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,

As we step into the final days of November, we enter a sacred place of finishing well. This is the week where reflection meets renewal; where we look back with gratitude and look forward with hope and strength.

Every season carries its own lessons, but the closing of a month invites a deeper kind of wisdom: the ability to recognize God's faithfulness in what has been, and to trust Him for what is ahead. Before you rush into December, allow yourself to breathe, to notice, and to honor the growth that has unfolded within you.

This week, choose to finish with intention. Release the pressure to have everything perfected, and embrace the power of being present through small acts of obedience and gentle steps of faith.

A value-adding woman understands that strength isn't only in beginnings, but it also shines in how she closes chapters. When you finish with focus, gratitude, and God-centered clarity, you step into the next season with a fuller heart and a steadier spirit.

So, as November comes to a close, pause long enough to notice God's fingerprints on your journey. Let gratitude rise, let peace settle, and let your spirit be renewed for the unfolding days ahead. As we wrap up this edition—our second to last for the year—may your heart find rest in knowing that God has carried you, and He will continue to guide you as we close out the year and step into 2026.

Blessings,
Dr. Kemi Oyedepo

DR. KEMI OYEDEPO

Team Lead, Value Adding Woman

WEEKLY NEWSLETTER

REFLECT ON THIS!

Brokenness is painful, but it develops humility and dependence on God... He doesn't call the qualified; He qualifies the called.
Shane Idleman

PRAYER REQUEST

Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

DID YOU KNOW?

There are more stars in the universe than grains of sand on all of Earth's beaches combined. Interesting!

WOMAN OF THE WEEK

Pastor Anwinli Ojeikere (The Winlos)

This week, we celebrate Pastor Anwinli Ojeikere, a Nigerian minister, actress, filmmaker, writer, and creative communicator of the gospel. She is best known as one half of *The Winlos*, a dynamic Christian duo that uses drama, films, books, and media to teach godly values, strengthen relationships, and inspire believers.

Loved for her warmth and authenticity, she embodies grace and vulnerability in ministry. Her approach to storytelling reflects a heart anchored in God and a passion to bring truth to everyday christian living. Through her creativity, she has helped transform the perception of christian drama that makes it both relatable and spiritually impactful—and consistently offers believers wisdom for both life and destiny. With her husband, she pastors The Votage Church. Their innovation, humor, and devotion to the gospel continue to shape a new generation of christian storytellers. Through her lifestyle and ministry, she proves that God can use ordinary people in extraordinary ways when they surrender their gifts—no matter how unconventional—to His purpose.

Quote: "When you walk with God sincerely, He can turn even your simplest gifts into tools for impact. Yield your journey to Him and watch purpose unfold."

Anwinli Ojeikere

https://www.facebook.com/anwinli.ojeikere/

Gods Word to YOU!!

INSPIRATIONAL MESSAGE

Luke 5:5-6: But Simon answered and said to Him, *"Master, we have toiled all night and caught nothing; nevertheless, at Your word I will let down the net." And when they had done this, they caught a great number of fish, and their net was breaking.*

Simon and his fisherfolk had worked tirelessly all through the night (the season of active fishing), but all their efforts amounted to nothing. They had already given up for the day because all hope was lost. Just like anyone else would, they were packing up in disappointment, perhaps to go home.

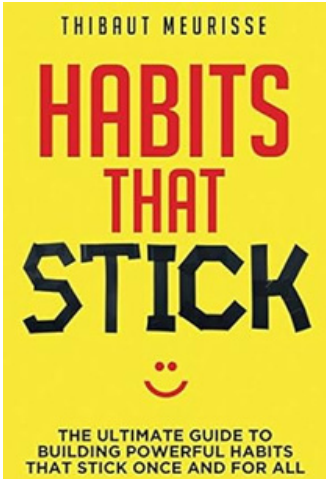
Then Jesus came in and gave them an instruction. It was an instruction contrary to what they knew and what was the norm. One might have thought that if we caught absolutely nothing during the night season, when it is more likely to have a good harvest, what are we going to achieve during the day? Another question the Holy Spirit opened my eyes to was: If there were any fish at all in that area, why then were they not caught earlier on? But that's what makes it supernatural! After they carried out the instruction, they were amazed at the outcome. They experienced something they had never experienced before in all their fishing expedition.

Many people, like Simon (Peter), have already abandoned their boats and are washing their nets because they believe the year has already come to a close. And they're asking, if this thing is possible, wouldn't it have worked or produced some results from the beginning of the year? Is it at the 11th hour that something good will come out of it? Well, I want you to know there's nothing impossible for our God to do.

He is not limited by time, and before Him, there's no difference between the first hour and the eleventh hour. Jeremiah 32:17 captures it perfectly: *"_Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You."*

If only you'll believe, He'll show Himself faithful in your life and in that situation. I charge you with this: *Don't give up; launch out into the deep and let down your nets for a catch.*

Dr. Sandra Howusu
@sandra_howusu



BOOK OF THE MONTH

Habits that Stick

Thibaut Meurisse

FAITH AND LIFE APPLICATION TIP

Finish Well With Grace and Intention

Finishing well is not about perfection; it's about stewardship. As the year draws to a close, God invites you to examine how you've carried what He entrusted to you: your time, your growth, your relationships, and your decisions. Grace-filled finishing begins with honest reflection. This week, set aside a few minutes daily to ask God two simple questions: *"What should I release?"* and *"What should I strengthen?"*

Release anything draining your peace: that unnecessary pressure, comparison, or lingering discouragement. Strengthen what God highlights: your prayer life, your discipline, your focus, or your relationships.

Then, choose one specific action to help you finish this month intentionally. It might be:

- Offering forgiveness
- Establishing a healthy boundary
- Completing one task you've been postponing
- Creating space for rest so you can hear God clearly
- Practicing gratitude each day to renew your perspective

Remember, God is not just the God of beginnings—He is the God of endings and new beginnings. When you end a season with intention and obedience, you prepare your heart for the doors He will open next.

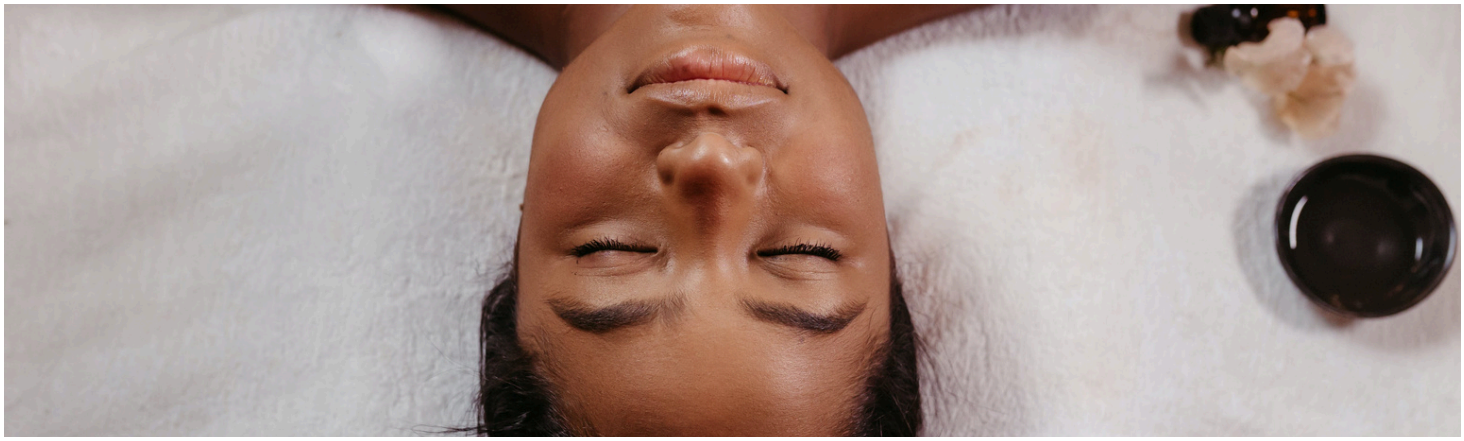
Scripture Anchor:
"Better is the end of a thing than its beginning; and the patient in spirit is better than the proud in spirit."
— Ecclesiastes 7:8

SCRIPTURE OF THE WEEK

AFFIRMATIONS

*I align my heart with God's truth, and His peace guards my mind in every season. — **Philippians 4:7***

*I walk in God's strength, rising each day with renewed courage and unwavering confidence in Him. — **Psalm 27:1***



HEALTH AND WELLNESS TIP

The Wellness Power of Restorative Rhythms

Your body thrives on rhythms; patterns of rest, nourishment, movement, and stillness that keep you aligned mentally, physically, and spiritually. When your rhythms are balanced, your energy increases, your stress decreases, and your overall well-being improves. When they're disrupted, even simple tasks can feel overwhelming.

Restorative rhythms help you live with steadiness instead of strain. They aren't about perfection; they're about consistency. God designed the body to function best when supported by intentional, healthy patterns. Stable daily rhythms support hormone balance, improve sleep quality, boost emotional regulation, reduce inflammation, and sharpen mental clarity. Spiritually, they create space to hear God more clearly and respond with wisdom instead of exhaustion.

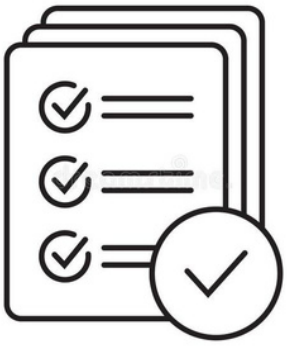
Practical Application:

- Establish a morning rhythm: Some minutes of quiet devotion, prayer, or simply stillness. This sets a calm tone for the day.
- Create a nourishment rhythm: Eat at consistent times, hydrate regularly, and choose foods that support sustained energy.
- Build a movement rhythm: Engage in at least 15 minutes of daily movement such as walking, stretching, or light exercise to awaken the body and relieve tension.
- Protect your evening rhythm: Slow down before bed. Reduce screen exposure, stretch lightly, pray, and prepare your body for restorative sleep.
- Honor your limits: Say "*yes*" to what strengthens you and "*no*" to what drains you. Healthy rhythms include boundaries.

Wellness Affirmation:

"In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety." — Psalm 4:8

Weekly Growth Task – Strengthening Your Inner Stillness



This week, focus on cultivating inner stillness; the ability to stay calm and grounded even when life feels demanding. This quiets the noise so you can hear God more clearly and respond from a place of strength.

Steps:

- Choose one daily stillness practice: 3 minutes of deep breathing, a walk without your phone, etc
- Create a "*pause point*" in your day: Select one moment where you intentionally stop, and check in with your thoughts and emotions.
- Notice your responses: Pay attention to when you feel tense, rushed, or overwhelmed.

Reminder:

The more you practice slowing down and listening, the more resilient, grounded, and emotionally steady you become, regardless of circumstances.

Reflection Prompt:

What did you learn about your emotional patterns this week, and what practical steps 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

THE TEAM

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Thank you for reading!!

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