



R.F.W.M.

Reaching Faithful Women through Ministry

Volume 2, Issue 2

March/April 2010

Redemption Fellowship Women's Ministry

Mission - committed to helping women of all ages and stages of life to understand and proclaim God's Word, pursue Christ and His holiness, and have a passion for God's people, while developing intimate, life-transforming relationships with our Father and other women.

Prayer

A Word About Prayer

When I answer the phone, sometimes I can recognize the person on the line, but only if it's someone I'm real familiar with. We can grow in recognizing God's directing of us through prayer.

We should all pray Colossians 1:9-10 for ourselves and others. Colossians 1:9-10 says: "For this reason, since the day heard about you, we have not stopped praying for you and asking God to fill you with knowledge of His will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God."

I see being filled the knowledge of His will as recognizing and fully accepting what He says. The wisdom and spiritual understanding I see as insight and judgment based on God's word. The worthy walk that pleases God is keeping in step with His word. The fruit and good works follow naturally after anyone who is following fully after Christ.

The exciting part of finding out how to pray with power and live a life that is pleasing to the Lord is finding out that we already possess that power.

And this is where the joy comes in. Because when we purpose in our hearts to know His will God is pleased. God sees our heart. It's not how many

words we say or scriptures we quote. It is simply a desire to know Him and His will, He hears us and sees us. What a privilege it is to pray to the one who is truth and wisdom and have a conversation with Him.

Don't expect God to clear up the picture with one prayer.

- *First Lady, Renee Higgins*



Other Upcoming Events:

- Maundy Thursday Presentation - Thursday, April 1st at Redemption Fellowship Church at 7 p.m.
- Good Friday Service - Friday, April 2nd at Covenant PCA Church at 7 p.m.
- Easter services - Sunrise Service Easter Sunday morning followed by Breakfast. Services begin at 6:30 a.m. Sunday School has been canceled and morning services will begin 1 hour early. The Children's Easter Program will begin at 10:00a.m.
- Women's April Fellowship - Saturday, April 24th at 4:30 p.m., location to be announced

Women's Summit 2010

The Women's Ministry of Redemption Fellowship Church would like to invite all ladies to our upcoming Women's Summit. The event will take place on Saturday, March 13th from 10 a.m. to 3 p.m. at Redemption Fellowship Church. Our theme for this year is **Building Healthy Christian Relationships**. Our purpose is to encompass discussions on building healthy relationships in our everyday lives as mothers, wives, sisters, daughters, and friends. Our guest speakers for the event include:



Mrs. Donna Causey of South Atlanta Community Church



Mrs. Pamela Stringfield of Perimeter PCA of Atlanta

Program will include door prizes, uplifting music, powerful messages, and a Q/A session. Catered lunch will also be served.

Come hear our two dynamic speakers as they explore God's Word to address: *building relationships, overcoming vulnerabilities, confronting fears, and restoring and regaining trust.*

Please join us for a great time of fellowship with other women and an exciting exploration of God's Word to equip us as we all strive to build healthy, Christian relationships.

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Featured Lady of Redemption

In each issue, the Women's Ministry will feature one woman from Redemption Fellowship Church. Here, we attempt to explore our similarities as well as our differences in order for us to get to know each other just a little bit better.

Alma Stone

A little background: I was born in Atlanta (Grady baby!), and grew up in East Point. I married my high school sweetheart 18 years ago and we have two children, Zachary (12) and Brandon (10).

Where do you work and what do you do at your job? I am the communications manager for Landmark Christian School.

What do you find rewarding about your occupation? Being around young people really helps you gain perspective. Most of them have no concept of limitations. They really believe they can do anything until "grown-ups" tell them they can't. They inspire and amaze me.

What brought you to this church and how long have you been here? Joseaf and I came to Redemption after leaving a very large church. We were looking for a small body of believers to plug in to. I was two months away from giving birth to my first son so we've been here nearly 13 years. Wow.

Scriptures you live by? There is no one scripture I can say I live by. I can say there have been many scriptures that have been anchors for me at various times in my life. A few favorites are Psalm 91, Psalm 23 and Isaiah 26:3.

Any passions or special interests? Because I love language and stories, I love to read good books. I'm also a frustrated novelist and screenwriter but that's another story! I love eating out with friends while enjoying stimulating conversation. I am a self-taught jazz enthusiast and love all things related to being at the beach. So give me a good book, a great meal, good music all while I have my toes in the sand. That's my idea of heaven.

Are there any words of wisdom or encouragement that you would like to give to the women of our church?

Be authentic. God knows everything there is to possibly know about you and He thinks you're fabulous! Don't put up a front for other people because you're afraid that the "real you" might be a turn off. Saw this on

Facebook just today, "God doesn't bless us because of something we have done. God blesses us because of what Jesus has done!!! Old Covenant is no longer. Live in the "New" Covenant - Jesus has done it all! No more need to perform or strive. It is finished. It is complete. We receive the promises, the blessings ... we love because we are loved.

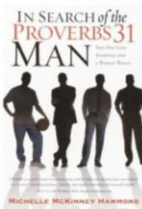
What ministries are you involved in and what do you find most rewarding about working within them? Praise team and the children's ministry. I love it when we really "enter in" to worship. It frustrates me to see people never experience this because they mistakenly treat praise and worship like something that's done for them, instead of it being something they offer to God. I also love working with the Children's Ministry, particularly the little kids. They are compulsively honest. What you see is what you get.

What has been your biggest challenge in life? Trusting God. He is always faithful but sometimes I come down with spiritual amnesia. Let's just say, I'm so thankful for his patience.

What word describes you best? Passionate. I just enjoy experiencing life! Whatever it is I'm interested in or doing, I hope I'm always doing it to the fullest.



Recommended Reading: *In Search of the Proverbs 31 Man* by Michelle Hammond and *Holiness by Grace* by Bryan Chapell



In Search of the Proverbs 31 Man

From barnesandnoble.com: The Secrets to Finding, Nurturing—or Being—an Irresistible Man. Single women want to know what they should ask for—not settle for—in a mate, while married women wonder how they can nurture godly character traits in their husbands. Men, both single and married, wonder what women really want. Both genders are long on questions and short on answers. Where Can Men and Women Go for Help? In Proverbs 31, Scripture presents a powerful composite of a virtuous woman. But what about the virtuous man—what does the Bible say about him? Popular Bible teacher Michelle McKinney Hammond tackles this timely and important question, digging into Scripture to study key men—from Adam to Christ himself, the ultimate bridegroom—to learn what God requires of husbands and men, and to lay out a trustworthy model of how men and women can live in healthy, fulfilling relationship.

Holiness by Grace by Bryan Chapell

From amazon.com: Although his purpose is "to explain the role of grace in sanctification," Chapell, president of Covenant Theological Seminary, not only explains fundamental theological concepts, but gives them passion and life through colorful, often poignant illustrations. Chapell argues very carefully that God's grace is the necessary foundation and source for all spiritual growth in the Christian life. He thoughtfully explores the deeply rooted human tendency to turn away from grace, seeking favor and blessing through our own efforts. Chapell gives new meaning to the idea of repentance, offers practical and helpful teaching on temptation, shows the often-overlooked role of grace in spiritual warfare, explains the positive role of suffering and paints an inspiring picture of God's love and mercy.

Featured Recipes - Greek Chicken Salad and Citrus Salsa Salmon

Greek Chicken Salad

- 1 (2-1/4- to 2-1/2-lb.) deli-roasted chicken
- 1 (5-oz.) pkg. spring mix salad greens
- 2 small cucumbers, cut in spears
- 2 medium tomatoes, cut in wedges
- 2/3 cup bottled Greek salad dressing with feta cheese
- Cracked black pepper (optional)



Remove chicken from bones. Coarsely chop chicken; cover and set aside. Divide salad greens, cucumber spears, and tomato wedges among four dinner plates or salad bowls. Arrange chicken on vegetables. Drizzle salad dressing. Sprinkle with cracked black pepper. Serves 4.

1 Peter 4:8

Above all, love each other deeply, because love covers over a multitude of sins.

Citrus Salsa Salmon

- 4 (4- to 5-oz.) skinless salmon fillets (3/4- to 1-inch thick)
- Salt and ground black pepper
- 1/3 cup red jalapeño jelly
- 3 medium oranges, peeled, seeded, and coarsely chopped
- 1 medium grapefruit, peeled and sectioned
- 1 cup grape or cherry tomatoes, halved



Heat broiler. Lightly sprinkle salmon with salt and pepper. In small saucepan over low heat melt the jelly. Brush 2 tablespoons of the melted jelly on the salmon; reserve remaining jelly. Place salmon on unheated rack of broiler pan. Broil 4 inches from heat for 8 to 10 minutes or until salmon flakes when tested with a fork.

Meanwhile, for fresh citrus salsa, in medium bowl combine chopped oranges, grapefruit sections, halved tomatoes, and remaining jelly. Season with salt and pepper. Serve salmon with citrus salsa. Serves 4.

Fasting and Prayer

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life. Fasting and prayer can also work on a much grander scale. When God's people fast with a proper Biblical motive-seeking God's face not His hand-with a broken, repentant, and contrite spirit, God will hear from heaven and heal their lives, their churches, their communities, their nation and world. Fasting and prayer can bring about revival - a change in the direction of our nation, the nations of earth and the fulfillment of the Great Commission.



The awesome power can be released through you as you fast through the enabling of the Holy Spirit.

Here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast. Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14: *"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."*

If you fast, you will find yourself being humbled. You will discover more time to pray and seek God's face. And as He leads you to recognize and repent of unconfessed sin, you will experience special blessings from God.

A New You: Dedicated to providing that which will bring external and internal rejuvenation

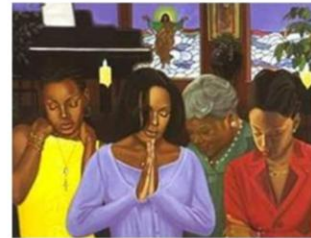
“Building Relationships”

Romans 12:9-21

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.

This year, the Women's Ministry of Redemption Fellowship Church will host its first annual Women's Summit on Saturday, March 13th at 10 a.m. The theme for this event is *Building Healthy Christian Relationships*. As we come together during the program to hear our speakers bring the Word of God to us on this subject, we must not forget that good relationships can sometimes be hard to form, harder to maintain, yet easy to destroy. To build healthy Christian relationships, we must first choose to build a relationship with God as well as ourselves. Love has to be the starting point and must include encouragement, respect and prayer. Here we provide some useful tips on how to build healthy Christian relationships. These points are given in no particular order.

1. We must love others in the way God intended.
2. We must be willing to trust as well as be trust-worthy.
3. We must have our priorities in order.
4. We must serve.
5. We must be willing to communicate openly and honestly.
6. We must fellowship with others in order to build lasting relationships.
7. We must be loyal.
8. We must be willing to be accountable for our own actions.
9. We must be willing to go from deadlock to dialogue.
10. We must manage our emotions.



Additional scriptures on building relationships include (but not limited to) Philippians 2:2-4, Ephesians 4:29-32, Ephesians 5, 1 John 4:7-12, Colossians 3:12-14, 1 Corinthians 13:4-13, and Hebrews 10:24-25



Prayer Requests:

As we take the time to thank God for all of our blessings, we must not forget the needs of others. Our prayers go out to our church members, family members, and friends who are in need of healing, comfort, and faith. Let's not forget to pray for all those who are dealing with hardships due to the economy, hazardous weather, and family troubles. Pray that God heals broken relationships and allow hearts to be mended. Pray also that God will direct the paths of our country's leaders as they move forward in dealing with our country's future. Continue to pray for the safety of our President and his family.

Reminders:

- March is National Women's History Month
- Practice for the children's Easter program has begun. Contact Maria Guest for more information on the schedule
- Prayer Vigils - Friday, March 5th and Friday, April 2nd from 6 p.m. to 8 p.m.
- Dinner and a movie: Wednesday, March 17th and Wednesday, April 21st at 6 p.m.
- HOT DONUTS: Sunday, March 28th and Sunday, April 25th at 6 p.m.

Redemption Fellowship Women's Ministry
redemptionfellowship.org/ministries/
womens-ministry/

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