



# HEART to HEART

women's ministry newsletter



JAN - FEB 2019

## JOY IN JANUARY

What brings you joy? What kinds of things, events, or people, bring joy to your life? You may immediately think of family and friends, types of food or certain hobbies, or maybe specific holidays. January makes us think a lot of new beginnings, starting over, and resolutions. For many

it's a time of self-reflection and evaluation.

“PSALM 16:11 TELLS US THAT “IN HIS PRESENCE IS FULLNESS OF JOY.” THAT’S A PROMISE TOO. ”

This morning in my devotion, the Holy Spirit prompted me to read Psalm 119:1-8, which really threw me into reflection mode. We know our ultimate and true joy should be found in Christ, but sometimes we try to find it elsewhere. In the NLT, verse 1 says, “Joyful are people of integrity, who follow the instructions of the Lord. Joyful are those who obey His laws and search for

Him with all their hearts. They do not compromise with evil, and they walk only in His paths.” I loved the reminder that God brings us JOY when we follow Him and live rightly. When we are walking in His will, in His strength, and following His Word, He will bring us JOY. I think that’s a promise. Then, you might say, why don’t I “feel” JOY, because I am doing that. I’ve asked myself the same question. Although I don’t pretend to know all the answers, I know if something is awry, it certainly isn’t with God, so it has to be in me. Most likely, I am looking for JOY in something else, trying to find it in relationships with people, or in doing “happy” things, or in countless other ways. His JOY is there for the taking. Psalm 16:11 tells us that “In His presence is fullness of JOY.” That’s a promise too.

So, am I meeting with Him daily? Am I reading and meditating on His Word? Am I praying diligently and consistently? Am I in fellowship with other believers? Am I, like the Psalmist wrote, “Searching for Him with all my heart?” That’s where it starts. That’s probably where the problem lies; in my own heart. Maybe I’ve allowed so many other things to crowd into my life that I’m too distracted. Perhaps there are so many voices calling out to me that I’m having trouble recognizing His because I’ve forgotten what He sounds like? January ... such a good time to do some spring cleaning. But usually we think of resolutions in regards to healthy habits, or eating habits, or exercise habits, and forget to look at our “spiritual habits” or disciplines. Those are the most important habits to form; habits that point us to Christ and encourage us to keep pressing forward.

As January quickly passes and rolls into February, then March, and April ... don’t stop seeking Him and making the Lord THE priority of your life. Don’t say “yes” to God in January and forget about Him quickly like we do with New Year resolutions. Cling to Him, for HE is our life, Moses said. Ladies, there is no life outside of Him. Know that. Believe that. Live that. And let’s pray Psalm 119:7-8 with David, “As I learn Your righteous regulations, I will thank You by living as I should! I will obey Your decrees. Please don’t give up on me!” And as For King and Country sings, “CHOOSE JOY!”

**Happy New Year!**





## CHICKEN AND TWO BEAN CHILI

FROM  
ALLRECIPES.COM  
BY ASH AND STEVE

### Ingredients:

- 2 chicken breasts, cut into chunks
- 1 tablespoon olive oil
- 1/3 red onion chopped
- 3 cloves garlic, minced
- 1 (15 ounce) can black beans, drained
- 1 (14.5 ounce) can great Northern beans, drained
- 2 (14.5 ounce) cans diced tomatoes with green chile peppers
- 1 (14 ounce) can tomato sauce
- 1/2 cup chicken stock
- 1/2 cup brown sugar
- 1/2 cup frozen corn
- 1/4 cup white vinegar
- 3 tablespoons chili powder
- 2 tablespoons ground cumin
- 2 tablespoons dried cilantro
- Dash of salt
- 1 pinch cayenne pepper
- 1/2 green bell peppers, diced
- 1/2 red bell pepper, diced
- 1/2 yellow bell pepper, diced

### Directions:

1. Fill a large pot with lightly-salted water and bring to a boil. Boil the chicken until no longer in the center and the juices run clear, 7 to 10 minutes. Drain the chicken and place in a slow cooker.
2. Heat the olive oil in a skillet over medium heat. Brown the onion and garlic in the hot oil, 5 to 7 minutes; scrape into the slow cooker.
3. Add the black beans, great Northern beans, tomatoes with green chilies, tomato sauce, chicken stock, brown sugar, corn, vinegar, chili powder, cumin, cilantro, salt, and cayenne pepper to the slow cooker. Cook on high until the beans are tender, 3 to 4 hours. Stir the diced green, red and yellow bell peppers into the chili and cook another 20 minutes.

## BOOK REVIEW

FROM

*Barb Costley*



RISE AND SHINE, by Liz Curtis Higgs is a daily dose of encouragement to start your day. As Liz puts it, "Might I have two of those precious minutes each morning? Two minutes to whisper a gentle word of encouragement, to brush a feather across your funny bone, to prove how beautiful and valuable you are to God. Two minutes. No calories, no squat thrusts. I promise. Rise sister of mine. And Shine."

Hmmm. That sounds pretty good to me. I enjoy my morning cup of coffee so to start the New Year out right, I am going to add this to my morning coffee routine. Just two minutes and two pages, and hopefully His light be reflected in my countenance like the sunrise-on-a-bluebird kind of day! Who knows, maybe my morning commute might shine as well! (Well, we can always hope!)

I decided to cheat and look through a few chapters in this sweet little book just so I could write this review, since I had already decided that this was going to be my January 2019 book. And of course, the chapter that grabbed my attention immediately was on pain management because I know a thing or two about slipping and falling. This story had me laughing out loud. I just love how Liz can put everything into perspective. I hope you join me this January with our two minutes, two pages, and maybe two cups of morning coffee. Let's get encouraged to Rise and Shine, and to start the day and the New Year afresh!



ISAIAH 61:8



SUNDAY, JAN 27TH  
7:30, 9:30, 11:30 AM  
CALVARY MURRIETA



*The* HUMAN TRAFFICKING  
INSTITUTE

**GUEST SPEAKER**  
**VICTOR BUTROS,**  
*CEO AND A FOUNDING DIRECTOR OF  
THE HUMAN TRAFFICKING INSTITUTE*



24225 MONROE AVE. | MURRIETA, CA 92562 | 951-677-5667

CONTACT KELLY AT [KBELL@CALVARYMURRIETA.COM](mailto:KBELL@CALVARYMURRIETA.COM) OR VISIT [WWW.CALVARYMURRIETA.COM/MINISTRY/JUSTICE](http://WWW.CALVARYMURRIETA.COM/MINISTRY/JUSTICE)



# THAT BURNING QUESTION I FINALLY KNOW...

BY SUSAN WELLS

As I was taking my morning walk on the Friday after Thanksgiving, I started apologizing to God for falling asleep on Him last night as I wanted to thank Him for a great day -- one without real drama, one with joy for everyone this year. I thanked Him for the heavy morning fog I was walking through and for how He created everything when suddenly, and without warning, I started crying out to Him in desperation for something I didn't even realize was on my mind.

"Why, God, did you do it in the first place? Why did you create man (and woman) when You knew ahead of time that they would sin? Why did You plant the garden for them to live in, give them dominion over all the earth's things, to the point of even having Adam name all the creatures, when You knew ahead of time that they would ruin everything You had made for them?"

*WHY, GOD,  
DID YOU  
DO IT IN  
THE FIRST  
PLACE? WHY  
DID YOU  
CREATE MAN  
(AND WOMAN)  
WHEN YOU  
KNEW AHEAD  
OF TIME  
THAT THEY  
WOULD SIN?*

"Why, God, did You create everything, and everybody, when You knew ahead of time that people throughout time would starve, be raped, murdered, enslaved, and experience every form of evil?"

"You even planned before the world began, that this would all happen, that people would turn from You, and that Your Son, whom You love, would agree to come down to earth and become a flesh and blood man. You planned that He would live a rather short life, and then become the final sacrifice so that all mankind could believe on His resurrection and have new life in Him."

"Why did You go through all that trouble? You knew ahead of time that mankind would turn from You—not once, but over and over and over...."

The word 'puppet master' kept coming in my head as I cried out to You. I told You I was sorry, but I really needed to understand why? Why did You do it all in the first place?

I started thinking about what Your Word says about why we were created, and I remembered knowing, "All that's fine, but couldn't You do that without all the messiness of sin? Couldn't You, since You already knew that sin would enter the world through Adam and his lovely wife Eve, coordinate a different way to have us worship You and have fellowship with You? Couldn't You have just arranged to have that sneaky serpent not even find his way into the garden?"

"Did You have to allow all the craziness that happened because of the fatal flaw Eve made in listening to him?"

I groped through the morning fog, which was engulfing my spirit in a heaviness I hadn't felt before, and I begged You, really begged You, to explain to me why I was having these questions.

I knew I loved You.

I knew I wanted to live for You.

I knew I wanted my family to follow after You.

I knew I wanted to still tell people about You, and how much You loved and cared for them. But the stifling question swirling in my fog-heavy head just wouldn't go away and I needed Your help to understand.

I continued to walk and as the fog swirled around me still, all of a sudden, You calmed my heart. You asked me a few questions as well, (I should have known I wasn't the only one who could ask questions at this moment.) and as I listened, I started to understand.

You asked me why did I decide to have children? Wow, that was a good question. I started sobbing at the realization when I allowed myself to answer that question.

Why did I have children? Well, I wanted a family that I could love and care for. I wanted to have a close relationship with them. I wanted them to love me too. I wanted to help them to grow up, enjoy their accomplishments, be there when they hurt, help them when they had roadblocks. I wanted to be able to talk with them, discuss life's issues, have fun with them.

You asked me another question. "Did you think about having the hard times with them before you decided to be a parent?" My heart answered that one by saying "Yes, I knew they wouldn't be perfect children. I knew I'd need to lead them and they wouldn't always listen to me. I knew the expression 'the terrible twos,' and I prepared myself for that. I had heard that teenage years were super hard (after all, I was a teenager), and that they might not do in life what I'd hoped and dreamed for them to do."

God asked my heart this last question. "If you knew the risks of having children ahead of time, and there'd be hard times, why did you do it?"

That's when the tears started flowing super hard. I realized just by God's example to me, why He did it all in the first place.

I had to see it from the view point of a parent. Even though I couldn't see the exact future of my life like God could, I still wanted to be a parent. I wanted to help create little human beings to love, and to love me, and to have a close relationship with me, even though I knew it would not be perfect. I'd probably cry and be disappointed, get irritated, deal with some major issues down the road and sometimes wonder why I did it in the first place. I wish I could tell you that the fog lifted at that point, but it didn't. The fog still hovered around me, but I was able to see the truth in spite of the fog.

God wanted to have children to love and who would love Him in return (hopefully). He decided that even though He knew the beginning from the end, He still wanted to do this. Even though He knew we'd reject Him, He still wanted to have us so we could have a close relationship with Him. Because He is God, He didn't even have to speculate on what might happen. He knew ahead of time. BUT, He had a plan in it all. He worked (and is still working) everything that we messed up to accomplish His ultimate goal. The goal was to have a close relationship with all of us, and eventually, when He was ready, to have a perfect world that would last to eternity. I forget that He CAN see the beautiful finish. He told us about it in His Word.

"And I heard a loud voice from heaven saying, 'Behold, the tabernacle of God is with men, and He will dwell with them and they shall be His people. God Himself will be with them and be their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.'"

I started praising Him that He took the time this morning to speak to me, a small insignificant girl, and gently shake my doubts into a blaze of understanding. I wanted to shout it from the mountaintops. That nagging question I just couldn't figure out with all the books I've read, all the Scripture I've poured over, was finally answered, out of my desperate need to understand directly from my Abba, my Heavenly Father. Amen and amen!!! Praise Him this morning and forever.

GOD ASKED MY  
HEART THIS LAST  
QUESTION. "IF  
YOU KNEW THE  
RISKS OF HAVING  
CHILDREN AHEAD  
OF TIME, AND  
THERE'D BE HARD  
TIMES, WHY DID  
YOU DO IT?"  
THAT'S WHEN THE  
TEARS STARTED  
FLOWING SUPER  
HARD."

Calvary Murrieta Women's Ministry



REAL  
TUESDAYS

Relationships  
Encouragement  
Accountability  
Laughter

"Mittens, Mugs,  
and Meltdowns"

1 Peter 5:7

Calling ladies of all ages! Join us for our next REAL Tuesday on Jan. 22nd from 7:00-8:30 pm. Come "cozy up" with the Father and learn how to avoid meltdowns as we discuss how to keep our cool, chill out, and cast our cares on Him! Bring one of your old favorite mugs for a musical mug exchange and be ready to see old friends, connect with new ones, and have a great time of worship, fellowship, and fun. Let's create new Relationships, bring Encouragement to one another, hold each other Accountable to what is right, and Laugh out loud! Let's Be REAL Ladies!

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

#realluesdays

# MARK YOUR CALENDARS

**The Well Path - Collecting gently used shoes through the month of January**

**Reasons To Rejoice Bible Study Resumes - January 10th, 7:00 P.M., Sanctuary**

**Women's Ministry Retreat Planning Meeting - January 17th, 7:00 P.M.**

**REAL Tuesday - Jan. 22nd, 7:00 P.M., Sanctuary**

**Justice Matters Sunday - January 27th, 2019**

**M.O.M.S. Meetings - February 7th and 21st, 9: 15 A.M., in Room 133**

**Women's Retreat 2019 - March 29th - 31st**

**When Leaders Lead Conference - March 15th-17th**

**Empower to Connect - April 5th**

## BIBLE STUDIES *and* GATHERINGS

### M.O.M.'S (MOMS ON A MISSION)

1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month.  
Call Jessica Cernetic at 619-871-5377.

### "REASONS TO REJOICE" WOMEN'S BIBLE STUDY

Resumes January 10th  
At various days and homes.  
Call Cindy Chapman at 677-5667.

### LADIES CHRISTIAN BOOK CLUB

2<sup>nd</sup> Wednesday at 11:30 a.m. Call Debre': 764-0408  
3<sup>rd</sup> Thursday at 6:30 p.m. Call Susan: 290-9753

### WIDOWS MIGHT MINISTRY

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month at 3:00 p.m-6:00 p.m.  
Call Gail at 310-702-0972.

### REAL TUESDAYS

January 22<sup>nd</sup>, 2019.  
Call Kelly at 951-677-5667.

### SUNDAY NIGHT OF PRAYER

1<sup>st</sup> Sunday of every month at 6:30 p.m.  
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 Kristyn Suemnick 677-5667.

If you'd like to be a part of the Prayer Chain, please call Kristyn Suemnick 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](mailto:kbell@calvarymurrieta.com)



# january 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Happy New Year's Day!</i>	2	3 <b>MOMS MEETING 9:15 AM - 11:15 AM ROOM 133</b>	4 CHURCH OFFICE CLOSED	5
6 CHURCH 7:30 AM, 9:30 AM & 11:30 AM  CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	7	8	9  BIBLE STUDY • 7:00 PM	10  <b>R &amp; R RESUMES 7:00 PM SANCTUARY</b>	11 CHURCH OFFICE CLOSED	12
13  CHURCH 7:30 AM, 9:30 AM & 11:30 AM	14 R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	15 R & R STUDY 9:15 AM  R & R STUDY 7:00 PM  WIDOWS MIGHT 3:00 PM CALL 310-702-0972	16  R & R STUDY 9:15 AM  LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 7:00 PM	17 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133  R & R STUDY 7:00 PM  WOMEN'S MINISTRY MEETING - 7:00 PM  BOOK WORMS 6:30 PM • 290-9753	18 CHURCH OFFICE CLOSED	19
20  CHURCH 7:30 AM, 9:30 AM & 11:30 AM  <b>CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM</b>	21 R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	22 R & R STUDY 9:15 AM  REAL TUESDAYS 7:00 PM MITTENS, MUGS AND MELTDOWNS  R & R STUDY 7:00 PM	23  R & R STUDY 9:15 AM  BIBLE STUDY • 7:00 PM	24  R & R STUDY 7:00 PM	25 CHURCH OFFICE CLOSED	26
27  <b>JUSTICE MATTERS SUNDAY 7:30 AM, 9:30 AM &amp; 11:30 AM</b>	28 R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	29 R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	30  R & R STUDY 9:15 AM  BIBLE STUDY • 7:00 PM	31  R & R 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