

The Connection

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From Pastor Kelli's Heart

As of this writing I have full blown Spring Fever! There's nothing more beautiful than springtime in Nampa, Idaho! The tulips are my favorite! All of this reminds me of how awesome our God is! He is totally into new life. New life for those who are spiritually dead...new life for vision that has died or is lying dormant...new life for dreams that we thought were dead...He's never done and He never goes backward. No matter what phase of life you're in, the Lord Jesus has fresh words of life for you to renew and restore you!!

companion that keeps me from hearing my chest pounding!). What does God want to bring back to life in you? Get in His presence and find out...then pursue it again...with all your heart!

Hugs and blessings, Pastor Kelli

Yes You Can!

In the past few months, I have encountered many women who have told me they have started running. It's like a CFC running boom. I am so inspired by this! CFC-ers Davina Jackson and Whitney Doods are two of those who started running within the last year, and they both just completed the Race to Robie Creek, billed as the toughest half marathon in the Northwest. They didn't let naysayers stop them. They persevered through doubts and defeats. They set goals and emerged victorious. And here's the best part: YOU CAN DO IT TOO!

You don't have to run. There are other ways to exercise, if that's what you are looking for. As Kelli said, you need to get in God's presence and find out what God wants to bring back to life in you. *cont'd on page 3*

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 from the Granny Brigade on their trip to Africa!
- Simple ways to be good stewards of our world.

It's weird because when I run I actually feel like I'm running for the Lord, and it becomes part of my praise life to Him. I'm sure some of the other runners on the track wonder why my hands are up in the air. It's because "Lord, I give you my heart" is blaring in my ears thanks to my wonderful iPod (my running

Upcoming Events**

- May 16, 1:00 pm Spring Tea
- May 29, 7:00 pm Ladies' Night Out
- June 22, 7:00 pm Chick Connection
- July 6, 7:00 pm Women in Ministry Summit
- July 10, 7:00 pm Ladies' Night Out
- July 27, 7:00 pm Chick Connection
- August 28-29 Wholeness for Women Conference at CFC

Stay Tuned: Exercise and nutrition class to begin this summer at CFC. Details to follow!!

Regular Events

- ※ Ladies' Bible Studies
Tuesdays, 9:30 am and 10:00 am
- ※ Mom & Me Play Day
First and third Thursdays, 9:30 am
- ※ Chick Connection
Fourth Mondays, 7:00 pm
no Chick Connection in May

**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.

In Laura's Schuhs



A cheerful look brings joy into the HEART and good news gives HEALTH to the BONES. -Proverbs 15:30. Sunny spring days are like a door opening to joy and cheerfulness and good news. Sun and brightness are light to the heart and soul. So it seems that cheerful looks and good news are good for the heart and bones. Let's smile for good health!

Sunny Delight Squash Bars

- | | |
|---|----------------------|
| 2 cups flour | ½ tsp. vanilla |
| ½ tsp. salt | ½ - ¾ cup applesauce |
| 2 tsp. cinnamon | 3 tbsp. honey |
| ¾ cup unsweetened coconut | 1 egg |
| 1 tsp. baking soda | |
| 2 cups cooked squash (1 acorn or butternut) | |

Heat oven to 350. Mix dry ingredients. Scoop squash and mix with next four ingredients. Combine wet with dry. Place in a greased and floured 7"x12" pan and bake for 30 minutes. Test for doneness.

For frosting: Mix 3 ounces cream cheese with 3 tsp. honey and spread evenly over the top of the bars. Cut into squares.

Spotlight On... Rosalie Miner

Rosalie is the leader of the Tuesday morning JOY group. She says, "I accepted the Lord Jesus Christ as my Savior at the age of nine. I have never wavered from my love for Him, and He has met my every dilemma in life. He proved Himself to me in my darkest hour, and I am forever grateful, even if He doesn't do anything else for me."

"I have a wonderful husband of 52 years, four great daughters and sons-in-law, eleven awesome grandchildren, and almost four sweet great-grandchildren. The added blessing to all of this...they are all serving Christ. Praises are to God!! I enjoy coffee, evangelism, and small groups. I so look forward to our JOY gathering every week where there is open sharing, laughter, and tears among us and a growing love for each other."

The JOY group meets Tuesdays at 9:30 am in The Gathering Place.

May: DVD series with Dr. Lemman on "Raising Rock-solid kids in a Pleasure-Driven World."

Summer: Meeting two times a month with children at the park to enjoy relationships. All are welcome to join this group at any time!



Rosalie Miner

Young, Married & Lovin' It!

I just celebrated six months of marriage on April 11. Time has flown! It's hard to imagine that just six months ago I was pulling my hair out with wedding details, and now, I'm still pulling my hair out with post-wedding details!

But the last six months have been amazing! Jon and I were talking the other day about how fast it's gone by and how easy it's been to adjust to each other. There is so much pressure today for young adults to have the perfect marriage that they end up giving up after a short time.

You see this everywhere – on TV, in magazines, in family and friends.

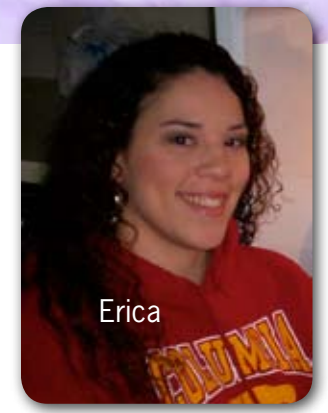
I feel like I've had the most freedom EVER in the last six months of marriage!

How can this be? Because of God's mercy and His love for Jon and me, we have lasted this long. And I'm not just talking about marriage. Since we were 17 and 16, God has had His hands on us, blessing our relationship as we've tried to stay true to his Word.

I remember a time in high school when all my friends were dating and had boyfriends.

Of course I was jealous because I had never had a boyfriend before. But I started realizing that most of the boys weren't very nice or faithful, and I just didn't want the drama. I wanted to get past the immaturity and childlike personas.

I felt so overwhelmed about finding the right person and wanting him NOW that one night I just got down on my knees and prayed: *Dear Jesus, please make me lucky enough to find a love that's real and to realize it when the time*



Erica

comes. Let him be faithful and honest and most importantly, let him be a man of God!

As I said my heartfelt prayer, I felt comforted. I knew that Jesus heard every word and that He would not abandon me. A couple months later I met Jon, and the rest is history.

Jon was everything I had asked for, and even though I didn't realize it at first (he really annoyed me when we first met), he really grew on me. I'm so thankful for my husband and so thankful that Jesus heard me. As a teenager, you just want to be heard, and Jesus heard me! I am sooo in love with my husband and with my God.

I encourage anyone who might be feeling alone to simply get down on your knees before God. **No matter what you're going through, He is there. He listens and He loves you.** Most importantly, He will NEVER leave you alone!!!

-Erica Miranda-Pearce



Ladies' Night Out

Friday, May 29, 7:00 pm
Fire & Ice Pottery Studio
in the Shopko shopping plaza. Ladies must pre-register with a \$5 fee. Tables for signup will be in the foyer May 10, 17, and 24. Ladies are responsible to pay for their own pottery item at the studio. Prices start at \$5. Bring snacks to share if you would like. See you there!

Servant Ministries

Wow! The church is growing so fast that with almost every newsletter, I have to give you an update on how Servant Ministries is growing to meet the needs of our expanding congregation. It's exciting! Karen Reeder and Gail Cole keep it all going: Mommy Meals, Funeral Care, and Kitchen Service are the ministries under the Servant Ministries umbrella.

SERVANT MINISTRIES SURVEY

There is always a need for help, whether you can contribute in a very small way or a large way. The goal of Servant Ministries is to get a lot of ladies each doing a little. Whether you can provide a loaf of bread or serve at a funeral meal, your contribution is important!

Please go to www.cfcnampa.org/servant.htm to fill out a short survey. We want to help you figure out where you can fit in. Let's work smarter, not harder!

HONORABLE MENTION

At the last Women in Ministry Summit, Bev Schneider was honored with a plaque for her 30 years overseeing funeral meals. We love you, Bev! God Bless you for your faithfulness.

YES YOU CAN!

cont'd from page 1

But I must reveal my bias. I have been running on and off for a long time. Although it has never been easy, I can now say I like running. I have had two kids and been lazy and gained weight and lost weight and been "too busy" and lacked motivation. I have tried other forms of exercise. I have nearly drowned through a few laps in the pool. I have done the fitness thing at the gym.

But I keep coming back to running. Here's why: Running is cheap. You can do it anywhere and anytime. It's a good way to lose and then maintain weight. It allows you

to get out and enjoy all kinds of weather. It's a great way to get in a better mood.

Anyone can become a runner, nevermind the excuses, the weather, or the bag of chips calling your name. Do you hold your aversion to running as a badge of honor? If you can walk fairly well from the couch to the refrigerator, you are neither too fat nor too old nor too slow nor uncoordinated to do this. You can run. Not only that, you can enjoy your run from the first time out.

If you can walk continuously for 30 minutes, you can transition into a running program by gradually adding running to a couple walks per week.

Start running at an easy pace and stop as soon as you're breathing hard. Walk until you feel recovered. Then run again. Repeat.

This excerpt is from *Runner's World* in one of the best articles I've ever seen on beginning to run. If you have ever considered running but discounted it as "not for you" or if you are solid in your proud aversion to running, I implore you to read this. Go to www.emilyberriochoa.com, click on Links, and find the Yes You Can! article.

Here's to perusing the life that God wants for you...!

In Christ, Emily Berriochoa



Daughters of the King...
You are cordially invited to the
CFC Royal Gym for the
Annual Spring Tea
Saturday, May 16, 1:00 pm
Cost: \$10.00
Age 6 - 12 & 55+ \$8.00
No tickets sold at the door. All tickets must be pre-purchased. Must have ticket for admission.
Babysitting for ages 6 and under.

MOM & ME PLAY DAY

May and through the summer, play day will be every first and third Thursday at 9:30 am. Check cfcnampa.org for location information.

MPACT GIRLS

You can financially support Mpac Girls simply by shopping at Albertsons! It's simple:

1. Go to www.albertsons.com/cp/
2. Click on the Shoppers link.
3. Enter Alb. Preferred Card # and your phone # to login.
4. Click Find a Partner.
5. Search for Christian Faith Center, Nampa, Idaho.
6. Check the box for CFC.
7. Click Add Selected Partners.

Mpac Girls will receive a percentage of all you spend at Albertsons!

Mpac has some very exciting events coming up this summer:

- June 6, 2009, Prims/Daisies Day Camp and Stars Awards
- July 24-26, 2009, Star Days

BIBLE STUDIES

It's not too late to join a study! JOY group and James study meet Tuesdays at 9:30 am and the Psalms group meets Tuesdays at 10:00 am. Note: The James study and JOY group will end June 30 and have July and August off.