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# Springfield United Methodist Church Women's word



THE WOMEN OF SPRINGFIELD UNITED METHODIST CHURCH  
SPRINGFIELD, GEORGIA

*And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory; which comes from the Lord. 2 Corinthians 3:18 (NIV)*



## Words of Encouragement & Good Hope "God Moments"

Hello Beautiful Women of SUMC!

Tommy and I were in Key West as part of our honeymoon in the first week of the month. It is a beautiful island and we enjoyed our time walking on cobblestone streets, exploring shops, restaurants, and museums, and enjoying local street performers. The one thing everyone said we must do while in Key West was enjoy the sunset from the pier. As promised, hundreds of people gathered to watch as the sun dipped below the horizon. At the very final moment as the sun shot rays in every direction, the pier erupted in applause.

It was, simply put, amazing.

I think people in every town should gather to celebrate the sunset just the same way. If I were mayor, I would indicate a spot in my town – perhaps a hillside – where people were encouraged to gather every night to watch the sun. My favorite thing about the sunset in Key West is that people felt compelled to clap. A town more known for its debauchery and party than its faith manages to muster – every single night – one of the most impressive acts of worship I've ever been a part of.

The truth is that some things in life are so powerful that the only reasonable response is applause. I love that the God of the universe continually gives us reminders of

his power, his ability, his design – and that he made us with an innate desire to respond to Him in some way.

In the coming weeks and months we will see our landscape change. Hours of sunlight, new growth, new people – who knows! God is always at work and we are given the opportunity to respond. One of the ways we can show God our love is to say "thank you", "I'm impressed", "you have overwhelmed me again." In case you can't come up with just the right words, I think God would be delighted if we all offered him some applause every now and then.

In Christ, Katie Webster



Join the Women's  
Ministry Team  
and help to brainstorm &  
plan events for  
women at SUMC!

We're meeting on  
Thursday, February Feb. 7th  
at 7pm in the church library.  
We hope to see you then!

Would you like to share "Women's Word" with a neighbor, a colleague, or a friend? Please do! We will happily e-mail our monthly newsletter to anyone who would like to receive it – whether they attend SUMC or even live in the state of GA! Feel free to send Katie an e-mail with any subscription names & e-mails and she will add them to our monthly list! (ktwebster@gmail.com)

**Walk in the daylight of God's will because then you will be  
safe; you will not stumble.**

—Anne Graham Lotz



## JANUARY Memory Verse

*To the Lord  
your God  
belong the  
heavens, even  
the highest  
heavens, the  
earth and  
everything in it!*

*(Deuteronomy 10:14)*

## Springfield United Methodist Church

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When sounds the world's threatening cry,  
And roaring of their thunder.  
When you feel the heaving of your life,  
And see the foaming water.

Then from the midst of this swelling sea,  
A voice so calm and clear.  
Twas, "Peace be still," that reached my ear,  
Calmed my heart, and allayed my fear.

Oh, words of a Savior that gave me Peace,  
Though the world round me roar.  
Safe in Him, my peace complete,  
There for evermore.

David Stewart

## READING WITH YOUR CHILDREN

By Mrs. Staci Ambrose

One of our greatest gifts from God is our children. God gives them to us to raise for Him. In our attempts to be the best parents we can be, we try to be a reflection of God. One way we can do this is to read to our children. Reading requires total interaction, and while you are reading, your child has your complete attention.

I started reading to Allison even before she was born. I would read children's book aloud. When she was born, I continued to read to her. Reading is now one of her favorite pastimes. Books expand the mind, imagination, and experiences of a child. I encourage you to spend fifteen-minutes a day reading to your child. This will create memories you will never forget!



## Recipe Of The Month

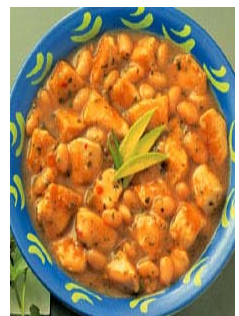
### White Chicken Chili (Submitted by Shae Ziegler)

48 oz. great northern beans  
2 c. fat free chicken broth  
2 c. salsa  
3 chicken breasts (chopped)  
1 c. light mozzarella cheese

Cook chopped chicken in  
saute pan until golden brown  
and done throughout.

Add all ingredients to a  
dutch oven pot and simmer  
1/2 hour.  
Serve with oyster crackers  
or any of your favorite  
toppings.

YUMMY!!



# Is Your Marriage Good – Or Just Good Enough?

Dr. Gary and Barbara Rosberg

(Portions of this article were adapted from "Renewing Your Love," Copyright 2003

by Dr. Gary and Barbara Rosberg.

You can find this article at: <http://www.crosswalk.com/marriage/11564212/>)



If you're like most couples, you launched into marriage as if it were a magic carpet ride to paradise. You were deeply in love and your wedding was a dream come true. But then, like most couples, that ecstasy started to fade and moonlight and flowers turned into tuna-noodle casserole and falling asleep watching Jeopardy. Now, we're not saying that the honeymoon couple you used to be has mutated into a pair of fuddy-duddies who never have any fun. But you've got to admit that, as the miles have rolled up on the odometer of your marriage, some of the chrome has lost its shine and the engine coughs now and then. Whereas your married life came off the starting line with the excitement of a sports car accelerating through hairpin turns, you have more or less settled into a freeway existence on cruise control.

In reality, the intensity and ecstasy of the honeymoon never lasts for any of us. It wasn't meant to. But that doesn't mean you have to remain the victim of the status quo, or that you have to settle for a relationship that's good enough – but not as good as it could be. Cruise control may be alright for your Buick, but it's *not* alright for your marriage. Cruise control means that you're simply maintaining, that you have settled into a groove and are just rolling along at a functional – but not very exciting – 55 miles an hour until Jesus comes. Your marriage may be good, but is it getting better? You may still be going together, but are you growing together? You need to guard your marriage against just being "good enough."

And here's the thing, folks: There is a subtle danger in just cruising through marriage. Unlike a car on cruise control, marriages can't just maintain a constant speed. If your relationship isn't growing *deeper*, it's growing more *vulnerable* to relational disconnect, discord, and even emotional divorce. And that's just what God's archenemy wants. Satan is out to *rob* you of the vitality and success God has in store for your marriage. And one of the ways he can take you out is by convincing you to settle for a "good-enough" marriage – to give up hoping and praying and working for everything God can make your marriage to be.

In Proverbs 24, Solomon warns against *laziness*. He offers the illustration of a slacker who is more interested in sleeping in every morning and taking siestas in the afternoon than in keeping the weeds out of his crops. Eventually the weeds take over, and his life as a profitable farmer is history. The principle applies to many areas, including marriage. If you're not guarding your marriage by nurturing growth and dealing with problems as they spring up, you'll quickly find your relationship withering. It doesn't happen overnight. Instead, good-enough marriages *shrivel* over the years due to laziness and lack of effort. A marriage that seems healthy today can slowly and almost imperceptibly drift toward divorce over a period of years if it's not constantly and purposefully reenergized.

You may say, "Hey, no marriage is perfect," and you'd be right. But that doesn't mean your marriage can't get *better* and *stronger* and *more fulfilling* as the years go by – no matter how many miles you've logged together. It takes effort and energy, purpose and planning, time and tenacity. But the first step to a great marriage is deciding not to settle for good enough. If you're concerned that your marriage may be stuck on cruise control, ask yourself these questions: 1. In what ways has your marriage relationship slipped into cruise control?; 2. How might you have conveyed to your spouse the attitude that your marriage is "good the way it is"?; 3. How many books on Christian marriage have you read in the last month? the last year?; 4. What else have you done to grow as a husband or wife?; 5. When was the last time you went away together for a day or two to talk and pray about your marriage, close the loop on any offenses between you, set goals for yourselves as a couple, and just have fun together?

So, *here's the drill*. Take the initiative this week to get your relationship off cruise control and rekindle your marriage dream. Here are a few ideas to get you started:

- Do something different just to snap yourselves out of the status quo. Consider planning an unforgettable date or improving communication in some fun way. (Consider getting a book to help you with some ideas.)
- Take your spouse to a restaurant you have never visited before, or prepare a meal that has never been on your menu before.
- Sit down with your spouse after the kids are in bed and say, "I want to tell you something about myself, something that you probably don't know." Then share a pleasant childhood memory; a dream vacation you would like to take with him or her someday; a genuine, original, never-before-shared compliment for your spouse. Ask your spouse to share a memory or dream you have never heard before – then listen with interest.
- Ask, "What pleasurable event or experience from our past can we try to experience again?" Make plans to relive that experience.

Remember, the first step to a *great* marriage is deciding *not* to settle for just "good enough!"



## United Methodist Women @ SUMC

You are welcome to join a UMW circle at any time! Contact the circle leader to find out their next meeting time and what they are up to!

### Love Circle

Meets at Noon on the Tuesday after the 3<sup>rd</sup> Sunday of the month.  
Contact: Cynthia Brogden  
754-1395

### Willing Workers

Meets at 7:30PM on the Tuesday after the 3<sup>rd</sup> Sunday of each month.  
Contact: Nicole Rahn  
754-7934

For more information on the worldwide organization of the United Methodist Women, visit <http://new.gbqm-umc.org/umw/> or contact SUMC's UMW president, Betty Waller.  
754-6240

### Grace Circle

Meets 10:30AM on the third Tuesday of the month.  
Contact: Claudine Arnsdorf  
754-9484

### Dorcas Circle

Meets at 3:00 PM on the Tuesday after the 3<sup>rd</sup> Sunday of each month in the Church Library.  
Contact: Amelia Herrington  
754-3006

### Helping Hands Circle

Meets at 6:00PM on the last Tuesday in the month.  
Contact: Denese Parker  
754-6327





# Reader's Corner

*Every [wo]man who knows how to read has it in her power to magnify herself, to multiply the ways in which she exists, to make her life full, significant, and interesting. – Aldous Huxley*

## Ten Things Parents Can Do to Transform Parenting into a Spiritual Journey

1. Pray the Lord's Prayer every day. Before you pray, reflect on it from the perspective of your calling as a parent. Remember, Jesus was a son, and God was a parent. They will understand your prayer.
2. Remind yourself that you are the "baker" of a child, but not the maker. Children are God's gift, our job as a parent is to bring out the goodness within them. You are not responsible for what they choose to become, only for what they are exposed to as they are becoming.
3. Ask your children to forgive you when you are wrong and thank them for their forgiveness.
4. Be humble. You have been given the most important role in a human being's life, one that will touch him or her for a lifetime. Before you speak, before you act, reflect on the awesomeness of your role.
5. Face anger at your children when it comes and offer it up to God. When you give it to God, you won't give it to your child.
6. You will be humbled by your children no matter how hard you try. The good thing is, it happens to us all. Find some friends, perhaps a support group or discussion group sponsored by your church, and attend it regularly. It's good to have kindred spirits to talk to about your conflicting feelings. These thoughts will take flight when exposed.
7. Remind yourself that what you say to a child through your actions means more than your words. Be authentic.
8. Make sure your children have an older adult in their lives. Work hard at maintaining ties with grandparents. Remember, parents might pass on some emotional baggage to children, but grandparents rarely do. A wise, old ear can be a great release for a child.
9. Your children are not your monuments. It's O.K. if they are not like you.
10. Keep visible rainbows in your life, small reminders of the reasons you wanted children in the first place. Keep them out so you can see them on the days when you might forget.

From *Giving Good Gifts: The Spiritual Journey of Parenthood* by George E. Conway, WJK, 2001

## UPCOMING WOMEN'S EVENTS:



**SUMC's very own "FaithLift" Women's Conference: Coming in the Spring of 2008**

**Living Proof Live**  
with Beth Moore  
March 28-29  
Jacksonville, FL

**Going Beyond**  
April 25-26  
Charlotte, NC  
800-254-2022

**Deeper Still: The Event**  
June 27-28  
Atlanta, GA

If you would like to attend a women's event, let Katie know and we can try to gather a group to go!

## Harvest Workshops



Once a month we offer workshops to women of SUMC taught by other women in our congregation. There are so many skills, hobbies, experiences, and abilities that can be shared between us as community. We are calling these classes "Harvest Workshops" because a harvest gives us the opportunity to reap and share the fruit. The goal of these workshops is fellowship and sisterhood. Often we can learn more about one another by working together and having fun! Please consider leading one yourself! (You can lead a Harvest Workshop on absolutely anything!)

## Pottery Painting & Glass Fusing

Thursday, February 21<sup>st</sup> 5-7PM  
at Free Spirit Pottery & Glass in Statesboro

*This is an off-campus event!*

We will leave from the church at 4:30PM to head to Free Spirit Pottery & Glass in Statesboro. (Feel free to meet us there if you would prefer.) The basic studio fee to participate is \$8. That pays for the studio time and the art supplies. You will also need to purchase the pottery you want to paint or the glass & supplies. (They have over 600 pieces to choose from ranging in price of \$4 to \$40.00.) Let us know if you need more information and if you can attend!

(Church Office: 912.754.6646; Katie's e-mail: carson.katie@gmail.com)

*Next month we'll learn basic cross-stitch from Staci Ambrose and Elizabeth Ely on March 20<sup>th</sup>!*

We are looking for submissions to "Women's Word"!

If you have a recipe, an article, a thought, a review, or an idea – please share it!

Call or e-mail Katie at any time!

[ktwebster@gmail.com](mailto:ktwebster@gmail.com)  
or 540-379-4225