



R.F.W.M.

Reaching Faithful Women through Ministry

Volume 2, Issue 3

May/June 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.

Women Who do Too Much

After reading *Women Who do Too Much*, I decided that I am carrying too much in my purse. So, I am changing my purse size, again.

A big overstuffed purse doesn't bother me much. It's not until someone needs to use my keys or my phone is ringing and I have trouble finding them that I realize that maybe my big overstuffed purse should be downsized a bit.

Patricia Sprinkle, the author of *Women Who do Too Much*, doesn't mention purses or their sizes. But when she speaks of "heavy spirits being hard to carry" in chapter five of the book, it caused me to think. I had to stop and take inventory of my life and all that I do. I never really thought of myself as doing too much but rather as just a person having passion for what I love to do. I realize now that before I undertake more tasks I must first check my reasoning for

adding yet another activity to my day.

It's like me carrying purses and bags, I very seldom take the help offered when people say, "let me carry one of those bags for you". My answer is always that I can do it myself or I don't want to bother you with my extra stuff.

I see now that I am also giving the Lord Jesus that same answer when He says "Renee, you are carrying too much; let me help you."

I am sometimes doing too much because I won't allow the Lord to do those things.

It is like that hymn "What A Friend We Have In Jesus".

What a friend we have in Jesus, All our sins and grief to bear!

What a privilege to carry, everything to God in prayer.

I don't have to be bothered with doing too much or carrying around too much stuff if I just carry all my stuff to Jesus.



Have we trials and temptations? Is there trouble anywhere?

We should never be discouraged; Take it to the Lord in prayer!

Hebrews 12:1 "...let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race mark out before us."

- First Lady, Renee Higgins

Other Upcoming Events:

- June Fellowship - Further details to follow.
- Father's Day Event - Sunday, June 20th during regular worship service.
- Due to the summer school break, the Women's Ministry will not schedule a fellowship for the month of July.
- August Fellowship - scheduled for Saturday, August 14th at 4:30 p.m. Stay tuned for information on location and other details.

Annual Ladies High Tea



The Women's Ministry of Redemption Fellowship would like to invite all ladies to our annual Ladies High Tea. The event is scheduled to take place on **Saturday, May 8th** from **1 p.m. to 2:30 p.m.** at Redemption Fellowship Church. There will be:

- Delicious Food
- Variety of Teas
- Entertainment
- Contests
- Prizes

The cost is only \$8.00 per person (2 for \$14.00). Please plan to join us for a festive and joyous event, a time of Christian fellowship for the ladies. So invite your mother, your sister, your co-workers, and your friends and reserve your seats today. Come and take part in our prizes and awards and enjoy a time of fellowship and fun. Please RSVP by Wednesday, May 5th.

To sign up to host a table and/or for ticket information, please contact Angela Savage, Cassandra Keel, or our First Lady, Mrs. Renee Higgins, in the church office at 770-460-1220.

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Special Tribute For Mother's Day

Two poems dedicated to mothers ...

When You Thought I Wasn't Looking

When you thought I wasn't looking,
I saw you hang my first painting on the refrigerator,
and I wanted to paint another one.

When you thought I wasn't looking,
I saw you feed a stray cat,
and I thought it was good to be kind to animals.

When you thought I wasn't looking,
I saw you make my favorite cake for me,
and I knew that little things are special things.

When you thought I wasn't looking,
I heard you say a prayer,
and I believed there is a God I could always talk to.

When you thought I wasn't looking,
I felt you kiss me goodnight,
and I felt loved.


When you thought I wasn't looking,
I saw tears come from your eyes,
and I learned that sometimes things hurt,
but it's all right to cry.

When you thought I wasn't looking,
I saw that you cared,
and I wanted to be everything that I could be.

When you thought I wasn't looking,
I looked . . . and wanted to say thanks
for all the things I saw
When you thought I wasn't looking.

~ *Author Unknown*

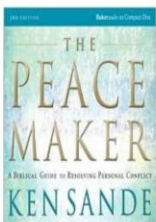
A Mother's Love Goes Deep



I loved you enough to insist you buy a
bike with your own money that we
could afford and you couldn't
I loved you enough to be silent and let
you discover your handpicked friend was a creep
I loved you enough to stand over you for two hours while you
cleaned your bedroom, a job that would have taken me fif-
teen minutes
I loved you enough to say, "Yes, you may go to Disney World
on Mother's Day"
I loved you enough to let you see anger, disappointment,
mistrust and tears in my eyes
I loved you enough not to make excuses for your lack of re-
spect or your bad manners
I loved you enough to admit that I was wrong and ask your
forgiveness
I loved you enough to ignore "what every other mother" did
or said
I loved you enough to let you stumble, fall, hurt and fail
I loved you enough to let you assume the responsibility for
your own actions, at 6, 10, and 16
I loved you enough to figure you would lie about the party
being chaperoned but forgave you for it after discovering I
was right
I loved you enough to shove you off my lap, let go of your
hand, be mute to your pleas and insensitive to your de-
mands...so that you had to stand alone
I loved you enough to accept you for what you are, not what I
wanted you to be
But most of all, I loved you enough to say "no" when you
hated me for it.
That was the hardest part of all.

~ *Nicola Kennedy*

Recommended Reading: *The Peacemaker* by Ken Sande and *Women Who Do Too Much* by Patricia Sprinkle



The Peacemaker by Ken Sande

From barnesandnoble.com: From the Publisher

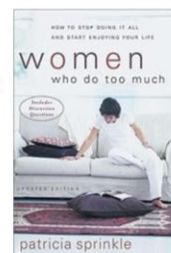
Jesus said, "Blessed are the peacemakers." In his best-selling book, Ken Sande presents a comprehensive and practical theology designed to bring about not only a cease-fire but also unity and harmony in any relationship needing peace. With an understanding that conflict and disagreement are unavoidable in today's culture, his biblical guidance for conflict resolution will take you beyond resolving conflicts to true, life-changing reconciliation with family, co-workers, and fellow believers. This book offers readers useful suggestions that are easily applied to any relationship needing reconciliation.

"A practical and faithful primer for how obedience to God's Word can change deadlock into restoration." - Charles W. Colson, founder, Prison Fellowships

Women Who Do Too Much by Patricia Sprinkle

From barnesandnoble.com:

Are you tired of being all things to all people? Are you overwhelmed by busyness, guilt, and stress? *Women Who Do Too Much* has already helped thousands of high-pressured women depressurize. This new edition, streamlined and updated to address the needs of women today, shows you - the women who do too much - how to do less, live better, and accomplish what truly matters. By tackling the larger issues of goals and commitments first, Patricia Sprinkle helps you determine what God created you to do - and helps you focus on doing just that. In addition, she gives tips to help you handle the demands of everyday life, plus quick, simple exercises to help you apply what you learn.



Featured Recipes - Strawberry Buttermilk Sherbet and Double BBQ Bacon Wrapped Grilled Chicken

Strawberry Buttermilk Sherbet

- 2 cups fresh strawberries*
- 2 cups buttermilk
- 1 cup sugar
- 1 teaspoon vanilla extract
- Garnish: fresh mint sprigs



Process strawberries in a food processor or blender for thirty seconds or until smooth, stopping to scrape down sides. Pour strawberry puree through a fine wire-mesh strainer into a large bowl, pressing with back of a spoon. Discard solids. Add buttermilk, sugar, and vanilla to puree; stir until well blended. Cover and chill 1 hour. Pour strawberry mixture into freezer container of a 1/2 -qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.) Garnish, if desired.

Makes about 4 1/2 cups

*Note: 1 (16-oz.) pkg. frozen strawberries, thawed, may be substituted for the fresh strawberries.

~ Recipe courtesy of SouthernLiving.com

Double BBQ Bacon Wrapped Grilled Chicken

- White Barbecue Sauce*
- 1/4 cup mayonnaise or salad dressing
- 2 teaspoons lemon juice
- 1 teaspoon cider vinegar
- 2 teaspoons chopped parsley
- 1/4 to 1/2 teaspoon red pepper sauce



- Bacon-Wrapped Chicken*
- 4 boneless skinless chicken breasts
- 8 slices packaged precooked bacon
- 2 teaspoons barbecue seasoning
- 1/4 cup barbecue sauce

Heat gas or charcoal grill. In small bowl, stir together white barbecue sauce ingredients; cover and refrigerate until serving time. Wrap each chicken breast with 2 slices bacon, stretching bacon to cover as much of the breast as possible; secure ends of bacon to chicken with toothpicks. Sprinkle both sides with barbecue seasoning. Place chicken on grill over medium heat. Cover grill; cook 5 minutes. Brush with 2 tablespoons of the barbecue sauce. Cook 5 to 7 minutes longer or until juice of chicken is clear when center of thickest part is cut (170°F). Turn chicken; brush with remaining barbecue sauce. Serve chicken topped with white barbecue sauce.

~ Recipe courtesy of Pillsbury.com

Things My Mother Taught Me

As we take the time to celebrate our moms on Mother's Day, we can reflect on the life lessons that were shared with us through their infinite wisdom.

- My Mother taught me LOGIC ... "If you fall off that swing and break your neck, you can't go to the store with me."
- My Mother taught me TO THINK AHEAD ... "If you don't pass your spelling test, you'll never get a good job!"
- My Mother taught me ESP ... "Put your sweater on; don't you think that I know when you're cold?"
- My Mother taught me TO MEET A CHALLENGE ... "What were you thinking? Answer me when I talk to you... Don't talk back to me!"
- My Mother taught me HUMOR ... "When that lawn mower cuts off your toes, don't come running to me."
- My Mother taught me how to BECOME AN ADULT ... "If you don't eat your vegetables, you'll never grow up."
- My mother taught me ABOUT SEX ... "How do you think you got here?"
- My mother taught me about GENETICS ... "You are just like your father!"
- My mother taught me about my ROOTS ... "Do you think you were born in a barn?"
- My mother taught me about the WISDOM of AGE ... "When you get to be my age, you will understand."
- My mother taught me about ANTICIPATION ... "Just wait until your father gets home."
- My mother taught me about RECEIVING ... "You are going to get it when we get home."
- My mother taught me TO APPRECIATE A JOB WELL DONE ... "If you're going kill each other, do it outside - I just finished cleaning!"
- My mother taught me RELIGION ... "You better pray that will come out of the carpet."
- My mother taught me IRONY ... "Keep crying and I'll give you something to cry about."
- My mother taught me about CONTORTIONISM ... "Will you LOOK at the dirt on the back of your neck!"
- My mother taught me about WEATHER ... "It looks as if a tornado swept through your room."
- And my all time favorite thing- JUSTICE ... "One day you will have kids, and I hope they turn out just like YOU. Then you'll see what it's like."



Thanks MOM. :-)

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

Emotional Bailout!

Reinventing your life with passion ...

What controls your emotions:

- * Fear of job loss?
- * Relationship issues?
- * Family trauma?
- * Marital problems?
- * Financial woes?
- * Health concerns?



Whatever it is, you have the power and capability to change and resolve it. You probably don't realize it, but at this very moment, unknowingly, you are holding yourself back due to self-limiting thoughts and beliefs. We process thousands of thoughts each and every minute, and we are not aware of it. When we take the time throughout the day to be aware of our thoughts, we could make a powerful mindset shift that will significantly change our lives! Just this one small step could be the difference in whether we move closer toward our goals or further away from our goals.

There are many external influences that affect our thoughts, and identifying, limiting, and/or removing those influences is another way to re-shape your thoughts. We fall into a habitual way of thinking and once habits are created, it takes acknowledgment and commitment to shift it and change it. When we replace old habits with new behaviors, life takes on new purpose, new focus, new momentum, and our desires become reality!

Everything in life requires time and commitment. If you think back to your childhood when you first learned how to ride a bicycle, did you jump on and immediately ride like a pro? Or did you use training wheels? My guess is that you probably used training wheels because it was a learning process, and eventually after a period of time, you were riding like a pro, doing wheelies, and having a good time. The same holds true for all life endeavors. We must acknowledge, re-shift our thoughts, learn new behaviors, and once those new behaviors are implemented, we'll be "riding life like a pro" and we become brilliant "individuals on the grow."

- Article taken from reinventyourlifewithpassion.com and is written by Cathy Holloway Hill, author of *Emotional Bailout! Nine Principles for Rising When Your World is Falling*.



Prayer for Parents:

Most loving Father, the example of parenthood, teach us what to give and what to withhold. Show us when to reprove and when to praise. Make us gentle and considerate yet firm and watchful. Keep us from weak indulgence, or from great severity. Give us the courage to be disliked sometimes by our children, when we must do necessary things which are pleasing to their eyes. Give us the imagination to enter into their world in order to understand and guide them. Give us all the virtues we need to lead them by word and example in the path of righteousness. Amen.

Reminders:

- Mother's Day is Sunday, May 9th
- Memorial Day is Monday, May 31st
- Father's Day is Sunday, June 20th
- Prayer Vigils - Friday, May 7th and Friday, June 4th from 6 p.m. to 8 p.m.
- HOT DONUTS: Sunday, May 23rd and Sunday, June 27th at 6 p.m.
- Precept Bible Study Classes - contact church or check church website for summer schedule
- Summer break: May 29th - August 8th (Fayette and Clayton Counties); May 29th - August 1st for Henry County
- Have a blessed and safe summer break.

"... pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." James 5:16 (NIV)



EXTRA, EXTRA

Dinner and a movie -
Wednesday, May 19th and
Wednesday, June 16th at
6 p.m. at the church

Redemption Fellowship Women's Ministry
[redemptionfellowship.org/ministries/
womens-ministry/](http://redemptionfellowship.org/ministries/womens-ministry/)

Redemption Fellowship Church
418 Highway 279
Fayetteville, GA 30214
(770) 460-1220
www.redemptionfellowship.org

