

November 2011

THE SPICE

A taste of what's happening for women.

Giving Thanks for Everything We Need

"The Lord is my shepherd; I shall not want." Psalm 23:1 (KJV)

Can you imagine telling 2-year-olds they "shall not want"? They *do* want! They want candy bars in the checkout line, their little sister's toys, and doughnuts for dinner. A child *wants* a lot of things, but a parent can say "no" if it's something they don't *need*.

As grown women, we have "wants" too, and sometimes our wants are not so different. (Bring on the chocolate!) Thankfully, we still have a parent, our Heavenly Father, who can say "no." So we don't always get what we *want*, but 2 Peter 1:3 says he gives us everything we *need*.

God shepherds us with love and knows that our deepest wants *are* our needs. Life is exhausting—we need rest. Life is chaotic—we need peace. Life is lonely—we need love. Life is difficult—we need help! God answers our wants by promising us exactly what we need:

Psalm 23 (NLT):

I want help. *The Lord is my shepherd; I have everything I need.*

I want rest. *He lets me rest in green meadows.*

I want peace. *He leads me beside peaceful streams.*

I want strength. *He renews my strength.*

I want guidance. *He guides me along right paths, bringing honor to his name.*

I want courage. *Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me.*

I want to feel safe. *Your rod and your staff protect and comfort me.*

I want to overcome adversity. *You prepare a feast for me in the presence of my enemies.*

I want to feel valued. *You welcome me as a guest, anointing my head with oil.*

I want to feel blessed. *My cup overflows with blessings.*

I want to be loved. *Surely, your goodness and love will pursue me all the days of my life.*

I want a home. *And I will dwell in the house of the Lord forever.*

Let's give thanks to God this month for giving us everything we *need*!

LifeSpring
Women



THE WORD

"By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence."

2 Peter 1:3 (NLT)

THINK ABOUT IT

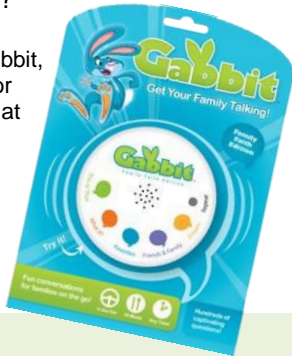
- What are your deepest **wants** today?
- How can you receive from God exactly what you **need**?

Table Talk

Switch off the talk around the dinner table this month about the weather, Aunt Mary's arthritis, and how great the mashed potatoes are. Instead, flip the switch on fun by adding an extra dish...one filled with tasty conversation starters. Ask each person (kids included!) to pick a slip of paper, read the question, and then let everyone share their answers. Great for inspiring table talk at family get-togethers or everyday dinners! Here are a few to help you get started:

- What's your favorite game that uses a ball?
- If you could start a fan club, who would you be a fan of?
- If you were God, what's one thing you would change about the world?
- What's one family tradition you never want to give up?

Questions are from Gabbit, the talk-starter game for families. Get your own at group.com/gabbit.



Share the Love

During the holidays, share some love with a girlfriend, a single mom, or a woman in need with this yummy pancake mix. Wrap the bag of mix in a pretty dish towel and tie with ribbons to make it extra special!

Cinnamon Pancake Mix

Fill a zip-lock plastic bag with these ingredients:

- 3 cups all-purpose flour
- 3 tablespoons sugar
- 2 tablespoons baking powder
- 4 teaspoons ground cinnamon
- 1 teaspoon salt



Seal the bag, and gently squish the contents to mix everything well.

Add this recipe card (with a personal note or prayer):

To make delicious pancakes, stir together 1 cup of the contents of this bag, $\frac{3}{4}$ cup milk, 1 egg, and 2 tablespoons of oil.

Spoon the batter onto a lightly greased griddle or skillet, and flip once to cook on both sides. Serve with butter, syrup, or your favorite toppings.

How to Cook a Turkey

How do you cook a turkey? We sought advice from the turkey experts—kids!

The first step is unwrap the foil and take the heart out. Also you heat it up to 600. Put some salt, garlic on the turkey. Once it's cooked I'll set the table. Ding dong! The gusts are here!—Austin

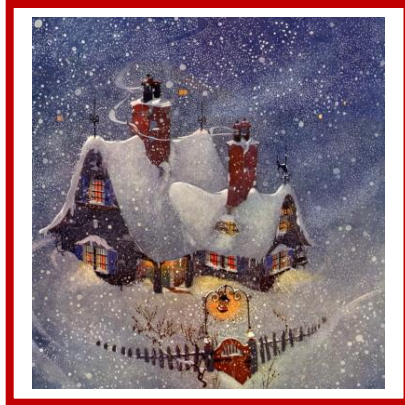
Put [the turkey] in the oven for four minutes. The oven is hot—hotter than the sun—about 30 degrees.—Beth

We get our turkey from a turkey farm. The turkey is running around so you have to catch it with a net. You have to clean it first. You use a towel and a hose.—Rebecca

The turkey is 52 pounds. They put bacon and A-1 sauce inside the turkey. They put maple syrup on the top, all over the turkey. We cook it for ten minutes. We eat turkey, ham, mayonnaise, apples, broccoli and crackers. We add maple syrup.—Trevor



Christmas Tour of Homes -Presented to you by LifeSpring Women Ministries



Do you ever find yourself wandering down the store aisles admiring all the sparkly Christmas ornaments and lovely decorated trees this time of year? Five hospitable LifeSpringers will be opening their homes so you can wander through and marvel at how beautifully they have decorated for Christmas.

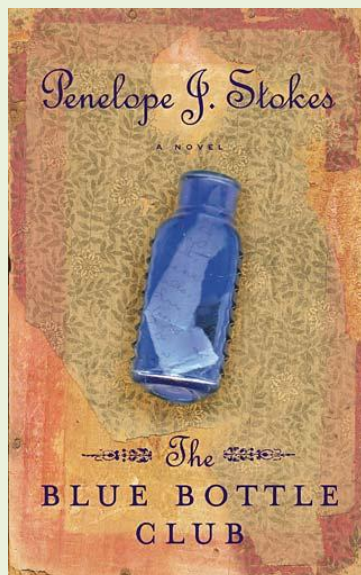
Let us help you get into the Christmas Spirit by joining us on Saturday, December 3rd from 4 -7:00p.m. This unique and exclusive opportunity is only available to the first 100 people who purchase tickets. Tickets will go on sale November 13th for \$10 per person. Ticket holders are asked to meet at the church on Dec. 3rd to get maps, directions, and split up into carpools to share this special time with others.

At the completion of the home tours, a festive time of fellowship, hot drinks and goodies will be offered to you upon arrival back at church.

Tour homes are located on the west side of Loveland. The rest is a surprise, like a wrapped present, waiting under the tree for you to open on Dec. 3rd.

Proceeds from this event will benefit a new ministry called *“LifeSpring Women Helping Women”*. It will provide support and encouragement to women at LifeSpring who want to attend seminars, conferences or retreats in order to strengthen their walk with Christ by making scholarship funds available.

If you can’t attend the home tour fundraiser, you can still contribute to help get this new ministry off the ground. Gifts of any amount are welcome. Indicate on your check or offering envelope *“LifeSpring Women Helping Women”* fund.



Book Review

The Blue Bottle Club

Author: Penelope J. Stokes

Publisher: Thomas Nelson (January 11, 2000)

“Every one of these women—despite the disappointments and pain of their lives...acknowledged that even in the darkness, when they were unaware of it, God had somehow been at work in their lives.”

On Christmas day 1929, four friends gathered in a dusty attic to share their heartfelt dreams for the future. Sixty-five years later, a news reporter discovers a mysterious blue bottle that holds their life wishes written on tiny slips of paper. Struggling to understand her own faith and dreams, she sets out to discover if the young girls’ hopes for love, fame, and success came true.

Have your childhood dreams come true? Gather a few friends to read the book together and find out why *The Blue Bottle Club* is a favorite for book club discussions about friendship, faith, and discovering God’s plan for your life.

November

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2	3	4	5
				Women's Bible Study 9:15a Nancy U. 970-593-9657 Women's Bible Study 7p Linda K. 970-493-0381		
6	7	8	9	10	11	12
Daylight Saving Time ENDS Women's Bible Study 8:45a Elaine D. 970-689-2138	Women's Bible Study 9a Janet B. 970-669-5788		Widows Luncheon 12p	Women's Bible Study 9:15a Nancy U. 970-593-9657 Women's Bible Study 7p Linda K. 970-493-0381	Veterans Day 	
13	14	15	16	17	18	19
Christmas Home Tour Tickets go on sale Women's Bible Study 8:45a Elaine D. 970-689-2138	Women's Bible Study 9a Janet B. 970-669-5788 Sew Together ...11a-3p Women's Prayer Group 3p in prayer rm			Women's Bible Study 9:15a Nancy U. 970-593-9657 Women's Bible Study 7p Linda K. 970-493-0381	Paper Craft Bible Study 4p	
20	21	22	23	24	25	26
Christmas Home Tour Ticket Sales Women's Bible Study 8:45a Elaine D. 970-689-2138	Women's Bible Study 9a Janet B. 970-669-5788 Women's Prayer Group 3p in prayer rm		Thanksgiving Eve Service 7pm			
27	28	29	30	December 1	December 2	December 3
Christmas Home Tour Ticket Sales Women's Bible Study 8:45a Elaine D. 970-689-2138	Women's Bible Study 9a Janet B. 970-669-5788 Women's Prayer Group 3p in prayer rm					Christmas Home Tours 4-7pm. 

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