

CHURCH OF GOD IN CHRIST
INTERNATIONAL DEPARTMENT OF WOMEN
BISHOP J. DREW SHEARD, PRESIDING BISHOP & CHIEF APOSTLE



Administrative Assistants' Wives Circle

Wednesday, May 31, 2023

WHICH SHOE FITS YOU?



POWER, PROTECTION, & STRENGTH **"IT'S ALL IN THE HIGH TOP"**

Dr. Judy Mandrell, Presenter & Administrative Assistant Wife
Mrs. Laqueta Timmons, Chairperson
Dr. Barbara McCoo Lewis, General Supervisor of Women

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EPHESIANS 6:13-14a

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore,

THE HIGH TOP is a good and reliable standing shoe. For it supports the ankle which is important in providing a base for our standing.

Ankle health is crucial to maintaining mobility. Your foot and ankle provide a base for standing and a lever while walking or running. The ligaments, muscles, tendons and bones in your ankle create the internal supports to keep your ankle supported and safe.

Why do basketball players wear a high-top?

Starting in the late 1970s with the Adidas Top Ten, players, trainers, and sneaker makers all began to assume that a high-top was an essential tool of high-level basketball, **primarily for reasons of ankle support**. Basketball requires a great deal of lateral and up-and-down movement, which can strain the tendons and bones of the foot and ankle. **The high top is a performance shoe.**

Three performances of the “HIGH TOP:

1. Power:

We have no armour of our own that will be armour of proof in a trying time. Nothing will stand us instead but the armour of God.

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2. Protection:

We must not yield to the devil's allurements and assaults but oppose them. Satan is said to stand up against us, 1 Chron 21:1. If he stands up against us, we must stand against him; set up, and keep up, an interest in opposition to the devil. Satan is the wicked one, and his kingdom is the kingdom of sin: to stand against Satan is to strive against sin. That you may be able to withstand in the evil day, in the day of temptation, or of any sore affliction.

3. Strength:

We must resolve, by God's grace, not to yield to Satan. Resist him, and he will flee. If we distrust our cause, or our leader, or our armour, we give him an advantage. Our present business is to withstand the assaults of the devil, and to stand it out; and then, having done all that is incumbent on the good soldiers of Jesus Christ, our warfare will be accomplished, and we shall be finally victorious.

My sisters in Christ, different moments, different times, and different mission needs cause for different shoes. Therefore, remember, there is a shoe that fits you in all situations. When it’s time for “POWER, PROTECTION AND STRENGTH,” don’t forget “IT’S ALL IN THE HIGH TOP!”

DR. JUDY MANDRELL

Dr. Judy Mandrell is the proud and happy wife of Superintendent Dr. Gerald Mandrell for almost 42 years. Dr. Judy Mandrell's motto is: "If, I can help somebody as I travel this life, then my living will not be in vain." Dr. Judy Mandrell authentically, untiringly, and wholeheartedly serves her husband, family, her church and community. Her genuineness, love, passion, and joy are felt throughout her community, city and by everyone she touches. She works closely alongside her husband at Life Changers COGIC. Her love, support, and powerful presence in the community and in the church is phenomenal. She is a leaders leader; and a "PEOPLE'S ARCHITECT." Dr. Mandrell has spent her life serving by empowering, inspiring, and making pathways for others to follow. She is the Founder/CEO of Dream Builders Greatness Center. She is the founder, CEO and Executive Director of DREAM BUILDERS FAMILY AFFAIRS. She is the host of the REAL TALK WITH JUDY LIVE RADIO SHOW, and the Executive Director of REAL TALK SISTER GIRLS NETWORK. She has received many rewards, recognitions and awards for her untiring service to the church and the community. Just to name a few:

- 2023 SHE RECEIVED THE KEY TO THE CITY OF TALLAHASSEE
- BIG BEND MINORITY CHAMBERS WOMEN'S COUNCIL 2023 TRAILBLAZERS AWARD
- TAMPA BAY GOSPEL AWARD- RADIO HOST OF THE YEAR
- National Association of University Women – Business of the Year Award
- Hallelujah 95.3 & Capital Outlook – Media Pioneer Award
- John Maxwell Stellar Leadership Award
- 2020 John Maxwell Certified Coach, Trainer and Speaker
- Tallahassee Democrat 25 Women You Need to Know Award
- Alpha Kappa Alpha Sorority, Inc. South Atlantic Regional Conference "Family Strengthening Community Award"
- Tallahassee Woman Magazine's Women Who Mean Business "Service Award"

She serves on many Boards of Directors and has many certifications such as:

- Commission on the Status of Women and Girls
- Tallahassee Branch of NAACP, Executive Board of Directors, Religious Affairs Committee Chair, and Women in the NAACP Committee Chair
- United Partners for Human Service, Committee Chair for Interfaith Leaders – Co-Chair Faith Base Committee

MINISTRY SERVICES:

- Women's Ministry Director, Life Changers COGIC
- Director of Women Department for Kingdom Builders District, Church of God in Christ
- President of the Executive Board for the Women Department of Western Florida Second Jurisdiction, Church of God in Christ
- President of Auxiliaries in Ministry (Music, Youth, Evangelism, Sunday School and Missions), Western Florida Second Jurisdiction, Church of God in Christ
- Region 13(Florida and Alabama) Elect Lady of Evangelism for the International Church of God in Christ, Department of Evangelism
- National Evangelist Church of God in Christ

She is a woman who has dedicated and committed her life to the Lord for His service, and for expanding the Kingdom of God. Her greatest joy is that God counted her faithful and putting her in the ministry to serve this present age.

Contact Dr. Judy Mandrell:

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