

Women in Touch

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Announcements

The Ladies encouragement group will be meeting on the first Thursday of each month, 10 a.m. at Tammie Baker's house. For those unable to attend, a second meeting will be held on the Sunday following the first Thursday at 12:15 p.m.



My lips will shout for joy when I sing praises to You: And my soul, which You have redeemed. My tongue also will utter Your righteousness all day long.....

-Psalm 71:23-24

Women in the Word



In Henry Drummond's little book, The Greatest Thing in the World, He asks, "What is the summum bonum – the supreme good? What is the noblest object of desire, the supreme gift to covet?" The Apostle Paul tells us without hesitation, "And now abide faith, hope, love, these three; and the **greatest of these is love.**" (1 Cor. 13:13) And Peter tells us, "**Above all, love each other deeply**, because love covers over a multitude of sins." (1 Peter 4:8) John goes as far as to say, "The one who does not love does not know God, for **God is love.**" (1 John 4:8)

In Matt 22:37-40 Jesus tells the crowd, "YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND." This is the great and foremost commandment. The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' On these two commandments depend the whole Law and the Prophets." Jesus came to show a simpler way. If you can just love, you obey all the laws. After all, who would want to have other gods or take God's name in vain or fail to worship Him if they truly love Him.

This little word love is central to everything we do as Christians. Jesus told his disciples, "A new commandment I give to you, that you **love one another, even as I have loved you, that you also love one another.**" "By this all men will know that you are My disciples, **if you have love for one another.**" (John 13:34-35)

We can take white light, shine it through a prism and it breaks down into a beautiful rainbow of colors.

In 1 Corinthians 13, the love chapter, in a similar way, Paul takes love and shines it through the prism of God's heart and breaks it into its elements. We discover that love is patience, kindness, generosity, humility, courtesy, unselfishness, good temper, honesty and sincerity. These make up the supreme gift and the character of a perfect man.

Isn't it interesting that small ordinary every day things make up such a supreme thing? The supreme thing is not really a thing at all; it is acts of good that make up everyday life. Our job is to allow God's love to shine through the prism of our heart so that our character can become filled with His love. It is the supreme gift. We love because He first loved us. -Carol Kuenning

Helpful Hints



Ladies, spring cleaning is nagging at us and one thing that does work miracles is the Mr. Clean MagicErasers.

Get them fully wet, squeeze 'em out, and wipe off the scuff marks on doors, trim work, walls, even your stovetop! Rinse frequently. The sponge will slowly disintegrate as you work, so you'll need several for spring cleaning.

I have also found that the name brand does work a bit better than the store brand. Very little elbow grease is needed, except for some boot scuffs, ink on walls and the burnt on bits on the stove top. It truly is worth the try. If you have any amazing tips to share, call Melinda!

-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.

Romans 12:13 Share with God's people in need. Practice hospitality. Our congregation is made up, in varying degrees, of military families. We asked several of our current or former military wives how to best serve them and comfort their husbands while they are deployed. Their response was amazing and we hope you find it helpful.

To begin, it is important to build relationships within God's body so we might see a need and fill it. These women are very capable of being self-sufficient however we are called to bear one another's burdens.

We sent out a survey and asked the ladies several different questions. We found the majority needed to feel connected to the congregation through folks coming by to visit or for the family to be invited to another's home. One lady expressed "having a woman come over and spend the evening while the children were in bed was a real treat" others expressed the importance of building relationships to ease the loneliness while their husband is away. Hiking, fishing, movies, or games were some ways, other than just meals, that could help achieve this.

We need to remember that most people will not ask for help unless they feel comfortable with the relationship of the person whom they are asking. Nobody wants to feel as if they are imposing. Some suggestions to alleviate this may be to have certain couples act as "a Big Brother or Big Sister". This couple would be someone that the wife could call upon at anytime and not feel like an imposition. Another idea might be to have a list of men from the church who are willing to help with small chores, i.e. oil changes, snow removal, tire changeover, mowing etc. These are things that a woman can do, but usually rely on her husbands help.

Ladies can ask the wife out for lunch, call her to see how she is doing, or any other way that will help grow the relationship.

There did seem to be a need for either baby-sitting for those with young children, so the wife can regroup, or for those who have older children it is important to have an older teen or a man who would act as a mentor while their dad is away.

The best thing that we could do for the men who are away is to write them letters of encouragement or send photos. It is important for them to know that their wives and/or families are being cared for.

These are just suggestions and by no means are the only ways to help those families who need our support and understanding. The time to build these relationships is now. Let us not be too busy that we forget to grow in our love and care for each other.

-Antoinette Collins and Kristina Collins

THE FAMILY CIRCUS

By Bil Keane



11-25
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"Cameras shrink us so Grandma can carry us around in her wallet."



The pastures of the wilderness drip, And the hills gird themselves with rejoicing. The meadows are clothed with flocks And the valleys are covered with grain; They shout for joy, yes, they sing.

-Psalm 65:12-13



Movie Review: Bright Star

I don't watch many movies and rarely take a chance on new movies, but the review of "Bright Star", an independent film, caught my attention. We brought it home for a date night and were pleasantly surprised. "Bright Star" is a romantic, Jane Austen style, movie based on a true story about John Keats (the poet) and the love of his short life, Fanny Brawne. This movie is slow paced, beautifully filmed, very romantic and although rated PG is very chaste. So pop some corn, get out your Kleenex, and enjoy an evening with your sweetheart.

-Carol Kuenning



Commit to the LORD whatever you do, and your plans will succeed. The LORD works out everything for his own ends. . .

-Proverbs 16:3-4

Tip: Looking for a good way to find local sales and coupons?

Check out

www.alaskacoupondiva.com



One day a poor girl slipped into the garden of the queen at Balmoral. She approached the gardener and told him that her mother was extremely ill at home and she wanted to take her a flower. Since it was winter, flowers were very rare, but the little girl had seen flowers growing in the queen's greenhouses. She had saved a few pennies and asked the gardener if she could buy a single rose for her mother. The gardener was sympathetic with the little girl's request, but he replied: "The queen has no flowers for sale." The little girl was about to turn away in disappointment and return home.

Unobserved by either the little girl or the gardener, the queen had been listening through a window in the greenhouse. She stepped out and told the girl, "The gardener is quite right, my child. He has no authority to give you the flowers you want, nor does the queen cultivate flowers for sale. But the queen has flowers to give away." From a basket the queen took several rare roses and gave them to the little girl and said, "Take these to your mother with my love, and tell her that the queen sent them. I am the queen."

This story provides a good allegory for the story of salvation. We have a need for pardon for our sins. We can go to various sources and ask for forgiveness, but no human has the authority to cleanse our souls. We can not purchase redemption, because God's grace has not been cultivated for sale. However, if God decides to give his mercy away freely to a sinner, that is his right, especially in light of what Christ achieved in his incarnate life and through his death at Calvary. "The free gift of God is eternal life in Christ Jesus our Lord" (Rom. 6:23). We "are justified by his grace as a gift, through the redemption that is in Christ Jesus" (Rom. 3:24).

-Joel Stephen Williams



"How dreadfully old I am getting! Sixteen!" and so starts the journeys of Katherine Mortimer. This book follows Katie in a journal-like account of a nineteenth century girl. In a way most women will identify with, she learns, on the path to womanhood, that true happiness can be found in giving oneself for others.

"This book is a treasure of both Godly and womanly wisdom told with disarming candor and humility, yet revealing a deep heart's desire to know God" (Elisabeth Elliot).

I have read this book multiple times. Even though it is fiction, I seem to learn something new with each reading. It is a great read for women young and old.

-Aspen Kuenning



One summer evening during a violent thunderstorm a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, 'Mommy, will you sleep with me tonight?' The mother smiled and gave him a reassuring hug. 'I can't dear,' she said. 'I have to sleep in Daddy's room.' A long silence was broken at last by his shaky little voice; 'The big sissy.'

Garlic Chicken Pasta

- 2 cups cooked chicken, cut into bite sized pieces (great way to use up leftover chicken)
- 1 clove garlic or 1/2 teaspoon garlic powder (or more if you like lots of garlic)
- 1-2 Tablespoons olive oil 2 1/2 cups whole wheat pasta
- 3 cups whole milk 3 Tablespoons butter
- 1/2 t. sea salt grated Parmesan cheese

In a skillet, sauté chicken and garlic in olive oil. Turn to low heat to keep warm. Meanwhile, cook the pasta in a big pot with the milk, butter and salt. Stir almost constantly, especially as the pasta is becoming tender and the milk is beginning to boil. Cook and stir over medium heat until pasta is tender and the starch from the pasta has thickened the milk, creating a creamy sauce. Stir in the chicken and serve immediately...sprinkling Parmesan cheese on each serving.

~To make this Three Cheese Garlic Chicken Pasta, add 3 oz. cream cheese and 1/2 cup shredded white Cheddar to the cooked noodles and allow to melt before adding the chicken.

~Add frozen peas or steamed and chopped broccoli at the end to make a one-dish meal.

This recipe was created by Laura Coppinger at www.HeavenlyHomemakers.com. This is my favorite site for Christian encouragement, healthy recipes, and a good dose of humble humor (Laura is a member of the church of Christ!). Please check it out. If you have a recipe you would like to share, please let me know. Hope you enjoy this one.

-Andrea Smith



By this all men will know that you are My disciples, if you have love for one another.
-John 13-35

Tip: Empty your pocket change into a jar each night. Then once a month, spend your stash on "date night."

ASAP

Always Say A Prayer

There's work to do, deadlines to meet, you've got no time to spare, But as you hurry and scurry, always say a prayer.

In the midst of family chaos, "quality time" is rare. Do your best; let God do the rest: Always say a prayer.

It may seem like your worries are more than you can bear. Slow down and take a breath- always say a prayer.

God knows how stressful life is; He wants to ease our cares, and He'll respond ASAP- Always say a prayer!

Highly Healthy

Foods that appear healthy, but aren't.

Yogurt-covered raisins: Yogurt is healthful. Raisins are healthful. So, yogurt-covered raisins are healthful, correct? Wrong! A ¼-cup (C) portion of yogurt-covered raisins actually contains nearly 200 calories and 6 grams (g) of fat. Most of that fat is the saturated kind. There is also nearly 35 g of carbohydrate and 30 g of sugar in this measly portion.

Prepackaged heatable lunch sandwiches: A turkey and cheese sandwich on hearty-looking bread is good for you, right? These are lunchables for adults—take one to work, heat in the microwave for about 1 minute, and enjoy a healthy, warm meal. One sandwich contains just a little more than 300 calories, 13 g of fat, and 600 milligrams (mg) of sodium. You would do much better to pack a sandwich that you made yourself.

100% real fruit juice snacks: At 100-150 calories and less than 1 g of fat/packet, it appears that many worse choices are available. However, most brands contain 15 g of sugar. The added vitamin C makes them seem nutritious. Consider choosing a fresh orange, which contains 60 calories, no fat, and 12 g of sugar, in addition to the fiber and antioxidants that the fruit snacks do not contain.

Sugar-free candy: Sugar is bad; so, sugar-free is good or so goes the common perception. Actually, in most cases, a small serving of the real thing is a better choice. For example, one popular 16-g sugar-free chocolate bar provides 80 calories, 4 g of fat, 10 g of carbohydrate, and 8 g of sugar! Even so, consider that the same company's 16-g regular chocolate bar contains 78 calories, 5 g of fat, 10 g of carbohydrate, and 9 g of sugar.

A few others to really watch out for are:

Granola	Cereal Bars	Baked Wheat Crackers
Banana Chips	Muffins	Coffee Drinks

-Marci McGill

Crafty Corner



Do you need a fun project for that rainy, muddy afternoon? Try this recipe for home-made finger paint!

Finger Paint

1/2 cup non-self-rising flour
2 cups water
1 tablespoon glycerin
1 teaspoon borax for preservative
small screw-top jars
food coloring or poster paints

In a saucepan, mix flour with a 1/2 cup of water to form a paste. Add the rest of the water and cook over low heat until thick and clear, stirring constantly. Let cool then add glycerin and borax (if mixture is too thick and does not spread easily, add a little more water). Divide and pour into small, screw top jars (baby jars are great for this). Add food coloring or poster paints to tint—this paint keeps for a long time if stored in airtight containers.

Caution: Borax is toxic if eaten. If you have a child that may eat finger paint, you can use lemon extract as a preservative instead, or omit the preservative and make just enough for one use.

Contributors . . .

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

Devotional - Carol Kuenning
Helpful Hint - Melinda Crockett
Recipe - Andrea Smith
Craft - Aspen Kuenning
Health Tip - Marci McGill
Calendar Event - Marty Taylor
Info for Website - Susan Hendricks
Editor - Caitlin Weaver
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Publisher - Dana Keller, 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 - Taffina Katkus
Ladies Retreat - Bonnie Murrill
Baskets - Julie Kirn
Newsletter - Dana Kellar
Cards - Wendy Hales
Wedding/baby shower/pounding - Beth Reichel