

November 2011



## WOMEN'S MINISTRY GIRLFRIENDS

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



### THE WORD

**"By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence."**

2 Peter 1:3 (NLT)

### THINK ABOUT IT

- What are your deepest **wants** today?
- How can you receive from God exactly what you **need**?

## Giving Thanks for Everything We Need

*"The Lord is my shepherd; I shall not want." Psalm 23:1 (KJV)*

Can you imagine telling 2-year-olds they "shall not want"? They *do* want! They want candy bars in the checkout line, their little sister's toys, and doughnuts for dinner. A child *wants* a lot of things, but a parent can say "no" if it's something they don't *need*.

As grown women, we have "wants" too, and sometimes our wants are not so different. (Bring on the chocolate!) Thankfully, we still have a parent, our Heavenly Father, who can say "no." So we don't always get what we *want*, but 2 Peter 1:3 says he gives us everything we *need*.

God shepherds us with love and knows that our deepest wants *are* our needs. Life is exhausting—we need rest. Life is chaotic—we need peace. Life is lonely—we need love. Life is difficult—we need help! God answers our wants by promising us exactly what we need:

### **Psalm 23 (NLT):**

**I want help.** *The Lord is my shepherd; I have everything I need.*

**I want rest.** *He lets me rest in green meadows.*

**I want peace.** *He leads me beside peaceful streams.*

**I want strength.** *He renews my strength.*

**I want guidance.** *He guides me along right paths, bringing honor to his name.*

**I want courage.** *Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me.*

**I want to feel safe.** *Your rod and your staff protect and comfort me.*

**I want to overcome adversity.** *You prepare a feast for me in the presence of my enemies.*

**I want to feel valued.** *You welcome me as a guest, anointing my head with oil.*

**I want to feel blessed.** *My cup overflows with blessings.*

**I want to be loved.** *Surely, your goodness and love will pursue me all the days of my life.*

**I want a home.** *And I will dwell in the house of the Lord forever.*

Let's give thanks to God this month for giving us everything we *need*!

## Table Talk

Switch off the talk around the dinner table this month about the weather, Aunt Mary's arthritis, and how great the mashed potatoes are. Instead, flip the switch on fun by adding an extra dish...one filled with tasty conversation starters. Ask each person (kids included!) to pick a slip of paper, read the question, and then let everyone share their answers. Great for inspiring table talk at family get-togethers or everyday dinners! Here are a few to help you get started:

- What's your favorite game that uses a ball?
- If you could start a fan club, who would you be a fan of?
- If you were God, what's one thing you would change about the world?
- What's one family tradition you never want to give up?

Questions are from Gabbit, the talk-starter game for families. Get your own at [group.com/gabbit](http://group.com/gabbit).



## Share the Love

During the holidays, share some love with a girlfriend, a single mom, or a woman in need with this yummy pancake mix. Wrap the bag of mix in a pretty dish towel and tie with ribbons to make it extra special!

### Cinnamon Pancake Mix

Fill a zip-lock plastic bag with these ingredients:

- 3 cups all-purpose flour
- 3 tablespoons sugar
- 2 tablespoons baking powder
- 4 teaspoons ground cinnamon
- 1 teaspoon salt

Seal the bag, and gently squish the contents to mix everything well.

Add this recipe card (with a personal note or prayer):

To make delicious pancakes, stir together 1 cup of the contents of this bag,  $\frac{3}{4}$  cup milk, 1 egg, and 2 tablespoons of oil.

Spoon the batter onto a lightly greased griddle or skillet, and flip once to cook on both sides. Serve with butter, syrup, or your favorite toppings.



## How to Cook a Turkey

**How do you cook a turkey? We sought advice from the turkey experts — kids!**

*The first step is unwrap the foil and take the heart out. Also you heat it up to 600. Put some salt, garlic on the turkey. Once it's cooked I'll set the table. Ding dong! The gusts are here! —Austin*

*Put [the turkey] in the oven for four minutes. The oven is hot—hotter than the sun - about 30 degrees. — Beth*

*We get our turkey from a turkey farm. The turkey is running around so you have to catch it with a net. You have to clean it first. You use a towel and a hose. — Rebecca*

*The turkey is 52 pounds. They put bacon and A-1 sauce inside the turkey. They put maple syrup on the top, all over the turkey. We cook it for ten minutes. We eat turkey, ham, mayonnaise, apples, broccoli and crackers. We add maple syrup. — Trevor*

## 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.*

### November 1<sup>st</sup> Rebekah Meeting

at the home of Dorthy Smith. Our New Study is **Confessing the Beatitudes** Please read Lesson 3 & 4 (See Nancy if you need a book). Sandy Hill is our Lesson Leader. *Please call Dorthy (598-4941) if you are unable to attend. Please remember to bring your offerings and invite someone new! Remember there will not be a meeting in December.*

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

The **Searchers** welcome all FCC women to join us **Nov 2<sup>nd</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 three from Confessing the Beatitudes, and bring your Bible. Study may be purchased from Donna. Questions? Contact Jan Haley [janhaley@comcast.net](mailto:janhaley@comcast.net) or 598-6920.



### The Women's Christmas Tea

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

All FCC women and their friends are invited to stay for Christmas Tea on **Saturday, December 10, at 2PM** in Fellowship Hall. No cost, but we would appreciate an RSVP just so we are prepared to make this a special time. (Starting November 13 there will be a signup sheet in fellowship hall.) Each lady is asked to bring her own tea cup and saucer to use at tea. Yes, you are part of the story of our women's friendships! (Kim has lent extra tea cups in case the help of a friend is needed by anyone. Frannie has lent her teapot collection.) We are also asking for volunteers to hostess at a table, and providers of tea treats. Sign up in Fellowship Hall or [janhaley@comcast.net](mailto:janhaley@comcast.net) or 598-6920.

### Piece Makers Nov 19<sup>th</sup> @ 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! Finish working on Bargello or make a patchwork bag. We will discuss the next big project.

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 **TOFFEE AND SKILLET PEANUT BRITTLE**. 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 – *Homemade corn tortillas*  
Then join us **Nov 8<sup>th</sup> 6:00 p.m.**



### Red Hatters

It's time to make reservations for the December Red Hat Dessert Tea.

The dessert tea will be Thursday, **December 8<sup>th</sup>** at Marigold's Café & Bakery at 2:00 pm. RSVP required - Contact Beryl Folsom - 630-2240



**Treasures by Hand** BASKET WEAVING WITH PINE NEEDLES? This was a wonderful class that we want to repeat again. Watch newsletters and bulletin board for the next class date. Bev Olson is a wonderful teacher. RSVP to Lenna Fajerman 719-429-0619 or

[coloradogirl@pcisys.net](mailto:coloradogirl@pcisys.net)

Coming up – *Silk Scarf Dyeing*

### Bible Study (in my home)... Begins: **Monday,**

**November 7, 2011 - Time: 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 at 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.**

**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



**Quilting Group** - 2<sup>nd</sup> and 4<sup>th</sup> 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!



NOTE: Quilters will not be meeting Dec 22<sup>nd</sup> then will begin in January meeting every Thursday to get ready for the Quilt Sale this coming October.

**Jewels of the Aisle** LEARN TO MAKE JEWELRY - Make a bracelet, necklace, or a ring (small fee for supplies) contact Malissa if you are interested.

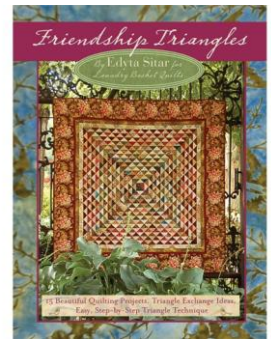
RSVP to Malissa Mackin 641-2835 or [Mackin\\_Malissa@hotmail.com](mailto:Malissa_Malissa@hotmail.com)



**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.



**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).

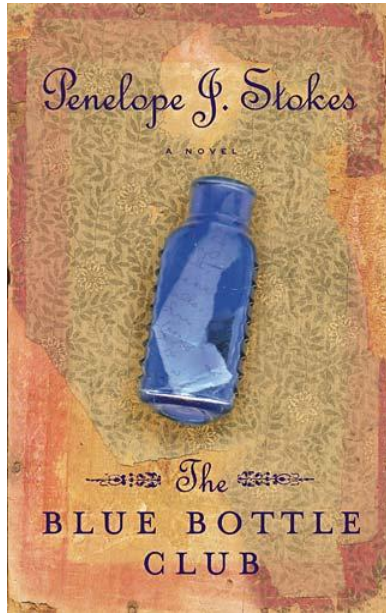


**INVITE YOUR GIRLFRIENDS AND NEIGHBORS TO OUR WOMEN'S PROGRAMS. ALL ARE WELCOME!**

**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**

# Media Morsels

## Book Review



### **The Blue Bottle Club**

**Author:** Penelope J. Stokes

**Publisher:** Thomas Nelson (January 11, 2000)

*“Every one of these women—despite the disappointments and pain of their lives...acknowledged that even in the darkness, when they were unaware of it, God had somehow been at work in their lives.”*

On Christmas day 1929, four friends gathered in a dusty attic to share their heartfelt dreams for the future. Sixty-five years later, a news reporter discovers a mysterious blue bottle that holds their life wishes written on tiny slips of paper. Struggling to understand her own faith and dreams, she sets out to discover if the young girls’ hopes for love, fame, and success came true.

Have your childhood dreams come true? Gather a few friends to read the book together and find out why *The Blue Bottle Club* is a favorite for book club discussions about friendship, faith, and discovering God’s plan for your life.

## Movie Review

### Five Family-Friendly Films

Spending time with extended family this month? Here are five great family-friendly movies everyone can enjoy together (including one to sing along with)!

**Akeelah and the Bee**—Overcoming all odds, a young girl tries to make it to the National Spelling Bee. Rating: PG for some language

**The Sound of Music**—An aspiring nun becomes a governess to seven children and teaches them to sing their way to love and freedom in early World War II Austria. Rating: G

**Babe**—A pig raised by sheepdogs makes friends with his fellow farm animals and learns to herd sheep, with amazing results. Rating: G

**Fly Away Home**—A 13-year-old girl becomes a “mama goose” to a flock of abandoned hatchlings and attempts to help them fly south for the winter. Rating: PG for an accident scene and some language

**The Secret Garden**—A young girl discovers a garden that has been locked up and neglected and determines to bring it back to life. Rating: G



# November

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2	3	4	5
		7:00 PM Rebekahs	12:30 PM Searchers	11:00 AM Slimnastics 12:00 PM Tai Chi 12:00 PM Red Hatters	10:00 AM Treasures By Hand - ESM Decorations	9:00 AM Treasures By Hand - Flower Arrangements 1:00 PM Addie's Kitchen
6	7	8	9	10	11	12
	5:45 PM Bible Study - Women of the Bible	6:00 PM Dough Girls		9:00 AM Quilters 11:00 AM Slimnastics 12:00 PM Tai Chi		
13	14	15	16	17	18	19
	5:45 PM Bible Study - Women of the Bible			9:00 AM ESM Decorating @ Double Tree Hotel 11:00 AM Slimnastics 12:00 PM Tai Chi		1:00 PM Piece Makers
20	21	22	23	24	25	26
	5:45 PM Bible Study - Women of the Bible					
27	28	29	30			
	5:45 PM Bible Study - Women of the Bible					

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

## Contact for more information

Name: [Lenna Fajerman](#)  
 Phone: 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**