

MDPC Women

CONNECT WITH FRIENDS CONNECT WITH JESUS

Memorial Drive Presbyterian Church

Fall Edition 2016

UPCOMING EVENTS

Pathways Sunday School Class (mostly women 50+)
Sundays, 9:45 AM

MOPS (Mothers of Preschoolers)

Second and Fourth Mondays at Christ Evangelical Presbyterian Church. For more information, contact Emily Bohn at emilybohn25@gmail.com.

Upcoming: August 29 (Kickoff), September 12 & 26
9:30 AM-Noon | Christ Evangelical Pres. Church

Women's Bible Study Discussion (BSD)

Becoming and Being the Church: A Study of Acts, 2 Timothy, and The Apostles' Creed

Begins September 8 | Five class options, visit bsd.mdpc.org

The Living Well (Women's Bible Study)

facilitated by Charlotte Crawford

Wednesdays, September 14-April 5

6:00-7:15 AM (Run/Walk until 8:00)

The Breakfast Club (September Topic: Anxiety)

Sunday, September 25 | 8:30-9:30 AM

Marriage Retreat (Woodlands Waterway Marriott)

Facilitated by Brett & Kellie Hurst

Saturday-Sunday, October 1-2 | Noon-Noon

Purely Parenting

Monthly forums with a variety of speakers and topics

Beginning Sunday, October 9 | 11:00 AM

And my God will meet all your needs according to the riches of His glory in Christ Jesus.

-Philippians 4:19

The Well Speaker Series

A panel of speakers, for adult women only
"Who Do You Think I Am?"

Wednesday, October 26 | 6:00-8:00 PM

Christmas for Kids Sign-up

Open October 30-November 20

Women's Spiritual Retreat (Brenham)

Saturday, November 12 | 9:00 AM-5:00 PM

Christmas for Kids Wrapping Party

Saturday, December 3 | 9:30 AM-1:30 PM

Christmas Coffee (for all women)

Tuesday, December 6 | 10:00-11:30 AM

To register for the above events, visit

women.mdpc.org.

Questions? Contact Amanda Grace Caldwell at acaldwell@mdpc.org or 713-490-0931.



SOMETHING NEW

by Billie Carole McMillan



First John 1 says, *In the beginning was the Word and the Word was with God, and the Word was God.*

Jesus is that Word, and was with God in the beginning, and, at the same time, was God Himself. We know that when Jesus went back to Heaven, He left His Spirit to be with us as His Presence.

Very often, Jesus' Holy Spirit—living inside me and in all believers—gives me little gems of teaching. The following is one of my favorites:

Thinking in the Spirit produces loving and caring attitudes, melts away evil, and heals the heart.

This could be a very appropriate motto as we begin a new year for our children, our church, and our nation. We are encouraged to think in the Spirit, allowing Him to guide and direct our attitudes and our decisions.

It has been awhile since I had children at home, but these days our grandchildren face loads of challenges! As Christian parents and, yes, even great grandparents, we have the responsibility and pleasure of leading them as the Spirit leads us in making decisions that will affect their present and their future. I truly believe this begins through prayer and Bible study in order to help us recognize the Spirit's voice.

Sometimes the right decision will be the hard decision, but the Spirit will lead us through prayer and God's Word.

I love how God encourages us through His creation to let us know He is with us! The other day, after a sudden rain, Joe and I were driving home from supper. Looking north, there was a beautiful rainbow!

As we exited, we looked south and realized it was complete! A full rainbow was showing itself to us after a week in which our family had experienced so much answered prayer. The answers to our prayers had been almost staggering as one after another was revealed to us. It was such a reminder of God's undeserved goodness and grace, as we had been praying these prayers for a long time! It is so obvious that God sometimes waits so that *all things work together for good* (Romans 8:28).

I believe that God expects us to share these special moments of revelation with others in order to be salt and light to a dark world. Surrounding ourselves with those who love the Lord, praying daily for wisdom, and passing on what God has done in our lives will bring salt and light to those around us.

Yes, unless we are looking for that "something new" happening in our lives or in the lives around us, we could possibly miss out on some of the greatest blessings God has planned for us. Thinking in the Spirit produces loving and caring attitudes, melts away evil, and heals the heart.

He has made everything beautiful in its time. —Ecclesiastes 3:11

DIY IDEA

How to Pack a School Lunch

A Main Course	A Fruit or Veggie
Sandwich	Orange Segments
Hot Dog	Apple Slices
Meat Rolls	Pineapple Chunks
Pizza Pretzel	Mandarin Oranges
Quesadilla	Carrot Sticks
Tuna Salad & Crackers	Cucumber Sticks
Tortilla Roll Ups	Celery Sticks
Muffin Pot Pie	Jicama Sticks
Pizza Muffin	Cherry Tomatoes
Pita & Hummus	Grapes

A Snack	A Drink	A Treat
Cheese	Water	Fruit Snacks
Pretzels	Juice	Cookies
Popcorn	Lemonade	Brownie
Craisins	Capri Sun	Fruit Leather
Boiled Egg	Fruit Water	Candy
Rice Cake		
Crackers		
Pickle		
Trail Mix		
Cereal		
Go-gurt		

TIPS FOR SUCCESS:
Choose one item from at least three categories.
Don't forget to seal all the ziplock bags.

Make substitutions and additions as desired.
High protein foods will help kids stay fuller longer.

ehewasnapping.com

PRAYER by Charlotte Crawford

Heavenly Father,

Mere words of thanks do not seem enough to offer You for the love You give us through Your Son, Jesus Christ. Yet it is words of thanks and praise we offer You first daily and ongoing for Your gift of grace. Thank You for the fullness of truth and grace You give us through Jesus. Thank You that, out of His fullness, You continue to give us grace upon grace. Thank You for purifying us by Your Word that is truth. We want to know more of Your love. We are grateful for Jesus' promise to continue to make Your love known in and through us. May we be women who humbly and hungrily follow Jesus in word, faith, attitude, action, and purity. Women who abide in Jesus' Word, know the truth, and discover in increasing measure Your truth that sets us free. As we start the fall season and this year's fourth quarter of school, work, and life on Earth, may we throw off the weights of worry and stress and the sin that clings to us. We devote our minds and hearts to keeping our eyes fixed on Jesus and running our race fitly with endurance and joy. We commit to pray as Jesus did, often and always seeking and following Your word, ways, and will. We say No to fear, worry, and doubt as we take heart in Jesus' words, "Do not be afraid." We will aim, step by step, to walk

on water with Jesus wherever He leads. Yet if we sink in fear during storms of our heart and mind, we will cry out, "Lord, save me," and trust that Christ will reach out and take hold of us. We will trust in Your love and listen for Your assignments as we go into the world to reflect Your light and love to whomever You align us with. We will remember that You, Lord, are with us always. For today is the day that You have made, O God. We will rejoice and be glad in it. You have made Your light to shine upon us. We will give thanks to You and praise You. For You are good, Lord, Your steadfast love endures forever! We will love You, God, with all our heart, soul, mind, and strength and, from the overflow, we will love others. Amen and Hallelujah!



FIT TIPS by Charlotte Crawford

Body Fitness Fact: Life cannot exist without water. It is essential to keeping your body balanced and hydrated. Soft drinks, alcohol, and caffeine steal precious water resulting in fatigue, mental fuzziness, and shaky focus, all signs of dehydration. Water flushes toxins, maintains proper circulation, keeps you cool, and even suppresses unne-

cessary appetite, keeping weight levels healthy. Minimum daily water intake should be half your body weight in fluid ounces; triple that amount if you are exercising or in extreme heat. Your whole body is blessed and balanced when you drink God's pure water.

Spirit Fitness Fact: When we ask Jesus, He gives us Living Water.

When we drink the water He gives, it becomes in us a spring of water welling up to eternal life. When the thirsty come to Jesus and drink, when we believe Jesus, out of our heart will flow rivers of Living Water. Jesus is our Living Well. Come and drink daily and often to hydrate your spirit with His Word! (John 4:10, 14; 8:37-38)

GOOD READS by Martha Moore

Dating? Engaged? Married? *The Meaning of Marriage* by Tim Keller is an indispensable must-read for all who want to experience deeply committed relationships that bring soul-satisfying joy rather than the grit-your-teeth, barely-making-it-work marriages that we see too many couples endure. Written with his wife, Kathy, Tim Keller's book explores the meaning, misconceptions, and mysteries of marriage. Explaining that marriage is a covenant commitment, the Kellers show us that a change in our mindset about how to live happily-ever-after makes all the difference. The couple mines biblical truths they've learned from their own 37-year marriage, as well as from years of ministering to mostly single people at Redeemer Presbyterian in NYC. Tim and Kathy inspire us to

do the hard work that will allow us to reap abundant delights. Even the most war-torn, sinfully self-centered relationships can be transformed into life-giving, covenant commitments that bring a deep happiness.



RECIPES By Sara Kuhn



Blueberry Buckle

(from *Taste of Home Magazine*)

1/4 cup margarine/butter, softened
3/4 cup sugar
2 eggs
1 teaspoon vanilla extract
2 + 1/4 cup flour, divided
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup buttermilk (sub 1/2 cup milk and 1/2 tbs vinegar or lemon juice - let sit 5 minutes)
2-1/2 cup blueberries

Topping:

1/4 cup flour
1/4 cup sugar
1/4 cup brown sugar, packed
1/2 teaspoon cinnamon
1/4 cup cold margarine/butter

In a mixing bowl, cream butter and sugar. Add eggs and vanilla; mix well. Combine 2 cups of flour, baking powder, and salt. Add flour mixture to creamed mixture alternately with buttermilk. Mix well. Toss berries in remaining flour; fold into batter (discard any flour that does not stick to the berries). Spread batter in a greased 9x13.

Remember not the former things, nor consider the things of old. Isaiah 43:18

For Topping: Combine flour, sugars, and cinnamon. Cut in butter until the mixture resembles coarse crumbs (I do this with 2 knives). Sprinkle topping over batter. Bake 375° for 25-30 minutes or until a toothpick comes out clean (I cook much longer...at least 45 minutes). Cool on wire rack.



Pumpkin Bread

(from *The Container Store*)

Sift together:

3-1/3 cup flour
3 cups sugar
2 teaspoons baking soda
1-1/2 teaspoons salt
3 teaspoons cinnamon
3 teaspoons nutmeg
1/2 teaspoons ginger

Mix together:

1 cup salad oil (I use canola)
4 eggs, slightly beaten
2/3 cup water
2 cups canned pumpkin

Preheat oven to 350°. Mix ingredients until smooth. Bake in three average-sized greased and floured bread pans for about 1 hour or until toothpick comes out clean. Cool slightly, then turn out loaves on a rack to cool.

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

-Hebrews 4:16