

HEART to HEART

women's ministry newsletter

CALVARY MURRIETA

JAN 2018

A FRESH HOPE

January is always a time to “re-whatever.” Re-start, re-new, re-think, re-evaluate, re-do. It’s a time to start afresh or to make needed changes. It’s a time to re-evaluate our priorities and our commitments. Sometimes we feel like it’s simply a new start, putting past mistakes

“THE GOOD NEWS IS, I CAN ONLY DO SO MUCH, BUT GOD CAN DO SO MUCH MORE!”

and blunders behind us and moving forward with new vision and intentions. This year seems like it’s been filled with frustrations, disappointments, tragedies, and heartaches. People all around the world seem to be losing HOPE and becoming fearful. Apart from the Lord, I completely understand it. What HOPE is there that “we” can do anything to fix anything? But God. I love that His mercies are new every morning. I love that He is the God of ALL HOPE and our HOPE is built on Him, not us. Of all the “new” things that January brings, each and every morning brings us a fresh, new HOPE in Jesus Christ, our Blessed, Living HOPE. When we are afraid, we can trust in Him. When we have doubts, we can trust in Him. When we are broken-hearted, we can trust in Him. When we need peace, we can turn to Him. He is our HOPE for everything! In John 16:33, Jesus said, “I have told you all this so that you may have peace in Me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world!” (NLT) Sometimes we deal with situations or circumstances for so long that we are tempted to think that there is no hope for

change. Frankly, I’m there right now in a situation. But I love what Laura Rath wrote: “Some days, I might be tempted to believe that things will never change. I can only do so much and if nothing I’ve done has worked by now, change looks like a slim chance. The good news is, I can only do so much, but God can do so much more! I don’t know when and I don’t know how, but I know He can. And He will. It may not look the way I expect, but that doesn’t mean He’s not at work. Jesus overcame the world, so how could He not be able to handle this situation too? If my hope rests on what I can do, I will sorely be disappointed. When my hope rests in Him, I feel comfort and peace. Waiting on what God will do is not easy, but neither is waiting to see if I can come up with any workable solutions. Where waiting on myself makes me worried, afraid, and filled with anxiety, waiting on God allows me to breathe.”

Do you need fresh HOPE today? Paul tells us that we have a HOPE laid up for us in Heaven! (Colossians 1:5) David, who needed HOPE constantly, said this in Psalm 31:24, “Be of good courage, and He shall strengthen your heart, all you who HOPE in the Lord.” Let’s make this year a year that we are driven by HOPE, fueled by HOPE, and led by HOPE. A HOPE that’s fresh every morning!

Happy New Year my friends!

In Him,



Kelly



CROCK-POT CHICKEN & DUMPLINGS

From
www.delish.com

Ingredients

- 1 onion, chopped
- 1 1/4 lbs. Tyson Boneless Skinless Chicken Breasts
- 1 tsp. Oregano
- Kosher Salt
- Fresh Ground Black Pepper
- 2 cans cream of chicken soup
- 2 cups low sodium chicken broth
- 4 sprigs of Thyme
- 1 Bay Leaf
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 3 cloves garlic, minced
- 1 tube refrigerated biscuit dough
- 2 tbsp. chopped parsley
- 1/2 cup freshly grated Parmesan, (for garnish, optional)

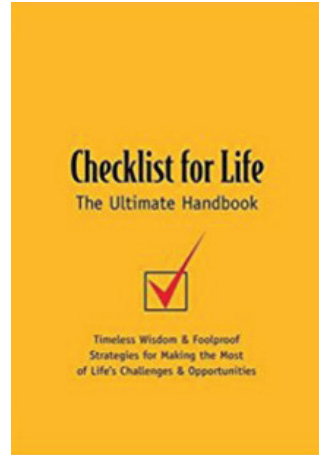
Directions:

1. To the bowl of a large slow cooker, add onion in an even layer in the bottom of the bowl and place Tyson Boneless Skinless Chicken Breasts on top. Add oregano and season with salt and pepper.
2. Pour soup and chicken broth on top then add the thyme and bay leaf. Cover and cook on high for 3 hours, or until the chicken is cooked through.
3. Discard thyme and bay leaf, then shred the cooked chicken with two forks. Stir in celery, carrots, peas and garlic.
4. Cut biscuits into small pieces. Top the chicken mixture with the biscuits and cook on high for another hour, until the vegetables are tender and the biscuits are cooked through and chicken reaches an internal temperature of 170° F.
5. Garnish with Parmesan and parsley and serve.

Book Review

From

Barb Costley



Checklist For Life: The Ultimate Handbook by Thomas Nelson Publishers, is a how-to guide to help us master all the big stuff in life while trying not to sweat the little things that seem to pop up every single day and even sometimes every hour. It just might be the perfect way to start the New Year and hopefully helps us maintain our New Year resolutions that typically seem to last only a short amount of time, even if we're diligent and disciplined.

This book contains sixty-six passages with a wide variety of topics. It can be read cover to cover to help prepare for all of life's grand adventures, or as a resource guide for specific challenges and opportunities that we may face. It may simply be a tool to help us anchor our lives to the timeless wisdom and truth of God's Word. At the end of each topical chapter is a checklist to help us ponder and reflect on what we've just read so we can apply these truths to our journey. As I look at the challenges that I personally face and that face our nation, I know that I need as many tools as possible in my little toolbox. So, for me, the chapters; "Pass the Tissues," "Enemy Mine," and "Woven Together" were very applicable in today's world.

"Life is a big adventure. Be prepared. Bring Checklist for Life along for the ride!"



CALVARY MURRIETA

Missionaries

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:
Shepherds Staff

• the Ramsey Adventures •

A funny thing happened to me the other day as I was taking my laundry off the line. As I was unclipping a pair of underwear, I saw what I thought was a dried leaf clinging to them. I tried to shake it off, but when it wouldn't fall off, I took a closer look. It was a giant moth! I didn't even know they could fly up this high (32nd floor). I immediately flicked the frightened creature off and out through the open window. I laughed at how funny that would have been if I hadn't seen it and just put them in the drawer with it still inside. Can you imagine the chaos of it flying out at me later? So, from now on, I've decided to do a quick inspection before bringing the clothes inside.

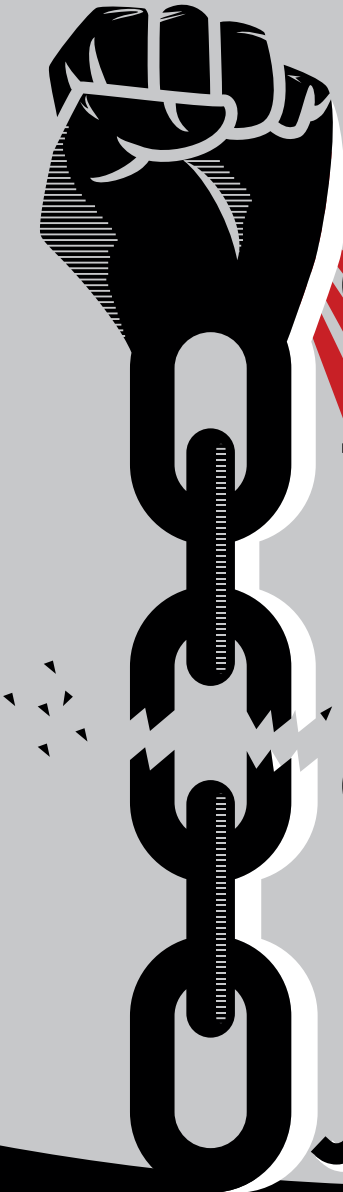
I think that's good practice in life too. It's good to regularly do a quick inspection of our heart, our thoughts, our intentions, our attitudes, etc. before something unwanted gets stuck in there. Have you got anything that needs to be flicked out the window? I'm sure I do. After all, I don't want it flying out at me later!

On a completely different subject.....Mike and I will be coming to California in December to attend our son-in-law's graduation from CCBC and to celebrate the holidays together. Hopefully, we'll get to see some of you and thank you in person for all the prayers and financial support you have given us over these past months. We are humbled and truly thankful for you all!

For updated prayer requests and pictures visit: www.bamboopandas.wordpress.com

SUN | JAN 28
CALVARY MURRIETA

SPECIAL GUESTS:



BEATING
THE
DRAGON
FOR
JUSTICE

JOHN RICHMOND



FOUNDING DIRECTOR OF THE HUMAN TRAFFICKING INSTITUTE

DON BREWSTER



FOUNDER OF AGAPE INTERNATIONAL MISSIONS (AIM), A NON-PROFIT ORGANIZATION THAT WORKS TO HELP GIRLS CAUGHT IN THE SEX TRADE IN CAMBODIA.

FOR MOVING FROM SHOCK AND OUTRAGE TO ACTIVE ENGAGEMENT



WITH HOPE

ISAIAH 61:8

Calvary Murrieta Women's Ministry



REAL
TUESDAYS

Relationships
Encouragement
Accountability
Laughter

*"Weight on
the Lord"*
(Psalm 27:14)

Calling ladies of all ages! Join us for **REAL Tuesdays** on January 23rd from 7:00-8:30 pm. Now that the holidays are over, it's time to get healthy! Just as living a healthy lifestyle strengthens our bodies, living healthy "spiritually" strengthens our hearts as well. Learning to "wait" on the Lord is part of a healthy spiritually diet. Come connect with other women, eat some healthy snacks, and be reminded about the importance of waiting on the Lord! Carrots anyone? Let's be **REAL**, ladies!

For more information, contact Kelly at kbell@calvarymurrieta.com.



Abundance



By: Dawn Spice

Every year I choose a word to represent the coming year. Something that embodies all of my hopes and dreams for the new year or the changes that I plan to make in my life. I do the same thing for each holiday season. (I know this might sound weird to some of you. What can I say? I'm a writer, words are important friends to us) For 2018, I have decided that my word is going to be ABUNDANCE. No, this doesn't mean that I want to gain a bunch of material possessions. Rather what I am after is seeking and recognizing the existence of one of the dictionary definitions of abundance: plentifulness of the good things of life.

For this year I want to stop living like I have a lack. Psalm 34:10 says that those who seek the Lord lack no good thing. I want to fully understand just exactly how blessed I am. My life is already full of good things and I should be giving thanks for them Every. Single. Day. But beyond this, I need to stop making excuses for not doing the hard and holy things because I don't have enough. Not enough money, not enough time. I'm not educated enough, not spiritual enough, simply not good enough. Some of these things may even be true, but the real-honest-to-God truth is HE is enough. Some of you may have heard the expression, "You have as much of God as you want." This phrase has been running almost non-stop in my head for the last several months. I want the full abundance of God Himself. He is always enough, his grace and love and strength never run out, and whatever situation or task is ahead is doable because of Him. I plan to love the way that I am loved. I'll serve wholeheartedly without reservation. I will give like I am rich (because aren't we all?). And I intend on removing the phrase "I can't" from my vocabulary. Sure, there will still be things I will have to choose not to do because they aren't the Lord's will or timing, but the things that are from the Lord I will do big and fearlessly, knowing that all that I need to complete it will come from Him. In Christ alone is my abundance.

If you want to adopt a word for yourself for this year, it's pretty simple. I suggest you think, pray, and keep your eyes out for something that jumps out in a book you are reading, a Scripture passage, or even a social media post. Sometimes you will see the same word repeated over and over in different places and it will make you really start to think about what it means and what it means to you. Or if you want, you can take my word as your own, because really don't we all need to start living the abundant life that Christ died to give us?

"I came that they may have life, and have it abundantly." John 10:10

MARK YOUR CALENDARS

Parenting Seminar: "Alone Together" Learning to Use Technology with Wisdom-
January 19th, 7:00 p.m.-8:00 p.m.

January REAL - January 23rd, 7:00 p.m

Justice Matters Sunday - January 28th

February REAL - February 27th, 7:00 p.m.

"When Leaders Lead" Women's Conference - March 16th-18th

Women's Retreat - April 13th-15th, Twin Peaks Conference Center

BIBLE STUDIES *and* GATHERINGS

M.O.M.'S (MOMS ON A MISSION)
1st and 3rd Thursdays of every month.
Call Jessica Cernetic at 619-871-5377.

"REASONS TO REJOICE" WOMEN'S BIBLE STUDY
Meets various times and days.
Call Cindy Chapman at 677-5667.

LADIES CHRISTIAN BOOK CLUB
2nd Wednesday at 11:30 am. Call Debre': 764-0408
3rd Thursday at 7:00 pm. Call Susan: 290-9753

WIDOWS MIGHT MINISTRY
1st Tuesday of every month from 6:00 pm-8:00 pm.
Call Betty at 951-219-4560.

REAL TUESDAYS
4th Tuesday of the month beginning September 26th.
Call Kelly at 951-677-5667.

SUNDAY NIGHT OF PRAYER
1st Sunday of every month at 6:30 pm.
In the Agape Room.

Check Out

<https://www.facebook.com/freeandfunforkids/>

A FB page that helps moms be aware of various activities, resources, and FREE events for kids of all ages!

MINISTRY OPPORTUNITIES



The Sound and Powerpoint Ministry is in need of ladies to assist with services.
Please contact Richard at 813-6026.

Interested in being part of the Welcome Team on Sunday mornings or Wednesday evenings?
Call Donna Hansen at 551-6594.

Nursery helpers needed for all services and Wednesday nights on a rotating basis.
Call Tony Schaffner at 677-5667.

Meals Ministry needs volunteers to prepare meals for those in need.
Call Cindy Chapman 677-5667.

If you'd like to be a part of the Prayer Chain, please call Kristyn at 677-5667.

Article Submissions: If you would like to submit something to the Women's Newsletter; poems, recipes, devotions, ideas, tips, etc., please email submissions to kbell@calvarymurrieta.com



january 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 CHURCH OFFICE CLOSED	2 CHURCH OFFICE CLOSED WIDOWS MIGHT 6:00 PM-8:00 PM	3 CHURCH OFFICE CLOSED	4 CHURCH OFFICE CLOSED	5 CHURCH OFFICE CLOSED	6
7 CHURCH 7:30 AM, 9:30 AM & 11:30 AM NIGHT OF PRAYER 6:30 PM AGAPE ROOM	8	9 R & R STUDY RESUMES 7:00 PM SANCTUARY	10 BOOK WORMS 11:30 AM CALL DEBRE 764-0408 BIBLE STUDY • 7:00 PM	11	12 CHURCH OFFICE CLOSED	13
14 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	15 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	16 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	17 R & R STUDY 9:15 AM LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 7:00 PM	18 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133 R & R STUDY 7:00 PM BOOK WORMS 7:30 PM CALL SUSAN 290-9753	19 CHURCH OFFICE CLOSED PARENTING SEMINAR 7:00 PM-8:30 PM END IT 2018 YOUTH HUMAN TRAFFICKING CONFERENCE 6:30 PM-9:00 PM	20
21 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	22 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	23 R & R STUDY 9:15 AM R & R STUDY 7:00 PM REAL TUESDAY 7:00 PM-8:30 PM	24 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	25 R & R STUDY 7:00 PM	26 CHURCH OFFICE CLOSED WIDOW'S FELLOWSHIP	27
28 JUSTICE MATTERS SUNDAY 7:30 AM, 9:30 AM, & 11:30 AM	29 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	30 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	31 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM			

CALVARY CHAPEL MURRIETA WOMEN'S MINISTRY • 24225 MONROE AVE. • MURRIETA, CA 92562
 CONTACT US AT: (951) 677-5667 • WWW.CALVARYMURRIETA.COM • KBELL@CALVARYMURRIETA.COM