

The Connection

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Simply WIN!

I reported in the May edition of *The Connection* that CFC was experiencing its own post-70s running boom. And it's really not a fluke. More and more people are lacing up the running shoes, or at least starting on personal journeys of fitness, glorifying the Lord through physical activity. To emphasize, let me give you a few little race reports.

June 20: Team CFC Running rocked the Emmett Cherry Festival Run. 10k: Pastor Monty and Kelli, Davina Jackson, Sherri Combs, Bethanie Wheeler, Ron Smith, and Sam Collier. Pastor Kelli and Bethanie's first ever road race! 2-mile: Pastor Konrad and Tanja Smith.

July 11: Team CFC at Fit 4 Life in Boise. 10k: Pastor Monty and Kelli. They each set new personal bests for the distance and placed in the top three for their age groups!! After training for months and getting injured a couple weeks before, Brandy Ashley powered through the half marathon, her first road race, and she made it look easy!! I'm proud of you, Brandy! CFC newcomer Julie Tinney also ran the half marathon in super-speedy fashion. My hubba hubby John ran a personal best time in the 5k event.

July 18: Davina and I took on Ketchum at the Backcountry Run and loved the majesty of God's creation via 10 miles on tough singletrack trails. We wore our Team CFC Running shirts of course. And, look for the lowdown on another piece of trail heaven at the Foothills XC 12k run that Pastor Monty and Kelli and Davina and I are doing on Saturday, August 1st!

Kelli talks from her heart about doing the things that make our lives worth living. Who doesn't want to thrive, instead of just existing? I'll be honest. I often feel like I'm just existing because the mundane tasks of maintaining a home are never-ending. Those things can... *cont'd on page 3*



From Pastor Kelli's Heart

Hello Precious CFC Ladies, To be a Godly woman in my generation...that's what I feel called to! Living life so that it would count everyday is a challenge. You begin to ask yourself tough questions...the right questions. Is how I'm spending my time benefitting me? Am I investing in the lives of the people around me like I should? Are there goals I still need to achieve? Are there dreams still remaining that are unfulfilled?

I know I'm not alone. As time marches on and the cares of life threaten to choke out the true destiny preplanned by our Father for us to live out, we must take "selah" moments every day. Time spent just with Jesus. Quiet undisturbed time is essential. We desperately need to take the time to listen because He will speak. Jesus told His disciples and He's telling us now that no longer does He refer to us as servants but as friends. He also says to us that He wants to make known to us all that our Father has revealed to Him. Can you just imagine that? If we can walk in the same knowledge as Jesus does and with the same heart, then why would we choose to live below that standard of living? WE WOULDN'T!

Girlfriend, I'm throwing down the gauntlet...and issuing this challenge. Discover what moves you and what makes your heart beat faster. Take the time necessary to look at your life's pursuits through the lens of eternity and then do those things that make life worth living. There's a higher way...it's the difference between existing and thriving!! Let's spur one another on to good works and encourage one another to be everything the Lord intended us to be! Let's run to win!!
Hugs, Kelli

DID YOU KNOW?

The CFC website has a Women's Ministries page! You can find it at www.cfcnampa.org under the Ministries tab. Check often for news and updates on all upcoming ladies' events. You can even find this newsletter there in color!

IN THE NEXT Connection

- * Report on Wholeness for Women Conference
- * Women accomplishing amazing things!



In Laura's Schuhs

"The glory of young men (women) is their strength; but the beauty of older men (women) is their gray hair." Proverbs 20:29

This is a good verse for those who are "going gray gracefully." Think of those gray hairs as silver badges of honor and signs of wisdom. It is also encouraging, if you are getting older, to think you have value and are able to share the nuggets with younger ones. Enjoy the following summer recipe (young and old!):

HUMMUS & PITA CHIPS

- 1-15 oz. can garbanzo beans, drained (reserve liquid)
- 1/4 C. Tahini (sesame seed paste)
- 1/4 C. lemon juice
- 1 tsp. minced garlic
- 1/4 tsp. cumin
- 1/4 C. each chopped green onion & parsley
- 1/3 C. diced tomatoes
- 1/4 tsp. paprika
- 1 pkg. whole wheat pita bread

Heat oven to 325. Separate pita bread and cut into wedges. Bake 10 minutes. Place garbanzos, Tahini, lemon juice, and garlic in blender. Process, adding the bean juice to make a paste. Put in serving bowl and add cumin, green onion, and tomatoes. Sprinkle with paprika and parsley. Serve with pita chips.

Upcoming Events**

- August 10, 7:00 pm, Women in Ministry Summit
- August 24, 7:00 pm, Chick Connection; Jenn Scott: Fasting
- August 28-29, Wholeness for Women Conference
- September 11, 7:00 pm, Ladies' Night Out
- September 15, Fall Session of Bible Studies begins
- September 19, 8am-5pm, Scrappin' Friendly
- September 28, 7:00 pm, Chick Connection
- October 26, 7:00 pm, Chick Connection

REGULAR EVENTS

- * Ladies' Bible Study, Ongoing Psalms Study Tuesdays 10:00 am
- * Ladies' Bible Study, Proverbs 31 Woman Tuesdays, 9:30 am, Sept. 15 - Dec. 8
- * Mom & Me Play Day First and third Thursdays, 9:30 am
- * Chick Connection Fourth Mondays, 7:00 pm
- * Fabulously Fit, fitness class at CFC w/ Jenn Scott Tuesdays, 5:00 pm at CFC Thursdays, 6:00 am at CFC
- * Team CFC Running group run/walk at Nampa Christian School Track Thursdays, 7:00 pm

**All dates subject to change when necessary or due to unforeseen scheduling conflicts.

Please don't forget to check your bulletin, the CFC Life Center, and www.cfcnampa.org for more information on upcoming events.



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Some of the good fun at July's Fiesta Ladies' Night Out. Watch for details on September's LNO!

Spotlight On... Kathy Bowles

Kathy Bowles is one amazing woman! She has four grown children and, as of July 26, nine grandchildren! Kathy has organized American Red Cross blood drives at CFC for the last three years and just passed on that torch to her daughter Brandi.

Kathy has been a seamstress for many years. After taking a break from the business for a couple years, she just opened a new shop, Kathy's Alterations and Sew-on, located at 130 3rd. St. S. in Nampa. Her hours are Mon., Wed., and Thur. 10-6 and Tue. 2-7. She is super-talented behind that sewing machine, specializing in alterations and crafting beautiful bags, baby slings, and much more.

At CFC, Kathy is involved in fundraising for Women's Ministries. She did an amazing job with July 25th's Farmers Market and is currently planning a women's scrapbooking day, the Scrappin' Friendzy on September 19 from 8-5.

In addition to all of that, Kathy teaches Bible Studies on Tuesday mornings! She is a thoughtful and insightful teacher whose heart is to encourage young moms coming up and pass on what God has done for her. She tries to help others avoid the pitfalls she has gone through by sharing how much easier life is when you let God take control and handle things for you. Kathy's next Bible Study on the Proverbs 31 woman starts Tuesday, September 15 at 9:30 am.

Interesting fact about Kathy: Pastor Buhler was her eighth grade English teacher.

In April, Kathy was part of the Granny Brigade mission to Africa. She says the most amazing part was to see how grateful the people were to be with them, when really it was their honor. Kathy says the experience was very humbling: "They didn't have any idea how idea how honored we were to be there to serve them. It wasn't at all about us - it was all about God and what He sent us to accomplish."



Kathy Bowles

Young, Married & Lovin' It!

My name is Amanda Hodges. I would like to give you a little background on me: I just turned 21 in November. I have been a member of CFC for about two years now, attending for three to four years. I have been married to Jordan Hodges for almost two years now also. I love the Lord and want to serve Him all of the days of my life. This year is flying by, and the best part so far has been my trip to South Africa.



Amanda Hodges

money to go on the trip. It seemed like it came out of nowhere. Our God is definitely not small.

Once we got to Africa, we were off to a rough start. Our van broke down outside of Johannesburg, and we crammed 18 people in an 11-seat van! Everyone except for the van driver had just gotten off a 19-hour plane flight. But once we all got a night's sleep, things started looking up.

We went to a teacher's conference and met lots of beautiful women and men. Throughout the week, we would visit three to four schools a day and hand out the Book of Hope in classrooms. And I will say the grannies held up very well. *Smile* The best part was when we went to their classes! When we arrived, we

would do a skit for the kids. That was a blast! Even though there was a language barrier, everyone could understand facial expressions, and human beings all have similar problems, no matter the country. Every kid wants to be loved. We put bracelets of salvation on them to remind them of Jesus and gave them their own Book of Hope! We handed out 3000 of the books!

I will never forget how appreciative they were. You could see it so evidently on their faces. They all wanted to be touched and loved. Personally handing out each book was so moving. And **because we came across the world just to say YOU ARE VALUED, the kids there will never forget about God who loves them!**

-Amanda Hodges



The Granny Brigade

We left on April 16, 2009 to love on kids for ten days. I was privileged to go with some of the finest ladies to represent an organization called One Hope, formerly Book of Hope. One Hope takes groups around the world to personally hand-deliver the Book of Hope into the hands of children. A little over half a million Book of Hopes have been delivered so far!

One of the missions groups that goes every year is the Granny Brigade from CFC. I know what you're thinking: *You're only 21! How could you go with the Granny Brigade?* Well, they are grandmas who love the Lord, and they were more than welcoming to younger ladies joining along. I had been preparing since October when the registration was due. The preparation time was amazing; the Lord sure knows how to stretch his kids. Before leaving for Africa, I faced numerous challenges from Satan: my car was totaled and I had to carpool to work with my husband for about a month; then I was robbed - only my TV and Play Station were taken, thank God; so on, and so on. But I raised all the

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SCRAPPIN' FRIENDZY

You don't have to be a scrapbooker to join in the fun at the Scrappin' Friendzy! Come organize your photos, make cards, or do another craft. This is a great day to spend with other crafters, making new friends!

SEPT. 19 | 8AM-5PM | \$35 BEFORE SEPT. 1

Registration is \$40 after Sept. 1. Contact Kathy Bowles at kathysewon@yahoo.com or 890-0071 for more information.



Miss Star Ceremony

MPACT GIRLS

Congratulations: In June, Courtney Ashley completed all of her work to earn the Honor Star designation in a special ceremony at CFC. Then, at Star Days in July, Courtney competed against other girls to earn the title of Miss Star! Madison Henage was named Miss Sr. Star. If you see these girls, congratulate them - those honors are not easily obtained!

Miss Star photo (L-R): Brandy Ashley, Courtney Ashley, Madison Henage, Rosie Wall

Mpact Girls reaches girls for Christ, setting lifelong values, morals, and Biblical foundations. They are always in need of financial support as well as helpers to assist with the program on Wednesday nights. Contact Brandy Ashley in the church office if you can help minister to girls in any way, no matter how small.

BIBLE STUDIES

*Sept. 15 - Dec. 8

Facilitator: Kathy Bowles

When: Tuesdays, 9:30 am

Book: *Discovering the Treasures of a Godly Woman* by Elizabeth George, a study on the Proverbs 31 woman.

This study is a total of 24 lessons which will continue for a second 12-week session in January.

*Ongoing Bible Study

Facilitator: Pat Vweech

When: Tuesdays, 10:00 am

Book of Psalms

fill up water bottle, clean kitchen, etc. After dinner: clean up kitchen, quick house pick up, quick meal prep for the next day, and make a to-do list for the next day.

9. Make a regular schedule for cleaning/house maintenance. How can you peacefully maintain housecleaning? Map out a simple schedule and place it in a visible spot that you view most frequently. You might keep basic housecleaning to once a week and leave deep cleaning projects to an annual spring cleaning.

10. Work quickly. It seems basic, but it is important to set your mind to a task and stick to it! Whatever your hand finds to do, do it with all your might! Ecclesiastes 9:10.

11. Conquer your distractions. We all have them. Too much of anything can be a bad thing. Too much computer, phone, email, or even reading. Ephesians 5:16 says, *Make the most of your time for the days are evil.*

12. Make a simple schedule for your days' activities. Rather than mapping out hour by hour how the day will transpire, work around a model of "focuses" for each day of the week, such as baking day, laundry day, errands day, and organizing day.

For more Christ-centered ideas on living simply so that we may give more freely, visit www.passionatehomemaking.com.

For the next month, challenge yourself to simplify your life so that you can focus on the things that really make your life worth living!

In Christ, Emily Berriochoa

home. What is the purpose of your home? To be peaceful and restful? I want mine to be a haven for my family and those I welcome in hospitality. This provides good Biblical motivation to keep it maintained in an orderly fashion. Simplifying allows for more time to focus on relationships with family and others.

5. Re-haul your home at least annually. This is the number one means of keeping a simple home. Continually seek to de-clutter. When a home is organized and simple, there is peace. Make a place for everything and put everything in its place as much as possible. More stuff means more things to maintain, clean, organize, break and replace! At the beginning of every year, progressively work through each room in your home and thoroughly de-clutter. Thoroughly! Be aggressive! If it hasn't been used in a few months, remove it. Then take a load to charity or sell items on Craigslist. Once you do this, each following year becomes easier!

6. Complete a daily to-do list. Every night before bed, compile a brief list of tasks for the next day. Writing it down may help you sleep better! Keep it manageable, especially if you have children around.

7. Hold a weekly family planning meeting. Take a few moments on Sunday evenings to sync the family, discuss the upcoming week's schedules, transportation needs, etc. It will help keep you organized and communicating well.

8. Develop morning and evening routines. Sample morning list: prepare breakfast, think ahead and make dinner preparations,

Simply WIN!

could from page 1...become an entire existence, squelching out any energy or desire to actually thrive and WIN! By living more simply, we can spend more time actually living, less time maintaining, and more time giving! I love these tips, which are taken from one of my favorite blogs, *Passionate Homemaking*.

Simplifying means having less, wanting less, being satisfied with what you have or less than what you have. It does not mean boredom. People with too many things are the most easily bored. St. Francis owned only his robe, yet was never melancholy or bored. - Sleeth, author of *Serve God, Save the Planet*

1. Keep your relationship with the Lord first and rise early. We get far more accomplished in our day when we start early enough. We cannot pursue wise management of our homes apart from relationship with the Lord. We need to cry out to Him daily for the ability to faithfully complete the tasks for which we are called.

2. Keep your priorities in the right place. Maintain regular date nights and family nights. Each day sit down for an hour to do various learning activities with your young kids. This helps keeps priorities in the right place. Relationships are first! When this balance is kept, by God's grace, everything else falls into place.

3. Take time to rest. Acknowledge Sunday as the Lord's appointed day of rest. Take time to be a family and enjoy each others' company!

4. Maintain a right perspective of the

Register at the foyer table before August 10 for \$25 or before August 23 for \$35! Visit www.cfcnampa.org for more information and a conference schedule.

Wholeness for Women

AUGUST 28-29

A conference with an open invitation to all women within CFC ladies' spheres of influence.