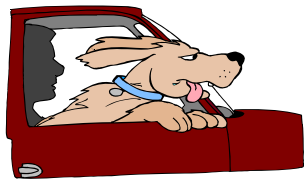


# WOW Ladies Follow FIDO



Women of the Word  
Calvary Road Baptist Church



## Follow FIDO Supper September 17

August 15, 2005

Volume 2, Issue 1



On Saturday September 17 at 5pm, we will enjoy supper as we introduce our theme for this year. Sharon Proffitt will describe for us how to Follow FIDO. Dawn Shifflett will share her testimony. Debbie Arthur

will provide an overview of the upcoming year's opportunities for ladies. There will be music, fun, fellowship and door prizes. Cost is \$2. Guests are free. Child care will be provided. Sign up at the Women's Ministry table in the foyer beginning August 21. For more information, contact Debbie Arthur at 703-451-0422 or [debbie@judeministries.org](mailto:debbie@judeministries.org).



## Fall Consignment - September 24

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).



## Single Mom's Monthly Meeting

Are you looking for fellowship with other single moms in the church? Then come to the Student Center the **Second Tuesday of every month at 7pm** for study and discussion time. Sign up at the Women's Ministry Table or contact Penny Shawler at 703-212-7655.



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What is your be-attitude?

Does your be-attitude show at home & at work?

Learn & apply the be-attitudes this year!

## 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 14 and ends September 11. There is a training for all Seniors on Monday evening September 26. The kickoff breakfast for all women involved is Saturday morning October 1. Contact Linda Rhodenhizer at 703-922-7365 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:

- Winter Tea—January 21
- Retreat—February 24-25
- 7 up Challenge—March 18
- Spring Consignment—March 25

**Memorize the Beatitudes this Year—Matthew 5:3-10**



## Fall Bible Studies (Begin the week of September 13)

## Holding on to Heaven While Your Husband Goes Through Hell



Sermon on the Mount Precept Study—(10 weeks/10 lessons) - Faith that does not compromise is promised a reward in the world to come, and also a life free from anxiety in this world. Get a deeper understanding of the fruit and security that come with righteousness in the life of a true believer. You'll never look at the Beatitudes the same way again. Kay Arthur's video set for this study includes teachings on location in Israel. (Tuesday mornings and Friday evenings at the church led by Lorraine Hatcher, 703-922-0697) (Friday evenings led by Terry Gerton in her home, 703-495-9132).

This is a book study that will consist of 12 Saturday mornings at 9am from September through June, led by Debbie Arthur at her home. It is a book applicable to every married woman, no matter the current state of her marriage. It would also be helpful for women contemplating marriage. Some of the topics in the book are: Setting Your Mind Above, For Better or For Worse, Following God's Guidance, Boundaries, Why Pain?, Tending a jointly owned spiritual garden, Do him good and not evil, Staying true to God, Keep your balance, Putting the Past behind you. Sign up begins August 21. The first meeting is Saturday September 10 at 9am. Contact Debbie Arthur with any questions at 703-451-0422 or debbie@judeministries.org.

Falling in Love with Jesus (10 weeks) No matter where you are in your relationship with Jesus, this study is an incredibly fresh approach to walk you through stages of intimacy so that you can know a tender, mature and invincible love. (Tuesday mornings at 10am at the church led by Angie Scott 703-583-5659)

Sign up begins August 14 at the women's ministry table.

## An evening on Humility—Blessed are the poor in spirit for theirs is the Kingdom of God



On Monday October 24 at 7pm, plan to join us for an evening where we will explore what it really means to be poor in spirit, to be a servant. Activities that evening will include teaching, a foot washing, testimonies, and fellowship. Light refreshment will be served. Child care is available. This is a free event, but we do request that you sign up in advance at the Women's Ministry Table beginning in mid-September.

## Following FIDO

Just recently I spent the day with my mom going through old photographs to do a collage and some albums. It was an interesting experience looking at the past — pictures of great, great grandparents, as well as pictures of our own past. And it was interesting to realize how different my mother and I viewed the past based on our current life passage. How do you view your past? And how does that view affect the choices you are making right now in your life? Have you learned from your past? Are you moving forward? Or are you frozen in time, unable to move on? Does your past continually haunt you? Do you keep making the same mistakes over and over again? As we begin this new year of ministry in September, our theme verse for the year is from Philippians 3:13b-14, "forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus". This verse is about mov-

## Having Nothing Means Having Everything!



ing forward in our walk with the Lord and not letting the past hold us back. (Forget It and Drive On, hence FIDO). As I look back at my life, I can see so clearly now that if I had made a choice to continue living in my past and not taken the step of faith to move on, I would have missed so many blessings. Our God desires to bless us and sometimes we thwart those blessings when we refuse to step forward in faith. Each month this year, we will be looking at the steps of faith Jesus has offered us in the beatitudes (Matthew 5:3-10). As I have been reading and studying in preparation for the new year, it is clear that the biggest obstacle to my living the beatitudes each day is "ME". How can I move forward in my faith and live the beatitudes as Jesus presented them if I am so full of ME, so full of ACTIVITY, so full of BUSYNESS, that I don't empty myself of ME? How can I hear God? How can I be filled with the Spirit? I must be empty of self or there is no room for God. The Beatitudes talk of being poor in Spirit, of mourning, of being meek.

This is not the way of the world. Society says to take charge, don't let anyone walk on you, stand up for your rights, don't sit and weep, do something, act now, don't help someone who doesn't deserve it, you have a right to be happy, gather wealth even if you have to walk on someone else to do it. Jesus says if someone takes your tunic, give him your cloak also; if someone slaps your right cheek, turn the other cheek also. This is not the way of the world, but this is the walk of much blessedness—the Kingdom of Heaven on earth, comfort, fulfillment, mercy — the way to know and hear God's voice and receive direction in your life. Come with me this year as we learn and live the beatitudes in our homes, our marriages, with our children, at church, at play, at work, wherever we go as the salt of the earth. I am so excited to be sharing with you in this journey.

Love in Jesus, Debbie Arthur

## Blessed are those who mourn for they shall be comforted



## Video Lending Library

How do we experience LIFE and LOSS and move to LAUGHTER and LOVE? How do we go forward after tremendous losses in our life (death, divorce, financial, etc)? On Monday, November 14, at 7pm, we will hear from ladies who have experienced the winter seasons of life. Sign up begins in mid-October. Child care is available. Cost is free. Come prepared to learn how to prepare for and grow strong through times of loss.



The following videos are available for YOU: A Woman and Her God: Prayer, Devotion and the Spiritual Life (Beth Moore); A Woman's Finances: Finding and Keeping Financial Control (Mary Hunt); A Woman's Personality: Understanding Yourself and Others (Florence Littauer); Being a Godly Woman: Just Between Us Girls (Kathleen Hart); I'm in Love!: Dating and Preparing for Marriage (Leslie Parrot); On the Threshold of Hope: Healing from Sexual Abuse (Diane Langberg); No More! Standing Against and Healing Spousal Abuse (June Hunt); Spiritual Intimacy: Embracing the Heart of God in Marriage (Julie Clinton); A Marriage Without Regret (Kay Arthur); Mothering Strategies to Help Kids through Changing Times (Lisa McMinn); Encouragement and Strategies for Single Moms (Sharon Hart Morris); Passing on Your Faith without Turning off Your Kids (Connie Neal). Contact Debbie Arthur at 703-451-0422 or [debbie@judeministries.org](mailto:debbie@judeministries.org) if you would like to borrow a video.

We need volunteers to help with refreshments at our events. Call Anita Randall at 703-541-0046 or email [Anita.Randall@osd.mil](mailto:Anita.Randall@osd.mil).



**October—Blessed are the poor in spirit for theirs is the kingdom of heaven.**

**November—Blessed are those who mourn, for they shall be comforted.**

**December—Blessed are the meek, for they shall inherit the earth.**

## RECIPES ALA WOW LADIES



**Multiple Choice Bar Cookies**—(Courtesy of Mary Hardesty) - Preheat oven to 350 degrees, rack in middle position.

1/2 cup butter (one stick)

1 can sweetened condensed milk (14 oz)

List A (1-1/2 cups)

Graham Cracker crumbs

Vanilla Wafer crumbs

Chocolate wafer crumbs

Animal cracker crumbs

Sugar Cookie crumbs

List B (2 cups)

Chocolate Chips

Butterscotch Chips

Peanut Butter Chips

Raisins (regular or golden)

M& M's (without nuts)

List C (2 cups)

Flaked Coconut (5 oz)

Rice Krispies

Miniature marshmallows (2-1/2 cups)

Frosted cornflakes (crumbled)

List D (1 cup)

Chopped walnuts

Chopped pecans

Chopped peanuts

Chopped cashews

Melt the butter and pour it into a 9x13 cake pan. Tip the pan to coat the bottom. Evenly sprinkle one ingredient from List A over the melted butter. Drizzle sweetened condensed milk over the crumbs. Evenly sprinkle one ingredient from List B on top. Evenly sprinkle one ingredient from List C on top of that. Evenly sprinkle one ingredient from List D over the very top. Press

everything down with the palms of your hands. Bake at 350 degrees for 30 minutes. Cool thoroughly on a wire rack and cut into brownie-sized bars.

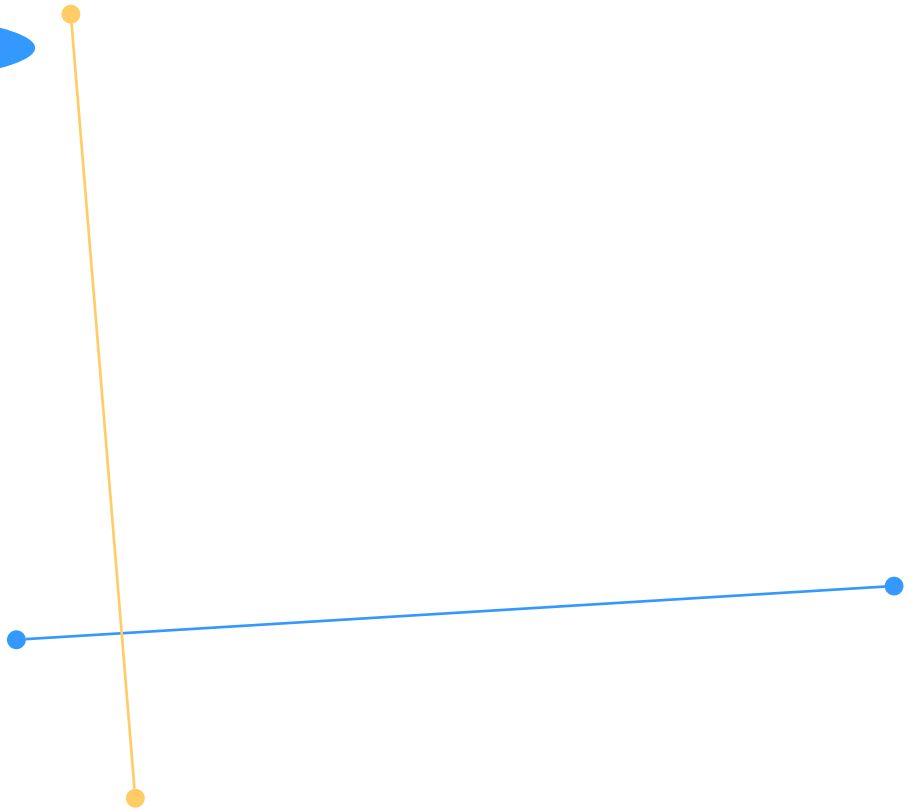
**Chicken Supreme** - (Courtesy of Anita Randall) - Heat oven to 350. Ingredients: Package of chicken breast (skinless), rice (white), bacon, dried beef, rosemary, sour cream (8 oz), cream of mushroom soup (small can) - Layer pan with dried beef. Roll chicken breast with bacon around it and place in pan over beef. Sprinkle Rosemary on chicken and bake @ 350 for 30 minutes. In a small bowl, mix sour cream and soup. Pour over chicken after it has baked for 30 minutes. Bake another 30 minutes then serve over hot white rice.

Yum, what fun!

Women of the Word  
Calvary Road Baptist Church

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Phone: 703-922-6700 (church office)  
You can also call Debbie Arthur,  
Director of WOW, at 703-451-0422,  
or e-mail her at  
debbie@judeministries.org



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WOW'S PURPOSE: FOLLOW FIDO

## Christmas Craft Night



Ladies, WOW, do we have an exciting opportunity for you! Whether you're good at crafting or not, this event is for you. It's our annual Christmas Craft Night on Friday December 2 at 7pm. Maybe you'll decorate a gingerbread house, make a snowman from a tin can, or perhaps make a beautiful sea-

sonal wreath to hang on your front door. Whatever the choice, you'll go home with something you made—yes, you can do it—and have some fun and fellowship in the process.



You might even make a new friend or two. Sign up begins in October. If you are interested in helping to plan this event, contact Mary Hardesty at 703-451-9148.

*Worship Through Prayer*

*Instruction in God's Word*

*Service to the Family of God*

*Joy to Each Other*

*Love to the Community*

**COMING JANUARY 21**

**WINTER TEA**

