

# Women's Life



June 2004

## *T*itus 2 women

More than 25 years ago, a woman at SPEP approached me and asked in a rather embarrassed voice if I knew that part of Titus about the older women teaching the younger women. "Not that I think you're old," she stammered to me, "but, well, would you disciple me?" Being considered as the "older woman" at the age of 32, I wasn't sure whether to change my make-up or lighten my hair!

What came of that Sunday morning discussion was six months of learning together about the Lord and His Lordship of both our lives. She dealt with a very sticky issue at work, and just before the all-church retreat at Camp Wabanna, she phoned to tell me that she had obeyed the Lord. She was ready to offer real praises after having faced an issue that had hounded her for three months. Our relationship definitely proved to be a two-way, give and take. She taught me about false pride and about my needs to lean on Jesus. We are still friends today, and when our paths cross, we remember the things Christ taught us as the "older woman" disciplined the younger.

MOPS (Mothers of Preschoolers) has a slogan: "Mothering matters." It certainly does! And so does the phrase "homemaking or home management." Moms today are called to be far more than the taxi drivers and soccer moms. Yet, many women, like myself, didn't want to learn to cook or clean efficiently when Mom offered to teach us. Much marital strife could be avoided if we women became better domestic engineers. We all could shop smarter, cook healthier (and more often at home), and clean more efficiently. Before the moans and groans begin, let's look at doing all to the glory of God.

If the first response comes as an honest, "I don't know how," you have company. You also have sisters in Christ willing to share their trade secrets of home management—everything from recipes to the organizing tips to coupon clipping and the best neighborhoods for yard sales.

All SPEP women and neighbors are cordially invited to SPEP's first Home Management Seminar. Mark your calendars now for Saturday, July 31. We will meet in the sanctuary at 9:00am for an opening praise time and devotions.

*(continued on page 2)*



Calendar  
Thoughts and Things

(We want a heart ready to serve joyfully before we begin the practical ideas for managing a home.) From there we will have workshops, panel discussions, coffee break times, and idea swapping shortcuts, time management, and a host of other helpful ways to make our houses truly homes that reflect the glory of God. I even asked Micki and Muffy to gather together all those wonderful web addresses from over a year's worth of "Women's Life" and put them in a quick reference guide for you. Mark your calendars for July 31, learn how to manage a home, and have it up and working before school starts. See you there.

*Flo Wolfe*



### History of Father's Day

Father's Day, 3rd Sunday in June. The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Her father, William Smart, was a Civil War veteran. He was widowed when his wife died in childbirth with their sixth child. He raised the newborn and his other five children by himself on a rural farm in eastern Washington state.

Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. He was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19<sup>th</sup> of June, 1910. It was celebrated in Washington state from that time on.

In 1924 President Coolidge made it a national event and in 1966 President Johnson made the 3<sup>rd</sup> Sunday in June the official date.

### Father's Day gift idea:

Sign him up for an e-newsletter:

*Men of Integrity* at [www.christianitytoday.com/men/](http://www.christianitytoday.com/men/)

Or choose from a lot of possibilities at [www.crosswalk.com/community/newsletters/](http://www.crosswalk.com/community/newsletters/)



### Registered to vote in November?

Maryland resident registration information can be found at: [www.elections.state.md.us/citizens/registration/information.html](http://www.elections.state.md.us/citizens/registration/information.html)

## Ebenezer III begins June 14

You must have graduated from Ebenezer I and II. The group will meet once a month during the summer.

Meeting schedule: June 14, July 12 and August 9  
7:00pm in the Fireplace Room

## Wondering what Ebenezer is?

Ebenezer is a ministry for women who come from severely dysfunctional/ impaired homes, where alcoholism, incest and sexual abuse, mental illness, verbal and physical abuse, trauma and neglect were a part of the family system.

1 Samuel 7:12 says: "Then Samuel took a stone and set it up between Mizpah and Shen. He named it 'Ebenezer', saying, "Thus far has the Lord helped us." We call ourselves *Ebenezer* because God is our rock and our help.

Ebenezer I is a series of ten weekly meetings. The topics are:

- Our Stories and Our Traits
- Shame and Hiding
- Perfectionism
- Grieving and Mourning
- Forgiving and Letting Go
- New Identity and a New Beginning

These subjects are explored through God's truth, focusing on who He says we are as women who struggle with the after-effects of our childhood. We seek to find our understanding and healing in our Great Physician.

Ebenezer II (for graduates of Ebenezer I) is a deeper study in ten classes. Topics are:

- Boundaries
- Loneliness, Trust and Control, and the Struggle For Intimacy
- Obsessive-Compulsive Behaviors
- How Our Past Affects Our Marriage
- Conflict and Intimacy In Marriage

Ebenezer III (for graduates of Ebenezer I and II) is women supporting women; a support group of women who are applying and practicing the truths gleaned from Ebenezer I and II.

Looking for this kind of healing?  
Ebenezer I begins again in the Fall.



'Tis the  
season

Keeping bugs out of  
your home without  
chemicals:

[www.christian-homemaking.com/  
pestsoutofhome.  
html](http://www.christian-homemaking.com/pestsoutofhome.html)

First women's  
magazine - with  
the first advice  
column (1693)

# June 2004

Sunday	Monday	Tuesday	Wednesday	Thursday
		<b>1</b> <i>Bible Study 9:30am</i> <i>First Superman comic book (1938)</i> <i>Prayer Mtg. 10:00am</i> <i>Single Moms 6:30pm</i>	<b>2</b> <i>Body &amp; Soul 9:15am</i> <i>Playgroup 10:00am</i>	<b>3</b> <i>Craft Circle</i>
<b>6</b>	<b>7</b>	<b>8</b> <i>Bible Study 9:30am</i> <i>Brainstorming Noon</i> <i>Prayer Mtg. 10:00am</i> <i>Single Moms 6:30pm</i>	<b>9</b> <i>Body &amp; Soul 9:15am</i> <i>Playgroup 10:00am</i>	<b>10</b> <i>Craft Circle</i>
<b>13</b>	<b>14</b> <i>Ebenezer III 7:00pm</i>	<b>15</b> <i>Bible Study 9:30am</i> <i>Magna Carta signed (1215)</i> <i>Prayer Mtg. 10:00am</i> <i>Single Moms 6:30pm</i>	<b>16</b> <i>Body &amp; Soul 9:15am</i> <i>Playgroup 10:00am</i>	<b>17</b> <i>Craft Circle</i>
<b>20</b> <i>M &amp; M's (after the 11:00 service)</i>  <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Father's Day</b></div>	<b>21</b> <i>First Ferris Wheel (1893)</i>	<b>22</b> <i>Bible Study 9:30am</i> <i>First Doughnut (1847)</i> <i>Prayer Mtg. 10:00am</i> <i>Single Moms 6:30pm</i>	<b>23</b> <i>Body &amp; Soul 9:15am</i> <i>Playgroup 10:00am</i>	<b>24</b> <i>Craft Circle</i>
<b>27</b> <i>Body &amp; Soul 9:15am</i> <i>M &amp; M's (after 9:30 service)</i>	<b>28</b>	<b>29</b> <i>Bible Study 9:30am</i> <i>Prayer Mtg. 10:00am</i> <i>Single Moms 6:30pm</i>	<b>30</b> <i>Body &amp; Soul 9:15am</i> <i>Playgroup 10:00am</i>	

## *Next brainstorming lunch*

June 8, Noon in the Ministry Center

<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>9:00am - Noon</i>	<b>4</b> <i>Body &amp; Soul 9:15am</i>	<b>5</b> <i>Merry Widows</i>
<i>9:00am - Noon</i>	<b>11</b> <i>Body &amp; Soul 9:15am</i>	<b>12</b>
<i>9:00am - Noon</i>	<b>18</b> <i>Body &amp; Soul 9:15am</i>	<b>19</b>
<i>9:00am - Noon</i>	<b>25</b> <i>Body &amp; Soul 9:15am</i> <i>M &amp; M's 7:00pm at</i> <i>Carlson-Thies home</i>	<b>26</b> <i>Merry Widows</i>



### *Love and marriage*

There is one kind of love that will keep your marriage together. It's the love with the funny name—agape love—that desires the best for the other person. This is unselfish love that seeks to give rather than take. This is love that takes work.



### *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.

# Thots and Things

## From the Bookshelf

*Simple Secret of a Beautiful Home* by Emily Barnes

Whether you're single or married. Owning or renting. Your home can either add to your stress level or be a haven of peace. "Wherever you live and whatever your style, make your home a welcoming haven for your family and your guests. Barnes shares her secrets of creativity, hospitality, gardening, cooking, and more."

*Alone with God: Biblical Inspiration for the Unmarried* by Michael Warden

"Whether unwed, widowed, or divorced, this daily devotional offers encouragement and inspiration for singles in all walks of life. Along with the solo lifestyle comes the freedom to focus completely on the Lord—and this book encourages the reader to do just that—to take advantage of the opportunities only available to singles, and to dedicate his or her life to the Lord."



## Party with a Dinosaur theme? Hawaiian theme?

Try Erupting Volcano Cake

Ingredients:

Your favorite cake baked in an oven proof bowl (then hollow a well in the top to fit the juice glass)

1 small short juice glass to fit into the well with the top even or below the top of the cake.

1 small box of red jello

1 small bottle of lemon juice

1 Tb. of bicarbonate of soda

Make Jello according to package directions. Let cool 15 minutes

Fill juice glass  $\frac{1}{2}$  full with the warm Jello (not hot). Pour in enough lemon juice so that it is  $\frac{1}{2}$ " from the top. Place glass down into the well on top of the cake. Place cake on a table and when everyone is ready, put 1 Tb. bicarbonate of soda into glass and briefly stir. Jell-O lava will immediately pour down the top of the glass and flow down the sides of the cake.

(One decorating idea: use chocolate cake and decorate with shredded coconut food-color-green "grass")

Help with creating a theme for your party  
[www.christian-homemaking.com/createtheme.html](http://www.christian-homemaking.com/createtheme.html)

## Be Yourself

Are you pleased to be yourself?  
Is it an honor and a privilege  
to be who you are?  
I want you to invest in your self-awareness  
because you will know Me more fully  
when you know and appreciate yourself.

Listen to the song  
I placed in your heart when I created you.  
Search  
and discover the kingdom of God within you.  
Talk to your heart,  
and be a blessing to yourself.  
You will discover the beauty of wholeness,  
and your confident spirit will touch others.  
I would not have you needy  
and crawling on the ground for identity.  
Walk tall.

Accept who you are,  
and do not attempt to squeeze yourself  
into another's image.  
You have already been formed in My image,  
therefore, be who you are.  
It is you I love.

(Proverbs 16:4; John 1:3; 3:16; Psalm 4:4; 139:16-17; Luke 17:21; Colossians 3:10)

(from *The Secret Place of Strength* by Marie Chapien, Bethany House, 1991.  
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### Behind the Scenes of *Women's Life*

Flo Wolfe, Director of Women's Ministries  
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Micki Parkinson, Design and Editing

Micki Parkinson's  
new email:  
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And new web page:  
glennandmicki.com



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