

February 2012



## Know You Are Loved

We celebrate love this month—with flowers, chocolate, cards, romantic dinners, and parties with kids and friends. It's all in good fun, but stop for a moment and ask yourself—do you *feel* loved?



*Do you know how loved you really are?*

Professions of love from family and friends are wonderful...yet deep in our hearts we may still struggle with feeling un-loveable. Something may separate us from receiving the truth of love—from others and from God.

But the Bible makes it clear—*nothing* can separate us from God's love. Not worries, not fears, not wrong choices—not even guilt.

Guilt. It's a "g" word we sometimes give more power in our lives than the big "G"—God! We eat too much—and feel guilty. We say angry words—and feel guilty. We buy things we can't afford—and feel guilty. We watch a movie we shouldn't—and feel guilty. We tell a lie to get what we want—and feel guilty.

Too ashamed to tell anyone, let alone talk to God about how we feel, we allow our hearts to fill up with remorse. Pretty soon it's hard to feel God's love. If we've struggled with these issues over a long period of time, it becomes difficult to believe God loves us at all anymore.

Guilt and shame can distract our thoughts away from God's great love for us and weaken our ability to live from a heart of love. If we think more about guilt than we do about God's love, we'll have a difficult time. Instead of focusing on feelings of guilt, we need to fill our hearts and minds with the knowledge of God's love for us. Because nothing can separate us from it.

God loves you. Right this very moment. God loved you all day yesterday and will love you all day tomorrow. Believe it. Because living a victorious life in Christ depends on living from a heart overflowing with the knowledge of his love!

## WOMEN'S MINISTRY GIRLFRIENDS

First Christian Church (DOC)  
16 E Platte Ave  
Colorado Springs, CO 80903



### THE WORD

**"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."**

— Romans 8:39

**"Guard your heart above all else, for it determines the course of your life."**

— Proverbs 4:23

### THINK ABOUT IT

**What makes it difficult for you to accept and believe in God's love for you?**

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## Love is...?

Pop Quiz! Choose the correct answer to complete the sentence, "Love is \_\_\_\_\_."

- a) blind
- b) a feeling
- c) a warm puppy
- d) a choice
- e) all of the above

Here's the answer key to check your score:

**Love is blind.** Brain researchers have discovered that when we first fall in love good mood chemicals are activated, but the areas of our brain dedicated to judgment shut down. So for a time during the beginning of a relationship, we are only able to "see" the good!

**Love is a feeling.** Those good mood chemicals that are released when we feel love are responsible for that warm fuzzy feeling.

**Love is a warm puppy.** Charles Schultz's famous Peanuts book is titled *Happiness is a Warm Puppy*, and therapy dogs with organizations like *Love on a Leash* are spreading that love and happiness to adults and kids in senior living centers, hospitals, schools, and hospice centers across the country.

**Love is a choice.** Love loves even when the other person doesn't deserve it. God gave undeserved love to us, and that love helps us to love the hard-to-love people in our lives. That's the power and beauty of redeeming love—it's not about the feeling, it's about the doing.

Your score? A+! Because no matter which answer you picked you are correct!



## Leap into Love?

According to British folklore, February 29th, Leap Day, was the only day a woman was allowed to propose marriage. And according to literature and urban legend, women were expected to wear red petticoats when they popped the question to their potential mate. What if he refused? He had to pay her a fine—ranging from buying her a new silk gown or gloves, to just giving her a kiss. Unless he lived in Finland, where he had to buy her fabric for a new skirt—probably not a red one!



## Finding Love...in 1954

What advice would you give a young woman looking for Mr. Right? Here's some given to teen girls in the 1954 March issue of Family Circle Magazine:

### What is a marriage-type girl?

"She is, first of all, a grownup. That is, she has tastes, ideas, and opinions that are her own. Besides being a grownup, our girl is loving. Not in the smooch-artist meaning of the word, but in a wider sense. She's fond of her kid brother, though he may be a little monster at times. And if some Saturday night finds her dateless, she doesn't take to her room for a good cry. Instead she cooks up fun of her own—anything from having some cherished chums listen to records, to blowing herself and Mom to two seats at the movies.

But we think it's the glow that shines out of her eyes and lights everything she says or does that makes her a successful marriage-type girl."

Sounds a lot like this centuries-old good advice:

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16



## Media Morsels

### Book Review

#### *A Jane Austen Devotional*

**Author:** Steffany Woolsey

**Publisher:** Thomas Nelson Inc., 2012

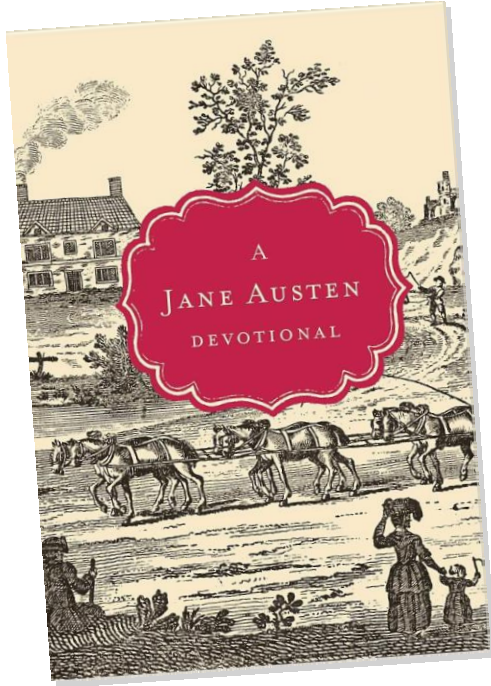
“I am not ashamed of having been mistaken...Let me take it in the best light, in the light in which it may be understood.” *Pride and Prejudice*

Revisit your favorite Jane Austen novels in this unique devotional book as you discover hidden biblical insights like this one:

“In Jane we see a rare example of someone who follows the true biblical definition of love. Humanity’s overwhelming tendency is to jump to conclusions, or expect the worst to avoid disappointment, or turn our backs on people who hurt us. The extent to which we demonstrate this kind of love requires God’s operative grace in our lives.”

In *A Jane Austen Devotional*, you’ll find over 100 excerpts from well-known Austen novels like *Emma* and *Pride and Prejudice*, paired with scriptures and biblical reflections. Take a stroll through the pages and let Austen’s words newly illuminate living and loving in God’s grace.

*A Jane Austen Devotional* can be found at your local Christian bookstore or online at Amazon or Christianbook.com.



### Movie Review

#### *Love Comes Softly*

**DVD Release Date:** 2003

**Genre:** Romance, Western, Drama

**Rating:** TV-PG, some violence

**Length:** 88 minutes

What’s better than a great chick flick? A great chick flick with an inspiring message of faith and hope!

Based on the popular novel by inspirational author Janette Oke, *Love Comes Softly* chronicles the westward journey of Marty, a young woman whose dream to find new opportunities on the great American plains turns to tragedy. As her pioneering spirit is tested, she discovers unexpected strength, faith, and eventually the courage to find love where there once was only loss.

*Love Comes Softly* is available on DVD for rental from Netflix or Blockbuster, or for purchase through Amazon or your favorite video store.



**WOMEN'S MINISTRY AT FCC**

*We BEFRIEND women, so they feel like they BELONG. Then they will be open to hear about what we BELIEVE, which will open their hearts to BECOME someone different ... a follower of Jesus! To complete the circle, we want women to BEFRIEND others, and help them BELONG, too.*

**February Rebekah Meeting**

Tuesday, February 7 - 7:00 PM at home of Diana Hatler

Our Study is **Confessing the Beatitudes** Please read

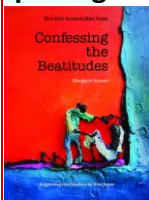
Lesson 6 *Greatly Honored Are The Pure in Heart*

Dorothy will be our Lesson Leader

*Please call Diana if you are unable to attend so she knows how many to prepare for*

**Remember to bring your offerings, to invite someone new, and to bring items for the college student care packages. Looks like we have 11 boxes to fill this year!**

Questions? Ginny Grant 591-6434 or [GinnyG8797@aol.com](mailto:GinnyG8797@aol.com)



The **Searchers** welcome all FCC women to join us **February 1<sup>st</sup> @ 12:30 p.m.** Come for dessert and brief meeting and prayer in Fellowship Hall, then adjourn to the parlor for the study led by Donna McWhirter. Read Lesson five from **Confessing the Beatitudes**, and bring your Bible. Study may be purchased from Donna.

Bring items for Easter Baskets or bring a completed basket. Questions? Contact Jan Haley [janhaley@comcast.net](mailto:janhaley@comcast.net) or 598-6920.



**Bible Study** (in my home)... **Mondays @ 5:45 PM – 7:30 PM** - Book: *Twelve Extraordinary Women: How God Shaped Women of the Bible, and What He Wants to Do with You* – Author: John MacArthur  
Call: Gwen Schulte @ 591-9317 for details.

**Prayer Shawl Ministry at FCC** meets Sundays between services as needed for prayer and fellowship. Shawls are created and given to console those who are grieving, comfort those who are ill, bring hope to those in despair and to celebrate life and its milestones.  
**Donations to purchase yarn are welcome.**

**Piece Makers Feb 18 @ 1:00 p.m.**

**LEARN TO QUILT** – Learn to quilt from experienced teachers. Starting in January a Block of the Month quilt (also block or techniques can be used for smaller projects). Are you a novice or an expert wanting to refresh your skills? Join the fun! Starting in February Piece Makers will meet the third Saturday of each month. Contact: Sue Hesser 439-0569 or [suehesser@yahoo.com](mailto:suehesser@yahoo.com)

**Dough Girls** – will learn another baking Technique. This month **LEARN TO MAKE CREAM PUFFS**. Must sign up in advance. RSVP



Juanita Lopez 321-5337 or [jesusloveme60@hotmail.com](mailto:jesusloveme60@hotmail.com) to get ingredient and supply list.

*Coming up – What do you want to make?*  
**Then join us Feb 21<sup>st</sup> 6:00 p.m.**  
*Date change due to Valentine's Day*

**Red Hatters** Red Hat function will be a brunch on **Saturday, February 11, 9:30AM**, at The Olive Branch restaurant, 23 S. Tejon St., in downtown Colorado Springs. Please RSVP directly to Rita Banister at [rockusruby@yahoo.com](mailto:rockusruby@yahoo.com) or 358-7444 as soon as possible. Your RSVP is especially important since The Olive Branch needs an accurate count since it will be a busy Saturday morning!



Some of us think it would be fun to exchange funny valentines just as we did years ago as schoolgirls. If you would like to participate, bring a sack with about 30 small valentines with your name signed on the back. It'll be fun to see the variety! See you soon! ... Queen Ann

Please e-mail Beryl at [folsombj@q.com](mailto:folsombj@q.com) or 630-2240 with questions.

**Slimnastics. Every Thursday at 11:00 AM** in the Church Gym. Bring a small rug or a yoga mat and a water bottle. Class involves stretching exercises and strengthening exercises like crunches and curl downs. You should wear loose stretchable clothing. Every Thursday. *Contact Bev Olson for more information.*

**Tai Chi.** Open to beginners and intermediate students. Wear loose clothing. Easy movements, non-impact. Tai Chi is a Chinese method of movement exercises which is beneficial for the mind and body. You may join the class at any time. I will teach beginning movements for the first half hour, and then move into more advanced movements the rest of the time. New students may follow along or watch the harder movements. *Contact Bev Olson 573-2836 for more information.*



**Every Thursday – 12:00 PM**

**Quilting Group** – 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> Thursdays – 9:30 a.m. Room 210

This group meets to make quilts. If you don't know how to quilt, they'll teach you. All the proceeds from the quilters' work are generously given to missions, especially ones that help children and youth. We are working rigorously on quilts for 2012 Quilt Sale. Come help us!



**Special Knit or Crochet Project** – One of our youth is going on a trip with his high school to Cameroon, Africa. He would like to take knitted or crochet hats for youth and children with him. So please consider making hats and returning them to the church by end of February 2012. Please help our special youth with his service project.



**Chick Flickers** This group is for gals who just want to get together to watch a movie, have some goodies and discussion with other girlfriends. Do you have a movie you want to see with your girlfriends? Watch the church website and bulletin boards for future excursions. Or email Lenna Fajerman [coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net) to be added to contact list.

We have seen some wonderful movies.

**Treasures by Hand** will meet the second Saturday of each month starting in February. **1:00 PM February 11<sup>th</sup> project will be Silk Painting.** Starter kits need to be ordered so RSVPs are required. All are welcome. Let the church office know a week in advance if nursery is needed. RSVP to Lenna Fajerman 719-429-0619 or [coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net) **NOTE TIME CHANGE!!**



**Addie's Kitchen TBD**


Fellowship Hall. Freezer meals. Make one for yourself and one for Mission. You must sign up in advance.

**INVITE YOUR GIRLFRIENDS AND NEIGHBORS TO OUR WOMEN'S PROGRAMS. ALL ARE WELCOME!**

**ANY TIME YOU NEED CHILDCARE FOR A GIRLFRIENDS EVENT YOU NEED TO CONTACT THE CHURCH ONE WEEK IN ADVANCE. PLEASE CALL THE CHURCH OFFICE. 633-8888**

# February

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			<b>12:30 PM</b> Searchers	<b>11:00 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi	<b>6:00 PM</b> Parents' Night Out	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<b>5:45 PM</b> Bible Study – Women of the Bible	<b>7:00 PM</b> Rebekahs		<b>9:00 AM</b> Quilters <b>11:00 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi		<b>9:00 AM</b> Red Hatters <b>1:00 PM</b> Treasures by Hand
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>27</b>	<b>18</b>
	<b>5:45 PM</b> Bible Study – Women of the Bible	Valentine's Day 		<b>9:00 AM</b> Quilters <b>11:00 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi		<b>1:00 PM</b> Piece Makers
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	President's Day <b>5:45 PM</b> Bible Study – Women of the Bible	<b>6:00 PM</b> Dough Girls		<b>9:00 AM</b> Quilters <b>11:00 AM</b> Slimnastics <b>12:00 PM</b> Tai Chi		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>			
	<b>5:45 PM</b> Bible Study – Women of the Bible					

Dates subject to change. Always check with Funcilator to confirm date and time.

## Contact for more information

Name: [Lenna Fajerman](#)  
 Phone: [719-429-0619](tel:719-429-0619) (yes, this is a long distance number)  
 E-mail: [coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net)

**AND**  
 Church Office  
 @ 633-8888

*We can always use more Girlfriends!*

**THE SPICE**