

Ministering Grace

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The Ladies of Grace monthly newsletter
January 2009-2010

Purity

by Mrs. Joyce McQuown

I teach my children that purity is a whole package. It is not just what people see on the outside. It is also how you act on the inside. The way you dress and act should reflect the purity of your heart. If you teach your children what God expects from them when they are young, then you will see how God reflects in their young lives. I Timothy 4:12 says *"Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity."*

People's conversation can have a big effect on the way people will look at them. I Corinthians 15:33 says *"Be not deceived: evil communications corrupt good manners."* So, let's teach our children to not use words that will affect what we think of someone else. Keep our words pure, our thoughts pure; and that will keep our conversation pure.

We can teach our children that being worldly and dressing inappropriately will draw attention to themselves. I Timothy 2:9 says *"In like manner also, that women adorn themselves in modest apparel..."* I think so many young children have thrown away their purity, not really understanding what they have given away. Let's teach our children that God wants them to be pure until they marry their spouses. Children will watch every move their parents make; so let God be in all that we do and say.

Don't Forget!

Contact one of our missionary wives this week to let her know we were thinking about her and praying for her!

Mrs. Virginia Harris - vharris6@cogeco.ca

Mrs. Lacey MacRae - jmacsgirl08@gmail.com

Mrs. Sherry Lester - shebearlester@yahoo.com.au

Mrs. Megan Burns - jsbaptisto@yahoo.com

Mrs. Holly Williams - justins.wife@hotmail.com

Mrs. Michelle Shields - shellyrae2505@aol.com

Meeting Schedule

"Where Jesus Walked - Lessons from the Holy Land"
Meetings begin at 6:30 p.m. unless specified otherwise.

Next meeting: February 9, 2010

A Little Humor

by Miss Kaylin Sapp

(adapted from an email)

You know you're living in the twenty-first century when:

1. Your reason for not staying in touch with family is because they do not have e-mail addresses.
2. You have a list of fifteen phone numbers to reach your family of three.
3. You call your son's cell phone to let him know it's time to eat. He e-mails you back from his bedroom, "What's for dinner?"
4. Your *grandmother* asks you to send her a JPEG file of your newborn so she can create a screen saver.
5. Leaving the house without your cell phone, which you didn't have the first twenty or thirty years of your life, is now a cause for panic and you turn around to go get it.
6. Using real money, instead of credit or debit, to make a purchase would be a hassle and takes planning.
7. You try to enter your password on a microwave.
8. You hear most of your jokes via e-mail instead of in person.
9. You disconnect from the Internet and get this awful feeling, as if you just pulled the plug on a loved one.
10. You start tilting your head sideways to smile.
11. You are reading this and nodding sagely.
12. Even worse; you're going to text half the answers to an absentee during the meeting tonight.

Memory Verse

I Corinthians 15:58

Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

This month's issue:

- "Purity" by Mrs. Jill Musselman
- Book Review by Mrs. Robin Fraker
- "Purity" by Mrs. Joyce McQuown

Featuring:

- Weight Loss tips by Mrs. Pam Carroll
- Missionary wives' email addresses for your correspondence convenience

Special offer!
Purchase the book
Invisible Hurts
at the discounted price
of only \$10.00!

Where Jesus Walked

I Peter 2:21 "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow in his steps."

Welcome from Mrs. Bane



To My Dear Ladies of Grace,
We are already twelve days into a new year, and I hope you are off to a great start for the year 2010! January seems to be a time of clearing out, cleaning up, and cutting calories. I suppose most of us have been doing some of all three of these things. Christmas decorations are so delightful, but there seems to be an equally delightful element when the decorations are all packed away until next Christmas.

For me, the end of each year is a time of reflection and planning for the start of a new year, and the new year is a time of implementing my plans. Of course, there are the obvious areas that I have already mentioned – mid-winter cleaning and organizing and the forever-annual diet and/or health changes, but I hope we will all take time to put in place some changes that will make our spiritual life more enriching as well.

This past December I used the “Twenty-five Days of Bible Reading for the Christmas Season” schedule that was made available to us at church. On the 10th of December one of the designated passages was Psalm 16. There were two verses that were particularly meaningful to me. The first verse is Psalm 16:7, “I will bless the Lord, who hath given me counsel: my reins also instruct me in the night seasons.” My heart was encouraged by the fact that God can give me the answers I need for my life – He gives me counsel! I am currently doing a Bible study for the sole purpose of hearing God’s counsel on a certain topic.

The second verse that I noticed was verse 11, “Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.” For many years, this has been one of my favorite Bible verses – actually one of my life verses. To me, this verse seems to reinforce verse 7 in which God promises counsel. In this verse, He tells me where to find it: in His presence! Not only that, but if I keep my focus and attention on God and His path, I find the answers that I need AND I will have joy and eternal pleasure!

Although we do not know what joys and heartaches 2010 will hold, we do know the One who holds the future in His heart. It is my sincere hope and prayer that as Christian ladies we will experience a time of great spiritual growth. Why don’t we all determine now that when needs and questions arise this year that we go to God for His counsel? And don’t forget to enjoy the lovely benefit of basking in the pleasure and joy that accompany being in God’s presence!

On another note, from the bottom of my heart I thank you, first, for the lovely gifts of jewelry and lotion that you ladies gave me for Christmas. I have been enjoying them. I also want to tell you ladies how completely overwhelmed I was by your financial generosity last month in order to purchase the jewelry for Mrs. Rao and Mrs. MacRae. I had no idea enough money would come in – you are amazing ladies!!! What a showing of love and support you gave. I am certain they will have loving feelings toward Ladies of Grace each time they wear their “heart in our heart” necklaces. You are the best!!!!

Love,
Mrs. Bane

Balanced Health

Weight Loss, by Mrs. Pam Carroll

The best way to maintain weight loss is to change eating and activity habits. You need to burn more calories than you consume. Strive to exercise for a minimum of five 30-minute sessions per week. Add weight training to your workout to help burn more calories.

Keep a food diary to make you aware of everything you eat, and remember portion control. Measure your food and eat recommended serving sizes. Eat smaller, more frequent meals. Stop eating when you are comfortably full.

Keep healthy snacks on hand. Eat foods higher in fiber and protein. Add whole grains and lean meats to your diet.

Drink at least six to eight 8-oz. glasses of water daily. Try to drink water a few minutes before each meal to help curb your appetite.

FAD diets do not work! You may get fast, short-term results, but not long-term weight loss.

Purity

by Mrs. Jill Musselman

When first asked to write an article on purity my first thought was “What do I know about purity?” The answer...almost nothing. Even looking in the dictionary and on the internet didn’t really give me a clear understanding. The Bible had only two verses that contained the word, according to the Strong’s Concordance:

I Timothy 4:12 *“Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity.”*

and I Timothy 5:1-2 *“Rebuke not an elder, but entreat him as a father; and the younger men as brethren; the elder women as mothers and the younger as sisters, with all purity.”*

The Bible says that the blood of Jesus will wash us whiter than snow; it will cleanse away all of our sins. We cannot stand before a holy God unless we are sinless.

So now, I have come to realize that purity is not just something you have and maintain until you get married, but it is something that you maintain and protect all of your life. It applies not only to our bodies, but to our minds and spirits as well, as we strive to become sinless by doing that which pleases the Lord.

Book Review

by Mrs. Robin Fraker

Invisible Hurts, by Mrs. Loretta Walker

If you have ever had the privilege of hearing Mrs. Loretta Walker speak, you quickly fell in love with her happy, down-to-earth, fun-loving spirit. She has a testimony of turning trials into faith-building experiences with God. How does she maintain this sweet vitality? In her book *Invisible Hurts*, Mrs. Walker discreetly unfolds some of her own personal trials, and how she used God’s Word to gain victory over worry, depression, and pain. She has tactfully opened up some of her life experiences in order to teach others how to be closer to what God wants through their own trials.

Mrs. Walker leads her reader to actively engage with Scripture passages and insightful questions. *“But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works.”* (Psalm 73:28) This active devotion of thought, time, and effort to God helps the reader envision what God wants her to life to be more clearly.

If you have had pain or hurt in your life, God does not want you to bottle it up and contaminate loved ones with it when it spills out. He wants you to pour it out to Him and allow Him to shape you into the Christian He needs you to be. This resource will show you how. If you have not had your own heartaches in life, this is a good source to help you point others to God’s soothing Balm.

Mrs. Walker challenges us to accept what God has placed in our lives and to grow closer to Him through the trial and His Word. *“Who can understand his errors? cleanse thou me from secret faults.”* (Psalm 19:12) You will learn from her liveliness and verve as you take the challenge to face the *Invisible Hurts*.

Happy New Year!