

Cont. from Page 3
fence and exterior repairs. Lawn maintenance or pest prevention may need to be performed as well. With a little effort this spring, outdoor areas will be ready to entertain throughout the summer.

6. *Window Treatments*
Whether you need to wash blinds,

send drapes to the dry cleaners, or throw washable curtains into the washing machine, getting your window treatments clean after a long winter can brighten an entire room. Be sure to dust down the window casing, wash window sills, and clean any window hardware while you are at it.

in laura's schuhs

Inner "Coat"
"Do not lose heart. Our outer man is decaying (wasting away), yet our inner man is being renewed day by day."
-2 Corinthians 4:16

Pastor Monty quoted this scripture at Paul Whitten's funeral. It made me think that as our outer "coat" decays, our inner being is constantly being renewed. Of course, the obvious renewal comes from prayer and daily Bible reading. Other sources of stimulation can come from things we eat. Some things to help us along in the area of anti-aging and brain protection are: green tea and walnuts. These are simple to incorporate into your daily diet.

Next time.....outer coat.



Laura Schuh (above) running the Harvest Classic 10k in Sept 2010, where she won her age group.

7. *Beds and Bedding*
Even with mattress covers, and all of our bedding, mattresses occasionally need to be inspected and cleaned, and in some cases flipped. Use this time to inspect your mattress pads, pillow covers, and all bedding for needed replacement or repairs.

upcoming events

- **Chick Connection**
February 28, 2011
April 25, 2011
7:00 pm, CFC Main Sanctuary
- **Chick Chat & Coffee**
March 22, 2011
May 24, 2011
7:00-8:30 pm, The Refuge Café
- **Ladies' Bible Studies**
Tuesdays at 9:45 am
The Refuge & Christian Ed Room
- **Sisters**
February 8, 2011
March 8, 2011
April 12, 2011
7:00 pm, the Refuge Café
- **Mommy & Me Play Day**
February 10 & 24, 2011
March 10 & 24, 2011
April 14 & 28, 2011
10:00 am in the CFC Gym

the CONNECTION

Women's Ministries * Volume 5, Issue 4 * Feb-April 2011

from pastor kelli's heart



Whenever Valentine's Day approaches I get a little giddy. In my short season of adult singleness, I never had a boyfriend on that awful day and would wish it away. In retrospect I see how silly that was and I also remember how precious Jesus was to me during those times of loneliness. I'm still an incurable romantic especially when it comes to my relationship with Him. I also relish Cupid's yearly appearance for another reason...because Monty and I chose February 14, 1982 as our wedding day. He was definitely worth waiting for!! Why can most women relate to all the doilies, hearts, flowers and chocolates? I believe women have a heart for intimacy and romance

because our God designed us with one. It's a defining characteristic that displays His image in us. We have a tremendous capacity for showing compassion, nurturing and nourishing, and a sensitivity to feelings that's so intuitive that a person doesn't even have to speak and we can tell something is wrong. Most of us also find expressing our emotions easy and natural. How wonderful it is to be a girl! My encouragement to you Dear One is this...embrace all the goodness that God placed in femininity! Get in touch with your heart and match it to His! Can you see it? His vision! Can you hear it? His whisper! Can you feel it? His passion! Can you live it? His love! I remind you of a wonderful promise, Daughter, found in God's Word...draw near to Me and I will draw near to you! Snuggle up!
Hugs, Pastor Kelli

pastor's wives: meet ammie

1. *How did you come to Christ?*
I came to Christ when I was seven years old at a VBS at the church near our house. After some struggles in my life I fell away. I rededicated my life when I was 19 and spent 2 1/2 years in YWAM.
2. *What is one of your favorite things to do?*
I enjoy baking, going out to coffee

with friends, shopping, and painting.

3. *How did you meet your husband?*
(Pastor Kevin)
In 2006 I lived in Colorado, working at Focus on the Family as a Caterer. I then decided to be adventurous and take a trip to see my family in Idaho since I had so much vacation

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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!

women's missions

Women's Missions' current giving emphasis for March '10 to March '11 is the Assemblies of God world outreach called Convoy of Hope. Also, Women's Missions is supporting the startup funding of our new church plant, CFC North!



love, part 2

-Jessica Piper

"Husbands, go all out in your love for you wives, exactly as Christ did for the church - a love marked by giving, not getting."

-Ephesians 5:25 (The Message)

In the last edition of The Connection, I told you a story about my grandparents and how, after 60+ years of marriage, they came to love each other. It basically spoke to the fact that my grandfather had his way of loving and my grandmother had her way of loving and not until my grandmother started suffering from dementia did their ways, sort of, meet. That was their story. Here is mine:

On a Friday, sometime last spring, I was sitting at work when I got a strange phone call from my husband, Terry. He was completely out of breath and was having a hard time telling me that he was being driven to the emergency room because he thought he had a kidney stone. By the time I arrived at the hospital, Terry was on a good dose of some wonderful painkiller and was drifting in and out of consciousness while I tried to make sense of why I was sitting in an emergency room watching him sleep. After several hours, no kidney stone ever materialized. The doctors were a little confused by that and decided to order a CT scan. There was no kidney stone. Instead, the CT showed a mass in his kidney.

So, there we were, sitting in the emergency room listening to the doctor tell us about this mass on Terry's kidney and that blah, blah, blah, a urologist will call and blah, blah, surgery right away blah, blah, blah CANCER.

They discharged my doped-up husband and we began the 45 minute drive home. It was on that drive that I began to imagine living the rest of

Sisters
...together we shine!

Second Tuesday of each month
7:00 pm in The Refuge Cafe
through May 10, 2011

February 8, 2011
"A Polished Mother-In-Law"
Speaker: Pam White

March ,8 2011
"The Stepmom Sparkle"
Speaker: Brenda Dunstan

April 12, 2011
"The Glitter of Grandma"
Speaker: Loveta Buhler

Contact Desiree Wiles for more info:
dwiles@cfcnampa.org

Cont. from Page 1 time building up:) Little did I know that what my Aunt Tami and Uncle Rod had planned for me. The day I arrived they took me to CFC to drop something off and of course introduce me to Pastor Kevin! So yes we met in the church parking lot! We hit it off. Five months later I moved to Idaho, Five months after that we were engaged! Then three months after that we were married! Now we have been married for 3 1/2 years and have one son name Andrew and another one due in June.



4. What are you most looking forward to this year?

The thing I am most looking forward to this year is the arrival of my second son Koby! I can't wait to hold him.

Book of Psalms: This study led by Pat Weech meets in the Christian Education room in the Original Building every Tuesday at 9:45 am for worship and study. The Psalms reflects the seasons of life. Come and be uplifted.

Discerning the Voice of God: This study led by Kathy Bowles meets in the Refuge every Tuesday at 9:45 am. This study will encourage you to grow in your intimacy with Christ. The more intimate your relationship with Christ, the clearer God's voice becomes. Childcare is provided on a donation basis.



my life without my husband. I won't lie, I panicked a bit. However, in the very next second, I began to realize who Terry is and what he means to me. For the first time in my 14-year marriage I thought to myself, "I do not want to live without this person." I had never felt so much love for Terry before that moment as I did in that moment.

For many of you, this expression of love comes so easy. For others, it

takes forethought and effort. I am in the latter group. For your marriage, it is imperative that you get to this place. With practice, it does get easier.

I challenge you to take inventory of your blessings. Do it now, don't wait. Who are the people in your life you do not want to live without? What are you saying or doing do to convince them of that? Value them, cherish them, SHOW them and TELL them how much they mean to you.

home matters

Spring Cleaning at one time involved a complete top to bottom cleaning of every square inch of a home. Today's spring cleaning may not be as involved, but there are a few tasks that need to be performed seasonally in your home. Here are the top chores that need to be done this spring.

1. Storing Seasonal Clothing

When warmer spring weather arrives, it's time to pack away sweaters, coats, and other cold weather clothing. Storing seasonal clothing is easy to do safely if you follow a few simple rules. Making sure that the storage containers and areas follow the rules of clean, cool, dark, and dry will keep clothing in good shape for next winter.

2. Check Appliances

Each spring take the time to inspect your major appliances for wear and tear. The coils of the refrigerator should be vacuumed, and the drain pan should be cleaned out. Accumulated lint needs to be



Introducing the new and improved CFC Kitchen... Servant Ministries is excited to announce a "Kitchen Open House" to be held on Sat., Feb. 19 from 9:30 to 11:30 am in the Fireside Room Gym, and Kitchen. They will be unveiling a fresh approach to their ministry and how it can better benefit the needs of the congregation of CFC, assembling volunteer teams, and introducing their brand new leadership team. Please make every effort to attend this important event! For more information on how to get involved please contact Gail Cole at 899-2670 or Billie Jean Nunnelly at 703-8181.

cleaned from the dryer vents. Clean out accumulated gunk from your oven and refrigerator. Clean dishwashers, disposals, and washing machines. Heating and cooling units need maintenance as well.

3. Clutter Control

Try the 4 container clutter method to help figure out items that need to be kept, sold, given away, or trashed. If paper clutter is one of your problems, find out how to reduce paper piles around the home.

4. Garage Storage

Whether you need to organize a garage cleanup day or just need to remove a few items to be used in a garage sale, it makes sense to pay a little attention to your garage this spring. Try some new organizational tools or techniques to store sports equipment, christmas decorations, or whatever your family hides in your garage space.

5. Patios and Outdoor Areas

Clean the patio and outdoor furniture. Do some basic landscaping repairs on the lawn, shrubbery, and plants. The exterior doors and windows of the home may need some attention. Check for

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MOMMYCARE
ARE YOU PREGNANT OR HAVE YOU JUST HAD A BABY?

Mommy Care at CFC wants to bless you! Please contact one of these ladies to find out about our Mommy Care support for you or someone at CFC you care about.

Jennifer Bell
250.1309

bobjanerae@yahoo.com

Christine Plummer
337.2031

dannychristinep@gmail.com

Mommy n Me
playday

Upcoming Events:

February 10: Making Valentines

February 24: Just Kiddin' around-Meridian

March 10: Finger Paint

March 24: Clothing Swap

April 14: PS Party

April 28: Easter Egg Hunt

Mommy & Me Playday is an interactive learning and play time for moms and their children ages 1-6. We focus on creative learning through story time, art, and physical play. Play days provide a fun environment for kids and are a great way to fellowship with other moms.

For February, March, and April, Mommy & Me Playday will meet every 2nd and 4th Thursday of the month at 10:00 am at CFC.