



# The Power of Encouragement

Recently, a friend text me ten things she loves about me. It was a birthday wish which was incredibly sweet. She'll never know how blessed and touched I was. It was a much-needed bit of encouragement for my soul. Honestly, I cried and smiled at the same time.

**“WE CAN FIGURATIVELY AND SPIRITUALLY HOLD UP EACH OTHER’S ARMS AS WE FACE OUR GIANTS AND OUR BATTLES.”**

It’s amazing what a word of encouragement can do to lift someone’s spirits! (And yes, I saved that text!)

Whether we admit it or not, we are all hungry for a little bit of daily encouragement in our lives. Whether it’s from a boss, a co-worker, a family member or a friend, encouragement feed’s the soul. Proverbs 25:11 tells us that “A word fitly spoken is

like apples of gold in settings of silver.” Solomon also wrote; “ ... And a word spoken in due season, how good it is!” (Proverbs 15:23) The word “encourage” means “to fill with courage” or “to inspire to hope and service.” We can be encouraged through various ways, but if you are a “words” person (which I am), a written note or a spoken thought can make you feel 10 feet tall. I was reading an article recently called “A Little Encouragement Goes a Long Way” by Shelly Esser and she wrote, “A simple word, text, or call can say “I notice you, I care about you, and what you’re doing is significant. It matters. You matter.”

Maybe you’re the one today who needs the encouragement. But maybe the Lord is calling YOU to be the encourager! We can be cheerleaders in each other’s

lives, reminding them what God can do through them, how precious they are to God, and how special they are to you. Paul knew the power encouragement had on others. In Ephesians 6:22, he told the church that he was sending Tychicus to encourage them. In 1 Thessalonians 3:2 he sent Timothy to encourage the believers in that town. Paul himself needed encouragement. In Colossians 4::11 he talks about how Mark and Justus were a “comfort” or an encouragement to him. He was glad that Luke stood by him in his time of need (2 Timothy 4:11) but also let us know that it was the Lord who “Stood with him and strengthened him.”

Our walk of faith can be difficult and taxing, that’s for sure. We can easily grow weary as the world’s system beats us down. We live in challenging times, that’s for sure. And our enemy wants to discourage us every chance he gets. Hebrews 3:13 tells us to “encourage one another daily” because the Lord knew how much we would need it. We can figuratively and spiritually hold up each other’s arms as we face our giants and our battles. Today let’s take a look around and see who the Lord wants us to encourage. Maybe it’s our husband, kids, or friends. Maybe it’s a stranger we meet at the store that looks like they can use a good word. Or maybe text a friend 10 things you love about them. They’ll be blessed. And so will you.





## INSTANT POT® CORNED BEEF

FROM ALLRECIPES.COM

BY: SOUP LOVING NICOLE

PHOTO CREDIT: SOUP LOVING NICOLE

*"Corned beef used to be a weekend only treat for me due to how long it took to cook, until I discovered the Instant Pot®. Save yourself time and hassle by letting your Instant Pot® do all of the work for you, and in a fraction of the time. You can have it and all of the fixings on your table in 2 hours. If you decide to fix cabbage, be sure to keep it in large wedges so that it does not overcook."*

### Ingredients:

- 2 cups water
- 1 (12 fluid ounce) can or bottle beer
- 4 cloves garlic, minced
- 1 (3 pound) corned beef brisket with spice packet

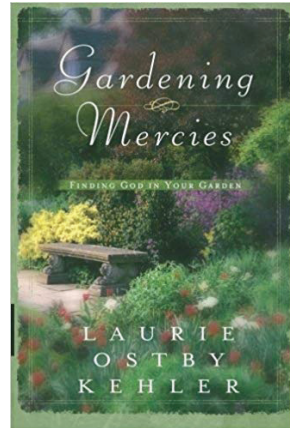
### Instructions:

1) Combine water, beer, and garlic in a multi-functional pressure cooker (such as Instant Pot®). Place trivet inside. Place brisket on the trivet and sprinkle spice packet on top. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 90 minutes. Allow 10 to 15 minutes for pressure to build.

2) Release pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid. Transfer brisket to a baking sheet, cover with aluminum foil, and let rest for 15 minutes.

## Book Review

From Barb Costly



### Gardening Mercies ... Finding God in Your Garden

by Laurie Ostby Kehler, is a sweet devotional which I thought was perfect for welcoming the Spring season. This devotional is divided into 24 charming chapters with "Growing Points," or thoughts to ponder at the end of each chapter.

One of my favorite chapters is "Breaking the Rules." It's my favorite because I don't like being placed in a box where you always follow the rules and never stray outside the box. This paragraph really gave me some thoughts to ponder! "To get the most out of my garden, I have to break some rules. Maybe for God to display His glory through me, I have to allow Him to break my rules and suppositions about the way He works." That was truly a growing point for me!

"Gardens are places where we are up close and personal to God's daily miracles of creation, death, and rebirth. But life, like gardening, can be messy, dirty, and hard. Digging into the struggles and joys we face daily; this devotional provides inspiration and instruction for the seasons of our lives." As we reap what we sow, the rewards of a well-cultivated garden bring so much joy and satisfaction, whether it be colorful and beautiful flowers or fruits and vegetables to feed our physical bodies. The same goes for how we lead our lives; by giving glory to God in all that we do, which will fill our spirits and souls.

CALVARY  
MURRIETA | WOMEN'S MINISTRY

# Bon Appetit

WOMEN'S RETREAT 2020

*John 21:12*

**MARCH 27-29**

TWIN PEAKS CONFERENCE CENTER  
COST: \$180

*Reserve your spot at the table!*

KELLY BELL

CHERIE FRESONKE

MELISSA CHESNEY

WORSHIP WITH MARY IVES

For more info contact Kelly at [kbell@calvarymurrieta.com](mailto:kbell@calvarymurrieta.com) or call 951-677-5667.



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## Mask Mania

Living in this part of the world, wearing masks has become a way of life. Apart from the debilitating pollution we try to filter out, the more current danger are “flu flingers”. That’s what I call those people that cough or sneeze without covering their mouths thereby spewing their virus carrying “droplets” up to 26 feet. Ew! Add to that, the danger imposed by the new coronavirus coming out of China, and that makes masks pretty much mandatory.

Recently traveling from the US, we had a 10 hour layover in Hong Kong. So, I put my mask on at the airport in Los Angeles and didn’t take it off for a solid 30 hours until we arrived at our apartment in Hanoi. At first, the mask was claustrophobic and annoying. I convinced myself I couldn’t breathe. After I settled down, I began to feel more comfortable. The mask gave me a sense of protection. That was something nice to have while flying with 450 other passengers in a metal tube with recirculated air for 20 hours!

Even now, over a week later, I’m constantly washing my hands and don’t go out in public without a mask. Stores are all sold out of these valuable commodities. Flights have been cancelled and borders have been closed. Not to diminish the seriousness of this virus, but I have to laugh at myself struggling to ward off these airborne enemies. How much can these little paper masks really protect me? I’m not sure, but I’m still wearing one.

You know, Scripture tells us there are things much more dangerous than flu flingers and the stakes are much higher than perhaps we realize. Yet, God doesn’t tell us to put on a mask. No, He goes much further. He tells us to put on His complete armor! You can read about it in Ephesians 6:11-17.

As the years go on and our world gets more and more toxic (physically, spiritually, and politically), I don’t want to be distracted, or forget where the real battle lies. I hope you don’t either. Let’s gear up!

*“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.” Ephesians 6:12-13 NLT*

**For updated prayer requests and pictures visit: [www.bamboopandas.wordpress.com](http://www.bamboopandas.wordpress.com)**





# Book Club *Adventures*

By: Susan Wells

Ladies, humor me a for a few minutes as I reminisce about my book club that was started 12 years. It was born out of an idea that Kelly had to bring women together in small groups to read and discuss Christian based books of all types. I was privileged to be able to lead one of those groups, which still meets today!

We've read 121 books by 72 different authors. We've travelled to faraway places, like Ireland, Israel, China, India, England, France, Germany, Poland, Austria, Russia, Eastern Ecuador, Southern Philippines, across the hostile borders of the Iron Curtain in Eastern Europe, Burma, various places in the middle east, from Holland to the jungles of Japan during WW2, Hawaii and countless countries in Africa. We've spanned the US going from the deep south, the streets of NYC, the suburbs of Detroit, and even the upscale neighborhoods of LA in our travels.

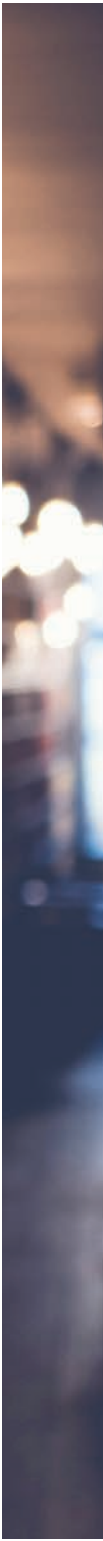
We've read stories of persecution, lives of missionaries, and devotional books to challenge our lives of faith. We've seen some of our favorite Biblical figures brought to life with Biblical and historical accuracy. We've explored the atrocities of the holocaust from a Christian historical viewpoint. We've been challenged to look at the subject of human trafficking and being propelled to action in discussing justice issues.

We've met authors (one even was a guest of ours when we discussed their book), and gone to book related movies.

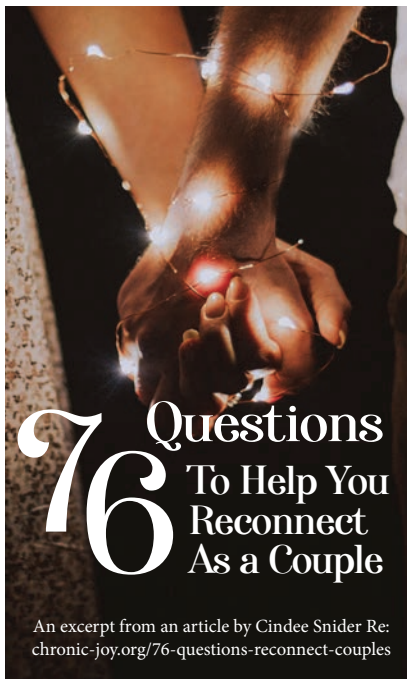
To those who have joined us throughout the years, I say thank you, and to those who continue to join us each month, I salute you!

Ladies, if you love the adventure that reading brings, come along with us as we continue to explore great Christian books. Join us as we visit many lands, study and discuss the great truths of God that we'll discover or be reminded of together.

*"Finally brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue, and if there is anything praiseworthy, meditate on these things." Phil 4:8*



1. What do you remember thinking the first time you saw me?
2. When did you know you were in love with me?
3. What three qualities first attracted you to me?
4. What are three of your happiest memories from our dating days?
5. Is there something specific you remember that still makes you smile?
6. What movie does our love story most closely resemble?
7. Which of our dates was your favorite? What made it so memorable?
8. How (and when) did you know we'd make it as a couple?
9. What three strengths do we possess as a team?
10. What's your favorite memory of me?
11. Did you fall in love with me suddenly and all at once or slowly over time?
12. How do I make you feel most loved?
13. What is one thing I do that makes you crazy, but that you also secretly love?
14. What's your favorite sexual memory of us?
15. Is there something you'd like to try that could spice up our love life?
16. What's your favorite non-sexual way of being touched?
17. When was the last time you daydreamed about us? What did you dream?
18. Which of your character qualities are you most proud of?
19. What's the greatest lesson your dad (or another man) taught you?
20. What's the greatest lesson your mom (or another woman) taught you?
21. When you were growing up, did you trust your parents?
22. What was your favorite childhood meal? Do you still enjoy it?
23. Use three adjectives to describe your childhood.
24. Who was your childhood best friend? What are your favorite memories with him/her?
25. What was the first album/cd/mp3 you ever bought?
26. What's your all-time favorite song?
27. What songs would be on the soundtrack of your life?
28. What was your first experience with death? What do you remember?



# 76 Questions To Help You Reconnect As a Couple

An excerpt from an article by Cindee Snider Re:  
[chronic-joy.org/76-questions-reconnect-couples](http://chronic-joy.org/76-questions-reconnect-couples)

29. What are the top three things on your Bucket List?
30. Who who made you feel most loved, accepted, safe, or special as a child?
31. What was your favorite childhood TV show?
32. What book or movie had the greatest impact on you as a teenager?
33. What three tools would you want if you were stranded on a deserted island?
34. If you could only eat three foods for the rest of your life, what would you choose?
35. What three countries do you most want to visit?
36. If you won the lottery, what would you do with the money?
37. What are the qualities you most admire in a man? In a woman?
38. Who is a real-life hero to you? Why?
39. What are you most grateful for in life?
40. What do want to do in life that you haven't yet?
41. What is your greatest accomplishment to-date?
42. What did you learn from your greatest failure?
43. If you could travel to any point in history, when would you choose and why?
44. What keeps you up at night?
45. Which relatives are your favorites? Why?
46. What is your favorite memory with your family? What makes it stand out?
47. Is there something you've secretly wanted to ask me?
48. What are you most afraid of?
49. What is the best part of being alive?
50. What's the hardest part of being an adult?
51. If you had to choose one outfit to wear for the rest of your life, what would it be?
52. What has felt most challenging lately? What has felt most hopeful?
53. Which family tradition do you most enjoy?
54. What activities bring you the most joy?
55. Where are you most at peace ?
56. Use three words to describe us as a couple.
57. How would you describe a perfect day?
58. Which superhero, movie or book character do you most identify with? Why?
59. What qualities do you appreciate in a friend?
60. If you could study any subject, what would you choose?
61. When do you feel most connected to yourself? When do you feel most connected with me?
62. What's the best compliment you've received? What's the best you've given?
63. What's the best part of our relationship?
64. What did your parents/grandparents teach you about love?
65. Name a great marriage role model.
66. What are your first thoughts in the morning? Your last thoughts at night?
67. Name three ways we are similar. Three ways are different.
68. What is your least favorite household chore? What is your favorite?
69. What is your favorite way to serve others?
70. If we had a theme song as a couple, what would it be?
71. What moves you?
72. What restores your faith in humanity?
73. Name one thing from this past week that you're proud of.
74. How can I best help you when you're sad, angry, hurting, tired, lonely, or overwhelmed? What do you most want me to understand in those moments?
75. Tell me about the person you're striving to become.
76. If you could design our perfect date, what would it be?

# MARK YOUR CALENDARS

Women's Ministry Meeting - March 3 | 7 pm | Mercy Room

"When Leaders Lead" Conference - March 13-15

Children at Risk Meetings - March 15 & April 19

Women's Retreat - March 27-29

R&R Wrap-Up - April 6

Good Friday Communion - April 10 | 7 am

Crosswalk - April 10

Easter Service - April 12

REAL Tuesday - April 28 | 7 pm

## BIBLE STUDIES & 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**

**On various days and homes.**

**Call Kelly Bell at 677-5667.**

**LADIES CHRISTIAN BOOK CLUB**

**2<sup>nd</sup> Wednesday at 11:30 am. Call Debre': 764-0408**

**3<sup>rd</sup> Thursday at 6:30 pm. Call Susan: 290-9753**

**WIDOWS MIGHT MINISTRY**

**1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month  
from 3-6 pm. Call Gail at 310-702-0972.**

**REAL TUESDAYS**

**April 28, 2020.**

**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 This Out

[www.facebook.com/groups/1627238867557800/?ref=share](https://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](mailto:kbell@calvarymurrieta.com)

# march 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

CALVARY CHAPEL MURRIETA WOMEN'S MINISTRY  
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