

February 2012

# THE SPICE

A taste of what's happening for women.

## FAITH EVANGELICAL FREE CHURCH



### THE WORD

**“Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”**

— Romans 8:39

**“Guard your heart above all else, for it determines the course of your life.”**

— Proverbs 4:23

### THINK ABOUT IT

**What makes it difficult for you to accept and believe in God's love for you?**

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## Know You Are Loved

We celebrate love this month—with flowers, chocolate, cards, romantic dinners, and parties with kids and friends. It's all in good fun, but stop for a moment and ask yourself—do you *feel* loved?

*Do you know how loved you really are?*

Professions of love from family and friends are wonderful...yet deep in our hearts we may still struggle with feeling un-loveable. Something may separate us from receiving the truth of love—from others and from God.

But the Bible makes it clear—*nothing* can separate us from God's love. Not worries, not fears, not wrong choices—not even guilt.

Guilt. It's a “g” word we sometimes give more power in our lives than the big “G”—God! We eat too much—and feel guilty. We say angry words—and feel guilty. We buy things we can't afford—and feel guilty. We watch a movie we shouldn't—and feel guilty. We tell a lie to get what we want—and feel guilty.

Too ashamed to tell anyone, let alone talk to God about how we feel, we allow our hearts to fill up with remorse. Pretty soon it's hard to feel God's love. If we've struggled with these issues over a long period of time, it becomes difficult to believe God loves us at all anymore.

Guilt and shame can distract our thoughts away from God's great love for us and weaken our ability to live from a heart of love. If we think more about guilt than we do about God's love, we'll have a difficult time. Instead of focusing on feelings of guilt, we need to fill our hearts and minds with the knowledge of God's love for us. Because nothing can separate us from it.

God loves you. Right this very moment. God loved you all day yesterday and will love you all day tomorrow. Believe it. Because living a victorious life in Christ depends on living from a heart overflowing with the knowledge of his love!



## Love is...?

Pop Quiz! Choose the correct answer to complete the sentence, "Love is \_\_\_\_\_."

- a) blind
- b) a feeling
- c) a warm puppy
- d) a choice
- e) all of the above



## 30 Day Husband Encouragement Challenge

*"The heart of her husband safely trusts her; so he will have no lack of gain. She does him good and not evil all the days of her life."*

*Prov. 31:11-12*

Check out this website for a challenge that will be a blessing to your home and result in spiritual growth in your own life.

<http://www.reviveourhearts.com/articles/30-day-husband-encouragement-challenge/>

## 5 Ways to Honor Your Husband

Excerpted from "The Politically Incorrect Wife" by Nancy Cobb & Connie Grigsby

A wife can honor her husband by:

1. Making sure her behavior is beyond reproach. A woman's behavior affects how others see her husband.
2. Not dishonoring his name in any way before others. "Husband bashing" has become far too common when women get together. It is easy to join in and even try to one-up each other regarding our husbands' faults. It is one thing to bring your personal problems before a trusted Christian counselor, pastor, or friend, and quite another to share your husband's faults with casual or even close friends. Also, be cautious with prayer requests. Not every Christian keeps a confidence. Prayer requests can often wind up as gossip.
3. Remembering that if you are married to a Christian man, you are married to someone of highest worth to Christ. If Christ regards your husband as precious and worthy, how can you possibly not? A woman who is married to a non-Christian should treat her husband in the same way. Christ died for his sins as well and desires a relationship with him. First Peter 3:1-2 says that our behavior may be the vessel that is used to win a non-Christian husband to Christ. If your husband is a non-Christian, based on your behavior alone would he have any desire to know more about your Savior?
4. Asking yourself whether your children see you honoring their father. You greatly influence how they view their father by how you honor him in your home.
5. Remembering that honor involves all that you do with your life—the way you talk and work, the values you hold, your morals. There is nothing that you do, say, watch, or reach that doesn't involve honor.

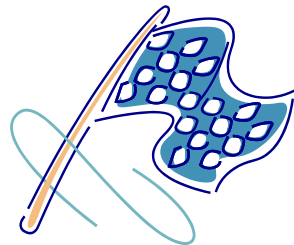
Are you, as a wife, bringing honor to God in the way you treat your husband?

We are to "love each other with brotherly affection and take delight in honoring each other" (Romans 12:10, TLB, emphasis added).

**SOUL FOOD FOR WOMEN:**

We have had some lively and inspiring discussions as we've pondered what God's revealed to us about Himself in the books of Genesis & Matthew. We've learned that God has vision for people, speaks encouraging words to them, makes promises to them, and repetitively reminds them of His promises using things they see daily in nature. God knows their unique needs and uses a multitude of teaching styles to help them develop a trust based relationship with Him. We've also seen that same teaching style in Jesus!

Our readings have also brought some "uncomfortable" issues to the surface and this has produced some lively discussions and fervent prayer. Thankfully, through what we've learned through God's relationship with Jacob in the book of Genesis, we can say with confidence that "God loves having passionate children who are willing to wrestle with Him and His word in order to go deeper in their bond with Him." The Holy Spirit is truly developing a thirst in us to know more. Feel free to join in at any time by emailing Maria Rosa at [mrsmbrosa@yahoo.com](mailto:mrsmbrosa@yahoo.com). Our next meeting to discuss our readings will be at church on Wed. Feb 15 at 7pm



**This week's "God Sighting".**

What's that? It can be God reaching out to validate something you have just read or discussed with respect to scripture. For example, when asking questions about something you've just read in the Bible, someone says; "I think I saw the answer to that in this book that I'm not using". Then, when opening the book you find a sticky note in the section where your questions are answered. It's like God waving a flag saying "Here I Am", I know what you want before you even ask! Is He talking to you?

**WOMENS EXERCISE CLASS**

*Get your heart pumping, stretch, condition and strengthen those muscles with friends. Tara Kasey will lead these free classes at church on Thursdays from 2:30-3:30.*

*Mark your calendars for the next Monthly Meals Fri., March 9, 9:00am-12:00pm at Heather and Stuart Woodrings'*

*Join us at FEFC this Wed, Feb 1 at 7PM to watch a 35 minute DVD by Patsy Clairmont entitled "Finding your Voice", from the Women of Faith conference. Discussion and prayer to follow. Contact Lorraine Stobbe*

*Here's the Pop Quiz answer key to check your score:*

**Love is blind.** Brain researchers have discovered that when we first fall in love good mood chemicals are activated, but the areas of our brain dedicated to judgment shut down. So for a time during the beginning of a relationship, we are only able to "see" the good!

**Love is a feeling.** Those good mood chemicals that are released when we feel love are responsible for that warm fuzzy feeling.

**Love is a warm puppy.** Charles Schultz's famous Peanuts book is titled *Happiness is a Warm Puppy*, and therapy dogs with organizations like *Love on a Leash* are spreading that love and happiness to adults and kids in senior living centers, hospitals, schools, and hospice centers across the country.

**Love is a choice.** Love loves even when the other person doesn't deserve it. God gave undeserved love to us, and that love helps us to love the hard-to-love people in our lives. That's the power and beauty of redeeming love—it's not about the feeling, it's about the doing.

Your score? A+! Because no matter which answer you picked you are correct!

# SeaSide ESCAPE™

WHERE WOMEN BASK IN GOD'S PRESENCE

*Wish you were at the beach?*

Longing for time to slow down, wiggle your toes in the sand and bask in the warmth of God's presence? We would be so excited if you would join us at SeaSide Escape. It's a beach-themed, one day retreat where you'll experience meaningful Bible study and worship, connect with other women, and have time for quiet reflection and plenty of laughter.

**LOCATION:** FEFC Fellowship Hall

**DATE:** Saturday, March 3, 2012

**TIME:** 8:30 -4:30

**COST:** \$30 Includes meals, Journal, Gift, Missions Project

**CONTACT:** Mary Shaw at marywshaw@gmail.com



- Let me know if you will need babysitting .
- Help is needed with registration, food prep, decorating and babysitting.
- Scholarships are available on a limited basis
- Gift certificates can be purchased for a friend



## Media Morsels

### Book Review

#### *A Jane Austen Devotional*

**Author:** Steffany Woolsey

**Publisher:** Thomas Nelson Inc., 2012

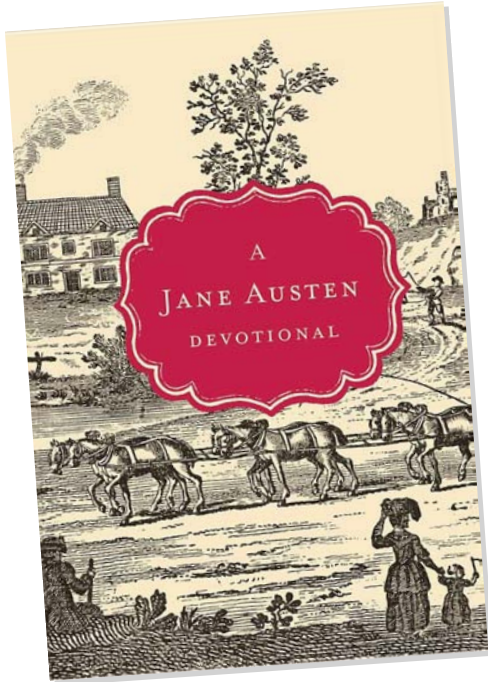
“I am not ashamed of having been mistaken...Let me take it in the best light, in the light in which it may be understood.”  
*Pride and Prejudice*

Revisit your favorite Jane Austen novels in this unique devotional book as you discover hidden biblical insights like this one:

“In Jane we see a rare example of someone who follows the true biblical definition of love. Humanity’s overwhelming tendency is to jump to conclusions, or expect the worst to avoid disappointment, or turn our backs on people who hurt us. The extent to which we demonstrate this kind of love requires God’s operative grace in our lives.”

In *A Jane Austen Devotional*, you’ll find over 100 excerpts from well-known Austen novels like *Emma* and *Pride and Prejudice*, paired with scriptures and biblical reflections. Take a stroll through the pages and let Austen’s words newly illuminate living and loving in God’s grace.

*A Jane Austen Devotional* can be found at your local Christian bookstore or online at Amazon or Christianbook.com.



### Movie Review

#### *Love Comes Softly*

**DVD Release Date:** 2003

**Genre:** Romance, Western, Drama

**Rating:** TV-PG, some violence

**Length:** 88 minutes

What’s better than a great chick flick? A great chick flick with an inspiring message of faith and hope!


Based on the popular novel by inspirational author Janette Oke, *Love Comes Softly* chronicles the westward journey of Marty, a young woman whose dream to find new opportunities on the great American plains turns to tragedy. As her pioneering spirit is tested, she discovers unexpected strength, faith, and eventually the courage to find love where there once was only loss.

*Love Comes Softly* is available on DVD for rental from Netflix or Blockbuster, or for purchase through Amazon or your favorite video store.



# February

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
			<b>JOY</b> 9:45A <b>WOMEN OF FAITH</b> DVD 7P	<b>EXERCISE</b> 2:30-3:30P		<b>MONTHLY MEALS</b> 1:00-4:00P <i>Raczewskis'</i>
5	6	7	8	9	10	11
	<b>MOM TO MOM</b> 9:30A		<b>JOY</b> 9:45A	<b>EXERCISE</b> 2:30-3:30P		
12	13	14	15	16	17	18
	<b>MOM TO MOM</b> 9:30A	 Valentine's Day	<b>JOY</b> 9:45A <b>SOUL FOOD</b> 7P Sunroom	<b>EXERCISE</b> 2:30-3:30P		
19	20	21	22	23	24	25
	President's Day  School Break					
26	27	28	29			
	<b>MOM TO MOM</b> 9:30A		<b>JOY</b> 9:45A			

"The LORD your God is with you,  
 He is mighty to save.  
 He will take great delight in you,  
 He will quiet you with his **love**,  
 He will rejoice over you with singing."  
**Zephaniah 3:17**