

Creative Women, Creative Lives

WOMEN'S MINISTRY NEWSLETTER- Spring 2011

Volume 4, Issue 2

Words from a Godly Woman

Recently, I listened in on the radio as two moms discussed their different stages of life.

One had toddlers and rarely had a moment to herself while the other mother had older teens and was beginning to look forward to more independent days but weightier issues. I chuckled as I thought about the ages/stages I straddle; from 3, 6, 9, 12 and 15 all the way up to 23, sometimes I feel like I'm doing the splits! (Good thing I was in gymnastics when I was 5!)

I will be the first to admit I'm not always the best at balancing my time with each one. Often, the squeaky wheel gets the oil. Then, I have to include the fact that we're grandparents and have a beautiful 2-year-old granddaughter with one more on the way in March!

So, between those 6-8 kids, it doesn't always leave a lot of room for "me" time. In fact, what is "me time?!"

It's quite a popular term these days. Most of us would probably think of it

as those moments we need to catch our breath in this busy world and perhaps recharge.

Is it necessary? Some psychologists seem to think so. "Absolutely essential for our health!" claims one therapist. So, I started pondering... Did Jesus take "me" time?

We know He did. The Bible clearly speaks of times he left even His closest disciples to go spend time alone. (*Mark 1:35, Mark 6:46, Luke 5:16*)

But if you do a little digging, you'll see He wasn't really alone. He used that critical time (and it truly is critical for our health) to make it "He" time, focusing on His Father and His Father's will for His life.

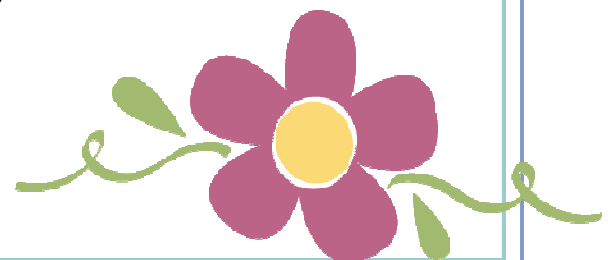
Hmmm... Now, if Jesus did that with His time, what does that say to me?

Is it critical for me to get time to myself to pursue somewhat selfish interests? I'm not really convinced of that... But one thing I am convinced of is that personal time with the Father (thank you, Jesus, for paving the way) is vital!



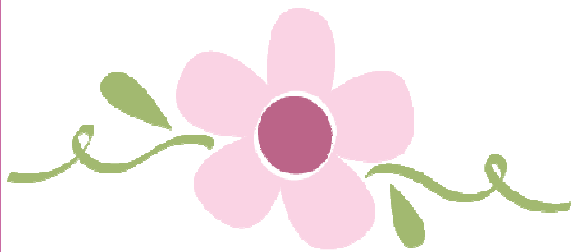
The "He" time will help lead to physical, emotional and spiritual health and joy for this journey! :) PS- My favorite example in history of "He" time from a busy mother of 19 is Susanna Wesley, who was known to simply flip her apron up over her head for a few moments of escape with her Lord! :) (read a short, well-written biography here: <http://www.suntreemc.org/>)

With Love,
Sharon Paschall



:EVENTS:

- Women's Bible Study begins
Wed. March 2nd 9:30 am
Believing God by Beth Moore
Cost: \$25, plus childcare \$15/month
- Prayerful Stitches crochet group
Monday nights at 7pm
- Save the Date— Women's Retreat
April 15-17 Cost: \$120
- Save the Date—Mother's Day Tea
date/time/cost TBA



Mark Your Calendar

:Letter from the Editor:

So, today at the Wednesday morning women's Bible study, we were discussing the balcony people, castle dwellers and dungeon drones in our lives. Balcony people always encourage others, reaching out to everyone they meet. Castle dwellers have built walls around themselves, carefully controlling those who can get close to them and when. Dungeon drones are constantly negative and delight in dragging down those around them.

Are you one of these people? How do you contribute to the other women in your life? Are you reaching out? Building walls? Or dragging down?

As a former castle dweller, I encourage you to tear down the walls around your life and let in the sunshine. How do you do that? By focusing on serving others, instead of concentrating on our own comfortable boundaries.

We talked about serving others at our lifegroup tonight. The main point that I caught was that service often pulls us out of our usual path and causes us to focus fully on other people. People that God loves and people who need our help.

Jeff Paschall shared with us Jesus' example of service last Sunday from John 13. How when He saw a need, he quietly stepped in and did what was needed. So many times in His ministry He did that exact thing. He healed the sick woman who touched his hem, spoke with the woman at the well and raised the widow's son.

I pray that we too will serve where God leads us. Love,
Stephanie Park

:GROWING IN GRACE:

Like many of you, I am ready for Spring! I love everything about it...the budding flowers, everything is green and new life abounds! Not surprisingly, spring ushers in a season of hope. Every living thing is redeemed from the dark and bleak winter. Everything is fresh, new and beautiful.

For those of us who know that the one true hope is Jesus (1 Pet. 1:3), spring reminds us to renew that hope. Truly, this living hope is fundamental to the believer's heart. Without this hope of something better, something new, something redeemed, we would surely live in despair. As believers we are to put our hope in the one hope that never fades or spoils, Jesus Christ. We must make the choice to put our hope in the living God, our savior and eternal spring. This spring, dear sisters, choose to put your hope in Him. Choose to seek Him, know Him, love Him and praise Him. The Psalmist says, 'Put your hope in God, for I will yet praise Him...' (Ps. 42:11). Ladies, look around you.

Take in His creation, be amazed by His beauty and let your heart sing 'Welcome Spring!'

Forever in His Grace,

Denise



:Winter Events:



Look at all the ladies going to Oak Glen.



Kathy Fox and Christa Bonafede, what smiley gals you are!

Christmas Party!!!!



Denise Ciuri displays her ornament, while Jeanne Rugg leads our Christmas worship.



If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.

—Anne Bradstreet,
from *Meditations, Divine and Moral*, 1655

Oak Glen!!!



AN OPTIMIST IS THE
HUMAN PERSONIFICATION
OF SPRING.

SUSAN J. BISSONETTE

KITCHEN TIME

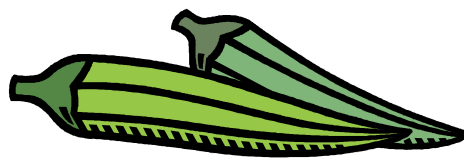


Black Bean and Corn Dip by Felice Hill
The hit of the Bunco party, this recipe easily doubles.

- 2 cups of frozen corn kernels, thawed
- 1/2 can black beans, rinsed thoroughly
- 1/2 jar of mild salsa (Tostitos or Pace)
- 1 bunch green onions, diced
- 1/2 avocado, peeled and coarsely chopped
- juice of 1/2 lime
- 1/4 cup chopped fresh cilantro

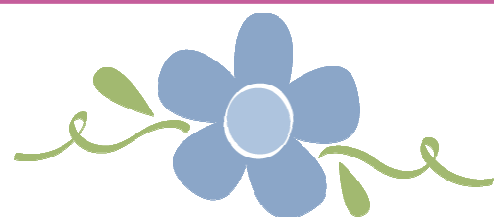
A big bag of tortilla chips

- Directions:
1. Combine corn, beans, salsa, onions, avocado, lime juice, and cilantro in a non-metal bowl. Toss well.
 2. Cover; let stand 30 minutes to 1 hour to blend flavors.



Gumbo with Rice
by Susan Majam

- 1 cup celery
- 1 cup onion
- 2 cups shrimp
- 1 package andouille sausage
- 1 1/2 tsp garlic salt
- 2 bay leaves



- 1 tsp black pepper
- 1 tsp lemon pepper
- 1 tsp thyme
- 2 cups fish or chicken stock
- 1 can diced tomatoes
- 1 bag frozen okra
- rice

Directions:

1. Cook a pot of rice.
2. Saute celery, onion and sausage.
3. Add spices, stock, tomatoes and okra.
4. Stir and simmer on medium heat until cooked.
5. Add shrimp at end, cook through and serve over rice.

:BOOK REVIEW: SELF TALK, SOUL TALK:



Self Talk, Soul Talk

Jennifer
ROTHSCHILD
Author of Lessons I Learned in the Dark

In her book, ***Self Talk, Soul Talk: What to Say When You Talk to Yourself***, author Jennifer Rothschild reveals seven key sayings that will bring balance and wellness to the soul including, Tune In. Look Up. Calm Down. Look Back. Chill Out. Press On. Lift Up.

“Everyone participates in a continuous silent dialogue of self talk using between 150 and 300 words a minute. These are grouped into

45,000 and 51,000 thoughts each day” shares Rothschild, “These thoughts can be constructive or poisonous, building or damaging to our lives.”

Rothschild compares the mind’s “self talk” to an overstuffed clothing closet—encouraging readers to clean out the junk and fill it with a beautiful wardrobe. “We have to replace the hidden negative thoughts and failures with positive truths and sensible soul talk,” says Rothschild.

Many people find themselves struggling with self esteem, body image, stress and other unhealthy thoughts and emotions. According to Rothschild, what we think about often has a ripple effect on nearly every area of our lives. “Soul talk is about replacing the lies you may have been telling yourself with the truth,” she says.

—excerpt taken from www.selftalksoultalk.com



MISSION STATEMENT

Women’s Ministry is committed to equipping women in working together to know God, to grow in His grace and wisdom, to build each other up in love, and to glorify Him in our home, church, community and the world.

WOMEN’S MINISTRY

DIRECTOR

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Debbie MacDonald

RETREAT PLANNERS

Denise Ciuri

Kathy Fox

GATHER&GROW EVENTS

Christa Bonafede

Sue Rothchild

BIBLE STUDY COORDINATOR

Renee Huffer

BIBLE STUDY LEADERS

Bryn Edwards

Debbie MacDonald

WORSHIP LEADER

Jeanne Rugg

TREASURER

Felice Hill

HOSPITALITY

Denise Ciuri

Kathy Fox

Sue Rothchild

FUNDRAISING

Bryn Edwards

COMMUNICATION/NEWSLETTER

Kristi Parmelee

Stephanie Park

Karla Zaita

MEALS/CARE

Brady Cavaness

PRAYERFUL STITCHES

Stephanie Park



WORSHIP SERVICE TIME

SUNDAYS

9:30 A.M. & 11:00 A.M.

LOCATION

40515 California Oaks Rd.

Murrieta, CA 92562

Pastor Guy Fox

951-600-3904

www.venturecc.com