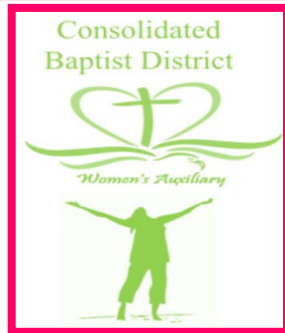



February Newsletter



CBDWA Commemorates our Rich Black History



Celebrating
Black History

"We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends."

-Mary McLeod Bethune

Table of Contents

- ◆ Black History Moment—Cover
- ◆ Presidential Pen— Page 2
- ◆ Pigeon Forge Sightseeing—Page 3
- ◆ Retreat Information—Page 4
- ◆ Upcoming Events—Page 5
- ◆ Monthly Health Note—Page 6

Acts 10:34-35 (KJV)

³⁴ Then Peter began to speak: "I now realize how true it is that God does not show favoritism ³⁵ but accepts from every nation the one who fears him and does what is right.

Valentine's Day Blessing



*Love one another;
as I
have
loved
you,*

*John 13:34
(KJV)*

Presidential Pen

Greetings Sisters,

February is here and I'm reminded of the once popular song, "All We Need Is Love" and the familiar hymn, "I Need Thee Every Hour". As we celebrate Valentine's Day this month, know that no one loves you like Jesus. His love changes our lives. A relationship with Christ brings us peace, comfort, hope and joy. I need Him every hour especially as we go through the daily turmoil of our current state of affairs. Thank God for the hope we have because of His sacrificial love for us.

The hope we have in Christ is evident in the progress and persistence of our resilience as a people. 2026 marks the 100th Anniversary of the 1926 Negro History Week created by Carter G. Woodson to recognize the crucial role of Black American achievements, enduring strength, and contributions to the world in spite of oppression. Look for ways to celebrate, engage, learn, uplift and teach our remarkable story this Black History Month and all through the year. Remember, Black History is American History and is to be celebrated 24/7/365.

Continue to honor our legacy that lives on in our resilience, innovations and lasting impact on the world. Continue to declare the mighty acts of God to each generation as we are told in Psalm 145:4. Send us your story of the importance of passing your baton of faith to the next generation along with your generational picture (you, Mom, Granny, daughter, etc.).

Join CBDWA at the upcoming Black History Month celebration on February 15th at Seventh Street Christian Church in Paris as the CBDWA Women of Worship render songs of praise and Paris native, Sister Leslie Bishop brings the message. Then mark your calendar for Saturday, March 28th for the CBDWA Health Fair at Shiloh Baptist Church. Don't forget the CBDEC Institute on Saturday, March 14 where you can make the final payment for the Annual Women's Retreat. Celebrate Juneteenth in Pigeon Forge, Tennessee with your Sisters in Christ for a powerful time of fellowship, fun, food, fashion, worship & praise! Mail your \$200 Retreat fee to CBDWA, POB 12901, Lexington KY 40583 or pay online at www.cbdec.org. May God bless you and keep you as we continue to be the hands and feet of Christ and share His goodness!

God's love & mine,

Vonita Bennett

Vendor Opportunities Available

Sister Elma Zachary
Elma.Zachary81@gmail.com
Call 936-676-7139

Bus Transportation Available

Sister Demita Stevenson
Email: Stevenson.d@twc.com

REGISTER NOW!!!

RETREAT 2026



FELLOWSHIP
FUN &
GROWTH

Retreat 2025
Workshop



June 18 - 20, 2026

The Ramsey

Hotel & Convention Center

Pigeon Forge, Tennessee

PH 865-428-2700 (Group Code: CBDWA2Q)

"Living A Spiritual Legacy, Women Passing the Baton of Faith"

Registration Fee: \$200 Payable Online at www.cbdec.org

Mail to: CBDWA, POB 12901, Lexington KY 40583

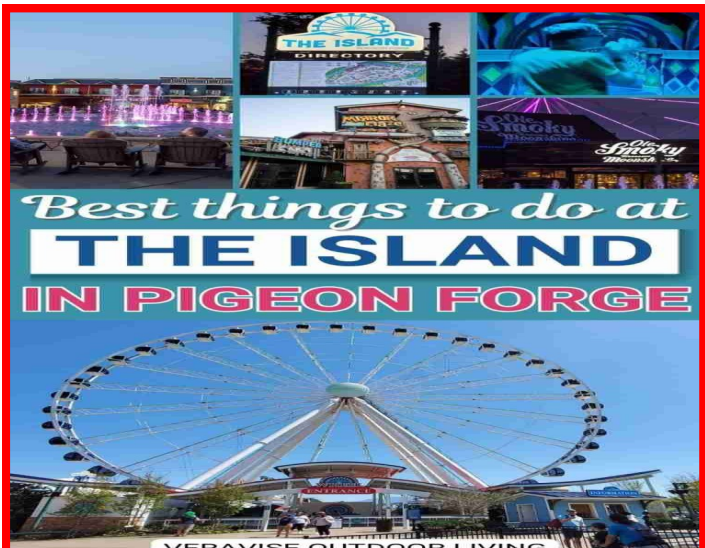
Visit us at www.cbdec.org; Like us on Facebook

Volunteers Needed!

Retreat Fashion Show
Models and Greeters

Lisa Jones
(859) 489-7181

Activities in Pigeon Forge, TN





SHARE YOUR STORY

Tell us how you
"Pass the Baton
of Faith"

We want to know your
story and see your
generational pictures

**Keeping in Spirit of our Retreat Theme:
"Living A Spiritual Legacy, Passing the Baton of Faith"**

CBDWA will feature family tributes of Legacy. Share with us in a few sentences how you pass the baton of faith to the next generation as instructed in Psalm 145:4 and send pictures of you and future and/or past generations. Email to Sherry Jackson - sjackson316@yahoo.com by February 20, 2026, so we may review and prep for our March newsletter distribution



Top: Women's Class, Jan 2026
Consolidated Baptist District
Education Convention Institute
Right: 2025 Retreat Models

**Volunteers
Needed!**

**Retreat Fashion Show
Models and Greeters**

**Lisa Jones
(859) 489-7181**



UPCOMING EVENTS

Congratulations on Your New Assignment in the Kingdom!!!

Rev. Freddie T. Moody, Jr. - Pastor-Elect, First Baptist Church Lebanon, Installation March 29
 Rev. L. Rodney Bennett - Inaugural Sermon as Pastor of First Baptist Church Paris on Feb. 8, 2026
 Bennett Pastoral Installation Celebration - April 24-26, 2026

- ♦ February 15 Black History Month Program - Seventh Street Christian Church, Paris, Ky
- ♦ February 22—Lift Every Voice Concert
- ♦ March 14—CBDEC Institute—Location—TBD
- ♦ March 15—CBDWA Final Retreat Payment Due - \$50.00
- ♦ March 28—CBDWA Health Fair—Shiloh Baptist Church
- ♦ April 15 - Income Tax Deadline
- ♦ May 1—CBDWA Women in Worship—First African Baptist Church
- ♦ June 18-20—CBDWA Women's Retreat—Pigeon Forge TN

BLACK HISTORY MONTH PROGRAM

*Honoring the Life & Legacy of
 Mae Street Kidd*



Sunday, February 15, 2026
 3:00 PM
 Seventh Street Christian Church
 Rev. William Garr, Host Pastor

Kentucky State University Alumni – Paris Chapter &
 Paris Westside Neighborhood Association

Celebrating the Life and Legacy of Mae Street Kidd
 Trailblazer • Kentucky Legislator • Civil Rights Advocate • Community Champion

— Keynote Speaker —
Leslie Bishop-Joe
 Niece of Mae Street Kidd

— Guest Music —
CBDWA Women of Worship
 Under the direction of Isabelle Mack

Contact any KSU Alumni to be a Patron.

All are welcome! Youth are especially encouraged to attend.

"Educating. Elevating. Empowering the Next Generation."

**SAVE THE DATE
 FEB 22ND
 4:00PM**

WOMEN IN WORSHIP OF LEXINGTON PRESENTS

LIFT EVERY VOICE

2026

BLACK HISTORY MONTH CELEBRATION

CONSOLIDATED BAPTIST CHURCH
 1625 RUSSELL CAVE RD. LEXINGTON, KY

CHOR REHEARSALS DATES: JANUARY 26, FEBRUARY 2, 9, 16, 20 // @7:00PM
 AT ST. JOHN MBC // 566 THURMAN DR. LEXINGTON, KY 40505

FOR MORE INFO CONTACT JEANNE HABBON: 859-537-4443

QUEST LINICIANS

RICK TAYLOR
 RON WILLIS
 DAVID FORD
 DAVID HIGGINS
 DAVID BRISLEY
 DR. SHARON CAMPBELL
 METRIS HOLLAND
 NITREA BURNS

**MIN. PHILEMON &
 SIS. CHARRA JOHNSON**
 MISTERS OF FIREMOUNT

CBDWA Mind Your Business: Mind, Body & Soul

COMMUNITY HEALTH FAIR

March 28 2026
 Shiloh Baptist
 237 E. Fifth St
 Lexington KY
 11am – 1pm

Save the date

FREE HEALTH SCREENINGS:

LIVING A SPIRITUAL LEGACY
 Women Passing the Baton of Faith in Fitness

Generation to Generation
 April 2026

CBDWA President
 Vonita Bennett

CBDWA Moderator
 Rev. Reginald Davis

C.B.D.W.A.

P. O. Box 12901

Lexington, KY 40583

Email: www.cbdec.org

Facebook.com/C.B.D.W.A.

Consolidated Baptist District Women's Auxiliary

7th Edition, Volume 1
February 2026

**We're on the
web!**
www.cbdec.org

Consolidated Baptist District Women's Auxiliary Officers 2025-2026

President	Vonita Bennett	First Baptist Church, Paris
1 st Vice President	Linda Gates	Historic First Baptist, Camp Nelson
2 nd Vice President	Demita Stevenson	Macedonia Baptist, Cynthiana
Treasurer	Paula Hardin	Macedonia Baptist, Keene
Financial Secretary	Augusta Mason	First Baptist Church, Nicholasville
Recording Secretary	Maria Weathers	Greater First Baptist, Sharpsburg
Corr. Secretary	Sherry Jackson	Bethsaida Baptist Church
Social Engagement	Elma Zachary	Centerville Baptist Church
Archivist	Priscilla Lewis	Washington Miss. Baptist Church
Health Coordinator	Monica Tucker	Shiloh Baptist Church
Worship Leader	Isabelle Mack Thompson	Centerville Baptist Church

Executive Board Members

Joan Bolton	First African Baptist Church
Vedra Douthitt	Evergreen Baptist Church, Mt. Sterling
Lisa Jones	Bethsaida Baptist Church
Stephanie Taylor (AFS)	Mt. Pisgah Baptist Church

President's Council

Anna Allen-Edwards	Shiloh Baptist Church
Valerie Marshall	Historic Pleasant Green Baptist Church
Tara Crumie	Previously Zion Baptist Church
Hazel Compton	Jabez Baptist Church
Brenda Carter	Bethsaida Baptist Church
Pamela Thompson	Historic Pleasant Green Baptist Church
Elaine Farris	Bracktown Baptist Church
Roszalyn Akins	Bracktown Baptist Church
Valinda Livingston	Shiloh Baptist Church
Delma Peoples	Historic Pleasant Green Baptist Church
Ollie Ragland	First Baptist Church - Stanford

February Health Note

Taking Care of Our Hearts Together in the African American Community



Heart disease is largely preventable, yet many people will likely develop coronary heart disease, the most common form of it. The disease affects millions, but some groups, such as African Americans, are affected more than others. Together, we can change that. Make heart disease prevention a priority for yourself and those in your community!

Why are African Americans at higher risk of heart disease?

As a group, African Americans have high rates of certain risk factors for heart disease, such as physical inactivity, overweight and obesity, smoking, and having uncontrolled high blood pressure, diabetes, and high cholesterol. Knowing your risk factors is key to understanding how to prevent heart disease and build a strong and healthy heart.

What steps can you take to improve your heart health — individually and as a community?

Social support can help a lot. Studies have shown that having positive, close relationships and feeling connected to others has health benefits. Meet up with friends and family and encourage each other to commit to these heart-healthy habits — together:

Stay Active

Aim for 150 minutes of moderate physical activity weekly. Break it up into manageable chunks, like 30 minutes 5 days a week, or 10 minutes three times a day, 5 days a week. Take a walk after a meal, play a pickup basketball game, join a dance class, or do anything you enjoy that gets your heart pumping.

Eat a Heart-Healthy Diet

Whether it's a family gathering or your daily meals, fill your plate with vegetables, fruits, whole grains, lean proteins, and fat-free or low-fat dairy products. Limit foods that are high in saturated fat, sugars, and salt and sodium, too.

Track Your Blood Pressure

High blood pressure is a major risk factor for heart disease. Have your blood pressure checked at each healthcare provider visit and track your numbers using a **blood pressure log**. Ask if you should self-measure your blood pressure at home.

Risk Factors

About one-third of African American women 18 and older do not get enough physical activity.

17% of African American men 18 and older smoke.

Almost 7 in 10 African American men 20 and older are overweight.

Hypertension (high blood pressure) affects more than 50% of African American men and women.

Among African American adults 20 and older:

Women	Men
13% have diabetes	12% have diabetes
30% have high cholesterol	28% have high cholesterol