



HEART
to
HEART
women's ministry newsletter



JULY - AUG 2019

SCOOPS OF BLESSINGS

Since July is National Ice Cream Month, we knew we had to celebrate it! We've titled this month's REAL Tuesday "Scoops of Blessings" and although the ice cream will be provided, everyone is being asked to

WE COMPLEMENT EACH OTHER IN OUR DIFFERENCES; WE ADD COLOR TO THE WORLD THROUGH OUR DIFFERENCES, AND WE MINISTER TO THE BODY OF CHRIST ACCORDING TO OUR DIFFERENCES.

bring their favorite topping to share. Thus ... an ice cream bar! Ice cream is to summer what hot chocolate is to winter. I'm blown away at how many flavors and varieties of ice cream there are. You might be a sherbet gal, a chocolate fanatic, or a caramel swirl girl. I'm partial to Ben and Jerry's because it's fair trade, and their number one best seller for 2018 was Half Baked, with Cherry Garcia a close second. They

have four new flavors coming out for the summer, so make sure you taste a few of those. (The one called Toffee Break sounds great!) They also take requests from customers on new flavors and combinations, such as Pepperoni, Salty Licorice, or Breakfast in Bed, which included pancake and bacon chunks. Kinda glad those were never actually made. But as many kinds of flavors that there are, there are just as many "flavors" of people. Some of us are spicy and nutty, while others are much plainer like vanilla! Our personalities, our quirks, our experiences, and our God-given gifts make us all very unique. There are no two people alike. Although some may see this as an irritant, it's really very awesome! God has made us in His image, yet different. Different in looks and likes, quirks and qualities. And God, in His infinite wisdom, gives us all the capacity to love one another as He loves us. His Agape love in our hearts allows us to see past our differences and embrace our similarities,

loving each other regardless (Romans 5:5). Well, that's how it's supposed to work at least. But sometimes we want everyone to be vanilla, chocolate, or salty licorice, desiring others to be "just like us." We think how we think and feel and believe is the "right" way for everyone to think and feel and believe. Yes, the Word of God instructs us and guides us in the way of righteousness, yet, at the same time, allows for our uniqueness and differences. There's a game called "Would You Rather" that asks questions like ... "Would you rather swim in an ocean or in a pool? Would you rather grill hotdogs or burgers?" Those types of questions, again, magnify our differences in our taste buds and our personal preferences. It's ok to be different. It's great to be different. We complement each other in our differences; we add color to the world through our differences, and we minister to the body of Christ according to our differences.

So ... come celebrate National Ice Cream Month with us on July 23rd, discuss how sweet and refreshing the Word of God is, and enjoy an ice cream sundae together. And whether you are New York Super Chunk Fudge or Chocolate Chip Cookie Dough, you have a place here. We love you, we welcome you, we embrace you. Let's do life together, shall we? Let's be REAL believers who love God with our whole hearts and love our neighbors more than we love ourselves (Matthew 22:37-39)! And hopefully when we do it well, we will hear the cherry-on-top saying when we reach Heaven, "Well done My good and faithful servant! (Matthew 25:23)

 Kelly



STRAWBERRY-MELON SUMMER SALAD

FROM ALLRECIPES.COM / BY DRIZZLE

PHOTO CREDIT: @LUTZFCLCAT

"This salad is perfect for summer BBQs. The fruit makes it tasty."

Ingredients:

- 1 cup lemon yogurt
- 1 tablespoon honey
- 1 teaspoon lemon juice
- 2 cups watermelon balls
- 2 cups cantaloupe balls
- 2 cups halved fresh strawberries

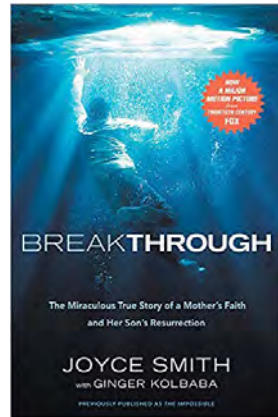
Directions:

1) In a salad bowl, whisk together the lemon yogurt, honey, and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls, and strawberries. Toss to coat, and serve.

BOOK REVIEW

FROM

Barb Costley



BREAKTHROUGH, by Joyce Smith (with Ginger Kolbaba) is the true story about Joyce's 14 year old son who fell through an icy Missouri lake. This has also been made into a major motion picture "Breakthrough" that recently hit the movie theaters. I would recommend reading the book first since there is always better descriptions and more details in the book than on the big screen.

The story is compelling and heart wrenching as it breaks down the series of events leading to, during, and the miraculous recovery in explicit detail of this horrific accident. John, the 14 year old boy, was lifeless for sixty minutes between the time when he became totally submerged in the water and when he lay in the emergency bed with no heartbeat. His mom cries out to God for a miracle ... a miracle to breathe life back into her son! Then one of the many miracles from this story happened ... Beep...beep ... beep. The beautiful sound of a heartbeat.

There are so many miracles that occur in the story, beginning with the emergency responder who had this relentless tug on his heart to go in a different direction than his training had taught him when probing with the pole to locate a body submerged under icy water. Just one foot from the edge of the ice shelf, he located the boy's submerged body. One foot more, the boy would have been under the ice shelf and would not have been recovered.

"In the coming days, John would defy every expert, every case history, and every scientific prediction. Sixteen days after falling through the ice and being clinically dead for an hour, he walked out of the hospital under his own power, completely healed."

"This story is about a profound truth ... prayer really does work. God uses it to remind us that He is always with us, and when we combine it with unshakable faith, nothing is impossible."

Calvary Murrieta Women's Ministry



REAL

TUESDAYS



Relationships
Encouragement
Accountability
Laughter

"Scoops of Blessings"
(Psalm 34:8)

Calling ladies of all ages!
Join us on Tuesday, July 23rd from 7 pm-8:30 pm
as we take time to reflect on all the amazing
blessings we've been given by the Lord! His Word
is SWEET and REFRESHING! And of course the
evening wouldn't be complete if we didn't have
"scoops" of ice cream as well! So bring your
favorite ice cream topping to share and come be
encouraged in the Lord! 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



CALVARY MURRIETA

Missionaries

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:
Shepherds Staff

• the Ramsey Adventures •

Hanoi Tattoos

On a recent trip to Vietnam, Mike and I got a couple of “Hanoi Tattoos”. Now, before my kids read this and I get a phone call, let me explain...

We had rented a motorbike because it's the main form of transportation in Hanoi and really the only way to get through the chaotic narrow streets. Things were fine until... On the way to meet someone, another bike pulled out in front of us and we hit the brakes to avoid hitting them. The front brakes locked up and the bike began to slide on the rocky asphalt. It felt like slow motion as the motorbike went one way and we went the other! Mike hit the ground first and then I came careening off after him (don't worry, we were wearing helmets). We took a moment to regroup and evaluate the damage. Nothing broken and nothing requiring stitches, just some bloodied hands and knees leaving us, with what locals call, “Hanoi tattoos” - the bumps, bruises, scrape, scars, and road rash from falling off a motorbike.

It seems everyone, at one time or another, has experienced the same thing. The brakes lock up and down you go. It's so common, that's why there's a name for it! After our little incident, I started to notice others with the same “tattoos”. We exchange knowing glances as if to say, “Yeah, I see you. I've been there.”

I couldn't help but think about the times in my walk with the Lord, that I had fallen and gotten scraped up or had gotten a bit of road rash from a difficult trial I had gone through. Maybe you can relate? Maybe you've got a couple of Hanoi Tattoos too? I believe that we can use our failures, scars, and difficulties to glorify God and draw others to Him. They become part of our story, our testimony, of what God has done in our life. We can use them to tell others how He forgave and restored us, how He set us free, or how we were encouraged through His Word and got through a difficult trial. Maybe you're going through something right now? Be encouraged today to look up! He sees us and knows what you're going through. Remember the words of our Lord....

“In the world you will have tribulation; but be of good cheer, I have overcome the world.”

John 16:33

P.S. We will be coming back to the States for a few weeks this summer (mid June thru July) to update everyone on what God is doing in Asia. If you'd like to catch up with us, please email us and let us know. :)

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



Mark your calendars and join us for these fun summertime events!

REAL TUESDAY

July 23 | "Scoops of Blessings" | 7 pm | Sanctuary

LADIES WORSHIP NIGHT WITH MARY IVES

August 13 | 7 pm | Sanctuary

For more information contact Kelly at kbell@calvarymurrieta.com

Calvary Murrieta Women's Ministry

REAL

TUESDAYS

"Springing Forward"

(Job 17:9)

a REAL Review by Susan Wells

Our first REAL for the summer was a lot of fun and spiritually challenging as well. Our theme, "Springing Forward," played out beautifully throughout the night.

After we were warmly greeted, we went out into the picnic area where the tables were set up with succulents that we planted in little mason jars. We were also treated to cactus-designed cookies which were delicious! As I looked around, I saw so many ladies interacting, working on their plants, and laughing!! It was a wonderful way to build new relationships and deepen current ones. It was a great 'springtime' treat for us!

Our guest speaker for the night was Brenda Leavenworth and she challenged us by talking about our 'cluttered closets.' She used Lot's wife as an example of someone who needed to de-clutter unnecessary things from her past. If we don't remove these things, they can wreak havoc later ... just look what happened to Lot's Wife! She chose to look at the ruins instead of the deliverance that was given to her family. Brenda encouraged us to think about these 2 things:

1. What needs to go?
2. What needs to grow?'

I know I had a wonderful time, enjoyed getting to know women I've never met, and I look forward to the next REAL!

P.S. AND my plant is still alive and thriving, hahaha!



MARK YOUR CALENDARS

Women of Encouragement - July 6th, 8:00 am, Tresinos

Sunday Prayer - July 7th & August 4th

Married Couples Fellowship - July 12th & August 2nd

VBS - July 15th - 19th

Children at Risk Meeting - July 21st, 3:00 pm, Agape Room

REAL Tuesdays: "Scoops of Blessings" - July 23rd, 7:00 pm, Sanctuary

Ladies Night of Worship with Mary Ives - August 13th, 7:00 pm

Summer Baptism - August 18th, CCBC

BIBLE STUDIES and GATHERINGS

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

On Summer Break.

Call Jessica Cernetic at 619-871-5377.

"REASONS TO REJOICE" WOMEN'S BIBLE STUDY

On Summer Break.

Call Cindy Chapman at 677-5667.

LADIES CHRISTIAN BOOK CLUB

2nd Wednesday at 11:30 a.m. Call Debre': 764-0408

3rd Thursday at 6:30 p.m. Call Susan: 290-9753

WIDOWS MIGHT MINISTRY

1st and 3rd Tuesday of every month at 3:00 p.m.-6:00 p.m.

Call Gail at 310-702-0972.

REAL TUESDAYS

July 23rd, 2019.

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 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



july 2019



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2 WIDOWS MIGHT 3:00 PM-6:00 PM CALL 310-702-0972	3 BIBLE STUDY • 7:00 PM	4 <i>Happy 4th of July</i> CHURCH OFFICE CLOSED	5 CHURCH OFFICE CLOSED	6 WOMEN OF ENCOURAGEMENT AT TRESINOS 8:00 AM
7 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	8	9	10 LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 7:00 PM	11	12 CHURCH OFFICE CLOSED MARRIED COUPLES FELLOWSHIP	13
14 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	15	16 WIDOWS MIGHT 3:00 PM-6:00 PM CALL 310-702-0972	17	18	19 FAITH & FAMILY NIGHT L.E. STORM STADIUM 7:00 PM	20
VACATION BIBLE SCHOOL WEEK						
			BIBLE STUDY • 7:00 PM	BOOK WORMS 6:30 PM • 290-9753	CHURCH OFFICE CLOSED	
21 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	22	23 REAL TUESDAYS 7:00 PM “SCOOPS OF BLESSINGS”	24 BIBLE STUDY • 7:00 PM	25	26 CHURCH OFFICE CLOSED	27
28 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	29	30	31 BIBLE STUDY • 7:00 PM			

CALVARY CHAPEL MURRIETA WOMEN'S MINISTRY
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