

WOW Ladies Embrace the Race

Women of the Word
Calvary Road Baptist

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The Easter Adventure for Girls of all Ages

Kick off the Spring season in style with the Easter Adventure for Girls of all Ages! Choose among many exciting activities and fellowship with other ladies from our church and community. Learn to make a cute and delicious Bunny Cake then take it home to eat and enjoy. Make an elegant Candle Holder to enjoy all year long. A teacher will be available to guide you in creating Christian themed

scrapbook pages (bring your Easter pictures with you). Or make your own Journal or Prayer Jar, two ideas that will promote and encourage your spiritual growth with God. Younger girls (or those younger in spirit) can play games, puzzles, watch Easter videos and/or go on an Easter egg hunt. Plan for a



night of fun and fellowship on **FRIDAY MARCH 18** at 7 pm in the church gymnasium. Light snacks will be served. Child-care is available. The cost is \$5 per person, first time guests and children under 5 are free. Register at the Women's ministry table in the church foyer. Questions: Contact Debbie Arthur 703-451-0422 or debbie@judeministries.org.

QSP Nights



Come join us for QSP Nights (Quilting, Scrapbooking and other projects) on **Monday evenings March 7, April 25, May 9 & June 27 at 7pm** in Trailer 3. Have you always wanted to learn how to quilt? This is your opportunity. Ladies will work together on various quilting projects under an experienced quilter. Do you have boxes of photographs and never seem to have the time to organize them? Come to QSP Night and learn how to organize, design and plan various types of albums from baby to family to vacation to spiritual albums. Some ladies sit and sew; others make greeting cards, or work on other hobbies or projects. It is a wonderful time of fellowship. Bring a friend. Bring a snack. Hear testimonies. Develop friendships. Child care is not available. There may be a slight cost for some materials. Other materials will be provided; however, check for specifics at the Women's Ministry Table when you register on Sunday Mornings. Contact Debbie Arthur at 703-451-0422 or debbie@judeministries.org for more information.

Mother/Daughter Banquet

Our annual Mother/Daughter Banquet will once again be at the Springfield Hilton on **Friday May 6 at 7pm**. Enjoy a relaxing time of fellowship over a sumptuous dinner along with music and other entertainment. After dinner, Debbie Arthur will share on **"Where do I turn? Embracing God in Difficult times."** Bring your



daughters, mothers, sisters, friends and neighbors. Adopt a mother or daughter for the night. This is a special time for ladies to be pampered. The cost is \$13, children age 6-12 cost \$10, and children 5 and under are free. Sign up at the Women's ministry table in the church foyer beginning April 3. For further information, contact Pat Madaris at 540-341-7691 or 703-488-4522.

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 using the book "A Comprehensive Guide to Parenting on Your Own, by Lynda Hunter, Ed.D. Topics include: Communication, Finances, Legal Concerns, Relationships, Emotional well-being, Discipline, Ex-spouses, Work, Teenagers, and Time Management. Sign up at the Women's Ministry Table or contact Penny Shawler at 703-212-7655.



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Mark these Dates on your Calendar:

- Breakfast Seminar—How to Drive On—Introducing FIDO - September 17
- Financial Freedom October 24
- Seasons of a Woman's Life—November 14
- Winter Craft Night—December 2

Look for our new theme in September
FOLLOW FIDO

Passing on Your Faith without Turning Off Your Kids



In this Extraordinary Woman Series Video, Connie Neal shows us how to make communicating our faith both fun and memorable by using Youth for Christ's model: integrating God's Story, Your Story, and Your Kids' Story. It is full of great ideas anyone can use and any kid will respond to positively. In the video, she shares: 1) the three intersecting circles key to passing on your faith, 2) a seven step goal setting formula you can apply to passing on your faith, 3) how to share your personal story of faith in God with your kids, 4) exciting ways you can communicate the Bible to your kids, and 5) how you can get to know your kids' stories: what's going on inside them and in their world and how to connect their lives to God. Join us on **Monday evening April 4 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 March 13. For further information contact Debbie Arthur at 703-451-0422 or debbie@judeministries.org.

Prayer Breakfast & Craft Journal



On **Saturday August 20 at 8:30 am**, in the church gymnasium, we will have the joy of welcoming Janine Guadagno who will be sharing with us what Jesus is really asking us to pray when we say the Lord's prayer. She will also be leading us in a craft to make our own prayer journal, using fabric, ribbon, matt board, and other materials. This will be a special time to enjoy breakfast, fellowship, learning, and sharing. Look for more information on this event at the Women's Ministry Table in June and July.

A Woman's Personality: Understanding Yourself and Others



On **Monday evening, May 23 at 7pm** in Trailer 3, Florence Littauer will give us a lighthearted and encouraging look at how God gives each woman a unique personality with its own strengths and weaknesses as we watch this Extraordinary Woman Series Video. She shows how understanding personalities helps women improve relationships: in marriage, family life, at work, in friendships, and at church. Learn to get along better with people, while growing to appreciate yourself and others more. We will learn: 1) the four basic personality types and their characteristics, 2) to meet children's needs according to their individual personality type, and 3) how to communicate with and understand your spouse and others better. Enjoy fellowship and discussion after the video. There is no cost. Bring a friend. Bring a snack. Child care will be provided. Sign up begins May 8.



In the Race

It is the weekend between Jim's two heart catherizations. I sit here pondering the last two weeks and the week to come. Last week, prior to the first catherization, God spoke to me in Deuteronomy 33:27. Although my emotions kept changing, God kept reminding me of His everlasting arms. It made me think of the children who came to Jesus and sat on His lap and felt His human arms around them. While I waited at the hospital, God also gave me human arms to uphold me in the physical presence of Christian sisters who came to support me, sacrificing their time to be there for me and to love me. One brought Scripture and laughter, another a combination of snacks and quietness, and another a card, a hug, and chocolate (a definite necessity). These ladies were there for me, ministering to me, and I am so thankful to them for their love and faithfulness. I also received many emails, phone calls, and notes from my sisters

Deuteronomy 33:27a—The eternal God is your refuge, and underneath are the everlasting arms.



and I knew that the day was bathed in prayer. What a wonderful and marvelous gift God has given to us in the family of God. We truly are a family. Now, as I am about to enter a new week and Jim's second catherization, I know that the support of my church family, both physically and in prayer, continues. For the moment, my emotions are not flying here and there, but remain focused on my Lord Jesus, who never fails me (even when life doesn't work out the way I plan). I know that His plan is perfect and in this race we run, I must persevere for Jesus. When I fall, Jesus picks me up as I look to Him. I find that the more I stay focused on Jesus, the faster I am able to get back in the race when I fall. Sometimes, when the issues and problems in life seem overwhelming, I know that I can fall into HIS everlasting arms for refuge and He will show me how to get back into the race as He fortifies me for the next lap. None of us know how many laps we have to

our individual race, but one thing we can be certain of is that God is always there for us, holding out His arms, desiring a relationship with us, waiting for us to rest in Him and focus on Him. He is a patient, merciful and loving God. So, here and now, I renew my choice (God always gives us a choice) to trust in God, running to Him as my refuge and strength, and pouring out my heart to Him. I have no strength in myself. Only Jesus — He alone — which reminds me again to "Turn your eyes upon Jesus, look full in His wonderful face, and the things of earth will grow strangely dim, in the light of His glory and grace." If you, also, are facing a crisis, turn to Jesus, go to Him for refuge, seek protection under His everlasting arms. He will be there for you.

Love in Jesus, Debbie Arthur

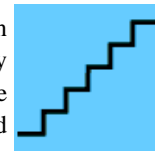
Being a Godly Woman: Just Between Us Girls

With a wisdom born of experience, Kathleen Hart points to basic spiritual truths women need to preserve in all states of life: identifying the fine line between flesh and spirit, keeping our focus on Jesus, and accepting our responsibilities at each stage of life. In this Extraordinary Women Video, she will present: 1) how to help women navigate through the stages of life, 2) how to keep your focus on Jesus, and 3) how to handle the “suddenlies” of life. Come join other ladies to enjoy a time of fellowship, learning, and discussion on **Monday, June 6 at 7pm** in Trailer 3.



WOW BIBLE STUDIES

Coming in May 2005: “Genesis Part 4: Wrestling with God: A study on Isaac, Jacob, and Esau” is a 4 week Precept upon Precept Study by Kay Arthur that will be led by Lorraine Hatcher in trailer #3. “The truths we learn about God, the lessons we learn for our lives from these men and their relationship to God can guide our **steps of faith** and help us to see God’s purposes in our disappointments.” This study will be offered on Tuesday mornings and Friday evenings.



Delight yourself in the Lord and He will give you the desires of your heart. Psalm 37: 4

My help comes from the Lord, the Maker of heaven and earth. Psalm 121:2

O give thanks to the Lord, for He is good: His love endures forever. Psalm 118:1

RECIPES ALA WOW LADIES

These recipes are some of those enjoyed by ladies at the Potter & the Clay Supper & Seminar in January:

Byerly’s Wild Rice Soup (Sheila Frey): 3 T. butter, 1 T. minced onion, 1/2 C. flour, 3 C. chicken broth, 2 C. cooked wild rice, 1/2 C chopped ham, 1/2 C. diced carrots, partially cooked, 1/4 t. salt, 1 C. fat free half & half—Melt butter in pan. Add onion flakes, blend in flour, gradually adding broth. Cook, stirring constantly. Boil 1 minute. Stir in rice, ham, carrots & salt. Simmer 5 minutes. Blend in half & half.

Clam Chowder (Becky Hunt): 2 T. butter, 1 carrot (thinly sliced), 1 stalk celery (chopped), 2 T. onion, 10-3/4 oz Half & Half, Red Pepper (optional), 1 can 6 1/2 oz clams (minced), 1 can cream of potato soup (add cooked or instant potatoes for thickness)-Saute carrots, celery, & onion in butter until tender. Add rest of ingredients including liquid from clams. Bring to boil. Serves 4.

Clam Chowder (Anita Randall): 1/2 C. butter, 1-1/2 large onions (chopped), 3/4 C. all purpose flour, 1 quart shucked clams (with liquid), 6 (8 oz) jars clam juice, 1 lb boiling potatoes (peeled & chopped), 3 C. half & half cream, salt & pepper to taste,

1/2 t. chopped fresh dill weed—Melt butter in large kettle or stock pot over medium heat. Add onions & sauté until clear. Stir in flour & cook over low heat, stirring frequently, for 2 to 4 minutes. Set aside to cool. In a separate pot, bring clams & clam juice to a boil. Reduce heat & simmer for 15 minutes. In small saucepan, cover peeled potatoes with water. Bring to a boil & cook until potatoes are tender, about 15 minutes. Drain & set aside. Slowly pour hot clam stock into butter/flour mixture while stirring constantly. Continue stirring & slowly bring to a boil. Reduce heat & add cooked potatoes. Mix in half&half, salt & pepper & chopped dill. Heat through but do not boil.

White Chicken Chili (Sherri Burt): Use recipe on back of McCormick’s White Chicken Chili spice pack.

Turkey Chili (Sherri Burt): same as white chicken chili except used turkey in the original recipe McCormick’s spice pack.



Yum, what fun!

Additional Recipes:

Home at Six Soup (Debbie Arthur from whatscookingamerica.net): 1 lb lean grd beef, 1 lge onion (chopped), 1 (28 oz) can whole tomato (cut up & undrained), 1 (15-1/2 oz) can kidney beans (undrained), 1 (15-1/4 oz) can corn kernels (undrained), 1 (8 oz) can tomato sauce, 1 T chili powder, 1/2 t grd cumin, 1/2 t dried basil (crushed), shredded cheddar cheese—In a large soup pot over medium heat, combine ground beef & onion; sauté until beef is brown (drain off fat). Stir in all remaining ingredients except cheddar cheese.;bring to a boil. Reduce heat to low, cover & simmer 1 hr. Remove from heat. Serve in soup bowls & garnish with cheddar cheese. Serves 6.

Melt-In-Your-Mouth Peanut Butter Bars (geocities.com/crochetcountry): In a bowl, mix together 1-1/4 C crushed graham cracker crumbs, 3/4 C margarine (softened), 1 C smooth peanut butter, 3 C confectioners sugar. Pat into 9”x13” pan. In microwave or double boiler, melt 3/4 cup smooth peanut butter, 6 oz semi-sweet chocolate chips (use more if you want a thicker layer of chocolate on top). Stir until smooth & pour over peanut butter mixture & spread evenly. Refrigerate until firm. Cut into bars & enjoy!

Women of the Word
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Check us out on the
web at 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..

Women of Faith—July 29-30– MCI Center

EXTRAORDINARY FAITH CONFERENCE 2005—Friday 7-9:30pm & Saturday 9am-5pm.—Join us for two extraordinary days of laughter, music, special guests, and all-new messages from the Women of Faith speaker team. Real stories from real women who have learned what it is to have faith, the kind of faith you need to handle the challenges life throws at all of us. “Faith means being sure of the things we hope for. And faith means knowing something is real even if we do not see it.” He-

brews 11:1. Cost is \$65 and includes round trip transportation both days from the church. You can also add-on the Pre-Conference “God at your wits’ end” with Marilyn Meberg and Kathy Troccoli on Friday from 9am-3pm for an additional cost of \$34 (includes box lunches both days). Sign up at the Women’s Ministry Table beginning in April. For further information or to pre-register before April and save \$5, contact Debbie Arthur at 703-451-0422 or debbie@judeministries.org

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

