

BIBLE WAY CHURCH OF ATLAS ROAD

WOMAN'S *The* *Touch*

A publication of the Bible Way Church of Atlas Road
Summer 2016

7 SLIMMING
DETOX FOODS

SIXTH DAY
CREATION

The
Supernatural
Woman:
6th Day Creation
GENESIS 1:27-30 (NIV)



WHITE
PIZZA DIP
RECIPE

Women's 2016
Month *at a glance*

BIBLE WAY CHURCH
OF ATLAS ROAD

To know God, to love and to serve

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Women's Center

THE RUTH HOUSE

The Jannie R. Jackson Women's Center introduces The Ruth House, our new transitional home for homeless, pregnant teens.



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SEPTEMBER 29, 2016
JRJ WOMEN'S CENTER
8:00 A.M. TO 4:00 P.M.

Contents



features

06 A Sixth Day Creation
By Keisha Moreland Montgomery

08 Women's Health:
7 Slimming Summer Detox Foods
By Elizabeth Overstreet

12 Recipe
White Pizza Dip



regulars

04 Impressions
By Willie Mae Jackson

14 Women's Month 2016
By Keisha Moreland Montgomery

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To know God, to love and to serve

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Impressions

By Associate Pastor Willie Mae Jackson
2016 Supernatural Woman: Sixth Day Creation
(Genesis 1:27-31)



When I think about how God is always present in our lives during our transitions, experiences, trials and joys, I am reminiscent of how God has been with us every step of the way. I also recognize how our present time is incredible and filled with a hopeful future.

This 2016 edition of the Woman's Touch is dedicated to the Bible Way Church Women's Ministry: God's Sixth Day Creation. I would like to honor four women. First, I would like to honor two amazing women at Bible Way Church of Atlas Road: Janice Cohen and Sonja Bush of our church's Internal Communications staff for their work in the gifts of administration, creativity and help. Secondly, I would like to honor Hillary Clinton, the first woman nominated by a national party for President and Harriet Tubman, who will grace our twenty dollar bill. Congratulations to all!

In March 2016, the Bible Way Church Women's Ministry celebrated the theme Supernatural Woman: Sixth Day Creation, based on Genesis 1:27-31. We pray that you will enjoy this edition of inspiring words and pictures.

I would like to share a few thoughts with our readers:

During this year's Women's Day services in March 2016, I was honored to share God's Word at both our 8:00 a.m. and our 11:00 a.m. services. The title of the message, *"Into the Hands of a Supernatural Woman"* was based on Judges 4:8-9 and Joel 2:28a (NKJV). Deborah, our main focus, is a woman we can learn from because she was firm, faithful and fearless in her service to the Lord. Deborah was a wife, a prophetess and a judge.

Deborah: Firm in Service

Deborah was the embodiment of a supernatural woman because of her ability to multi-task by multiplying her gifts to serve God effectively. In addition to coping with her busy day, packed schedule, and the hordes of people and issues that she had to deal with, she managed her home and led the country while keeping them separate. As women, we have similar responsibilities. So, let me encourage you with Philippians 4:13, *"I can do all things through Christ who strengthens me."*

Deborah: Faithful in Service

God told Deborah that there was a prophetic assignment on her to go into battle with Barak and that the victory would be delivered into the hands of a woman. Deborah's presence, power and support was a critical factor and she went above and beyond the call duty. She sent for Barak and told him she would go with him into battle. She issued the ultimatum and proclaimed the victory. Her handicap was obvious because she was not skilled in warfare or trained in battle, but she was obedient to God. Supernatural women, be reminded of different and difficult tasks and consider Romans 8:31, *"What, then, shall we say in response to these things? If God is for us, who can ever be against us?"*

Deborah: Fearless in Service

Deborah led the battle with Barak against Sisera, who had held God's chosen people under suppression for twenty years. During the battle, Sisera fled to the tent of Jael, another supernatural woman whose husband had established a friendly relationship with him. Jael went out to meet Sisera and coaxed him to come in and to not be afraid. He entered the tent, and after being covered and drinking a skin of milk, he slept. Jael went quietly to him while he lay fast asleep and exhausted and, with a hammer drove a peg through his temple into the ground and he died. Judges 4:9 *"...the Lord will sell Sisera into the hand of a woman."*

Final Thoughts:

God has placed promises into our hands. Our service to God can be as committed as Deborah, a supernatural woman, who was firm, faithful and fearless in service. The difference now is that not only is God's spirit upon us, but God's spirit is also in us.

Be blessed supernatural woman, you are God's Sixth Day Creation.

Associate Pastor Willie Mae Jackson is the president of the Bible Way Church of Atlas Road's Women's Ministry and founder of the Jannie R. Jackson Women's Center.



A Sixth Day Creation:

By Keisha Moreland Montgomery

Lisa Samuel is definitely a supernatural woman who is serving and experiencing our supernatural God. After speaking with Lisa, I fully understand how she has developed into the epitome of a supernatural woman. Lisa was born in the small town of Sumter, South Carolina, where she was raised by her mother Mae Catherine Samuel and (now) deceased grandparents, Azalee Taylor Richardson and Curtis Richardson. They instilled in her matured values at an early age. She attributes being raised in an environment of a God-fearing, active ministry-serving, and church-going family, as the keys to developing a relationship with God - which led to her participating in ministry at a very early age.

Lisa attended the Columbia campus of the University of South Carolina and earned a Bachelor of Science degree in Finance and Marketing. She began a career in banking after graduating from college. She had to count on Proverbs 31 and the women who raised her to remind her of values and home training as she set on this new venture after she entered the workplace with not one, but two significant challenges-being a woman and minority.

Lisa is faced with some of the same challenges today,

just as she was 29 years ago, working in a very competitive, upper level executive management, and male-dominated industry. While today's society has expanded traditional boundaries recognizing both male and female abilities to supervise certain tasks, she has had to learn to be effective while maintaining integrity

and character.

It is her relationship with Jesus Christ that helps her to overcome challenges and obstacles.

While single I choose to be diligent in my work and service to God and not emotionally distracted while in my state of waiting.

As a daughter, granddaughter, soon to be wife and most importantly, a believer in Christ, she advises women to develop a firm relationship with God to help conquer all areas of their lives. *"It is crucial to have faith in God, ask God for wisdom and pray consistently without ceasing. Being a godly woman it is important not to participate in any unrighteous or ungodly activities or to belittle yourself; but to live godly in your personal life and in your place of business. This is an attribute that guides me daily with all relationships including my family, friends, co-workers, and people I have*



contact with."

Lisa expresses her gratitude for being an active member of the Bible Way Church of Atlas Road for over 13 years. Her foundation has allowed her to serve in a variety of areas at Bible Way: Shepherd's Ministry, armor bearer and office assistant to our pastor's wife, Associate Pastor Willie Mae Jackson, Sunday School class assistant, Women's Ministry member, a prayer intercessor, a panelist on the Woman's Touch live broadcast, a member of the Personal Development Institute Bible Study class, vice president of the Jannie R. Jackson Women's Center's Board of Directors, and a member of the Midlands Community Development Corporation's Board of Directors.

Lisa has a heart that is surrendered to Jesus Christ and



an unfailing passion for the Holy Spirit. *"In my singleness, I make the most of any opportunity to serve God and be of service in the Kingdom of God. While single I choose to be diligent in my work and service to God and not emotionally distracted while in my state of waiting. God has blessed me with wisdom through prayer, the patience to wait for His appointed time and to take a position at the appropriate time and to give God the praise and glory in all things, circumstances and situations."* Many of us are the recipient of the gift of encouragement that

God has bestowed on Lisa. When exiting her presence you are sure to smile and be uplifted through her encouragement, wise counsel, and message of hope of God's power, love and faithfulness. §

Women's Health

7 SLIMMING SUMMER



By Elizabeth Overstreet

The advantages of summer are plentiful. Warm weather, outdoor festivities, and extra time with family and friends always create long lasting memories. But, with all of the socializing summer brings it can be tough to eat healthily. The good thing is we tend to desire less heavy meals in the summer. But, if you still are having cravings which can be costly to your waistline, here are 7 foods that will satisfy your stomach's needs and help with weight loss, too:





1. Jalapeño Peppers

When you eat jalapeño peppers, they add a spicier taste to your meal and help you to eat less in the process. Because they contain capsaicin, this is an added benefit if you are trying to lose weight. Studies have linked capsaicin to weight loss. Plus, with all of the heat, you will naturally drink more water to compensate for consuming those jalapeños. Drinking water will help in flushing out the excess water weight from your body.



5. Green Beans

Remember how mom and grandma were all about you eating your green beans? They were right about this often underestimated vegetable. Green beans offer a multitude of benefits. One cup of this green food has only 44 calories and 4 grams of fiber. They also provide a source of vitamin K, which helps you to maintain healthy and strong bones. Add this veggie to your meals to help you with weight loss.

2. Strawberries



Strawberries are full of fiber but very light on calories. Fiber helps you to feel full, so you eat less. If you consume a cup of halved strawberries, you are consuming about 3 grams of fiber and 50 calories. Not too bad!



3. Cherries

There might be a reason we tend to like our cherries on top. Cherries are a unique fruit offering a high water and fiber combination. They also have some anti-inflammatory effects which aid in weight loss. Cherries are high in antioxidants as well, which help you sleep better and regulate your weight.

4. Tomatoes

Tomatoes are a super option to help you with your weight loss. Tomatoes have a lot of water which helps with dehydration. Staying hydrated is crucial because when we are dehydrated, we can often mistake this for being hungry. Tomatoes are also high in potassium which helps to balance out your sodium intake. Think of tomatoes as your friend to help you beat bloating. Eat these in abundance to provide balance to your diet, help you stay hydrated and keep your bloating in check.



6. Iced Green Tea

For those of you who love your drinks in the summer time, here is an option that is not loaded with lots of calories and sugar but will make you feel full and cool you off. When you are at Starbucks or Panera Bread ordering a drink, opt for an iced unsweetened green tea. Green tea contains catechins which offer many weight-loss benefits. The caffeine in green tea also accelerates your metabolism.



7. Raspberries

If you like a fruit that has more of a sour taste, raspberries are a good option for you. This fruit combines fiber as well as plenty of water. Both of these additives offer a strong weight loss combination. A cup of raspberries is equal to 8 grams of fiber and only 64 calories. Raspberries also help with your cholesterol since the fiber is soluble and contains pectin which lowers your cholesterol.



Now that you know what to eat to help you lose weight, you can make better food choices. Focusing on foods high in vitamins and additives that can keep you feeling fuller longer will help you lose and maintain your summer body even with all of the food distractions. Dig in, eat smart and your body will thank you for your efforts!

<http://blackamericaweb.com/2016/06/22/7-slimming-summer-detox-foods-2/RECIPE> §



Women's Center



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and personalized recovery services.*

***We appreciate your support of the
Jannie R. Jackson Women's Center
as we continue to empower
women and girls.***



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RECIPE

White Pizza Dip

serves about 6-8

- 1 pint grape tomatoes, tomatoes cut in half
 - 1 teaspoon olive oil
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
- 1 1/2 (12 ounces) blocks cream cheese, softened
 - 8 ounces mozzarella cheese, freshly grated
 - 8 ounces provolone cheese, freshly grated
- 1/4 cup finely grated parmesan cheese + more for garnish
 - 4 garlic cloves, minced or pressed
 - 1/4 cup freshly chopped basil leaves
 - 2 tablespoons freshly chopped thyme leaves
 - 1/2 tablespoon freshly chopped oregano leaves
 - crackers, bread or chips for serving

Preheat oven to 400 degrees F.

Line a baking sheet with aluminum foil then place tomatoes on top. Sprinkle with olive oil, salt and pepper, then roast for 20-25 minutes, until bursting. Set aside.

While tomatoes are roasting, mix softened cream cheese with about 7 ounces each of provolone and mozzarella, then add Parmesan. Stir in fresh herbs, garlic and roasted tomatoes, mixing well to combine. Transfer mixture to an oven-safe baking dish (mine was 6 x 4 round).

Sprinkle with remaining provolone and mozzarella. Bake for 25-30 minutes, or until top is golden and bubbly. Serve immediately with crackers, chip or toasted bread. \$

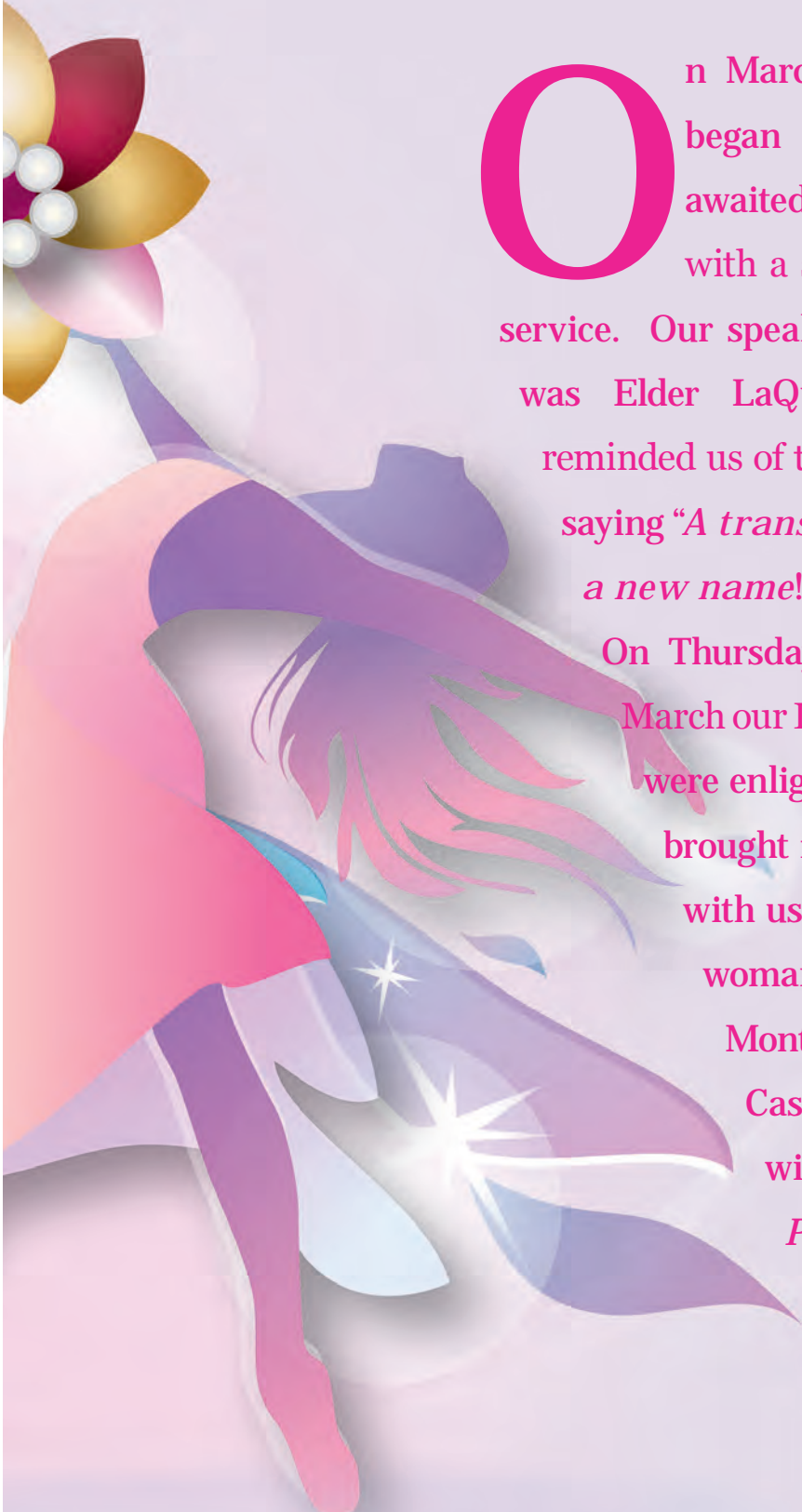
Women's 2016 Month *at a glance*

By Keisha Moreland Montgomery

The Supernatural *Woman:*

6th Day Creation

GENESIS 1:27-30 (NIV)



On March 1, 2016, we began our eagerly awaited Women's Month with a spirit filled prayer service. Our speaker for the evening was Elder LaQuetia Gilliard who reminded us of the truth in His Word, saying "*A transformed life gives you a new name!*"

On Thursdays, during the month of March our Intercessory Prayer services were enlightened with the Word being brought forth by speakers who shared with us their take on the supernatural woman. Elder Andrea McCoy, Keisha Montgomery, Cerena McGee, and Cassandra Ward led us into prayer with topics ranging from *Supernatural Phenomenon* to *Women of Virtue*.

Our Evangelical Service was held Friday, March 11, 2016, in the Sanctuary with guest speaker, Pastor A. A. Dicks, Jr., of Cedar Grove Baptist Church, Simpsonville, South Carolina. Pastor Dicks used Esther 5:12 to teach us, *"You're Stronger Than You Think You Are."* His words were full of encouragement to reach our potential to be a supernatural woman, saying, *"Wherever there is an affliction, there is an anointing and an assignment!"*

"Dinner and A Movie" was held Friday, March 18, 2016. The women were treated to a Hollywood premiere-inspired night with red carpet, a photographer, catered dinner, and a wonderful movie. The ladies were dressed in their formal wear and were invited to have formal pictures taken. The women were surprised by being served by the men from our Men's Ministry. Later, the lights were dimmed and the ladies enjoyed the wonderful and uplifting movie, *The War Room*.

Women's Day at Bible Way was held Sunday, March 20, 2016. Our theme colors were black

Wherever there is an affliction, there is an anointing and an assignment!

and pink with silver and gold accessories. Our Women's Choir and the congregation of women were resplendent in their black attire with pink corsages, and silver and gold accessories. Our 8am and 11am speaker was our very own, Associate Pastor Willie Mae Jackson, of the Bible Way Church of Atlas Road. She delved into our spirits with a Word from Judges 4:8-9 and Joel 2:28(a) NKJV, *Into the Hands of a Supernatural Woman*.



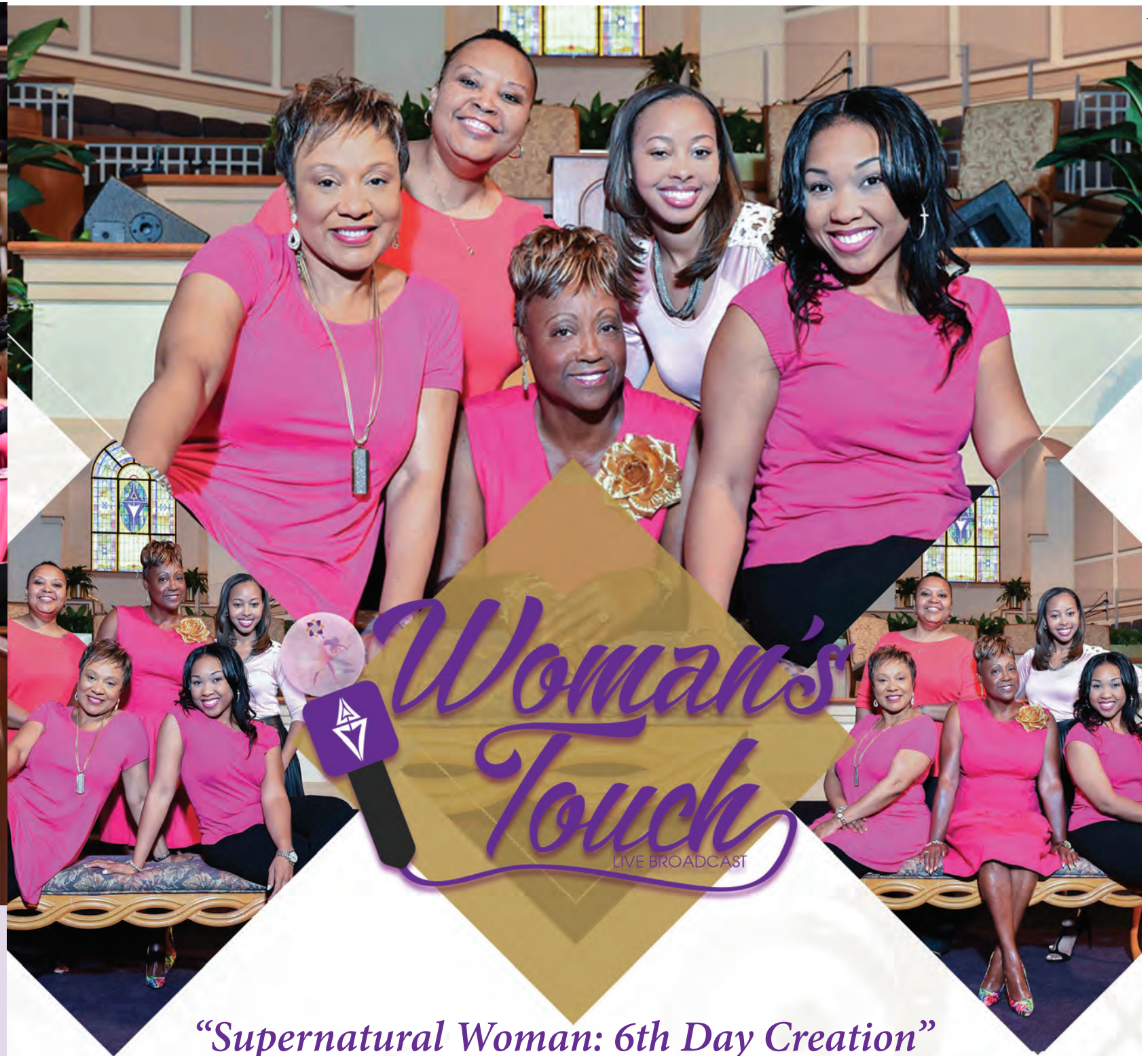




Our church-wide Bible Study, held March 22, 2016, featured the “*The Power of Choice*” shared with us by Senior Elder Sallie Cuff. The women wore “Speak It” t-shirts during service that were designed by Kimberly Diamond to remind us to speak things into existence.

There are no words to adequately describe how God met us and touched the lives of all of us during this month filled with the anointed Word of God. We were blessed to learn and be reminded during the month of March to be a Supernatural Woman: 6th Day Creation. §





"Supernatural Woman: 6th Day Creation"
WITH MRS. WILLIE MAE JACKSON
AND PANELISTS, DALISHA WILLIAMS, LISA SAMUEL,
KOURTNEE JACKSON, AND KEISHA MONTGOMERY.

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FROM THE CREATORS OF FIREPROOF AND COURAGEOUS

WAR ROOM

PRAYER IS A POWERFUL WEAPON

DINNER and a MOVIE

March 18, 2016 | 7PM
A. C. Jackson Wellness Center

