



HEART to HEART

women's ministry newsletter

CALVARY MURRIETA

SEPT-OCT 2018

WORDS

I have a love/hate relationship with words. Words can encourage, uplift, and restore. Words can lift someone's spirits and change our perspectives. Words can heal hearts and relationships. Solomon wisely tell us that "A word fitly spoken is like apples of gold in settings of silver" (Proverbs 25:11) and

"WHETHER IT'S YOUR SPOUSE, FRIEND, OR CO-WORKER, THEY DESERVE A PRAYED OVER, SPIRIT-LED RESPONSE, NO MATTER HOW ANGRY, IRRITATED, OR CONFUSED YOU ARE."

"A man has joy by the answer of his mouth, and a word spoken in due season, how good it is!" (Proverbs 15:23)

Words are important, no doubt about it. But it's easy to use our words carelessly, which is why I also hate them. I need to put tape over my mouth, a "sock in it," or any other phrase you can think of. Words fly out so fast that, more often than not, I wish I could grab them and

stuff them back in. Words can harm, destroy, disrupt, discourage, derail, and cause depression. Yep, there's power in them. I've been on both ends, as I'm sure you have. I've been crushed by them and have crushed others as well.

As I said before, I speak before I think quite often. I am rather an open book, but the downside of that, is that I am often also an "open mouth." Sad, but true. Recently I was irritated by something, and before I thought or prayed, fired off some words in the form of a question. No big deal, right? We're friends, they'll understand me. Well, when you're irritated, NEVER talk

or text a message when you haven't prayed. (You'd think I'd learned this by now.) The words of Proverbs 15:1 came immediately to my mind: "A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness." Yup, my harsh word stirred up anger, even if I didn't mean them to be harsh. How often does Scripture talk about the importance of using our words in a way that won't hurt others? When will I get it?

Yes, I asked for forgiveness. Yes, I learned a good lesson. And yes, I know the Lord forgave me, but still, I can't get over the sick feeling in my stomach that I hurt someone. As I sat down to write this devotion, I decided that I'm probably not the only one this has ever happened to. So ... I'm choosing to embarrass myself by discussing my horrible deed while trying to encourage you to also think before you speak. Think before you text or email. Whether it's your spouse, friend, or co-worker, they deserve a prayed over, Spirit-led response, no matter how angry, irritated, or confused you are. Our words are supposed to glorify the Lord, build up others, and encourage people in their walk with Christ. Proverbs 16:24 says, "Pleasant words are like a honeycomb, sweetness to the soul and health to the bones." I think they prevent a sour stomach as well ...





WORLD'S BEST
LASAGNA
FROM
ALLRECIPES.COM
BY JOHN CHANDLER

"It takes a little work, but it is worth it."

Ingredients

- 1 pound sweet Italian Sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese

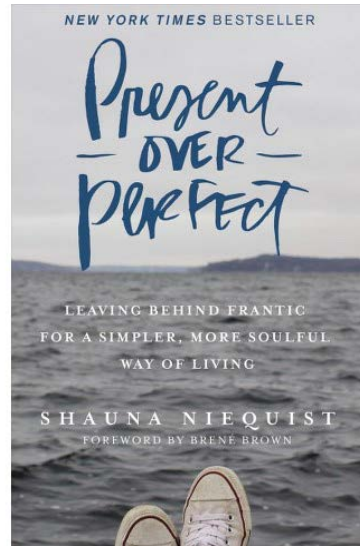
Directions:

1. In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 Tbsp salt, pepper, and 2 Tbsp parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.
3. Preheat oven to 375 degrees F (190 degrees C).
4. To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
5. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Book Review

From

Barb Costley



Present Over Perfect by Shauna Niequist is a book about the journey that she intentionally made to leave behind frantic life for a simpler, more soulful way of living. We may be single or married, but as women, we are nurturers, wives, mothers, daughters, sisters, girlfriends, neighbors, and caregivers with so much to do, so much to give, and never enough time to do all we want to do, or to do it perfectly.

In this book she invites us to go on this life-changing journey that has changed her life; a life marked by grace, love, rest, play, connection, and cultivating. Now that sounds like a wonderful way to be! She will walk this path with us, a path away from frantic pushing and proving, moving toward the real us; the ones we were created to be before we began proving that we can do it all and do it perfectly. Instead, let us start the practice of simply being present in the middle of the mess and ordinariness of life. Let this book awaken our desire not to miss our lives but live and be with our people and enjoy this gift of life that God has given us.

"And now that you don't have to be perfect, you can be good." John Steinbeck

CALVARY MURRIETA

Missionaries

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:
Shepherds Staff

• the Ramsey Adventures •

“Skinny Wife”

On a recent Southwest Airlines flight, I chose an aisle seat. A young couple came and asked to sit next to me. “Sure”, I replied. As I got up to let them in, he chose the window seat and said that his “skinny wife” could squeeze into the middle seat. Um... ok. As she sat in the seat next to me, I noticed how she kept squeezing her knees together as if trying to make her legs appear thinner. Soon, he opened a large book and began reading portions aloud to her and commenting on it. I looked to see what he was reading. It was titled, “The Obesity Code”. Hmm...I’m sensing a trend.

Suddenly, I felt self-conscious. I crossed my legs and sat up straighter trying not to completely fill up my massive airline seat. Compared to his “skinny wife”, they must think I’m huge!, I thought to myself. I began to feel sorry for his wife. What was her life like living under this scrutiny? I began to question whether or not I should eat my free cookies, or maybe just stick to my lightly salted peanuts? At least I didn’t order cream for my coffee, I reasoned. Should I wait to see if they eat their cookies? It was at that point, I realized how stupid this whole scenario was.

Why was I so concerned about what these strangers thought of me? They probably weren’t thinking about me at all! I guess deep down inside, we all want to be accepted and approved of, no matter how we may deny it. But I realized that truthfully, there’s only One that matters and only one Book that can transform us. As I exhaled and relaxed back down in my seat, I felt so thankful to know that by His grace, He has indeed accepted me and is transforming me day by day from the inside out.

That’s good enough for me, I’m eating my cookies.

**“For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.”
1 Samuel 16:7b**

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

Calvary Murrieta Women's Ministry



REAL

TUESDAYS



Relationships
Encouragement
Accountability
Laughter

"Dropping the Masks"

Colossians 3:9-10

Calling ladies of all ages! Join us for our next REAL Tuesday on **September 18th** from 7:00-8:30 pm. As women, we tend to wear many masks, hiding our true feelings, emotions, and struggles. Well, it's time to get **REAL** and **DROP THE MASK!** This evening will be a Black and White Masquerade Ball, so please wear any black and/or white attire, fancy or casual. We'll hear a great message on this topic, along with have lots of fun, fellowship, and food, black and white style! Come form some 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.

ANNUAL WOMEN'S
Christmas
CELEBRATION
& CRAFT BOUTIQUE

MARK YOUR CALENDARS
DECEMBER 1ST

Calling All Crafters

**NOW ACCEPTING VENDOR
REGISTRATIONS!**

FOR MORE INFO CONTACT
CAROLINE AT 951-326-5251



Moms On a Mission (M.O.M.S) welcomes moms-to-be and those raising young children. This is an opportunity to build your parenting foundation on God's truths, be encouraged, and engage in fellowship with other moms. Children will enjoy making friends and going on field trips, too!

M.O.M.S will meet at Calvary Chapel Murrieta on the first and third Thursday mornings of each month beginning September 6, 2018 and ending May 2, 2019 from 9:15 AM - 11:15 AM.

Child care is available for children up to age 6. Older, home-schooled children may bless the ministry by helping serve the younger children. ALL children MUST be pre-registered.

Registration cards and child care cards can be filled out after each service on Sunday morning (August 12, 19, and 26) or in the church office Monday thru Thursday.

For more information please contact Jessica Cernetic at (619) 871-5377 or jessica60@hotmail.com.



SEPTEMBER 13TH - APRIL 18TH



CALVARY MURRIETA WOMEN'S MINISTRY

LIFE LESSONS

FROM

THE LADIES

EPHESIANS 2:10

PART 2

R&R BIBLE STUDY 2018-2019



CONTACT KELLY FOR MORE INFO AT KBELL@CALVARYMURRIETA.COM



MARK YOUR CALENDARS

M.O.M.S - Begins September 6th

Women's Ministry Meeting - September 10th

Reasons to Rejoice - Begins September 13th

Fall Baptism - October 14th

Harvest Festival - October 31st

**REAL Tuesdays - Sept. 18th, 2018, Jan. 22nd, 2019, May 14th and July 16th
at 7:00 P.M., Sanctuary**

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

BIBLE STUDIES *and* GATHERINGS

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

Will begin September 6th.
Call Jessica Cernetic at 619-871-5377.

"REASONS TO REJOICE" WOMEN'S BIBLE STUDY

Resumes September 13th.
Call Cindy Chapman 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 Tuesday of every month from 3:00 pm-6:00 pm.
Call Gail at 310-702-0972.

REAL TUESDAYS

September 18th.
Call Kelly at 951-677-5667.

SUNDAY NIGHT OF PRAYER

1st Sunday of every month at 6:30 pm.
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

september 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	3 <i>Labor Day</i> CHURCH OFFICE CLOSED	4	5 BIBLE STUDY • 7:00 PM	6 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133	7 CHURCH OFFICE CLOSED	8
9 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	10 WOMEN'S MINISTRY MEETING 7:00 PM AGAPE ROOM	11	12 LADIES BOOK CLUB 11:30 AM • 764-0408 BIBLE STUDY • 6:30 PM	13 R&R BEGINS 7:00 PM SANCTUARY	14 CHURCH OFFICE CLOSED	15
16 CHURCH 7:30 AM, 9:30 AM & 11:30 AM CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	17 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	18 R & R STUDY 9:15 AM REAL TUESDAY 7:00 PM SANCTUARY R & R STUDY 7:00 PM	19 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	20 MOMS MEETING 9:15 AM - 11:15 AM ROOM 133 R & R STUDY 7:00 PM BOOK WORMS 7:00 PM CALL SUSAN 290-9753	21 CHURCH OFFICE CLOSED	22
23 CHURCH 7:30 AM, 9:30 AM & 11:30 AM	24 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	25 R & R STUDY 9:15 AM R & R STUDY 7:00 PM	26 R & R STUDY 9:15 AM BIBLE STUDY • 7:00 PM	27 R & R STUDY 7:00 PM	28 CHURCH OFFICE CLOSED	29
30 CHURCH 7:30 AM, 9:30 AM & 11:30 AM						

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