

# Breaking Barriers Ministries

# Total Woman Newsletter

ISSUE 1, VOLUME 2

JULY 2014

WWW.BBMVA.COM

## WHAT'S INSIDE?

- 2014 Retreat Recap
- Ministry Spotlight
- Connection Partners
- Upcoming Events

## TEENS CORNER

The Total Woman Retreat was amazing. I learned a lot and I got a major break through. I really loved all the classes and what they were about. I can't wait to do it next time. I hope to serve a major part in the event.

As a teenager, I felt like these services taught me how to mature as a woman in a respectful way. I learned that as a teenager, I will go through many things, but I have to keep fighting and pushing, and believing that God is watching over me.

Myshka Martin  
17 years old

## HEALTHY EATING RECIPE

### BBQ Chicken Pizza

Ingredients:

Whole wheat flatbread  
Grilled & Ready Chicken Breast  
Shredded Mozzarella cheese  
Spinach  
Mushrooms  
BBQ Sauce  
Cilantro

- Preheat oven to 350 degrees
- Prepare ingredients that will go on the pizza.
- Lightly saute mushrooms in olive oil.
- Prepare chicken breast and add a little bbq sauce to it in a bowl.
- Evenly coat the flatbread with bbq sauce.
- Add mozzarella cheese to flatbread.
- Top flatbread with other ingredients: spinach, chicken, mushrooms.
- Sprinkle cilantro to taste.
- Sprinkle additional mozzarella (optional)
- Place flatbread in oven, bake for 10-12 minutes,

Enjoy!  
Moneka Coats

## THE FIGHT!

Sometimes life throws us a ball we don't want to catch. I feel as the coming of The Lord draws near, we will be tested in areas beyond what we can think of. When the telephone rings, we never know what we are going to hear on the other side. When we go to the doctor and get the test results, we never know what the outcome will be. When a love one is sick, hurt, or in a bad accident, "you never know, what the final results will be. Or even going to work, and the supervisor calls you in the office and closes the door. Yes, I believe Forrest Grump said it best when he said his mom said, "Life is like a box of chocolates, you never know what you are going to get." And if you don't read that chart on the box you will be biting into the unknown.

It's a wonder why God tells us to put on the whole armor of God. The Word tells us to stand fast, to be strong in The Lord, the race is not given to the swift, but to he who endures to the end. Count it all joy when we fall into divers temptation, be not conformed to this world. The trying of our faith worketh patience, no weapon form against us shall prosper. The bible is full of inspiring words and testimonies from others, encouragement, warnings and more. We are in a war and we must fight. We have to make sure we are equipped in order to endure hardness as a good soldier. We are in God's army and the devil wants to destroy us.

Some of us are not only fighting for us, but we are fighting for our children, families, and friends. Some are fighting for health reasons, trying to hold your family together, trying to keep your mind, trying to live a save life, trying to make it until the next pay check, trying to find a job, or trying to make it through a bad relationship. Wherever you are in life, whatever is going on with you, you can't quit, you can't give up. The devil might have won some battles, but the war is not over. Remember you are more than a conquer through Jesus Christ.

The bible says the devil is going through like a roaring lion, seeking whom he can devour. Greater is the God in you than the devil in the world. You got this. So get up and fight for what rightfully belongs to you. The VICTORY!

With God's Blessings,  
Pastor J



## 2014 TOTAL WOMAN RETREAT RECAP

### from the Married/Engaged Class

### "How To Use The Right Weapon In My Marriage!"

In using the Right Weapon you must identify "The Fun" vs. "The Fight". The Fun is easy, because putting on a sexy outfit, looking good for your man and putting on "Turn off the light" by Teddy Pendergrass is "The Fun" and a good weapon of setting the mood for romance. However, the best weapon to use for "The Fight" is fighting with the weapon of prayer, being on your face before the Lord. This is the most powerful weapon that we as women can use. We must always cover our men by using the weapon of prayer. But know that all weapons are necessary!

God Bless,  
Co-Pastor Crystal Lewis  
Kingdom Touch Ministries  
Ridgeland, SC



*"I'd Rather Fight Than Switch"*

## OUR PARTNERS SPEAKS

I attended Breaking Barriers Ministries' (BBM) 2014 Total Woman Retreat titled, "I'd Rather Fight, Than Switch!" in April and was truly blessed in various ways. From Thursday through Saturday, I witnessed and participated in one awesome experience after another. The speakers were dynamic, inspirational, knowledgeable, and informative. What's more, I don't think one of them held back on what the Lord had given them for us attendees. I saw God moving through a dramatic enactment by Pastor Jeanette Coats of how to dress for battle and to fight in spiritual warfare.

As a matter of fact, the message was so well-received that battle cries poured out all over the sanctuary and the Holy Spirit moved through the place like a mighty, roaring wind. I believe the move of God during the first day of that conference helped serve notice to satan that we'd rather "fight than switch," and it was on from that point on. We were not left, however, without spiritual tools for spiritual warfare beyond conference-closeout. Message after message—whether from the speakers bringing the spoken Word or speakers bringing words of inspiration, presiders, intercessors, the minister of music or the Praise team—confirmation was received that we, as believers and followers of our Lord and Savior Jesus Christ, are continually in spiritual battles whether we realize it or not.

However, just as the Word of God informs us in Mathew 11:12, "And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force," we'd better armor up and be ready to

spiritually fight if we are determined to win the spiritual battle, whatever it may be at any given time!

This year, I joined BBM as a Platinum Partner and I'm so glad I did! Not only does this partnership bless me, it also allows me to be a blessing to others. If you haven't already, I encourage you to partner with BBM at one level or another. When you witness how the ministry is helping so many women overcome barriers not easily achieved—you, too, will be glad you did. I'm already looking forward to what God is going to do in the ministry over the days, weeks and months ahead.

**Love and blessings,  
Doreatha Major**



**Apostle-Elect Duane I. Coats, Sr.**  
Word of Faith Christian Fellowship Church - Dumfries, VA

## 2014 TOTAL WOMAN RETREAT RECAP from the Single/Widowed/Divorced/Separated Class

### "There Is A Battle Within Me"

Testimony: God is a keeper; and, He receives and hears our prayers and will answer in His time and according to His will. We can plan our lives; but, His plan is ultimately the one we have to follow! One of my plans was to marry at age 23, and have two kids by age 27. But, God's plan was for me to marry at age 49. His plan will always trump ours! God is faithful to keep His promise! We must seek Him FIRST and His righteousness, the other things will be added unto us! (ref. Matthew 6:33) He is a God that cannot lie (ref. Numbers 23:19; Titus 1:2), and WHATEVER He promised you HE WILL DO!

Battle defined:

1. A violent fight in which weapons are used;
2. A fight (combat or conflict) between people or groups in which each side tries to win a contest or gain control of something; or
3. An extended contest, struggle or controversy.

Within defined:

1. Inside, inward or internal; surrounded or contained by; or
2. In my inner thoughts, disposition (nature, character, or temperament), and feelings (ap-

proach, stance, posture, outlook, mind-set)

In battle there is always opposition. Not light-weight patty-cake warring or fighting or opposition; but, some heavy-duty, knock-down, drag-out, violent and intense warring INSIDE of us! BECAUSE THERE IS A WAR FOR OUR SOULS! John 10:10 says, "The thief (the devil) comes only to steal, kill and to destroy..." So, in this battle, the devil no longer uses weapons equivalent to knives, guns, tear gas, or pepper spray. He uses spiritual NUCLEAR weapons to annihilate us completely (and he wants to get as many of us at one time)! But, we can remind him that "no weapon formed against us shall prosper..."! (ref. Isaiah 54:17)

We must stop dithering and dabbling in sin, which will lead us to death and destruction! The enemy will seduce and deceive us to obey our flesh and partake and live in SIN and succumb to sin's power! The sinful nature is the impulse that seeks to satisfy our wants. The flesh wants to and will always choose sin! That's why we need the Spirit of God and HIS power to combat the devil's wiles! James 4:7 tells us to "Submit yourselves therefore to God. Resist the devil,

## TESTIMONY

I was really blessed by the 2014 Fight or Switch Conference it was so inspiring. I really witnessed the power of God. The title alone ministered to me during the conference normally during a battle just when you're getting tired and feel like giving up is when your BREAKTHROUGH is right there. I personally received a breakthrough at the conference. It was confirmation I had been doing a study on the book of Esther. You know God is simply AMAZING. Wouldn't you know it one of the powerful speakers spoke from the book of Esther Her title was "I am so much more than what they think I am". That broke up the fear, the lack of confidence that had hindered me for years. I am so much more than what "folks" think!

God knows and is concerned about me. He has and will use me for his glory! Since the conference I have begun to move forward in ministry like NEVER before. I have declared and decreed I will be obedient and do the work of the Lord.

Partnering with BBM was a seed sown out of love. I know that to proclaim the gospel it cost you something. If you don't put something in the ground NOTHING can spring fourth. Now God always leaves me AMAZED. At the time I planted the seed (Jan) I had no idea that I would be doing a spiritual internship with the founder of BBM. Now that same ministry I sewed into will sew back into my call/ministry. Isn't our God AWESOME & AMAZING!! I just love Jesus how he orchestrates and ordains our lives if we surrender unto him. To God be the glory for the great things he has done!!

Diana Languigne  
New Life Anointed International Ministries  
Woodbridge, VA

and he will flee from you!" Apostle Paul said in 2 Corinthians 10:3-5, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)" Amen!

By:  
Prophetess Celeste Chandler



## MINISTRY ON THE MOVE SPOTLIGHT

### 4 SISTERS IN THE STRUGGLE MINISTRIES

4Sisters In The Struggle is a women's ministry that God brought forth, through its Founder & Visionary, Cleopatra Huff on January 1, 2011.

The "4" represents the four branches of the ministry: Singles, Separated/Divorcing, Married & Youth.

"Sisters" isn't in reference to just familial relationships but those women who join together, in the struggles of life, to support, encourage & celebrate one another, being truthful with one another, in love.

Our mission is to teach, build up, encourage women and lead those who are broken on a path of restoration, healing and wholeness, through a full and complete relationship with the Great Restorer, Jesus Christ. Our theme Scripture is Isaiah 58:11-12 (AMP)

Every Wednesday we hold a Bible Study Conference Call to explore the Bible and how it relates to and helps us with life's issues. We invite everyone to join us Wednesdays at 7:00PM - 7:30PM EST on 712-432-1212 code: 988618519#.

**6:30AM Prayer Line ("The Line")**  
*"Start Your Weekdays With Prayer, Testimony & Fellowship"*

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. -Mark 1:35

**Purpose**  
 The Line has been established to provide a time of prayer, reflection, intercession, praise & worship at the beginning of the workday for all who have that desire.

<p style="text-align: center;"><b>Facilitators</b></p> <p style="text-align: center;">Elder Gary Holland Word of Faith Church, Dumfries, VA</p> <p style="text-align: center;">Dease Moore Cedar Street Baptist Church of God Richmond, VA</p>	<p style="text-align: center;"><b>Prayer Requests</b>                  e-mail your requests to:  <a href="mailto:630prayer@gmail.com">630prayer@gmail.com</a> by 6:00AM</p> <p style="text-align: center;">Also, we are on Twitter @630prayer</p>
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6:30AM to 7:00AM - Eastern  
**(424) 203-8400, 857680#**  
*International numbers are also available. Please send an e-mail indicating which country you are calling from.*

### CONNECTON PARTNERS

Make the divine connection now by partnering with Pastor Jeanette Coats and Breaking Barriers Ministries:

LEVEL	DUES	RENEWAL
Platinum	\$100.00	\$75.00
Gold	\$75.00	\$50.00
Silver	\$50.00	\$25.00

**As Connection Partners, Pastor Coats and BBM will:**

- Pray that you walk progressively in the manifestations of God's promises and blessings
- Believe God for a return on all your giving
- Minister to you through our Quarterly Newsletter.
- Provide you with events that will strengthen your walk in Christ
- Provide opportunities for you to connect with others

**Benefits of being Connected to BBM:**

- Advanced notice of upcoming BBM Events

- 10% discounts on all BBM merchandise
- Opportunities to be featured in our Quarterly Newsletter
- Recognition at BBM paid events
- Receive special gifts to show our appreciation, according to connection level

**As a BBM Connection Partner, we ask that you,**

- Pray for the Ministry
- Promote the mission and vision of BBM to others
- Support BBM Events
- Support the Ministry financially with your yearly monetary Connection Partner Renewal Pledge.

If you are ready to partner with us, please email us at [partners@bbmva.com](mailto:partners@bbmva.com) or go to our website and make your pledge today at [www.bbmva.com](http://www.bbmva.com)!

### UPCOMING EVENTS!!

**Total Woman  
 PRAYER BREAKFAST  
 August 2, 2014 | 8:00 AM  
 Word of Faith Christian Fellowship  
 17650 Possum Point Rd  
 Dumfries, VA**

**Total Woman  
 Retreat 2016  
 April 21st-23rd  
 More info TBA**

### GET CONNECTED WITH BBM

[Twitter.com/BBMVA](https://twitter.com/BBMVA)  
[Facebook.com/BBMVA](https://facebook.com/BBMVA)  
[Youtube.com/BBMVA](https://youtube.com/BBMVA)  
[WWW.BBMVA.COM](http://WWW.BBMVA.COM)



**Left to Right:** Cleopatra Huff, Pastor Coats, Aletha Martin, Doretha Major, Moneka Coats, Pastor Coats, & Diana Languigne

**Not pictured:** Sharron Harrison, Shenese Rivers & Latisha Franklin

**2014 Platinum Partners**