

THE SPICE

A taste of what's happening for women.

Digging for Diamonds

A good woman is hard to find—and worth more than diamonds. That's what Proverbs 31 says. Do you know how hard it is to find a diamond? Formed at more than 93 miles below the earth's surface, diamonds can be found only because of the volcanic activity that eventually carries them to the surface. But why is a good woman hard to find?

It's been said that women live from their hearts. Take a photo in your mind of what that would look like to you. Is it of women hugging children, caring for those in need, crying with those who weep? What other pictures do you imagine?

How about this: someone changing your diapers when you were a baby. Who was it? Chances are most of those chores were deftly handled by women with less "eeeeww's" and more laughter than the job deserved!

We'd like to think living as a Proverbs 31 woman makes us look pretty and feel all warm and fuzzy inside. But the reality is that it means being willing to do the dirty jobs, too. It means getting on your knees like Jesus did to wash people's dirty feet without saying "eeeeww." Folding the laundry week after week, feeding the baby calf in the kitchen during a blizzard, or fighting the rush hour traffic twice a day, every day.

It's service, not status, that helps form a Proverbs 31 woman. She's hard to find because, just like a diamond, a good woman is developed in the hidden places. She's willing to go unnoticed, unrewarded, and unappreciated as she serves her world in love. Washcloth in hand, forgoing the status of the head table, her greatness is in her often unrecognized acts of love.

Dig deep this month for the diamonds in your life, and find those precious women who serve unnoticed and underappreciated. Mothers, sisters, daughters, friends...let's give them the honor they deserve!

LifeSpring
Women



THE WORD

"Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised."

—Proverbs 31:30

THE PROVERBS 31 WOMAN...

- is never spiteful.
- shops for the best bargains.
- senses the worth of her work.
- is skilled in the crafts of home and hearth.
- is quick to assist anyone in need.
- has something worthwhile to say.
- always faces tomorrow with a smile.

—from *The Message translation*

Skilled in Crafts

Although not every woman is skilled in crafts, as described in Proverbs 31, here is a super-simple-but-oh-so-creative paper bag journal anyone can make. Let a woman in your life know how special she is! Perfect for a Mother's Day gift, new baby, or "just because," experienced and novice crafters of any age will love it.

Supplies:

- 3-4 standard size paper lunch bags
- glue stick (or favorite craft glue)
- single hole punch, scissors, ruler, pen
- papers, trims, ribbons, and embellishments

Directions:

1. Fold your paper bags in half, alternating the direction of the bag with each section.
2. Use the hole punch to punch 3 holes in the folded part of each bag.
3. Use the glue stick to add colorful paper and embellishments to the front and back covers.
4. Glue index cards or solid-color paper to the inside bags to provide journaling space, and decorate each of the journaling pages.
5. Bind the journal using ribbon, rickrack, twine, small metal rings, or other fasteners. Thread through the holes, and tie securely.
6. Add a personal touch! The front page of the journal has an opening that is perfect for tucking in little goodies like a CD, candy bar, gift card, flavored tea bag, or package of hot cocoa.

For more detailed instructions and photos, see Christian illustrator Becky Schultea's website, justbeenme.blogspot.com.



permission from Becky Schultea



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Shop for Bargains

Are you a Groupon groupie yet? If not, chances are you will be soon. According to CNBC, Groupon (groupon.com), a company that negotiates daily discount deals with popular businesses in local areas and then sends the deals to subscribers in a daily e-mail, may be the fastest growing company in history. Ever. Why? Because in today's economy, people recognize that it's a good deal to find a good deal! You can also shop smart by following these two must-do tips:

- **Plan ahead.** Avoid costly impulse buying by checking online for comparison prices first. You may find the item cheaper online or in a different store.
- **Save gas and time by asking for price matches.** Most stores will honor the sale prices of their competitors. Bring the sales flyer and ask. The savings on the item plus your time and gasoline will add up over time.

Face Tomorrow With a Smile

Is vacuuming on your to-do list this week? Are you facing this task with a smile? Maybe these fun facts will help:

- It takes one second to vacuum one square foot of floor space.
- If you live in the average U.S. home of 2,400 square feet and vacuum once a week, you will spend 40 minutes each week and 35 hours a year vacuuming.
- In one year you will vacuum the equivalent of 3 acres of land.
- It would take you 281 years to vacuum Central Park in New York City, 33,683 years to vacuum the state of Ohio. (Time to call in the Merry Maids!)

Do the math for the size of your home and the frequency of vacuuming, and you may find you're on your way to keeping a significant part of your city or state clean! So keep smiling!

Ministry Morsels

Diamonds found at LifeSpring: Quilts for Cancer Patients



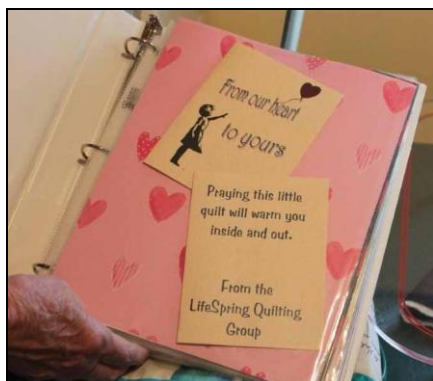
There are many beautiful diamonds found at LifeSpring. This month we are highlighting the quilting group. Arlene Kratzer started this group 3 years ago when she was asked by a Women's Ministry team member to host a quilting class for beginners. The initial purpose of the class, along with many others being offered, was to provide a place for women to connect and become involved in something they enjoyed or had a desire to learn.

Arlene picked out a simple pattern and began working with the women who signed up to participate. Shortly after starting the class she saw a TV program covering a story on a group who made quilts for cancer patients. It inspired Arlene so she presented the idea to the women in her new quilting group. They all agreed her idea was great and began quilting with a purpose. They added their own special touch to each quilt by stitching several bible verses into the design as a way to encourage the recipients.

Their group now consists of 7 dedicated diamonds (women) who have been making quilts for cancer patients for 3 years. They work from home on their portion of the quilt and then come together every couple of months at Arlene's house to fellowship, distribute materials, and have a fun time socially.

The material they use is donated and they only need to purchase the batting and backing. Everything is machine sewn except for the hand stitching of the binding. When each quilt is finished, they wrap it in organdy ribbon and include a special card. The group takes turns delivering the quilts to the patients and count it is a special blessing and honor to meet these brave people.

So far they have completed 60 quilts and plan to keep going. Their prayer is that God will use them and the quilts they make to bring cancer patients closer to Him.



GirlFriends Brunch – A Garden Gathering







Join us for a delicious catered Brunch on Saturday, June 18th (9:00–11:00am). The Women's Ministry Event Team will be transforming the connecting center into a beautiful garden. You won't want to miss this special event for women. Our guest speaker will be Marilyn Johnson from "Be the Gift", a local ministry helping single parents. Also planned is a fun craft and fabulous door prizes. Invite a family member, neighbor or friend to come along with you. Tickets will go on sale beginning Sunday, May 29th. When you purchase a full priced ticket you are eligible to buy a second ticket for half price as long as it's for a guest who normally does not attend LifeSpring.

Want to help, yet can't commit to something for very long? Consider a short-term commitment of 6 weeks to help plan this event. You will get to know other women as we work alongside each other on the GirlFriends Brunch.

Contact: Patricia Brennan by phone (970) 669-0777 or by email Patricia@AmericanClassicBarns.com

May

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
				National Day of Prayer  W.M. Event Meeting 6:00 p.m.	Larimer County Detention Center Bible Study, call Sue Roberts (970) 690-4585	Walk 4 Water  Contact: Carolyn Griebe (970) 776-9029 or email carolyngriebe@yahoo.com
8	9	10	11	12	13	14
	Sew Together 11 a.m.		Widows Luncheon 12 noon		AVA Training Call Nancy Lubinski (970) 667-4513	AVA Training Call Nancy Lubinski (970) 667-4513
15	16	17	18	19	20	21
AVA Training Call Nancy Lubinski (970) 667-4513 Book Club 12:30 p.m. Julie S.	Larimer County Detention Center Bible Study, call Sue Roberts (970) 690-4585					
22	23	24	25	26	27	28
29	30	31				
ONE SERVICE 9:30 a.m. GirlFriends Brunch: Sign up & ticket sales in the CC after service	Memorial Day 					

Contact for more information

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