

WOMEN'S MINISTRY NEWSLETTER

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Love—All Year Long ~Joyce Tuggle

During the month of February, it seems everything we see in all the media is about love---who we love, and who loves us. It made me think about how grateful I am to have a Heavenly Father who thinks and speaks of love all year long. Remember those small candy hearts with words printed on them that we see this time of year? If God were to give you a box of candy hearts with messages from Him, these might be some of the sayings:

Be mine - Isa 43:1 "But now this is what the Lord says: 'Fear not, for I have redeemed you; I have summoned you by name; you are mine.'"

I chose you - John 15:16 "You did not choose me, but I chose you."

Call me - Ps 50:15 "Call upon me in the day of trouble."

I love you forever - Jer. 31:3 "I have loved you with an everlasting love."

I have a tattoo with your name - Isa 49:16 "See, I have engraved you on the palms of my hands."

God cherishes you and me more than we can possibly imagine. Let's remember that truth not only in February, but all year long!

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Special Points
Of Interest

NEW GRIEF RECOVERY METHOD*OUTREACH PROGRAM ~ Linda Henson

Simply defined, grief is the normal & natural reaction to significant emotional loss of any kind. While losses are never compared, any list would include death & divorce as obvious painful losses. Also on the list are: retirement, moving, pet loss, financial & health issues. While grief is normal & natural, most of the information passed on within our society about grief is not normal, natural or helpful. Grief is the emotional response to loss. Most of the information learned about dealing with grief is intellectual. Grievers do not have *broken heads* they have *broken hearts*.

There are many myths which most people believe, yet never question their validity. *Time heals all wounds, grieve alone, be strong, don't feel bad, replace the loss and keep busy.* Just looking at the myth *time heals* creates the idea that a person just has to wait to feel better. Many people have 10, 20, 30, or 40 years to feel better, but often time has compounded the pain of loss. This can only be true if the time is not properly spent. **Recovery from loss is discovering and completing all of the undelivered communications that accrue in relationships. Learning how to complete the pain caused by loss is what allows us to "let go" and "move on."**

The 12 week GRMO* Program provides the correct action choices which help people move beyond the pain for an opportunity at a richer & more fulfilling life. It is not an occasional, drop-in group. For the safety and success of all participants, commitment and attendance are essential. Our group is led by Linda Henson who is a Certified Grief Recovery Specialist* and has facilitated support groups since 1990. Watch the newsletter and bulletin for location and dates.

*Based on the Grief Recovery Handbook -20th Anniversary Expanded Edition by John W. James and Russell Friedman founders of the Grief Recovery Institute.

Retreat Testimony ~ 2011

~ April Price

Scenic farmland, quaint cottages, warm hospitality, women's fellowship, fun door prizes, fantastic food, inspirational praise music, and a powerful message on Psalm 91 are just a few ways to describe our last Ladies Retreat at Summers Mill in Salado!

We heard invaluable testimonies about understanding and believing God's Word of protection for us from Peggy Joyce Ruth and her daughter, Angie Schum. When they prayed and believed Psalm 91 over these situations (secretly moving Bibles across Communists countries, soldiers in war, volcanoes and typhoons in the midst of delivering Bibles, being chased by armed soldiers, and lives being threatened by a mob of Muslim villagers) all ended up safely home! Wow, such amazing testimonies they gave us about our God, our Protector, when we pray and believe Him!

I was especially inspired by the story about Peggy's husband, Jack, who led his family outside to pray Psalm 91 over their home because it was in the path of a deadly hurricane. He had such faith that God would spare them. The hurricane actually diverted into a different path! The faith he modeled to his children was not only inspiring, but also convicting to me as a mother who desires to be more Christ-like and exhibit this type of faith and trust before my own children.

God tells us in His Word that we will never be ashamed when we trust in Him! Peggy's message and my experience at the ladies retreat have encouraged me to believe Him for His protection and blessings.



Lessons I Have Learned

~Patty Wallace

Growing this year was painful at times, but I believe growth is a sign of life. I hope these personal stories will help you to see God's hand in your own life.

During our anniversary trip I got mad at Randy, and I asked God to jerk him up and let him have it! I heard a quiet voice say, "If I do, are you going to forgive him?" I had to admit that the answer was actually "no" because I was hanging on to my grudge. That afternoon Randy and I rode a van to the top of Pike's Peak and coasted down on bicycles. When we stopped to rest, Randy got down on one knee, held my hands, and looked into my eyes. "Patty, I love you and I hope you will forgive me" he said. How sweet is that? Thank God I didn't miss out on that moment of relief from the pain of unforgiveness. **Lesson 1~ Let God help you forgive people.**

What if divorce ends up to be a being a permanent solution to a temporary problem?

When the church directory came out, I leafed through the group shots and noticed that I wasn't in any of the pictures. I commented to one of my sons, "Wow, I am not in one single picture in the church directory!" His reply was, "Mom, that's because you don't do anything." After I picked my self-esteem up off the floor, I reviewed in my mind what God has called me to do: Sit beside my husband in the services to give him support, counsel with people during the invitation, greet visitors and listen to their often heart breaking stories, say hello to people who are sitting alone (Can you imagine how much courage it takes to come to church alone?) A photograph couldn't capture all of that anyway! **Lesson 2~Do what God asks and it will be enough.**

One Sunday I asked Randy if he liked my outfit. His usual, generous "You look amazing" comment was replaced by a whispered, "I'll tell you when we get home." At home he said "Your stomach sticks out too far in that outfit." Ouch! So now I own a treadmill and I walk on it every day. I make it a praise walk, so any time I spend on that treadmill is for my own spiritual and physical health. **Lesson 3~If you're getting fat, do something about it.**

My sister called to tell me her husband was leaving her and she was also ready to give up. I told her to hang on, even if "just for the kids." We all know they are worth it. I surprised myself by saying, "What if getting a divorce ends up being a permanent solution to a temporary problem?" We prayed and prayed, and guess what? Their family is still together and working hard to stay that way. **Lesson 4~Pray even if it seems hopeless.**

Remember the girl in the Bible who dressed up and made herself available to the King, so he decided not to annihilate her race because she was so pretty? I decided to try her secret and guess what...it works! **Lesson 5~Loving your husband will save your family.**

I have a dear friend from Baylor that I do a "text" Bible study with. We take turns summarizing our daily devotional for each other. In 3 text screens or less, we write what God said to us and what steps we will take with His help. My friend cheers for me on my worst days and celebrates with me on my best days. **Lesson 6~Let someone be your friend.**

FIRST BAPTIST CHURCH

3310 S. WS Young Dr.
Killeen, TX 76542
254.634.6262
fbckilleen.com

Sundays

9:00 AM Contemporary Worship

10:00 AM LifeGroups

11:00 Blended Worship

6:00 PM Evening Worship

Wednesdays—6:30 PM

Hebrews 10: 24-25

“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.”

A Note from Your Editor

“A new year, a new you.” I have heard this so many times in the last two months, I wonder how many women are losing weight, changing their sleeping & eating habits, and/or getting a new hair style or new makeup. Every new year we hear the same thing. Yes, I have bought into this some; a new hair style. But all of the above won't make any difference unless you are truly a “new women in Christ.” This means that you have accepted Jesus as your Lord and Savior and turned away from sin. God loves you and wants you to love Him. If you haven't given your life to Christ, any FBC Staff Member or any woman on the WEM Team will be more than happy to talk to you about Him.

May God bless you throughout the new year.
~Jonnie Trimble, Editor

Our Purpose, WEM Team

WEM Ministry Team
Joyce Tuggle
Team Leader

April Alvarado
Connie Cox
Laura Dunnells
Nancy Farmer
Carolyn High
Carrie Jenkins
Wanda Lewis
Gloria Walker
Sherry Ward

The purpose of the Women's Enrichment Ministry is to grow in our relationships with God and each other through Worship, Fellowship, Discipleship, Ministry, and Evangelism.

Up-Coming Event



Beth Moore

July 13-14, 2012

Cedar Park Center—Austin Area

Reservations will be taken this month. Cost \$65. Please contact Shelly Landreth @ 254-526-0989 or @ shelbelland@yahoo.com for more information.