



R.F.W.M.

Reaching Faithful Women through Ministry

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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.

Stress Management Life-changing Tips

I have been married for eleven years. I am a mother of two wonderful kids. I have a career as a teacher that I have held for fifteen years. I have a plethora of friends and time for reading books and writing. I have to say my life is a blessing, but there are times when I am hit by a curve ball. There are times when my family, friends, and career demand a lot from me. My life begins to spin out of control in these stressful situations. I would think that I handle those events carefully and privately, but what I have learned in my private war is I have been harming my health. My family responsibilities and career will always be demanding. What I need to learn is how to manage the stress.

Stress is not to be dealt with in private or inwardly. Stress can be managed by identifying your sources. The sources aren't always obvious, sometimes they can be overlooked. Managing stress is all about taking charge: taking charge of

your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun - plus the resilience to hold up under pressure and meet challenges head on.

Here are some tips for managing your stress:

- * Avoid unnecessary stress - Learn how to say no, avoid people who stress you out, and take control of your environment by not placing yourself in stress situations.
- * Alter the situation - Be more assertive, express your feelings and stop keeping them bottled up, and manage your time better.
- * Adapt to the stressor - Focus on the positive, look at the big picture, and stop setting yourself up for failure,

set reasonable standards.

* Accept the things you can not change - Focus on the things you can control, share your feelings, and learn to forgive.

* Make time for fun and relaxation - Do something you enjoy everyday, keep your sense of humor, and connect with others.

* Adopt a healthy lifestyle - Exercise regularly, eat a healthy diet, and get plenty of sleep.

If you adjust these things in your life, I am sure your life will be brought into balance.

Source: www.helpguide.org

~ Sister Natassia Carswell



Other Upcoming Events:

- HOT DONUTS - May 15th at 6 p.m. (event takes place on the 3rd Sunday of each month)
- Dinner and a movie - May 18th at 6 p.m. (event takes place on the 3rd Wednesday of each month)
- Good Friday Service - Friday, April 22nd at Covenant PCA Church in Fayetteville at 7 p.m.
- Easter Egg Hunt - Saturday, April 23rd from 10 a.m. to 1 p.m.
- Easter Sunday morning, the church will have Sunrise Service beginning at 6 a.m. Sunday School has been canceled and morning worship services will begin 1 hour early. The Children's Easter Program will begin at 10:00 a.m.
- Prayer Vigil - May 6th from 6 p.m. to 8 p.m.

Mother's Day Tea 2011

The Women's Ministry of Redemption Fellowship Church would like to invite all ladies to our upcoming Mother's Day Tea. The event will take place on Saturday, May 7th from 1 p.m. to 2:30 p.m. at Redemption Fellowship Church. The event will feature music by Jael Pettigrew and comedy by Christian Comedian, Mama Hope. Tickets are only \$10 per person and will include a catered lunch, live entertainment and door prizes. We are looking for volunteers to bring centerpieces. A prize will be awarded for the best centerpiece of the day. Tickets can be purchased immediately following worship services each Sunday through Sunday, May 1st.



Christian comic
Mama Hope

Ms. Alfreda H. Hyman (aka Mama Hope) is a Lagrange, GA native and humanitarian. When she is not serving others, she enjoys spreading the joy of laughter throughout the Nation as Christian comedian, Mama Hope. She has opened for such artists as Vickie Winans, Pastor Shirley Caesar, Amy Grant, and Grammy song writer, Dr. Danny Graham - just to name a few.

Please mark your calendars and plan to join us for a festive and joyous event, a time of Christian fellowship for the ladies. Come and enjoy delicious food, tasty desserts, and warm conversations. So invite your friends and family and reserve your seats as soon as possible. Contact Angela Savage for more info.

Featured Recipes - Raspberry-Cinnamon French Toast and Baked Apple French Toast

Raspberry-Cinnamon French Toast

12 slices cinnamon bread, cubed
5 eggs, beaten
1-3/4 cups milk
1 cup packed brown sugar, *divided*
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/2 cup slivered almonds
1/4 cup butter, melted
2 cups fresh raspberries
raspberry syrup, optional



Place bread cubes in a greased 13 by 9 inch baking dish. In a bowl, combine the eggs, milk, 3/4 cup brown sugar, cinnamon and nutmeg; pour over bread. Cover and refrigerate for 8 hours or overnight. Remove from the refrigerator 30 min before baking. Sprinkle almonds over egg mixture. Combine butter and remaining brown sugar; drizzle over the top. Bake, uncovered, at 400° for 25 min. Sprinkle with raspberries. Bake 10 minutes longer or until a knife inserted near the center comes out clean. *Note:* drizzle raspberry syrup over the top for a finishing touch. *6-8 servings.*

Baked Apple French Toast

20 slices French bread (1 inch thick)
1 can (21 ounces) apple pie filling
8 eggs
2 cups 2% milk
2 teaspoons vanilla extract
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg



Topping:

1 cup packed brown sugar
1/2 cup cold butter, cubed
1 cup chopped pecans
2 tablespoons corn syrup

Arrange 10 slices of bread in a greased 13 by 9 inch baking dish. Spread with pie filling; top with remaining bread. In a large bowl, combine the eggs, milk, vanilla, cinnamon and nutmeg. Pour over bread. Cover and refrigerate overnight. Remove from the refrigerator 30 min. before baking. Meanwhile, place brown sugar in a small bowl. Cut in butter until mixture resembles coarse crumbs. Stir in pecans and corn syrup. Sprinkle over French toast. Bake, uncovered, at 350° for 35-40 minutes or until a knife inserted near the center comes out clean. Serve with whipped topping and maple syrup if desired. *10 servings.*

Recipes courtesy of www.tasteofhome.com

Mother's Day Is Sunday, May 8, 2011

With Honors

By Natassia Carswell

Honor thy mother, as she lies awake at night
Honor the tears she shed from wondering if her children are alright
Honor her dreams for them, which were never said out loud
Honor their achievements, which were never boasted but proud
Honor the belief she has, growing through mercy and grace
Honor her prayers to God, forever exemplifying her faith
Honor her smile that shines as bright as the sun
Honor those eyes of glory given to all her daughters and sons
Most of all, honor her love, which is patient and kind, supporting and trusting, from her heart to mine.



*Charm is
deceptive, and
beauty is fleeting;
but a woman who
fears the Lord is to
be praised. -
Proverbs 31:30
(NIV)*

A Tribute to My Grandmother

By Natassia Carswell

I remember loving you from the first time I knew who you were
You cast a long time spell on me when you called me your little "Tweety Bird".
I grew up spending long days with you, watching as you warmed your house with love
Your beauty has been a blessing from our Father in heaven up above.
I can remember some of the things I have done with you, and if I try I might remember one spanking or two.
I know I have a habit of sitting on the sink while you wash the dishes,
and of just plain getting in your way anytime you were in the kitchen.
I have found out that through out the years I can come by when there is something on my mind
No matter what time of the day it would be you'd listen, you always found the time.
I believe through the years it hasn't been easy watching us grow a little bit older each day,
but if you think about it we've grown in this life due to all our prayers and God's grace.
Now, I can drive into your yard and hear the sounds of voices coming from everyone you've touched
I know the power of their laughter has come from loving you so much.
You are a grandmother, my grandmother, this is true, and grandmother I want you to know that "I Love You!"