



# Reflections

*"Yet amid all these things we are more than conquerors  
and gain a surpassing victory through Him Who loved us" Romans 8:37*

Greeting Ladies,

This week's letter is being sent to a number of new women. I have received e-mail and postal mail addresses from a number of you that have asked that I share our little newsletter with their friends and families. Some of my contacts are also from the church roster, thus you may or may not even be attending Kankakee First Church of the Nazarene, or you may not even be living in the Kankakee area anymore. Thus if this letter reaches you and you would rather not have me send it to you again, please feel free to contact me and I will remove your address immediately. I want all of our women to know that your addresses are never given out for the purpose of solicitation. This is only for the Women's Ministry to keep you informed of our events and this letter.

So, for those of you women who are first timers, welcome. I'll share with you the purpose and mission of Women's Ministry of Kankakee First Church. My personal philosophy is this "**Every Woman Has A Story.**" In sharing our stories with another woman, we find that we really are not so different at all. Although our circumstances might take a different path, some might have a few more bumps along the way or we might even have fallen into a deep hole in our life, but as we open up to other women and share, we find other women have shared equal or similar paths. It is this sharing, that brings us closer together, and now we can uplift and support each other. My personal goal, is that each month we have an activity to bring women together. I like to keep our activities at a minimal or no cost. We're all in this economic disaster together, so there is no need to burden us even more. As Women's Director I have a panel of 4-5 other women of the church that help plan and organize the events. These women share on the committee for 2 years, rotating off at different times throughout the year thus allowing another woman to become an active participant in this ministry. Just as we all have a story, we also all have different talents to share and I want you to share your talents with everyone else. So don't be surprised if I call you up someday and ask you to come along on this journey, because your talent is just as valuable as the next. As far as my personal testimony, I'd love to share with you sometime, but it's too long to put in a newsletter, but I'll summarize and say "Jesus saved me from ME." He saved me from the airline industry and placed me in nursing. I'm a wife, a mom, a nurse, and a Christian for the past 42 years. Has it been easy???? not all the time, has it been worth it???? Yes, all the time.

So welcome, I hope you'll share with us, as we all grow in the community of women.



As we continue on in the "100 Ways to Simplify Your Life by Joyce Meyer", this week's devotional is **'You Are More than a Conqueror'** "Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us" Romans 8:37

If we begin believing life is too much for us and adopt a "give-up" attitude, we make a big mistake and but into a lie. The truth is, we are more than conquerors through Christ Who loves us. To me, being more than a conqueror means I know when I began a trial, I WILL have the victory. We don't even have to worry or be afraid - God is on our side and we are more than conquerors. We may feel like David in the Bible, standing before Goliath with nothing more than a sling-shot, but we have the assurance of God that He is standing with us.

There is nothing in creation - NO problem too big that can separate us from the **love of God** found in **Jesus!!**



There is nothing in creation - no problem too big that can separate us from the love of God found in Jesus - if we don't allow it. When you feel overwhelmed, say "God loves me and I am more than a conqueror through Him" Don't believe the devil's lies when he tries to tell you that you are not going to make it this time. Stop right now and purposely recall other victories you have

had in the past. There have been other times when you probably felt you couldn't go on and yet you are still ere. That is a testimony in itself. You are an over comer!!!!

Be careful how you talk during difficult times, because your words affect you. They can strengthen or weaken you depending on what kind of words they are. Be positive. Think victory. Believe God, working in you, is enabling you to do anything you must. This God-kind-of-attitude helps you enjoy life at all times.

**\$\$\$\$ SAVING TIP \$\$\$\$**



Did you know that you can refrigerate your cologne? The fragrance will last up to 2 years!

If a fragrance is exposed to heat, air or sunlight, it immediately begins to change. When I read this, I remembered I had a bottle in the fridge for *quite some time* (that means longer than 2 years) I got it out and sprayed it and it was just as strong and fresh as the day I bought it — and the cool from the fridge was quite refreshing. So move over butter.....

**CANDIED ACORN SQUASH**

- 2 acorn squash cut in 1/2 and remove the seeds and stingy parts. Place them in a baking dish cut side up.
- 2 TBS of "light" maple syrup drizzled on each 1/2
- 2 tsp low fat margarine placed on each 1/2 half
- 1/4 tsp ground allspice sprinkled over all
- Cover and bake at 375 for 35 minutes



Best part, this is only 75 calories per serving!

**Happenings**

The bus is filling up fast. Our Jewelry Fashion Accessory trip will be in 2 weeks. October 22. We have about 10 more seats, so contact your friends and join us. I need your name only, so that I can order your name tag and get you in free. The bus trip is \$15.00 and remember the belly of the bus is open storage, so you can buy as much as you like, we'll get it home for you. For those that are going, I will be contacting you personally to give you details later in the week.

**October is Pastoral Appreciation Month.** There are tablets of paper at the north Commons to write a thank-you note, or write a personal note of how much one or all the pastoral staff mean to you. Cards are welcome too.



Have a great week in the Lord and remember He is Worthy of our Praise.

Your sister in Christ, *Chardell Smallwood*