

Women's Life



April 2005

Connecting begins at home

During the last three months, the focus at SPEP has been on making more direct connections with one another. In January we introduced ourselves after church to someone we didn't know. During February we wrote notes and emailed one another, sent birthday and anniversary cards, and got beyond "What's your name, and where do you work?" This led to the deeper connections in March, when groups of six people met in each other's homes to share an evening meal together. It's led to a non-threatening, progressive deepening of friendships. In a geographical area super saturated with activity already, these actions take purposeful planning, but the deeper relationships make the effort very worthwhile.

When the *Baltimore Sun* ran a headline about mothers stressed out after having to "entertain their children" for four snow days, I questioned how (and *if*) we are connecting at home. When did we fall into the "entertaining my children" mode? Thanks to modern technology, we can be in the same house without connecting at all—Mom can make calls on her cell phone in one room, Dad can extend his work hours on his laptop, and the children can be in front of various TVs and computers (or surrounded by IPODs) all over the house. Hmmm, perhaps connecting needs to be more intentional.

Most parents teach children how to put away their toys, set the table, stack dishes in the sink or load a dishwasher, match socks, clean their room, make their bed, and, for the brave, help cook. (Susan Smith's recipe in March's *Women's Life* showed a budding gourmet, when she set her son to work in the kitchen.) Unfortunately, we teach the skill only once or twice and assume the child has mastered it. Then we relegate the activity to the chore chart on the refrigerator or we nag about the job we see as incomplete or poorly done. Consider a parallel from SPEP's endeavors to strengthen community among us. If I introduced myself to you in January, wrote you a note in February and did nothing further, would the relationship deepen? Probably not. So why, at home, do I expect to say, "Kiddo, get at your chores," and not be met with resistance? Josh McDowell says, "Rules without relationship lead to rebellion."

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Calendar
Thots and Things

How do we grow responsible children through connections and not mere edicts? In many cases we have to take the time to do the task with the kids and have some fun along the way. When my boys “helped” me bake, I would half or double the recipes and make them figure out what doubling or halving meant for $\frac{3}{4}$ cup of brown sugar. Then, when they got to fractions in school, it was not such a big deal. If you have ideas that work to build connections with your children, share them with us. Email them to Micki Parkinson (muffynme@comcast.net) for next month’s *Women’s Life*. We could do some very productive connecting through our newsletter and enjoy learning from each other.

Flo Wolfe



“How do you know if you’ve been born again?
You’re changed from the inside. Every ought
becomes a want.”

Glenn Parkinson



Do you love to garden?

There’s one growing in a small corner of our church, tucked behind the office. Some folks have designed and planted and cared for it over the years, making it a place of beauty and a quiet place to sit and pray.

This spring, I would like to invite any who are interested in working there to join me on my knees. We always pray and the fellowship is sweet. Weeding and pruning and planting and watering can all be done while conversing! New ideas for planting the existing flower beds are welcomed. And if you’ve never grown anything before, we invite you to come and learn.

Please let me know if you are interested and when you might be available

Karen Larson

Looking for budget
kitchen makeover
ideas?

[www.christian-homemaking.com/
kitchenmakeover.html](http://www.christian-homemaking.com/kitchenmakeover.html)

Exercise

I work at an exercise gym for women. Our goal is helping women, many of whom have never exercised, get in shape, overcoming such dire health problems as heart disease, high blood pressure, diabetes, and osteoporosis. And many of us have waited too long before embarking on healthy life-style choices.

We start newcomers out slowly, alternating resistance weight training with aerobic exercises; we teach them to check their heart rate at prescribed intervals. A heart that is beating at 70% of 110 beats burns fat and builds muscle most efficiently. As the women improve strength, and balance, we challenge them to increase the "reps" (number of repetitions on the machines) while keeping their heart rate steady at 70%. Depending on a woman's age and stage, she may begin by doing 8-10 reps per 30-second sequence. Those who can, may move on and work up to 15 reps per 30-second sequence. Sometimes this means a woman must pause to rest for a few moments before pumping the next machine. Finally, every woman should complete the exercise circuit with a series of stretches. While cooling down is as important as the work out, sometimes women unwisely skip these stretches that can pull gently on limbered muscles, cooling them back down to normal levels of flexibility.

Learning a discipline to tone an out of shape body has some spiritual applications, too. Just like the women who have waited too long to get fit, we put off even the basic spiritual exercises, like prayer and Bible study, thinking that making it to Sunday worship is exercise enough. Too many of us are content to be spiritual couch potatoes. And then crises hit and we see how dumpy and weak we are!

Now, devotions, Bible study, and service are the exercise circuit God plans for His children, none of whom are born again with the spiritual endurance to overcome the world, the flesh or the devil. (Jeremiah 29:11-13) And the membership in His gym is free, and eternal! Will you make an appointment with Him for an analysis and exercise plan? (Psalm 139:23-24; Psalm 119:65-67)

He is the perfect trainer, who, having given us a new heart, gives us a spiritual exercise routine tailor made for each of us! (Ezekiel 36:26; Jeremiah 32:39) He knows what we need to burn the dross, tone the mind and spirit, and stay in the game. (Zechariah 13:9; Psalm 139) Now, begin slowly, but do not skip a session: five minutes will whet your appetite for more when you see what a lovely God and Savior He is. And increase your reps with Him He will never overload your heart. (Matthew 11:28-30)

He even plans periods of rest, coupled with gentle stretches, so that we can endure, producing fruit through our old age. (1 Kings 19:5-8; Psalm 92:14) Will you join me?


Barbara Smith



Parenting Help

Here's a website with lots of suggestions:
www.christian-parent.com

April 2005

Sunday	Monday	Tuesday	Wednesday	Thursday
3 Daylight Savings - ahead 1 hour 	4 Pony Express begins (1860) Your Girl 7:30pm	5 Bible Study 9:30am Prayer Group 10:00am Praying Wife 6:30pm Divorce Care 6:45pm	6 MOPS Playgroup 10:00am	7 Craft Circle 3 R's Study
10 Safety pin patented (1849)	11	12 Bible Study 9:30am Prayer Group 10:00am Praying Wife 6:30pm Single Moms 6:45pm	13 MOPS Playgroup 10:00am MOPS 7:00pm	14 Craft Circle
17	18 Ebenezer III 10:00am Your Girl 7:30pm	19 Bible Study 9:30am Prayer Group 10:00am Praying Wife 6:30pm Divorce Care 6:45pm	20 MOPS Playgroup 10:00am	21 Craft Circle 3 R's Study
24	25	26 Bible Study 9:30am Prayer Group 10:00am Praying Wife 6:30pm Single Moms 6:45pm	27 MOPS Playgroup 10:00am Administrative Pro. Day	28 Craft Circle

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1	2 <i>Merry Widows</i>
12:00 Noon / 7:00pm	8	9
12:00 Noon	15	16
12:00 Noon / 7:00pm	22	23 <i>Merry Widows</i>
12:00 Noon	29 <i>Women's Retreat Begins</i>	30

Things to celebrate this month:

Today letters and packages only take days to travel from one side of the country to the other. Celebrate those Pony Express riders who worked so hard to make sure people got letters from home. Find out some facts at: www.ponyexpress.org/history.htm.

How would you hold things together without safety pins? Spend some time with your kids trying other things.



Want to write for Women's Life?

There are just a few rules:

- 1 - Be encouraging. No guilt trips please.
- 2 - Be practical and where-we-live.
- 3 - 500 words or less. Ever wonder why *Women's Life* is a quick, easy read? It's because the articles are kept short.
- 4 - Deadline = 15th of each month.



Things change

Be sure to check the bulletin for up-to-date information on women's activities.

Shots and Things

Organizing with disabilities

Online Organizing's newsletter recently included articles to help with various kinds of disabilities:

Avoiding CRI-Related Disabilities

Clutter Free Living When You Are Handicapped

Ergonomics For The Disabled

Home Modifications For Special Needs

Physical Abilities Of The Aging

The Downsizing Process

Worksite Accommodation Ideas

You can find the newsletter articles at www.onlineorganizing.com.

A faith that works

Do you work outside the home? Looking for a study that deals with your special challenges?

Plans are underway for a one-year study to begin in May. We'll meet once a month to look at faith management, time management, stress management, work relationships and family/roommate relationships. Contact Flo Wolfe for more information.

"It isn't good to suppress your laughter because it goes down and spreads your hips." Fred Allen



Behind the Scenes of *Women's Life*

Flo Wolfe, Director of Women's Ministries

Barbara Smith, Newsletter Coordinator

Micki Parkinson, Design and Editing

Perfect Every Time Dinner Rolls (Makes 24 rolls)

Dissolve:

- 1 pkg. yeast
- 1/4 cup warm water

Add and beat well:

- 1 cup milk (scalded and cooled)
- 2 eggs (beaten)
- 1/2 cup oil
- 1/2 cup sugar
- 1 tsp. salt
- 1/2 tsp. baking soda

Add and beat again:

- 4 cups flour

Cover and let stand on counter overnight.

Turn out on floured board. Divide into three balls. Roll out each to size of pie crust, 1/2" thick. Cut into 8 wedges. Roll up starting at wide end. Place on greased cookie sheet one inch apart. Let rise at least two hours or all day covered on counter. Bake at 350° F for 10-15 minutes.

Baked Honey Ham (Makes 12 servings)

- 1 (about 6 lbs.) bone-in fully cooked ham
- 1 Tablespoon flour
- 16 oz. (1 1/4 cups) honey
- 4 teaspoons lemon pepper
- 1 oven cooking bag
- 2 teaspoons rosemary or thyme, crushed

Place flour in roasting bag and shake to coat inside surface. Place ham in floured bag. Combine honey, lemon pepper and rosemary; pour over ham and close bag with twister. Poke holes in top of bag with fork. Roast at 325°F for 1 to 1 1/2 hours or until slightly browned. Remove from oven, let stand 10 minutes. Cut bag and remove ham, following bag manufacturer's directions. Reserve drippings for sauce.

Honey Sauce: Strain drippings and measure; add enough water to equal 2 cups. Add 1/2 cup white wine and bring to boil. Serve with ham.



“Fear is a handle for laying hold on God. When you stop running and face your fear head on with faith, you find God. It is His presence and power that move us beyond our fears—past, present, and future.” Bruce Larson



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