



HEART to HEART

women's ministry newsletter

MAR - APRIL 2019

A CONFUSED PUP

It's amazing how hard the rain is coming down today! I honestly think our backyard might drift away. (Part of it has already invaded our neighbor's backyard!) I'm not sure how you feel about rain, but sadly, I am NOT a fan. I want to be because I know we always

"I DON'T WANT TO LIVE IN A FRETFUL STATE LIKE MY PUP, CONFUSED AND ANXIOUS."

need it, but I'm a So Cal girl through and through and love the sunshine. Rain just makes everything harder, ya know? I think my dog agrees with me. He was hilarious this morning as I tried to take him out to do his business before I left for work. He loves to go outside, but he hates getting wet. So he stood and scratched at the door until I'd let him out, then he'd run out for literally a half a second, and turn around and run back in. He repeated that process about every five minutes!

He just couldn't make up his mind about what he wanted to do. So I'd give him what he wanted, yet as soon as he got it and experienced a consequence of the choice (being wet), he'd quickly change his mind. I knew he'd need to go sooner or later, so by the end, I grabbed my umbrella and waited outside until he completed the job!

For some odd reason, he reminded me of me. Sometimes I "think" I want something, and then when "it" happens or I get "it," I grumble about it rather than being grateful. I always seem to think I know what's best for me, when in reality, I don't. God knows my future; He knows my needs before I do. He knows what to

bless me with, what to "withhold" from me, and how to answer my prayers. He knows the consequences I will face if I make certain decisions, and He knows the blessings I'll receive if I do things His way. Blessings of obedience, like peace, joy, wisdom, love, and grace. If I'm not seeking His will, listening to His voice, or following His leading, I'm like my pup that continues to change his mind according to his present feelings and state of comfort. Being a "double-minded" person is not the way the Lord wants us to live. Just like I knew my pup would have a big "need" in a few hours and have to go outside, God knows my needs as well. (Kind of a weird analogy, I know ...)

The "word" the Lord gave me for 2019 was "PRIORITITES." One of those priorities is to be more intentional in trusting God with the cares and concerns in my life. Trusting Him with my future, as well as situations that I don't and can't seem to figure out, is at the top of that list. I don't want to live in a fretful state like my pup, confused and anxious. I want to live in peace, resting on a full faith, and living with a clear conscious, like Paul exhorted young Timothy to do in I Timothy 1:18-19. I don't want to be double-minded, anxious about everything, led by emotions, or doing things I regret. I want to be RELENTLESS in my pursuit of Him. (Oops, did I throw in the theme of this year's retreat ...?)

Happy Spring, ladies! May you learn of Him, walk with Him, rest in Him, and cling to Him, with everything you've got!





MAPLE-BRINED PORK LOIN

From
allrecipes.com
by CHEF JOHN

Ingredients:

- 1 quart cold water
- 1/4 cup salt
- 1/3 cup maple syrup
- 3 cloves garlic, crushed
- 3 tablespoons chopped fresh ginger
- 2 teaspoons dried rosemary
- 1 tablespoon cracked black pepper
- 1/2 teaspoon red pepper flakes
- 1 (2 1/2 pound) boneless pork loin roast
- Salt and freshly ground black pepper
- 1 tablespoon vegetable oil
- 2 tablespoons maple syrup
- 2 tablespoons Dijon mustard

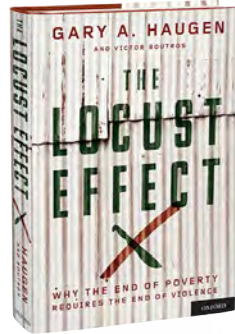
Directions:

1. Mix water, salt, 1/3 cup maple syrup, garlic, ginger, rosemary, black pepper, and red pepper flakes in a large bowl. Place pork loin in brine mixture and refrigerate for 8 to 10 hours.
2. Remove pork from brine, pat dry, and season all sides with salt and black pepper.
3. Preheat oven to 325 degrees F (165 degrees C).
4. Heat vegetable oil in an oven-proof skillet over high heat. Cook pork, turning to brown each side, about 10 minutes total.
5. Transfer skillet to the oven and roast until pork is browned, about 40 minutes.
6. Mix 2 tablespoons maple syrup and Dijon mustard together in a small bowl.
7. Remove pork roast from the oven and spread maple syrup mixture on all sides. Cook for an additional 15 minutes, until the pork is no longer pink in the center. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees).

Book Review

From

Susan Wells



THE LOCUST EFFECT, is an eye-opening book by Gary Haugen and Victor Boutros. The central theme to this book is to show how extreme poverty in the developing world (aka third world countries) will never be solved until the extreme violence in these countries is addressed, and dealt with. This every day violence is likened by the authors to the trillions of locusts, which in 1875 swarmed over 200,000 acres of land in the Midwest and ate

everything—causing utter destruction and starvation.

A look into the hearts of the authors can shed light on the passion within this amazing book:

GARY A. HAUGEN is founder and president of International Justice Mission (IJM) -- a global human rights agency that protects the poor from violence by partnering with local authorities and law enforcement to rescue victims, bring criminals to justice, restore survivors, and strengthen justice systems.

VICTOR BOUTROS (was our guest speaker at this year's Justice Matters Conference) is a federal prosecutor who investigates and tries nationally significant cases of police misconduct, hate crimes, and international human trafficking around the country on behalf of the U.S. Department of Justice. He is also a member of the Justice Department's Human Trafficking Prosecution Unit, and cofounder of the Human Trafficking Institute.

The book gives story after story of victims all around the developing world where justice is NOT given, and where in many cases, the 'law enforcement' individuals and 'systems in place' nurture violence against the very poor, leaving them utterly defenseless, and in hopeless situations. Poorly trained police departments cannot handle the number of victims even if they wanted to, and IF a predator is arrested, the legal system in many countries is so corrupt that prosecutions are extremely rare.

This is not an easy book to read, yet as followers of Jesus, we are challenged to become aware of injustices in the world and then take steps where we can to help eradicate injustices with our own individual talents and gifts. In this book, the authors stimulate one's mind with statistics and reasoning, pull the heart into the midst of each story, yet leave the reader with hope in how measures are being taken to combat this worldwide issue. It's our duty to come alongside them with our support and prayers as they fight for justice! www.locusteffect.com will show you ways to help.

"YOUR BEAUTY AND LOVE CHASE AFTER ME EVERY DAY OF MY LIFE" PSALM 23:6



relentless

WOMEN'S RETREAT 2019

MAR 29-31 | TWIN PEAKS CONFERENCE CENTER
COST: \$175

SPEAKERS: CHERYL BRODERSEN & KELLY BELL
WORSHIP BY MARY IVES

GOD'S LOVE FOR US IS RELENTLESS...
HE PURSUES US RELENTLESSLY. LOVES
US UNCONDITIONALLY. NO MATTER
WHO YOU ARE, WHERE YOU'VE BEEN,
OR WHAT YOU'VE DONE, JESUS IS FOR
YOU. RELENTLESSLY FOR YOU.



FOR MORE INFO CONTACT KELLY AT KBELL@CALVARYMURRIETA.COM OR CALL 951.677.5667.



10 PRACTICAL IDEAS TO BUILD A HABIT OF PRAYER

BY DAWN SPICE

- PRAY WHILE COMPLETING EVERY DAY TASKS. PRAY FOR YOUR CHILDREN WHILE YOU FOLD THEIR CLOTHES. PRAY FOR WORLD HUNGER WHILE YOU PREPARE DINNER. THANK THE LORD FOR YOUR MEAL AND YOUR FAMILY WHILE WASHING DISHES.
- USE SOCIAL MEDIA TO FIND CUES TO PRAY. WHETHER IT IS A NEWS STORY OR A FRIEND'S POST, STOP AND PRAY WHEN YOU SEE SOMETHING OF NEED.
- EVERYTIME YOU HEAR A SIREN, PRAY FOR THE PEOPLE INVOLVED AND FOR THE FIRST RESPONDERS IN OUR COMMUNITY.
- START A PRAYER JOURNAL WHERE YOU CAN WRITE LONG TERM PRAYER REQUESTS AND RECORD THE LORD'S ANSWERS ALONG THE WAY.
- CREATE A "WAR ROOM" OR "WAR BINDER" WHERE YOU CAN GET TO SERIOUS PRAYER BUSINESS. (GOOGLE "WAR ROOM" OR "WAR BINDER" FOR IDEAS)
- INCORPORATE A TIME OF MINDFUL PRAISE AND WORSHIP. EVEN IF YOU HAVE WORSHIP MUSIC PLAYING ALL DAY, SET A TIMER TO STOP AND FOCUS ON THE LYRICS OR SAY A PRAYER OR PRAISE PERIODICALLY THROUGHOUT THE DAY.
- PLAN "A QUIET TIME" WHEN IT WORKS BEST FOR YOU DAILY. SET IT AS AN APPOINTMENT IN YOUR PHONE'S CALENDAR AND KEEP IT JUST LIKE ANY OTHER COMMITMENT. FIND A QUIET PLACE, TURN OFF YOUR PHONE AND SIT IN COMPLETE SILENCE FOR JUST A COUPLE OF MINUTES. WE NEED TO TALK TO THE LORD YES, BUT WE ALSO NEED TIME TO JUST LISTEN.
- ANY TIME YOU SEE THE CLOCK DISPLAYING ALL THE SAME NUMBER (EX. 1:11, 2:22, ETC.) STOP AND PRAY FOR WHATEVER IS YOUR GREATEST NEED OR BURDEN.
- SET ALARMS IN YOUR PHONE FOR TIMES THAT REPRESENT SPECIFIC DATES TO PRAY FOR PEOPLE OR AREAS OF YOUR LIFE. FOR EXAMPLE, IF A CHILD'S BIRTHDAY IS 6/3, SET AN ALARM FOR 6:03 TO PRAY FOR THEM. IF YOUR ANNIVERSARY IS 10/20, SET AN ALARM FOR 10:20 TO PRAY FOR YOUR MARRIAGE. WORKS FOR ANY DATE!
- TURN YOUR PHONE'S LOCK SCREEN INTO A PRAYER REMINDER. FIND A GOOGLE IMAGE OF 1 THESSALONIANS 5:17 AND SET IT AS YOUR LOCK SCREEN. ANYTIME YOU PICK UP YOUR PHONE FOR ANYTHING, SAY A LITTLE PRAYER FIRST BEFORE OPENING IT UP.

WHEN LEADERS LEAD CONFERENCE
MARCH 15TH-17TH

WE WANT
TO SEE
Jesus

— WHEN LEADERS LEAD 2019 —

CALVARY CHAPEL BIBLE COLLEGE

FOR MORE INFO OR TO REGISTER
VISIT WWW.WLL.CCCM.COM



CALVARY MURRIETA

Missionaries

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:
Shepherds Staff

• the Ramsey Adventures •

Tasty Toothpaste

Living in a foreign country, I admit I may be a little behind the curve of what's popular; but, have you noticed the charcoal-in-everything trend? When did that start? It's in shampoos, facial cleansers, vitamin supplements, and even granola (available on Amazon if you're interested) But, the one that caught my attention recently was the charcoal toothpaste. There's also a charcoal toothbrush to go with it! The charcoal is supposed to whiten your teeth. Really? How is it that something as black as, well, coal, can whiten your teeth? Hydrogen peroxide? Okay that makes sense. Baking soda? Okay, sure. But charcoal? Ew! Webster's Dictionary defines *counterintuitive* as: "Different from what you would expect; not agreeing with what seems right or natural". Charcoal toothpaste is *counterintuitive*.

Thinking about this trend and wondering if the people at the charcoal factories were laughing at us all the way to the bank, I was reminded again of how many times in scripture God gave instructions that were really counterintuitive. Here's just a few: God told Joshua to march around the walls of Jericho and the walls would fall down; God told Gideon he had way too many men to fight the battle; even though the disciples had been fishing all night and hadn't caught anything, Jesus told them to cast their nets on the otherside of the boat and they would! None of this would have made sense to their natural minds. I think that was the point. There are so many examples of this in Scripture. One that really gets me thinking is something Jesus said on more than one occasion: "For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it." Luke 9:24 Hmmm. That's a good one to ponder.

God delights in using methods that are counterintuitive. That way, He gets the glory. It's not natural – it's supernatural and it doesn't really matter if it makes sense to me or not. In fact, it probably won't! Is the Lord is leading you in a way that is unexpected, or doesn't seem to make sense to your natural mind? Don't be afraid to follow His leading and go for it! You'll be in good company.

So... did I buy the charcoal toothpaste? Of course! But I didn't buy the charcoal toothbrush – that would just be ridiculous.

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

MARK YOUR CALENDARS

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

When Leaders Lead Conference - March 15th-17th

Children at Risk Meeting - March 17th, 3:00 pm, Agape Room

M.O.M.S Meetings - March 5th & 19th, 9:15 am, Room 133

Empower to Connect - April 5th

Reasons to Rejoice Wrap-Up - April 18th, 7:00 pm, Sanctuary

Easter Sunday Services - April 21st, 7:00 am, 8:30 am, 10:00 am & 11:30 am

REAL Tuesday - May 14th, 7:00 pm

Church Baptism - May 19th

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
At various days and homes.
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
May 14th, 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 Hospitality 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



march 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CHURCH OFFICE CLOSED	2
3 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	4 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	5 R & R STUDY 9:15 AM R & R STUDY 7:00 PM WIDOWS MIGHT 3:00 PM CALL 310-702-0972	6 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	7 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133 R & R STUDY 7:00 PM	8 CHURCH OFFICE CLOSED	9
10 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	11 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	12 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	13 R & R STUDY 9:15 AM LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 7:00 PM	14 R & R STUDY 7:00 PM BOOK WORMS 6:30 PM • 290-9753	15 CHURCH OFFICE CLOSED	16
17 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	18 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	19 R & R STUDY 9:15 AM R & R STUDY 7:00 PM WIDOWS MIGHT 3:00 PM CALL 310-702-0972	20 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	21 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133 R & R STUDY 7:00 PM	22 CHURCH OFFICE CLOSED	23
24 31 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	25 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	26 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	27 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	28 R & R STUDY 7:00 PM	29 CHURCH OFFICE CLOSED	30
					WHEN LEADERS LEAD CONFERENCE MARCH 15 - 17	
					WOMEN'S RETREAT MARCH 29 - 31	