
WEEKLY NEWSLETTER

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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

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
— **Maya Angelou**

PRAYER REQUEST

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

DID YOU KNOW?

Did you know that a group of flamingos is called a "flamboyance"? Their bright pink color and social nature make the name quite fitting. Interesting!



WOMAN OF THE WEEK

Faithful & Purposeful: Toyin P. Oyemade

Toyin P. Oyemade is a shining example of grace, purpose, and godly influence. As the wife of Pastor Poju Oyemade of The Covenant Nation, Toyin is not only a strong support in ministry but also a woman of impact in her own right. Known for her warmth, elegance, and wisdom, she exemplifies what it means to walk in purpose while staying grounded in faith.

Toyin is passionate about women's development, family values, and purposeful living. Through her quiet strength and steady encouragement, she reminds us that influence doesn't always have to be loud — sometimes, it's in how we carry ourselves, support others, and remain faithful behind the scenes.

Her life encourages us to be women who honor God in our homes, our work, and our hearts — trusting that even our hidden faithfulness can bear public fruit in God's time.



PASTOR TOYIN P. OYEMADE

<https://beladiesconference.org/Home/BeLadiesMinister/5>

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

A woman with a voice is by definition a strong woman. But the search to find that voice can be remarkably difficult. – Melinda Gates.

We are uniquely created as women, and as individuals, we all have a message for our generation. A songwriter once sang 'if you are breathing and living, you've got something to say and no one can say it as you do'. However, this individuality is buried in us as 2 Corinthians 4:7 KJV tells us - ... we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

Unfortunately, many of us seek our identities from magazines with a thousand and one tips, to TV shows that show us what our standard should be, etc. But the longer we follow these voices, the more we lose our identity.

The One who has our blueprint, God, has left us with a map(the Bible) and a guide (the Holy Spirit) to lead us in our search in life. But He waits patiently for us to come to His feet and receive it.

If you have located your identity, who you are created to be, I congratulate you. Keep reflecting it for the benefit of your world. Your best is yet to unfold! If you feel like you are still searching, here are a few tips to help:

1. Locate your passion, what really gives you fulfilment (painting, cooking, hospitality etc)
2. Embark on a personal journey of reading up on this area, getting tips and insight on how to deploy and maximise this passion.
3. Consciously pray and ask the Holy Spirit for guidance and direction on how to express it. As you seek, you will indeed find it, in Jesus Name! God bless you.

Coach Patience Udoh

QUESTION & ANSWER

Q: Is it bad to be in a relationship with a Muslim? In a situation where a Christian guy is disturbing me to be in a relationship with him, but I'm not interested, even though I have told the person, but he keeps insisting, what do I do?

A: Any relationship, particularly one leading to marriage, MUST be entered into with wisdom.

As a Christian, your faith must be your foundation. The Scriptures mention something critical about this in 2 Corinthians 6:14:

"Do not be unequally yoked with unbelievers..."

This means that when two people don't share the same beliefs and values, it can lead to confusion, struggle, or even compromise of your faith. Please note that a relationship is not just about feelings; it's about shared purpose, direction, and most importantly shared faith, when you're walking with God.

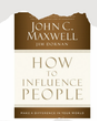
Among other things, your spiritual beliefs and priorities must align deeply in any relationship that is leading to marriage. If you need further counsel, please seek it.

Secondly, any relationship must begin and continue with willingness—not pressure. Love respects boundaries. If you've already said no to this gentleman and he keeps insisting, remain firm but respectful with your answer. Whatever you do, don't succumb to the pressure; you don't owe anyone a relationship, especially if you're not at peace about it.

If it gets to a point where it's making you feel uncomfortable, anxious, or unsafe, it's okay to create distance or even speak to someone you trust (a mentor, pastor, parent, etc.) for support and guidance. God bless you!

Answered by 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 Tip On Peace

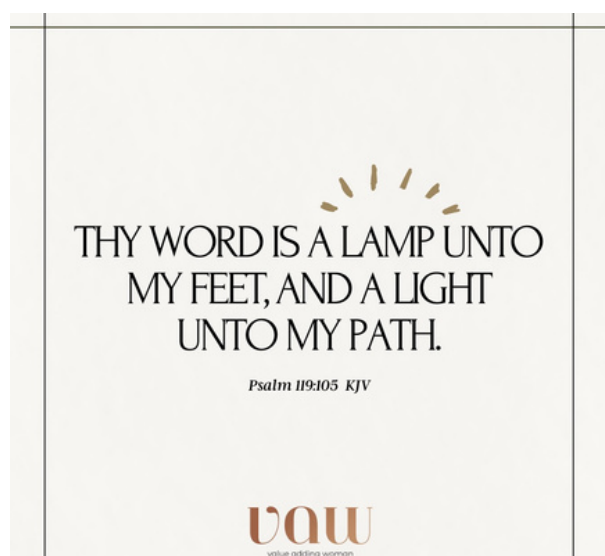
Scripture Focus

Jesus said, "Peace I leave with you; my peace I give you. I do not give to you as the world gives." (John 14:27)

True peace comes not from circumstances, but from Christ's presence. When anxiety rises, pause and pray, even if briefly. Invite God's peace into the moment.

Life Application Tip:

Practice a daily "peace check-in." At a set time each day, ask yourself: What's disturbing my peace? Then, take 60 seconds to breathe deeply, release control, and refocus on what's within your power. Keep reflecting on your response and your mindset, then align them with trust in God.



SCRIPTURE OF THE WEEK

AFFIRMATIONS

I am redeemed and forgiven – My past does not define me; I walk in freedom.

I am strong in the Lord – His strength empowers me to overcome all obstacles.



HEALTH AND WELLNESS TIP

Health & Wellness Tip on Nuts

Tip: Nuts are small but mighty! Packed with healthy fats, fiber, protein, vitamins, and minerals, a small handful (about 1 ounce) of unsalted nuts like almonds, walnuts, or cashews can support heart health, brain function, and sustained energy.

Wellness Boost:

Swap processed snacks for nuts 2–3 times this week. Pair them with fruit for a balanced, satisfying snack — your body (and brain) will thank you!

CHALLENGE OF THE WEEK

Reconnect Intentionally



This week, reach out to one friend you haven't spoken to in a while. Don't wait for the "perfect moment" — just send a message, make a call, or even schedule a quick catch-up. Let them know they're on your mind and you're grateful for their friendship.

Bonus challenge: Pray for your closest friends by name each day this week. Ask God to bless, strengthen, and guide them — even if they don't know you're praying.



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

THE TEAM

Editor in Chief
Dr. Kemi Oyedepo
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Design & Research Lead
Mrs. Feyi Deji-Dawodu
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Content Distribution Lead
Mrs. Tega Agbadagri
The strategist working behind the scenes to get our newsletter in front of your eyes!

Contributor
Coach Patience Udoh
Our talented contributor who shared an inspiring piece with us this week!

Thank you for reading!!

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