

October 2011



THE SPICE

A taste of what's happening for women.

Chocolate Love

"Chocolate is God's apology for broccoli." — Richard Paul Evans

Your taste buds will tell you...chocolate has to be a gift from God! Even botanists recognized the wonder of chocolate when they named the cacao tree (from which chocolate comes) *Theobroma cacao*. *Theobroma* means "food of the gods." Broccoli, on the other hand, is from the plant family called *Cruciferae*, which means "cross-bearing." Now there's a metaphor to chew on...

Broccoli—a "should eat." Chocolate? A sweet treat! Decadent and delicious, chocolate is more than just an indulgence...it's a gift of love. Let's face it, nobody wraps up broccoli in a heart-shaped box with a bow. No, it's chocolate that speaks the language of love to us. Special dark or creamy milk, chocolate imparts its richness without expecting any "goodness" from us in return.

Just like God's love for us. Extravagant, indulgent, rich, and overflowing with goodness. Yet, as women, we may sometimes struggle with feeling unworthy of God's love. Perhaps we've lost our temper, done something we knew we shouldn't, or not done something we knew we should. It can be difficult to receive that gift of love when we feel we've fallen short of expectations. Ours or God's.

Here's the good news...God's not keeping score. He's not a parent who says to us "If you're good, I'll give you a candy bar." Whether we've been "good" and eaten our vegetables or not, God lavishes his love—without portion control or calorie counting!

His love for us is extravagant, the finest to be found, wrapped up with a bow and ready to be poured into our hearts in abundance all day long. And it never melts away because God's love endures forever. So let's taste and see that the Lord is good!

WOMEN'S MINISTRY GIRLFRIENDS

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



THE WORD

"Let them praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things."

Psalm 107:8-9

THINK ABOUT IT

- What's your favorite chocolate treat? Your favorite treat from God's Word? Enjoy them together!
- How is receiving God's love indulgent?

Did you know...

- Until recent history, chocolate was consumed as a drink, not a food. And in most of the world, only the rich and elite could afford this luxurious beverage!
- Contrary to warnings about stimulants present in chocolate, cacao contains such a small amount of caffeine that one ounce of milk chocolate contains about the same amount of caffeine as one cup of decaffeinated coffee.
- Chocolate really does make some of us feel better! The carbohydrates in chocolate raise serotonin levels in the brain, which can lead to a feeling of well-being.
- White chocolate isn't even considered a chocolate by many chocolate purists. Why? Simply because it has no chocolate liqueur in it. It's usually made of cocoa butter, sugar, and other ingredients.



Friendship Fudge

This is called Friendship Fudge because anyone will be your friend if you give them some!

Ingredients:

- 1½ cups sugar
- 1 can (5 ounce) evaporated milk
- 2 tablespoons butter
- ¼ teaspoon salt
- 2 cups miniature marshmallows
- 1½ cups semisweet chocolate chips
- ½ cup chopped nuts (optional)
- 1 teaspoon vanilla

Directions:

Mix the sugar, evaporated milk, butter, and salt in a pan. Bring to a boil over medium heat, stirring constantly. Continue stirring, and allow to gently boil for 5 minutes. (Set a timer!)

Remove from the heat, and stir in the marshmallows, chocolate chips, nuts, and vanilla. Stir until the marshmallows have completely melted.

Spread mixture in a greased 8 x 8 pan. Refrigerate for 2-3 hours until firm. Cut into small squares. Eat a few, and share the rest!

Tip: To make minty chocolate fudge, stir in 2 or 3 York Peppermint Patties when you remove the pan from the heat. Yum!



Chocolate Bits

“I have this theory that chocolate slows down the aging process...It may not be true, but do I dare take the chance?”—Unknown

“Strength is the capacity to break a chocolate bar in four pieces with your bare hands—and then eat just one of those pieces.”—Judith Viorst

“Research tells us fourteen out of any ten individuals like chocolate.”
—Sandra Boynton

“Life is like a box of chocolates ...You never know what you're gonna get.”—Forrest Gump

“God gave the angels wings, and he gave humans chocolate.”
—Anonymous

“I could give up chocolate, but I'm not a quitter.”—Unknown

**MOVED TO
DECEMBER
10TH!!**



FCC Women's Tea Sunday, ~~October 16th~~

"Stay" is a charming word in a friend's vocabulary." Louisa May Alcott

On Sunday afternoon at two, on October 16th, all FCC women and friends are invited to stay for tea. We'll provide wonderful tea treats to eat. Frannie will share her antique teapot collection, but you will need to bring your own tea cup for your use at the tea. You will take it back home when you leave, along with many fun memories including making a new friend or two.

There will be information about Christian Church (Disciples of Christ) opportunities such as: the FCC women's groups, local Christian Women United, FCC Girl Friends, Blessing Boxes, International project to end human trafficking, Women-to-Women--Worldwide, Easter Basket project, etc. and an opportunity to ask questions as you sort out the acronyms to become a meaningful to your ministry and support network of friends.

If you are interested in serving as a table hostess or making tea treats sign up is in fellowship Hall or call Jan Haley at 598-6920.

Remember to bring your tea cup!



**2009 to 2014 Quadrennial Social
Action Project**

Human Trafficking: Breaking the chains of modern-day slavery

Human trafficking is a form of modern-day slavery in which people, mostly women, very young girls and children, are abducted and/or forced to labor for someone else against their wishes. Domestic and international criminals have made trafficking, smuggling, and sex slavery a booming businesses that can reach every community throughout our country.

Disciples Women Should:

Set goals for participation (monetary and volunteer hours), educate themselves about human trafficking, notify their regional women's staff of their goals, efforts, successes and progress

Disciples Women Can:

Write letters, volunteer at a local agency, become educated through books and movies, invite a speaker to your church, and raise funds to support those who are attempting to break these chains of slavery

Disciples Women Will:

Lift up this human tragedy during our 2010 & 2014 Quadrennial Assemblies and celebrate our progress in helping alleviate this human injustice.

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.

October Rebekah Meeting

Tuesday, October 4 - 7:00 PM
at the home of Sue Hesser

5512 Prairie Schooner Drive 531-7433

Our New Study is **Confessing the Beatitudes**

Please read LESSON 2 (See Nancy if you need a book)

Greatly Honored are the Mourners

Sue is also our Lesson Leader.

Please call Sue if you are unable to attend

Please remember to bring your offerings and invite someone new!

Contact Ginny Grant 591-6434 or GinnyG8797@aol.com

Searchers to meet on Wednesday Oct 5, at 12:30.

All FCC women are invited to the monthly meeting of Searchers. We will meet in Fellowship Hall for refreshments and a brief meeting, and then be in the parlor for our study. Donna McWhirter will lead the Women of the Christian Church (DOC) study on Beatitudes. Bring your copy of the booklet. Additional copies available from Donna.

Questions? Contact Jan Haley

janhaley@comcast.net or 598-6920.



Piece Makers Oct 8th @ 1:00 p.m.



LEARN TO QUILT - Learn to quilt with small projects. Are you a novice or an expert wanting to refresh your skills? Join the fun! Currently working on Bargello.

Contact: Sue Hesser 719-439-0569 or

suehesser@yahoo.com

Jewels of the Aisle LEARN TO MAKE JEWELRY -

Make a bracelet, necklace, or a ring (small fee for supplies)

Oct 29th 9:30 AM

RSVP to Malissa Mackin 641-2835 or

Mackin_Malissa@hotmail.com

Dough Girls – will learn another baking Technique.

This month LEARN TO MAKE **BISCOTTI**.

Must sign up in advance. RSVP Juanita

Lopez 321-5337 or

jesusloveme60@hotmail.com

Coming up – Homemade corn tortillas

Then join us Oct 11th 6:00 p.m.



Red Hatters Hi Everyone! It's time to make reservations for the October Red Hat Luncheon.

The luncheon will be Thursday, October 20th at The Adam's Mountain Cafe at 12:00 noon. RSVP required - Contact Beryl Folsom - 630-2240



Treasures by Hand BASKET WEAVING WITH PINE NEEDLES? Learn this ancient craft. This is a lost art. Starting Sept 21st at 6:00 PM and running for 3 or 4 weeks for this beginning weaving class. Sign up now to reserve a starter kit of supplies ready for you to use when you join us. There is a small cost for supplies. Bev Olson – teacher.

RSVP to Lenna Fajerman 719-429-0619 or

coloradogirl@pcisys.net

Coming up – Silk Flower Arrangements (refresh old arrangements) and Silk Scarf Dyeing



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.**



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 for more information. Every Thursday – 12:00 PM

Contact Bev Olson 573-2836

ALL HANDS ON DECK!!

Help Make the FCC Christmas Decorations for ESM (Ecumenical Social Ministries).

MOVED TO NOVEMBER 4TH 10-3

Crafters meet in Fellowship Hall on Saturday, ~~October 29 at 1:00~~. Bring glue guns, scissors, wire cutters, and wire. All of the ornaments for our ESM tablescape, wreath, and tree ensemble will need to be glued and wired in preparation for the decorating day of November 17. Also we will be completing decorations. (Volunteers are also needed for Nov 17 to assemble everything on site for the Festival of Tree, which kicks off with the gala and raffle on Friday, and is open to the public on Saturday and Sunday, Nov. 19 and 20)

Our theme is red, green, and gold calico and Gingerbread. We have the dishes, silverware, glassware and many of the ornaments, and a cookie jar. Boy Scouts are making gingerbread cookie ornaments as a service project. The centerpiece, napkins, place mats and fabric ornaments are being made. We still need calico red/green/gold material and a few machine sewers to complete fabric ornaments from a kit and duplicate a couple of them. Would love a volunteer to make/or donate if you have a match, a tree skirt, and a stocking maker (have one kit as model) Contact Jan Haley janhaley@comcast.net or 598-6920

Quilting Group – 2nd and 4th Thursday – 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!

Nov 5 at 1 in Fellowship Hall Treasures by Hand. Come Save the flowers! We'll do a little freshening up of our Chat and Coffee arrangements and make some new Christmas decorations for the Fellowship Hall Christmas holiday tables. If you want to bring materials and your own arrangement needing revival, please do. Guaranteed that things will look better when we leave than when we started! Donations of small Christmas decorations in Green, gold and red still required. Contact Jan Haley 598-6920 or janhaley@comcast.net

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. Next movie Oct 7th matinee. Watch the church website and bulletin boards for future excursions. Or email Lenna Fajerman coloradogirl@pcisys.net to be added to contact list.

Special Quilt Project – Half-Square Triangle Exchange. We want to make a *Tree of Life quilt* for the 2012 Quilt Sale. Would you help us make Half-Square Triangles? Pick up a paper-piecing pattern from Lenna Fajerman and return finished by December to any Quilt Group member. Return in baggie, do not remove paper or press. You don't have to know how to quilt to make these triangles. Please use light and dark fabrics, small prints or batiks (no white backgrounds).

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

October

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1  IN LOVING MEMORY 3:00 PM Bill May Memorial Concert
2	3	4	5	6	7	8
		7:00 PM Rebekahs	12:30 PM Searchers 6:00 PM Treasures by Hand – Pine Needle Basket Weaving	11:00 AM Slimnastics 12:00 PM Tai Chi	2:00 PM Chick Flickers	9:00 AM Addie's Kitchen 1:00 PM Piece Makers
9	10	11	12	13	14	15
		6:00 PM Dough Girls	6:00 PM Treasures by Hand – Pine Needle Basket Weaving	9:00 AM Quilters 11:00 AM Slimnastics 12:00 PM Tai Chi		 Church Leadership 9:00 AM Leadership Retreat-El Pamar
16	17	18	19	20	21	22
2:00 PM Tea for 2 Women's Tea MOVED TO DEC 10TH!!				11:00 AM Slimnastics 12:00 PM Tai Chi 12:00 PM Red Hatters		 10:00 AM Children's Ministry-Fall Halloween Festival
23	24	25	26	27	28	29
				9:00 AM Quilters 11:00 AM Slimnastics 12:00 PM Tai Chi		1:00 PM Jewels of the Aisle 1:00 PM Treasures By Hand – ESM Decorations MOVED TO NOV 4
30	31					

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

AND
 Church Office
 @ 633-8888

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

We can always use more Girlfriends!