
WEEKLY NEWSLETTER

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

IN THIS NEWSLETTER
YOU'LL FIND:

- A QUESTION & ANSWER SECTION
- A CHALLENGE FOR THE WEEK
- AN INSPIRATIONAL WORD



INTRODUCTION

Dear Value-Adding Woman,

Welcome to this edition of the VAW Newsletter—a space created for women of faith to be encouraged, inspired, and connected. Whether you're in a season of growth, rest, or simply figuring things out, know that you're not alone.

We hope what you find here uplifts your heart and gently reminds you of God's presence in every step of your journey.

We gather here to be refreshed by the Word, and strengthened through shared wisdom. Whether you're a wife, mother, sister, daughter, or friend, you are part of a divine purpose far greater than you can imagine. Our prayer is that through these pages, you will be reminded of your identity in Christ, stirred to pursue His calling, and surrounded by a community of women who are committed to living with grace, power, and intentionality.

Let's grow together in faith, love, and purpose—shining His light wherever we go.



DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS

He who truly longs for God
longs for him now - **Charles
Spurgeon**

PRAYER REQUEST

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

DID YOU KNOW...

Did you know a snail can sleep
for three years? You mean 3
years 🐌



WOMAN OF THE WEEK

Bunmi George – Fueling Purpose Through Fitness

Bunmi George is a Nigerian dietitian, fitness coach, and founder of **ShredderGang**, a wellness brand that has helped over 85,000 people transform their health. After losing 55kg herself, Bunmi turned her personal journey into a mission to empower others—especially women—with sustainable nutrition and fitness solutions.

She holds a degree from the University of Toronto and has received multiple awards, including *Nigeria's 100 Most Inspiring Women* by Leading Ladies Africa and the *Eko 100 Women* award for her impact on wellness in Lagos.

"The real power in transformation is realizing that discipline is love—love for your body, your future, and your purpose."— **Bunmi George**



BUNMI GEORGE

<https://www.instagram.com/jbums?igsh=aTJkd3JoazJkeDd2>

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

Everybody has a calling and we have a duty to pay heed to our callings. When Paul stood before King Agrippa in Acts 26:19, he said - therefore, King Agrippa, I was not disobedient to the heavenly vision.

We must make this the foremost focus of their lives, that we would not be disobedient to God's calling on our lives. Some of us think it has to be something massive but that is not so. You must seek God concerning your own calling and remember at the very least, He has given us all the ministry of reconciliation - 2 Corinthians 5:18.

At the end of Paul's life, in 2 Timothy 4:7, he said - he had fought the fight, finished his course and kept the faith. We must also be able to say that at the end of our race. Whatever God has called you to do, do not be disobedient to the heavenly calling over your life. God bless you.

Rev Awo Antwi

@awo.antwi

QUESTION & ANSWER SECTION

Q: Can you please share some tips on how to step into leadership without feeling intimidated?

A: Yes! Stepping into leadership can be overwhelming; I know how I have felt when leadership responsibilities have been thrust upon me. But with God's help, it can be easy and productive if we are willing to take up the responsibility that comes with it.

Here are some heartfelt tips that have helped me, and I believe, many other women walk into leadership with courage instead of fear:

1. Remember Who Called You

You're not stepping into leadership on your own; God called you. Believe it or not, He wants you to be a leader in your sphere of influence, and when He calls, He equips. Trust that He's already placed everything you need inside of you. *"You did not choose me, but I chose you and appointed you..." - John 15:16*

2. Lead with a Servant's Heart

Please know that true leadership isn't about titles; it's about serving others in love. Can you answer why you want to step into leadership? Focus on the right thing. When you focus on people over position, intimidation gives way to purpose. *"Whoever wants to become great among you must be your servant." - Matthew 20:26*

3. Stay Rooted in Your Identity

Your identity is not in your role, it's in Christ. Regardless of what industry you are in, when you know who you are, you don't have to shrink back or overcompensate. You can lead authentically, as the woman God created you to be. *"Do not fear, for I have redeemed you; I have summoned you by name; you are mine." - Isaiah 43:1*

4. Take the First Step

Courage isn't the absence of fear, it's moving forward despite it. Start small, pray often, and trust God to fill in the gaps. One thing about God is that He honours faith and obedience. You are not alone on this journey. With God as your strength, you can lead boldly, beautifully, and without fear. *"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." - Joshua 1:9*

Leadership is not about being the loudest voice in the room, it's about being the most faithful. If God has placed leadership on your path, trust that He's already prepared the way, so step forward. You've got this. And more importantly, God's got you!

Answered by Dr. Kemi Oyedepo

BOOK OF THE MONTH (MAY)



Join the book review meeting on
Monday, 27th of May @ 7 pm WAT

Lookout for more details!

Building Stronger Marriages and Families: Making Your House a Home

Billy Joe Daugherty



FAITH AND LIFE APPLICATION TIP

Faith and Life Application

Faith and Life: Loving Your Enemies

Matthew 5:44 – “Love your enemies and pray for those who persecute you.”

Jesus calls us to love not just our friends, but even our enemies. This kind of love is not about feelings—it's about choosing forgiveness, showing kindness, and praying for those who hurt us. It reflects God's love, who forgave us first.

Life Application:

- Pray for someone who's hurt you.
- Choose to forgive, even if it's hard.
- Show small acts of kindness.
- Set healthy boundaries if needed.

Remember: Jesus loved His enemies—even on the cross.



SCRIPTURE OF THE WEEK

AFFIRMATIONS

I am a woman of purpose, and everything I do adds value.

My presence is impactful; my actions are intentional.

Hot vs. Cold water benefits

HEALTH AND WELLNESS TIP

Health Tip: Drinking Hot vs. Cold Water

Water is essential for life, but the **temperature** of the water you drink can affect your body in different ways:

Benefits of Cold Water:

- **Cools you down:** Great after a workout or on a hot day.
- **Boosts alertness:** Can help you feel more awake and refreshed.
- **May aid weight loss:** Cold water forces the body to burn more calories to maintain core temperature.

Note: Cold water can cause discomfort for some people during meals, as it may slow digestion or harden fats in food.

Benefits of Warm or Hot Water:

- **Improves digestion:** Warm water helps break down food more easily.
- **Relieves congestion:** Steam from hot water can ease a sore throat or clear sinuses.
- **Detox support:** Warm water may help flush out toxins more effectively.
- **Aids in constipation relief:**

Drinking hot water on an empty stomach can stimulate bowel movements.

Best Practices:

- Room temperature or warm water is generally best for daily hydration.
- Cold water is ideal post-exercise or in hot climates.
- Avoid extremely hot water, as it can damage the lining of your throat or mouth.

Tip: Start your day with a glass of warm water with lemon to boost digestion and hydration.



CHALLENGE OF THE WEEK

Rise & Refill

Task: Wake up 1 hour earlier for extended quiet time (prayer, worship, and Bible reading).

Focus: Reset your spiritual atmosphere before the world wakes up.



HIGHLIGHTS!

- Our weekly prayer meeting - PRESS holds every Monday @ 10 pm WAT.
Join [here](#)
- Monthly book review meeting comes up on Monday, 27th of May @ 7 pm WAT
- Ministers' Wives Connect comes up on Monday, 16th of June @ 7 pm WAT
- She Means Business! comes up on Monday, 23rd of June @ 7 pm WAT

Thank you for reading!!

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

Rev. Awo Antwi
[@awo.antwi](#)

VALUE ADDING WOMAN	INSTAGRAM/FACEBOOK	TELEGRAM	WHATSAPP
valueaddingwoman@gmail.com	@valueaddingwoman	Join Here	Join here