

Weekly Newsletter

VAW

value adding woman

VALUE
ADDING
WOMAN

24/03/2025

Introduction

Dear Value Adding Woman,

Welcome to this week's edition of the Value Adding Woman (VAW) Newsletter!

Can you believe it's already the final week of March? We're so grateful for how far we've come, and we thank God for His guidance and strength.

We hope that our previous edition was a blessing to you and that the challenges and tips we shared have been helpful in your daily life. Were you able to embrace the challenge? How did the faith and wellness tips impact you? We'd love to hear your experiences and any insights you gained along the way!

Please take note of our upcoming virtual meetings:

* She Means Business March 24th

* Book Review on March 31st

In this edition, we're bringing you even more inspiration, practical insights, and encouragement to support your journey in faith, wellness, and purpose. Let's continue growing and thriving together!

Dr. Kemi Oyedepo

Team Lead

Value Adding Woman

Inspirational Message

There are many moments in life when things do not turn out the way we expect. All the boxes were ticked; you prayed, fasted, served in church to name a few but yet it did not quite 'work out.' A scripture I anchor myself on daily is Psalm 25:3 (NLT) which says 'no one who trusts in You will ever be disgraced.'

Do you know what this means? Every expectation you have placed in God will not return to you in disappointment. To trust means believing in the promises of God in ALL circumstances, even in those where the evidence seems contrary. Joseph's life is a prime example of this (Genesis 37-46).

Based on natural events Joseph had really bad luck, but as a result of His trust and commitment to God, he was right where he needed to be. God was using the valley to establish him on the mountain. Our perception is limited therefore what you see now is only part of the story, so stay anchored in the God who always works everything out for good. God bless you!

Miss Damilola Ademola

@dami.ademola

**In this newsletter,
you will find :**

**Woman of the
Week/ Spotlight
Story**

Weekly Affirmations

**Prayer Request
Information**

**A Health & Wellness
Tip**

**A Challenge of the
Week**

Testimony Spotlight



Woman of the Week / Spotlight Story

CeCe Winans is a renowned gospel singer, songwriter, and author known for her powerful voice, heartfelt worship, and deep commitment to faith. Born Priscilla Marie Winans on October 8, 1964, she is one of the most successful and awarded gospel artists of all time, with multiple Grammy Awards, Dove Awards, and Stellar Awards to her name. Her songs, including “Alabaster Box,” “Goodness of God,” “Believe for It,” and “Mercy Said No,” have inspired millions around the world, drawing people closer to God through worship.

<https://cecewinans.com/#about>



Faith & Life Application Tip

Faith Tip:
Scripture

John 14:15, “If you love me, keep my commandments.”

Faith Tip on Obedience: Obedience to God is an act of trust and love. When we follow His instructions, even when they don’t make sense to us, we position ourselves for His blessings and guidance.

Life Application: Make it a habit to seek God’s direction daily—whether through His Word, prayer, or the prompting of the Holy Spirit. When faced with a decision, pause and ask, “Is this in line with God’s will?” Even when obedience feels challenging, remember that God’s plans are always for our good (Jeremiah 29:11). Trust Him, take the step, and watch Him work in your life!



Health & Wellness Tip

Maintain Cleanliness

Maintaining cleanliness is essential for both physical and mental well-being. A clean environment reduces the risk of infections, boosts mood, and promotes overall health.

Life Application: Make cleanliness a daily habit—wash your hands regularly, keep your living and workspace tidy, and practice good personal hygiene. A clutter-free and sanitized space not only protects your health but also creates a refreshing and peaceful atmosphere for productivity and relaxation.

Weekly Activities



- I embrace the spirit of power, love, and a sound mind that God has given me.
- I stand firm and courageous, knowing that the Lord is always with me, guiding and strengthening me in all I do.



Challenge of the Week

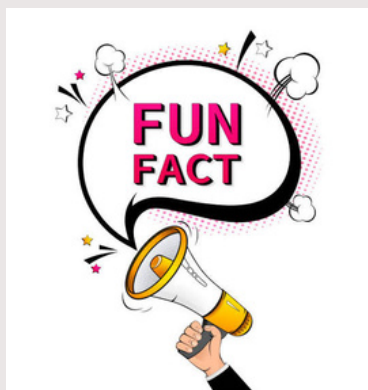
Gratitude Journal

Write down three things you're grateful for each day. The goal is to help us deliberately cultivate a heart of thankfulness.



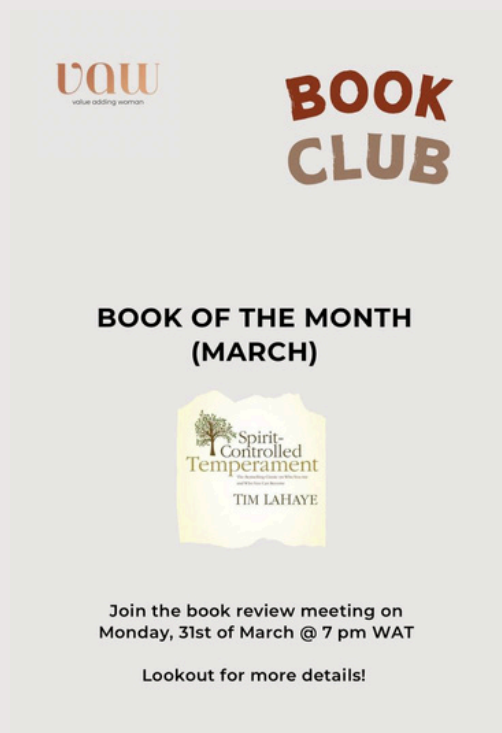
Prayer Requests

Need prayer for something? Don't hesitate to reach out to us via DM @valueaddingwoman



DID YOU KNOW?

Did you know that dark chocolate (with at least 70% cocoa) can be good for your heart? It contains antioxidants that support heart health! This week, indulge in some dark chocolate... with wisdom 😊



Reflect on this:

Thinking faith thoughts, and speaking faith words, will lead the heart out of defeat and into victory.
Kenneth E Hagin



Scripture of the Week



GOOD NEWS!

TESTIMONY CORNER

I was trusting God for the healing of my husband when I attended PRESS and I thank God that after the prayer meeting, he was strengthened and his health was perfectly restored. Praise the Lord!

Agnes B.
London

ANNOUNCEMENTS

- Join our weekly prayer meeting - PRESS every Monday @ 10 pm WAT
- Look out for details about our upcoming virtual meeting: SHE MEANS BUSINESS on Monday, 24th of March @ 7 pm WAT
- Monthly book review meeting comes up on Monday, 31st of March @ 7 pm WAT

Thank you for reading!

Our Team!

Editor in Chief – Dr. Kemi Oyedepo

The visionary leader guiding our content with expertise and passion.

Content Distribution Lead – Mrs. Tega Claire Agbadagri

The strategist working behind the scenes to get our newsletter in front of your eyes.

Design & Research Lead – Mrs. Feyisayo Deji-Dawodu

The creative genius and researcher who ensures our visuals and content are top-notch.

Contributor – Miss Damilola Ademola

Our contributor who shared an inspiring piece with us this week!

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valueaddingwoman@gmail.com

@valueaddingwoman

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