

# BUILDING WALLS

The New Living Translation words Proverbs 17:19 in an interesting way; “Anyone who trusts in high walls invites disaster.” I think it caught my eye because of all the talk about a “wall” lately. (When Brian and I were on vacation, one woman we met heard we were from California and the one question she had for us was, “So, what do you think about the wall”?

“SO, LET ME ASK YOU THIS ... WHAT KIND OF WALL ARE YOU BUILDING? IS IT TO KEEP YOU SAFE? IS IT TO IMPRESS OTHERS? IS IT TO HIDE BEHIND? IS IT TO PREVENT OTHERS FROM KNOWING THE REAL YOU? IS IT TO KEEP PAIN OUT? IS IT BECAUSE OF FEAR, PRIDE, OR HOPELESSNESS?”

I deflected) I grabbed a few other translations to see how this particular verse was phrased. The NKJ says, “He who exalts his gate seeks destruction.” I wondered why someone would “trust in high walls” or “exalt their gate.” I did a little research and it seems that the Psalmist is basically talking about taking pride and trusting in something else besides the Lord. Most believe it’s referring to the gate of one’s actual house, which, in those days, would usually be more of a humble entrance. It seems to be talking about someone who adopts a lifestyle above their means to outshine their neighbor by building some type of huge, ornate door or gate. This can be the effect and evidence of pride, a haughty spirit, and quickly lead one to ruin. So basically, trusting in high walls, or your gate, or anything else besides the Lord, is a waste of time. Pride leads to destruction. But I began to contemplate the “high walls” that we often place around our hearts and our lives, thinking they will bring us security and worth. What do we trust in to keep us safe? What do we build in our lives to impress others? Do I want people to think more highly of me by what I do or what I possess? I also pondered other types of walls that we build. Walls

can keep predators out, prevent attacks from the enemy, and keep things in that should stay in. But if I build walls around my heart to stay safe because of previous pain or fear, it keeps me from being honest and vulnerable with others. If I build walls around myself and think I can keep myself “safe,” I am deceived. I can’t trust in walls or gates. I can’t trust in my career or my friends. I certainly can’t trust in myself or my own wisdom. The Lord should be the only One I trust. It’s when I am weak that He is strong, like the apostle Paul said in 2 Corinthians 12:10. Psalm 147:10-11 says “He takes no pleasure in the strength of a horse or in human might. No, the Lord’s delight is in those who fear Him, those who put their hope in His unfailing love.” If you want to guarantee disaster and ruin in your life, trust anything “but” God. Psalm 146:3 tells us “not to put our confidence in powerful people, there is no help for us there.” Proverbs 18:11 says, “The rich think of their wealth as a strong defense; they imagine it to be a high wall of safety.”

So, let me ask you this ... what kind of wall are you building? Is it to keep you safe? Is it to impress others? Is it to hide behind? Is it to prevent others from knowing the real you? Is it to keep pain out? Is it because of fear, pride, or hopelessness? Will you knock down that wall and trust in God, your Mighty Fortress? Will you let Him be your protector, your shelter, your hope, your worth, your confidence, and your strength? Are you willing to tear down any wall or gate that prevents Him from penetrating your heart fully? I pray that we don’t “invite disaster” into our lives by misplacing our trust. Trust in Him and Him alone!

 Kelly



## EASY CHICKEN PARMIGIANA

FROM CIAOFLORENTINA.COM

BY: FLORENTINA

PHOTO CREDIT: CIAOFLORENTINA.COM

### Ingredients:

- 8 organic chicken breast tenderloins lightly pounded
- 1 tbs egg + 2 water lightly beaten
- 1/2 c parmigiano reggiano cheese freshly grated
- 2 c plain panko bread crumbs
- 1/4 c olive oil
- 1 c arrabiata sauce
- 1 1/2 c whole milk mozzarella cheese shredded
- 1/2 tsp sea salt
- 1/2 tsp black pepper freshly ground
- 8 oz egg noodle fettuccine

### For The Alfredo Sauce Recipe:

- 2 1/2 c organic heavy whipping cream
- 3 tbs cold butter
- 3/4 c parmigiano reggiano freshly grated
- dash of Nutmeg freshly grated

### Instructions:

- Preheat oven to 350°F.

- Heat up the olive oil in a cast iron skillet. Season each side of the chicken fillets with a good pinch of the sea salt and black pepper all over.

- Mix the parmigiano reggiano cheese and the panko bread crumbs together. Dredge the chicken tenderloin in the egg and then the bread crumb mixture, coating evenly. Shake any excess and cook in the olive oil until golden brown, about 2 minutes on each side.

- Spoon some of the tomato arrabiata sauce on the bottom of baking sheet and transfer the cooked chicken on top. Spoon some of the arrabiata sauce on top of the chicken and sprinkle with the cheese.

- Loosely cover with aluminum foil and place in the preheated oven for a few minutes until the cheese has melted.

- Meanwhile bring a pot of water to a boil, salt it generously and cook the noodles according to the instructions on the package. If you made your own fresh pasta, about 3 minutes.

- Alternatively, you can heat up the oven to broiler and transfer the chicken to a broiler proof tray. Sprinkle with half of the mozzarella and spoon some of the marinara sauce on top. Sprinkle with the rest of the mozzarella and broil until the cheese has melted. About 3 minutes or so, depending on how close you have it to the flame.

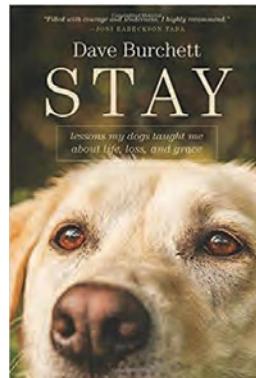
- Meanwhile prepare the Alfredo sauce:

- To make the Alfredo sauce, heat up the cream in a sauce pan over medium flame. Once it starts to simmer start adding the parmigiano reggiano cheese a little bit at a time, whisking constantly until the sauce starts to thicken. (about 5 minutes)

- Once the sauce has thickened, remove from flame and whisk in the cold butter and nutmeg. Toss with the fettuccine and serve with freshly cracked black pepper on top next to the chicken parmigiana. Mash together butter, blue cheese, chives, and 1/8 teaspoon of black pepper; set aside. Cook the steak on the preheated grill to desired degree of doneness, about 5 minutes per side for medium-rare. Allow the steak to rest in a warm place for 10 minutes before slicing thinly across the grain. Serve with a dollop

## BOOK REVIEW

FROM *Barb Costley*



### Stay...Lessons My Dogs Taught Me About Life, Loss, and Grace

by Dave Burchett, is a beautiful book that touches your heart whether you're a Jesus lover, dog lover, or both. Dave never dreamed about writing a book about a dog, but when his beloved 4-legged Hannah was diagnosed with an aggressive cancer, he started to journal about her antics. He then realized the valuable life lessons that God was teaching him through Hannah. As Dave puts it, "When I started to GET it, I chuckled at God's sense of humor and, simultaneously, was touched by His amazing grace."

As Dave journaled about Hannah, he soon realized that Hannah was an able and loving mentor of faith, grace, kindness, and forgiveness. These lessons were simple but meaningful, such as: be present, always there, live in the moment, run to the master, shake off the lies, trust the currency of love, bury the bone of bitterness, and welcome waggin', just to name a few. Each lesson, which is in chapter form, offer little Biblical treasures and big truths to ponder and store in your heart. I giggled, I laughed out-loud, I shed tears, and I was touched by this sweet story of Hannah and her 2-legged family.

*You care for people and animals alike, O Lord,  
How precious is Your unfailing love, O God!  
Psalm 36:6-7*

Calvary Murrieta Women's Ministry



REAL



TUESDAYS

Relationships  
Encouragement  
Accountability  
Laughter

"Let's TACO Bout  
Our Joy in Jesus"  
(John 15:11)

Calling ladies of all ages! Join us on **September 17th** from **7:00 pm- 8:30 pm** as we spend the evening enjoying tacos and "Taco-ing" about Jesus together! There will be food, fellowship, and an encouraging message! This TACO TUESDAY will be REAL fun for sure! We'll be "taco-ing" about this night for a long time! 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](mailto:kbell@calvarymurrieta.com).

*#realtuesdays*



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## Roomba on 'Roids

I don't like talking to machines. I don't ask Siri where the nearest Starbucks is. I don't ask Google what the weather in San Diego is. I don't ask Alexa to play any music or tell me a joke. I just don't. I'm not against modern technology. I think it's fascinating what's being developed – like Artificial Intelligence. Living in China, there's a lot of discussion about that here. But that's just it – it's artificial.

We recently had an interesting encounter. We were in the elevator heading back to our room on the 16th floor of a hotel after a long, hot, day at the World Police and Fire Games in Chengdu (more on that later). Exhausted and really just wanting a shower, I was a little annoyed when we stopped on the 15th floor. Great! Another delay. While trying to work up a pleasant smile, the elevator doors opened and in walked, uh rolled, a robot. It said “hello” and proceeded to roll right toward me.

A little startled, I thought: So, what's the protocol here? Do I say “hello”? Do I speak in English or Chinese? Why did it say “hello” and not “ni hao”? Did it profile me? I wondered how long it had been waiting for the elevator. Come to think of it, how did it push the button? As these random thoughts were bouncing around in my mind, we arrived at our floor and got off. The robot stayed on, apparently preferring a different floor. Should I say “goodbye”?

Later, we were told it was a cleaning robot that goes floor to floor, vacuuming each one, then returns to the lobby to recharge – like a Roomba on steroids! Technology like this is supposed to make our lives better and easier. I guess it can. But, I still don't want to talk to it. You know, they can put two camera lens “eyes” on a robot and paint a silly smile on it's face, but it's not a friend. It's a machine. I-Robot comes to mind.

It seems we are so engaged with technology, our cell phones and other devices, that we've actually become more isolated than ever before. Experts say we are lacking real friendships and human contact. I think that's true. This morning I read an article about a clinic in California that is offering new “cuddle therapy” wherein you pay a “cuddle therapist”, to hug you. Really? Is that where we're at now?

Are real friendships just too hard? Do they require just too much of us? Maybe. But, we need each other. We need someone to laugh and cry with; someone to talk to, and yes, someone to hug! We need real friends who will tell us the truth – even when it's ugly, someone to cheer us on, and someone to walk through this life with. God created us for relationship with Him and with others.

So, go ahead and find out where the nearest coffee shop or frozen yogurt is (I'm sure Siri knows) and invite a friend to meet you there. Take the time and have a real conversation. I think you'll be glad you did.

*“A man who has friends must himself be friendly, but there is a Friend who sticks closer than a brother” Proverbs 18:24*

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



R & R BIBLE STUDY 2019-20  
BEGINNING SEPTEMBER 23



## THE BOOK OF ROMANS

We are excited to study the Book of Romans together! 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](mailto:KBELL@CALVARYMURRIETA.COM)



joyful  
&  
triumphant  
Luke 2:8-20

WOMEN'S CHRISTMAS CELEBRATION  
AND CRAFT BOUTIQUE 2019

**CALLING ALL CRAFTERS!**

We will be accepting vendor applications  
beginning September 3<sup>rd</sup>.

MARK YOUR CALENDARS:  
DECEMBER 7<sup>TH</sup>, 2019

All registration for the boutique vendors will be done online this year at [calvarymurrieta.com/boutique](http://calvarymurrieta.com/boutique). Applications will be accepted in the order we receive a completed application. If you need assistance, you are welcome to come to the church office during regular business hours and we would be happy to assist you with your online application. For more info contact Caroline at 951.326.5251.



24225 MONROE AVE. MURRIETA | 951.677.5667  
CALVARYMURRIETA.COM

# MARK YOUR CALENDARS

Christmas Crafter/Vendor Registration - Begins September 3<sup>rd</sup>  
MOMs Meeting - September 5<sup>th</sup> & 19<sup>th</sup>, 9:15 am - 11:15 am, Room 133  
Women of Encouragement - September 7<sup>th</sup>, 8:00 am, Tresinos  
Women's Ministry Meeting - September 9<sup>th</sup>, 7:00 pm  
Strike Out Slavery - September 14<sup>th</sup>, Angels Stadium  
Children at Risk Meeting - September 15<sup>th</sup>, 3:00 pm, Agape Room  
REAL Tuesdays: "Let's Taco 'Bout Jesus" - September 17<sup>th</sup>, 7:00 pm, Sanctuary  
R&R Bible Study Begins - September 23<sup>rd</sup>, 7:00 pm, Sanctuary  
A21 Walk for Freedom - October 19<sup>th</sup>  
Harvest Festival - October 31<sup>st</sup>  
Women's Christmas Celebration - December 7<sup>th</sup>, 9:00 am - 11:00 am  
Justice Matters 9 - January 26<sup>th</sup>, 2020  
Women's Retreat - March 27<sup>th</sup>-29<sup>th</sup>, 2020

## BIBLE STUDIES and 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**  
Resumes September 23<sup>rd</sup>  
At various days and homes.  
Call Cindy Chapman at 677-5667.

**LADIES CHRISTIAN BOOK CLUB**  
2<sup>nd</sup> Wednesday at 11:30 a.m. Call Debre': 764-0408  
3<sup>rd</sup> Thursday at 6:30 p.m. Call Susan: 290-9753

**WIDOWS MIGHT MINISTRY**  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday of every month at 3:00 p.m.-6:00 p.m.  
Call Gail at 310-702-0972.

**REAL TUESDAYS**  
September 17<sup>th</sup>, 2019.  
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 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](mailto:kbell@calvarymurrieta.com)

# september 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 <b>Labor Day</b> <b>CHURCH OFFICE CLOSED</b>	3 WIDOWS MIGHT 3:00 PM-6:00 PM CALL 310-702-0972  CHRISTMAS CRAFTER ONLINE REGISTRATION BEGINS	4   BIBLE STUDY • 7:00 PM	5  <b>MOMS MEETING</b> 9:15 AM - 11:15 AM ROOM 133	6 CHURCH OFFICE CLOSED	7 <b>WOMEN OF ENCOURAGEMENT AT TRESINOS</b> 8:00 AM
8  CHURCH 7:30 AM, 9:30 AM & 11:30 AM  CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM	9  WOMEN'S MINISTRY MEETING 7:00 PM	10	11   LADIES BOOK CLUB 11:30 AM • 764-0408  BIBLE STUDY • 7:00 PM	12	13 CHURCH OFFICE CLOSED	14  <b>STRIKE OUT SLAVERY ANGELS STADIUM</b>
15  CHURCH 7:30 AM, 9:30 AM & 11:30 AM	16	17 <b>REAL TUESDAYS</b> 7:00 PM "LET'S TACO BOUT JESUS"  WIDOWS MIGHT 3:00 PM-6:00 PM CALL 310-702-0972	18   BIBLE STUDY • 7:00 PM	19  <b>MOMS MEETING</b> 9:15 AM - 11:15 AM ROOM 133  BOOK WORMS 6:30 PM • 290-9753	20 CHURCH OFFICE CLOSED	21
22  CHURCH 7:30 AM, 9:30 AM & 11:30 AM  CHILDREN AT RISK 3:00 PM-5:00 PM AGAPE ROOM	23  <b>R&amp;R BEGINS</b> 7:00 PM <b>SANCTUARY</b>	24	25   BIBLE STUDY • 7:00 PM	26	27 CHURCH OFFICE CLOSED	28
29  CHURCH 7:30 AM, 9:30 AM & 11:30 AM	30  R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	31  R & R STUDY 9:15 AM  R & R STUDY 7:00 PM				

CALVARY CHAPEL MURRIETA WOMEN'S MINISTRY  
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