



# The SASSY Way!

September Edition - 2009

A Newsletter from the ladies of Ewate.com, always helping you  
"Get Your SASSY Back."

## Upcoming Events:

**September 12<sup>th</sup>, 2009**  
Greenwood SASSY Women's  
Breakfast ~ Grace Community  
Church ~ Connection Café  
1611 Woodlawn Road  
Greenwood, SC 29649  
9:00 am-11:00 am  
Contact Person: Regina Robinson  
@ (864) 344-1917

**September 26<sup>th</sup>, 2009**  
Tabor City Area SASSY Women's  
Breakfast ~ Flag Patch Missionary  
Baptist Church  
759 Flag Patch Rd  
Loris, SC 29659  
9:00 am-11:00 am  
Contact Person: Latonya Stephens  
Smith @ (910) 840-3096

**October 3<sup>rd</sup>, 2009**  
McCormick SASSY Women's  
Breakfast ~ Spirit & Life  
Community Church  
118 W. Gold St  
McCormick, SC 29835  
9:00 am-11:00 am  
Contact Person: Renee Tennant @  
(864) 389-9095

**October 10<sup>th</sup>, 2009**  
Wilmington SASSY Women's  
Brunch ~ Home of  
Francena Robinson ~  
301 Bountiful Lane  
Castle Hayne, NC 28429  
10:00 am - 12:00 noon  
Contact Person: Francena  
Robinson @ (910) 512-0018

**October 24<sup>th</sup>, 2009**  
SASSY Women's Breakfast  
hosted by the Women of  
Integrity ~ Christian Fellowship  
Church  
5662 Sam Potts Hwy  
Hallsboro, NC 28442  
9:00 am - 11:00 am  
Contact Person: Pennie  
Richardson @ (910) 646-3270

**Be SASSY!**

It's never too late to become who  
you were meant to be.

## A Word for You

Hello SASSY Women! I sit here wondering about you and hoping that you are chasing your dreams. You are my dream come true, and I so desperately want to see yours come true as well. My word for you today starts with a word that was given to me by my sister, Francena Robinson. Here are her words to me.

*"I am sitting here at work and something just hit me. Lot's wife - There is nothing behind you. I am just reminded of all the times I have looked behind me, and I am sure others have done the same. Looking in the past or behind you only brings about death. There is no way to move forward if the past or what you are leaving is always on your mind. Looking forward to what is ahead is where true joy is."*

I got this email on a day when I was having my own little pity party about what I considered wasted time, talent and resources in my life. It reminds me that He is always with me. And He always sends just what I need, right on time. What a perfect word. A word for me. A word for you. A word for now. So I challenge you today to stop looking to your past for answers and start looking to your God. Time to put feet to your faith and run hard after those dreams He has placed in your heart. If not now, when? The dream He gave you is not just for you. It is for this world, for the lost, for His Kingdom. So follow your dream. Always "Dream Big" because we serve a God of endless possibilities.

And remember.....

Be **D**etermined to do whatever it takes

Be **R**eady for anything at all times

Be **E**xcellent in every area of your life

Be **A**bsolute in your Faith

Find **M**eaning in the Higher Call.

"Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:13-14

Be Blessed and stay SASSY!

-Regina

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## Falling Forward

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*We are officially in the fall season. I pray everyone has had an awesome summer. Please take a moment to do a self reflection. Look at where you are now and where you want to be. Review your finances. Go through your closet. Pull out that 2009 resolution you wrote and stuck somewhere. If there are things hindering you from meeting your goals and dreams financially, then work out the kinks or eliminate them. If there are old clothes in your closet you are no longer able to wear or not wearing, then give them away or dispose of them. Sometimes you gotta get rid of the old stuff so you have room when God blesses you with your new stuff. ☺ As we approach the final quarter of 2009, please remember to make your charitable donations. Getting rid of your clothes can be a win-win situation. You get closet space and a tax deduction.*

*So, look at the change of season as your cue to put a little pep in your step. If you fell off the financial challenge wagon, then get back on. If you fell off the diet, start eating healthy tomorrow. If you didn't meet a goal you had set, then strive towards it or set new goals. Remember, you are only as big as you dream, and no one can stop you from achieving your goals and dreams but you.*

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**-Pam**

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### *Ministry Spotlight: Joyce Meyer Ministries*

*Joyce Meyer Ministries* has a God-ordained mandate to impact the world. We are called to present the Gospel to the lost, disciple nations, feed the hungry, clothe the poor, minister to the elderly, widows and orphans, visit prisoners and reach out to people of all ages and in all walks of life. God requires that we teach people how to apply biblical truth in every facet of their lives and encourage Christians to influence every aspect of the world around them.

**Matthew 28:18-20; Isaiah 1:17**

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With the prayers and support of our friends and partners around the world, we present a creative and relevant message of Christ and His love for people worldwide using the most powerful forms of media and communications available, as well as the development and distribution of practical teaching resources.

We provide global humanitarian aid to hurting people and teach Christians and non-Christians alike how to enjoy everyday life by applying biblical principles in all they do.

**John 10:10**

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Our goal is to reach every nation, every city, every day with the Gospel of Jesus Christ.



## *Gina J's Beauty Corner*



Many women deal with dry skin at some time during the year (usually winter). There are simple beauty tips you can follow to reduce the affects of dry skin: such as, drink plenty of water, avoid over-washing and take vitamin E. You can start working on dry skin problems by increasing your water intake.

Drinking lots of water is one remedy for dry skin, but if your skin is very dry, you may need additional help. You may have noticed that many skin care creams contain vitamins. Although vitamin E has been shown to work externally to correct dry skin, most other vitamins don't have a noticeable effect. Look for **vitamin E enriched skin creams**, and increase its effects by also taking vitamin E capsules, which help strengthen skin from the inside.

Also, now that the summer is winding down and fall is setting in, I suggest exfoliating your skin at least once a week to take away all of the dead skin layers that are on your face. If you are seeing flakes on your skin, then you know it's time to exfoliate. After you exfoliate, you will notice a smoother and brighter texture to your skin.

Until next time...Have a wonderful day!

*Regina Jackson*



### **A Few Quick Tips For a Healthy Marriage** *by Wannetta Williams*

1. At all times, honor your spouse.
2. Embrace your spouse as a friend.
3. Have patience. Be forgiving.
4. Keep the sparks alive.
5. Express your appreciation.



*"I'll do my  
dreaming with my  
eyes wide open,  
and I'll do my  
looking back with  
my eyes closed."  
-Tony Arata*

## If You Haven't Succeeded, Maybe "New Management" is Needed!

By Helen Steiner Rice

Nothing goes right, everything's wrong,  
You stumble and fall as you trudge along,  
The other guy wins, but you always lose,  
Whatever you hear is always "bad news"...

Well, here's some advice that's worth a try,  
Businessmen use it when they want a "NEW HIGH"  
So "old management" goes and the "new" comes in,  
For this is the way "Big Business" CAN WIN...

So if you are trying to manage your life,  
Yet all around you is chaos and strife,  
Make up your mind that you, too, need a change  
And start making plans to somehow rearrange  
The way that you think and the things that you do  
And what are the things that are hindering you...

Then put yourself under GOD'S "MANAGEMENT" now,  
And when HE takes over you'll find that somehow,  
Everything changes, "OLD THINGS PASS AWAY,"  
And "the darkness of night" becomes the "brightness of day"  
For GOD can transform and change into "WINNERS"  
The LOSERS and SKEPTICS and even the SINNERS!

[www.EWATE.com](http://www.EWATE.com)

*(Empowered Women Accountable To Each other)*

"We'll help you get your **SASSY** back!"

Mission Statement: Women committed to empowering & encouraging other women to be all that they were created to be in order to fulfill God's perfect plan for their lives.

### Contact Info

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