

September 2011



THE SPICE

A taste of what's happening for women.

The Upside Down School of Life

School's back in session, and students everywhere will press their noses into text books, listen (and hopefully not nap) to long lectures, and bemoan multiple-choice tests...all in pursuit of a good grade.

Of course, "A" is the best, and "C"...well, just average.

In Jesus' day it wasn't much different. In early adolescence the boys who were the "A" students would take an "entrance exam" to qualify to study with the rabbi. A large part of this consisted of repeating whole books of the Torah from memory! Those who did not pass returned to the trades of their fathers. Like fishing.

This was the accepted academic format—only the best and brightest were chosen to be disciples of the rabbi. But then Jesus went fishing with a bunch of "C" students, and the whole system was turned upside down!

Jesus was not impressed with intellectual gifts of knowledge. He was the first rabbi to do three things differently: First, *he went out* to find his followers instead of waiting for them to come to him. Second, *he showed them* instead of testing them. Who he was and what God could do. Third, *he chose them*, not based on their intellect, but on their hearts.

Jesus purposely chose those who had *failed* to meet the expectations of men to be his disciples. Simon Peter had a "C" on the report card of his life and admitted to an entire night of fishing without snagging one fish, yet Jesus knew he was destined to become "a fisher of people."

Yes, "C" may mean average to you and me but never to Jesus. He didn't pick the Ph.D.'s of his time to join his school of discipleship then, and he's still not impressed by how many Bible verses we can recite from memory now. He only asks three things of us: for us to let him into our boats when he shows up, to believe in the truth he reveals, and to follow where he leads. That's how we get an "A," like Simon Peter, in Jesus' upside down school of life.

WOMEN'S MINISTRY GIRLFRIENDS

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



THE WORD

"Jesus replied to Simon, 'Don't be afraid! From now on you'll be fishing for people!' And as soon as they landed, they left everything and followed Jesus."

—Luke 5:10-11

THINK ABOUT IT

How would you grade yourself on these?

1. Letting Jesus into the boat of your life.
2. Believing in the truth he reveals.
3. Listening and following where he leads.

How can you improve this month?

What Did She Say?

“Did you hear that great speaker last week? What did she say?”

How much could you tell your friend about what you heard? Chances are, not much. That’s because no matter how great the speaker is, our brains leak like a sieve when it comes to listening and learning. Here are the dismal statistics:

- Within 20 minutes, we forget 40%.
- After half a day, we’ve forgotten 60%.
- 90% of what we heard is lost after a week.

The good news is, an Indiana University study found there are better methods of learning than just listening to a speaker. They found that after a month, students remembered:

- 10% of what they heard
- 15% of what they saw
- 40% of what they discussed
- 80% of what they did
- 90% of what they taught.

Want to learn more about God? Faith? Scripture? The message in the numbers is clear: *Listen less, do more!*

Do We Achieve What We Believe?

“I just don’t think I’m smart enough...or good enough.”

Is it possible for these types of negative beliefs to hinder what we can achieve? Psychologists think they can. In one study, two groups of equally smart students were asked to answer difficult questions from the game Trivial Pursuit. Before the test, one group was instructed to think about and write down what it would mean to be a college professor. The other group was asked to sit and think about soccer “hooligans.”

What happened? The “professor” group got over 55% of the questions right; the “soccer” group only 42%. More extreme versions of this test have also demonstrated that people who are primed to think negative thoughts about themselves before an activity perform at significantly lower levels compared to those who are not. And those who think positive thoughts do much better!

Is this knowledge that what we believe influences what we achieve new? Not to God! The next time you face a tough challenge, take your own test. Think about Jesus’ words from John 14:12 first: “I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works...” Try believing first, then be amazed at what you achieve!

Learn By Doing: A Bible Study to Remember

Romans 8:38-39 says that nothing can separate you from God’s love. Read the whole Scripture passage, and then do the following activity alone or in a group to *learn it*. Journal or discuss your answers to the questions.

1. Take a whole strawberry, and cut it in half from top to bottom.
 - What shape do you see on the inside?
 - How can a wounded heart hinder you from receiving God’s love?
2. Put the two halves of the strawberry back together using toothpicks, so the toothpicks form a cross in the middle of the strawberry. Read Romans 8:38-39 again.
 - How is the strawberry like your own heart?
 - How does God want to love you and heal your heart today?

Enjoy the strawberry, and remember God’s amazing and sweet love for you!



Media Morsels

Internet Resource Review



Internet Café Devotions

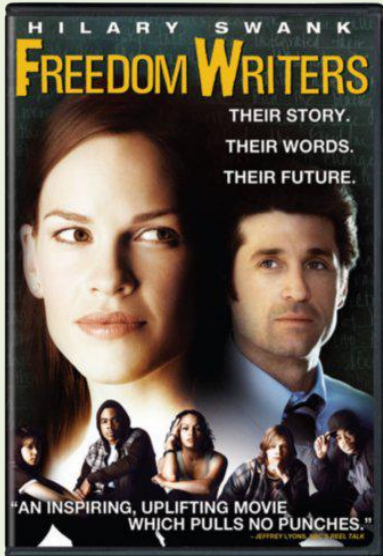
Need a cup of delicious morning inspiration to start your day?

Go online and get in line with God’s encouragement for your day by filling your cup with daily inspiration at the counter of Internet Café Devotions. At this friendly cyber café, the counter baristas serve up daily devotions seasoned with insight, humor, reflection, and caffeine-jolting wisdom from God’s Word.

It’s your daily cup of inspiration, poured for you by women just like you—women who seek to discover a deeper relationship with Jesus through their experience and sharing of God’s Word.

So come on in! Pull up a chair, and hold up your empty cup. Read, listen, learn, and share your comments. The inspiration is flowing, and the baristas are eager to meet you at internetcafedevoations.com.

Movie Review



Freedom Writers

Release Date: 2007
Genre: Biography, Drama
Runtime: 123 minutes
MPAA Rating: PG-13 for violent content, some thematic material and language.

“The best part of Ms. G’s class [at Wilson High] was how she’d start us on one of her off-the-wall activities, and suddenly we were all coming up with our own ideas. It was like we were teaching the class with her.”

Erin Gruwell, better known as “Ms. G” to her former students, was an amazing teacher. So remarkable that a book and, later, the movie *Freedom Writers* were produced to share her remarkable story with the world.

Talk about it:

- What was the “aha” experience that helped Erin become a successful teacher? Share an “aha” moment from your own life.
- How were Erin’s and the students’ failures turned into successes? How can you apply their experiences to your own life?
- How can you apply Erin’s teaching methods as you seek to inspire and encourage others in your family, workplace, and ministry?

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.

Rebekah Kick-Off and Potluck

Tuesday, September 6 - 6:30 PM

Please meet at the Woodmen & I-25 Park n' Ride at 6:00 to carpool. Call Ginny (591-6434) to let her know you will be carpooling so we don't leave without you!

at the home of Sherry Beverly

20065 Capella Drive, Monument 481-2357

Our New Study is

Confessing the Beatitudes

Please read Lesson 1

(Nancy has books (\$12) and will bring them to church Sunday)

Greatly Honored are the Poor

Diana Hatler is Lesson Leader

Please call Ginny if you are unable to attend and please bring a potluck dish to share, your offerings and someone new!

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

The **Searchers Disciples Women's Group** will hold its first meeting of the new year on Wednesday, **September 7 at 12:30 PM**. All FCC women are welcome. We will meet in Fellowship Hall for dessert and meeting, and then move to the Parlor where Donna McWhirter will lead the lesson on **Confessing the Beatitudes**.

Remember to bring your blessing boxes or checks which will be taken to renewal. If you saved up IHN ditty-bag items from summer travel, please, bring those as well.

Jan Haley, Searchers President 598-6920 or

janhaley@comcast.net



Piece Makers Sept 10th @ 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



Dough Girls – will learn another baking Technique.

This month LEARN TO MAKE RAVIOLI. Must sign up in advance. RSVP Juanita Lopez 321-5337 or

jesusloveme60@hotmail.com

Coming up – Homemade Bruschetta and corn tortillas

Then join us Sept 13th 6:00 p.m.



Red Hatters Hi Everyone! It's time to make reservations for the September Red Hat Luncheon. The luncheon will be Thursday, September 15th at The Warehouse at 12:00 noon. We went there last year, and everyone seemed to enjoy, so thought we could try it again. Please make your reservations with Betty Rapjack at 719-634-1227 or brapjack@mybluelight.com. She will have to give them a final count on Tuesday, the 13th. 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 the first week. There will probably be 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



Card Sharks LEARN TO MAKE A HOLIDAY CARD

Make cards to cover the upcoming holidays (small fee for supplies)

Sept 24th 9:30 AM

RSVP to Sara Strawderman 219-9438 or

shani.rah@hotmail.com



Jewels of the Aisle LEARN TO MAKE JEWELRY - Make a bracelet, necklace, or a ring (small fee for supplies)
Sept 24th 1:00 PM

RSVP to Malissa Mackin 641-2835 or
Mackin_Malissa@hotmail.com

Slimnastics. Starting up again on September 22nd 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. Students should be able to stand for the whole class, but some things could be done seated if necessary. We meet on-going on Thursdays at 12:00 noon because some students work downtown and use their lunch hour to work out. Most days we are in the church gym, but in nice weather we may be outdoors in either the prayer garden or the labyrinth. 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



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.

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

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.

TOTS - This is a unique group of parents that is a multi-congregational support group for parents (grands, dads, etc.), sponsored by First Christian Church and Grace & St. Stephen's Episcopal Church. We meet the first and third Thursdays of each month from 9:30-11:30a.m. **Complimentary childcare is provided.** We share brunch and time together. Our meeting topics vary from Bible Study and Devotional time to crafts and guest speakers.

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. *"The Help" was awesome. This is a must see.*


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!

September

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
				11:30 AM Slimnastics 12:00 PM Tai Chi 9:30 AM TOTS	6:00 PM Parents' Night Out	
4	5	6	7	8	9	10
	 OFFICE CLOSED - Labor Day	6:30 PM Rebekahs	12:30 PM Searchers	9:00 AM Quilters 11:00 AM Slimnastics 12:00 PM Tai Chi		1:00 PM Piece Makers
11	12	13	14	15	16	17
		6:00 PM Dough Girls		11:00 AM Slimnastics 11:30 AM Red Hatters 12:00 PM Tai Chi	CRMR Women's Retreat	CRMR Women's Retreat
18	19	20	21	22	23	24
CRMR Women's Retreat			6:00 PM Treasures by Hand - Pine Needle Basket Weaving	9:00 AM Quilters 11:00 AM Slimnastics 12:00 PM Tai Chi		9:30 AM Card Sharks 1:00 PM Jewels of the Aisle
25	26	27	28	29	30	
			6:00 PM Treasures by Hand - Pine Needle Basket Weaving	11:00 AM Slimnastics 12:00 PM Tai Chi		

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

We can always use more Girlfriends!

Contact for more information

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

AND
 Church Office
 @ 633-8888

