

Weekly Newsletter

VAW

value adding woman

VALUE
ADDING
WOMAN

31/03/2025

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 day of March? We're so grateful for how far we've come, and we thank God for His guidance and strength. We look forward to April with great expectation!

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 about your experiences and any insights you gained along the way!

Please take note of our upcoming virtual meeting:

* March Book Review - this evening @ 7 pm WAT

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 is thin line between a woman of faith and a woman of fear!

Faith is not just belief in God; faith is belief in the Word of God.

A woman of faith believes wholeheartedly in the written Word of God. I will know your faith by the level of the Word of God stored in you.

We must realise that the 12 spies in Numbers 13 were all called believers but only one (Caleb) out of the 12 said, "Let's go now and take possession of the land. We should be more than able to conquer it."

Why did Caleb give a good report and the others give a bad or evil report?

The answer is the level of the Word stored up in them.

When you don't have enough of the written word, you will easily speak evil reports which is simply anything contrary to the written Word of God. I encourage us all to continually strive to know what is written so that we always speak the good news. As we do, none of us shall miss out on our promised land in Jesus Name. Amen!

Mrs Tracey Abiola
@traceyabiola

**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

This week, we celebrate Nancy Dufresne, a powerful minister, author, and teacher dedicated to strengthening the body of Christ. As pastor of World Harvest Church and leader of Dufresne Ministries, she passionately teaches faith, healing, and the authority of the believer.

Through her books, broadcasts, and conferences, Nancy equips Christians to walk in victory, renew their minds, and follow the Holy Spirit. Her unwavering commitment to the gospel continues to impact lives worldwide. <https://www.dufresneministries.org/nancy-dufresne>



Faith & Life Application Tip

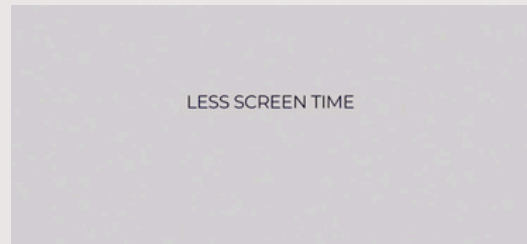
Faith Tip on Sanctification

Scripture

But just as he who called you is holy, so be holy in all you do. – 1 Peter 1:15

Sanctification is the lifelong process of becoming more like Christ, set apart for God's purpose. It's not just about avoiding sin but actively pursuing holiness through the power of the Holy Spirit.

Tip: Daily surrender is key. Spend time in God's Word, seek His presence in prayer, and allow the Holy Spirit to convict and transform you. Sanctification isn't about perfection but progress—each step drawing you closer to God's heart.



Health & Wellness Tip

Screen Time

Excessive screen time can strain your eyes, disrupt sleep, and affect mental well-being. To maintain balance, practice the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds to reduce eye strain.

Additionally, set screen-free times, especially before bed, to improve sleep quality. Prioritize real-world interactions, movement, and outdoor activities to support overall well-being. Your mind and body will thank you!

Weekly Activities



- I will not let the Word of God depart from before my eyes for it is life to me; I have found it and it is health & healing to all my flesh.
- The Lord is my healer. He restores my health and heals my wounds. Every cell, organ, and system in my body functions perfectly according to God's divine design.



Challenge of the Week

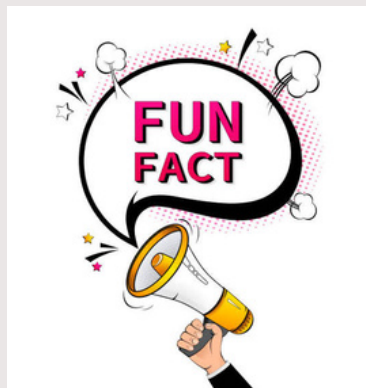
Speak Life

Intentionally speak words of encouragement to someone—whether a friend, colleague, a stranger, or even yourself!



Prayer Requests

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



DID YOU KNOW?

Did you know that the Bible mentions over 200 times the importance of rest? God designed rest as a key part of a healthy life!

BOOK CLUB

BOOK OF THE MONTH (MARCH)

Join the book review meeting on Monday, 31st of March @ 7 pm WAT

Lookout for more details!

Reflect on this:

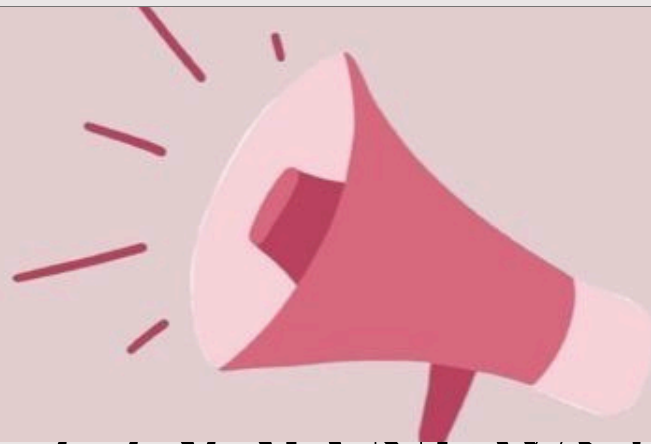
The greatest life you can live is the one that is led by the Spirit of God.” – Nancy Dufresne

Proverbs 19:17 nkjv

He who has pity on the poor lends to the Lord, And He will pay back what he has given.

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Scripture of the Week



GOOD NEWS!

TESTIMONY CORNER

Everything about this newsletter has added so much value to my life. I've been applying the weekly challenges, and I've especially seen the impact of the one on decluttering spaces. I got to work right away, and now my home looks so much better. I feel more balanced and at peace. Thank you, VAW team, for your amazing work. Please know that you're doing an incredible job!

Peace E.
(Amsterdam)

ANNOUNCEMENTS

- Join our weekly prayer meeting - PRESS every Monday @ 10 pm WAT
- Monthly book review meeting comes up this evening, the 31st of March @ 7 pm WAT. Click [here](#) to join in.

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 – Mrs Tracey Abiola

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

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