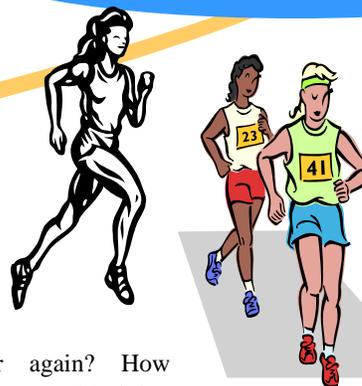


# WOW Ladies Embrace the Race

Women of the Word  
Calvary Road Baptist Church

August 22, 2004

Volume 1, Issue 1



## Embrace the Race Seminar & Breakfast

On Saturday September 18, 2004 from 8:30 am until 11:30 am, in the church gymnasium, ladies will enjoy a time of breakfast and fellowship. This will also be an opportunity to learn about the various areas of women's ministry. In our time together we will explore our theme for the year's ministry: Embracing the Race. How do we run with endurance, looking

unto Jesus, both in our day-to-day life and in times of great stress? How do we pick up our running shoes and join in the race? What happens when we fall? How can we be tripped up in the race by the business of living in this world? What happens when the race gets too hot? How do we avoid running in circles and constantly repeating the same mistakes over and

over again? How can we avoid giving up? Where are we running to? How do we finish the race? The cost of the seminar is \$5.00 for members and regular attendees and free for guests. Register at the Women's Ministry Table on Sunday Mornings. If you have further questions, contact Debbie Arthur at 703-451-0422.

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## Fall Consignment Sale September 25, 2004 8am-noon



Consign your gently used children's fall/winter clothing, toys, games, books and furniture. 70% of the ticketed value is returned to the consignor. The remaining 30% is donated to the Alexandria Crisis Pregnancy Center. Volunteers are also needed to set up, manage, and break down the sale. Volunteers and Consignors are allowed to shop before it is open to the general public. To consign or volunteer, e-mail your name, address and phone to [crbconsignment@hotmail.com](mailto:crbconsignment@hotmail.com).



## Heart to Heart

This ministry is primarily a ministry of encouragement. It is not a formal discipleship program nor an in-depth counseling service. It is friendship for support, guidance, love and encouragement between two women based on Titus 2:3-5. "Older women likewise are to be reverent in their behavior...teaching what is good, that they may encourage the young women...that the Word of God

may not be dishonored". Women with common interests are paired together. They are asked to make a one-year commitment to the relationship. They should talk weekly and meet together at least once a month. They should regularly pray for each other. All ladies regularly attending Calvary Road Baptist church may participate but the Senior must be a member. Sign up begins Sunday August 15 and ends September 12. There is a train-

ing for all Seniors on Monday evening October 4th. The kickoff breakfast for all women involved is Saturday morning October 16. Contact Kathy Williams at 703-339-8449 for more information.

Is anyone there who would like to share in my life? ... Could we pray or talk through my day, share in my joy and sorrow, today and tomorrow? Heart to Heart...

### Mark these Dates on your Calendar:

- Ladies Retreat at Virginia Beach— February 25-26
- Evening Seminar on January 10 at 7pm (topic to be announced)
- Spring Consignment March 5
- Mother Daughter Banquet May 6
- Women of Faith July 29-30

# Hobby Nights



Is time not on your side? Are your unfinished projects still unfinished? Then, join ladies for an evening opportunity of fellowship and catching up on projects such as scrapbooks, rubberstamping, card making, needlepoint, quilting, knitting, and any other crafts and interests that you enjoy on Monday evening September 13 and November 8 at 7pm in Trailer 3. Learn hints and tips from other crafters and share some tips of your own. Relaxation, fun, and fellowship is the goal. We may also work on special projects through the year. There is no cost. Just bring your own supplies and share with each other. Bring a friend. Bring a snack. Child care is not available. Contact Susan Ireland for more information at 703-960-6564.



**Lord, You be the needle and I be the thread. You go first, and I will follow wherever You may lead.**

## Encouragement & Strategies for Single Moms

Single moms face unique challenges and a heavy burden. Sharon Hart Morris understands. You will laugh and cry as she shares her own story of being a single mom in the Extraordinary Woman Series Video. She offers tips and guidelines for single moms that will help make them better women and better parents. The video addresses the challenges of widowed, unmarried and divorced single mothers, how to

help single mothers deal with depression, concerns and responsibilities, how single moms can help their children deal with the emotions and adjustments in family life, and how single mothers can create a haven of safety for their children. Join us on Monday evening October 18 at 7pm in Trailer 3 as we gather ladies together for a time of fellowship and discussion after we watch the video. There is no cost.



Bring a friend. Bring a snack. Child care will be provided. Sign up begins October 3. Contact Debbie Arthur at 703-451-0422 for more information.



## In the Race

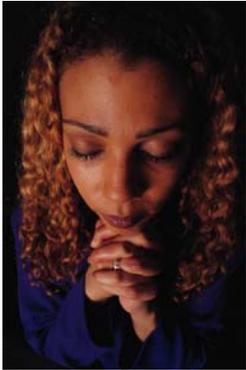
What a race this last year has been for WOW as we sowed seeds for Jesus!! I've been both exhilarated and exhausted, but most of all, it has been a joy. I had the wonderful opportunity of getting to personally know so many of the women at CRBC. What an encouragement you have been to me. During this year, God has been working on me as He does on all of His children. I would sum up the lessons of this year in two words: "Rest" and "Surrender". In the busy world that we live in, it is so easy to be on the go, go, go and not say no, no, no. I tend to fill up my schedule with everything but rest. In my rush to please everybody, my focus gets distracted from the still, small voice of God that says - "rest your arms upon the window sill of heaven and gaze upon ME". In my distraction, I ignore God's promise

from Isaiah 40:31: "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; and they shall walk and not faint." So, God has said to me: Rest awhile. Gaze upon ME. He promises that when I do, He will give me strength. I am learning, little-by-little, that a time of rest and focus on Jesus strengthens me to function more effectively in every area of life. Secondly, this year has taught me about "Surrender". When I surrender, it requires that I totally trust that God will take care of me and that I am willing to accept whatever comes along in my life. In April, through a variety of circumstances, Jim became unemployed. I have to admit that, despite my knowing God loves me and my past experience with His provision for me, I was frightened. My plan had never been to be the sole support for our

family, but I found myself in that position. God had been talking to me for several months about letting go and surrendering MY plans to Him. I love to plan and organize the people around me. Ultimately, I let go and gave it all to God: Surrender. And, in the months since April, God has done more than I could have ever imagined. He has met all our needs, not just financially, but emotionally and has given me a joy in my work that I would never have thought possible—peace and satisfaction. As Nancy Leigh DeMoss says in her book, SURRENDER, "Choosing the pathway of full surrender will transform your perspective, set fire to your soul, revolutionize your life, and give the spiritual victory you have sought for so long." So, dear ladies, let's Embrace the Race this year as we surrender all to Jesus and take time out for rest. Love in Jesus, Debbie Arthur

Things don't always work out the way we think they should, but sometimes that's because God has something better in mind.

# A Woman and Her God: Prayer, Devotion and the Spiritual Life



Join us on Monday Evening November 22 at 7pm in Trailer 3 as we watch a Beth Moore Video and have a time of discussion and fellowship. A woman's relationship with God is meant to be

a love relationship, hopefully intimate, and deeply satisfying. Do you long for such a love life? Beth shares truths that will rekindle your love relationship with God, giving it new spark. She speaks from her heart and a well-spring of God's Word, showing you how to change dry devotions

into a personal devotion to the One you love. She'll show you how routine times with God can become intimate encounters that will satisfy your soul and spirit. There is no cost. Bring a friend. Bring a snack. Child care will be provided. Sign up begins November 7.

Nothing on earth compares to God and His love for us. Our relationship with Him is an adventure. In this adventure, only Jesus can meet our daily needs.

This Fall there are two Bible study opportunities. These study groups offer a friendly atmosphere to bring family and friends who are seeking a closer relationship with God, for building friendships with other women and encouraging you in your walk with the Lord.

**"Believing God"** is a 10 week Beth Moore study. "Originating from a concept introduced in Isaiah 43:10, 'Believing God' examines what it means to believe God rather than only believe in Him. Participants study the lives of Abraham and others from Hebrew 11 as examples of people who believed God. This study parallels a personal journey Beth took in coming to understand what it means to believe God." This study is led by Terry Gerton in her home on Friday evenings 7-9pm. The cost for the workbook is \$14. There are no prerequisites for this study, which **begins Friday September 17**. There is no childcare for this study on Friday evening. If you have questions about this study, please contact Terry at 703-495-9132.



**"Becoming a Friend of a Faithful God, A Study on Abraham"** is a 7-week Precept upon Precept study which continues our

study in the book of Genesis. "Learn principles and truths from the life of Abraham, the friend of God, that will ground you in your faith, challenge you in your walk, and give you hope in your future. In the life of Abraham, we see God's choosing and the further unfolding of His redemptive plan. We learn more about God's character and His relationship with us in Abraham's example." This study is led by Lorraine Hatcher in Trailer #3 on Tuesday mornings 9:30-11:30 am and Friday evenings 7-9pm. The cost for the workbook is \$12. There are no prerequisites for this study which **begins Tuesday Morning September 14 and Friday evening September 17**. While you attend a Bible study on Tuesday mornings, free childcare including a children's discipleship program is available in

the nursery wing. Starting September 14 we will begin a program for 4-7 year olds entitled "Oops, Your Manners are Showing!" This wonderful Christ-centered program will help children learn about obeying parents and teachers, meeting new friends, answering the telephone, attending church, and practicing good table manners. Your children will experience movement activities, games, music, art and Bible stories as well as make *The Book of Good Manners*. A separate room for home-schooled children is also available for completing homework. Ladies who sign-up to use the Tuesday morning childcare service will be **required** to help the childcare workers a minimum of one time during the course of this study. Ladies will be called out of class in order to help out whenever there is a shortage of childcare workers for a particular Tuesday. There is no childcare for this study on Friday evening. If you have questions about this study, please contact Lorraine at 703-922-0697.

## RECIPES FROM ANITA RANDALL

**Mock Crab Cakes**—2 C. grated zucchini, 2 lg eggs beaten, 1 C. fine dry breadcrumbs (can be seasoned), 1/2 C diced onion, 2 or 3 tsp Old Bay Seasoning, 1 T mayo, Veg Oil for frying—Press grated zucchini between paper towels. Combine zucchini & all ingredients (except oil) in lge bowl. Stir well & shape into 8 patties (will be gooey). Heat oil on med & fry each side for about 4 minutes. Drain on paper towels & serve with tarter sauce.

**Cabbage Casserole**—5 C Shredded cabbage, 1 medium onion diced, 1 can cream of celery soup, 1/2 C milk, 2 C corn flakes, 1/2 stick margarine melted, 1/2 C mayo—In 9x13 pan, put cabbage and onion, cover with 1/2 C cheese, then corn flakes. Pour melted butter over top. Mix soup, milk, mayo & pour over top. Top with remaining cheese. Bake for 50 min at 350.



**Squash Casserole**—1/2 C chopped onion, 1 can cream chicken soup, 1 C sour cream, 8 oz stuffing (or stove top chicken 6 oz), 1/2 C melted butter, 6 C sliced squash (1/4 to 1/3 inch), option 1 C shredded carrots—Boil squash in salted water 5 min. Drain & put in lge bowl. Add soup, onions, carrots & sour cream. Combine melted butter & stuffing. Stir well. Put half of stuffing in bottom of 9x13 pan. Add squash mixture. Put remaining stuffing on top. Bake at 350 for 40 min.

Women of the Word  
Calvary Road Baptist Church

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You can also call Debbie Arthur,  
Director of WOW, at 703-451-0422,  
or e-mail her at  
debbie@judeministries.org

Check us out on the  
web at [www.crbc.org](http://www.crbc.org)  
under women's  
ministry

## Embrace the Race

Hebrews 12:1b-2a—Let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith..

## Fall Tea



Join us for an afternoon of praise and relaxation in a warm and very cozy atmosphere before we enter into the hectic holiday season. Delight in exquisite hospitality, savor sweet music and inspirational words, fellowship with other ladies and nurture your spirit and soul. Invite a friend to join you and hear God's Word. Saturday November 13 at 2pm.

Contact Sylvie Hill at 703-922-6700 for more information.

## December Craft Night

Join us on Friday, December 3 at 7pm in the Gymnasium. Learn a craft that is easy and beautiful for your home. Enjoy the company of other women. No experience is necessary. All materials and tools are provided for craft night. Take home your finished craft that night. This is the perfect place to bring a friend to hear the Word of God, sing and play. Contact Susan Ireland at 703-960-6561 for further information



*WOW'S PURPOSE: EMBRACE THE RACE*

*Worship Through Prayer*

*Instruction in God's Word*

*Service to the Family of God*

*Joy to Each Other*

*Love to the Community*

