

EMMANUEL CHURCH OF GOD IN CHRIST WOMEN'S DEPARTMENT



## THE RISE 'N' TIMES



Message from  
First Lady Natoya

Greetings beautiful women of Emmanuel and happy 2024! Is it just me or are you also elated to welcome in the new year?! I thank God for another year of life and for allowing me to be your servant leader. Your continued love and unwavering support have been a blessing to me, Bishop Henderson and the entire Emmanuel church family.

2023 was a year of “firsts” for us. We held several amazing events and experienced various memorable moments for the first time. Remember, we started 2023 by establishing and launching our first newsletter, The RISE ‘N’ Times. Our quarterly newsletter continues to thrive and keep you informed of the latest events hosted by the Emmanuel Women’s Department while also spotlighting the women and young ladies of Emmanuel. You may recall that the title of our newsletter is an official nod to our Women’s Department motto (RISE which stands for Recognizing I Signify Excellence) and a wink to our city’s most prominent newspaper, The Los Angeles Times. Creative, right?!

For our first event of 2023 we organized our first healthcare insurance workshop which provided information on how to make healthcare, doctor visits and prescription drugs more affordable through Medi-care and Medi-CAL insurance options. This event was inspired by our senior women and hosted by the Women’s Department and Mother’s Board. We had a great turnout with lots of useful information.

Next, we introduced our first Chat & Chew that featured a time of fellowship, food, and targeted discussion. This event was for our young ladies, and we discussed ways the church can bridge the generational gap and cultivate mentorship. Our young ladies thoroughly enjoyed the moment, especially our time of double-Dutch jump roping.

We also held our first Overnight Shut-In under the leadership of our pastor, Bishop Uleses Henderson, Jr.. I have one word to describe it... anointed. Someone even joined the church during the shut-in (another first for Emmanuel).

Finally, for the first time, an Emmanuel native who now serves as the International General Supervisor of Women of the COGIC, came back home to share a powerful word with the women. It was none other than our illustrious Mother Barbara McCoo Lewis. Our year of “firsts” was powerful and proved to be just what we needed.

2024 is now upon us and I am looking forward to another year of serving and worshipping the Lord with you. Our church theme for this new year is “Expect God for more in 2024”. What do you need God to do in your life in 2024? Don’t just ask for it but expect it to be done and then have enough faith to prepare yourself to receive the blessing. We serve a God with a proven track record of turning impossibilities into possibilities.

Let 2024 be your year to ask, expect and receive great things from a great God. If you agree then get ready, get ready, get ready...

### Upcoming 2024 Events

- Feb. 24th- 11am  
Chat & Chew  
Love Edition  
Color: Red  
Attire: Casual or dressy  
(you choose!)
- Apr. 28th-11am  
Women's Day  
Theme: God Can  
Color: Pink  
(all shades)
- July 27th - 11am  
Walkathon  
Cancer CAN'T but God  
CAN (PoWER Walk)
- Oct. 4th (Friday) to  
5th (Saturday)  
10pm - 6am  
Can't stop, won't stop  
trusting God (Overnight  
Shut-In)
- Nov. 9th-10am  
Day Retreat  
I C.A.N.  
(I'm Calm And Nourished)

# Spotlight

## WORD ON THE CURB: GET TO KNOW THE LADIES OF EMMANUEL

### KATE ECHEREODO

My name is Kate Echereodo and I am a registered nurse in the intensive care unit at St. Francis Medical Center.

I'm not sure how long I've been a member, but I was invited to church by a friend one Sunday and never left. I serve in the choir and participate in Tuesday night bible study.

"Word on the curb" is, I love to eat, but I'm a picky eater, and I love to travel. I'll be going to Nigeria in the next month to visit my mother.



### DR. JAMESELLA DENNIS

My name is Dr. Jamesella K. Dennis, and I was an educator/counselor for the Los Angeles Unified School District.

I have been a member of Emmanuel for over 20 years. I have served as a Sunday School teacher, a coordinator for Youth Day services, and as an Usher locally and for the jurisdiction as well. Occasionally I teach Bible study, and I currently serve as a member of the Evangelist Missionaries.

"Word on the curb" is, I will be teaching a workshop for the Evangelist Missionaries in the Spring, and I like gardening.



# Bible Emoji Quiz

Guess the Biblical Character or Story with the help of these emojis.



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## SNEAK PEAK INTO OUR FIRST 2024

On Saturday, February 24th, the Women's Department will be hosting its second Chat & Chew Love Edition.

This event is dedicated to all single women (i.e., women who have never been married, divorcees and widows).

Emmanuel COGIC is honored to show our single women how much they are loved, supported, and not forgotten by their church. Single women, no matter where you are on life's journey, this Chat & Chew has something for you. There will be no shortage of great fellowship, mocktails, and targeted discussion.

We look forward to seeing you there.

## F.Y.I For Your Inspiration

“ Excellence is not a destination; it is a continual process of transformation into who God wants you to be.”

~Tony Evans



## ANSWER KEY

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- 10 🏰 🇮🇳 ❌ 🍷 🦸 🧑🏻 🧑🏻 Samson
- 9 🚰 ➡️ 🍷 Jesus changes water into wine
- 8 🌳 🦶 🌞 Moses and the burning bush
- 7 🧑🏻 🧑🏻 🧑🏻 Daniel
- 6 🐓 🐓 🇮🇳 🍷 🐟 🐟 Peter
- 5 🧑🏻 🧑🏻 🌟 🐎 🧑🏻 Mary
- 4 🐓 🇮🇳 🌍 🌊 Noah's Ark
- 3 🍷 🌞 🇮🇳 🇮🇳 Moses
- 2 🍽️ 🍽️ 🍽️ 🍽️ 🍽️ 🍽️ 🍽️ 🍽️ 🍽️ Jesus feeds the 5000
- 1 🧑🏻 🧑🏻 🦴 🍷 🍏 🦴 👤 👤 Adam and Eve