WEEKLY NEWSLETTER

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

IN THIS NEWSLETTER YOU'LL FIND:

- A GROWTH TASK FOR THE WEEK
- AN INSPIRATIONAL WORD

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value adding woman

INTRODUCTION

Dear Value-Adding Woman,

November continues to unfold with intentional beauty, and as we step into week three, our hearts turn toward alignment, awareness, and advancement.

There comes a moment in every woman's journey when she must pause to evaluate: *Am I living with intention, or simply moving through the motions?* This week, slow down, pay attention, and realign your steps with God's direction for your life.

Awareness is a gift. It helps you recognize what needs nurturing, what requires letting go, and what God is calling you to strengthen. When we become more aware of our patterns, our priorities, and our purpose, we position ourselves for divine advancement.

Alignment is the bridge; the intentional choice to bring your life into harmony with God's will. When your thoughts, habits, and actions are anchored in truth, clarity rises. And with clarity comes renewed strength and momentum.

A value-adding woman doesn't wait for a calendar to shift before she does; she honors God by aligning early, so she can advance confidently and purposefully.

So this week, pause, pay attention, and ealign. Some of the greatest progress isn't found in doing more, but in becoming more intentional with who you are and how you show up each day.

Blessings,
Dr. Kemi Oyedepo

DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS!

The things you think have disqualified you are what qualify you to do what God has called you to do.
Christine Caine

PRAYER REQUEST

Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

DID YOU KNOW?

Butterflies taste with their feet—tiny receptors on their legs let them sample a plant the moment they land. Interesting!

WOMAN OF THE WEEK

Evangelist Gloria Bamiloye

This week, we celebrate Evangelist Gloria Olusola Bamiloye; a Nigerian dramatist, film actress, producer, and director. She is the co-founder of the Mount Zion Faith Ministries International, widely known as Mount Zion Drama Ministry.

Known for her simplicity and humility, she has endeared herself to many. Her life and ministry reflect a quiet strength and a deep reverence for God, and she consistently emphasizes that true usefulness comes from yielding oneself to God rather than striving to be like anyone else. Her works focus on building up Christians to walk in the fear of the Lord. Many of her films center on the home—protecting the family, nurturing godly relationships, and taking responsibility to guard the spiritual atmosphere of the household.

She is married to Evangelist Mike Bamiloye, and they are blessed with three children, all of whom are actively involved in the drama ministry along with their spouses. Through her lifestyle and ministry, she demonstrates that God is deeply drawn to a meek and quiet spirit, and that He can use anyone who willingly submits to His leading.

Quote: ***It is important to pay attention to the Spirit to see clearly. A spiritual man sees what a carnal man cannot see. Therefore, he will judge rightly, discern accurately, and understand the mind of God.***

Gloria Bamiloye

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

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

Do you know that just as your body gets hungry after a period of not eating food, so does your spirit? The irony is that, unlike the physical hunger that can render you weak and unable to carry out your regular activities, spiritual hunger might go unnoticed, especially if one isn't spiritually sensitive.

You can go on carrying out your regular activities, church programs and even ministrations without realising you are running on your reserve and are on the verge of a spiritual breakdown.

For this reason, we must endeavour to always feed our spirit man by studying God's Word, listening to edifying messages, fellowshipping with the brethren and so on.

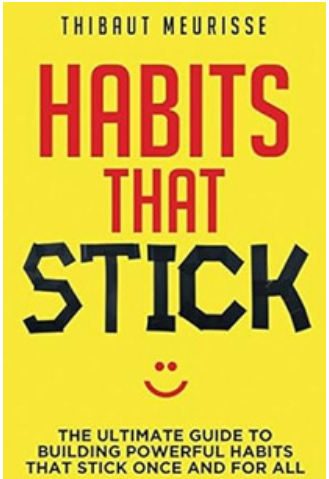
Don't make room for that hunger because it is at that weak point, the enemy creeps in to sow tares while men sleep; Matthew 13:25 - ***"But while men slept, his enemy came and sowed tares among the wheat, and went his way."***

Remember, we are told to ***"Watch and pray, lest you enter into temptation"*** - Matthew 14:38

Therefore, be vigilant! This is an active process, not a passive one. Consciously ensure your spirit is fat at all times. There is a reason the Bible speaks about fasting from food, but we're never told that our spirit should fast. That will be risky.

Endeavor not to give all the focus to your body; your spirit is much more important. Please search your life today, if you realise your spirit man is starving, please feed it and never stop feeding it.

Dr. Emmanuela Mike-Bamiloye
@ellaevb



BOOK OF THE MONTH

Habits that Stick

Thibaut Meurisse

FAITH AND LIFE APPLICATION TIP

Realign and Advance

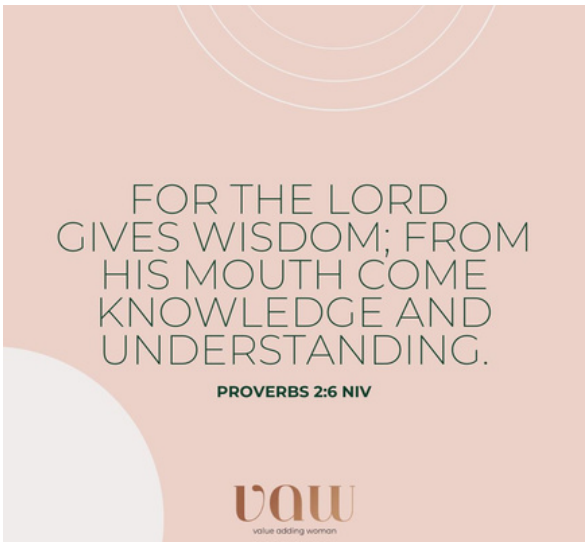
Awareness and alignment are more than concepts — they are choices we make each day. When we pause to reflect on our thoughts, habits, and priorities, we create space for God to guide us toward growth and purpose.

Alignment begins with intentional reflection. This week, spend a few quiet minutes each day asking God to reveal one area of your life that needs realignment — a habit, a thought pattern, or a relationship. Write it down and commit to taking one small, deliberate step toward change.

Even tiny acts of obedience, guided by God, create momentum for significant growth.

Awareness without action is like having a map and never taking the first step. As you identify areas needing adjustment, pair your reflection with practical steps such as a kind word to restore a strained relationship, a disciplined habit to strengthen your mind or body, or a renewed commitment to prioritize what truly matters. These small acts, rooted in God's guidance, gradually transform your life.

Scripture Anchor:
"*Commit your works to the Lord, and your plans will be established.*" — Proverbs 16:3



SCRIPTURE OF THE WEEK

AFFIRMATIONS

I align my thoughts, actions, and decisions with God's will, and He directs my steps in every season. — ***Proverbs 3:6***

I live intentionally, embracing the plans God has for me, and I advance confidently in His purpose. — ***Jeremiah 29:11***

HEALTH AND WELLNESS TIP

The Wellness Power of Emotional Wellness

Caring for your emotions is just as important as caring for your body. Emotional wellness is the ability to understand, express, and manage your feelings in a healthy way, creating inner balance and resilience. When your emotions are nurtured, your mind, body, and spirit all benefit.

Research shows that emotional wellness reduces stress, strengthens relationships, improves decision-making, and enhances overall life satisfaction. Spiritually, it allows you to respond with grace and patience, reflecting God's love even in challenging situations. Mentally, it fosters clarity, focus, and the ability to navigate life's ups and downs with confidence.

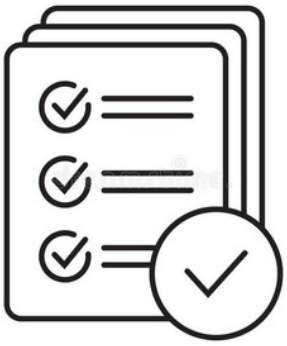
Practical Application:

- Take 5-10 minutes each day to check in with your emotions. Identify what you are feeling and why.
- Journal your thoughts, express gratitude for positive moments, and release negative emotions to God in prayer.
- Practice deep breathing or mindfulness when stress arises, allowing your body and mind to reset.
- Speak kindly to yourself and others; affirmations and encouraging words strengthen emotional resilience.

Wellness Affirmation:

"*A cheerful heart is good medicine, but a crushed spirit dries up the bones.*" — *Proverbs 17:22*

Weekly Growth Task – Cultivating Emotional Resilience



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

Steps:

- Identify one recurring emotional challenge — stress, impatience, or overthinking — and choose one strategy to manage it: journaling your feelings, practicing deep-breathing exercises, or taking a brief pause before responding to challenging situations.
- Track your progress daily and note any changes in your emotional response, mindset, or interactions with others.

Reminder:

The goal isn't to eliminate difficult emotions, but to respond to them thoughtfully and intentionally. Small, consistent practices build lasting emotional resilience.

Reflection Prompt:

What did you learn about your emotional patterns this week, and what practical step will you take to strengthen your resilience in the week ahead?

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

THE TEAM

Editor in Chief
Dr. Kemi Oyedepo
@officialkemioyedepo
The visionary leader guiding our content with expertise and passion.

Design & Research Lead
Mrs Feyi Deji-Dawodu
@feyi_dejidawodu
The creative genius and researcher who ensures our visuals and content are top-notch.

Content Distribution Lead (Interim)
Dr. Sandra Howusu
@sandra_howusu
The strategist working behind the scenes to get our newsletter in front of your eyes!

Contributor
Dr. Emmanuela Mike-Bamiloye
@ellaevb

Thank you for reading!!

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valueaddingwoman@gmail.com	@valueaddingwoman	Join Here	Join here