

Women's Life



September 2006

The Servant's Towel

“Serve the Lord with gladness,” says the psalmist. But sometimes that’s not the kind of service I offer. Not too long ago, grumbling, whining, and not “feeling like it” colored my world of serving. Pastor Glenn, in a passing remark, said that we ought to consider every contact we have with people as a privilege from the Lord because we can meet those people with God’s Truth. If the Lord had snapped me (Remember doing that when you went to the beach?) with the servant’s towel, I would not have felt it any less!

That comment opened four days of quiet prayer about servanthood between the Lord and me. From scripture, I reread John 13 where Jesus took His towel and washed the feet of those who would desert him before morning. His serving in the midst of anguish made me realize the love that filled all of Christ’s life. Next came the Puritan prayer, “Need of Grace,” from *The Valley of Vision*. Its phrases such as “Thou knowest my great unfitness for service,” and “Return again with showers of converting grace to a poor gospel-abusing sinner,” and the closing, “Oh that all my distresses and apprehensions might prove but Christ’s school to make me fit for greater service by teaching me the great lesson of humility.” Happily, the Lord is renewing my mind about the privilege of serving. He has done this through His Word, prayer, and a brother in Christ.

Did you know that SPEP has many servants whose towel monogram declares them lovers of God’s Word and His Truths? These women spend many hours preparing Bible studies because they fully believe 2 Peter 1:3-4. **“His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in**

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the divine nature and escape the corruption in the world caused by evil desires.” (*Bold mine*)

As we study the Word and pray together, those “great and precious promises” meet us in life’s situations; we find ourselves experiencing more of “the divine nature” that helps us shut out the “corruption in the world caused by evil desires.” So, before that busy fall schedule takes shape, plan on studying Scripture and praying with your sisters in Christ at SPEP. Childcare is available on Tuesday mornings when *Letters of John*, the book of *Joshua*, and *How People Change* will be offered from 9:30-11:00 beginning September 19. If you need an evening study, *The True Woman* will convene on Wednesdays at 7:00PM starting on September 13, and *Letters of John* will meet on Thursdays at 7:00PM. Please check the bulletin for locations and the details about each study.

Thanks to all those who taught this summer and will teach this fall! We praise God for your servant towels. *Flo Wolfe*



Rhonda Acree will serve as the Children’s Coordinator for Lambs of the Shepherd, our Tuesday morning children’s program available to moms attending the Bible studies. Children in the sheepfold will learn from the Good Shepherd, using Susan Hunt’s *The ABC Book of Bible Verses*



***Women’s Life* changes**

Due to budget constraints, *Women’s Life* will no longer be mailed to your home.

We will send a copy via email. Some copies will be available in the Narthex and it will also be available at the church website.

- ✦ If you want to continue to receive *Women’s Life*, be ✦
sure that the office has your current email address.

Rest

If you were offered a weekend of rest, what would come to you mind? Would you give an immediate “yes” with thoughts of freedom from chores and responsibilities? What if you could have that and much more?

Jesus told his work-worn disciples, “Come with me by yourselves to a quiet place and get some rest.” (Mark 6:31) While I am sure Jesus meant physical rest, I think he also wanted his disciples to experience the refreshing and renewing that comes from focusing on God. The annual women’s retreat offers you the freedom of time—time to be refreshed inwardly as well as outwardly.

The topic of this year’s retreat is *Clay Pots Broken and Ready for Use*. Our speaker is Sue Jakes (Children’s Ministry Coordinator for the Christian Education Committee of the PCA). She will lead us through talks centered on being enlightened by grace, enduring by grace, and enjoying our hope from 2 Corinthians 4.

You will grow closer to the women of SPEP as you study God’s word together, learn truths from each other, and see how God applies His word in their lives and yours. You will have the opportunity to encourage each other through listening and praying together. Add to that the fun of being with a group of women, workshops, crafts or hiking and you have rest and refreshment in the body of Christ.

We often wonder how we can grow personally, minister together, and strengthen church unity. The retreat holds potential for all these things. The church will benefit from our spiritual growth and we will have time to deepen or begin new relationships.

Plan now to join us!

Ree Burroughs

Facts and Figures

Retreat: **November 3–5, 2006** at the New Windsor Conference Center (near Westminster, Maryland). Ends Sunday noon.

Two workshops on Saturday afternoon: 1) Prayer 2) Marriage Room cost: \$130–\$170. Scholarships will be available.

September 10: a Retreat Preview in the Narthex (see a map of the conference center to begin choosing your room).

September 17–October 8: registration in Narthex A.

Questions? Contact Ree Burroughs (410-987-8906) or Rita Kesner (410-647-7270).

September

It's Self Improvement Month

Teddy Bear Day—September 7

National Apple Dumping Day—
September 17

Women's Friendship Day—
September 16

Did you know?

The average child will eat 1,500 peanut butter sandwiches by high school graduation.

This month in history

The U.S. Treasury, was established by Congress—September 2, 1789

Composer George Frederick Handel finished Messiah after working on it nonstop for 23 days—September 14, 1741

The Mayflower ship departed from England, bound for America with 102 passengers and a small crew—September 16, 1620

Parenting is NOT for Cowards

We are a traditional family. We've been married more than 2 decades with a number of children various ages. We've known the Lord and served Him faithfully for decades. Although our lifestyle may appear liberal to our church family, among the public school families we know well, we appear ultra conservatives. I suspect somewhere in the middle is a better description.

When our youngest entered middle school, we were happy to see the light at the end of the tunnel. We were pleased with our child's sport and music activities as well as highly successful academic record. However, we were disturbed by the attitude and sneaking that was developing.

Mom's job made her 30 minutes later getting home than the child. Although I was 30 minutes later, I was home before the other moms. The neighborhood friendships took advantage of us moms.

Our attempts at grounding, screening computer, limiting friendships were useless. I quit my job. We removed all the cordless phones. Instant messaging was banned. No co-ed activities would take place, unless it was under the supervision of a youth group from church. Friendships were terminated. I kept discipline charts and wrote down the rules (mostly for my own benefit—to be consistent). I also sought out a prayer partner.

These limitations lasted a full year.

I had little support from my spouse, as our parenting styles are very different. We enrolled in counseling which helped us parents to get on the same page, define the rules, and define the consequences. We told our child, that once the behavior changed and rules were followed, we would terminate counseling. It took 9 months.

Today our child is a delight. The child's friendships are so much better than they were. As far as I know, there is no more sneaking around. Co-ed activities are enjoyed in our home. We continue to monitor computer usage. We continue to be **very** selective about activities in other people's homes. Sports and music activities continue, along with academic success.

There are the normal laments about allowance, chores etc. Don't get the idea, that everything is a dream now. Parenting is hard work and disciplining is exhausting. We wait for the Holy Spirit to draw this child to Himself, knowing the foundations we established are good and righteous.

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If you find yourselves in the same kind of fight we did, know there is strength in Christ Jesus who will enable you to do all things. (Eph. 4:13) Know there is help, professionally. Know that parenting styles differ and sometimes one of you needs to do more than the other.

Know that consequences have to be severe enough to hurt—so that the child will want to change the behavior. Be consistent. Get a prayer partner to see you through. Trust me, it's a fight worth every ounce of your soul to save the character and reputation of your child.

Anonymous



In time of trouble ...

In 1895 Andrew Murray was in England, staying with friends. At the time he was suffering from a terribly painful back, the result of an injury years before.

One morning while he was eating his breakfast in his room, his hostess told him of a woman downstairs who was in great trouble and wanted to know if he had any advice for her. Andrew Murray handed her a paper he had been writing on and said, “Just give her this advice I’m writing down for myself. It may be that she’ll find it helpful.” This is what was written:

In time of trouble, say,

First, “He brought me here. It is by His will I am in this strait place; in that I will rest.”

Next, “He will keep me here in His love, and give me grace in this trial to behave as His child.”

Then say, “He will make the trial a blessing, teaching me lessons He intends me to learn, and working in me the grace He means to bestow.”

And last, say, “In His good time He can bring me out again. How, and when, He knows.”

Therefore say, “I am here by God’s appointment, in His keeping, under His training, for His time.”

Photos and things

Resources

The Widow's Resource: How to Solve the Financial and Legal Problems That Occur Within the First Six to Nine Months of Your Husband's Death (Paperback) by Julie A. Calligaro

Improve Your Health By Getting Organized

www.onlineorganizing.com/NewslettersArticle.asp?newsletter=go&article=414

Ask the Dietitian has lots of questions and answers

(www.dietitian.com)

Here's an example:

- Q. What helpful hints do you have for converting homemade ice cream recipes for use by diabetics. Is it possible to substitute non-dairy creamers + skim milk for cream? What substitutions can be made for the sugars? What is the use of corn starch in recipes?
- A. I do not have a specific recipe for homemade ice cream for use by diabetics. I would suggest though you try any vanilla frozen yogurt recipe to which you could add fresh or frozen fruit pieces.

A recipe I found for homemade ice cream is as follows: 2 cups whipping cream, 2 cups light cream, 1 cup sugar, 1/1/2 tsp. vanilla extract, 1/8 tsp. salt. If you want to make French ice cream, add 1/2 box of instant pudding dry powder to above. I vary the flavors and fruit I put in the ice cream while freezing.

You could substitute non-dairy creamer (Carnation Liquid Coffee Mate Non-Dairy Creamer 54% fat, 13% saturated fat) and skim milk for the whipping cream (95% fat, 59% saturated fat) and light cream (93% fat, 58% saturated fat) as in above recipe. The fat content would be lower substituting the non-dairy creamer and skim milk for the cream.

You could use 1/2 sugar in the regular recipe. I wouldn't suggest using low calorie sweeteners as you would not get the product to freeze.

The cornstarch is a thickener. Try using sugar free instant pudding



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