



Happy Winter Solstice 2015!

Welcome to Winter, the most amazing season of them all!

The Force Awakened (for all ye Star Wars fanatics) & Winter sets in!

In a bid to awaken and nurture our Spiritual Forces, the freshly minted Pastoral Care Committee (PCC) has been working tirelessly to put together a program that will do just that!



As you may well know, the month of December can be blissful and stressful in parallel.

It brings a dizzying array of demands and anxieties:

Unhappy memories, intricately wrapped gifts, toxic relatives, happy reunions, financial stress, flu/illnesses, over indulging, new milestones (engagements/wedding bells/new additions or losses to the family etc)....

It runs the whole gamut!

To the point where sometimes we're just too overwhelmed to even

pray.

That's when PCC comes in bearing good tidings!

ExSSA USA leadership team proudly presents a team of selfless sisters who have committed themselves to be a source of counseling and encouragement. They'll be our prayer warriors when we need them, esp those times when we're too overwhelmed to pray.



Read on to find out more about their mission and vision for ExSSA USA.

*Vision:*

Love, Unity & Sisterhood. (Col 3:14)

Above all, clothe yourselves with love, which binds us all together in perfect harmony.

*Mission:*

To help ExSSA USA grow in their intimacy with Christ through personal devotional bible reading, obedience to God's word, prayer & relationship building within members.



### *Monthly Prayers & Fasting:*

- Meet monthly every first Saturday of the month.
- Chaplin Corner: A website space where the PCC can post weekly exaltation and tools to help members grow in their intimacy with God. (Coming soon)
- Blog sections will include: Bible Devotions, Prayers, Foundations for Strong Marriages & Families.
- One on One Prayers/ Fasting/ Counseling
- Conflict Resolution: PCC will conduct intercession prayers as needed.



### *Death:*

In the unfortunate case of death, PCC will avail themselves as a source of counseling and encouragement.

*Values:*

Confidentiality, Grace, Truth, Patience (1 Cor 13:4-7)

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up never loses faith, is always hopeful through every circumstance".



*Prayer:*

To transform our community by living out Christ character  
(Col 1:9-11)

"So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of His will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better..."

*Expected Outcomes:*



Since God chose you to be holy people He loves, **you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness and patience. Make allowance for each other's faults and forgive anyone who offends you.**

Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful. (Col 3:12-15)

And now, the venerable members of our Pastoral Care Committee:

- Ms Aggie Bongang
- Ms Chantal Gwanulla-Nchanji
- Ms Christy Agbor
- Ms Efeti Ojong Tambia
- Ms Sheila Etonga (Chair & pictured right)

Stay tuned for more information on Prayers and outreach from the Committee.



Until then, Celebrate Light on this Winter's Solstice Day. And  
may the Love, Joy & Peace of the Season be with you!

Brought to you by the Public Relations Team