



# R.F.W.M.

## Reaching Faithful Women through Ministry

Volume 3, Issue 3

August / September 2011

### 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.*

#### Be All You Can Be

*"Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to win their favor, but with sincerity of heart and reverence for the Lord. Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Anyone who does wrong will be repaid for his wrong, and there is no favoritism." (Colossians 3: 22-25)*

How hard is it to be all you can be? Before hearing Pastor Cutter's sermon, I thought it was really difficult. I knew that as a child trying new things were tough and trying to be the best at it was even tougher. There were several things I tried like learning how to cook, play the piano, basketball, volleyball, and a

few others I would rather not relive. I failed horribly, but I didn't give up on it all.

Colossians 3:23 states "whatever you do, work at it with all your heart, as working for the Lord, not for men." Pastor Cutter said that all of us should live and work in our lives to please God. This should be our main goal. God gives us the empowerment we need to do this. He gives us the desires of our hearts. He tells us that all things are possible, and he tells us that we SHALL NOT want. Pastor Cutter says we should seek support from other believers, remember the source of our ministry, and offer ourselves to righteous actions.

These things can not be done until we remove the stop sign standing in our way. God wants us to look for opportunities in our ministry to bring

about a change. Change is going to be tough unless we remove the fear and the doubt that hover around us. Ask yourself these three questions:

Am I working to my full potential? Am I living the life God has established for me? Am I using the gifts I was born with? If the answer is mostly no, then begin to pray for we are protected by the grace of God.

- Sister Natassia Carswell



#### Other Upcoming Events:

- Prayer Vigils - August 5th and September 2nd from 6 p.m. to 8 p.m.
- Angel Choir Rehearsals - August 13th, August 27th, September 10th and September 24th at 10 a.m.
- Dinner and a movie events - August 17th and September 21st at 6 p.m.
- HOT DONUTS - August 21st and September 18th at 6 p.m.

#### Inside this issue:

Mother's Day Pictures	2
Recommended Reading	2
Featured Recipes	3
Update Your Resume	3
Save Money Using Coupons	4
Church Picnic Photos	4
Prayer Requests	4

#### Women's Ministry 2011 Committee Meeting



The Women's Ministry would like to invite all ladies to our 2011 Committee Meeting, which will take place on **Sunday, August 7th** in the Fellowship Hall immediately following worship service.

The Women's Ministry is in need of new board members as well as committee members for the upcoming calendar year. We are looking for women who are willing to share their time, thoughts, and ideas with the ladies of our church through Christian fellowship, encouragement and connection. Our focus is to encourage women to grow in their relationship with Jesus Christ through discipleship, prayer, Christian education, outreach and fellowship. We are responsible for planning special events such as retreats, fellowships, the Mother's Day Tea, and the Christmas Brunch, as well as maintaining the ministry newsletter.

If you are interested in becoming a part of this ministry, please come to this very important meeting. For ministry information, please visit our page on the church website. For questions and comments, contact Angela Savage.

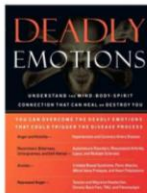
We hope you will prayerfully consider serving the women of our church in this capacity.

**2011 Mother's Day Tea Pictures**

The Women's Ministry of Redemption Fellowship held its annual Mother's Day Tea on Saturday, May 7, 2011. We would like to thank all volunteers, participants and attendees for helping us make this a success again this year. The event was festive and joyous, a time of Christian fellowship for the ladies. Here, we present a few pictures of this year's event.



**Recommended Reading: Deadly Emotions by Don Colbert**  
*(Book Suggestion from Sister Susan Ruff)*



**Overview from barnesandnoble.com** - Did you know that negative emotions can adversely affect your health? Depression, anger, guilt, condemnation, low self-esteem-these are only a few of the lethal toxins that threaten body and spirit. Offering a clear definition of deadly emotions - what they are, where they come from, how they manifest themselves, and their effects on the body - Dr. Colbert uses scientific evidence to support his views. He further offers hope in the form of God's power to deliver readers from these toxins, focusing on the power of forgiveness and repentance, the value of a merry heart, and the joy of the Lord. Finally, Dr. Colbert shares insights on the role nutrition plays in removing the physical toxins that inhibit true health.

*Other Suggested Reading:*

**When the Enemy Strikes: The Keys to Winning Your Spiritual Battles by Dr. Charles Stanley.**

In this book, Dr. Stanley will show readers how to achieve victory by: identifying the enemy, dressing in the full armor of God and standing firm, releasing God's energy, divine power, and protection through prayer, and sensing the forewarnings of Satan's attacks on finances, family, relationships, or health. Spiritual warfare is fought every day on the battlefield of your mind. The Adversary knows that if he can direct your thinking, it's only a matter of time before you're vulnerable to the allure of sin. Dr. Stanley teaches that to stand against Satan's attacks, you must meditate upon biblical principles and arm yourself with the sword of the spirit-God's Word.

*"Draw near to God and He will draw near to you." - James 4:8 (NKJV)*

## Quick and Healthy Recipes: Eggplant Parmesan and Braised Balsamic Chicken

### Eggplant Parmesan

3 eggplants, peeled and thinly sliced  
2 eggs, beaten  
4 cups Italian seasoned bread crumbs  
6 cups spaghetti sauce, divided  
1 (16 ounce) pkg. mozzarella cheese, shredded and divided  
½ cup grated Parmesan cheese, divided  
½ teaspoon dried basil



Preheat oven to 350 degrees F (175 degrees C). Dip eggplant slices in egg, then in bread crumbs. Place in a single layer on a baking sheet. Bake in preheated oven for 5 minutes on each side. In a 9x13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown.

### Braised Balsamic Chicken

6 skinless, boneless chicken breast halves  
Ground pepper to taste  
1 teaspoon garlic salt  
2 tablespoons olive oil  
1 onion, thinly sliced  
1 (14.5 ounce) can diced tomatoes  
½ cup balsamic vinegar  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon dried rosemary  
½ teaspoon dried thyme



Season chicken breasts with ground black pepper and garlic salt. Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts. Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

*Suggestion: Can be served with angel hair pasta or rice with a side vegetable.*

*Both recipes can be found at [www.allrecipes.com](http://www.allrecipes.com)*

## Update Your Resume

According to brownielocks.com, September is "Update Your Resume Month." This month is intended to promote awareness about the importance of having an updated resume ready and may be a good time to begin a new approach to taking care of your career. In today's business world, it is recommended that everyone have "a current, updated copy" of their resume available at all times for a variety of business, promotional, employment, or other opportunities which may arise from time to time. Having an updated resume on hand is the first step in taking a proactive approach to unforeseen changes in today's job market and for preparing for the future. Taking a look at where you've been and where you are today will also allow you to plan your future.



Why do you need to have an updated resume?

1. To have on hand in case of unforeseen situations like an unexpected job opportunity or a job loss. Having an updated resume will allow you to apply for job openings more quickly as you will not have to spend the time needed to put one together.
2. To have on hand for annual performance reviews. During this process a polished resume can be the first step to speaking to your supervisor about your value in the company as well as about other opportunities for which you may be qualified for within the company. An updated resume may be the tool needed for advancement with your current employer.
3. To have on hand to save time. Preparing a resume can be a time consuming project. Doing it now while you are not in a "must have" situation will give you the time and energy needed to do a thorough and professional job.

Five ways to update your resume:

- 1 - Evaluate your career goals and make sure your resume reflects these. Use a focus statement that clearly defines who you are and what you do. Make sure everything presented in your resume echoes this statement.
- 2 - Include all your accomplishments since your last update, including additional degrees or certifications.
- 3 - List special training courses, attended conferences, and special projects.
- 4 - Update your personal contact information.
- 5 - Include any awards or honors you received.

The need to update your resume does not have to initiate from a need for another job. Updating your resume is in fact part of managing your career. After updating your resume, review it and set some new goals for the next year. Achieving these goals will allow for additional achievements to be added to your resume when it is time to update it again. Focus on learning new skills, like new technologies, while not neglecting leadership and people skills. If your company offers a variety of courses take advantage of these. Setting and achieving new skills will prepare you for today's ever changing market by making you more attractive to employers.

*"You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore." - Psalm 16:11 (NKJV)*

A New You:  
Dedicated to providing that which will bring external and internal rejuvenation  
Joining the Coupon Craze

In today's ever-changing economy, more individuals are looking for ways to spend less and save more. Every day purchases can end up being quite expensive if we are not careful about how and where we spend our money. Today, more families are turning to clipping coupons to save money. However, if you are new to this concept, you may ask, "just how do you save money using coupons?" Clipping coupons can trim your grocery bills by allowing you to save money on things you purchase anyway. Coupons can range from \$.25 off to more than \$5 off, or even buy one get one free, savings that can add up pretty quickly. The process of finding and clipping coupons can take time, discipline and patience. However, with the amount of money you will save, it will be worth it. To get started, here are some tips. Use these tips to help save money on everything from gifts to groceries.



Helpful tips:

1. To find coupons, search online, magazines, the Sunday paper, coupon clipping services, and coupon mailers. You can find popular websites through Google.
2. If you visit certain stores or restaurants quite often, sign up for their eclubs and newsletters. They oftentimes email exclusive offers to their subscribers and some even reward you with a special treat on your birthday. Also, join grocery store clubs. Grocery chains usually have discounted prices for their members.
3. Get organized. Create a system that works for you and stick to it. Make sure you regularly check your stash before each shopping trip and be mindful of expiration dates.
4. Keep track of store prices to help ensure you are getting a good deal and be open to using store brands.
5. Try to stack coupons with store sales to save even more money and buy in bulk when you can afford it.
6. Check company websites to see who has what you need on sale. Many companies, like Target, Publix, and Kroger, have their weekly ads online and you can compare sale prices at home. This will allow you to save even more money when paired with coupons.
7. Find out which stores double coupons and try to shop there as often as possible when using coupons.
8. Use Ebay and other auction websites to find multiple coupons for items that you need. If you come across a great coupon for an item that you purchase on a regular basis, check these websites to see if someone has some for sale. The coupons are free. What you are paying for is that individual's time to clip those coupons for you.
9. Check Facebook. Now that this social network has become so popular, many manufacturers offer special promotions, like coupons and free samples, for some products on their page.
10. Check coupon blogs. Blogs like hip2save.com and mojosavings.com list special promotions, including coupons, frequently and they take some of the work out of it because they've done some of the searching for you.

### Church Picnic

Redemption Fellowship held its Annual Church Picnic on Saturday, July 24th at Kenwood Park in Fayetteville.



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

### Prayer Requests:

Our prayers go out to our church members, family members, and friends who are in need of healing and comfort. Our prayers continue to go out to Autuan Weeks, Raymonde and Leslie Neely and their family as well as for the Mitchell Family. We also pray for our students and teachers who are heading back to the classrooms. We pray for a blessed school year for you all. We also take this opportunity to pray for continued growth in our church - in spirit, in finances, and in body. Continue to keep Redemption Fellowship Church in your prayers as God guides us in our search for a new pastor. Let us also not forget about those who are struggling financially. May God blessed them with the resources they need.



Redemption Fellowship  
418 Highway 279  
Fayetteville, GA 30214  
(770) 460-1220

