

Women's Life



January 2005

*T*ips for Making New Year's Resolutions

If you are the type who makes, but never keeps, New Year's resolutions, have a look at these tips to help you set practical—and attainable—goals this year.

Don't abandon the idea of setting resolutions because you have broken them in the past. You may need to simply readjust the type and number of goals you're setting for yourself.

Do be realistic. A resolution to run a marathon by year's end is likely unrealistic for an inexperienced exerciser. Likewise, resolving to stop all your unhealthy habits at once is likely to fail. Pick a safe, attainable goal with a realistic time frame.

Don't make too many resolutions. There's no rule that you have to cover all areas you'd like to change in your resolutions. Pick one or two themes—such as anger management, stress control, healthy eating, smoking cessation, fitness improvement, career advancement—that are most important to you, and set reachable goals within these areas.

Don't set resolutions whose success is based upon factors beyond your control. Saying "I resolve to have a new job by summer" depends not only upon your own initiative, but also upon external factors (the economy, the job market in your field) over which you have no control. Instead tell yourself "I resolve to have updated my resume and sent it out to X companies by summer." That way, the success of your resolution is entirely within your control.

Do set resolutions based upon your own wishes, desires, goals, and dreams, and not those of society or those persons close to you. While this seems obvious, many people waste time trying to meet society's—or another person's—expectations. A resolution is bound to fail if it isn't from your heart.

Do plan intermediate goals if it helps you maintain control. Decide where you'd like to be in three or six months, and check yourself then.



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Achieving these smaller goals also gives you a sense of accomplishment and motivation for the bigger projects.

Do use the buddy system. Rely on your friends to support you in your resolutions, and do the same for your friends. Social support can be a great strengthener of motivation.

Do plan a reward for yourself when the resolutions—or intermediate goals—are met.

by Melissa C. Stöppler, M.D.
<http://stress.about.com>
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Tips from the Experts:

Tips for Dealing With Interruptions

[http://www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=19](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=19)

Creating a To Do List (why and how)

[http://www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=17](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=17)

Tips for Moving with Pets

[http://www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=32](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=32)

Traveling with Children

[http://www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=44](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=44)

Hotel Reservation Tips

[www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=40](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=40)

Babysitter and Pet Sitter Tips

[www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=58](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=58)

Tips For A Workable Workspace

[www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=10](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=10)

Organizing Children (chores checklist by age)

[www.onlineorganizing.com/
ExpertAdviceToolboxTips.asp?tipsheet=84](http://www.onlineorganizing.com/ExpertAdviceToolboxTips.asp?tipsheet=84)

“Even if you are on the right track, you will get run over if you just sit there.”

Will Rogers

The Swan

The image of youth, vigor and health captures our attention every time. So, I spent an hour watching two dear women undergo extensive corrective and cosmetic surgery, physical and psychological therapy so that their appearances mirrored what their dreams desired. Three months of affliction, loneliness, fear, anxiety they endured for a short season of perfection that age and gravity will subdue, and death overthrow.

From one who has forfeited too many battles with age and gravity—and whose appointment with the death moved a day closer, my observations may sound envious. So, I admit to a shade of green colors my reflections. Acknowledging, then, my shortcomings, may I encourage you with a make-over that is immediate, free and permanent?

Praise and worship—worship and praise. Praise overflows the lips whose heart is joyful—and a joyful heart makes a cheerful face, But when the heart is sad, the spirit is broken. (Prov. 15:13) And no mortal make-over can erase the ruin of a spirit broken by guilt, fear, and grief

Come now and see the One whose hand will wipe away all your tears, who can restore the years the locusts have devoured. (Psalm 56:8; Rev 7:17; Joel 2:25) Come, buy from Him raiments and balm that abide (Isaiah 55; Rev 3:18)

Learn the language of praise (John 3:16-17) and speak it from your heart. (Romans 9:9-10)

See His reflection in the mirror of your soul, knowing that God is conforming you to the image of perfection. You have a hope and future that nothing can change.

Praise will be the occupation and language of heaven—when we see the Lamb upon His throne. (Revelation 4-5) Praise is becoming, comely, to the righteous (Psalm 33:1; 147:1) Age withers not this comeliness, nor saps it fruitfulness, even in a year of drought. (Psalm 1:3 Jeremiah 17:8) Praise God that we will see our critics going down and our malicious detractors routed; worship Him whose promises fill our ears: “Good people will prosper like palm trees, Grow tall like Lebanon cedars; transplanted to God’s courtyard, They’ll grow tall in the presence of God, lithe and green, virile still in old age.” (Ps 92:11-14 from *The Message*.)

Barbara Smith



“We do not have to wait for the Lord to come to us, for He has never left us. What we are to wait for is the complete fullness of His healing. The only way that this can be speeded up is to trust Him with our hurts sooner.”

David Seamands

January 2005

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
2	3 <i>Your Girl</i> 7:30pm	4 <i>Bible Study</i> 9:30am <i>Prayer Mtg</i> 10:00am <i>Praying Wife</i> 6:30pm <i>Single Moms</i> 6:45pm	5 <i>Playgroup</i> 10:00am <i>First hamburger</i> (1889)	6 <i>Craft Circle</i> <i>3 R's Stud</i> <i>Sherlock H</i> <i>birthday</i> (1
9 <i>Firting was outlawed in New York</i> (1942)	10	11 <i>Bible Study</i> 9:30am <i>Prayer Mtg</i> 10:00am <i>Praying Wife</i> 6:30pm <i>Single Moms</i> 6:45pm	12 <i>Playgroup</i> 10:00am <i>MOPS</i> 7:00pm	13 <i>Craft Circle</i> <i>First Micke</i> <i>cartoon</i> (1
16	17 <i>Your Girl</i> 7:30pm Martin Luther King Jr.	18 <i>Bible Study</i> 9:30am <i>Prayer Mtg</i> 10:00am <i>Praying Wife</i> 6:30pm <i>Single Moms</i> 6:45pm	19 <i>Playgroup</i> 10:00am	20 <i>Craft Circle</i> <i>3 R's Stud</i>
23	24	25 <i>Bible Study</i> 9:30am <i>Prayer Mtg</i> 10:00am <i>Praying Wife</i> 6:30pm <i>Single Moms</i> 6:45pm	26 <i>Playgroup</i> 10:00am <i>Menopause Seminar</i> 7:30pm	27 <i>Craft Circle</i>
30	31 <i>Scotch tape first sold</i> (1928)			

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 <i>Merry Widows</i> <div style="border: 1px solid black; padding: 2px; text-align: center;">New Year's Day</div>
<i>le Noon</i> <i>ty 7:00pm</i> <i>Holmes'</i> <i>(845)</i>	7	8 <i>Home Management</i> <i>Seminar II 9:00am</i>
<i>le Noon</i> <i>ay Mouse</i> <i>(930)</i>	14	15
<i>le Noon</i> <i>ty 7:00pm</i>	21	22 <i>Merry Widows</i>
<i>le Noon</i>	28	29

Special Events this month:

Home Management Seminar II
 January 8 9:00am–1:00pm
 Cost: \$5.00 (includes lunch)
 Menopause Seminar
 January 26 7:30–9:00pm



Want to write for Women's Life?

There are just a few rules:

- 1 - Be encouraging. No guilt trips please.
- 2 - Be practical and where-we-live.
- 3 - 500 words or less. Ever wonder why *Women's Life* is a quick, easy read? It's because the articles are kept short.
- 4 - Deadline = last day of each month.



Things change

This newsletter has a long lead time - plans can change before it arrives in your mailbox. Be sure to check the weekly bulletin for updated information.

Eating Out

Do you have a favorite restaurant or have secretly wanted to be a food critic? Let's spread the word about great eating places.

Just be aware of the writing rules (on page 5) and be sure to include these things:

Name of the restaurant and town.

Price range.

Atmosphere (things like better for adults or kid-friendly, etc.).

What makes it your favorite.

Favorite dishes (including the all-important dessert).

Eat up and enjoy. (And remember, dessert is legal when you eat it to be informed!)



Crockpot Cooking: Artichoke Beef Stew (Servings: 6)

1/3 c	flour	1 c	red wine or beef broth
1 tsp	salt	1	garlic clove, minced
1/2 tsp	pepper	1/2 tsp	dill weed
2 1/2 lb	lean beef stew meat, cut into 1 in. cubes	2 jars	(6 1/2 oz each) marinated artichoke hearts, drained and chopped
3 tb	vegetable oil	20	small fresh mushrooms, halved
1 can	condensed beef consommé, undiluted		Hot cooked noodles
2	med. onions, halved and sliced		

Degreasing Gravy

Pour the gravy into a small metal mixing bowl, and set the bowl in a larger bowl filled with ice water. After a few minutes, the liquid will cool and small bits of fat will solidify and rise to the surface.

Rock the inner bowl very gently, and the fat will collect around the inside edge of the bowl for easy removal.

In a shallow bowl or large resealable plastic bag, combine the flour, salt and pepper. Add beef and toss to coat. In a skillet, brown beef in oil. Transfer to a crock-pot with slotted spoon. Gradually add consommé to the skillet. Bring to a boil; stir to loosen browned bits from pan. Stir in onions, wine or broth, garlic and dill. Pour over beef. Cover and cook on Low for 7-8 hours or until the meat is nearly tender. Stir in the artichokes and mushrooms; cook 30 minutes longer or until heated through. Serve over noodles.

from: www.cdktichen.com (used by permission)

Micki's Corner

Socks. Paper. They call them inanimate objects, but I don't believe it. They know when you can't bend. They know and they jump; out of your hand, off the table, out of the dryer.

It's those little things that drive me crazy. I think that I'm doing well handling things. I work on dealing with the limitations of a back brace and instructions to do no bending or twisting. Then I'm ready to scream and throw things because something fell on the floor.

Obviously, I'm not doing as well as I think I am, if I imagine a sock grinning up at me from the floor! How is it that we don't know we're on the edge?

Is it possible to live away from the edge? The Bible talks about the peace of God that passes understanding and entering God's rest. Jesus talked about His yoke being easy and His burden light. But how does it work? How do you live there?

I'm reading *Choosing Rest: Cultivating a Sunday Heart in a Monday World*, by Sally Breedlove. It's a wonderful book. She talks about what rest looks like and shows how to rest in Christ today—no matter what the day holds. “We struggle through our days, hoping to just survive, believing rest cannot be ours until we have more time or easier circumstances. But the Bible promises that rest is available now.” Sounds too good to be true, doesn't it?

Ms. Breedlove explains how it works, shows the tools it takes and gives examples from real women. It's easy to read, profound and practical all at the same time. Check it out ... and rest.

Micki Parkinson



“If we are going to live out of a heart at rest, we must make the fundamental faith decision that no matter how deep or urgent the need is, it is ultimately not all up to us. We must choose to believe that God is at work in small things, in underground things, in unseen things, in not-yet-known things. As we rest in this foundational reality, the stress of what we cannot handle becomes a gate to rest.”

Sally Breedlove

“The beginning is the most important part of the work.”

Plato



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