

August 2011

THE SPICE

A taste of what's happening for women.

Sweet Words

Are you hungry for more joy, peace, faith, and strength in your life? Looking for a healthy treat, one that will be sweet to your soul and healthy for your body?

Need some wisdom? Grab a fork!

Feeling stressed? Take a taste!

God's serving up the perfect combo on his menu today:

Golden Apples (Timely Advice)

Honey (Kind Words)

Sound yummy? Go ahead and dig in! Because when life gets bitter and sweet turns to sour, there's nothing better than God's words to nurture, heal, and give you strength for the everyday challenges that weaken your soul.

In the Bible, God promises to satisfy your needs in a sun-scorched land, to strengthen your weak knees for life's journey, to hold you up with his mighty right hand when you stumble, and to restore your soul by quiet waters.

God calls you *chosen*, a daughter of the King, dearly loved, and created to do good works...and he also calls you a sheep! Not the most flattering of identities but one that reminds you of your need for God—especially if you get lost or wander away from his flock. In those times, he promises to find you, to bind up your wounds and lead you to the finest pastures to eat. What can you eat there? You guessed it! Golden apples and honey—God's wisdom for the choices and direction of your life and the healing words you need to be restored and nourished with his love.

Is your soul hungry today? Grab a Bible and eat! "People do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord" (Deuteronomy 8:3).

Eat your fill, and then pass along the timely advice and kind words. Because we can all use a little less sour and a lot more sweet in our lives!

FAITH EVANGELICAL FREE CHURCH



THE WORD

"Timely advice is lovely, like golden apples in a silver basket." —Proverbs 25:11

"Kind words are like honey—sweet to the soul and healthy for the body." —Proverbs 16:24

PASS IT ON!

Five fruitful and faith-filled affirmations to sweeten your day:

- **You are God's masterpiece—** knit together with love. (Psalm 139:13-14)
- **You are loved unconditionally—** yesterday, today, and forever. (Romans 8:38)
- **You are beautiful and clothed with splendor—** Jesus. (Galatians 3:27)
- **You are never alone—** hemmed in by God's ever-present love. (Joshua 1:9, Deuteronomy 31:8)
- **You have a divine purpose—** beyond what you might think or ask for. (Ephesians 3:20)



Oh, So Sweet!

Sweeten your life and share some home-baked love with this yummy treat.

Golden Apple Crisp

6-8 golden apples
2 teaspoons lemon juice
1 tablespoon water
½ cup honey
1 teaspoon ground cinnamon

Topping

¾ cup brown sugar
¾ cup all-purpose flour
¾ cup rolled oats
¼ cup butter

Preheat the oven to 350 degrees. Core, peel, and slice apples to make about 4½ cups. Lightly grease a medium casserole dish with butter, and arrange the apple slices in the dish. Mix the lemon juice and water and pour over the apples. Drizzle the honey over the apples, and sprinkle with cinnamon.

Mix the brown sugar, flour, oats, and butter until the mixture resembles coarse crumbs. Spread the mixture over the apples.

Bake for 25-30 minutes, or until apples are tender and the topping is lightly browned. Serve warm, topped with a scoop of vanilla ice cream. (Serves 6-8)

Happiness May Be Contagious

Have a smile? Pass it on!

Researchers have discovered that happiness may be contagious. Yes, like the flu, but in a good way! One study of 4,700 people followed over 20 years found that people who were happy significantly increased the probability that someone else they knew would be happy. In fact, one person's happiness could affect another person's happiness for up to a year!

People who are happy are also more productive, creative, and healthy. It has been found that happiness causes the body to produce fewer stress hormones, which has a protective effect on the immune system.

Now we know it's true that when you're smiling, the whole world smiles with you! So keep smiling, and be a contagiously happy Christian who changes the world!



Postcards From God

"I am beginning to learn that it is the sweet, simple things of life which are the real ones after all."

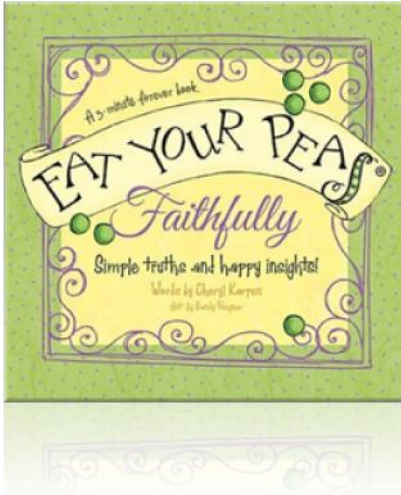
This quote is attributed to Laura Ingalls Wilder, who wrote the beloved *Little House* books based on her experiences growing up in a pioneer family in the late 1800's. In a childhood that was filled with much hardship, Laura discovered a secret for happiness: Value the sweet and simple things of life.

True joy in life can't be found in a big house, fancy car, expensive jewelry, or prestigious job. It comes from gathering the postcards of life's sweet and simple pleasures God sends you each day. The robin singing from the branches of a blossoming apple tree as the sun rises over dew-misted grass. A baby laughing. Warm apple pie, and the smell of home-baked bread. Cooling raindrops on a scorching hot day. A hug from a friend...

Try counting the sweet and simple things in your life—the real things that matter. What postcards of God's love and presence will you gather today?

Media Morsels

Book Review



Eat Your Peas Faithfully: Simple Truths and Happy Insights!

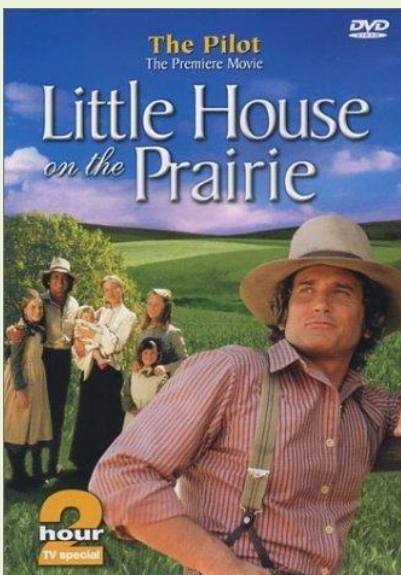
Author: Cheryl Karpen
Illustrator: Sandy Fougner
Publisher: Thomas Nelson

*“My mama always said, ‘Eat your peas! They’re good for you.’
 The pages of this book are filled with nutrients for your heart.
 They’re simply good for you too!”*

Eat Your Peas is a good-for-you, life-affirming gift book filled with encouragement, faith-building Scriptures, and friendship for the journey of life. As you turn each page, you’ll find a cheerfully illustrated morsel of truth served up with a side dish of nourishing words to feed your faith. First written to send love and encouragement to a troubled teen, Cheryl soon discovered that *Eat Your Peas* was good for everyone!

Find this gift book, as well as others in the *Eat Your Peas* collection (*Eat Your Peas, Mom*; *Eat Your Peas, Daughter*; and more) at your local bookstore or online at www.eatyourpeas.com.

Movie Review



Little House on the Prairie (pilot film for the TV series)

Release Date: 1974
Genre: Drama, Western, Family, Romance
Runtime: 96 minutes

Take a trip down memory lane or meet Laura Ingalls for the first time as you travel back in time with this family-friendly, faith-inspiring movie.

Little House on the Prairie, the pilot movie for the long-running TV series of the same name, follows young Laura as she sets out with her family to become pioneers in the frontier West. Based on the beloved books of Laura Ingalls Wilder, the movie traces her childhood experiences as she faces hardships and shares heartwarming moments with her close-knit friends and family.

Share *Little House* with family members, or gather a girlfriend or two and take time out to savor the sweet and simple things in life!

Talk about it:

- How did Laura respond to the challenges of her daily life as a pioneer? How do you respond to your daily challenges?
- What are three “simple” things in your life that help you keep your faith and cope with hardships?
- How did the life challenges Laura and her family faced bring them closer together? Do your life challenges bring you closer to family and friends? Why or why not?

RECENT EVENTS REMEMBERED

BABY SHOWER FOR THE SHRADERS FOR MORE PICTURES GO TO

<http://smilebox.com/playEmail/4d6a55304e4455784e5468384e54517a4f54557a4d413d3d0d0a&sb=1>



WONDERFULL WORLD RETREAT

<http://smilebox.com/playEmail/4d6a55794e5445354d6a5a384e54517a4f54557a4d413d3d0d0a&sb=1>



CELEBRATE WITH CINDY CORMIER



If you have pictures of the New Comers Tea or other WM events, please send them to maryshaw@gmail.com

A TASTE OF WHAT IS HAPPENING FOR WOMEN

2011 NEDA women's retreat! We are excited to have a girlfriends getaway once again this year at Camp Spofford. If you missed it last year, we had a great time reuniting as a district body of believers and then gathering as a small group to plan for our own Women's Ministries programs. Good memories of worship, music and speakers; great food and fellowship; late night snack hours, informal prayer gatherings, community hikes, tennis, biking, shuffleboard, boat rides and REST!

Spread the word and start putting the bug in the ears of your bosses, hubbies, girlfriends, and kids that you will be **MIA from September 30-October 2!** Woo hoo!!! Invite your friends! Any questions, ask away! Download the attached brochure for more details. We will be signing up as a group, all those that respond by Aug 15. Let Mary Shaw know at marywshaw@gmail.com. A \$50 deposit is due by Sept 15. This year's theme is **BARE ESSENTIALS: DISCOVERING WHAT REALLY MATTERS IN YOUR LIFE!**

We are in the process of making a **calendar of events** for the year. If you have a ministry or event you would like included, please let us know the details. Volunteers are needed to host or help with various events, please let us know where your interests lay and we will help you gather a group of likeminded women.

These are a few suggested areas:

- Newcomer Tea
- Drop In- Girls night out event
- Bible Study- AM or PM
- Mom to Mom
- Exercise Class

Coming in February!



In February 2012, our day retreat will be expanded to include a Friday evening session with the option to stay for an extended time of fellowship, games and sleepover. (or go to your own bed and return on Saturday if you are a party pooper :v)

Be watching for details and involvement opportunities.