



# Long Hill Women

Spring/Summer '09



*Kathy Gonzalez is co-chair of LHC's Women's Ministries*



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## *Choices to Live By* by Kathy Gonzalez

This past year I have been studying the book of I Kings in the Thursday women's Bible study and I would like to share some of what I've learned. The beginning of I Kings is about Solomon's life. He started off his reign following God and doing very well but the end of his reign was tragic. When he died the kingdom of Israel was torn in two and Solomon lost the throne of Israel for his heirs. It is a sad story that we can learn from.

The background to what happens reads like a Hollywood thriller. When it was time for David to pass on the throne to Solomon, the transition was anything but smooth. While God had chosen Solomon to succeed David, Solomon's older brother, Adonijah, had other ideas. Adonijah conspired with Joab, the commander of David's army, and Abiathar, a priest, to usurp the throne. Abiathar was the first priest to join with David, when he was being chased by Saul, but regrettably, at this time he chose to go against David and side with Adonijah. Joab, on the other hand, had been a problem for David on more than one occasion. He had gone so far as to commit murder twice; for both revenge and to maintain his position. David had even commented that he was unable to control him. (II Samuel 3:39) (By the way, we studied I & II Samuel last year, so I knew that.) Solomon was only about 20 years old at this time and it was a formidable problem for him to have to deal with. His very life was in

danger if Adonijah became king (I Kings 1:12). Through an ingenious plan laid out by David, Adonijah's rebellion was dealt with and Solomon took the throne, but the traitorous trio remained in the kingdom for Solomon to have to contend with.

At the end of David's life, he had given Solomon final instructions. He told him to follow God, to "*walk in His ways, and keep His decrees and commands, His laws and requirements,*" to succeed (I Kings 2:1-4); and Solomon took that to heart. Solomon did put God first and by doing so was able to quickly and wisely eliminate all opposition to his regime. Shortly thereafter we see Solomon going to offer sacrifices to God to show his love and worship of Him. Solomon's greatest desire at this time seems to be to do what God has called him to do. While his throne is now secure, he turns to the daunting task of ruling the kingdom and is overwhelmed by it. He sees his great need for God at this time. I can imagine that he went to sleep thinking about how to carry it out. Can we not relate to this? Do we not sometimes feel so overwhelmed by things in our lives that we cannot turn it off when we try to go to sleep? What we do know is that Solomon brought his need to God and while he was sleeping God appeared to him in a dream and met him at his need. In an extraordinary scene, we see God telling Solomon to ask for whatever

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he wants. The most amazing thing about this is that God says that to us too. John 15:7 tells us, *"If you remain in me and my words remain in you, ask whatever you wish, and it will be given you."* If our greatest desire is, like Solomon, to do what God has called us to do, we know He will give us what we need to do it. That is true no matter what He calls us to do, whether it is ruling a kingdom, as Solomon was called to do, or at work, or dealing with the people in our lives. It is true whether our need is for wisdom, patience, love, money, or anything else. We do however also have to remember what James 4:3 tells us, *"When you ask, you do not receive, because you ask with wrong motives."*

So Solomon asked for wisdom to rule because that is what God called him to do. God answered that request in a way that made Solomon the wisest man in all of history (I Kings 3:12). That is not all we can learn from Solomon. If we jump ahead 20 years we see God appearing to Solomon in a dream again. Solomon had completed building the temple for God and his palace complex, and he is at a crossroads. Solomon *"had achieved all he had desired to do"* (I Kings 9:1). What will he do now? The question is, does he still see his need for God? God appeared to Solomon in a way He had only done once before in Solomon's life, to get his attention - a dream. Surely this is an indication of how great the stakes were. In this second dream, God reminded Solomon of what his father, David, had told him - that continued success depends on continuing to follow God. Solomon did not heed God's warning.

I Kings 10:23 tells us, *"King Solomon was greater in riches and wisdom than all the other kings of the earth."* His fame was worldwide. If we look back to Deuteronomy 17: 16-17, we will see that God had said, *"The king, moreover, must not acquire great numbers of horses for himself or make the people return to Egypt to get more of them, for the LORD has told you, 'You are not to go back that way again.' He must not take many wives, or his heart will be led astray. He must not accumulate large amounts of silver and gold."* He had not obeyed God's command but had done exactly the opposite. He had amassed an army with many chariots and horses, unparalleled wealth and 1000 wives. The result was as God predicted. His heart was no longer fully devoted to God (I Kings 11:4). We see David's heart in Psalm 20:9 where he tells us, *"Some trust in chariots and some in horses, but we trust in the name of the LORD our God,"* but Solomon chose to trust in what he had achieved rather than the One by whom it was achieved.

At the beginning of Solomon's reign God gave him *"peace on all sides"* (I Kings 4:24). This allowed him to turn to internal affairs and the kingdom prospered. At the end, because Solomon had turned away from God, Solomon had adversaries to deal with (I Kings 11:14-40). It is interesting to compare the difference between the end of David's life to the end of Solomon's. David, whose heart was always fully devoted to God, passed on his legacy to Solomon and reminded him to keep God first. At the end of Solomon's life, the focus is on his adversaries. We see him trying to kill God's choice of leader for Israel. We see no words of

wisdom passed on to his heir but we do have what Solomon has to say about his life in Ecclesiastes 2:11, *"Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun."*

The final question is why Solomon let this happen. God had made him the wisest man to ever live, so how could he have let this happen? The answer is what I found to be the most important lesson in these passages. God gave Solomon an amazing ability but it was up to him to choose to use it for God. Our spiritual success depends on our choices, not our abilities. God gives all of us different abilities but we all have the same choice and it is the same one Solomon had. Will we put God first in all things? The answer to that will determine the outcome of our lives.

When I wrote my last article about how I became a Christian, I didn't put a title on it. I was surprised when I saw it in the newsletter titled To Choose to Believe. I hadn't made the connection to that theme in my mind as clearly as that title made it. When the same theme of choosing appeared to me in the story of Solomon's life it made me think that perhaps, like with Solomon, God is trying to tell me something. Perhaps He is trying to tell all of us the same thing. It all comes down to choices. Will we choose to accept His salvation for us and will we choose to put Him first in all the circumstances of our lives? . . . or not? The consequences are clear.

## Women's Ministries Committee

### Co-Chairs:

Kathy Gonzalez  
Christiane Reves

### Secretary:

Lisa Kiel

### Treasurer:

Cindy Ardolino

### Bible Studies:

Joan Swanson  
Christine Whitehead

### Titus 2 Mentoring:

Lois Andrews  
Barbara Rogers

### Communications:

Julie Federer

### Dorcas:

Pat Moore

### Moms & Tots:

Nancy Gayer

### Missions:

Lisa Kiel

### Prayer:

Mickey Formato

### Special Events:

Lillian Canning  
Nadine Schober

### Stamp Ministry:

Ruthann Wichelman

*\* We are looking for women desiring to serve in Women's Ministries. If interested contact Kathy or Christiane*

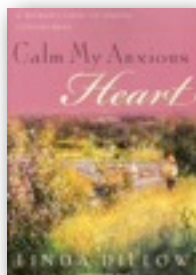
## Women's Ministries Meetings

We welcome your input and presence at the monthly meetings which are held on the 3rd Monday of the month beginning at 7:00 pm. Check the online church calendar available at [www.longhillchapel.net](http://www.longhillchapel.net) as the schedule may vary. (No meetings in December, June or July.)

## Weekly Bible Studies

### CALM MY ANXIOUS HEART

*A Woman's Guide to Finding Contentment*  
by Linda Dillow

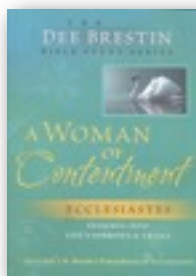


This extremely practical book focuses on being content with our circumstances, who we are, our roles, and our relationships, as well as, trusting God with the "what ifs," the "if onlys," and the "whys" of our daily lives. Linda Dillow brings scripture to life as we confront our worries and hand them over to the Lord.

**Sundays, 9:30 am, Room 303**

### ECCLESIASTES

*A Woman of Contentment*  
by Dee Brestin



How do you find contentment when life is full of repetition, suffering, and disappointment?

Through this study of the book of Ecclesiastes, discover the truth of what it means to be content in the midst of life's difficulties.

**Sundays, 10:30 am, Room 303**

### RUTH

*Continuing Mondays (2nd & 4th)*  
**7:30 pm, Ruthann Wichelman's**

### STEPPING UP

*A Journey Through the Psalms of Ascent*  
by Beth Moore

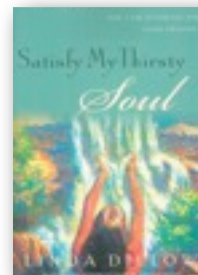


An in-depth look at 15 Psalms. Just as a song or poem can express feelings of fear, doubt, hope, and joy, these 15 Psalms model how to voice petitions and praises to our God, who is always available and ready to hear us. Explore the major feasts of Israel and journey through Psalms 120-134. Themes such as unity, joy and gratitude, redemption, repentance, the power of blessings, facing ridicule, and more are explored in detail. Modern-day

believers can learn much from these treasured Psalms in their journey toward greater intimacy with God  
**Mondays, 7:45 pm, Room 204**

### SATISFY MY THIRSTY SOUL

*For I Am Desperate For Your Presence*  
by Linda Dillow



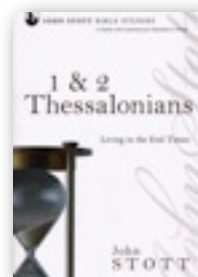
As a Christian woman, you yearn for intimacy with God. You long to know His presence, to be satisfied in heart and soul, but you don't know how. You want to be obedient, but you need a higher motivation than simply choosing to do right. Through this study discover that both longings can be met - through worship. True worship is both a specific act and a lifestyle. As you learn what it means to bow your knee (the act of worship), you'll gain a renewed intimacy with God. As you learn to bow your thoughts, words, work, attitudes, will, and even pain (the lifestyle of worship), you'll be drawn into God's holy and life-giving presence - the place where God will truly satisfy your thirsty soul.

**Thursdays, 9:15 am, Room 204**

### I & II THESSALONIANS

*Living in the End Times*

by Linda Dillow



In Paul's letters to the Thessalonians, even though Paul is sending corrections and instructions like in other letters, he also loves them, is anxiously concerned for their welfare, begs them to stand firm, teaches them, and prays for them constantly like the pastor he is. They also contain some of the most important New Testament passages about eschatology, the culmination of all things.

**Thursdays, 9:15 am, Room 204**

## Conferences



**Spaghetti for the Soul** with Kathy Troccoli & Ellie Lofaro  
Tuscarora Inn & Conference Center  
3300 River Road, Mt. Bethel, PA  
Saturday, May 9, 10:00 am - 5:00 pm  
Register [online](#) or call toll free 800.500.8872 to make a reservation

**Women's Spiritual Life Day** with Jennifer Sands  
Fellowship Conference Center, 3575 Valley Road,  
Liberty Corner, New Jersey  
Monday, May 11, 9:00 am - 3:30 pm  
[Jennifer Sands](#), inspirational Christian author & speaker  
Registration information [online](#) or call Fellowship  
Deaconry at 908-647-1777



**Living Proof Live** with Beth Moore  
Petersen Events Center - University of Pittsburgh, Pittsburgh, Pennsylvania  
Friday, June 12 - Saturday, June 13  
Friday 7:00 - 9:30 pm, Saturday 8:30 am - 12 pm  
Register [Online](#) or call LifeWay Events Registration toll free at 800.254.2022

**Beth Moore** meets you  
where you live. LITERALLY.



**Living Proof Live Simulcast**  
August 28-29, 2009

Beth Moore is returning to her hometown of Green Bay, Wisconsin for a very special Living Proof Live weekend. And thanks to simulcast satellite technology, watch for details for area location near you.



**Women of Faith Conference**  
Wachovia Center, Philadelphia, Pennsylvania  
September 18-19  
Special Friday Feature 10:00 am - 3:30 pm  
Friday 7:00 pm - 9:30 pm, Saturday 9:00 am - 4:00 pm  
Register [Online](#) or call Women of Faith toll free at 888-49-FAITH

## Camps for Kids

If you are looking for a camp for your son or daughter this summer...here are a few which kids from LHC have attended over the years...check out their websites for information.



[Vacation Bible School](#)  
June 29 - July 3  
6:30 - 8:30 pm  
[Registration Form](#)

[LHCyouth](#) Jr. High Camp  
@ Harmony Heart Camp  
July 19-25  
Watch for registration  
info to be posted online

[Day Camp Sunshine](#)  
& [Jr. Day Camp Sunshine](#)  
[www.fellowshipdeaconry.org](http://www.fellowshipdeaconry.org)

[Camp Cedarbrook](#)  
(formerly Camp Cherith)  
a Christ-centered camp  
for girls  
[www.campcedarbrook.net](http://www.campcedarbrook.net)

[Camp Tapawingo](#)  
a Christian girls camp  
[www.camp-of-the-woods.org](http://www.camp-of-the-woods.org)

[Deerfoot Lodge](#)  
building godly young men  
in a Christ-centered  
community through  
wilderness camping  
[www.deerfoot.org](http://www.deerfoot.org)

[Northern Frontier Camp](#)  
building Christian men  
from boys through camping  
[www.northernfrontier.org](http://www.northernfrontier.org)

## *A Heart for Missions . . . My Story by Trasey Codrington*

*This article was taken from the message Trasey shared at our Missions Brunch in March.*

My family, which includes my husband Erik and daughter Victoria, views “missions” as everything we do to express and explain God’s love to others.

*“ . . . when the Holy Spirit  
has come upon you,  
you will receive power and  
will tell people about me  
everywhere -  
in Jerusalem,  
throughout Judea,  
in Samaria and  
to the ends of the earth.”  
~ Acts 1:8*

Jesus gave us our missions marching orders in Acts 1:8. Our assignment from Jesus is clear: tell people about your relationship and experiences with Him. The cool thing is you are not doing this alone. You are doing this assignment with the help of the Holy Spirit, who is referred to in the gospel of John as a Mighty Counselor, Comforter or Encourager. This mighty power equips us with the confidence and boldness to share our love of God with others, but it is also a catalyst for healings and revivals. I remind you of this because when we think of the Trinity we tend to underestimate the Holy Spirit and His influence in our lives!

Acts 1:8 also reminds us that some of us will have a mission field which is in “Samaria and to the ends of the earth” which might be like Jordan or Berlin. Others, such as myself, and perhaps you, will be blessed with mission fields in “Jerusalem, throughout Judea.” For me Jerusalem is Chatham where I live, and Judea, is Morristown, and New York City. As I thought about the different missions I have been involved with in the last ten years I realized that it all could be boiled down to one

thing: the heart. The quality of your missions are a reflection of what’s really in your heart. Inherent in this is the question, “How is your relationship with God?” It all flows from that, doesn’t it? There are three different aspects of our hearts that I would like to look at with you. They are your faith, your quiet time and your priorities.

### **Your Faith**

As I share with you a bit of my story and how my faith has been influenced by it I want you to think about how your experiences have shaped your faith. In the summer of 1992 three exciting things occurred: Erik got a job on Wall Street, I got pregnant, and we moved to New Jersey. I was a new believer in Christ. I was selfish. I came into the marriage, like many people, with a lot of baggage and I struggled with idols in my life such as control, self-reliance and beauty. On December 21, 1992, while in the 26<sup>th</sup> to 28<sup>th</sup> week of pregnancy, everything was stripped away as a congenital weakness in my aorta, the main artery coming from the heart, caused the inner lining of the aorta to rip apart. When the aorta dissected, the blood couldn’t go anywhere so nothing was being fed; my body, my legs, or my baby. When Erik arrived to the emergency room he was told I was in surgery for an emergency C-section and aortic repair. They also said that because there had been no blood feeding the womb for many hours they feared that the baby would be dead or brain damaged. By using a heart/lung machine, a team of thoracic surgeons basically placed me in a suspended state while they repaired a part of the aorta with a graft.

When I woke up I was paralyzed from the waist down, I had full kidney failure, and I was in excruciating pain. Everything was

out of control. Our sweet lives had been turned upside down. My independence was gone. I had to rely on someone else for everything. As many of you know, being sick is a lonely experience. It was hard because I hadn’t yet developed strong friendships here, and our situation was so catastrophic that very few peers could relate to what I was experiencing. I was totally alone with no one to talk to except God. I really struggled with what had happened to me but I never once thought that He had abandoned or forgotten me. I have pondered why I didn’t walk away from God...I had not known Him long but I had known Him enough. I think because everything had been stripped away; Erik (he had to work), no friends, and no baby to care for (Victoria was in a different hospital)...I turned to God because He was all I had.

God hears your prayers! God answers your prayers! The fact that I can walk at all is a result of prayer. Many people here in Long Hill Chapel and around the country were moved to pray for my healing and for my family. We were the recipients of countless meals and cards, along with those prayers. Erik and I learned the power of prayer during this time of crisis, but I also learned another valuable lesson. I learned to rely upon and trust God. In Matthew 6:31 - 34 we read “*So don’t worry about having enough food or drink or clothing. Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs, and he will give you all you need from day to day if you live for him and make the Kingdom of God your primary concern. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.*” Wow. That scripture became real to me as I

stared out the window at a bleak February day from a wheelchair. I had no control over my future, so I decided to just focus on today. So, one day it was learning how to bathe this tiny pink baby named Victoria, for she was Victorious! Another day I just focused on standing up for five minutes without succumbing to the nausea.

How has prayer influenced your faith, ladies? Does Matthew 6 speak to you? The Light of the Lord provides both direction and deliverance, so why should we fear? Many of us women struggle with fear and control - Matthew 6 addresses how we should be living. Those first few years of Victoria's life were really challenging to us as a family. Fear for our future could have easily crushed me. It took me a year to learn how to walk again. Concurrently I had to learn how to be a mommy with physical challenges to this little baby who herself might suffer from physical or learning disabilities. It was a dark time, but Erik and I focused on just living day to day. Today, 16 years later, I can tell you that God and His Son healed, sustained and guided me and my family. Victoria is a beautiful and perfect young woman, our marriage has weathered storms and remained wonderful and intact, and I feel free of the worries and anxieties associated with my health and our future. Praise God! Erik and I are so thankful for all He has done for us. We are infused with a desire for others to experience the same freedom, joy and contentment!

God was and is so compassionate to us and He wants us to be compassionate to others. I first became aware of this concept while still in rehabilitation learning how to walk. A dear friend sent me a card with this scripture: *"All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our*

*troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us."* (2Cor 1:3,4) While I would have never chosen this ministry, my experiences allow me to speak and pray with women who are living with fear, pain, worry about their future, or who are facing surgery. This scripture from 2 Corinthians has really spoken to Erik and I both and has shaped all of our missions. Our hearts have been changed and we have such a passion to love people. There was a season in our lives when Erik and I hosted outreach dinners at a local country club. At other times we have hosted prayer for revival in our living room for Chatham, and beyond. To pray for a revival is to pray for a special outpouring of Gods' power that will result in many men and women accepting Jesus Christ as their Savior.

#### *Your Quiet Time*

The second aspect of your heart that I want us to consider is your Quiet Time. How do you grow in your intimacy with God? For me there are three things that make up my quiet time. Seeking Him by reading His Word. Seeking Him through prayer, and listening, thus the name "quiet time." I seek Him through the act of praising and worshiping Him. I realize that none of this that I am sharing with you is new, but it has been such an essential part of my heart growth that I had to share it with you. Ironically, while preparing this I read the following thought-provoking quote from missionary martyr Jim Elliot: "I think the devil has made it his business to monopolize on three elements: noise, hurry, crowds... Satan is quite aware of the power of silence." That says it all about the power of our quiet time, doesn't it?

At one time I really struggled with taking the initiative to read the Bible on a regular basis; I found greater pleasure in a Garnet Hill

catalog. Then a dear friend suggested I pray that God would bring the Bible alive for me. So I did; I prayed six months and God answered my prayer! I now have an intense desire to read the Bible - and I admit I get greater pleasure in it than I do with catalogs. We recently sang a song in church with the coolest chorus: "The more you seek me, the more you'll find me, the more you find me, the more you'll love me..." Your heart changes as you spend more time with God, and everything flows from that. This prepares you for the missionary journey God has for you.

#### *Your Priorities*

Another key aspect of your heart is your priorities. What do I mean by "priorities"? I have found that this literally means not only booking in the time with God but also rearranging your schedule and being intentional with your activities so that you have the time to serve others. What does this look like? Where I live, the street and the town are my Jerusalem. I feel God has blessed me with our house and has placed me exactly where He wants me to be. So I pray for my neighbors and I look for opportunities to love them. I have learned several lessons from this experience. The first is that as I have prayed for that neighbor the Holy Spirit has given me even further supernatural insight on how to pray for that particular family. Often those prayers have led to just the right questions which lead to a cup of tea in my kitchen!

One caveat to any missionary journey is that you cannot enter into it with the expectation that you will see fruit immediately! Of course that can happen, but Erik and I have found that we must be patient. We have one couple in our neighborhood for whom we felt led to pray for who did not know God and His Son. We prayed for a long time. There were times I really questioned

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## Summer Fruits & Vegetables



This summer look for fresh fruits; blackberries, blueberries, cherries, peaches, nectarines, pears, plums, red raspberries, strawberries and vegetables; asparagus, beets, broccoli, cabbage, cucumbers, eggplant, lettuce, lima beans, onions, peas, peppers, potatoes, snap beans, squash, spinach, sweet corn and tomatoes



[Community Farmers Markets Morris County](#)

### **Chatham Borough Farmers' Market**

off Fairmount Avenue at the Train Station Railroad Plaza  
Saturdays, 6/27 - 10/31  
8 am - 1 pm

### **Madison Farmers' Market**

off Danforth Avenue at the Bayley Ellard High School  
Thursdays, 6/25 - 10/29  
2 - 7 pm

### **Morristown Farmers' Market**

Spring Street/Morris Avenue at Public Parking Lot #10 behind Post Office  
Sundays, 6/14 - 10/25  
9 am - 2 pm

[Pick Your Own Farms - Morris County](#)

## Recipe Corner

*Enjoy these recipes for two of my summer favorites . . . a crisp make ahead salad and a spicy side dish*

*24 HOUR VEGETABLE SALAD from the Kitchen of Delores Stellrecht*

1 large head of lettuce (tear in bite size pieces)  
1 green pepper, chopped      1 cup celery, chopped  
1 red onion, chopped      1 carrot, shredded  
1 package frozen peas - slightly thawed

*Tear head of lettuce in bite size pieces and place in any large bowl which also has a tightly sealing cover. Layer vegetables on top of lettuce.*

### *Dressing*

1 cup sour cream  
2 cups mayonnaise  
1 teaspoon sugar

### *Toppings*

1/2 cup cheese, shredded  
2 slices bacon, crumbled

*Blend sour cream, mayonnaise and sugar and then spread on top of layered vegetables. Top with cheddar cheese and bacon. Cover tightly and refrigerate for 24 hours before serving.*

*MAPLE BAKED BEANS from the Kitchen of Marlene Solie*

1 pound dry navy beans      4 quarts of water (divided)  
6 slices bacon cut up      1 onion, chopped  
    or 1 cup ham, cubed      1 cup maple syrup  
2 cups catsup      1/4 cup barbecue sauce  
5 teaspoons cider vinegar      1 teaspoon prepared mustard  
1 teaspoon salt      1/2 teaspoon pepper

*Rinse & sort beans. Place beans in a 4 quart Dutch oven & cover with 2 quarts of water. Bring to a boil. Reduce heat & simmer for 2 minutes. Remove from heat. Cover & let stand for 1 hour.*

*Drain & rinse beans. Return beans to Dutch oven & cover with remaining 2 quarts of water. Bring to a boil. Reduce heat & simmer 30-40 minutes, until almost tender. Drain and reserve liquid.*

*In 2 1/2 quart casserole dish or bean pot, combine beans with all remaining ingredients. Bake, covered at 300 degrees for 2 1/2 hours or until tender. Stir occasionally. Add reserve bean liquid if necessary.*

## Friendship & Prayer Groups

### EXERCISE GROUP

**Mondays, 7:00 pm, Room 204**

This group meets for a weekly low impact video workout.

\*\*\*

### PRAYER FOR MISSIONS

**Tuesdays, 12:30 pm, Room 202**

Join in praying together for the requests of LHC missionaries.

### DORCAS

**Tuesdays, 1:00 pm, Room 113**

Knit or crochet simple projects for hospitals & pregnancy centers.

\*\*\*

### PRAYER WALK

**3rd Saturday, 10:00 am**

Walk and pray for the ministries and outreaches of Long Hill Chapel.

## Special Events



Please bring one of each of the following two items for an exchange that evening; an ingredient that begins with the first letter of your first name and a recipe that uses that ingredient.

Come and enjoy an evening of fun and laughter with friends!

~

Please RSVP to let us know you are planning to attend either via the insert in Sunday's bulletin, which you may complete and place in the offering plate, or via the [online form](#), which you may complete and return to Julie Federer in the church office.

### Women's Ministries'



### Gardening Class

**Tuesday, May 19, 7:00 pm  
Fellowship Hall - Room 204**

with "Planters" by Pam Giannone  
*Known for her potted arrangements, Pam's pointers can help transform your garden or front porch*

& Mary Kao, "Xeriscape" Gardener  
*Mary will share tips for low maintenance and more carefree gardening and why its important . . . .to be "green" in the garden . . . to enrich the soil naturally and at no cost . . . to train your plants to be content during hot dry spells and yet thrive (Mary will also have perennials available to buy.)*

**Cost \$10**, to cover supplies  
**Sign up** using the insert in Sunday's bulletin. Class size limited to 20  
**Questions?** E-mail [Lillian Canning](#) or call 973-377-2255 x126

### Ladies Casual Bike Ride

**Tuesday, May 26, 9:15-11:00 am**

Meet in Long Hill Chapel's parking lot and take a fun bike ride through Loantaka and other nearby trails. It's just for fun and leisure. Bring along a snack if you like and we can rest along the way at any of the many picturesque sites, just minutes away from LHC. For more information contact Nancy Gayer.



## Favorites & Fun

Here are a few of my favorite websites for women which offer articles, blogs, Bible studies, devotionals, encouragement, helps, humor, ideas, and more

**Christian Women Online**  
<http://www.christianwomenonline.net/index.htm>

**Christian Women Today**  
<http://christianwomentoday.com/>

**Today's Christian Woman**  
<http://www.christianitytoday.com/tcw/>

~

### Top 10 Things Only Women Understand

10. Cat's facial expressions
9. The need for the same style of shoes in different colors
8. Why bean sprouts aren't just weeds
7. Fat clothes
6. Taking a car trip without trying to beat your best time
5. The difference between beige, ecru, cream, off-white, and eggshell
4. Cutting your bangs to make them grow
3. Eyelash curlers
2. The inaccuracy of every bathroom scale ever made

and the number one thing only women understand

1. Other women

<http://christianwomentoday.com/humor/womenunderstand.html>

## GOD'S PROTECTION

by Michelle Davis

We are very glad that several marabouts (Islamic teachers) have agreed to let their talibes (young disciple boys) come once a month to the Centre Yoonu Njub for a free meal and health checkup. Last month, Brian and I had the opportunity to participate in this ministry. The boys recognized us from the previous time and greeted us with warm smiles and hand shakes.

After Yacoba, the nurse at the center, and I had examined several boys, I scooped up some of the remaining things on the desk and felt a prick on my finger and immediately realized that I had not seen a lancet from a hemoglobin test. We had only done two tests by this point and we were reasonably confident the lancet was from the first boy we tested, but with the stakes so high, we decided it would be best to test both boys for HIV. If either boy were positive, I would need to start prophylactic treatment as soon as possible. Early the next day, we picked up two quiet little boys and headed to the lab.

In the hours of waiting for the results, God spoke to me. I had time to grapple with how life might be different for me and my family if I became HIV positive. I had to come to a point of being ok with that reality, choosing to trust that God is always good and always in control. I had previously seen in my life the amazing ways in which God used very difficult situations for His glory so I choose to trust once again that God would use this situation whatever the outcome for His glory. God also revealed to me my need to be dependent on the people here in Senegal. As I sat waiting, I realized how much I needed the doctors, nurses, and lab technicians. I needed their knowledge, skill, and cooperation. While we came to Senegal to share the good news of Jesus with the Wolof people, God also called us here to change us. It is the people here, as we grow in relationship with them, and learn from them who will change us and mold us more into the image of Christ. As the hours passed by, I realized God was using the hospital staff, who do not know Jesus, to draw me closer to Himself.

Finally, the time came, and the doctor told us all the HIV tests were negative. We are so thankful for God's mercy and protection and that we have the privilege to continue to serve here in Senegal.



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why we were doing it, but, after nine years they started attending a seeker church! That was so encouraging!

One friend, who is a nurse, was inspired, by her desire to serve her town and get to know her neighbors better, to join the local emergency squad. Two other friends, who have suffered from panic and anxiety, were inspired as they experienced healing to start a support group for other women struggling in the same way. I have other friends who are dancers or actors who have powerful one-on-one mission fields. I bring that up because your most powerful mission is ultimately going to be just that - the one-on-one encounter. To be able to do that you have to be spending time with God and keep your schedule open for when those opportunities occur.

What's your mission field? For some of you it may be obvious and you will immediately feel prompted by God to become involved in a particular mission. For others it may not be so obvious. My first suggestion would be for you take the time and ponder what or who you have a heart for, a passion for. The "whatever" will often be deeply influenced by your experiences, both beautiful and hard, as well as, your physical and spiritual gifts that God has given you. Remember, as you pray about this and seek God's counsel the "waiting on God" part means you wait. You listen. You do not act. We found this very challenging in the beginning months of our prayers for the Morristown church. Our tendency in this culture is to do, to achieve, but that is really a prideful response to take control of something that only God knows the future for!

My second suggestion would be to look at your spheres of influence. Put simply, who are you seeing on a regular basis? For me all the health care providers I have gotten to know over the years are one of my spheres of influence, like my internist, podiatrist, the physical therapists, and so on. I see them all on a pretty regular basis and I have felt led to pray for them and to reach out to them in different ways.

So what are your spheres of influence? For those of you who are stay-at-home moms it may be the lineup of mommies waiting to pick up their kids. If you are employed outside of the home it could be the coworkers you eat lunch with, or the people in the cubicles beside you. Another way some people find their mission is that it finds them. I know people, including our daughter, who,

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upon hearing of a certain need or mission, experience a light-bulb moment and feel led right there to prayerfully consider becoming involved. For instance, through newly married friends we became aware of the need and desire among other married couples in New York City to get together in a Christ-based community for encouragement, fellowship and prayer. We are now entering our third year of praying for the couples God has blessed us with in this group. The only way I can be an effective missionary to these couples is making sure I purposefully spend the time with our Heavenly Father and purposefully make the time to play with them and pray for them!

One final point I would like to remind you of: the secret of a mission-driven life is not skill, it is obedience. As Acts 1:8 reminds us, we are ALL called, no one is off the hook. Sisters, we are the body of

Christ, we are His House and *"nothing you do for the Lord is ever useless"* (1 Corinthians 15:58b). I want to challenge you now, where ever you may be, whether in your car or in your kitchen, to read the following scripture: *"When I think of the wisdom and scope of God's plan, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit. And I pray that Christ will be more and more at home in your hearts as you trust in him. May your roots go down deep into the soil of God's marvelous love. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love really is."* Ephesians 3:14 - 18

Now take a few minutes to quietly ask God what His plan is for you. Ponder your heart, your faith, your quiet time, your priorities, and who your mission field is.

## SPRING/SUMMER



### May

- 8 Spring Tea
- 10 Mother's Day
- 19 Gardening Class
- 26 Casual Bike Ride

### June

- 29-7/3 Kids Vacation Bible School

### July

- 19-25 Jr. High Camp

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