

# RENEWED NEWSLETTER

Calvary Worship Center Women's Ministry

## SELAH CORNER

### SUIT UP! by Norma Pittman

On a recent trip to Cincinnati for Al's eye surgery, we spent a whole week talking and doing our best to share in each other's pastime hobbies. He went shopping with me a couple of days, and was such a good sport, so now it was my turn to take an interest in his. What was his hobby? You guessed it! The Monday night football game between the New York Jets and the Buffalo Bills.

There was lots of talk about the New York Jet's star pick, Aaron Rodgers, called the \$75-million-dollar man. In the 1st quarter, he pulled a leg muscle and didn't play the rest of the game! The last we saw him, he was being escorted off the field to the locker room. And boy, did the team's morale sink low because Rodgers was the "golden boy", sure to lead them into victory!

Second-string quarterback, Zach Wilson, took Rodger's place. Wilson probably never thought he'd play, for neither the world nor the team had chosen him first. But God did... and had other plans to move him up that day. Bottom line, the Jets won without Rodgers, and Wilson is now the starting quarterback, and depending on Rodger's recovery time, could be so for the rest of the season. As **1 Samuel 2:7** tells us, "The Lord makes poor and makes rich; He brings low and lifts up."

**God knows!**

Each day we wake up, there are so many ways it can turn out. Some days work out well, while other days are filled with surprises or regrets. Traffic or even a fender bender might derail a scheduled appointment; someone might get sick; someone might even die; you might be moved up to the top of your class, or just maybe you are blessed with something you never dreamed of, like Wilson was.

**We just never know, do we?**

So how do we plan for each day? The Bible tells us to **suit up each day with our spiritual armor**. Paul identifies this as a **necessity** because God is the only one that knows the future of each day. Our every breath is ordered by the Lord.

"The Spirit of God has made me, And the breath of the Almighty gives me life."

**Job 33:4**

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"For I know the plans I have for you," declares the LORD, "plans to prosper and not to harm you, plans to give you hope and a future." Jeremiah 29:11

# SELAH CORNER

by Norma Pittman

## The question is...How do we suit up?

**Ephesians 6:10-20** answers that exact question!

“Finally, my brethren, be strong in the Lord and in the power of His might. **Put on the whole armor of God**, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.”

“Stand therefore, having **girded your waist with truth**, having put on the **breastplate of righteousness**, and having shod **your feet with the preparation of the gospel of peace**; above all, taking **the shield of faith** with which you will be able to quench all the fiery darts of the wicked one. And take the **helmet of salvation**, and the **sword of the Spirit**, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints - and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.”

1. **The first thing to do is STAND** – and put on the belt of truth. The Bible makes it clear throughout that we are in a battle. Be aware of this and acknowledge it. The battle is true, and isn't it interesting that we can't put on a belt sitting down?
2. **Second, put your shoes on** that prepares you with the gospel of peace.
3. **Take up your shield of faith** because you'll need it to stop the fiery accusations that come from the devil. He talks a lot of trash!
4. **Guard your mind** & weaponize yourself with the Word of God. Satan knows the Word and has distorted it from the beginning. If you don't know what God has really said, you will be defeated.
5. **Pray.** The Word says to pray without ceasing. You've got to listen for the Holy Spirit's prompting and direction. This is how we stay connected to our LORD.
6. **Be watchful.** Sleep, but never allow your mind to think satan is sleeping. Before you go to sleep ask the Lord to keep watch over you through-out the night. When you awake, acknowledge God's presence as you start the day, suited up with the full armor of God. Stand, dressed in the strongest and finest armor, ready to fight the battle God has equipped you for.

Let us practice God's instructions for living every day. It is for our benefit to live victoriously no matter what the day might bring. All things are not good that happen to us, but God promises to be with us through it all.

**God is good! Suit up!**

“Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with every spiritual blessing in the heavenly places in Christ: even as He chose us in Him before the foundation of the world, that we should be holy and without blemish before him in love.”

Ephesians 1:3-4



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## A Trip to the Promised Land by Catherine Olguin

When an opportunity came for my husband and me to visit the Holy Land of Israel, we did not hesitate, and began planning for the long-dreamed-of trip. Such anticipation, to soon be where Jesus walked, lived, healed, ministered, died, and rose again. We were to experience Jerusalem and so many Biblical sites first-hand, instead of just imagining them!

After months of preparation, we looked over the landscape, the city's white limestone buildings and signs written in Hebrew. Feasting on the colorful and appetizing local food reminded me of God's promise to give His chosen people the Israelites: a land flourishing with goodness. "So, I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey." **Exodus 3:8**

Every place became my favorite, and I marveled at the buildings of hand carved stones over 2,000 years old. And to think that Jesus Himself could have taught in one of these synagogues!

A boat ride on the Sea of Galilee helped me imagine Jesus walking on the stormy sea, and rescuing a frightened Peter as he began to sink.



The Garden of Gethsemane, where Jesus prayed on the night of His arrest before the crucifixion, blooms with abundant flowers shaded by ancient olive trees. I stood with a heart of sadness and joy, knowing that here, Christ remained ever-obedient to His Father's will as told in **Matthew 26:36-46**. The price He paid for my salvation became real and I was overwhelmed with thankfulness and love.



Walking into the Garden Tomb, grief and hope filled my heart as what Jesus accomplished with His death and resurrection became clear: His promise to us of eternity with Him. Because of His redeeming love, He endured it all, for us!

If such a trip is ever possible for you, it will be a life-changing experience that makes the Word real to you in a profound way. Now I read my Bible and see the places, not in my imagination, but in my memory.

Jesus came to Galilee, preaching the good news that in Him, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel." **Mark 1:15**

# JESSICA NICHOLSON

## BACK TO SCHOOL



My name is Jessica Nicholson and I am currently a Senior at Grand Canyon University. I am a Digital Design with an Emphasis in Animation major and minor in Criminal Justice/Forensic Psychology. I am excited to get back into my courses and ready to kick off my new job as a public safety guard for the Public Safety department at GCU.

I graduated high school in 2020 and started my freshman year of college during the pandemic. It was a difficult and unpredictable few years but God brought me through all the hardships. My classes this semester entail Business for Design, Short Film, and Understanding Trauma. All of these courses will aid in what I'd like to do with my career and will continue to contribute to my own personal growth as a young adult. I am still trying to figure out what my ultimate career goal is but I'd like to combine my creativity with my strong interest and desire for justice. Understanding how to identify why people do the things that they do and how their actions affect others has always been an interest of mine and I'd love to help others get out of difficult situations. I will graduate in the Spring of 2024 and look forward to the opportunities that God will provide for me during the year and in the near future.

my campus





"But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him."

Luke 15:20

## The Prodigal Daughter

By Judy Blaskowski

I've always related to the story of the Prodigal Son. Not because I squandered my financial inheritance, but because I also left the protection of my (heavenly) Father and tried to make my own way.

When my first marriage ended in divorce, I found myself alone at 30 with two toddlers to raise. Afraid and desperate, I turned to the world and not to God for security. Making my own way resulted in a disastrous second marriage that also ended in divorce. But through it all, God loved me, never left me, and restored me. In 1995, He brought me Laddie -- the most incredible, godly husband, who raised my sons as his own and has been my earthly rock.

It's sometimes hard to forgive ourselves, even though we recognize God's forgiveness. Yet, like the Prodigal Son, when we turn to our Father and ask for forgiveness, the Word says the Lord is faithful and just to forgive our sins and cleanse us of all unrighteousness. The enemy knows this and loves to accuse and remind us of our failures.

At a women's retreat, I found myself hearing the enemy's accusations. As the speakers gave their testimonies, I suddenly felt I didn't belong. I left the room, found a solitary place, and poured out my heart to Jesus. I told Him that I felt my past made me "different" than the other women and I felt ashamed. At that moment, I clearly heard Him say: "That is who you were; this is who you are." Those words meant so much to me that I had "Beloved" in Hebrew tattooed on my inner wrist, as a constant reminder of His love and forgiveness.

Sudoku #1450 (Easy)

		8	3			7	
	2	1				8	
						4	3
						6	
7						2	3
1	3			4		5	
2				6		7	
8		7	5				4
5						2	

(SOLUTION ON PAGE 7)

# Instant Pot Kale Potato Soup

## Ingredients:

- 3 carrots, peeled and sliced (~ 1+ cup)
- 2 celery ribs, chopped (~ 1+ cup)
- 2 cups Kale, de-stemmed, finely chopped
- 4 cloves Garlic
- 1 tsp Oregano, dried
- 1/2 tsp Parsley, dried
- 1/2 tsp Thyme, dried
- 1 White onion, diced (~ 2 cups)
- 2 lb. Yukon gold or red potatoes
- 3 1/2 cups Vegetable broth
- 1 squeeze Lemon juice, fresh
- 1 Salt and pepper to taste



## Directions:

Assemble all ingredients in a Instant Pot or Slow Cooker and cook according to appliance directions for soup, at least 2 hours.

For added protein, a pound of cooked and crumbled sausage or diced chicken breast or thigh meat can be added once the soup is done.



# Pumpkin Spice Quick Bread

## Ingredients:

- |                           |                              |
|---------------------------|------------------------------|
| 1 ½ cup all-purpose flour | 4 large eggs                 |
| 1 tsp baking soda         | 1/2 cup white sugar          |
| 1 tsp ground nutmeg       | 1/2 cup light brown sugar    |
| 1 tsp ground cinnamon     | ½ tsp vanilla extract        |
| 1 tsp ground cloves       | 1 can pumpkin (15-16 oz can) |
| 1 tsp ginger or allspice  | 1/2 cup vegetable oil        |
| ½ tsp baking powder       |                              |
| ½ tsp salt                |                              |

Preheat the oven to 350 degrees F (175 degrees C).

Grease 2 loaf pans (or 4 mini loaf pans)

Combine left column of ingredients in a large bowl; mix well and set aside.

## Directions:

Beat eggs, sugars, and vanilla extract in a large bowl on high speed until combined, about 1 minute or so. Beat in pumpkin and oil.

Add flour mixture and mix until batter is blended and smooth. Pour batter into the prepared loaf pans.

Bake in the preheated oven until the top is dark brown and an inserted toothpick comes out clean.

Internal temperature when done is 190 degrees; will take from 50 to 70 minutes depending on loaf size.

Leave in pans to cool a few minutes. Cut larger loaves into 1" thick slices. ENJOY!

# WOMEN'S MINISTRY INFORMATION

## Join Us Online

**Go to the church website:**  
**[cwccs.org](http://cwccs.org)**

On the home page, click at the top, "MINISTRIES", a drop-down menu shows "CWC WOMEN". Click that title to enter the online home of Calvary Worship Center Women. It's FILLED with information for and about CWC Women!

## Women's Quilting Ministry

The 2nd and 4th Monday of each month, 9am-2pm in Room 5 of the Fellowship Hall. Open to all ages!  
Never quilted before?  
That's ok! Join us to learn what quilting is all about, and how our quilting team blesses the community.

## Women's Prayer

Every Thursday in the Prayer Room, from 12-1 pm. Can't make it in person? Call in and join us!  
Dial 1 (267)930-4000  
enter the access code: 164-392-364#

## Women's Bible Studies

February 6th, 2024 starts the next study for all CWC Women.

## Happening NOW & Coming SOON

### COMMUNITY MARKET

**November 11 at CWC 9am-2pm at CWC**

Get more info on the Women's Ministry website and at the Life Center in the church foyer. This year we are partnering with Mary's Home, a local organization that helps rescue women and children from abuse.

### MOM LIFE

We are a multi-generational ministry built to help moms of all ages and stages grow in their faith and spiritual friendships through life-giving community.

WHEN: Every 1st & 3rd Wednesday @ 9:45am-12pm

WHERE: Jr. High Room, child care provided

Sudoku #1450 (Easy)

4	9	8	3	5	6	1	7	2
3	2	1	9	7	4	5	8	6
6	7	5	1	8	2	4	9	3
9	8	2	7	3	5	6	4	1
7	5	4	6	9	1	2	3	8
1	3	6	2	4	8	9	5	7
2	4	9	8	6	3	7	1	5
8	1	7	5	2	9	3	6	4
5	6	3	4	1	7	8	2	9

**CWC Women's Ministry, called Chadash, means "Renewed" from Psalm 51:10**

**"Create in me a clean heart, O God, And renew a steadfast spirit within me."**

Our Mission, is to glorify God through studying the Bible, God's word, and striving to live in the spirit of "RENEW"; being renewed daily by the Word and having a relationship with Jesus Christ as Savior. We are Women who support the Pastor's vision by working together with the ministries at Calvary Worship Center. We endeavor to exemplify our love and extend encouragement for one another within and outside our walls to the community.

You can find this and previous newsletters on the CWC Women's Ministry web page, with directions to find our always-changing site on this page above.

Be sure to share it with a friend! And contact us with your ideas for future issues.

Editor: Chris Amos

Supporting Staff Editors: Norma Pittman, Lillian Carter, Denise Benson, Kelly Benthem

## Watch next month for the Holiday Newsletter!

“For My thoughts are not your thoughts, Nor are your ways My ways,”  
says the Lord.

“For as the heavens are higher than the earth,  
So are My ways higher than your ways, And My thoughts than your thoughts.”



“For as the rain comes down, and the snow  
from heaven, and do not return there, but water  
the earth, and make it bring forth and bud,  
that it may give seed to the sower, and bread to  
the eater, so shall My word be that goes forth  
from My mouth; It shall not return to Me void,  
but it shall accomplish what I please, and it  
shall prosper in the thing for which I sent it.

For you shall go out with joy, and be led out with peace;  
The mountains and the hills shall break forth into singing before you,  
and all the trees of the field shall clap their hands!”

Isaiah 55:8-12

