

November 2013

Love

LADIES OF VISION & EXCELLENCE

THE WOMEN'S MINISTRY OF FAITH FELLOWSHIP CHURCH
THE UXBRIDGE FOURSQUARE CHURCH



Tasting God's Goodness Pie

Holiday season is upon us, a time to give thanks and celebrate God's goodness with family and friends. And eat...maybe too much!

Family recipes passed down through the generations help us create all those delicious foods we enjoy at this time of year, but they also tempt us to lose our self-control. And, unfortunately, the guilt we may experience from our over-indulgences won't taste as sweet as Aunt Mary's homemade apple pie. But the good news is there are sweet things we can taste any time of year, and even over-indulge in, without guilt or tight-fitting jeans!

God has given us a recipe for guilt-free, joy-filled living, but it's not a recipe for the food we should put in our stomachs—it's for the thoughts we can put in our minds. Found in Philippians 4, "God's Goodness Pie" recipe might read like this:

Ingredients: Beauty, truth, goodness, purity, honor, praise, virtue

Directions:

As you experience your everyday life, gather your ingredients—things that are beautiful, pure, praise-worthy, honorable, good, virtuous, and true.

Allow each one to fill your mind with the beauty and truth of God's goodness and love.

Taste and see that the Lord is good as you savor the sweet taste of the praise that forms on your lips in gratitude to God for all the beauty, love, and goodness he brings into your life!

God knows we struggle with self-control and guilt—with food and in many other areas of our lives. All too often we make the *issue* the focus instead of God. So this year, instead of focusing on the food we eat (or over-eat) during the holidays, let's focus on tasting his goodness. Because his greatest desire is that we experience his love, rest in his peace, and be filled with his joy. And there's no pie recipe sweeter tasting than that!



THE WORD

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." — Philippians 4:8

Prayer for Today

**Which ingredients have you gathered today to make "God's Goodness Pie"?
Be sure to take a pie break daily to savor the sweetness of his goodness!**

Ladies Of Vision & Excellence
invites women & girls to
A Christmas Concert

The Contemporary Christian Ensemble
Berklee College of Music in Boston

**Saturday
December 7th
6:00pm**

Faith Fellowship Church
647 Douglas Street
Uxbridge, MA

Refreshments & Craft Fair to follow

- ★ Hot Chocolate Bar
- ★ Bring your favorite Christmas confection to share
- ★ FFC crafters will have items for sale

Love 

There is no charge for the evening but a free will offering will be taken.

Berklee
college of
music

Berklee College of Music attracts the most creative young musicians in the world who know that no other music college or institution offers such a rich diversity of people, music, and programs. They come to discover their true music calling, pushing themselves past their own expectations and into the forefront of every aspect of the global music community. Nancy Morris, a FFC worship leader and music teacher at Berklee is bringing **THE CONTEMPORARY CHRISTIAN ENSEMBLE** from Berklee, in Boston, to perform for us on Saturday December 7th. Be sure to invite relatives, friends and neighbors to join us for what promises to be an enriching evening.

Thankful Heart by Pauline Hayward

"Rejoice always, pray constantly, giving thanks in all circumstances, for this is the will of God in Christ Jesus for you".

I Thessalonians 5:16-18



Did you ever think of a thankful heart as a weapon? It is!



Giving thanks to God in the midst of trouble gives one a dignity that laughs in the face of the enemy. Giving thanks for the little ordinary things of life....like a hot shower, or a beautiful sunrise, or a warm bed...can quickly make one feel like a very wealthy person. It's impossible to have a thankful thought and a worrisome thought at the same time. Try it sometime. We can, with God's help, turn a worry into a prayer of thanksgiving. For example, when I'm fretting and having worrisome thoughts about a loved one who is wandering off the path, I can give thanks to the Lord for His word that says He goes after His lost sheep and brings them back (Luke 15:3-7) Or, if I'm worrying about that troublesome pain in my back and wondering: what if it's.....? Then I can say "But as for me; I trust in the Lord.....my times are in Your hands". (Psalm 31: 14-15) When we turn our "what if" (which comes from the devil) into "even if" (which comes from God's word) it is a wonderfully freeing experience to feel that burden of fear and worry be lifted off and put where it belongs...in the hand of God. Jesus Himself offered thanks for the bread that would nourish a Body that He knew would hang on a cross the next day. So....yes, a thankful heart is like a weapon against our enemy. When we choose to give thanks, we push him back and make a way for God's grace. Let's use that weapon and celebrate **Thanksgiving** every day of the year.

Caramelized Onions

From Pauline Hayward

4 boxes (10oz.each) of frozen pearl onions (do not use jarred onions)

½ stick of butter....not margarine

3 Tablespoons sugar

2 Tablespoons sherry

Melt the butter and sugar in a heavy fry pan. You might have to add extra butter.....Add the onions and sauté for about 10 minutes or until they START to brown. Then you will have to stand over them and continue stirring while the sugar and butter turn a rich brown and the onions are caramelized.....Keep the heat low enough that the butter does not burn. This might take another 5 minutes...continue to scrap the pan to get the rich flavor all over the onions, being careful not to burn.

Serves 8.....YUMMY!



<http://allrecipes.com/recipe/caramelized-pearl-onions-with-balsamic-glaze/>

Goodness, It's Good! Apple Pie

This recipe is sure to make your favorites list!

Filling:

2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon nutmeg
 1 egg
 1 cup sour cream
 1 teaspoon vanilla
 3 cups apples, peeled and chopped
 1 9-inch pie crust

Topping:

$\frac{1}{3}$ cup sugar
 $\frac{1}{3}$ cup flour
 1 teaspoon cinnamon
 2 tablespoons butter



Directions:

Combine the first four ingredients for the filling in a bowl. In a separate bowl mix the egg, sour cream, and vanilla. Stir the egg mixture into the dry ingredients; then stir in the apples. Spoon the apple mixture into the prepared pie crust.

Bake pie at 400 degrees for 15 minutes; then reduce temperature to 350 degrees and bake 30 minutes more. Remove from oven and increase temperature to 400 degrees again.

While the pie is cooking, combine the topping ingredients, using a pastry blender. After removing the pie and increasing the oven temperature, sprinkle the topping over the pie and return to the oven to bake for 10 minutes.

Serve warm or chilled. Refrigerate any leftovers.

The Best Prayer

"Thank you" is the best prayer that anyone could say."

— Alice Walker

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

— Melody Beattie

"Give thanks to the Lord, for he is good! His faithful love endures forever."

— Psalm 136:1



Turkey Troubles

Remember the year your grandmother burned the turkey? Uncle Joe's deep-fried failure? Then there was the time Aunt Pauline was thrilled to discover her turkey came "pre-stuffed." What a shock when she went to serve her guests the bird's special "stuffing"!

Heloise has a hint to ward off turkey troubles this year and help us prepare the perfect turkey—read directions carefully!

"Don't assume you're always going to be understood," she says. "I wrote in a column that one should put a cup of liquid in the cavity of a turkey when roasting it.

Someone wrote me that 'the turkey tasted great, but the plastic cup melted.'"

Here's hoping this year's turkey recipe is a great success.



SQUASH AND APPLE BAKE by Deborah Cundy

(submitted by Marj Go)

1 butternut squash	½ cup packed brown sugar
salt to taste	
2 apples, peeled, sliced	½ teaspoon nutmeg or mace
¼ cup melted butter	
1 TBS flour	

- Peel squash and cut into ½ inch slices, discarding seed.
- Place in lightly oiled baking dish;
- sprinkle with salt.
- Spread apples over squash.
- Combine butter flour, brown sugar and nutmeg in bowl; mix well.
- Spoon over casserole.

- Bake, covered with foil at 350 degrees for 45 to 55 minutes or until squash and apples are tender. Yield: 8 servings



<http://www.bettycrocker.com/recipes/baked-butternut-squash-with-apples/5046f2a4-ef13-4874-84ce-6f7f9f8b9fa3>

Giving Thanks by Barbara Callas

It's the time of year to give thanks .

We can see it in the
air Brightly colored
leaves
are falling to the ground ,
The mums are in full bloom
Orange, yellow, purple blends
Dotting the landscape
Color everywhere !
Inside, we are planning what to eat
Turkey of course, cranberry

sauce ,Mashed potatoes; .gravy
and squash ; Can you smell it
yet?

Planning who to ask, it's a task
Wanting loved ones there All
gathered around
The dining room table .
But, most importantly;
Preparing our hearts and minds ;
Have we asked Jesus to come
To sit at the head and dine with us?
Blessing our family and our friends.

Grammy Powers Cranberry Pie

First the story: One Thanksgiving as the family was all gathered round the table, my Dad sat back and said "That was wonderful, but you know what I still miss? Having a piece of Gram Powers Cranberry Pie. There was nothing better than that pie to finish off a Thanksgiving meal." My mother said my Grandmother never showed her how to make the pie so she didn't have a clue where to begin. I said I'd ask Aunt Cat, as I was sure she would know how to make the pie and next year we'd have it with our meal.

Well, I asked Aunt Cat who didn't know how to make the pie, but could remember how delicious it was. She asked Aunt Ev who also did not know what went into making the pie, but

remembered it fondly. They both asked Aunt Bea, who (although a daughter-in-law was know to 'get into Gram's kitchen), but she said she made many a dish and dessert with Ma, but not the Cranberry Pie. This lead to many letters and phone calls from aunt to sisters-in-laws from Milford to Blackstone out to California, but no one knew how to make the pie.



Janice O'Connell

Two years later Aunt Cat just happened to run into to an old friend of the family while shopping and as they were chatting about what they had been up to lately Aunt Cat just happened to mention that she had been calling all over creation and 'getting caught up' as she was trying to find her Mother's cranberry pie recipe. Eva said "Oh yes, I remember making it with her quite a few times, it was always such a big hit that she had to make it in multiples so she used my stove as well as hers"

The much sought after recipe was finally found! I could finally deliver the pie to my Dad.

Here's the recipe:

1 can Whole Berry Cranberry Sauce

1 can Cranberry Sauce

Stir them together with:

Cinnamon,

Nutmeg

And just a bit of Sugar

Pour into a pie crust and bake till the surface just begins to crack (kind of like pumpkin pie)

How much cinnamon, nutmeg and sugar? How do I know? Just spend a few years experimenting till it's your favorite holiday pie!



<http://www.countryliving.com/recipefinder/cranberry-pie-recipe-clv1110>

THE BIRTHRIGHT OF THE RAINBOW

(Joseph's Coat of Many Colors)
By Forshia Ross

The birthright of the rainbow

Victory, victory

Woven into each thread

A story of what would be

Red began his journey

Blood of a sacrificed lamb

Provision is provided

I Am that I Am that I Am

Blue for grace to yield to Thee

White for purity

Purple spoke of royal birth

Green for prosperity

Black, I know, was part of it

The scheme of life's debris

Became the very stepping-stones

When light he could not see

At Potiphar's house he lay aside

His coat of authority

Faithfulness, obedience

The choice of integrity

Faithfulness, obedience

Keys to God's success

Gold and silver threads

Woven into his breast

The birthright of the rainbow

Is ours to possess

God's plan before creation

A covenant to bless!

FALL FOR CATS by Barbara Callas

Each morning my Honey jumps into
my bed;
Beside me she wants to be,

A fluffy, furry bundle of love;

Quietly purring, watching me.

Kneading her paws so softly beside me

She's showing her love you see.

Up to the window Honey jumps and runs

To watch the blowing leaves

Trying to catch them to no avail

The "show" is for me; to please.

God's most beautiful time of the year is the
fall,

Both Honey and me know that God sent
her to me; to show His love and His
care.

And I fell for Honey, my Ragdoll cat.



Ragdoll Cat Personality Docile, mild-mannered, and congenial, Ragdolls make ideal indoor companions. One of the nicest features of these cats is their laid-back, sweet personality. They are playful but are not overactive. Known to adapt easily to their environment, Ragdolls get along well with children and adults, as well as cats and dogs. They are easily trained to stay off the counter and are affectionate without being overly demanding. They have soft, polite voices, even at dinnertime, even though they are renowned for their enthusiasm for food.
<http://www.petfinder.com/cat-breeds/Ragdoll>

A THANKFUL HEART

by Irene Leduc



I thank
Thee Lord for Your grace
and love,

For the sun and the moon and the
stars above.

For friends and family, smiles and
hugs,

And even for squirmy little bugs.

Thank you trees dressed up so fine,

In colors of orange, gold and wine.

For the snow on the bough,

That sparkles and shines.

For all these delights I give you
praise,

As to You O Lord, my hands I raise.

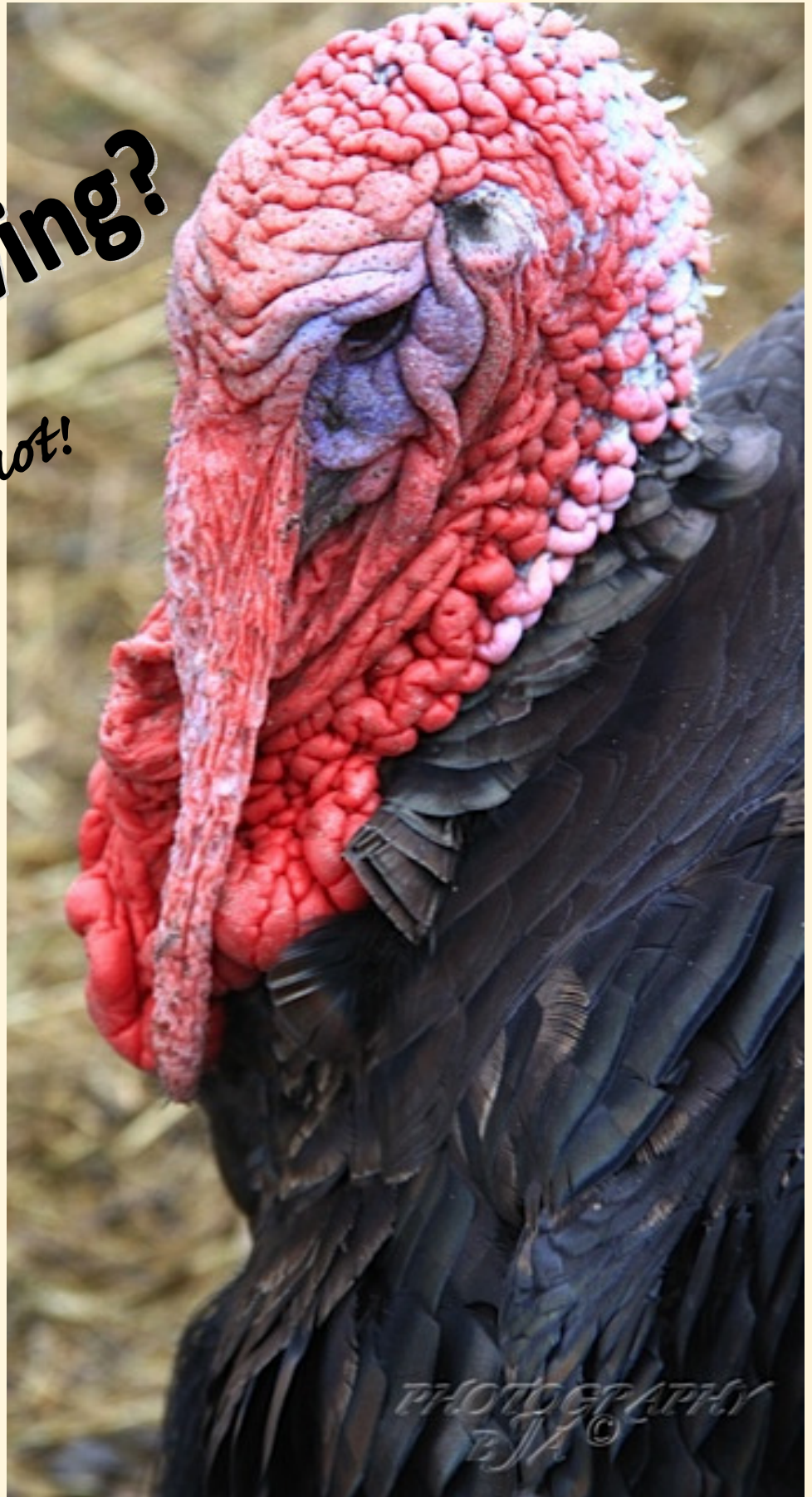
To praise and worship and adore,

Forever and forever more.

**Are you
ready for
Thanksgiving?**

I certainly am not!

*If you would
just consider
becoming a
vegetarian;
it would make
my day.*

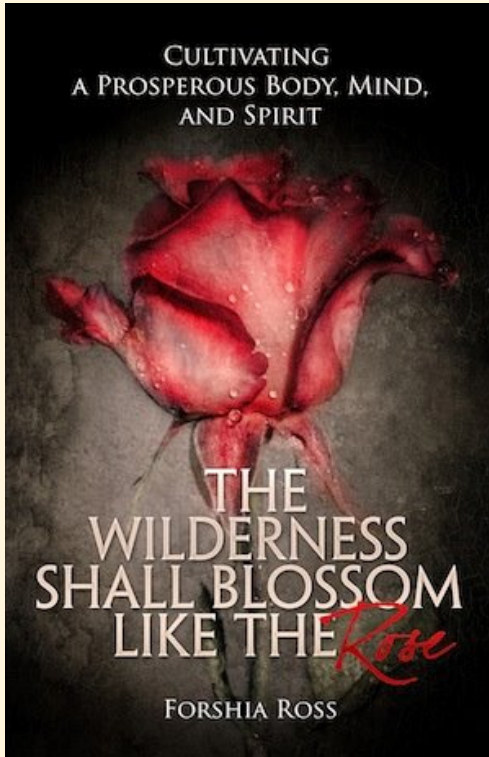


PHOTOGRAPHY
EJA ©

Book Nook

Review by Brenda Perry

THE WILDERNESS SHALL BLOSSOM LIKE THE ROSE; CULTIVATING A PROSPEROUS BODY, MIND AND SPIRIT



by Forshia Ross

Have you ever read a passage in the bible and thought *hey that sounds exactly like what I'm going through*. Well that's no coincidence my friend. The Bible is the Living Word of God and we know that nothing is impossible with God. No really I'm not kidding, let me repeat, nothing is too difficult for the Lord. A Wonderful example of God's miraculous work is exemplified in this new addition to our Emmaus Library entitled "The Wilderness Shall Blossom like the Rose," by Forshia Ross. Forshia helps readers struggling with depression, addictions and failed relationships, allowing you to discover the answers to your questions in the Word of God as you learn how to study the Bible and apply its truths to your daily life.

"The Wilderness Shall Blossom like the Rose" reveals flashbacks from Forshia's trauma to set the stage for personal encounters with God that gave direction. The story of the Israelites' rebellion in the wilderness as they are led to the Promised Land is woven into her story to contrast what needs to happen in our lives in order for us to reach our Promised Land. I encourage you to grab a cup of coffee and sit down with a journal because this book, the second of a trilogy, is packed with many insights and keys to help you on your own journey with the Lord.

Here's what people are saying about the book; *'I started your book today. I am already drawn in by the way you write Forshia. It feels like a friend in the room 'sharing with you' instead of someone 'telling you' about their journey. It makes one more receptive to its message for the reader. The way you write invites you to want to turn the page.'*

'I had to pull over to the side of the road after reading just the title of your book because I was weeping so bad. I knew the Lord was going to make my wilderness blossom like the rose.'

'Some of what you wrote made me understand where my issues with abandonment were coming from. I also found the part about a spirit of poverty very interesting. It's not just about finances! I want to live life more abundantly!'

This book will be available at the Emmaus Library soon.

Save the Date!

Women's Retreat at The Salvation Army

Wonderland Conference Center

September 5-7, 2014

Media Morsels

Music Review:

***Need You Now*****Artist:** Plumb**Label:** Curb Records

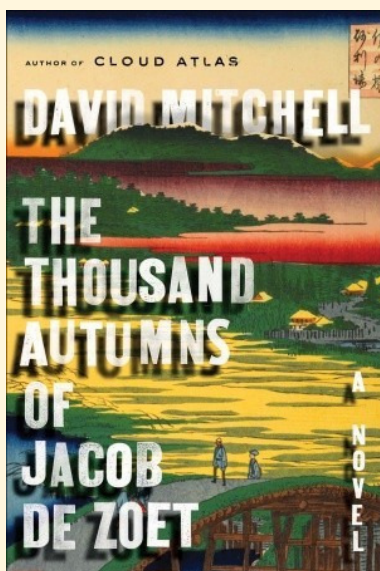
"How many times have you heard me cry out, 'God, please take this'? How many times have you given me strength to just keep breathing?"

In these lyrics to the album's title song, Plumb remembers her experience with anxiety attacks when she was a teenager. In her ringing voice, she affirms that God does not grow weary of our cries for his help, our recognition that we desperately need him.

The remaining songs on the album reinforce this same sense of our dependence on God and his unconditional, unfailing love. It's a great album to listen to when you need a reminder that life is painful—but God offers love and hope that can reach us and give our lives meaning no matter how low we feel.

Book Review

This book will be available at the Emmaus Library soon.

***The Thousand Autumns of Jacob de Zoet*****Author:** David Mitchell**Publisher:** Random House Trade Paperbacks

This impressive piece of historical fiction is set in Nagasaki at the turn of the 19th century. This seaport served as the gateway between the West and a Japan tentatively and barely open to interaction with the outside world. The story centers around Jacob de Zoet, a young Dutch man seeking his fortune and the hand of the woman he loves. In his time at sea and in Japan, his perspective and his future plans turn upside down.

The heroes are tragic and deep, and the story is compelling. The book presents a fascinating look at historical Japan, along with a bit of little-known history about Christianity in that part of the world. As you read, consider why and how women are valued and restricted. Notice how cultural pride can produce blind spots and costly mistakes. And look for how Jacob's faith informs his behavior and helps him transcend cultural barriers.