

# WOMAN OF SUBSTANCE

SPRING 2010

**SISTERS  
DON'T  
SETTLE!  
ONE WOMAN SHARES HER  
TRIALS AND TRIUMPHS**

**6 SIMPLE STEPS  
TO UPDATE  
ANY ROOM**

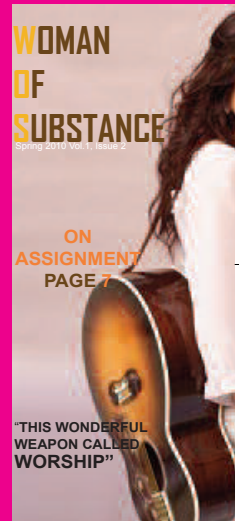


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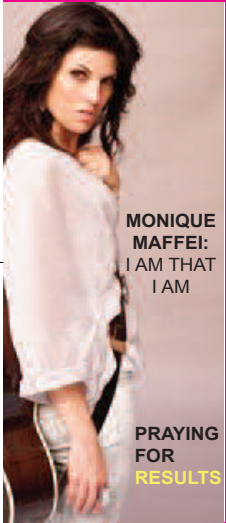
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FOR THE MODERN WOMAN WITH TRADITIONAL VALUES

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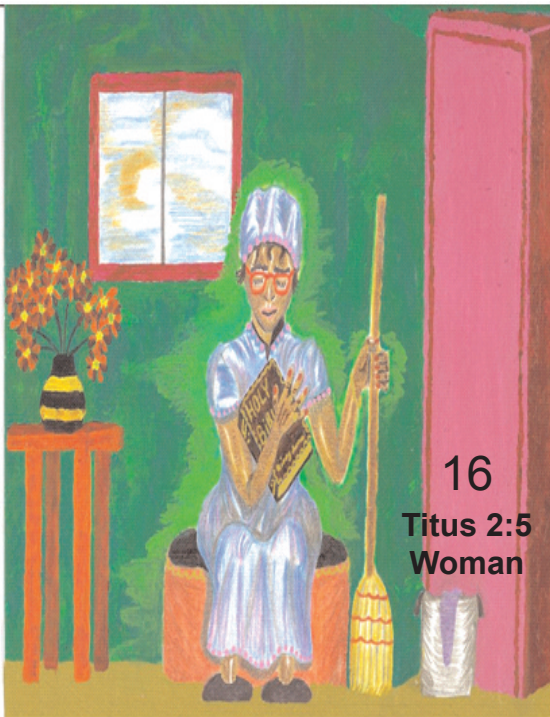
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## EDITOR'S PAGE

*I'd like to welcome you to the first issue of Woman of Substance Magazine! I am delighted to finally have physical manifestation of the baby that was planted in me over three years ago - back in 2005 to be exact. The appointed time has arrived! I pray that as you flip through each and every page of this magazine you will be enlightened, encouraged and divinely inspired. May God's continued blessings be with you always!*

*Yours in Christ,*

*Camisha Mitchell-Harrod*  
**Camisha Mitchell-Harrod**

# CONTRIBUTORS



**Alexis Smith-Byron**, author of “Sisters You Don’t Have to Settle!”, a book for single Christian women everywhere is called to the ministry of the saints. She is a servant of Christ, a wife, a mother, and a business owner.

For over the past twenty years, she has blessed the hearts of many through her inspirational poetry, songs, biblical essays and writings, ministry programs, training materials and teaching aids.

**Patricia Mitchell** is a certified interior decorator, abstract artist and painter with over 25 years worth of knowledge and experience under her belt. She is well versed in putting together color palettes perfectly suited to customers’ tastes. She shares with us in this issue six helpful tips to update any room!



Born and raised in South Central Los Angeles, California, **Antoinette Clinton** is a wife, mother of three and a teacher. She is a graduate of California State University Dominguez Hills where she majored in English Literature and minored in Philosophy. Having established her love for the craft at age nine, Antoinette writes Christian fiction and inspirational self helps in hopes to encourage and edify women everywhere.

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# **Assume the Position: The Power of Prayer**

**By Camisha Mitchell-Harrod**

God is pretty clear all throughout His Word that if we would only purpose to serve Him, acknowledge Him in all of our ways and obey his statutes and commandments that He will hear our prayers from on high and do everything in His power to bless us. There are many of us that are pregnant with the ministry God has placed inside of us and He is ready and waiting to birth that ministry, yet we war and struggle in flesh with the how what and why because we are trying to do it in our own strength. Looking at Old Testament Scriptures, people did not act before they consulted God and they did not move until they received a clear cut Word from the Lord because to do otherwise could mean the difference in life or death. I believe that even for us in this day it is important to act only once we hear from the Lord. We must consult God in everything so that we are sure that our steps are established and so we will have good success. Saints of God, we must assume the position. What position am I talking about?



**If my people, which are called by name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways (repent); then will I hear from heaven and will forgive their sin, and will heal their land. (2 Chronicles 7:14, KJV)**

The position that I'm talking about is laying prostrate before the Lord, humbling ourselves and seeking God's face before we make a move, staying forever repentant so that our prayers are heard and so that the deliverance or the healing we need to prosper in the land can manifest so that we are able to do what God has given us to do.

Let's explore the text further.

If we look at the end of 1 Chronicles, Solomon has been commissioned to construct the temple of the Lord by God since David, his father, was unable to because of blood shed by his hand in war.

(1 **Chronicles 22,KJV**) David told Solomon clearly - begin the work, do not be afraid nor dismayed because the Lord thy God will not leave you nor forsake you. He is with you. David told Solomon that he would prosper if he followed the ordinances of God.

And again in 1 **Chronicles 28:20** David says to his son Solomon be strong and of a good courage and act. Do not be afraid or dismayed for the Lord thy God is with you. He will not fail you nor forsake you.

As we move forward, Solomon becomes his father's successor and at the beginning of 2 **Chronicles 1** Solomon calls an assembly and goes up to the tent of meeting with the heads of families and the like and makes an offering to the Lord and lays prostrate before Him seeking His direction. God appears that night and says to Solomon, "Ask what I should give you." And what did Solomon ask for - He asked for wisdom and knowledge to go out and come in before the people. God granted him this and God also said okay I'm going to do this for you, but since you only asked for wisdom and knowledge I'm going to give you riches, possessions and honor more than anyone has ever had. And then Solomon got up from where he was and received the strength he needed to act upon the Word that had been given by his father from the Lord. Solomon began to construct the temple and once he was finished with the temple, he offered prayer unto the Lord for the protection and care of the people and that God would respond to the people, hear and forgive. In response, God says, "Sure I'll do all of that, but this is what you all have got to do."

So 2 **Chronicles 7:14** was actually answer to prayer that had gone forth by Solomon. What am I getting at here? Several things present itself in the text that I believe we can apply to us today.

**One -It's fine to have a Word from someone, but you still must know for yourself that this is what God wants you to do.** Solomon knew in his heart of hearts that there was a huge undertaking – a ministry that had been laid out before him that he was to work at until its completion, yet His desire was to please God and to make sure that the instruction He had received was of God. So Solomon sought God's face for direction even though he had been told that he was to construct this temple for the ark of the covenant to reside. **Secondly, once you receive the Word, you must obey what the Word instructs you to do.**

Solomon's father told him a couple of times, "Son, take heed, this is what the Lord has told you to do. Don't be afraid 'cause God's got you." So after Solomon prayed, he obeyed the Word of the Lord.

**Lastly, Solomon acted upon the Word that he had gotten by constructing the temple. So once you've prayed and have set it in your heart to obey, then you must act.** Solomon had faith enough to believe, which ignited him to act upon that which he had been instructed.

So Saints of God, we've got to assume the position. What position? The Praying Position or better yet POA, which stands for Praying Obeying and Acting for Praying Overcomes All Adversity. That ministry God has given you that you're not sure about -

**Proverbs 3:5-6 says "Trust in the Lord with all thine heart and lean not unto thine own understanding. IN all thy ways acknowledge him and he shall direct thy paths. Be not wise in thine own eyes. Fear the Lord and depart from evil. It shall be health to thy navel and marrow to thy bones."**

That scripture is saying the same thing that **2 Corinthians 7:14** is saying and what I've tried to convey throughout. You want to birth that baby on the inside of you, then assume the proper position so

that it can be brought forth. Let us humble ourselves before the Lord. Let us POA – pray, obey and act for praying overcomes all adversity. We don't have to do it in our own strength. We have an advocate with the Father, Jesus Christ. Paul said to the church in Ephesus, "Finally, my brethren be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil." Say it with me now - P.O.A. Pray Obey and Act for Praying Overcomes All Adversity.

# culinary corner

## CALIFORNIA PINWHEELS

Serves 10  
(4 pinwheels each)

### **Special Equipment: Food Processor or Stick Blender**

About 20 large fresh basil leaves, washed, left whole  
About 20 sundried tomatoes, packed in olive oil  
1 1/2 c. Kalamata olives, pitted  
8 oz. Feta cheese, cubed  
Salt and black pepper, to taste

4 sheets frozen puff pastry (about 2 1/2 lbs.)

1. Preheat the oven to 400°F. Defrost the puff pastry as instructed on the box. Meanwhile combine all the ingredients in the bowl of a food processor. Pulse three to four times to form a paste. Taste and adjust seasoning with salt and pepper as necessary. Set aside.
2. On a lightly floured surface, roll out one pastry sheet to about 1/8". Spread one quarter of the filling on the pastry leaving a 1/2-inch border along the top. Beginning with the side that is closest to you, roll the filled pastry sheet up, away from your body. Pinch off the seam and carefully roll the filled pastry to seal. Repeat with the other sheets of pastry and the rest of the filling.
3. Slice each of the filled pastry rolls into about 20 1/4-inch slices (pinwheels). Place the pinwheels on a parchment-lined cookie sheet. Bake for about 15-20 minutes or until golden brown and puffed. Serve warm.

**Do Ahead:** Make the filling ahead of time, or assemble the pinwheels completely and freeze uncooked, layered between sheets of parchment paper in a resealable freezer bag. Bake frozen for 20-25 minutes or until golden brown and puffed.

(Recipe Courtesy of Monique Maffei ©2002)

# QUICK TIPS TO UPDATE ANY ROOM!

Patricia Mitchell, Interior Decorator

Updating a room is an ongoing project from one year to another and as tastes change over the years, so should the inside of your home. Here are a few quick and easy ideas that can turn an outdated room into a more modern one in just one weekend.

Add some color. Paint a wall or two. A new coat of paint can liven any room. Be bold in your color choices.

Go from drapes to blinds. Choose wood blinds to add warmth to a room or rattan blinds for a more modern interior.

Rotate artwork. Changing where pictures and artwork are located can change the mood and feel of a room. Even rehanging a picture without its original frame can modernize a room subtly.

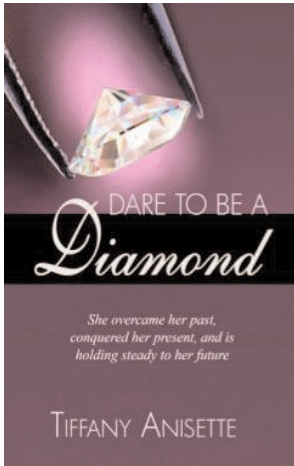
Update accent pieces. Change the center piece on your dining room table. Purchase new throw pillows with a funky design or pattern. Switch lamp shades that are neutral for another color and vice versa.

Rearrange furniture. Instead of the couch in the right corner of the living room, move it to the middle of the room. Get the idea? Make sure to think it through beforehand. You don't want to move that couch twice!

Replace light fixtures. Light fixtures can enhance a room or make it boring. If you have a light fixture that has been there since the house was built circa 1972, look into investing into a new one. Most are reasonably priced and can be found at your local hardware store.

Happy Updating!

## BOOK NOOK



Brooklyn-born, but reared in Beaufort, SC, **Tiffany Anisette**, author of “**Dare to Be A Diamond**” was abused and molested as a child. She talks openly about this abuse in her newly published book.

Dare to Be A Diamond is a story of triumph. It’s a story of how one woman didn’t allow tragedy to prevent her from achieving success. “No matter where you come from you can still achieve all your dreams and desires in life.”

Ms. Anisette is doing just that. She is a successful entrepreneur, mother of two and devoted wife. If Tiffany was able to triumph against all odds, I believe we can triumph too no matter what it may look like!

**Let’s all dare to be diamonds!**

Information on “Dare to Be a Diamond” or bringing Ms. Anisette to a city near you, go to [www.thediamondmovement.com](http://www.thediamondmovement.com). (\$15US)

## SOUND SENSE

**Hot Releases for 2010!**

**March 2010**

- Marvin Sapp “Here I Am”**
- Dewayne Woods “My Life’s Lyric”**
- Myron Butler & Levi “Revealed.....Live in Dallas”**
- Rhema Soul “Fingerprints”**
- Sho Baraka “Lions and Liars”**



**April 2010**

- Karen Clark Sheard “All In One”**
- Lucinda Moore “Blessed, Broken & Given”**

**May 2010**

- Deitrick Haddon & VOU “Blessed & Cursed”**
- \*Release Dates Subject to Change\****

## Keeper Of The House Characteristics Of A Good Housekeeper

By Antoinette Clinton



Titus 2:5 (KJV) is the conclusion of a set of instructions on how women ought to be. "...discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed."

**Keepers at home**, this is the phrase that I know most women cringe and grit their teeth at when their eyes pass over this scripture. Keeper at home and housekeeper are the same thing and what woman in the twenty first century wants to be called a housekeeper? It is primitive. I do not have to tell you why most women cringe at this title and willingly pass it on to the maid. According to James Strong's Exhaustive Concordance of the Bible, having an equivalent definition to a word originating from the Greek language, it involves remaining within four walls to clean and maintain order. Keeper is derived from the Greek word, *Oikouros* and it means domestically inclined, a good housekeeper. On the other hand, while a portion of the Greek definition only hints at a more appealing explanation of the word keeper, the Hebrew definition plunges into a spiritual definition that will blow your mind and make wives, mothers and wives and mothers to be,

proud to be called keepers of the house.

In the Hebrew culture, Keeper is derived from the word, *Shamar* which means to hedge about (as with thorns), that is, guard; generally to protect, attend to, et cetera. Furthermore, it means to beware, be circumspect, take heed, mark, look narrowly, observe, regard, reserve, save, sure, to be a watchman. These words are very strong character traits of a warrior, a soldier in battle – spiritual warfare.

As defined by Webster's Dictionary, the word keeper refers to one who retains or holds something or someone in his or her possession. Possession means that thing or person belongs to the keeper for as long as God will allow. To be given such a position is honorable, not to be taken lightly. It requires much strength and special characteristics.

God has given the wife the responsibility of caring for her husband and children; the wife is responsible for maintaining strength and safety in the household. Hence the scripture, "...To be discreet, chaste, keeps at home...(Titus 2:5 KJV)" because many things occur in a single household, the keeper must acquire and maintain two very important characteristics.

First, the keeper must be circumspect. The prefix **circum** refers to anything circular, therefore, meaning to look around. In other words be observant, look all around you and your household. Looking with our physical eyes is one thing but it is necessary to look with our spiri-

tual eyes, because it is only through the spirit of God that we can see the spiritual harm intending to destroy the family. “For we wrestle not against flesh and blood, but against principalities, against the rulers of the darkness of this world, against spiritual wickedness in high places (Ephesians 6:12 KJV).” The word of God further instructs to “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak (Matthew 26:41 KJV).” A powerful man of God once said, “If you watch without praying, you will not know what to watch for. If you pray without watching, you will not know what to pray for.”

Second, according to Titus 2:5 (KJV), a good housekeeper must be very discreet. Sad to say, many women today are what some men say they are: loud mouthed, too talkative, ignorant of their place and the like. And while these things said about us sound insulting, many of us do rattle on and on, not knowing when or where we should turn it off; we allow all kinds of business to slip between our lips. Because much occurs within a household, it is imperative that **the** housekeeper is discreet. The word discreet originates from the Greek, *Sophron* and means to use self-control, speak your opinion and display your passions in moderation. In other words, do not practice exercising the tongue in speech so quickly. In conjunction with watching and praying, be apt to listen more. Further investigation of the word teaches us to remain silent about delicate matters. Do not spread

your husband's business among "friends" and family. Do not solicit advice from outsiders especially those who are not educated in spiritual matters. Do not complain about your husband to "friends" and family. Do not speak negatively about your children and especially to other people. These are the four don'ts to keep ever before you to avoid outsiders sowing seeds of discord into your household. When the keeper strays away from God's word, the keeper opens the door for Satan and his demons to infiltrate the family. It is a challenging job to be a *good* housekeeper but ever so important.

Having looked at the housekeeper's characteristics and duties, we finally learn what she is expected to wear, which is none other than the whole armor of God. Proverbs 31:17 (KJV) says that the keeper of the house girds her loins with strength and strengthens her arms. Ephesians 6:14 (KJV) says, "Stand therefore having your loins girt about with truth..." This means therefore, that the strength she girds her loins with is truth. John 14:6 (KJV) reads, "Jesus said unto him, I am the way, the truth, and the life:" The strength that the housekeeper girds her loins with is truth and that is, Jesus himself or the word of God. After all, Ephesians 6:10 (KJV) does read, "Be strong in the Lord, and in the power of his might." The word of God strengthens the keeper to enable her to walk through the house in power. While the Holy Spirit (who imparts power to the believer) already resides in the keeper who invited Him in upon accepting Christ as her personal

Lord and Savior, girding the loins is a mere wrapping and twisting of oneself in God's word. The more God's word is consumed and becomes one with you, the stronger the spirit man inside of you becomes.

The next item of war clothes is the breastplate of righteousness.

This item protects the warrior's chest area during battle. Why the chest? It houses the heart. When we cover our hearts in God's righteousness, it cannot be infiltrated by Satan's darts.

The scriptures then instruct us to shod our feet with the preparation of the gospel of peace. This means that we are to walk prepared – live the gospel, share the gospel, use the gospel.

Above all, take the shield of faith, the helmet and sword. When we walk in faith, Satan's fiery darts bounce off of us because we take God at His word and act on what we believe. The helmet of salvation protects the mind against Satan's mental attacks, and is a symbol of salvation that identifies us as one of God's children. The sword of the spirit is God's Holy word. This and this alone is what we use in battle to actually fight. When the spirit led Jesus into the wilderness to be tempted of the devil, Jesus combated him with the word of God on every hand." (Matthew 4:1-11 KJV)

TO BE CONTINUED.....

## **Don't Settle for Less than God's Best!**

**by Alexis Smith-Byron**

### **MY STORY...**

I was very young and still in high school when I met my first husband. There were so many choices at that age and choosing which guy to date was difficult. I chose a guy who was older than I and not a player. He had a stable family and seemed to be in control of everything including me.

I did not know what I was doing. I just figured those things were important to me. After all, he seemed like a good guy who was sincere with his feelings. We eventually married and through the physical and mental abuse, jealousy, possessiveness and isolation, I was blessed with two beautiful children. I was on a dead-end course with no way out. Then I remembered something my mother had taught me as a child; she taught me to pray. I prayed to God to deliver my children and I from that very real hell.

He heard my cry and answered my prayer. My children and I were on a plane headed for California within two weeks, leaving everything behind. "Thank you Jesus!"

It took me a long time to get over that ordeal and I just knew I would never get married again. Through the love of the Lord, God restored me and gave me a new life. I was on my way and determined to raise my children unto the Lord as a single mom dedicated to the work of the Lord. Years had passed and people would ask me, why I was not thinking about marriage? I told them I was waiting on the Lord. In actuality, I did want a second chance at love but I was too afraid to risk being hurt again. Then I met husband #2. He was an older man, a minister in my church and was very well respected. He had a good job, very stable and most of all he said he was the one for me. I felt he must be the one. After all, he was in the church and even a minister. I just knew he would do right. So I took a chance on love again, but this time I hoped it was for keeps.

Unfortunately, my dreams were shattered as he shared with me on the same night of our wedding, something that would haunt me throughout the marriage. He said, "I am just like your first husband." What a blow to my heart! I was devastated. Even though he was cruel and abusive, I tried to

love him and be a faithful Christian wife. I felt that because I was married as a Christian now I had to make it work at all cost. Unfortunately, it only prolonged the years we were married, but it did not stop his behavior. I prayed and prayed for God to change him but he was fully set in his ways. I would see how God would deal with him but he would not listen. Eventually, God delivered my children and I again. “ I thank the Lord!”

I can remember asking God, why where things so wrong when I tried so hard to be so faithful to God in serving my husband? The Holy Spirit gave me this scripture: “Unless the Lord builds the house they that labor, labor in vain.” (Ps. 127:1) Even though I thought I trusted the Lord to build my house, the evidence still remained, an un-built home.

With that understanding, I had to accept the fact, I had made another bad choice and this was not God’s plan for me.

The scripture holds true: “We perish due to lack of knowledge”. If I would have known what I know now, I would not have experienced those things, but thanks be to God for not allowing any experiences to be wasted.

It is by “*experience*”, I share this with you so you can have the tools necessary not to settle for less than God’s best.

Sisters again I say, “ **Do not settle for less than God’s best!**”

This is an Excerpt from the book “**Sisters You Don’t Have to Settle**”:

*“Above all else guard your heart for it is the wellspring of life.”*

*Prov. 4:23*

What is it about “love” that makes us want to give up everything for it? It is almost as if we are looking for a safe haven for our heart; A place to call home, where we can rest without fear and find trust, comfort and acceptance.

Oftentimes, we look to mere flesh to satisfy these longings of the heart when they cannot be satisfied by flesh.

Even today, I struggle with this issue - always looking to please, looking for comfort and looking for acceptance but looking for them in the wrong places. All I have ever known in the natural sense is to look to flesh for

these things. This was not something I gave thought to, I just did it automatically.

This is an example of why walking in the knowledge of the Lord is so important. How many times have we heard of women who gave up everything in order to gain love, acceptance and a refuge in some tender loving arms? The problem with this is: first, she is looking to flesh for these things and second, even though she gave everything she had, she is still left wanting (unfulfilled).

The Bible tells us:

“It is better to take refuge in the Lord  
than to trust in man.” Ps.. 118:8

Did you know that God wants your whole heart? He wants to be your first love.

Repeatedly we read in the Scriptures that tell us to: love the Lord with all of our heart, to trust Him with all of our heart, to seek Him with all of our heart, to serve Him with all of our heart and to praise Him with all of our heart.

Proverbs 23:26 states:

“My child give me your heart and  
let your eyes keep to my ways.”

Does God expect us to be in a relationship without giving ourselves wholeheartedly?

God expects us to serve Him wholeheartedly. We are to serve one another as unto the Lord, and love one another as the Lord has loved us. Nevertheless, our heart belongs to the Lord. When we place our heart in His hands, it is in the safe house and no matter what reaction you get from others you will always find love, acceptance and comfort from the Lord.

**“Teach me thy way oh Lord and I will walk in your truth, give me an undivided heart that I may fear your name.”**

**To be continued.....**



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