up to each of us to encourage someone to meet us at WEPT, encourage current members to attend and

pay monthly dues. Share your experience with WEPT and talk with others about what WEPT means to you.

WEPT offers the fellowship of women with the common goals of offering service to our church, praying together and encouraging our Sisters in Christ. We all share the glory of acknowledging the power

of Christ in our lives.

We can make WEPT exactly what we want a Women's Ministry to be. WEPT offers you the opportunity to share ideas that will enhance our monthly time together and bring us closer to Christ and each other. We need your ideas and input.

Thank you for being a member of WEPT!!

What's In Your Purse?

*"Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice."
Psalm 55:17*

Carrying a heavy purse can cause back, shoulder and neck pain.

Here are some **helpful tips:**

Select a purse that is not too large and made of lightweight material. Consider the contents of your purse—can you leave some things at home or in the car?
Regularly empty your

wallet of coins.

Don't carry extra pens, lipsticks and carry travel size lotions, hand sanitizers and make-up. Leave keys at home if you do not use them on a regular basis. Limit the number of accessories in your purse. Request sample sized medications.

Consider carrying a tote bag to handle extra items

that you put in your purse. But don't carry the tote back on your shoulder!

Buy different size purses for different occasions.

Select a purse that has built in compartments to evenly distribute the weight.

This information from:
The American Occupational Therapy Association, Inc.

WEPT INFORMATION FOR 2011-2012

OFFICERS:

President: Juanita Boston
919 231-7879

Vice President: LaVerne Harrison

Secretary: Peyton Jones

Treasurer: Angela Moore

Assistant Treasurer:
Constance Baldwin

Praise and Worship
Leader: Helen Sanders

Health Notes: Selena
Tate

Sunday School Lesson:
Alice Garrett

Breast Cancer Awareness
October—Please wear
PINK

Heart Health and
Friendship Breakfast
February--Please wear
RED and invite your
friends.

Women's Day--May

Prayer Is....

Have you ever been in a situation where someone unexpectedly asked you to pray? Do you remember your heart starting to beat a little faster and thinking what am I going to say, is my prayer going to be long enough, I can't pray like I have heard others pray?

Here's some good news!
You don't have to pray like anyone else!

And you don't have to use elaborate words!

Prayer is your talk with God—from your heart to his.

We pray to give the Savior our adoration and praise, to ask for forgiveness of sins and to ask in faith for those things we feel need for. We also pray to thank our Savior for who he is, what he does for each us each day and what he will continue to

do for us. Everyone has their own way to pray and every prayer works!

After all is said and done it is about just talking to God—whether in private in your home, in your mind as you go through your day or in public....

"One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord teach us to pray.." "
Luke 11:1

Breast Cancer Angel Tree

Breast cancer is the most common cancer among women in the United States. Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment. Right now there are more than 2½ million breast cancer survivors in the United States.

WEPT recognizes Breast

Cancer Awareness Month in October. All of the ladies are beautifully dressed in Pink and we honor Breast Cancer Survivors in our Breakfast Meeting.

Last year WEPT started our own Breast Cancer Campaign with our **PINK ANGELS**. Our PINK ANGEL Tree Campaign to raise money for us make a donation to a charity of

our choice will start September 1, 2011.

We are asking each of us sell 10 Angels—only \$2.00 for each angel. Don't forget to put the name of choice on the Angel to honor a breast cancer survivor or in memory of loved one.

Let's show that WEPT CARES!



SPEAKERS FOR 2011-2012 COMMUNION LUNCHEAS FOR 2011-2012

Speakers

August Peyton Jones
Sept Lenora Woods
Oct Deborah Brooks
Nov Bettye Murchison
Dec Alice Garrett
Jan Linda Pennington
Feb Audrey Cooper
March Matricia Land
April Guest Speaker
May Gloria Black

Communion Lunch

August Karen Togba
Sept Jennifer Robinson
Oct Gloria Black
Nov Angela Moore
Dec Deborah Williams and Peyton Jones
Jan Audrey Cooper and Juanita Boston
Feb The Golden Circle
March Lay Organization

April YPD
May Pastor's Aid
June
July Alice Garrett and Karen Tharrington

Thank you for volunteering to speak or prepare lunch!!