# WEEKLY NEWSLETTER

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

**IN THIS NEWSLETTER YOU'LL FIND:**

- A CHALLENGE FOR THE WEEK
- AN INSPIRATIONAL WORD

value adding woman

# INTRODUCTION

Dear Value-Adding Woman,

What a beautiful journey November is unfolding to be!

As we step into week two, our focus turns to gratitude, grace, and generosity.

A grateful heart is powerful; it changes how we see, how we speak, and how we live. Gratitude shifts our focus from what's missing to what's meaningful. It reminds us that every breath, every opportunity, every lesson — even the hard ones — is a gift from God.

This week, take a moment each day to pause and give thanks. Write down three things you're grateful for — not just the big victories, but the quiet blessings that often go unnoticed.

Gratitude is the seed that grows into joy, peace, and contentment.

Let gratitude and grace overflow into generosity — not just with money or resources, but with your time, encouragement, and love. A value-adding woman multiplies impact not by having it all, but by giving from the heart.

So this week, let's choose gratitude over grumbling, and generosity over greed. Because when a woman lives from a thankful heart, her life becomes a testimony of God's faithfulness and abundance.

Blessings,
***Dr. Kemi Oyedepo***

**DR. KEMI OYEDEPO**

**Team Lead, Value Adding Woman**

# WEEKLY NEWSLETTER

***REFLECT ON THIS!***

*The more intentional you are about your growth, the more you'll grow. -* ***John C. Maxwell***

**PRAYER REQUEST**

**Need prayer for something?**

Don't hesitate to reach out to us @valueaddingwoman

***DID YOU KNOW?***

*Studies show that teams led by women are often more collaborative, creative, and resilient. When women lead, communities thrive.*

## WOMAN OF THE WEEK

**Pastor Adeola Ajani**

This week, we celebrate Adeola Ajani, the Co-Senior Pastor of Petra Christian Centre (Petracc Global), a vibrant and growing church dedicated to raising men and women who are passionate about God and devoted to His Kingdom. She is a dynamic, Spirit-filled minister of the gospel whose life continues to inspire many to live fully for Jesus Christ.

A trained medical doctor by profession, Pastor Adeola responded to a higher calling and left the medical field to yield herself completely to the work of ministry. Her journey is a remarkable testament to her deep love for God and her wholehearted devotion to His purpose.

She is the founder of *Girls with Hearts on Fire*, born to set the hearts of girls ablaze for their one true love, Jesus. She is known for her fiery preaching and deep passion as she communicates God's Word, leading every hearer into a renewed zeal for His Kingdom.

She believes in the importance of believers discovering who God has called them to be and walking boldly in that identity.

***Quote:***

*"Gratitude isn't just a nice idea; it rewires the brain, makes living a lot easier, and helps you view life through God's lens. It's so important for us to find ways to automate gratitude in our lifestyle."* - Adeola Ajani

**Adeola Ajani**

https://www.instagram.com/deolajani/?hl=en

# Gods Word to YOU!!

## INSPIRATIONAL MESSAGE

"*What you do makes a difference, and you have to decide what kind of difference you want to make.*"
***Jane Goodall***

Our lives are opportunities that God has given to us for the investment in others. 2 Corinthians 2:15 says, *"For we are the aroma of Christ to God among those who are being saved and among those who are perishing."* The question to ask, therefore, is this: '*Is my influence pleasant or toxic to the people around me?*'

You can tell the character of a person by the way people describe them. Not out of eye service but when they are not under obligation to speak. What are people saying about you?

In Ruth 3:11, Boaz said something profound to Ruth - *"...All the people of my town know that you are a woman of noble character."* Again, what are people saying about you? Is anyone thanking God because you are alive, or are they relieved when you are out of sight? To influence your world positively, you cannot be like it; rather, you must give the world what it lacks - *that is, the goodness that comes from God.*

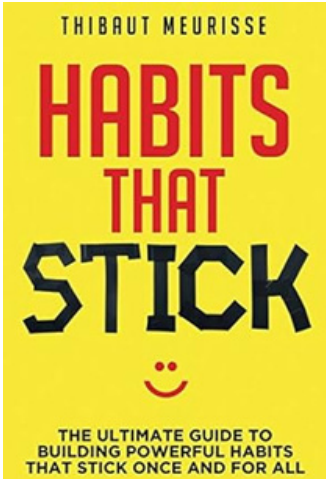
Since you emit only what you are loaded with, the answer is to always be full of God. How can you do this? For many of us in this generation, we love everything done fast. So much so that time with God is only convenient while on the move - driving, house cleaning etc, but it ought not to be.

God doesn't want to compete with those things in our lives.

We must create time for Him in our schedule daily (in prayer and study) so that He can fill us up, causing us to exhibit godly character traits. If your night seasons are best, utilise them, or if it is the early morning that works for you, take full advantage of it.

Whatever you do, never forget that God is counting on you to make the world smell nice. I see you becoming an asset to those around you, in Jesus' Name!

***Coach Patience Udoh***
***@patiencetheclaritycoach***




## BOOK OF THE MONTH

**Habits that Stick**

**Thibaut Meurisse**


# FAITH AND LIFE APPLICATION TIP

**A Thankful Heart**

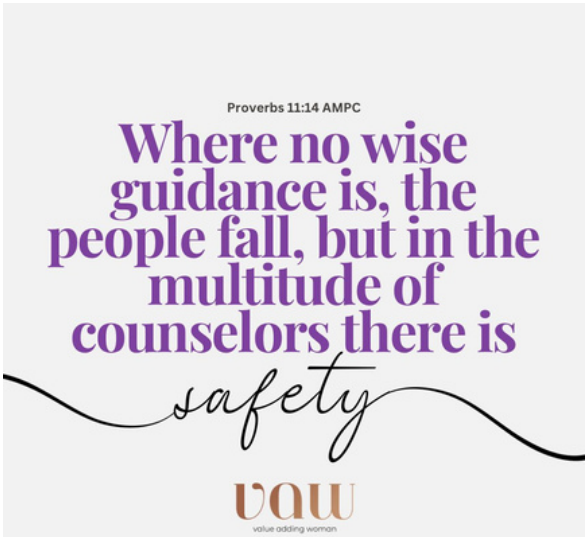
Gratitude is more than saying "*thank you*" — it's a way of seeing life through God's eyes. When we focus on what we have instead of what we lack, our hearts are softened and our perspective becomes richer. As Philippians 4:6 reminds us, we are to "*be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.*"

This week, let thankfulness guide your actions. Pause each day to notice small blessings — a kind word, a moment of peace, or a lesson learned.

Let these reminders fuel patience, kindness, and generosity toward yourself and others. Grace is the bridge between gratitude and action. When we show patience and understanding, we mirror God's love in tangible ways. Generosity flows naturally from this posture of the heart, whether through encouragement, time, or resources.

***Faith in Action:***
Choose one small act of generosity today. Encourage someone, share a skill, or offer your time. Pair it with a moment of silent thanks to God for the ability to give.

***Scripture Anchor:***
"*Give, and it will be given to you. A good measure, pressed down, shaken together, and running over, will be poured into your lap.*" — Luke 6:38

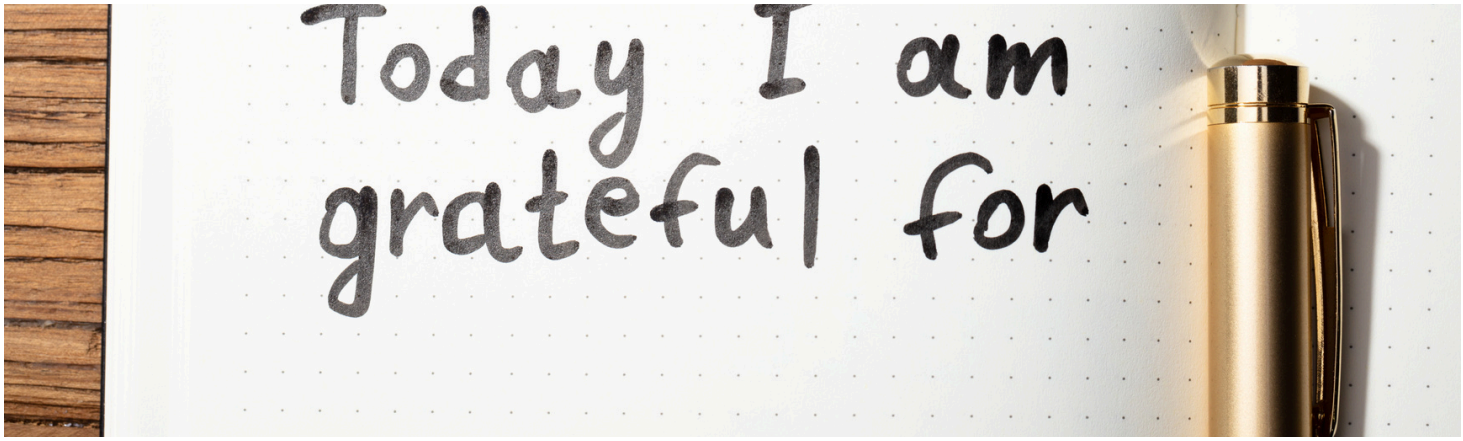



## SCRIPTURE OF THE WEEK

# AFFIRMATIONS

*I celebrate others' success, knowing my portion is secure in God.* ***Romans 12:15***

*My heart is free from envy, and I rejoice in the unique path God has designed for me.* ***Proverbs 14:30***




# HEALTH AND WELLNESS TIP

## *The Wellness Power of Daily Gratitude*

Taking a few intentional moments each day to practice gratitude is a profound investment in your mental, emotional, and spiritual well-being. In the midst of life's busyness, pausing to acknowledge God's blessings helps calm your mind, uplift your spirit, and reset your emotions.

Research shows that daily gratitude reduces stress, improves sleep, and strengthens emotional resilience. Spiritually, it opens your heart to God's presence and reminds you of His faithfulness. Mentally and physically, it fosters positive thinking, lowers blood pressure, and even strengthens your immune system.

***Practical Application:***

- Begin your day by writing down three things you're grateful for, big or small.
- Take a moment to pray, thanking God for His goodness and guidance.
- Perform a mindful activity — gentle stretching, a short walk, or deep breathing — while reflecting on your blessings.
- Share gratitude with someone today — a kind word or a small act of generosity amplifies joy for both you and others.

***Wellness Affirmation:***

*"Give thanks to the Lord, for He is good; His love endures forever." — Psalm 107:1*

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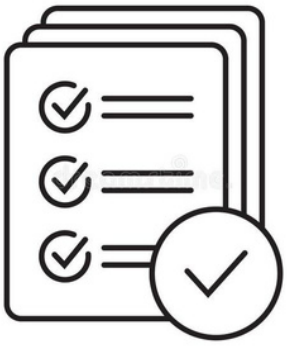

**Weekly Growth Task - Strengthening Focus and Productivity**

This week, commit to improving how you manage your time and energy to align with your priorities.

**Steps**:

- Identify one area where distractions or procrastination slow you down, and choose one method to improve focus: a time-blocking technique, a short daily planning session, or a *"no phone"* work period.
- Track your progress daily and note any changes in your efficiency or mindset.

**Reminder**:

The goal isn't perfection — it's consistent improvement. Small adjustments can have a significant impact on your productivity and overall well-being.

**Reflection Prompt:**

What did you learn about how you manage your time or focus this week, and what practical step will you take to build on it next week?

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# HIGHLIGHTS!

- ***Weekly prayer meeting - PRESS***
  Every Monday @ 10 pm WAT. Join here

- ***Monthly Book Review***
  - Monday, 24th of November @ 7 pm WAT

- ***She Means Business!***
  - Monday, 17th of November @7:30 pm WAT

- ***Ministers' Wives Connect***
  - Monday, 10th of November @ 7:30 pm WAT

## THE TEAM

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*@officialkemioyedepo*
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The strategist working behind the scenes to get our newsletter in front of your eyes!

**Contributor**
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*Thank you for reading!!*

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