

February 2012

THE SPICE

A taste of what's happening for women.

Know You Are Loved

We celebrate love this month—with flowers, chocolate, cards, romantic dinners, and parties with kids and friends. It's all in good fun, but stop for a moment and ask yourself—do you *feel* loved?

Do you know how loved you really are?

Professions of love from family and friends are wonderful...yet deep in our hearts we may still struggle with feeling un-loveable. Something may separate us from receiving the truth of love—from others and from God.

But the Bible makes it clear—*nothing* can separate us from God's love. Not worries, not fears, not wrong choices—not even guilt.

Guilt. It's a "g" word we sometimes give more power in our lives than the big "G"—God! We eat too much—and feel guilty. We say angry words—and feel guilty. We buy things we can't afford—and feel guilty. We watch a movie we shouldn't—and feel guilty. We tell a lie to get what we want—and feel guilty.

Too ashamed to tell anyone, let alone talk to God about how we feel, we allow our hearts to fill up with remorse. Pretty soon it's hard to feel God's love. If we've struggled with these issues over a long period of time, it becomes difficult to believe God loves us at all anymore.

Guilt and shame can distract our thoughts away from God's great love for us and weaken our ability to live from a heart of love. If we think more about guilt than we do about God's love, we'll have a difficult time. Instead of focusing on feelings of guilt, we need to fill our hearts and minds with the knowledge of God's love for us. Because nothing can separate us from it.

God loves you. Right this very moment. God loved you all day yesterday and will love you all day tomorrow. Believe it. Because living a victorious life in Christ depends on living from a heart overflowing with the knowledge of his love!



THE WORD

"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

— Romans 8:39

"Guard your heart above all else, for it determines the course of your life."

— Proverbs 4:23

THINK ABOUT IT

What makes it difficult for you to accept and believe in God's love for you?

Love is...?

Pop Quiz! Choose the correct answer to complete the sentence, "Love is _____."

- a) blind
- b) a feeling
- c) a warm puppy
- d) a choice
- e) all of the above



Here's the answer key to check your score:

Love is blind. Brain researchers have discovered that when we first fall in love good mood chemicals are activated, but the areas of our brain dedicated to judgment shut down. So for a time during the beginning of a relationship, we are only able to "see" the good!

Love is a feeling. Those good mood chemicals that are released when we feel love are responsible for that warm fuzzy feeling.

Love is a warm puppy. Charles Schultz's famous Peanuts book is titled *Happiness is a Warm Puppy*, and therapy dogs with organizations like *Love on a Leash* are spreading that love and happiness to adults and kids in senior living centers, hospitals, schools, and hospice centers across the country.

Love is a choice. Love loves even when the other person doesn't deserve it. God gave undeserved love to us, and that love helps us to love the hard-to-love people in our lives. That's the power and beauty of redeeming love—it's not about the feeling, it's about the doing.

Your score? A+! Because no matter which answer you picked you are correct!

Leap into Love?

According to British folklore, February 29th, Leap Day, was the only day a woman was allowed to propose marriage. And according to literature and urban legend, women were expected to wear red petticoats when they popped the question to their potential mate. What if he refused? He had to pay her a fine—ranging from buying her a new silk gown or gloves, to just giving her a kiss. Unless he lived in Finland, where he had to buy her fabric for a new skirt—probably not a red one!



Finding Love...in 1954

What advice would you give a young woman looking for Mr. Right? Here's some given to teen girls in the 1954 March issue of Family Circle Magazine:

What is a marriage-type girl?

"She is, first of all, a grownup. That is, she has tastes, ideas, and opinions that are her own. Besides being a grownup, our girl is loving. Not in the smooch-artist meaning of the word, but in a wider sense. She's fond of her kid brother, though he may be a little monster at times. And if some Saturday night finds her dateless, she doesn't take to her room for a good cry. Instead she cooks up fun of her own—anything from having some cherished chums listen to records, to blowing herself and Mom to two seats at the movies.

But we think it's the glow that shines out of her eyes and lights everything she says or does that makes her a successful marriage-type girl."

Sounds a lot like this centuries-old good advice:

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16



Media Morsels

Book Review

A Jane Austen Devotional

Author: Steffany Woolsey

Publisher: Thomas Nelson Inc., 2012

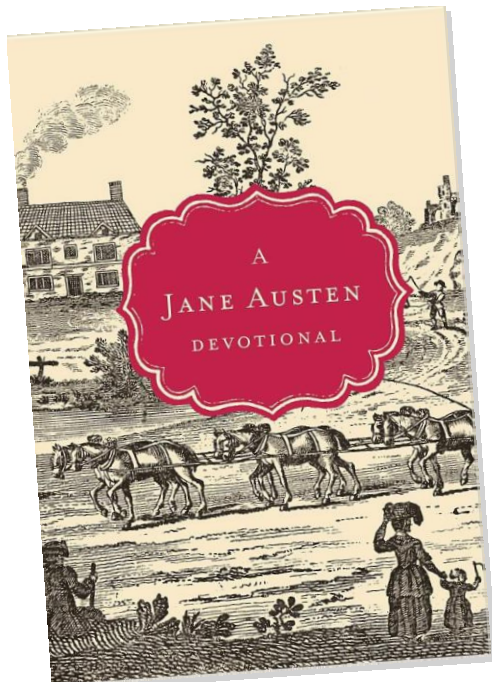
“I am not ashamed of having been mistaken...Let me take it in the best light, in the light in which it may be understood.”
Pride and Prejudice

Revisit your favorite Jane Austen novels in this unique devotional book as you discover hidden biblical insights like this one:

“In Jane we see a rare example of someone who follows the true biblical definition of love. Humanity’s overwhelming tendency is to jump to conclusions, or expect the worst to avoid disappointment, or turn our backs on people who hurt us. The extent to which we demonstrate this kind of love requires God’s operative grace in our lives.”

In *A Jane Austen Devotional*, you’ll find over 100 excerpts from well-known Austen novels like *Emma* and *Pride and Prejudice*, paired with scriptures and biblical reflections. Take a stroll through the pages and let Austen’s words newly illuminate living and loving in God’s grace.

A Jane Austen Devotional can be found at your local Christian bookstore or online at Amazon or Christianbook.com.



Movie Review

Love Comes Softly

DVD Release Date: 2003

Genre: Romance, Western, Drama

Rating: TV-PG, some violence

Length: 88 minutes

What’s better than a great chick flick? A great chick flick with an inspiring message of faith and hope!

Based on the popular novel by inspirational author Janette Oke, *Love Comes Softly* chronicles the westward journey of Marty, a young woman whose dream to find new opportunities on the great American plains turns to tragedy. As her pioneering spirit is tested, she discovers unexpected strength, faith, and eventually the courage to find love where there once was only loss.

Love Comes Softly is available on DVD for rental from Netflix or Blockbuster, or for purchase through Amazon or your favorite video store.



LifeSpring Corner

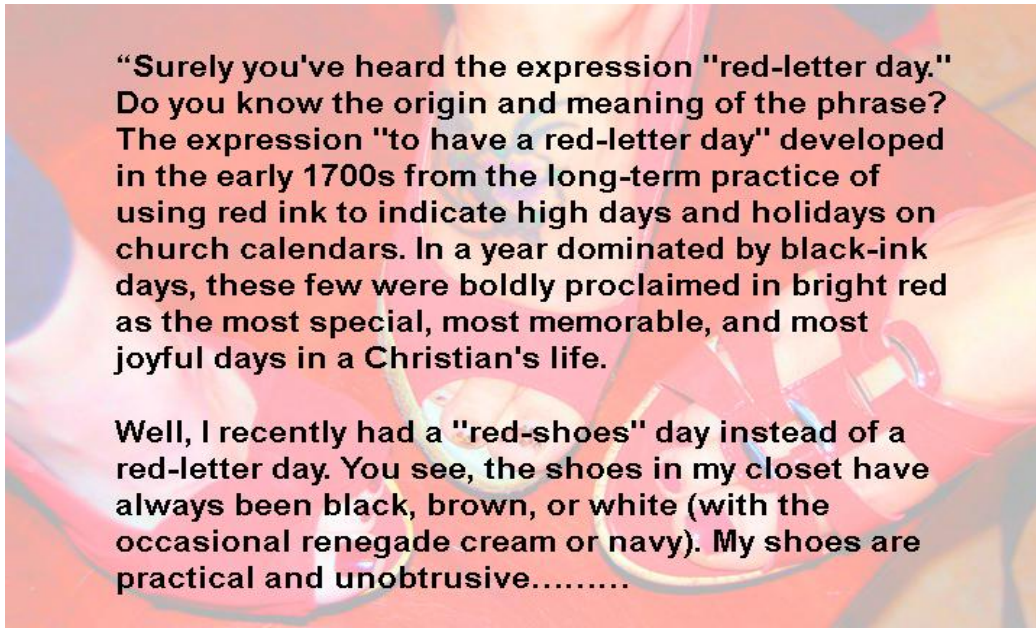
“Red Shoes, Unique You” is our theme for 2012

Women are usually too busy taking care of everyone else and don't take care of themselves. The “tug-of-war” between responsibilities, work, family and relationships pulls them in all directions. Our goal this year is to provide a safe place for women to meet, share, and “live our faith” together. We can see the value and power that comes from living in real community. The friendships you make here are the friendships you can rely on when you get back

into the “trenches” of responsibility. Remember, serious things can happen when you're having fun.

Our theme was inspired by a friend of mine who shared her story with me. I will include her opening paragraphs, for now, and pray it will spark curiosity in your heart, asking what are we up to this year? My friend Linda Crawford calls this story:

“A Red-Shoes Day” ↓



You'll be hearing a lot more about **“Red Shoes, Unique You”** and it just might be time to find YOUR **red** shoes. *...that is, that you and I may be mutually encouraged by each other's faith. Romans 1:12*



Outreach Project: Tie fleece blankets for “Restore Innocence” – rescued girls in our area. Please bring a 2 ½ yard piece of polar fleece (cheerful prints/bright colors) to be made into blankets.

The Covenant Church is a Church of Churches

Women Ministries Annual Gathering in Fort Collins, CO

Theme: Just Women

Speaker: Meagan Gillan–New Executive Director of Women Ministries

Dates: Thursday, April 26 ~ Movie Night

This is a FREE evening event for both MEN & WOMEN. Movie will be about human trafficking. Experts in this field will also share about local efforts combating these crimes.

Dates: Friday, April 27, 8:00am – 1:00pm

Women's Brunch, Outreach Project, Meagan Gillan will speak

For Who: All women are welcome!

Location: Evangelical Covenant Church in Fort Collins

Registration Required for Friday Events: \$20 covers lunch and all events. For more info. contact Nancy Lubinski (970) 667-4513.

February

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
				Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 Women's Bible Study 7p Linda Kalmes 970-493-0381	<i>Girl Time LOL-Movie Night</i> , 7pm at SPF Call Brenda R. 970-215-4997	<i>Shower of Blessing</i> to benefit <i>The Loveland Birthline</i> at 9:30am at LS Jennifer Hanna 970-613-9891
5	6	7	8	9	10	11
Women's Bible Study 8:45a Elaine Drake 970-689-2138 Women's Bible Study 10:30a Melanie Kolb 970-593-1786	Women's Bible Study 9am Janet Boland 970-669-5788		Widows Luncheon 12p	Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 Women's Ministry Team Meeting 5-7pm Women's Bible Study 7p Linda Kalmes 970-493-0381		
12	13	14	15	16	17	18
Women's Bible Study 8:45a Elaine Drake 970-689-2138 Women's Bible Study 10:30a Melanie Kolb 970-593-1786	Women's Bible Study 9am Janet Boland 970-669-5788 Sew Together 11am-3pm Women's Prayer Group 3p in prayer rm	 Happy Valentine's Day		Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 Women's Bible Study 7p Linda Kalmes 970-493-0381		
19	20	21	22	23	24	25
Women's Bible Study 8:45a Elaine Drake 970-689-2138 Women's Bible Study 10:30a Melanie Kolb 970-593-1786	President's Day  Women's Bible Study 9am Janet Boland 970-669-5788		Ash Wednesday	Women's Bible Study 9:15a Nancy Ulibarri 970-593-9657 Women's Bible Study 7p Linda Kalmes 970-493-0381	<i>Girl Time Paper Crafting and Devotional</i> 4-9pm Eileen Maelzer 970-663-1418	
26	27	28	29			
Women's Bible Study 8:45a Elaine Drake 970-689-2138 Women's Bible Study 10:30a Melanie Kolb 970-593-1786	Women's Bible Study 9am Janet Boland 970-669-5788 Sew Together 11am-3pm Women's Prayer Group 3p in prayer rm					

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

