

August 2011

# THE SPICE

A taste of what's happening for women.

## Sweet Words

Are you hungry for more joy, peace, faith, and strength in your life? Looking for a healthy treat, one that will be sweet to your soul and healthy for your body?

Need some wisdom? Grab a fork!

Feeling stressed? Take a taste!

God's serving up the perfect combo on his menu today:

**Golden Apples** (Timely Advice)

**Honey** (Kind Words)

Sound yummy? Go ahead and dig in! Because when life gets bitter and sweet turns to sour, there's nothing better than God's words to nurture, heal, and give you strength for the everyday challenges that weaken your soul.

In the Bible, God promises to satisfy your needs in a sun-scorched land, to strengthen your weak knees for life's journey, to hold you up with his mighty right hand when you stumble, and to restore your soul by quiet waters.

God calls you *chosen*, a daughter of the King, dearly loved, and created to do good works...and he also calls you a sheep! Not the most flattering of identities but one that reminds you of your need for God—especially if you get lost or wander away from his flock. In those times, he promises to find you, to bind up your wounds and lead you to the finest pastures to eat. What can you eat there? You guessed it! Golden apples and honey—God's wisdom for the choices and direction of your life and the healing words you need to be restored and nourished with his love.

Is your soul hungry today? Grab a Bible and eat! "People do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord" (Deuteronomy 8:3).

Eat your fill, and then pass along the timely advice and kind words. Because we can all use a little less sour and a lot more sweet in our lives!

LifeSpring  
Women



### THE WORD

**"Timely advice is lovely, like golden apples in a silver basket."** —Proverbs 25:11

**"Kind words are like honey—sweet to the soul and healthy for the body."** —Proverbs 16:24

### PASS IT ON!

Five fruitful and faith-filled affirmations to sweeten your day:

- **You are God's masterpiece—** knit together with love. (Psalm 139:13-14)
- **You are loved unconditionally—** yesterday, today, and forever. (Romans 8:38)
- **You are beautiful and clothed with splendor—** Jesus. (Galatians 3:27)
- **You are never alone—** hemmed in by God's ever-present love. (Joshua 1:9, Deuteronomy 31:8)
- **You have a divine purpose—** beyond what you might think or ask for. (Ephesians 3:20)



## Oh, So Sweet!

Sweeten your life and share some home-baked love with this yummy treat.

### Golden Apple Crisp

6-8 golden apples  
2 teaspoons lemon juice  
1 tablespoon water  
½ cup honey  
1 teaspoon ground cinnamon

### Topping

¾ cup brown sugar  
¾ cup all-purpose flour  
¾ cup rolled oats  
¼ cup butter

Preheat the oven to 350 degrees. Core, peel, and slice apples to make about 4½ cups. Lightly grease a medium casserole dish with butter, and arrange the apple slices in the dish. Mix the lemon juice and water and pour over the apples. Drizzle the honey over the apples, and sprinkle with cinnamon.

Mix the brown sugar, flour, oats, and butter until the mixture resembles coarse crumbs. Spread the mixture over the apples.

Bake for 25-30 minutes, or until apples are tender and the topping is lightly browned. Serve warm, topped with a scoop of vanilla ice cream. (Serves 6-8)

## Happiness May Be Contagious

Have a smile? Pass it on!

Researchers have discovered that happiness may be contagious. Yes, like the flu, but in a good way! One study of 4,700 people followed over 20 years found that people who were happy significantly increased the probability that someone else they knew would be happy. In fact, one person's happiness could affect another person's happiness for up to a year!

People who are happy are also more productive, creative, and healthy. It has been found that happiness causes the body to produce fewer stress hormones, which has a protective effect on the immune system.

Now we know it's true that when you're smiling, the whole world smiles with you! So keep smiling, and be a contagiously happy Christian who changes the world!

## Postcards From God

*"I am beginning to learn that it is the sweet, simple things of life which are the real ones after all."*

This quote is attributed to Laura Ingalls Wilder, who wrote the beloved *Little House* books based on her experiences growing up in a pioneer family in the late 1800's. In a childhood that was filled with much hardship, Laura discovered a secret for happiness: Value the sweet and simple things of life.

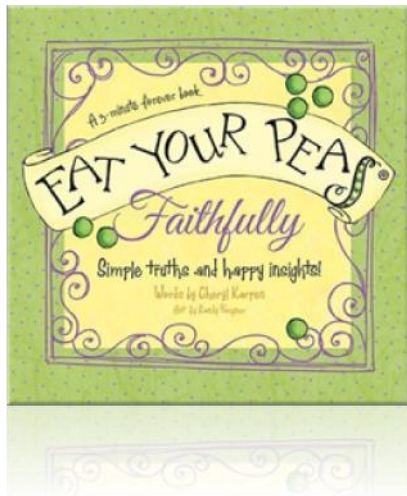
True joy in life can't be found in a big house, fancy car, expensive jewelry, or prestigious job. It comes from gathering the postcards of life's sweet and simple pleasures God sends you each day. The robin singing from the branches of a blossoming apple tree as the sun rises over dew-misted grass. A baby laughing. Warm apple pie, and the smell of home-baked bread. Cooling raindrops on a scorching hot day. A hug from a friend...

Try counting the sweet and simple things in your life—the real things that matter. What postcards of God's love and presence will you gather today?



# Ministry Morsels

## Book Review



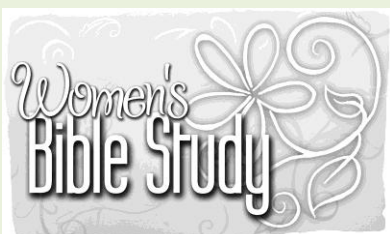
### ***Eat Your Peas Faithfully: Simple Truths and Happy Insights!***

**Author:** Cheryl Karpen  
**Illustrator:** Sandy Fougner  
**Publisher:** Thomas Nelson

*“My mama always said, ‘Eat your peas! They’re good for you.’  
 The pages of this book are filled with nutrients for your heart.  
 They’re simply good for you too!”*

*Eat Your Peas* is a good-for-you, life-affirming gift book filled with encouragement, faith-building Scriptures, and friendship for the journey of life. As you turn each page, you’ll find a cheerfully illustrated morsel of truth served up with a side dish of nourishing words to feed your faith. First written to send love and encouragement to a troubled teen, Cheryl soon discovered that *Eat Your Peas* was good for everyone!

Find this gift book, as well as others in the *Eat Your Peas* collection (*Eat Your Peas, Mom*; *Eat Your Peas, Daughter*; and more) at your local bookstore or online at [www.eatyourpeas.com](http://www.eatyourpeas.com).



## Get R♦E♦A♦L♦ Bible Study Kick-off (Pastries & Coffee)

**R♦E♦A♦L♦** (*Relate ♦ Experience ♦ Apply ♦ Learn*)  
**Real Relationships ~ Real Fun ~ Real Renewal**

You’re invited to the Pastry & Coffee Bible Study Kick-off on Saturday, August 20 from 9-11:30 a.m. at LifeSpring. It’s a potluck so just show up with your favorite plate of pastries to share.

You’ll not only learn about the bible studies for women starting in Sept., our special guest (the writer of *The Spice* newsletter) will inspire you with her wisdom via 2 mini sessions on “*Developing Real Relationships in a Real World*”.



Linda Crawford



Facebook or Face-to-Face? Which friendship format typically gets more of your time? In this cyber-driven world we live in, we know how to be “friendly”, but do we know how to befriend? It’s time for a friendship r♦e♦a♦lity check!

Questions??? Call Patricia Brennan 669-0777

Read more about the 2 mini sessions and guest speaker **Linda Crawford** on the LifeSpring Women’s Ministry page under Bible Studies at the following link.

<http://www.lifespringchurch.org/ministries/adults/women>

# August

A Taste of What's Happening  
for Women



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
		<b>Grandmother's Connection</b> <b>Group Publishing</b> <b>10a-12noon</b> <b>Eileen Maelzer</b> <b>663-1418</b>	<b>Playday</b> <b>10:30 am</b> <b>(Fairgrounds)</b>			
		<b>Women's Prayer</b> <b>Group 5 pm</b> <b>Joan Antonelli</b> <b>290-9573</b>				
7	8	9	10	11	12	13
	<b>Sew Together</b> <b>11a-3p</b> <b>G.N.O.</b> <b>@ Nancy</b> <b>Lubinski's</b> <b>6:30-8pm</b>		<b>Playday</b> <b>10:30 am</b> <b>(Spring Canyon)</b> <b>Widows Picnic</b> <b>12 noon</b>	<b>Leadership Summit</b> <b>8a-4p</b> <b>KH Outdoor Movie 8p</b>	<b>Leadership Summit</b> <b>8a-4p</b>	
14	15	16	17	18	19	20
<b>Book Club</b> <b>Julie S.</b> <b>12noon</b>			<b>Playday</b> <b>10:30 am</b> <b>(Canyon)</b>		<b>Paper Craft Bible Study</b> <b>Eileen Maelzer</b> <b>663-1418</b>	<b>Get R.E.A.L.</b> <ul style="list-style-type: none"> <li>♦ Real Relationships</li> <li>♦ Real Fun</li> <li>♦ Real Renewal</li> </ul> <b>9-11:30 am</b> (pastries & coffee)
21	22	23	24	25	26	27
<b>Women's Bible Study Sign Up</b> <b>Faith Day Rockies 1p</b>		<b>Thompson R2-J School Starts</b>	<b>Thompson R2-J School Starts</b>			
28	29	30	31			
<b>Two Service Kickoff</b> <b>8:45 &amp; 10:30</b> <b>Women's Bible Study Sign Up</b>						

## COMING IN SEPTEMBER:

**Beth Moore's Living Proof Simulcast**  
 Sept. 10 - Rocky Mtn. Christian Church  
 Majestic St., Frederick, CO 80504  
 To register call: 303-652-6844

**Women's Retreat – Divinely Designed**  
 Sept. 16-18 - Covenant Heights, Estes Park  
 Register at: [www.covenantheights.org](http://www.covenantheights.org)  
 or on LS Women's Ministry webpage

**Women of Faith Conference**  
 Sept. 30 – Oct. 1  
 The Denver Pepsi Center  
[www.womenoffaith.com/events/2011-events/denver](http://www.womenoffaith.com/events/2011-events/denver)  
 on LS Women's Ministry webpage