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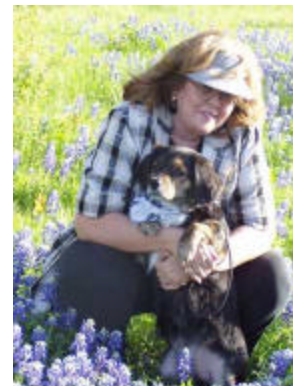
**From:** Traci, Deborah and Elizabeth <dhsmith@journey2wholeness.org>  
**Subject:** Weekly Blessing to you, from Journey 2 Wholeness Ministries  
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**"Good Morning! You're beautiful with God's beauty, beautiful inside and out! God be with you" (Luke 1:28).**

God's Beautiful People...

What a meeting we had on Sunday. Elizabeth what a terrific teaching on addictions. So many of us are not even aware of things in our life that are addictions. We are taught if we are not smoking, drinking, or using sugar, caffeine and such that we have no addictions. The TV, shopping, movies and WORKAHOLISM can be an addiction. The average workaholic employee today is so admired for being the "work 24/7", always there, too look up to and has become the standard role model for all the other employees. While their health and family falls apart. But HEY, they are working so hard and so willing to work all the time to AVOID the REAL responsibilities. Personal Time with God, Time with Family, time with church. THAT is even so with ministry and the church activities. There are people addicted to doing everything at church in the name of God, while their spouse and kids suffer! ANYTHING that comes before the Lord's priorities established in His Word, is an addiction - an idol. If you cannot do without it? - Main Question to ask yourself? But hey we got FREE didn't we?! AMEN to that!!! Thank you Elizabeth! and Thank you LORD for showing us the truth that the world is so happy to COVER up and to keep us SICK, tired and worn out. Blessings today... Deborah





## Many are being healed Praise God!

Wow, we have had a few weeks of folks off at Pleasant Valley Church in Ga. What testimonies we have and more to be added to the website. Kim and her daughter are there this week, We miss them. Elizabeth and Mary were gone for a week, and Traci too. But what great testimonies from each of you happening RIGHT here in DFW from our local meetings too. Esther (former MCS/EI) healing up so great and now has her OWN new transportation! Her pic and testimony to come! She has been house bound basically for 4yrs. and think only months ago she could not even raise her head much less leave the house. NOW with her determination to appropriate the word of God, sit under teaching so that she NO longer has to perish for lack of knowledge but she is Living A MORE Excellent way... she drove to the meeting this Sunday for the FIRST time! Wow what a mighty God we serve. Thank you Jesus! It was so great to see and hear what all God is doing. Please send us your testimony. Write in from the website and if you have a photo... we would love to have it too! It builds faith to all who struggle and surely confirms that if we can just learn to appropriate the true and Whole Gospel we will BE IN HEALTH Body, Soul and Spirit as 1 John 1:2 says! Marriages are getting stronger, and better. So many of you tell of how better you feel, more at peace! Wow our Lord is SO Good. According to Hosea 4:6 we perish for lack of knowledge... and through the wisdom of the Lord, we are changing that.

**[Want to Learn More- Join us at 4 pm... check our calendar for dates!!!](#)**



## FEAR- topic this Sunday April 9! Don't miss it!

And so you think its just Allergy Season? Did you know that FEAR is the root for ALL Allergies!???? Did you know stress is a form of fear? What happens to us when we are under excessive stress? When we experience excessive stress - whether from internal worry or external circumstances - a bodily reaction is triggered, called the "fight or flight" response. This response is hard-wired into our brain and represents a genetic wisdom designed to protect us from bodily harm. These response actually corresponds to an area of our brain called the hypothalamus, which -- when stimulated -- initiates a sequence of nerve cell firing and chemical release that prepares our body for running or fighting in a crisis. When we STAY in FIGHT OR FLIGHT, the effects on the body is devastating!!! Autoimmune diseases... Did you know Job dealt with fear? Come and hear how fear affected his life in the bible and how much it could be effecting YOU! I used to have to take ALL kinds of medication for Allergies, and even shots sometimes. Let me share with you a NEW journey to wholeness so you can be rid of them too! Rivers of Life.... Traci

**Teachings based on: [A More Excellent Way](#) by Henry Wright**  
**[Learn how much the Lord loves you and has made a way to release stress in your life!](#)**

"I'm bursting with God-news! I'm dancing the song of my Savior God. God took one good look at me, and look what happened--I am the most fortunate woman on earth!" (Luke 1: 46-47) Expectation is the greenhouse for miracles. Are you expecting? Remember the blessing in Psalms 90: 17, "May the favor of the Lord our God rest upon you "

Sincerely,

Deborah, Traci and Elizabeth  
Journey 2 Wholeness Ministries

**email:** [dhsmith@journey2wholeness.org](mailto:dhsmith@journey2wholeness.org)  
**web:** <http://www.journey2wholeness.org>

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and spirit be preserved blameless unto the coming of our Lord Jesus Christ. 1Thessolonians 5:23 Luke 4:18, Isaiah 58:12, Joshua 22:5, James 1:5

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