

Christian Women in Action >>>>
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Alexandria, VA 22315

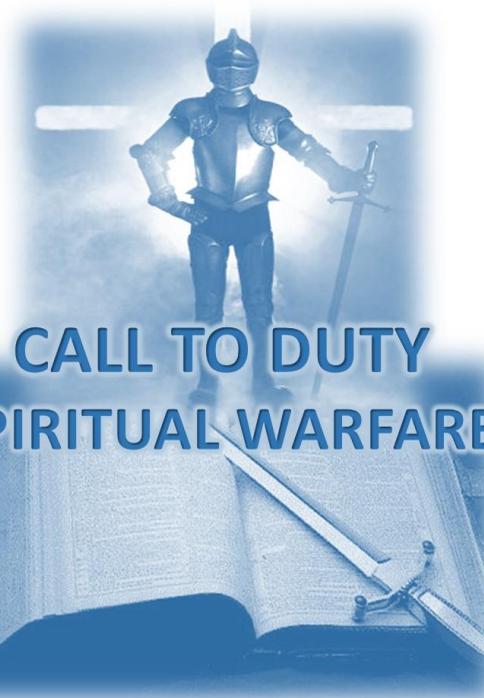
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September 10, 2017.**

A blue-tinted image of a knight in full plate armor standing with a sword at his side, set against a background of a glowing cross. Below the knight is an open book with a sword resting on it.

CWIA Prayer Breakfast Meeting

Saturday, September 30, 2017
9:00 am – Noon

Holiday Inn – Carlyle

2460 Eisenhower Avenue
Alexandria, Virginia 22314
Phone: 703.960.2000
2 minute walk from Eisenhower Ave Metro

For info/tickets, call Patti: 703.971.3633
Kathleen Murray: 703.451.5737
Edelmira Cruz: 703.266.4850

Cost: \$15 - Buffet Breakfast

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EPHESIANS 6:10-18



As I was starting to write this month's newsletter teaching, the Lord put in my heart to give you the follow-up of the teaching from our Prayer Breakfast in July. If you did not attend, you should order the tape by contacting RonArts & Associates (ronart.assoc@cox.net or 703.362.5373). Once you've listened to the tape, then follow up with the following nuggets. It is a must to read and to be doers of God's work and words in these troubled times. God bless.

*Your Servant,
Stella Davis*

BATTLE STRATEGIES

For our wrestling is not against flesh and blood; but against principalities and power, against the rules of the world of this darkness, against the spirits of wickedness in the high places. Eph. 6:12

1. **Go to Holy Mass** (daily if you can) and visit the Adoration Chapel to spend time in His presence. Jesus Christ is our daily food and He comes to us physically in the Mass to give us life and strength for the battle.
2. **Keep your house filled with the Word of God.** Read the Bible, listen to praise and worship music. Learn and understand the Word and incorporate it into your daily life. Create a home altar in a prominent place.
3. **Go to Confession** (at least once a month). Keep your conscience clear and your soul in a state of grace so that no foothold can crack open a door.
4. **Pray, Pray and Pray.** Pray without ceasing! Pray the Rosary daily – meditate on the fruits of each mystery, they are virtues we are called to master. The Divine Mercy Chaplet is a powerful prayer. The Church is rich with many amazing novenas. Prayer strengthens our souls.
5. **Wear and Use Sacramentals** – blessed objects, holy water, blessed salt are sacred signs of our faith. The purpose of sacramentals is to inspire us to seek grace (which is our duty and privilege as Christians). The “blessing” which the object receives is a prayer that asks God to use the object as a reminder of this duty. Some popular sacramentals are the Brown Scapular, St. Benedict Medal and the Miraculous Medal.
6. **Hold Every Thought Captive.** Discern good from evil. Separate lies – what satan has to say – from what God has to say. Do not participate with sin, but fall out of agreement with sin. Replace the lies of the enemy with the Word of God. Resist temptation in the power of His Holy Spirit. The battle starts in your mind. Take control with God. You and God will now decide what you think and do.

7. **Cultivate Virtue.** Think about Godly thoughts and promises – things with virtue, praise and thanksgiving. Virtue is the powerful antidote against temptation, sin and vice.
8. **Don't Judge Others** – observe them – SEPARATE them from their sin.
9. **Don't be Double-Minded.** Choose God for everything.
10. **Be Obedient to God's Word** – to do so will create new long-term memory patterns of righteous behavior.
11. **Quit Thinking About the Past.** Let go of self-pity – which is the “super glue of hell” that ties you to the past. God has a good plan for your life. Change your focus. Take your mind off of yourself and put it on God and others. 1=God, 2=Others, 3=Self
12. **Guard your Heart.** Guard against doubt and unbelief and discouragement and despair. Have patience. God's timing is not our timing – His ways are not our ways. His timing and ways are perfect. He will bring things in His own way and time frame. God is a good, good Father.
13. **Have Faith in God the Father, Son and Holy Spirit.** Remember – without faith it is impossible to please Him. Keep your mind on God's Kingdom. Walk by faith and not by sight. We believe God's Word, no matter what we see in the natural.
14. **Watch Your Mouth!** Your words today will create your life tomorrow. If it's not Godly DON'T say it. Cast it down. Remember – don't gossip, no coarse jesting, slander, backbiting, dissension, strife or fiery darts. Don't murmur or complain and refrain from idle conversations.
15. **Guard Your Eyes and Ears.** Watch what you see and hear. Be very careful of movies, television programs and books that you read. Be very discerning about what kind of music and radio that you listen to. Stay away from watching violence, murder, pornography, new age and occult subject matter.
16. **Learn About and Study the Definition of Godly Love.** Read 1Cor13 and Gal5. Learn about love and the fruits of the Spirit – and use them in your daily life.
17. **Reflect Upon Yourself** and see if you have any of these problems: bitterness, fear, envy, jealousy, rejection, unforgiveness, offense, etc. If any of these principalities have a place in your thoughts and behaviors – renounce them, then exchange them for the right thoughts and behaviors that come from the Bible.
18. **Learn About Spiritual Warfare and Satan's Kingdom** – learn about the enemy, so that you can be well-armed and know how to avoid his tricks.
19. **Don't Give UP** – just keep on doing God's Work. We have all the Saints, the Holy Angels and Mother Mary to call on and the Precious Blood of Jesus to protect us from satanic attacks.
20. **Your self-worth = What God says about you.** We receive our self-worth from God and His Word, not from other people and their evaluation of our performance.

You are invited to our **prayer breakfast meeting** on **Saturday, September 30, 2017** at **9:00 am** at the **HOLIDAY INN - CARLYLE** at **2460 EISENHOWER AVENUE, ALEXANDRIA, VA 22314**. Off Interstate 495, a 2-minute walk from Eisenhower Avenue Metro station. **Phone in your reservations early** to Patti at 703.971.3633. Price is \$15 and includes a Buffet Breakfast. If staying, ask hotel for CWIA discounted rate. Great praise & worship music. Men and women are invited. A healing service follows.

September 30th Guest Speaker: LITO CONSTANTINO Lito, Ret. Col. U.S. Army, hails from Virginia, but was born in the Philippines and raised in Guam. Recently retired, Lito made plans to travel overseas and visit friends and relatives. However, he experienced a health scare and instead had to undergo surgery in January, putting his travel plans on hold. He was awakened by his own mortality and the realization that life is short. Lito's walk with the Holy Spirit was awakened when he joined a charismatic group “Open To The Spirit”. He became fully aware of pride and other shortcomings. He'd mistakenly believed that since he was a good person and did everything that was expected of him, that was enough. In time, Lito grew in faith and in understanding of what it really means to serve the Lord. His story is one of an ordinary person trying to do good, but slowly realizing that good works are not enough. The more he read the Bible and unhurriedly reflected on the readings, the more the words of the Lord stirred his heart and soul. When he opened his heart to the Holy Spirit, he was filled with His presence, and with joy and wonder. Lito remains humbled by God's grace and mercies. Come and hear his wonderful story, and bring a friend!

NOTE THE CHANGE IN DATE for our next prayer breakfast on **Saturday, November 18, 2017 at 9:00am**. This **date change** is due to the **Thanksgiving** holiday.

REGISTER NOW! The CWIA Annual Catholic Charismatic Conference will be held on **October 6-8, 2017**. This year's conference theme is **“I Am The Light of the World, Says The Lord.” (John 9:5)** Great speakers are lined up! As an added bonus, some of our members who went with us to our Medjugorje pilgrimage will share their experience. Come, expecting a great time of fellowship and spiritual growth. **See up-to-date schedule, registration form and more info at cwiaholyspirit.org**. Register and reserve your hotel room **early** to get the **CWIA discount**. For more info contact Patti at (703) 971-3633.

Intercessory Prayer Meetings: Mondays, 10:30am at 5917 Bond Court, Alexandria, Virginia, 22315

Prayer Chain: For prayer, e-mail our Prayer Chain at franraven@outlook.com.