

# Women in Touch

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*Both thorns and thistles shall grow for you; and you shall eat the plants of the field.*  
Gen. 3:18

## Announcements

The Ladies encouragement group will be meeting on Sunday, June 13, at 12:15 p.m. in the 4th-5th grade classroom. (This is a change from the regularly scheduled time).



## Women in the Word



### All Creation is God's

*Psalms 89:11: The heavens are Yours, the earth also is Yours; the world and all it contains, you have founded them.*

*Our lives as gardeners are full of wonder and surprise. Although we go about our tasks and duties in a kind of routine, methodical way, each day brings something unexpected. Sometimes the wonder and surprise are so great, we are knocked back and simply overwhelmed. We lift a rock in a remote part of the garden and find a garter snake staring back at us. We catch a glimpse of a bed of zinnias in the full light of a summer afternoon and the colors and vigor of what God has wrought renders us speechless. Or, on a less pleasant note, we discover that overnight the deer have trampled the vegetables.*

*Whether their cause is good or bad, surprise and wonder thread their way through each day we garden. Our hours are full of mystery and discovery and often feelings of helplessness. We can rest assured that God is neither surprised by our trials and tribulation nor unable to help us overcome anything thrown in our way. Psalm 40:5 Many, O Lord my God, are the wonders which You have done, And your thoughts toward us; There is none to compare with You. If I would declare and speak of them, They would be too numerous to count.*

*Taken from Garden Psalms*



*Then God said, "Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you. Genesis 1:29*

## Helpful Hints



Ah, Memorial Day Weekend! We can plant! Don't forget to harden off your plants. Jeff Lowenfels from and.com says it clearly: put all plants outdoors in the shade for a few days. Move them into dappled light the later part of the third day; under a birch tree is ideal. Do not bring them indoors. While hardening off, your plants will need watering, so fill a container and keep it nearby. This is the time to apply compost tea or liquid organic foods rather than when you transplant. These will be absorbed by the microbes in the root system. When you transplant, the plant and that needed ecosystem around the roots will be ready to go. And the warning: If you have not hardened off plants grown indoors, be they annuals, vegetables, perennials, trees or shrubs, then don't plant them until you have. If you have to wait a week, so be it. If not, you risk the loss of your plants and you will impede the growth of those that do survive. Happy Gardening, Girls!

*A few more random gardening tips:*

Roses love bananas! Old banana peels work great for growing roses. Either save few banana peels, cover with water and gently boil. Cool completely and your roses are going to love this drink OR save the peels and bury them a few inches in the soil around your rosebush.

Egg-cellant idea! Dry your eggshells & crush, then sprinkle them around your plants for calcium.

Save the water! When you change the water in your fish bowl or aquarium, save the water to feed to your potted plants. Best natural fertilizer money can buy.

Make the most of lawn fertilizers: Apply lawn fertilizer before noon. Be sure to water the lawn the day before you make the application & then water lightly right after the application. This helps the grass plants to begin to digest the food right away.

Quick Cleanup: Place a bar of soap in the toe of an old nylon stocking or panty hose leg; tie it near an outdoor faucet. You can scrub off the dirt without having to take the soap out of the stocking or getting it dirty on the ground.

-Melinda Crockett

## Women busy with God's Work

This column is going to ask different ladies in our congregation on their insight on different topics. I am excited to learn from our Godly ladies.

### Do All Things Without Grumbling or Disputing

Philippians 2: 13-15 (NASV)

...for it is God who is at work in you, both to will and to work for His good pleasure. Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world.



Giving advice to such a mature group of women is challenging to say the least, because many of you could be giving me advice. I know that with the latest hustle and bustle that has come up in my life I need a reminder on the attitude that I should approach tasks.

Do "ALL" without grumbling or disputing, you've got to be kidding me! Oh wait I think that's complaining. Wow, this is a daunting command. Is it not enough just to do it; but now I can't complain about the task or argue as to how it should be done, how will everyone know just how put out I am if I can't complain? How will anyone know how to get it done if I don't insert my valuable opinion, God can not be serious. Well I hate to admit it but this is often my attitude, maybe not in so many words but every bit the nasty attitude.

The OT gives us the example of the Israelites grumbling in EX 15:24. They grumbled about not having water. Yeah, I think if I had been walking in the wilderness for 3 days without any water (v. 22) then the first place they come to the water is bitter (v.23) I would have been head of the complaint committee, passing out banners "What do we want? WATER! When do we want it? NOW". Then there is the example in EX 16:2,3 when they were hungry. They remembered about the meat in Egypt and thought it would be better to be enslaved with a full belly than to be free with hunger. They thought because they were experiencing some discomfort that God did not care for them. Once again I often complain if I drive into Anchorage and back without stopping for a snack.

The Israelites complained because they were taken from their comfort, which is an ironic concept because the people whom they were enslaved by did not care about their comfort. I say taken but I should say released from their bondage. They did not focus on the rich blessing that God was working through them with freedom, being a nation set apart for God and going to a new land.

Grumbling is so easy to do, and many times is done without even thinking about it. Grumbling is putting our convenience on par with or above the will or the work of God.

We know that grumbling is an attitude and it can be squelched before it gets out of hand. Try to grumble around someone with a positive, excited outlook. You have heard about people who "Set the Tone" I want to challenge us to be the ones who "Set the POSITIVE tone".

Disputing, now this is a whole other challenge. We have all heard that too many cooks spoil a pot. Why is this true, because everyone wants to put in their **(continued on top of Page 3)**

## Do All Things Without Grumbling or Disputing *(continued)*

own 2 cents. We are told since childhood that you are #1 and if I am #1 then my opinion must be #1, you know my way or the highway. Yet in Romans 12:10 . . . honor one another above yourselves. Wow if I did that then it would be easy to defer to another's wishes.

Why are we to live a life without disputes or complaints, because we live among the world, which is predisposed to complaining, and finding fault with others. What better way to stand out to the world for Christ than when they see us doing everything without a word of complaint or argument? Our ultimate goal is to live a life that reflects our Father. We are blessed with the freedom that He gave us through His Son, and we are called to be His light in this crooked and perverse generation.

My secret advice on how to make this happen is, well, I'll quote a well-known phrase from Nike "JUST DO IT". There are no secret methods to changing an attitude it is just a matter of doing it because we trust God and He asks us to just do it. I know that it will bring satisfaction as we allow God to will and to work for His good pleasure.

*-Antoinette Collins*

*& Kristina Collins*

*You will know them by their fruits.  
Grapes are not gathered from thorn  
bushes, nor figs from thistles, are they?  
-Matthew 7:16*

*Simple, affordable,  
wholesome nourishment. . .*

## At Family The Family Table



The recipe below comes from Heavenly Homemakers' "High Five" series which is made of recipes with five ingredients or less. These bars are super fast and easy and can be switched up, if you'd like, by adding a handful of butterscotch or chocolate chips to the batter. This is a terrific recipe for last minute company as the ingredients are nearly always on hand, and you almost can't ruin these bars (I forgot an egg once, and it still tasted delicious!). Laura uses ingredients as close as their natural source as possible, and I think the unrefined sucanat adds a depth of flavor to these bars, but this recipe could also be made with white sugar and flour, it just wouldn't be as nutritious. Sucanat (also sometimes known as rapadura) is dehydrated sugar cane juice. It is not processed to remove the natural plant minerals and vitamins (as white sugar is) and so retains a light brown color. It is the consistency of coarse sugar and fits into many recipes that call for sugar without a problem (it did turn my lemonade interesting colors though!). When substituting honey for white sugar, often the recipe needs a little less honey (even 1/2 to 3/4) of the sugar called for. Honey also contains many wonderful health-giving properties. Maple syrup is a delicious sugar replacement (although it lends a bit of flavor). Grade B maple syrup is rich in minerals that we are often deficient in. Stevia is another wonderful natural sweetener. It comes from the leaves of a plant and is popular with diabetics for being a sweetener that does not raise blood sugar levels. It tends to have a slight aftertaste, but is commonly found in concentrated liquid drops that can easily be added to beverages. Xylitol is a sugar alcohol and is the least natural and unprocessed of these sweeteners, but it has actually been found to prevent cavities and reverse tooth decay! When pregnant or nursing mothers used it, their babies were significantly less likely to develop cavities later in life. Xylitol is like stevia in being calorie free and does not raise blood sugar levels. So, there are many positive ways to avoid white sugar and use some of God's more natural sources to sweeten foods.

-Andrea Smith

### Easy Butterscotch Bars



1 cup melted butter  
1 3/4 cups [sucanat](#) (dehydrated  
sugar cane juice)

2 eggs  
1 t. vanilla extract  
1 1/2 cups whole wheat flour

Stir melted butter and [sucanat](#) together. Add eggs and vanilla, mixing well. Stir in flour and mix until well combined. Pour batter into a 9x13 inch baking pan. Bake at 350° for 25 minutes.

By Laura Coppinger [www.HeavenlyHomemakers.com](http://www.HeavenlyHomemakers.com)



I would have to say that one of my preferred genre of books is historical fiction. When I read a book filled with history and compelling characters, I walk away with a much better understanding and connection to that time in history. One of the most compelling historical fiction series I have ever read would have to be the Zion Covenant by Bodie and Brock Thoene. Opening in 1936, the Zion Covenant series tells the courageous and gripping stories of those who risk everything to stand against the growing tide of Nazi terrorism as it sweeps through central Europe under the dangerous helm of Hitler's Third Reich. Vienna Prelude, the first book in the series, sets the stage with characters that you can't wait to get back to in each subsequent book. Be prepared that once you pick up this book, it is hard to put down.

-Aspen Kuenning

## Highly Healthy

### Vary Your Veggies



From asparagus to zucchini, you'll reap a bounty of vitamins, minerals and phytonutrients when you choose from a colorful variety of vegetables.

- ◆ Get lots of dark green veggies like broccoli, spinach, romaine lettuce and collard greens.
- ◆ Pick plenty of orange veggies like carrots, sweet potatoes, pumpkin and butternut squash.
- ◆ Eat more dry beans and peas such as pinto beans, kidney beans, split peas and lentils.
- ◆ Mix it up even more with favorites like tomatoes, potatoes and corn and less familiar options like artichokes, eggplant and parsnips.

[Mypyramid.gov](http://Mypyramid.gov) Nutrient-Rich Toolkit

- Marci McGill

## Crafty Corner



One of my favorite hobbies is sewing. I love the feeling of starting with a large square of fabric and creating. However, I always enjoy handy tips to speed up or help the process along. This week one of the sewing blogs I follow had a variety of fellow bloggers favorite tips. I thought I would share a couple of them that I am excited to try. \*Typically when you are working with a pattern, you will pin it to your fabric and then cut it out. Well, this tip was to use washers (like the kind you find in the hardware store) to weight down the pattern pieces. This helps to stabilize the pattern pieces so that they don't move during cutting. \*Now for a fabric pre-washing tip that will keep your fabric from ending up in a tangled, frayed, wrinkled mass. Forget about doing a special load just for your new fabric. Just toss your yardage in the wash with a load of laundry, preferably jeans or towels. -Aspen Kuenning



The Ladies ministries in the valley church cover a wide variety of areas. The following lists the points of contact for each area and the coordinating deacon or elder. If you want to help or know of a need, please contact the ladies.

**Benevolence Deacon - David Wolfe**

**Meals - Tierra Harris**

**Hospital blankets, etc. - Lei Loni Bowlus**

**Fellowship Deacon - Rocky Murrill**

**Fall Festival - Lori Bowers**

**Communion - Susan Hendricks**

**Thanksgiving - Wendy Pruitt**

**Missions Deacon - John Katkus**

**Chilly Willy - Bonnie B.**

**Christian Relationships (serving one another) -**

**Elders Robert Kuenning**

**Encouragement - Tammie Baker**

**Women's Mentoring - Tafina Katkus**

**Ladies Retreat - Bonnie Murrill**

**Baskets - Julie Kirn**

**Newsletter - Dana Kellar**

**Cards - Wendy Hales**

**Wedding/baby shower/pounding - Beth Reichel**

## Contributors . . .

If you would like to contribute to the newsletter, please contact us.

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