

January 2012

THE SPICE

A taste of what's happening for women.

Let's Celebrate!

It's a new year! Did you celebrate the first new day? Wear a silly hat, laugh, and blow a noisemaker?

Did you celebrate the second new day? The third, fourth, and fifth new days of the year? No? Aren't they just as special? *"Hmmm...Not really,"* you say? What about Psalm 118:24: "This is the day the Lord has made. We will rejoice and be glad in it."

Sounds like silly hats and noisemakers could be on God's agenda for every day!

It's easy to rejoice when holidays on the calendar prompt us to but much harder when everyday life becomes...everyday life. A few days after the New Year's celebration, the hats and noisemakers usually get tossed in the trash. Often, along with them goes the joy for rejoicing in the everyday days ahead.

This year can be different. Forget the "I won't do this and I will do that" type of New Year's resolutions; try a new way of thinking instead. As part of each new day, find something to rejoice about. It could be a beautiful sunrise, encouragement from a friend, or an answered prayer. There are also the unexpected joys in everyday life, like laughing with your family when you burn the rolls (again), a spontaneous smile from a grouchy co-worker, or the friend who brings you chocolate on the moderately worst day of your life.

Our slogan as Christians should be "Just Celebrate." Celebrate because every day God desires for us to see him at work in our lives. To catch a glimpse of God, a "God sighting" in the everyday-ness of life, makes us stop and rejoice in his presence.

This year, make a new calendar—a "joy for today" calendar. Each day, write down one thing (or more) you can rejoice about. And keep that silly hat where you can see it to remind you to celebrate every day!



THE WORD

**"Each morning I will sing
with joy about your
unfailing love."**

—Psalm 59:16

THINK ABOUT IT

**Today I can sing for joy
because:**

Celebrate the Silly!

Did you know that January 3 is Fruitcake Toss Day and Festival of Sleep Day? And the 10th is Houseplant Appreciation Day?

According to internet sources, there's a silly holiday for every day of the year. And if it's on the internet, it must be real, right? Well, maybe not, but at least we can keep laughing all year! Especially if we celebrate National Kazoo Day (January 28) or Squirrel Appreciation Day (January 21). (It's the middle of winter, so perhaps squirrels need encouragement?)

Here are a few more silly holidays to add to your "joy for today" calendar this month:

- 11—Step in a Puddle and Splash Your Friends Day (Be nice!)
- 12—National Hat Day
- 13—Blame Someone Else Day
- 18—Winnie the Pooh Day
- 20—Penguin Awareness Day
- 26—Bubble Wrap Appreciation Day
- 27—Chocolate Cake Day
- 29—National Corn Chip Day



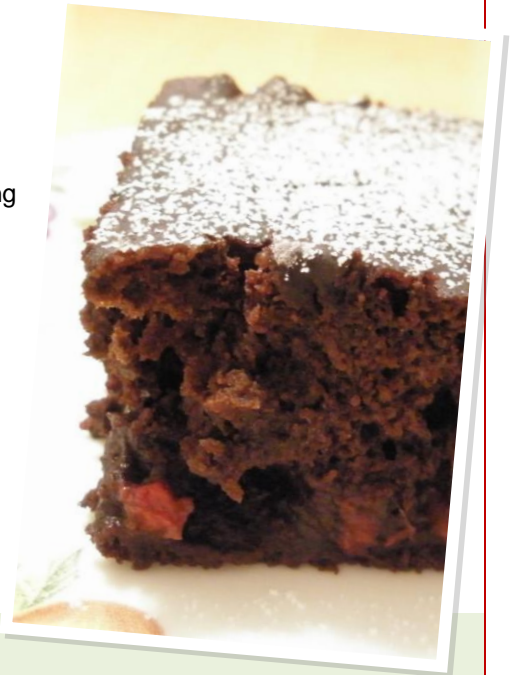
Everybody Eat Cake!

In honor of Chocolate Cake Day on January 27 (a well-known holiday to Americans as well as internationally!) here is a fabulous recipe for a yummy chocolate cake that is gluten-free, too. So there are no excuses—everybody eat cake! (Recipe courtesy of glutenfreehomemaker.com)

Cherry Chocolate Cake

- 1¾ cup regular flour OR gluten-free flour mix (available in most regular and natural grocery stores)
- 1 cup sugar
- ¾ cup cocoa powder
- 1½ teaspoons baking soda
- 1½ teaspoons baking powder
- 1 teaspoon salt
- 2 eggs, beaten
- 1 can (21 ounces) cherry pie filling
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 cup boiling water

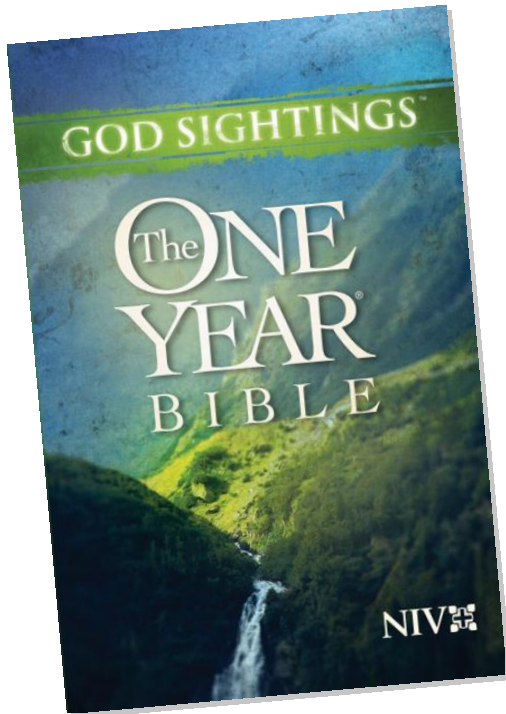
Mix the dry ingredients together in a large bowl. Add the eggs, pie filling, and extracts. Mix in the boiling water, stirring gently. Pour into a greased 9" x 13" pan. Bake for 30-35 minutes at 350 degrees. Top with powdered sugar, and enjoy!



Time Out for Fun

It's National Hobby Month, so you have permission to lay aside the to-do list for one day and spend time doing something you enjoy—quilting, photography, crafts, cooking, reading. Even taking a nap can be a hobby! Need a new idea for a hobby? Here are a few not-so-ordinary suggestions (comments added) from the website notsoboringlife.com:

- *People-Watching* (It's official—we can now call this a hobby!)
- *Dumpster-Diving* (Only for fearless treasure hunters with the right gear!)
- *Pyrotechnics* (Are there community classes for this?)
- *Geocaching* (One of the newest and most popular hobbies for all ages!)
- *Tea-Tasting* (Preferably with a good score!)
- *Yo-yoing* (With a real yo-yo, not about decisions you have to make!)
- *Building a House for Habitat for Humanity* (What a great idea!)



LifeSpring Corner

Book Review

God Sightings: The One Year Bible

(available in NIV or NLT translations)

Catch a glimpse of God every day for the rest of the year!

Revitalize your Bible reading this year, and experience the power of God's Word each day as you study excerpts from the Old Testament, New Testament, Psalms, and Proverbs. Discover the amazing ways God expresses the truth found in the Bible to the world around you and in your own life. Read, meditate, and then celebrate the God sightings he will reveal to you every day.

Invite your family and friends to join you in reading the Bible in a year, and share your God sightings as you journey together!

God Sightings: The One Year Bible is available at Christian bookstores or online at Amazon.com, Christianbook.com, or group.com. Additional God Sightings resources for small groups can be found at group.com.

Bible Studies for Women begin again this month

James: Mercy Triumphs by Beth Moore

James, Jesus' own brother, started out as a skeptic. See how one glimpse of the resurrected Savior turned an unbeliever into a disciple.

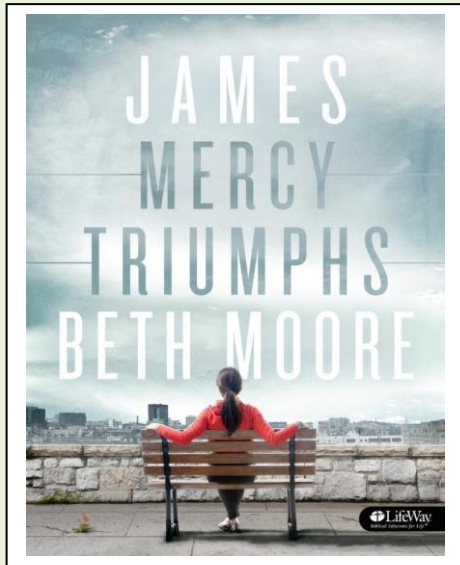
Topics in this study include: joy, hardship, faith, reversal of fortunes for rich and poor, wisdom, gifts from above, single-mindedness, the dangers of the tongue, humility, and prayer.

Take a peek at the information and questions for this study located on the Women's Ministry webpage (scroll down to "Bible Studies") www.LifeSpringChurch.org/ministries/adults/women

All Women are Welcome! We're offering 4 different times during the week. It's a combination of DVD sessions and weekly homework. All groups will meet at the church. We hope one of the below options will fit your schedule:

- * Sunday 8:45 am begins on 1/8/12
- * Monday 9:00 a.m. begins on 1/9/12
- * Thursday 9:15 a.m. begins on 1/12/12
- * Thursday 7:00 p.m. begins on 1/12/12

For more information contact Linda Kalmes at 970-493-0381.





Note the *Girl Time* Gatherings this month

- ◆ Girl Time Grandma's Connection 1/5
- ◆ Girl Time Game Night 1/6
- ◆ Girl Time Cooking Night 1/20
- ◆ Girl Time Paper Crafting 1/20

(Contact info. on pg. 5 calendar)

“Girl Time” Gatherings

If you have a desire to develop new relationships with other women or strengthen existing ones, check out what's happening with *“Girl Time”*. Girl Time is simply social circles of gals with the purpose of fun, encouragement, and sisterhood.

Each small circle has regular get-together times of their choosing whether it's once a month, twice a month, or whatever fits the group's schedule. Gatherings are at homes, coffee shops, restaurants, parks – pretty much anywhere.

Each circle has its own unique common element such as:
 Cooking, Movies, Crafts, Paper crafts, Game night, Quilting, Health, Exercise, Hobby of any kind, etc.
or, getting together simply for “coffee” and a chat;
or, a hodgepode – where anything goes as long as it's simple, entertaining, and a break from the routine.

If you're looking for a circle of like-minded, close-knit, Christian friends from LifeSpring, or if you want to start a circle contact:
 Brenda Rundback at (970) 215-4997
 or email Brundback@shadowplayfilms.com

God's Gift of Grandparents

Grandparents are like honeybees;
 They are the very sweetest.
 They give you hugs and kisses,
 And their stories are the neatest.

The honey they produce
 Is more valuable than gold,
 For this honey is the lessons
 That we lovingly are told.

Grandparents want the best for us
 And say we can achieve
 Any goal that we have set,
 If only we believe.

They help us spread our wings
 So when we leave our honeycomb ,
 We'll make the right decisions
 Though we be away from home.

Yes, grandpas are like silver,
 And grandmas are a gem,
 But better than one 100 diamonds
 Are the things I learn from them.

- By Alyssa Marie

The Grandmother's Connection

A girlfriends group for grandmothers? Yes, and it's called *“The Grandmother's Connection”*.

- ◆ We encourage women in their essential role as a Christian grandmother.
- ◆ We provide educational opportunities about how they can share their faith, love and family traditions with their grandkids.
- ◆ We connect like-minded women who give of their time, creative ideas, planning and “know how” to help women form meaningful relationships between generations.
- ◆ We pray over the grandchildren of the women who attend (bring pictures).

G.C. meets once every 3 or 4 months and it's open to women from all churches who are Christian Grandmothers (which can include adopting your neighbor or friends kids as grandkids).

Join us for the winter meeting on Thursday, January 5th at 1:00 p.m. at Jan Hightower's home - 1831 Uncompahgre Dr. in Loveland. Cathy Sipes will be sharing with us how she doesn't leave the time she spends with her grandchildren to chance. She is proactive in planning ahead “what to do” when they come to visit. She'll give you “things to do” when your grandchildren come to visit you too!

Contact Eileen Maelzer at (970) 663-1418.

January

A Taste of What's Happening for Women

Sun 1	Mon 2	Tue 3	Wed 4	Thurs 5	Fri 6	Sat 7
				<i>Girl Time Grandmother's Connection</i> 1pm Eileen M. <u>970-663-1418</u> Women's Ministry Team Meeting 5-7pm	<i>Girl Time Game Night</i> at Nancy Ulibarri's 1543 Melissa Dr. 7pm - just show up or call Brenda R. 970-215-4997	
8	9	10	11	12	13	14
Women's Bible Studies Begin for 2012 8:45a Elaine D. 970-689-2138 <hr/> Book Club 12:30 pm at Julie Slayback's	Women's Bible Study 9am Janet Boland 970-669-5788 <hr/> Sew Together 11am-3pm <hr/> Women's Prayer Group 3p in prayer rm		Widows Luncheon 12p	Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 <hr/> Women's Bible Study 7p Linda Kalmes 970-493-0381		
15	16	17	18	19	20	21
Women's Bible Study 8:45a Elaine Drake 970-689-2138	Women's Bible Study 9am Janet Boland 970-669-5788			Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 <hr/> Prime Timers 5:30pm <hr/> Women's Bible Study 7p Linda Kalmes 970-493-0381	<i>Girl Time Paper Crafting</i> 4-9p Eileen Maelzer 970-663-1418 <hr/> <i>Girl Time Cooking</i> Chinese murder mystery dinner Contact Carolyn Griebel if you are interested 970-776-9029	
22	23	24	25	26	27	28
Women's Bible Study 8:45a Elaine Drake 970-689-2138	Women's Bible Study 9am Janet Boland 970-669-5788 <hr/> Women's Prayer Group 3p in prayer rm			Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 <hr/> Women's Bible Study 7p Linda Kalmes 970-493-0381		
29	30	31	FEB 1	FEB 2	FEB 3	FEB 4
Women's Bible Study 8:45a Elaine Drake 970-689-2138	Women's Bible Study 9am Janet Boland 970-669-5788		<div style="border: 1px solid black; padding: 5px;"> <p>SPECIAL EVENT: Saturday Feb. 4th will be the <i>Shower of Blessing</i> to benefit the Loveland Birthright. Held at LifeSpring Church in the Fireside room at 9:30am. Contact Jennifer Hanna for more information at (970) 613-9891.</p> </div>			

LifeSpring Women's Ministry Contact: Patricia Brennan (970) 669-0777

