

# Women's Life



March 2005

## *Living what I believe*

While listening to Pastor Glenn's series about our convictions, I have wondered how to make the things I *say* I believe—the way I *really* live. Winter slams hard into most people's sense of God's strength and sovereignty. Yes, I have been taught, and *say* I believe that He is omnipotent and holds everything together (Col. 1:15-17), but how do I allow what I know to impact how I respond to people in my life and fears inside my head? How do you cope with real life?

Three things come to mind that help me: going to sleep after just having read Scripture (or allowing a previously memorized passage to run through the brain), "preaching the Gospel to myself," and being part of a small group Bible study.

Some nights, sleep evades me like an accomplished skateboarder who slaloms through an obstacle course. Just as I drift off, something akin to an electrical shock zings through my body and I am bolt awake! Sighing, I restart the process of changing positions and trying to relax. I suspect that all of us have a story like this, whether the rude intruder is physically, emotionally, or spiritually induced. My favorite passage for these times comes from Psalm 4. Read the psalm before bed; it's better than warm milk! I especially use verse 8, because that's in my memory bank: "I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety."

A second way to live my convictions stems from a practical way of "renewing your mind." The first time I actually heard someone use Luther's phrase, "preach the Gospel to myself," I heard Pastor Chris talk about taking himself to task about an action he realized was wrong. I find that I can either have a pity party, or ignore that I have a task that must be done. In doing either, the enemy gains a foothold in my life that I can battle. Paul said, *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.* (Col. 3:4-5) So I verbally tell myself

*(continued on page 2)*



Calendar  
Micki's Corner  
Thots and Things

of the life that, through the power of Christ, I can now live. And as Elisabeth Elliott reminds me, I “do the next thing.”

My husband and I were privileged to participate in a four-couple Bible study in the 70s when SPEP first started. Jackie Drake would often pose this question at the end of each week’s study: “But how will this help me do the dishes?” Darlene, Beth, and I learned that making the truths of the study real convictions in our daily lives is meant to be “everyday practical.” From that study and other small group Bible studies, iron sharpening iron (Prov.27:17) has done good things. As the winds bluster this winter, I’m not called to follow the barometer, but to live as a child of the King. And so are you.

*Flo Wolfe*



## Women’s Retreat

April 29-May 1

New Windsor Conference Center

“A quiet or secluded place where one can rest and relax” aptly defines the New Windsor Conference Center. The quiet, secluded place lies a little over an hour from our church and the drive features a trip that should be truly beautiful in the spring. The rest and relax part will look very different for each person. Some may want to spend time getting to know the people behind the faces they’ve seen at church; others may seek the solid teaching with reflective small group interactions; still others will want to explore and hike or learn more about personal Bible study methods. Whatever your particular reason for seeking to retreat, please consider this your personal invitation to join the women of SPEP for our annual retreat.

**Making Homemade Ice Cream Without an Ice Cream Maker**  
You can find the recipe and directions at [www.christian-homemaking.com/homemadeicecream.html](http://www.christian-homemaking.com/homemadeicecream.html)

**Preparing for the retreat:** Our speaker, Bonnie Zadoretzky, will be speaking from the book of Ephesians. Make it a goal to read Ephesians at least once between now and the retreat.

**Prayer requests for the retreat:** For Christ to be honored in all facets of the retreat. For our speaker, Bonnie Zadoretzky, that God would give her quiet times for preparation. For all those planning and leading the retreat that they hear God clearly. For a deepening of relationships among our women, with the Lord, and His Word

## Organizing Kids

This month's *Get Organized* newsletter topic is organizing kids. We need to organize ourselves as we deal with our kids. And we need to help them grow into organized adults. The articles cover all kinds of things:

- Conquering Kids' Clutter
- Creating A Children's Craft Corner
- Ideas To Help Students Get Organized
- Organizing With Kids
- Organizing Your Child At School And At Home
- Raising Organized Children
- Streamlining Your School Lunch Routine
- Ten Ways To Get Your Kids to Listen to You

Go to [www.onlineorganizing.com](http://www.onlineorganizing.com) and click on "This month's *Get Organized* newsletter."



"There's nothing better than a good friend,  
except a good friend with chocolate."

Linda Grayson, *The Pickwick Papers*



"Almighty God, we bless and praise Thee that we have wakened to the light of another earthly day; and now we will think of what a day should be. Our days are Thine, let them be spent for Thee. Our days are few, let them be spent with care. There are dark days behind us, forgive their sinfulness; there may be dark days before us, strengthen us for their trials. We pray Thee to shine on this day—the day which we may call our own. Lord, we go to our daily work; help us to take pleasure therein. Show us clearly what our duty is; help us to be faithful in doing it. Let all we do be well done, fit for Thine eye to see. Give us strength to do, patience to bear; let our courage never fail. When we cannot love our work, let us think of it as Thy task; and by our true love to Thee, make unlovely things shine in the light of Thy great love. Amen"

(George Dawson, 1821-1876)

Easter says you can  
put truth in a grave,  
but it won't stay there.

Clarence W. Hall

Happy Easter, Ladies!

First Hot  
Fudge  
Sundae  
(1906)

# March 2005

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
		<b>1</b> <i>Bible Study 9:30am</i> <i>Prayer Group 10:00am</i> <i>Praying Wife 6:30pm</i> <i>Single Moms 6:45pm</i>	<b>2</b> <i>MOPS Playgroup 10:00am</i>	<b>3</b> <i>Craft Circle</i> <i>3 R's Study</i>
<b>6</b>	<b>7</b> <i>Your Girl 7:30pm</i>	<b>8</b> <i>Bible Study 9:30am</i> <i>Prayer Group 10:00am</i> <i>Praying Wife 6:30pm</i> <i>Divorce Care 6:45pm</i>	<b>9</b> <i>MOPS Playgroup 10:00am</i> <i>MOPS 7:00pm</i>	<b>10</b> <i>Craft Circle</i>
<b>13</b> <i>Retreat sign-up begins today</i>	<b>14</b>	<b>15</b> <i>Bible Study 9:30am</i> <i>Prayer Group 10:00am</i> <i>Praying Wife 6:30pm</i> <i>Single Moms 6:45pm</i> <i>Women's Life deadline</i>	<b>16</b> <i>MOPS Playgroup 10:00am</i>	<b>17</b> <i>Craft Circle</i> <i>3 R's Study</i> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;"><b>St. Patrick's</b></div>
<b>20</b> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 10px;"><b>Palm Sunday</b></div>	<b>21</b> <i>Your Girl 7:30pm</i>	<b>22</b> <i>Bible Study 9:30am</i> <i>First US nursing school chartered (1861)</i> <i>Prayer Group 10:00am</i> <i>Praying Wife 6:30pm</i> <i>Divorce Care 6:45pm</i>	<b>23</b> <i>MOPS Playgroup 10:00am</i>	<b>24</b> <i>Craft Circle</i>
<b>27</b> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 10px;"><b>Easter</b></div>	<b>28</b>	<b>29</b> <i>Bible Study 9:30am</i> <i>Prayer Group 10:00am</i> <i>Praying Wife 6:30pm</i> <i>Single Moms 6:45pm</i>	<b>30</b> <i>MOPS Playgroup 10:00am</i>	<b>31</b> <i>Craft Circle</i>

Thursday	Friday	Saturday
<p>... Noon</p> <p>... 7:00pm</p>	4	5 <i>Merry Widows</i>
<p>... Noon</p>	11	12
<p>... Noon</p> <p>... 7:00pm</p> <p><b>Black's Day</b></p>	18	19
<p>... Noon</p>	25 <b>Good Friday</b>	26 <i>Merry Widows</i>
<p>... Noon</p>		

### *Things to celebrate this month:*

Make hot fudge sundaes to celebrate C.C. Brown's first one, made in 1906 in San Francisco.

Did you know that there was a time when nurses were a new and strange thing? They had to fight to be able to do that important work they do. Celebrate the first US nursing school this month.



### *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 = 15<sup>th</sup> of each month.



### *New deadline*

The new *Women's Life* deadline is the 15<sup>th</sup> of each month.

# Shots and Things

## Smith's Sauce

(This recipe was invented by Jonathan Smith when he was 4 years old. I put him on the counter and gave him a bunch of suitable ingredients, told him he was making a sauce to put on chicken, and he could mix things together and taste it until he thought it was right. The first batch was the best. Unfortunately, Smiths do not measure, so the recipe is full of guestimates and guidance. It is so consistently good, however, that we use it for company!)

1 Bowl large enough to hold your meat in a marinade  
¼ cup of prepared yellow mustard  
Soy sauce (whisk it in while you add) until the mixture  
looks almost caramel colored.  
1 tsp of garlic powder  
½ tsp of powdered ginger  
1 Tbs of brown sugar or 2 Tbs of honey  
Enough water so that it doesn't taste too salty  
1 tsp tarragon  
Enough meat for 6 people.

Whisk it for a good mix, then put either raw chicken or pork chops into it to marinade for ½-2 hours. I broil or bake the meat, and sometimes baste with the leftover marinade, but not too close to it being finished. (You want all the raw juices to be cooked thoroughly!)

We love this, and have never had it go wrong, even though it is very imprecise.

*Susan Smith*



## Build Strength

“Love does not consist of gazing at each other, but in looking together in the same direction.”

Antoine de Saint-Exupery

Tufts University has a website with an “exercise program based upon sound scientific research involving strengthening exercises—exercises that have been shown to increase the strength of your muscles, maintain the integrity of your bones, and improve your balance, coordination, and mobility. In addition, strength training can help reduce the signs and symptoms of many chronic diseases, including arthritis.” It’s an interactive website that includes animations, so you can see the exercises performed correctly.

Go to: <http://nutrition.tufts.edu/research/growingstronger>

## *Micki's Corner*

Winter is always hard for me—long months of less daylight and gray skies. The trees are a symbol of the drabness and the darkness that's winter.

As it gets to be March, though, I start looking. And after all these years my family does, too. Whenever we go out we look up. The time finally comes for the annual Baby Buds celebration. Those first buds on the trees are a promise of new growth. And the new green of the baby leaves that follow is the start of sunshine and bright colors.

Spiritual growth can be like that, too. Looking at Scripture, knowing it was written specifically for you, and finding treasure.

The first step is to find a Bible translation that is easy for you to read. One that *speaks to you*. How do you do that? Pick two or three passages (ones like Psalm 23). Look at them in several versions to compare the way they say the same things.

The next step is the reading. Start out by reminding yourself that the Bible was protected and kept because God wanted you to have it. That God had you in His mind as He did the work of keeping it safe all these years. It will change the way you read it—God is talking directly to you.

Finally, as you read, ask yourself the question: so what? Like Flo mentioned earlier—how does it help me do the dishes? God's truth is practical. It talks about the Savior who will come—or the Savior who has come. But the thing that flows through large chunks of the Bible is how faith in that Savior affects actions. It's all about how a believer lives. Faith isn't real if it doesn't affect the choices we make and the way we act.

So, as you read the Bible, take it personally. It's what God intended.

*Micki Parkinson*

**Want to know more about how to pick a Bible?**

What's the difference between translations and paraphrases? What's with the new gender Bibles? How are Catholic Bibles different? What kind of study helps are there and how do they work? Any study tips?

I've made a *Bible Helps* CD that's available for the asking. Just get in touch with me ([muffynme@comcast.net](mailto:muffynme@comcast.net)) and I'll make one for you.

*Micki*



"Our Lord has written the promise of resurrection, not in books alone, but in every leaf in spring-time."

Martin Luther



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