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Our United Way
 Number is
 7252

WOMEN OF FAITH AND HOPE, INC.

Empowerment

JANUARY, 2017

VOLUME 8, ISSUE 2

What Sets WOFAH Apart?

I am often asked, what sets WOFAH apart from other non-profit breast cancer groups? My answer is always that “we have our finger on the pulse of the community of women by being available beyond “normal” business hours.” We will take a call as late as midnight,



Novella K. Lyons
 Founder and President of WOFAH, Inc.

if necessary and we have been consistent in our mission since 1995.

We listen with our hearts; praying, crying, and even laughing with our sisters and their family members whenever we’re asked. We know how important this is and we do it as ministry, as unto God.

When, Not If

³ Praise be to the God and Father of our Lord Jesus Christ. God is the Father who is full of mercy and all comfort. ⁴ He comforts us every time we have trouble, so **when** others have trouble, we can comfort them with the same comfort God gives us.
 2 Corinthians 1:3,4 (NCV)

Over the course of my life, this Scripture has become my testimony. In my young adult years I struggled with bipolar disease for a period of about seven years. During those rough times I would often ask the question, “Why?”

From the Editor: Please accept our sincere apologies for the delay in the publication and distribution of this issue of our **Empowerment** newsletter. Many issues both personal and professional resulted in this delay. We appreciate your continued support and hope that this issue will encourage, enlighten and empower each of you.

Why would our merciful God allow this to happen. Suffice it to say that I was a believer, but I was living proof that a double minded man *is* unstable in all his ways. Only as a result of Bible-based counseling and submission to the Word and its application to every area of my life, was my mental health restored.

Over the years, I came to learn that every hardship (trouble) we endure by the grace and mercy of God equips and prepares us to help others, as the scripture says, “**when** (they) have trouble”. No greater personal example is there for me than the work of Women of Faith and Hope.

In November of last year, I had a biopsy of a two tumors from my right breast. Just a year earlier, I had a biopsy in that same area which the pathology report described as multiple “phylloides” tumors. I had never heard of this type of tumor and

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most of my friends and colleagues in health care were also unfamiliar with it. I was told at that time that the tumors were benign, but they had a tendency to recur and that the best approach was to remove them if that happened. Six months later in a follow up mammogram, two small tumors were identified. I opted to have another mammogram a few months after that and I was relieved that the tumors had not increased in size, but we scheduled the surgery for the fall.

A week after the surgery in November, I returned to the surgeon and I was told that the tumors were more of the phylloides type, but also something called LCIS, (Lobular Carcinoma In Situ). It hit me like a ton of bricks, because all of my career in nursing, carcinoma has always meant cancer. This challenge could not have come at a worse time, as I was very vulnerable emotionally, having had my mother pass away just a few months earlier. I was told that LCIS was not a “true cancer”, but at the same time I was referred to the medical oncologist. Things just didn’t make sense!

I had to find a calm (a peace that passes all understanding) in order to navigate my next steps. I knew that I needed people of faith, so I began by asking only a small circle of friends to pray with me. At that time, I was convinced I had cancer and I was getting myself ready mentally and emotionally for surgery and anything else that would be required because I knew above everything else that I wanted to live and that no matter what the doctors offered, God had to be at the center of it all, in order to have the best outcome.

Just last month I was seen at Fox Chase and received the report that the tissue while abnormal is not cancer and there was no need for surgery of any kind, including additional biopsy, at this time.

When I got to my car, with my hands lifted up, I began to praise God. I understood that I could have had a completely different

conversation and report. I also realized that the technology that is available to us today was not available to our mothers and grandmothers, so that in their generations, cancer was a death sentence. I also understood that the work of a ministry like Women of Faith and Hope stands at the ready to help our sisters not *if* there is a need, but *when* there is a need. I did not have cancer, this time, and I am grateful, but I am committed to let my family, friends and others know that *early detection is the best protection.*

We’re facing some uncertainties in our country regarding health insurance. If you have insurance, please use it and if you are a woman who is 40 years or older, please get your annual mammogram. If you or someone you know is uninsured and needs assistance getting a mammogram, please call us at WOFAH.

Submitted by Shelley M. Applegate

WOFAH, Inc.

Support Group Schedule

Center in the Park

5818 Germantown Avenue, 1:00p.m.-2:30 p.m.

(3rd Mondays)

2017

Feb. 20

Mar. 20

Apr. 17

May 15

Jun. 19

Do you have an upcoming Health Fair or Community Event?

If you would like our help at your community event, please contact us at: novellaklyons@wofah.org Please submit your request at least one month in advance of the date of the event.



Evelyn Allen-Chase
 Diane Barabin
 Ruby M. Bell
 Catherine Brown
 Shirley Burkett-Nicholson
 Bernice Cain
 Betty Calloway
 Gloria Cherry
 Pamela Davis
 Annie DeBerry
 Wanda Evans
 Isabella Fitzgerald
 Irene Hall
 Jacqueline Howard
 Ernestine Hunter
 Eleanor Jones

Mary A. Kyles
 Arlene Matthews
 Martha McDaniel
 Delinda Pendleton
 Karen L. Rose
 Linda D. Ruffin
 Helen C. Savage
 Danielle Snead
 J.P. Trippin Social Affairs
 Angela B. Taylor
 Francelia Turner
 Madeline Tymes
 Leila Walker
 Christian Hope Baptist Church
 Faith and Love Center Pentecostal Church
 Wood Funeral Home

Volunteers Needed

Persons interested in becoming WOFAH volunteers should contact Novella K. Lyons by telephone at: **215-424-4180** or by email at: **novellaklyons@wofah.org**

(Please detach here and mail with your tax deductible contribution)



Our Mission Statement: *to encourage, enlighten, and empower women about issues related to breast cancer in efforts to reduce the mortality rate through early detection, and to offer spiritual and emotion support to women and their significant others.*

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215-424-4180 215-424-4184 (Fax)

Your contributions are dedicated to lifesaving programs for education and patient support to defeat this disease. Please help with your Tax Deductible Contribution.

Name: _____ Address _____ City _____ State _____ Zip _____

Phone (____) _____ E-mail: _____

\$25 _____ \$50 _____ \$100 _____ Other _____

Thank you for your generous support!

SAVE THE DATE!

Saturday, October 14, 2017

22th Annual Sisters Surviving Breast Cancer

***Hilton Hotel
4200 City Line Avenue
Philadelphia, PA***



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