

THE CONNECTION

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From Pastor Kelli's Heart

Snow in October? The weather saw the Christmas decorations up already and thought it was WINTER.

Heavy sigh...deep breath. I don't know about you, but I felt that summer went by so quickly that I didn't hardly have time to savor the warm sunshine and the smell of BBQ. So here's a note to self...slow down and recognize the miracles happening all around me.

It's such a thrilling time to be alive! I have been noticing the ripeness of the Harvest...beloved people hungry for Truth, Love...Jesus! And they're coming into His kingdom in record numbers. If we're not careful, we can become so accustomed to our surroundings that we don't even recognize how rare...how special...and how supernatural the season is that we've entered into.

I gave myself a wonderful present for my 48th birthday; I ran a half marathon in 2 hours and 23 minutes. As I was running in the outskirts of Boise through farmland, I realized that what I was seeing with my natural eyes is also happening in the spiritual realm. It's Harvest time, and I'm running the best race I can run so that I might win the prize of the high calling that's in Christ Jesus.

Called woman of God, my question to you is this...are you running to win? Do you recognize your season, and are you taking advantage of all that God has placed within you? Let's run with endurance the race that's set before us!! Hugs, Kelli - *Kelli Sears is the pastor's wife and the office manager at CFC. She is pictured above after running the Prison Break half marathon (13.1 miles) in October.*

From the Editor

Last month, in October, I had the opportunity of a lifetime to travel



with my husband to Beijing, China to stay with my sister for a week, see the sights, and, as I am wont to do, run a race while I was at it.

This was a truly eye-opening trip. We witnessed abject poverty and sleek modern amenities within minutes of each other. We withdrew from the ATM for a few days of shopping and tourism what it takes most of the people there a month or two to earn in wages. We were duly reminded how much prosperity and comfort we have here in the United States, even the poorest among us.

Do we recognize how blessed we are? Do we appreciate our freedom and the blessings we experience simply by living in the United States? Take time this holiday season to appreciate the things that are really important...salvation, family, church, relationships. Operation Christmas Child, featured right, is the perfect way to reach out this season without the expectation of getting something in return. Also, make sure you check out the information about CFC's new homeless outreach, benefitting people right here in our community, on page 3. In Christ, Emily Berriochoa - *I am pictured above after running the Beijing Marathon in October.*

Operation Christmas Child

Are you tired of the commercialism of Christmas and want your children to really understand the true meaning of giving without expecting anything in return? I had this dilemma years ago and wanted to teach my kids this concept while making a tangible difference. That's exactly the opportunity that Operation Christmas Child affords! Imagine packing up a box with small gifts, school supplies, and hygiene items, including a note and a photo of yourself or your child, and that box being unpacked by a child on the other side of the world!

When we first started participating in the program, my middle child Chantal was only three years old. She threw herself into the project wholeheartedly. She prayed for "my little girl" every night before she went to sleep. Shortly before Easter we received a letter from Mongolia. cont'd on page 3

Upcoming Events**

- November 13, 7:00 pm Ladies' Night Out
- November 14, 9a-4p, CFC Holiday Bazaar
- November 21, 9a-12p, Leadership Summit
- November 23, 7:00 pm, Chick Connection
- NO BIBLE STUDIES December 22 & 29
- NO CHICK CONNECTION December 28
- January 8, 7:00 pm, Ladies' Night Out, Bunco
- January 25, 7:00 pm Chick Connection

Get Acquainted Brunch - Watch for Details!!

REGULAR EVENTS

- * Ladies' Bible Study, Ongoing Psalms Study, Tuesdays 9:45 am
- * Ladies' Bible Study, Proverbs 31 Woman, Tuesdays, 9:45 am, Fall '09/Spring '10
- * Mom & Me Play Day
First and third Thursdays, 10:00 am
- * Chick Connection
Fourth Mondays, 7:00 pm
- * Team CFC Running group run/walk
Thursdays, 7:00 pm (see cfcnampa.org for details)

**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



Studies have shown that stress can wreak havoc within the body. These verses also indicate that negative emotions cause harm to our health:

"A heart at peace gives life to the body but envy rots the bones."
-Proverbs 14:30

"A cheerful heart is good medicine, but a broken spirit dries up the bones."
-Proverbs 17:22

So doing things to have a peaceful, cheerful, joyful heart is a good healing medicine. Eating healthfully is also a good idea. Try these for a change:

Sweet Potato (or Yam) Fries

- 3 sweet potatoes, or yams, peeled
- 2 Tbsp. olive oil
- 1 Tbsp. Cajun or similar seasoning
- Preheat oven to 375 degrees.
- Cut potatoes in half. Then cut those halves into 5 strips. Mix oil and seasoning. Toss with potato strips. Place on a baking sheet in a single layer.
- Bake 30 minutes. Makes 30 fries.

-*Laura Schuh coordinates Women's Missions at CFC through Pat Weech's Tuesday Bible Study. She is pictured above after running the Barber to Boise 5k (3.1 miles) in October.*

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 is helping build a church in South Africa through Book of Hope and the Granny Brigade. We are also helping Virginia Stevenson, a lady from Christian Faith Center, who was called by the Lord to minister in Ireland - she appreciates our support tremendously.

The Connection is a quarterly publication of Christian Faith Center. "We don't do life alone." Feb., May, Aug., Nov.

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Spotlight On... Vaun Jordan



I have been a Christian for years, but left the Lord behind when I got so busy climbing the corporate ladder. That all changed overnight this last February in the E.R. That night started a barrage of doctors, tests, and being switched from this medication to that one. All the tests came back normal and the consensus was that I had anxiety disorder and needed to stop all of the meds I had been taking and start fresh once my system was clean. This threw me into discontinued syndrome AKA withdrawals AKA a living nightmare. Imagine having the flu and not being able to sleep at all. I wanted to give up. My family gave me support to keep going and encouraged me to start seeing through spiritual eyes. For weeks I lay in bed clinging to Jesus praying and speaking these four scriptures: Isaiah 41:10, Isaiah 53:5, Isaiah 43:2, and 1 Peter 5:10. I proclaimed over and over that the victory was mine. The journey has not been easy, but I would not change one minute. I have a deeper love and relationship with my Jesus. I am aware of eating healthy, and I started running to get rid of the stress, and I have become addicted to running! My motto is "More of Him, less of me."

Vaun's Holiday Tradition: since our girls were little, they have picked out a new ornament each year for the tree. When they leave home, the ornaments will go with them. We always read the nativity story before opening gifts. And this year we are starting to give only three gifts, because that is what our Lord received.

-Vaun Jordan has recently become part of Team CFC Running. She is Judy Gillatt's sister-in-law, married to Tim Jordan. Along with Larry and Trina Delong (Trina is Vaun's sister), Vaun and Tim provide the host home for Dave and Jenna Deuel's H.O.M.E. Group.

Holiday Tradition Recipe

This pumpkin roll recipe is a holiday tradition of Davina Jackson, and it has become a holiday tradition of mine to eat as much of this as she will share with me. Pumpkin rolls make a great post-run feast!

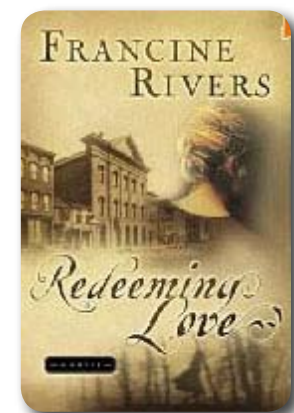
PUMPKIN ROLL

- BEAT:**
3 eggs - beat for 5 minutes
- THEN ADD:**
1 cup sugar
2/3 cup Libby's pumpkin
Set aside the wet ingredients.
- MIX in a separate bowl:**
3/4 cup flour
1 tsp. baking soda
1 tsp. ginger
2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. salt
- PREHEAT** oven to 375. Generously grease and flour a medium jelly roll pan.
- Mix wet and dry ingredients together. Spread into pan. Bake for 15 minutes.
- Meanwhile, lay out a hand towel sprinkled generously with powdered sugar. When cake is done cooking, remove it immediately from the pan and lay it on the towel. Sprinkle cake with powdered sugar and then roll up. Let cool completely.
- FILLING:**
Cream together these three ingredients:
8 oz. Philadelphia cream cheese
1 cup powdered sugar
1 tsp. vanilla
- Unroll the cake and spread filling evenly over cake and then re-roll. Cut into thin slices and serve immediately. Enjoy!



-Davina Jackson leads Ladies' Night Out at CFC. She is pictured above after running the City of Trees marathon (26.2 miles) in October.

Book Review by Jessica Piper

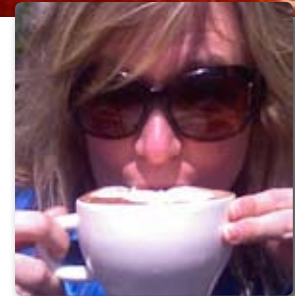


Francine Rivers' *Redeeming Love* is an allegory of the Bible's book of Hosea. Hosea was a prophet who was betrayed numerous times by Gomer, a woman whom God placed in Hosea's life to marry. Prior to her marriage to Hosea, she was a harlot, who struggled to break away from her previous lifestyle. There is much more to this story and I would encourage you to read Hosea to experience it. *Redeeming Love* takes this portion of Hosea and sets it in the 1850s during the California gold rush.

Michael Hosea is young, single, God-fearing farmer who is instructed by God to marry Angel, a woman known far and wide by her reputation and for her beauty. Even after Michael discovers Angel is a prostitute, he reluctantly obeys God and goes to see her. Angel rejects Michael outright time and time again, but eventually agrees to leave the brothel and move with him to his farm.

Upon arrival, Angel is thrown into a lifestyle she has never known; one of kindness, friendship, and love. Feeling overwhelmed and unworthy, she runs back to the brothel, back to despair, torment, and pain. Michael comes for her, dragging her away from her old life only to have her return to it time and again. And so the story progresses with each betrayal bringing Angel closer and closer to who she is and who God created her to be.

Though set back in the 1850s, this story is timeless. It is about the redeeming, unwavering, and unconditional love of God to His church. Ms. Rivers has captured



this biblical truth in a story that is both hard-hitting and captivating.

Francine Rivers is an author who does not pull any punches with life's harsh realities. In the case of *Redeeming Love*, Ms. Rivers exposes the reader, though not graphically, to prostitution, child abuse, and intimate love between a man and a woman. The reader is led down a path where it is up to the imagination to fill in the blanks, but there can be no doubt about the intended action. Francine Rivers has an award-winning background as a romance novelist. It wasn't until she became a Christian as an adult that she began writing novels with Christian themes. Because of this background, I believe that Ms. Rivers does not "dumb down" the content in her books, which is why she is one of my favorite authors.

- Jessica Piper is on the worship team at CFC. She is pictured above with one of her passions - coffee.

OPERATION CHRISTMAS CHILD cont'd from page 1...There was a photo of a little girl with some of the gifts we had sent. It was such a tangible way to share God's love for a child. We have been participating for 11 years now, and it is always a meaningful and rewarding experience, even though most of the time we don't receive a letter. Just knowing the child keeps your photo and says "this is my sister in America who prays for me" is reward enough in itself!

We are collecting the boxes from now until November 22nd. Please bring your filled boxes with a 7\$ donation for shipping and handling to the church, and we will pray over the boxes before we send them off. If you can't pay the 7\$, don't worry, because we still want your participation! If you decide to donate online and print out a label, then you can actually track

your box and find out exactly where in the world it goes! Go to <https://www.samaritanspurs.org/pdf/PackABoxwithLabels.pdf> to get all the specifics on what to pack and how to pack the boxes.



Wholeness for Women Conference

August's Wholeness for Women conference for me was the most amazing, transforming life event ever. I will always remember it. Being surrounded by beautiful women of faith in worship and us learning from each other was amazing. Our speaker Gabriele Rienas was incredible. The most memorable insight she gave us was how within each of us is a suitcase filled with personality, gifts, strengths, passions, and interests. Don't covet the contents of someone else's suitcase. We are each unique and pleasing to God. I thoroughly enjoyed the workshops in small group settings for some awesome spirit-building discussions. We had worship several times throughout the conference, each time more powerful and delightful. Can you imagine a whole room full of women on fire for Jesus? It was absolutely stupendous, and He was there.

-Misty Parker is involved with many activities at CFC. She is an active mom who loves to moto ride and run to keep fit! Pictured above: worship at the WFW Conf.

HOMELESS OUTREACH

There are precious homeless people in the Treasure Valley that we are reaching out to through our own Eternal Hope Ministries, and you can help by donating CLEAN & GENTLY USED or NEW items. Bring your donations to the designated bin in the foyer when you come to church or during office hours. We will be distributing the items to the needy at regular times during the week. This outreach is especially important in the winter but is not specifically a holiday outreach. People need this ministry year-round!

Items needed: cans of tuna, peanut butter, individually packaged top ramen or instant soup, hot cocoa and coffee singles, energy bars, knit hats, scarves, and gloves, coats and sweaters, blankets, and sleeping bags.

BIBLE STUDIES

*Nov. 3, '09 - May 11, '10
Facilitator: Kathy Bowles
When: Tuesdays, 9:45 am
Book: *Discovering the Treasures of a Godly Woman* by Elizabeth George
This study is a total of 24 lessons that will help you know your priorities, understand your purpose, have clear daily direction, and enjoy greater order and simplicity by following the example of the Proverbs 31 woman.

*Ongoing Bible Study
Facilitator: Pat Weech
When: Tuesdays, 9:45 am
Book of Psalms
This Bible study group has a powerful time of worship and prayer each time they meet; they also meet for a potluck after Bible Study on the last Tuesday of each month.