

WEEKLY NEWSLETTER

- A HEALTH & WELLNESS TIP
- WEEKLY AFFIRMATIONS
- WOMAN OF THE WEEK

IN THIS NEWSLETTER
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- QUESTION AND ANSWER
- A CHALLENGE FOR THE WEEK

VAW
value adding woman

INTRODUCTION

Dear Value-Adding Woman,

Welcome to this week's edition of our VAW Newsletter, where we uplift, encourage, and inspire one another to walk in faith and purpose.

This week, we'll dive into biblical wisdom, share testimonies, and provide practical insights to help you grow spiritually,

nurture your relationships, and embrace the calling God has placed on your life.

This space is for you whether you seek encouragement, guidance, or simply a reminder of God's unwavering love.

Before I forget, happy Easter to you and your family!

Let's journey together in this week's edition.



DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS

Courage is fear that has said its prayers and decided to go forward anyway.
- **Joyce Meyer**

PRAYER REQUEST

Need prayer for something?
Don't hesitate to reach out to us.

DID YOU KNOW?

Expressing gratitude can improve mental health? Studies show that regularly counting your blessings leads to increased happiness and lower stress levels.



WOMAN OF THE WEEK

Nike Adeyemi is a teacher, author, and humanitarian dedicated to empowering women and families through faith. As the founder of The Real Woman Foundation, she uplifts vulnerable women and children, offering hope and healing.

A pillar of wisdom and grace, she inspires women to embrace their God-given purpose and build strong families. Her life is a testament to faith, love, and service—an example for every woman seeking to walk boldly in God's calling.



PASTOR NIKE ADEYEMI

<https://www.nikeadeyemi.com>

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

One of the most liberating feelings you will ever have is knowing who you are in Christ. We live in a world where everything and everyone tries to label you; telling you who you are, who you are not, who you are supposed to be, what you can do, what you can't do, etc.

Sometimes, many women have gotten overwhelmed and given into self-doubt; doubting their existence and what they have to offer. This shouldn't be the case! Your identity should come from Christ First. Once you hinge your identity on Christ, every other thing becomes secondary. You become truly free to be who He has called you to be.

You are not bound by the applause or criticism of men. You are confident to add value where you find yourself. Ephesians 2:10 says - For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. I'll like to encourage you to find scriptures that speak to who you are in Christ. Read them. Meditate on them. Believe them. And keep declaring them until it becomes your reality in Jesus name. God Bless You.

Mrs Temi Abioye
@temilolawonder

QUESTION AND ANSWER

HOW DO I BALANCE WORK LIFE, PERSONAL, SPIRITUAL LIFE, AND RELATIONSHIP IN A BUSY ENVIRONMENT?

Balancing life and relationships in a busy environment is a challenge, but the good news is that it's possible with wisdom and a lot of intentionality. The Bible says there's time for everything. *"To everything, there is a season, a time for every purpose under heaven."* — Ecclesiastes 3:1

Wisdom demands that you plan your time, and know when to start, and when to end. You can't do everything at once, and you can't be everywhere at the same time. We must prioritize our activities and know what to prioritize to avoid burnout and live a balanced life.

Here are some steps to create balance in your life:

Seek God's help (Hebrews 4:16) - Start with prayer and ask for divine wisdom and strength.

Assess your responsibilities - Identify what truly matters and eliminate what's not necessary.

Plan your day, week, month in advance

Use planners, calendars, or apps to create structure and stay focused.

Set spiritual priorities for spiritual growth - Start your day with God—devotion, worship, Scripture, prayer.

Protect your personal time - Your health and rest matter—your body is the temple of the Holy Spirit (1 Cor. 6:19).

Nurture relationships - Be intentional with loved ones. Make time to connect meaningfully.

Be flexible, but stay disciplined - Don't let busyness lead you.

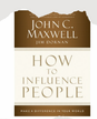
Rest and Recharge Matthew 11:28 - Rest is not a luxury; it's a necessity.

Evaluate and adjust regularly - Check in on what is working, what isn't working, and what needs to shift.

Note: Balance is not about being perfect but finding alignment. When you prioritize God and follow His wisdom, He gives you the grace to manage all aspects of your life in the right order. Let Him guide you each day, and He will help you build a rhythm that brings peace, and balance to your life. God bless you!

Answered by: Dr. Sandra Howusu & Dr. Kemi Oyedepo

BOOK OF THE MONTH (APRIL)



Join the book review meeting on
Monday, 28th of April @ 7 pm WAT

Lookout for more details!

**How to influence people- Make a
difference in the world.
John C Maxwell & Jim Dornan**



FAITH AND LIFE APPLICATION TIP

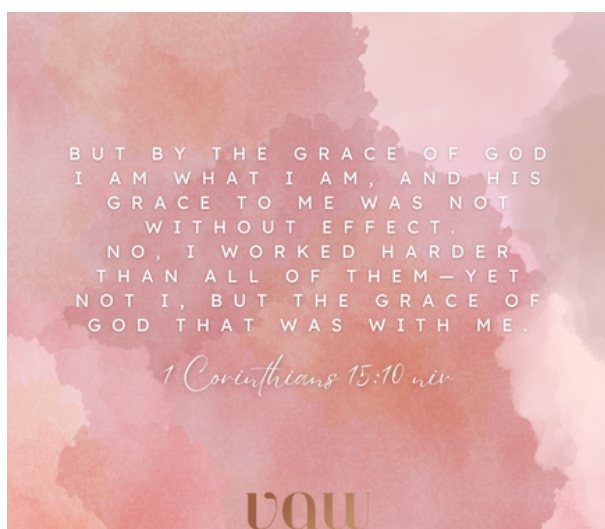
Faith & Life Application Tip: Walking in Faithfulness

Scripture Focus: “His master replied, ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things.’” – Matthew 25:23

Faithfulness isn’t just about believing in God—it’s about consistently living out that belief through our actions, decisions, and commitments. It’s about showing up, even when it’s hard, and trusting that God honors those who remain steadfast.

This week

✅ Be Faithful in Small Things: Show up on time, keep promises, and work diligently—small acts of faithfulness lead to greater blessings.



SCRIPTURE OF THE WEEK

AFFIRMATIONS

I am the light of the world - I shine brightly for Jesus wherever I go.

I am blessed and highly favored— God’s favor surrounds me like a shield.

Good Posture = Good Health

HERE'S HOW

HEALTH AND WELLNESS TIP

Improve Your Posture for a Healthier You

Good posture isn't just about looking confident—it protects your spine, reduces pain, and boosts overall health.

Quick Tips for Better Posture:

- ✓ Sit Smart: Keep your back straight, shoulders relaxed, and feet flat on the floor. Avoid slouching!
- ✓ Stand Tall: Imagine a string pulling you up from the top of your head. Keep your shoulders back and core engaged.

- ✓ Move Often: Avoid staying in one position too long. Take breaks to stretch and walk.
- ✓ Strengthen Your Core: Exercises like planks and yoga improve posture by supporting your spine.
- ✓ Check Your Screen Position: Keep your phone or computer at eye level to prevent neck strain.



CHALLENGE OF THE WEEK

Flip your complaints into praise.

Whenever you catch yourself complaining, pause and find something positive in the situation.



HIGHLIGHTS!

- Join our weekly prayer meeting - PRESS every Monday @ 10 pm WAT
- Monthly book review meeting comes up on Monday, 28th of April @ 7 pm WAT
- Ministers' Wives Connect comes up on Monday, 12th of May @ 7 pm WAT

MEET THE TEAM

Editor in Chief

Dr. Kemi Oyedepo
The visionary leader guiding our content with expertise and passion.

Design & Research Lead

Mrs. Feyi Deji-Dawodu
The creative genius and researcher who ensures our visuals and content are top-notch.

Content Distribution Lead

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

Contributor

Mrs. Temilola Abioye
Our talented contributor who shared an inspiring piece with us this week!

Thank you for reading!!

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