



# HEART to HEART

women's ministry newsletter

CALVARY MURRIETA

NOV-DEC 2018

## DECKING THE HALLS WITH PRAISE

I love our theme for the Ladies Christmas Celebration this year. We all like to “deck the halls” with things, don’t we? I’m a “themer,” if you haven’t noticed, so I decorate for Summer, Spring, Fall, and of course, Christmas! I don’t overdo it, just a few things, here and

there. I like to deck my halls for Christmas by December 1st so I can enjoy it for the whole month. The song *Deck the Halls* reminds us that Christmas “tis the season to be jolly.” As I prayed for a theme, the Lord had me spend time in the Christmas story to see how all the characters responded to the birth of Christ. Mary praised the Lord in Luke 1:46-55, the multitude of angels sang His praises in the sky in Luke

“MAY OTHERS  
RECOGNIZE  
HIS PRESENCE  
IN OUR  
LIVES AND  
BE CURIOUS  
TO KNOW  
HOW TO HAVE  
THAT JOY FOR  
THEMSELVES.”

2:13, the shepherds heard the angels and responded in praise (Luke 2:20), Simeon and Anna both praised Him with thankful hearts (Luke 2:25-38), and the wise men followed suit in Matthew 2:10-11. That’s a whole lot of praising going on!

Immediately I thought about how I respond to the birth of Christ and whether or not I’m filled with praise as I celebrate the wonder of His birth. I wasn’t that satisfied with my answer, unfortunately. Sometimes I’m full of praise, while other moments I’m distracted and caught up with Christmas festivities. Not that those are bad or wrong, but if my focus rests on my “celebration”

rather than the One I’m celebrating, it’s a problem.

Because of these thoughts, *Decking the Halls With Praise* is my motto this Christmas. It’s how I want to celebrate and how I want to spend my time. I want to praise Him for His humanity, as well as His divinity. I want to praise Him for His humility and the way He came to earth. I want to praise Him for the forgiveness of sin which is why He came to earth. I want to praise Him for loving the world, which is who He came for. I want everything I do to be a reflection of my love and gratitude for Him. I want to deck my heart with an attitude of thankfulness; I want to deck my life with actions of love; I want to deck my lips with words of praise. Let’s get “decked out” with Jesus! May others recognize His presence in our lives and be curious to know how to have that joy for themselves. Let’s deck our homes, our church, our offices... with praise! Heck, let’s deck the world with praise!

I’d love to see you all at our event on December 1st. It’s free, it’s fun, and it will be filled with Jesus! Come Deck the Halls of Calvary with us from 9-11 am, then visit the gym that will be decked with crafters! It promises to be a beautiful day and a perfect way to ring in the Christmas season!





## Mountain Apple Cobbler

From  
allrecipes.com  
by Leslie Asquith

*"A surprising ingredient is used in making this classic Southern dessert. Serve with a scoop of vanilla ice cream."*

### Ingredients:

- 2 (8 ounce) cans refrigerated crescent rolls
- 2 large Granny Smith apples - peeled, cored, and cut into 8 wedges each
- 1 cup butter, melted
- 1 1/2 cups white sugar
- 1 tablespoon ground cinnamon
- 1 (12 fluid ounce) can or bottle caffeinated citrus-flavored soda (such as Mountain Dew (R))

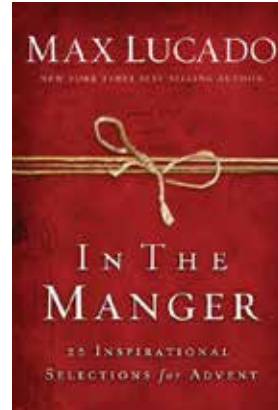
### Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
2. Unroll the crescent roll dough, and separate the sheets into individual triangles. Roll each apple wedge into a triangle of dough, and place them into the baking dish, seam sides down.
3. Mix the melted butter, sugar, and cinnamon in a bowl, and spoon evenly over the dough-wrapped apple slices. Pour the soda over the rolls.
4. Bake in the preheated oven until the top is browned, the apples are cooked through, and the cobbler is bubbling 45 to 50 minutes.

## Book Review

From

*Barb Costley*



IN THE MANGER, by Max Lucado, is an inspiring and easy-to-read book that prepares us for Christmas. It contains 25 chapters, making it the perfect read for Advent. It could be used as a personal or family devotion at night, learning from Mary and Joseph as they sat inside a stable at the feet of the King.

The introduction to this book is beautiful so I decided to include it in the review. Lucado writes about the small cathedral outside of Bethlehem which marks the supposed birthplace of Jesus. Behind the altar is a small cave with a star embedded in the floor, recognizing the birthplace of Jesus our King. But ... one can't go into the cave without stooping since the door is so low. "The same is true of Christ. You can see the world standing tall, but to witness the Savior, you have to get on your knees."

*"So at the birth of Jesus,  
while the theologians were sleeping,  
and the elite were dreaming,  
and the successful were snoring,  
the meek were kneeling.  
They were kneeling before the One only the meek will  
see. They were kneeling in front of Jesus."  
(From The Applause of Heaven.)*

Hope you enjoy this inspiring little book and this wonderful season that celebrates the birth of our Savior.

CALVARY MURRIETA

*Missionaries*

THE RAMSEY FAMILY RUSSIA



MIKE & LORIE

SERVING IN:

Asia

SERVING WITH:  
Shepherds Staff



# • the Ramsey Adventures •

## “Blessing and Cursing”

An elderly Chinese man cursed me today. He didn't curse at me, he cursed me. As I was doing my grocery shopping, I came upon this gentleman sitting on a low stool. As I approached his direction, he began raising his voice at me. He pointed his finger at me and continued shouting. I couldn't understand everything he was saying, but I got the flavor of it. “blah, blah, blah, and then the last bit... “You're ugly”. I guess that was his exclamation point. “Wow”, I thought. “What's with that guy?” This is pretty unusual behavior for Chinese in a public place. I was pretty taken back by it and I'm sure the workers of the store were embarrassed as well. I just smiled and walked on. Still, it brought me down. Why was this man angry with me? I hadn't said or done anything at all. As I walked home from the store, I thought of the story in 2 Samuel 16 where a man is following David, kicking up dust and cursing at him. David's men want him to retaliate but he tells them no, that, “maybe the Lord will repay me with good for his cursing today”. Hmmm...Perhaps.

No one likes to be attacked verbally, especially when you haven't done anything to provoke it. Why so much anger? I couldn't tell if I was dealing with someone who really doesn't like foreigners, or if there was a spiritual element to it. Maybe neither. Maybe both. But I remember what Jesus told his followers in John 15:18, *“If the world hates you, you know that it hated Me before it hated you.”*

*For updated prayer requests and pictures visit: [www.bamboopandas.wordpress.com](http://www.bamboopandas.wordpress.com)*



# When The Season is **NOT** So **Jolly**

For many, the holidays are not their favorite time of year. It can be lonely and sad for those who have lost loved ones, have no family to celebrate with, or already struggle with depression. As believers, we should try to be sensitive to that and try our best to include them in our celebrations, check on them, and encourage them in the Lord. I don't know the exact statistic, but the suicide rate around the holidays grows dramatically. Because of this, I wanted to include an article I recently read called, "How Can You Tell when Someone Is Suicidal?" The article was written by Terry Powell, but the warnings signs were taken from two sources: Sarah Kleins's 8 Signs Someone is at Risk for Suicide, and Odyssey's 13 Signs someone Might Be Suicidal.

"Depression that leads to suicide isn't just the plight of the financially-strapped, unemployed provider of a household, or the teen who's tormented by bullies, or the retiree who's weary of declining energy and escalating physical pain. Just ask the friends of Kate Spade and Anthony Bourdain. Spade, 55, renown fashion designer, took her life this spring. Days later, Bourdain, 61, a celebrity chef and host of an award-winning TV show, was found dead from a suicide in his hotel room."

"These celebrity cases shine a spotlight on a significant rise in suicide rates. In 2016, nearly 45,000 people in the U.S. took their own life. From 1999 to 2016, the suicide rate rose 285. In 2015, compared to 2008, almost twice as many children were hospitalized for attempts at or contemplation of suicide. To help prevent suicide among people we know and love, it's important to know what to look and listen for. Here are nine warning signs."

1. **Diagnosis of Depression or Bipolar Disorder.** A person with a depressive pattern is more prone to consider suicide as an alternative to the recurring pain.
2. **Suicidal Talk.** When someone tells you he's thinking of harming himself or doesn't want to live, call the National Suicide Prevention Lifeline: 1-800-273-8255.
3. **Escalation of Guilt Feelings or Anxiety.** Listen for remarks about letting people down all the time, or a pattern of self-condemnation for past mistakes.
4. **Social Isolation.** Persons more vulnerable to suicide disengage from their normal spheres.
5. **Risky Behavior.** Driving more recklessly, picking fights, imbibing more alcohol, or starting drug use may reveal less interest in living.
6. **Obtaining a weapon.** This is a red flag when combined with other warnings signs listed here.
7. **Declining Health.** Factors that prompt suicide in older age include physical limitations, loss of a spouse, or loss of one's home or independence.
8. **Internet Searches.** People who plan their suicide attempts often research online ways to do it.
9. **Giving Away Prized Possessions.** A person plotting suicide may start giving away important items.

CALVARY MURRIETA WOMENS  
CHRISTMAS CELEBRATION 2018

DEC  
1ST

9AM-11AM  
FOLLOWED BY A  
CRAFT BOUTIQUE  
IN THE GYM

# Decking the Halls with Praise

Luke 1:46-47

JOIN US AS WE  
CELEBRATE THE BIRTH OF  
CHRIST BY DECKING THE HALLS  
WITH PRAISE! **GAIL MAYS**  
WILL BE SHARING FROM HIS WORD  
AND **MARY IVES** WILL BE  
LEADING US IN WORSHIP! IT'S GOING  
TO BE A WONDERFUL DAY  
CELEBRATING, PRAISING, AND  
WORSHIPPING OUR SAVIOR!

FREE  
EVENT!

 Rebirth  
Homes

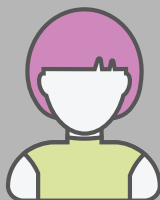
THIS IS A FREE EVENT, BUT IF YOU'D LIKE TO HELP US SUPPORT REBIRTH HOMES, WE'LL BE COLLECTING TOILET PAPER, LAUNDRY DETERGENT PODS, MULTI-PURPOSE CLEANER, AND SUNSCREEN (30 SPF OR ABOVE) THE MORNING OF THE EVENT. THESE ITEMS WILL BE USED IN THE WOMEN'S HOME IN RIVERSIDE THROUGHOUT THE YEAR!

THE MISSION OF **REBIRTH HOMES** IS TO COME ALONGSIDE HUMAN TRAFFICKING VICTIMS AS THEY LEARN THEIR IDENTITY IN CHRIST AND BECOME EMPOWERED TO BE ALL THEY WERE CREATED TO BE. REBIRTH HOMES DOES THIS THROUGH A LONG-TERM RESIDENTIAL PROGRAM AND THROUGH A SERIES OF COMMUNITY OUTREACH PROGRAMS. THE CORE VALUES OF REBIRTH HOMES ARE BASED ON BIBLICAL TRUTHS: INTEGRITY, COMPASSION, HOPE, LOVE, GRACE, AND UNITY. TO FIND OUT MORE ABOUT THEM, VISIT [WWW.REBIRTHHOMES.COM](http://WWW.REBIRTHHOMES.COM).





RESUMES JANUARY 10TH



CALVARY MURRIETA WOMEN'S MINISTRY

# LIFE LESSONS

FROM

# THE LADIES

EPHESIANS 2:10

PART 2

R&R BIBLE STUDY 2018-2019



CONTACT KELLY FOR MORE INFO AT [KBELL@CALVARYMURRIETA.COM](mailto:KBELL@CALVARYMURRIETA.COM)



# MARK YOUR CALENDARS

Thanksgiving Eve Service - November 21st, 6:30 P.M.

Women's Christmas Celebration and Boutique - December 1st, 9:00 A.M.

M.O.M.S December Meetings - December 6th and 20th

Reasons To Rejoice Bible Study Resumes - January 10th, 7:00 P.M., Sanctuary

REAL Tuesday - Jan. 22nd, 7:00 P.M., Sanctuary

Justice Matters Sunday - January 27th, 2019

Women's Retreat 2019 - March 29th - 31st

When Leaders Lead Conference - March 15th-17th

## BIBLE STUDIES and GATHERINGS

**M.O.M.'S (MOMS ON A MISSION)**  
Call Jessica Cernetic at 619-871-5377.

**"REASONS TO REJOICE" WOMEN'S BIBLE STUDY**  
At various days and homes.  
Call Cindy Chapman at 677-5667.

**LADIES CHRISTIAN BOOK CLUB**  
2<sup>nd</sup> Wednesday at 11:30 am. Call Debre': 764-0408  
3<sup>rd</sup> Thursday at 6:30 pm. Call Susan: 290-9753

**WIDOWS MIGHT MINISTRY**  
1<sup>st</sup> Tuesday of every month from 3:00 pm-6:00 pm.  
Call Gail at 310-702-0972.

**REAL TUESDAYS**  
January 22, 2019.  
Call Kelly at 951-677-5667.

**SUNDAY NIGHT OF PRAYER**  
1<sup>st</sup> Sunday of every month at 6:30 pm.  
In the Agape Room.

## MINISTRY OPPORTUNITIES



The Sound and Powerpoint Ministry is in need of ladies to assist with services.  
Please contact Richard at 813-6026.

Interested in being part of the Welcome Team on Sunday mornings or Wednesday evenings?  
Call Donna Hansen at 551-6594.

Nursery helpers needed for all services and Wednesday nights on a rotating basis.  
Call Tony Schaffner at 677-5667.

Meals Ministry needs volunteers to prepare meals for those in need.  
Call Kristyn Suemnick 677-5667.

If you'd like to be a part of the Prayer Chain, please call Kristyn Suemnick at 677-5667.


Article Submissions: If you would like to submit something to the Women's Newsletter; poems, recipes, devotions, ideas, tips, etc., please email submissions to [kbell@calvarymurrieta.com](mailto:kbell@calvarymurrieta.com)

## Check Out

<https://www.facebook.com/freeandfunforkids/>

A FB page that helps moms be aware of various activities, resources, and FREE events for kids of all ages!

# november 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  <b>MOMS MEETING</b> 9:15 AM - 11:15 AM ROOM 133	2  CHURCH OFFICE CLOSED	3
4  CHURCH 7:30 AM, 9:30 AM & 11:30 AM	5  R & R STUDY 9:15 AM  R & R STUDY 7:00 PM  WIDOWS MIGHT 3:00 PM CALL 310-702-0972	6  R & R STUDY 9:15 AM  R & R STUDY 7:00 PM	7  R & R STUDY 9:15 AM  BIBLE STUDY • 7:00 PM	8  R & R STUDY 7:00 PM	9  CHURCH OFFICE CLOSED	10
11  CHURCH 7:30 AM, 9:30 AM & 11:30 AM  CHURCH PRAYER MEETING 6:30 PM AGAPE ROOM  "STUFF THE BUS" DONATIONS DUE	12	13	14  LADIES BOOK CLUB 11:30 AM • 764-0408  BIBLE STUDY • 7:00 PM	15  <b>MOMS MEETING</b> 9:15 AM - 11:15 AM ROOM 133  BOOK WORMS 7:00 PM • 290-9753	16  CHURCH OFFICE CLOSED	17
18  CHURCH 7:30 AM, 9:30 AM & 11:30 AM  <b>CHILDREN AT RISK</b> 3:00 PM-5:00 PM AGAPE ROOM	19	20	21  <b>THANKSGIVING EVE FAMILY SERVICE</b> 6:30 PM	22  <i>Happy Thanksgiving!</i>	23  CHURCH OFFICE CLOSED	24
25  CHURCH 7:30 AM, 9:30 AM & 11:30 AM	26	27	28  BIBLE STUDY • 7:00 PM	29	30  CHURCH OFFICE CLOSED	 <p style="text-align: center;"><b>December 1<sup>st</sup> Women's Christmas Celebration and Boutique</b></p>