

Upcoming Events

- **Ladies Pool Party:**
Friday, July 16, 7:00 pm,
Autumn Short's home
- **Annual Women's Conf.:
Shine Out Loud**
August 20-21 at CFC
- **Bible Studies Resume:**
Tuesday, September 7,
9:45 am, The Refuge &
Adult Education Room
- **Sisters Debut: Tuesday,
September 14, 7:00 pm,**
The Refuge Café
- **Chick Chat & Coffee:**
Tuesday, September 28,
7-8:30 pm, The Refuge Café
- **Ladies District Fall Conference:**
October 1-2, Location TBD
- **Chick Connection: Monday,
November 22, 7:00 pm,**
CFC Main Sanctuary

All dates subject to change when necessary or due to unforeseen scheduling conflicts. Please check your bulletin, the CFC Life Center, and www.cfcnampa.org for more information on upcoming events.

In Laura's Schuhs

TIMES OF REFRESHING

Psalm 107:35 - He turns the wilderness (dry times) into pools of water and dry ground into water springs (times of refreshing).

We can equate the parched ground with dry times in our own lives. Then with pools of water and flowing springs from the Lord through prayer and His Word, we can be renewed and refreshed. So like the spring rains we have had, new growth is emerging. Like the "rains" God gives us through His Word, we can be refreshed and renewed, ready to take on new tasks and challenges.

For me, some everyday refreshing occurs when: I drive by a lavender or mint field; when I see a rainbow; when I watch the sun come up. First of all, I seek refreshing from God's Word and then look for common phenomena and sensations right where I am. As we are all unique, these external rains will be different for each of us.

Speaking of things that are refreshing, try these:

- Chunks of watermelon with chopped mint
- Lemonade with mint leaves
- Ice cubes made with crushed watermelon and mint leaves
- Plain seltzer with lime juice and mint leaves

-Laura Schuh is pictured with four-year-old granddaughter Margie Ann.



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Christian Faith Center
Women's Ministries
Volume 4, Issue 2
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Did You Know?

The CFC website has Women's Ministries pages! You can find them 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. As needs arise in our own group and church, we will divert and give to those as well.

From Pastor Kelli's Heart



Hello Precious CFC Ladies,
In my recent times of study and prayer, I've been inspired by the wonderful holiness of God more than at any time in my entire life. Holiness is completeness and fullness. Having said that, our Father God is wholly and completely *loving*, wholly and completely *good*, and wholly and completely *mine* and *I am His*. I stand in wonder and amazement at these truths. It gives me strength for my mission, peace for my

circumstances, and passion for people. To say it another way, I have very high life esteem! So often we as Christians feel we've been called to *do* when God delights in what we endeavor to *be*. It's out of our *being* that we do what we do. The challenge to us then is to keep our hearts right before Him. It makes no difference how we look to others...they can be fooled by outward

appearances. The motivation for our actions is what really matters for eternity. We can wear a bun in our hair and no makeup and not really know the splendor and the beauty of His holiness. I believe we are most pleasing to the Lord when we have no pretense and no agenda before Him. We are just free to be - His daughters! Go and be beautiful...be His! Hugs, Kelli



From the Editor

Hi, Ladies, I had the opportunity and privilege to read and ponder *From Kelli's Heart* in advance for this edition of *The Connection*. As usual, Kelli's words are so sweet and powerful because they come from a heart that is truly in communion with Jesus. Honestly, I was a little bit convicted when I read her words.

You see, I haven't been liking who I have BEEN lately. I have been stressed, impatient, critical, and even angry. I have a lot of irons in the fire. I have lots of stuff to *do*. And the *doing* of these things

has been driving the person I am *being*. Can you relate? It may sound cliché, but I turned to Proverbs 31 recently to remind myself of the woman I should be. Although it may seem like the woman described in Proverbs 31 is a *doer*, I know that a heart for Jesus drives this woman's actions. *Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised* (Proverbs 31:30). Appearances pale in comparison to fear of the Lord. And the beginning of the passage asks, *A wife of noble*

character who can find? (Proverbs 31:10). Our character is most important; not what we do out of pretense of being righteous.

So, how is the high life esteem - high regard and respect for life - that Kelli mentions achieved? As Kelli says, we keep our hearts right before God. A "noble character" is achieved by walking closely with Jesus and communing with Him through every moment, in every decision, before every word, in every deed, and through every attitude. Our noble character will manifest itself in "noble things" (Proverbs 31:29).

Now, if you will allow, I would like to take a little tangent on that idea of esteem. The word esteem is often paired with "self." (*cont'd on page 3*).



Sisters

...together we shine!

Second Tuesday of each month
7:00 pm in The Refuge Cafe
September 14, 2010 -
May 10, 2011

Sisters is a monthly women's group focused on discovering the benefits of being connected with other women. We will be learning how, just like a diamond, we are precious, powerful, pure, and a symbol of passion. God has made us to shine, and we do that best when we stay grafted with each other like sisters.

Our monthly meetings will include time for visiting, a lesson relevant to our theme, a craft or activity, and discussion time. Sisters is for every woman 18 and older. Watch for registration forms in August!

Philippians 2:15, ...that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world...

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



Next Chick Connection
Nov. 22 at 7:00 pm!



Intercessory Prayer Group
Wednesdays at 6:00 pm in
Pastor Gordon's old office
off the original sanctuary.
Contact Betty George for
more information at
412.0151.



Annual Women's Conference at CFC
August 20-21, 2010
Early Bird signup July 11-August 8 is
\$30; late registration closes August 15.
Please visit the table in the foyer to get
more information and to register.



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
Shagaye Burbank, 703.3001
shagaye@hotmail.com
Christine Plummer, 337.2031
dannychristinep@gmail.com

The Most Important Meal of the Day

At 7:16 am, my college son Scott's alarm goes off for the second time. I was in the middle of my devotions. My Mom Heart thought, I think I'll turn on the griddle, mix up some pancake batter, and offer him some breakfast. The thought also occurred to me that he usually doesn't leave enough time, but I was willing to take a chance.



As I returned to my devotions I thought, God does this for me. He prepares and gets ready to serve and fellowship with me every morning. He has prepared a large array of "food" (His word) and anxiously waits for me. I just have to sit down and partake. As I read and pray, I feel nourished and refreshed. It starts the day off right. My relationship with Him brings joy.

How often do I rush off because I supposedly have no time? Is God sitting at the table with all kinds of yummy food, watching me run around and hoping I'll stop and join Him? Is it not the most important meal of the day? Does it make Him sad when I don't join Him? Is it not just a matter of rearranging my time?

Challenge: Tomorrow will you make God's heart jump for joy as you join Him for breakfast? It's the best thing you can do for yourself and your family. The benefits are Heavenly!

-Judy Gillatt is Pastor Kevin's mom. She has been part of the Body at CFC for over 20 years.

Ladies' Bible Studies

Book of Psalms: This study led by Pat Weech is taking a break during the month of August and will resume on Tuesday, Sept 7th.

Kathy Bowles' Study: This group is taking a break for the months of July and August but will continue meeting for coffee and fellowship in the Refuge on Tuesday mornings at 10 am. No childcare is provided for this fellowship time, but you are welcome to bring your kids. The study will resume on September 7th with a brand new book, *Live Fearlessly: A Study in the Book of Joshua*, available at Northstar Books on Garrity.

Join us for *Live Fearlessly: A Study in the Book of Joshua*, starting Tuesday, Sept. 7th at 9:45 am in The Refuge.

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9

FROM THE EDITOR (cont'd from page 1). I know women who simply do not like themselves or love themselves the way that they were created. This is a lack of self-esteem, or a lack of high regard for the self.

I love the idea of *life esteem*, rather than *self esteem*. It takes the pressure off "me" and puts the focus on Christ. Sure, we must esteem - respect - ourselves as daughters of the King. However, if we do not highly regard our lives for who we ARE in Christ, how can we esteem anything else, and how can we exemplify Jesus? We are defined not by our clothing, body size, or manner of style, but rather by our Christ-like character. Doesn't this take some of the pressure off?

I was asked recently how it is possible to love my body just the way it is, or *if* that was even possible. Yes it is, and here's why: simply, my body does what I need it to do. It is functional, and functionality is beautiful. (C'mon, some of you have to agree with me on this!) I cannot hate a body of which I ask day after day to perform tasks that many just shake their heads at. (Yes, I'm talking about running - stop rolling your eyes). Hear me out.

Running is often a perfect metaphor for the race of the Christian life. Running has strengthened my relationship with Christ by giving me time to commune with Him. Running has brought forth confidence in my ability to persevere through very difficult situations, and that confidence translates to situations way beyond the road or trail.

I perceive running to be a gift from God, a gift that has saved me from potential depressive episodes, destructive behaviors, and self-loathing. I cannot hate a body that is strong, and a body that has carried me, one step at a time, through some of the most beautiful God-created wilderness on the planet.

I have learned to thrive on the pain that comes from the process of strengthening. The challenge of pushing to new levels of physical and mental strength creates in me a passion that does not allow lack of self-esteem to creep into the picture. I am confident in the body God has given me, and I am making the most of this carnal body.

All that being said, I am rethinking the idea that I have high self esteem. From now on, I determine to be defined by a high LIFE esteem, which in turn will fuel my love for people (including myself), peace in my circumstances, and strength for my life's pursuits. May you be comforted in knowing that we run this race of life set before us with spirits designed for high life esteem and bodies that were designed to function for our purposes in this transitory life.

Keep running... In Christ, Emily

REMEMBER: Register for Shine Out Loud NOW for only \$30!!