

HEART to HEART

WOMEN'S MINISTRY NEWSLETTER

CALVARY
MURRIETA

JAN - FEB 2020

Promises, Promises

January. The month of promises. The month of resolutions and changes and goal setting. People everywhere use this month as a “new beginning” to change old habits, create new ones, and change priorities and routines. As I often say, I don't like to make “resolutions” because

“But we can ask Him to help us see our areas of unfaithfulness and for His help to become more faithful”

I always break them, and I'd rather make goals for myself weekly, which is sort of what I do. In fact, as I was getting ready to sit down and write this, I was thinking about how much sugar I eat and how I really need to slow it down. Then, as I sat down to write, I immediately reached over and grabbed a cookie while I was typing. Ahhhhhh! I'm an addict! (Guess that should be one of my resolutions!)

Resolutions are notoriously broken, which is how the majority of health clubs used to make their money. They would charge a yearly fee, knowing that people would stop coming after a few months. (Now they have a monthly fee which is much better!) Anyway, what's my point? Promises are easily made and easily broken. As I pondered that while munching on my cookie, I was reminded of God's faithfulness and how He never, ever, breaks His.

The word “faithful” means to “remain loyal and steadfast.” Some synonyms are constant, true, devoted, and unswerving. 2 Corinthians 1:20 says that “All the promises of God in Him are yes, and in Him, Amen, to the glory of God through us.” He is a faithful God, true to Himself and true to His Word. He cannot lie; He cannot break His promise. I love when Solomon

addresses the congregation of Israel in 1 Kings 8:56 and proclaims, “Blessed be the Lord, who has given rest to His people Israel, according to all that He promised. There has not failed one word of all His good promise, which He promised through His servant Moses.” We can say the same today. Although we are called to let our “yes be yes and our no be no” (Matthew 5:37), we still fall short. But not Him. If He said it, we can count on it, we can claim it, we can cling to it. When we are faithless, He is faithful (2 Timothy 2:13)! That's only one of the many things I love about our God!

So if you use January as a time of reflection, perhaps it would be good to focus on the faithfulness of God and ask Him to help you be faithful to keeping His Word. That's a big task and we need the Holy Spirit's power and guidance to do it. But we can ask Him to help us see our areas of unfaithfulness and for His help to become more faithful. I actually choose a word every year to be sort of a “theme” for myself. Yes, you guessed right. Faithful is my word for 2020. I want to be faithful to my God. I want to be faithful to my own word, become a more faithful friend, and take a deeper look into what it means to be a “faithful” person and believer in Jesus Christ.

“When battle's near I will not fear

Your promises are unshaken

My faith is sure of nothing more

Than Christ alone my portion

(Faithfulness, Hillsong Worship)



Kelly



SLOW COOKER BEEF STEW 1

FROM ALLRECIPES.COM

BY: BUCHKO

PHOTO CREDIT: @DIANE

"A hearty, savory slow cooker stew with potatoes, carrots, celery, broth, herbs and spices. You won't be slow to say 'yum!'"

Ingredients:

- 2 pounds beef stew meat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

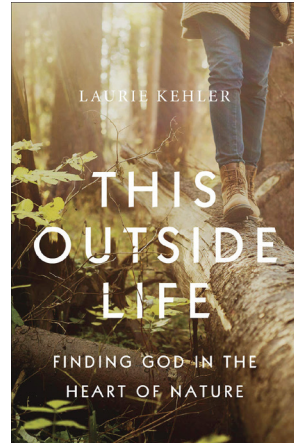
Instructions:

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

Book Review

From Barb Costly



This Outside Life...Finding God in the Heart of Nature

by Laurie Kehler is a book after my own heart. I love nature, being outside, and being adventurous. Laurie invites us on a journey of discovery and adventure through her storytelling by giving us a wonderful book with reflective questions and practical ways to apply the wonder of nature. This connection with nature and God's work in creation can be as close as our own backyard, or as far away and exotic as we care to travel.

God's handiwork is not only beautiful, but it is healthful. There has been scientific studies that definitely say the best predictor of preschool children's physical activity is simply being outdoors. "Access to open and green space areas is associated with improved mental well-being, overall health and cognitive development of children. It also has been shown to improve behaviors and symptoms of ADHD. Finnish students don't start school until the age of seven and spend large amounts of time outdoors even after they begin formal school, yet they consistently score higher than most other children in the world." (Kehler)

Let us glean from this book and its simple truths about God's creation. Let's get out into His great outdoors. We will stand amazed and delighted by all that is in this beautiful, marvelous, and wondrous world made by His hand.



R & R BIBLE STUDY 2019-20
RESUMING JANUARY 13



THE BOOK OF ROMANS

There's still time to join us! When you register, please choose the day or night that works best for you. We meet in various homes around town. There is a group on Tuesday mornings that meets here at church if childcare is needed. You can register on Sundays in the Info Booth or in the front office during the week.

FOR MORE INFO CONTACT KELLY: KBELL@CALVARYMURRIETA.COM

CALVARY MURRIETA

Missionaries

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:
Shepherds Staff

• the Ramsey Adventures •

Too Much Of A Good Thing

We all know that too much of a good thing can be bad. Too much sugar=diabetes. Too much salt=hypertension. Too much caffeine=heart palpitations. But, too much cinnamon? Well, let me tell you...

The air is cooling as fall approaches here in the north of Vietnam. We had a meeting scheduled at a local coffee shop, so I took the opportunity to explore a new "fall flavor". It was described as a Hot Cinnamon beverage. It wasn't a tea and it wasn't a coffee drink. The coffee shop makes their own cinnamon concentrate using local cinnamon. Oooo! That sounds good right? I was expecting something that tasted like Hot Tamales candy, but it didn't. In fact, it didn't have much taste at all. Oh well, I drank it down and was thankful our meeting went well.

Afterwards, we decided to go to a local restaurant that sells "Mexican food" (well, sort of). Right after I had eaten my burrito, it hit me. You know the feeling – the sudden grumbling in your stomach, the severe abdominal cramps, the waves of nausea. Got the picture? I abruptly said, "we've gotta go right now!" I'll spare you the details, except to reassure you that I made it home in time....barely I knew it was too soon for the "Mexican food" to have had this affect on me, so Mike did some research online. He discovered that ingesting too much cinnamon can cause these "discomforts". Yep, believe me, it can. I spent the rest of the evening making several sprints to my bathroom to rid myself of the toxic brew.

I apologize if this is all too much information. Here's my point... these things I mentioned before – sugar, salt, and yes, cinnamon, they are seasonings. They are meant to be sprinkled on, not boiled down to a concentrate and drunk in a latte cup. In much the same way, our conversations with others should be seasoned with salt and perhaps a little sugar too. Too much salt and you're obnoxious, too much sugar and you're not genuine. Salty and sweet – speaking the truth, but with love and grace, especially with those who may think differently than you. As for cinnamon? Well, you may want to save that for your oatmeal.

"Walk in wisdom toward those who are outside, redeeming the time. Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one." Colossians 4:5-6

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



JUSTICE MATTERS

SUN
JAN 26
2020

7:30 • 9:30 • 11:30 AM

GUEST SPEAKER
DAVID ROGERS

DIRECTOR OF LAW ENFORCEMENT
OPERATIONS FOR THE HUMAN TRAFFICKING INSTITUTE



The
HUMAN
TRAFFICKING
INSTITUTE



24225 MONROE AVE. MURRIETA 92562
951.677.5667 | CALVARYMURRIETA.COM

Calvary Murrieta Women's Ministry



REAL

TUESDAYS

Relationships
Encouragement
Accountability
Laughter

"Cookie and Cocoa Connections" (Hebrews 10:24-25)

Calling ladies of all ages! Join us on **February 18** from **7-8:30 pm** as we eat COOKIES, drink "special" COCOA and discuss the importance of CONNECTING with our sisters in Christ. If you count all the "each other" verses in Scripture, you can see how much we need the body of Christ. Looking forward to a great night of creating RELATIONSHIPS, receiving ENCOURAGEMENT, being held ACCOUNTABLE to what's right, and lots of LAUGHING out loud! See you then!

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

#realtuesdays



MARK YOUR CALENDARS

- Sunday Night Prayer - January 5 at 6:30 pm
R&R Study Resumes - January 13 at 7pm, Sanctuary
MOMS Meeting - January 16 at 9:15 am
Children at Risk Meeting - January 19
Business as Mission Education Workshop - January 24
Justice Matters 9 - January 26
CMCS Variety Show - February 13
REAL Tuesdays - February 18 at 7-8:30 pm
Women's Retreat - March 27-29

BIBLE STUDIES & 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
On various days and homes.
Call Kelly Bell at 677-5667.

LADIES CHRISTIAN BOOK CLUB
2nd Wednesday at 11:30 am. Call Debre': 764-0408
3rd Thursday at 6:30 pm. Call Susan: 290-9753

WIDOWS MIGHT MINISTRY
1st and 3rd Tuesday of every month
from 3-6 pm. Call Gail at 310-702-0972.

REAL TUESDAYS
February 18, 2020.
Call Kelly at 951-677-5667.

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

Check This Out

www.facebook.com/groups/1627238867557800/?ref=share

A FB page that helps moms be aware of various activities, resources, and free or low cost local 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



january 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 <i>Happy New Year!</i>	2	3 CHURCH OFFICE CLOSED	4 WOMEN OF ENCOURAGEMENT AT TRESINOS 8:00 AM
5 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	6	7	8 LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 7:00 PM	9	10 CHURCH OFFICE CLOSED	11
12 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	13 R & R STUDY RESUMES 7:00 PM SANCTUARY	14	15 BIBLE STUDY • 7:00 PM	16 BOOK WORMS 6:30 PM • 290-9753	17 CHURCH OFFICE CLOSED	18
19 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	20 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	21 R & R STUDY 9:15 AM R & R STUDY 7:00 PM WIDOWS MIGHT 3:00 PM-6:00 PM CALL 310-702-0972	22 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	23 R & R STUDY 7:00 PM	24 CHURCH OFFICE CLOSED	25
26 JUSTICE MATTERS SUNDAY	27 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	28 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	29 R & R STUDY 9:15 AM	30 R & R STUDY 7:00 PM	31 CHURCH OFFICE CLOSED	

CALVARY CHAPEL MURRIETA WOMEN'S MINISTRY
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