



A Fresh Start

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The end of this month marks one quarter of 2010 already done. Isn't that mind boggling to contemplate? A little scary to me, too. Although I've accomplished some things I set out to do this year, I definitely haven't accomplished everything I had hoped to by now. Circumstances have changed, things have come up, etcetera, etcetera. But, I definitely feel like progress has been made. A very good feeling I'd like to hang on to!

The other day, though, a series of circumstances came together that kind of de-railed me. I had started my day energized and looking forward to accomplishing a serious amount of organizing in the basement but by 7:00 am I was on my way to a less than empowered morning. I had more than one emotional moment, I became angry and frustrated and I totally lost my energy. Have you ever had a morning like that (or an afternoon)? Its such a bummer because it potentially kind of dashes your hope for your day and leaves you drifting sort of aimlessly from one unfinished project to another. At least, that is what happened to me.

There were several very precious moments in that day that I'd like to relate to you, that restored my energy and re-focused me on hope and trust in the Lord. First, a friend who had been on my own list to call, called me first. In the course of our conversation, we ended up spending a very sweet few minutes on the phone praying not only for my situation but for another set of friends - and you know, there is nothing so good for re-focusing as praying for someone else in your own time pain, its so good to re-focus on God in that moment!

Second, and some of you are going to just tip over laughing at this one, my order for seed starting plugs for my seed boxes came. There is nothing like distraction to something you really enjoy to improve your mood, don't you think? I was instantly thinking through which seeds I was planting first, starting to plan where everything was going to go, etc. It was an energizing moment! Thoughts of salsa, pickles, picking fresh produce, etc. started running through my brain.. Woo hoo!!! ☺

Lastly, a very kind lady who we

had enlisted to help us with part of the concern of the day called with information she had found for us. Have you ever had the experience where just the kindness you hear in someone's voice touches your heart way more than anything that person says? I had just an overwhelming moment of that on the phone with her, and she didn't even know it. I was almost in tears by the time I called my husband with the information, but this time it wasn't from anger or frustration, but from thankfulness, that God had met me and was taking care of us and had given us these beautiful people as resources for us in a trying time. It was a moment of relief, the re-birth of hope for as bright an ending as possible to a problem, a surge of gratitude for a lady who re-arranged her day to try to get us a solution—all rolled into one.

So how did my day end? With a fresh start around 5:30 pm, my day ended with work on this newsletter, a tiny bit of organizing and some astonishingly good, albeit short, rest. It was a strong reminder of the power of the fresh start God is always ready to give us, and always has available. He is so faithful! ☺ kj

Next MOPS dates:

- Thursday, March 25th
- Thursday, April 15th
- Thursday, April 29th

BOOK SPOTLIGHT: [Catching Fireflies: Teaching your Heart to see God's Light Everywhere](#) by Patsy Clairmont. Looking for the switch that will shine God's light on your everyday life? Patsy Clairmont knows just where to find it! With humor, inspiration, and biblical teaching, she sheds illumination on God's tactics for calming fears, dreaming dreams, raising kids, working hard, and all the big and small things in between. ☺

CELEBRATE!

Happy Birthday to you!

3/13 Jenny Guetter

3/26 Mary Henry

3/31 Julie Wissink



Do we have your information? Let us know so we can celebrate with you! Please contact Ginny Jeché to update our records. Thanks! ☺



Quick Stew

- 2 lbs. cubed stew beef
- 15 baby carrots, halved
- 1/2 c. dried minced onion
- 3 large potatoes, cubed
- 1 can (10-3/4 oz) tomato soup
- 1 soup can water
- 1 tsp salt
- 2 T. vinegar
- pepper, to taste

Combine all ingredients in 3 1/2-5 qt slow cooker. Cover and cook on high 5-6 hours or low 10-12 hours. Serve in bread bowls. If the liquid seems too thin, thicken it by stirring in small amounts of potato flakes until it reaches desired thickness.

-Thank you, Rochelle, for this yummy, time-saving recipe!

The Gift of Friendship

We're dealing with a couple of sometimes sticky topics this month in our meetings, forgiveness and depression. Two potentially big hurdles to clear. Let's dig just a bit deeper. To live life in the realm of forgiveness, we must really grow up in faith. Pastor Bruce did an authenticity piece on this topic a couple months ago, but lets re-visit it in terms of friendship this month.

I read a quote the other day, it said: "The weak can never forgive. Forgiveness is the attribute of the strong." (Mahatma Ghandi). That really caught my attention. First, because I had to think about whether I believed it was an accurate statement, but then, because it kind of opens up a huge playing field of thought around this topic, one we don't always spend tons of time on, I think. Isn't it crazy easy to live our lives in the "comfortable-ness" of our established pattern of doing things, healthy or not? And isn't it interesting how those habits form the way we approach our friendships?

So why do we forgive? Basically, as Christians, we forgive because Christ forgave us and commanded us to do so as well, right? That's sort of the bottom line. But although we know that, do we practice it with intention in our lives? I can think of many instances in my life where that has not been

the case, and a few fresh examples that I am working on right this minute. So if Jesus gave us the example, and commanded us to do it, why is it so hard to do and do we really gain anything by practicing this difficult business other than a notch in our obedience belt? I think so.

The gift of living a life of forgiveness is peace, followed closely by the experience of God's healing power in so many areas of our lives. What is true about many of us is that we can say we forgive, but we don't really do it. It is easy to say we have done a thing to gain the "notch" and at the same time have a small corner of our heart reserved for the secret place where hurts grow. That's because that is exactly what happens to an unforgiven hurt, it grows. It becomes an offense, which can turn into a root of bitterness, which can color every other aspect of our life—and often we don't even know how it happened, it is that subtle.

Perhaps the reason forgiveness is so difficult to do is because forgiving someone often flies in the face of our sense of what justice is in any given situation. Example: A friend asks another friend to help her with a difficult, confidential problem. The friend agrees and does help, but later it is found that while helping, the friend was also sharing the

problem with others. Is the relationship ruined? Hopefully not, but trust has to be re-established, a long process. And the process has to start with repentance and forgiveness. In this example, what is the result of withholding forgiveness for the person wronged, especially if no forgiveness is sought by the offender? It can grow to be a wound of huge proportions that influences every other potential relationship that follows. This friend was not trustworthy, so this next one couldn't possibly be... that's the "logic" we end up taking often times, isn't it? And while we do need to ask for God's wisdom in our friendships, unforgiveness of one can sabotage every future friendship and it is a root we need to pull out with the help of Jesus, Who is also able to heal the hurt that started it all and the scar of the uprooting .

Sometimes for women, because we are often more relational, forgiveness can be harder because we feel the hurt and injustice more deeply. But Christ comes to us with some of His most clear teaching about relationships to say: do not let offense take hold in our hearts. (Matt 5:23-24) When we forgive we affirm the power of God to work good in our lives and in our relationships. The blessings we reap become peace and healing. The friendships we experience become deep and valuable. Let's grow in forgiveness! ☺



Here's a slightly different take on the usual recipe for homemade playdough for kids, be sure to use

Long Lasting Play Dough for Kids

food grade coloring.

Ingredients:

- 1 c. flour
- 2 tsp. cream of tartar
- 1 T. vegetable oil
- 1/2 c. salt
- 1 c. cold water
- 1 tsp. peppermint flavoring, (opt.)
- Various food colors

1. Place all ingredients into a sauce pan, except for the food coloring.
2. Cook over low heat, stirring constantly, about 3 minutes.
3. Mixture will thicken, become clear and pull away from sides.
4. Let dough mixture cool.
5. Knead with hands and put in desired amount of food color to tint.
6. Store in a tightly covered container.
7. Enjoy!





Becoming a Proverbs 31 Woman

How has it been going with the challenge from last time, of putting your husband next in line after God, respecting and loving him well? Keep practicing!! When you read Proverbs 31, do you get tired just reading about her and all that she does? It is overwhelming to think that she can do so much and not grow tired or crabby or short-fused.

She definitely was domesticated but that is not all that she was. Some people read this Proverb and overlook there was more to who she was than a “housewife”. She was a manufacturer, manager, realtor, farmer, seamstress, upholsterer, and a merchant. What are you? Really think about that for a minute. What do you do...are you a nurse caring for your sick child? Are you a chief? A banker? A teacher? A manager?

For many women, it is difficult to go from being out in the work force working at a place of employment to being a stay at home wife/mom. Some may feel like they are losing or giving up a part of themselves. On the other hand, it is a blessing that many women have been waiting for. It is a whole lot easier to focus on the priority of home, and be domesticated if you are able to physically be there to tend to it! The definition of domesticated is “to accustom to home life and be dedicated to it”. So what then does accustom mean? It means “to make familiar with by custom, habit or use.” So really, being domesticated is not necessarily something that comes naturally. It takes intentional practice to become good at it.

I don't know about you, but the term housewife or stay at home mom makes me laugh. As if all I do is sit at home all day! Most days are spent in the van, in the store, at the doctor's office, teaching preschool, at the church, working and I could go on and on. I'm sure that's true for you as well. The Proverbs 31 woman was the same way. She was a strong, hard worker. She shopped for food and provided clothing for her family. She made things to sell to make money so that she could provide for the needs of her family. She was crafty and made things for

Recipe Box - Sauces and Marinades

Some great sauces and marinades to add to your repertoire! Thank you so much to Paula, Ginny, Mary, and Rochelle for submitting some great recipes to add to mine! Several recipes are taken from the “Don't Worry Dinner's in the Freezer” set of books—check them out for more ideas for cooking ahead for your family!

Creamy Lemon Sauce

1/2 c. plain yogurt
4 tsp. grated lemon zest
3 T. lemon juice
1 T. olive oil
1/2 tsp. dry mustard
1 clove garlic, minced or crushed thru a press
1 T. Dijon mustard
1/4 tsp. pepper



This sauce can be used over 1 pound of steamed asparagus or uncut green beans; can also be used in tuna or chicken salad.

Sesame Marinade

1/2 c. reduced-sodium soy sauce
1/4 c. sesame oil
1 T. lemon juice
2 T. rice wine vinegar
1 T. sugar
1 T. hot chili oil
1/2 tsp. ground ginger



Combine ingredients and place in a freezer bag with 1 lb. salmon or 1 lb. chicken breast or chicken thighs. If you marinate fresh meat or fish, marinate no longer than about 1 day. Very flavorful with just the smallest hint of heat.

Barbecue Sauce

1 c. tomato juice
1/2 c. water
1/4 c. ketchup
1/4 c. vinegar
2 T. Worcestershire sauce
2 T. brown sugar
1 T. paprika



1 tsp. dry mustard
1 tsp. salt
1/4 tsp. chili powder
1/8 tsp. cayenne pepper *

Mix and simmer 15 minutes on top of stove. It will thicken a little. Pour sauce on ribs or chicken coating each side of meat. Cook until meat is done, basting halfway through, until sauce sticks to the meat. (I often make several batches at once and freeze them for using next time we make ribs.) *If you want more heat, add more cayenne pepper. This sauce, using the amounts of spices as written, is not very spicy, but very flavorful.

Cheryl's Mustard Dill Sauce

3 T Dijon mustard
2 T sugar
2 T white vinegar
3 T olive oil
1-3 T dill
2-3 T cream



Very good over salmon! - Mary Henry

Turkey Marinade

1 c. warm water
1/4 c. salt
1 c. Real Lemon juice
1/4 small bottle Tabasco sauce
2/3 T garlic juice

Use this recipe for a 12-16 pound turkey. Combine ingredients and mix well. Using a large syringe inject solution into the bird. Use all the solution, putting it into the bird at various locations. Cook as desired.

*** I had never injected a turkey before, so I asked Mary for further clarification. She said you can buy an injector at any kitchen supply store, just inject marinade all over the turkey.*
-Mary Henry



Pizza Sauce

Cook 2 c. onions in 1/3 c. oil until tender. (Measure 2 c. onions in measuring cup, then use blender/chopper to cut up onion.)

Cook:

3 quarts tomato juice
1 c. vinegar
1 beef bouillon cube
4 T. Dried basil
1 12 oz tomato paste
2 bay leaves (remove before canning)
2 T salt
1 T oregano



Add onion mixture and cook for 1 hour (maybe longer, depending on desired consistency)

Can in hot jars with hot lids.
-Ginny Jech

Curry Grilled Chicken

1/2 c. sugar
1/2 c. vinegar
1/3 c. ketchup
1 T. Worcestershire sauce
1/2 tsp. ground mustard
1/2 tsp. paprika
1/2 tsp. curry powder
1/2 tsp. garlic salt
1/2 tsp. salt
1/8 tsp. pepper
4 boneless skinless chicken breast halves (4 ounces each)



In a blender, combine the first 10 ingredients; cover and process until blended. Pour into a large resealable plastic bag or shallow glass container; add the chicken. Seal or cover and refrigerate for 1-2 hours. Drain and discard marinade. Grill the chicken, covered, over medium heat for 6 minutes on each side or until juices run clear. - Rochelle Inches

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Recipe Box - Sauces and Marinades

Buttermilk Herb Chicken

Breasts

1 c. buttermilk
 1 T. Dijon mustard
 1 T. honey
 1 T. fresh rosemary, finely chopped
 1/2 t. dried thyme
 1/2 t. dried sage
 1/2 t. dried marjoram
 1/2 t. pepper
 1 t. salt
 8 boneless split chicken breasts



Cooking day instructions: Mix together buttermilk with mustard, honey and seasonings. To use the same day, proceed to serving day instructions. To use another day, place marinade and chicken in a freezer bag, get as much air out as possible and freeze flat in freezer up to 10 months.

Serving day instructions: Thaw chicken, discarding marinade. Grill over medium heat until chicken is tender and juices run clear. ***Hint:** for a kid-friendly version, after grilling, cut chicken breasts into strips. Serve with a ranch-dressing dipping sauce. 8 servings.
 –Paula Ellefson

Chicken in Raspberry Sauce

1/2 c. raspberry preserves (fruit-only type)
 1/2 c. frozen pineapple juice concentrate, thawed
 1/2 c. soy sauce
 2 T. rice wine vinegar
 1/2 t. chili powder
 1/2 t. curry powder
 1/2 t. garlic powder
 1/4 c. fresh raspberries, mashed
 6 boneless, skinless chicken breasts
 Serving day: 1/4 c. fresh raspberries



Cooking day instructions: Combine preserves, juice con-

centrate, soy sauce, vinegar, chili powder, curry powder, garlic powder, and mashed raspberries. Place raspberry mixture together with the chicken breasts in freezer bag and seal bag securely. Freeze. (Or if using same day, follow to serving day.)

Serving day instructions: Thaw chicken mixture completely and place sauce and chicken in large baking dish. Bake covered at 350° for 30-40 minutes. Remove from oven, transfer chicken to serving platter, and top with pan juices. Garnish with fresh raspberries. ***Hint:** Substitute frozen raspberries if fresh are not available. 6 servings. –Paula Ellefson

Hawaiian Chicken

6 lbs. boneless, skinless breast halves
 2-16 oz cans pineapple slices, drained
 2-15 oz cans mandarin oranges, drained
 1/4 c. cornstarch
 1/2 c. brown sugar
 1/4 c. soy sauce
 1/4 c. lemon juice
 1 t. salt
 1 t. ground ginger
 1/2 t. ground red pepper



Serving day: steamed rice, toasted almonds, green pepper chunks (optional)

Cooking day instructions:

Place chicken in freezer bag. Mix together fruit, cornstarch, sugar, soy sauce, lemon juice, salt, ginger and ground red pepper (cayenne). Pour over the chicken in bag. Freeze.

Serving day instructions: Thaw chicken mixture. Place in Crock-Pot, cover, and cook on low for 4-5 hours or on high for 2-3 hours. Add green pepper to

crook-pot one hour before serving, if desired. To serve, spoon over steamed rice and top with toasted almonds. 8-10 servings.
 –Paula Ellefson

Adobo

1—1½ lbs. meat or fish
 4 garlic cloves, minced or pressed
 1 medium onion, cut into narrow rings
 In a 2 c. liquid measuring cup pour in 2/3 c. soy sauce, add water to halfway between 3/4 and 1 c. line, add white vinegar to 1-1/4 c. line. Add freshly ground pepper to cup to taste.

In a pan, put a little oil and saute garlic and 1/2 of onion until it starts to soften. Add meat and saute until meat is 2/3 cooked through. Add 1/2 of adobo sauce. Cook on medium low until meat is done. Pour contents of pan onto a serving platter or bowl and cover to keep warm. Add a little oil to the pan and the rest of the onion and adobo sauce. Cook until the onion is soft. Pour sauce and onion rings over meat on platter. Serve with rice and steamed vegetables. ***You can use chicken, pork or fish for this recipe. If you use chicken, cut it into bite size chunks, as for stir fry. If you use pork you can either chunk up pork loin or use the thin cut boneless pork chops. You can use part chicken and part pork and mix them together as well. Use jumbo shrimp, tilapia or bangus for fish (available at Asian stores.)*

Hope that the family favorites represented here will become favorites of yours as well. Next month, we'll be cooking up veggies—e-mail Kristi with your favorite recipes! Thanks!
arkjalmasco@yahoo.com ☞

her family's benefit or enjoyment. She made quilts and clothing and used the resources she had to better her family's lives. It says that she watched for bargains, which shows she was careful with the family finances. She was satisfied with and used what she already had. How are you doing in this area? Are you careful with finances? Are you satisfied or always looking for something better?

She was not a lazy woman which I think is so important. Laziness leads to destruction of your home. I not only mean destruction of your house but also everything in it, including your family and yourself. She watched over all that went on in her household so she did not have to bear the consequences that come from laziness. There are days that I would rather sit and read a good book or crochet or do nothing at all the whole day but I know, if dinner is not ready by 5:00 I will have to listen to my kids telling me over and over that they are STARVING and in turn, I will be stressed out and crabby. Does anyone else hate the "What do you want for dinner?" "I don't know, what do you want for dinner?" discussion? AUGH!!! That is a consequence for not having dinner planned and ready.

The Proverbs 31 woman was a woman of integrity. There was a completeness about her that shone honesty and sincerity. She sincerely desired to care for the needs of her family and I believe that while doing that, her personal needs were also met. I do not think that God would put it in His Word as something to strive for if we did not benefit from it in some way. Scripture tells us to love one another. One way to do that is to serve your family not based on "feeling" like it, but choosing to do it regardless!

I challenge you this month, write down all of the skills you use, to put into perspective all that you do. I also challenge you to accustom yourself to domestication! See you next time, when we will take a closer look at how she was a wise woman and lent a helping hand to the poor and needy! ☞
 - Special thanks to Paula Ellefson for writing our Proverbs 31 Woman article!

Trust... an excerpt from “Strong Women Soft Hearts” by Paula Rinehart

For any of us who are struggling with the storms of daily life and concerned about what will happen next, here is an excerpt from the chapter on Trust: The Art of Falling Backward.

“There is a great story regarding trust from Mother Teresa’s life. It seems that a young man sorely needed direction in his life, so he traveled to Calcutta to spend three months at Mother Teresa’s mission. On the first morning he met with her, she asked what she could pray for him. “Pray that I would have clarity,” he said. Mother Teresa replied firmly, “No, I will not do that. Clarity is the last thing you are clinging to and must let go of.” When the young man commented that she always seemed to have the clarity he longed for, she laughed. “I have never had clarity; what I have always had is trust. So I will pray that you trust God.”

The path will always appear no clearer than on little step at a time. Often, prayer precedes trust, and not the other way around. If we (think) of the analogy of trust as the experience of falling backward and discovering you are somehow mysteriously held, then the question

you might legitimately ask is, What exactly am I falling backward into? It’s not thin air or the arms of other people or the cushions of your own self-effort, but the goodness of God. *Trust is allowing yourself to fall backward into the goodness of God.* To pray is to find the strength to take the chance.

Oswald Chambers noted that doubting whether God is really good and has our best interests at heart is the deepest vulnerability of our soul. Is God really good—in the face of all there is to lose in this life, all the longings that won’t be realized until heaven? I mean, really? That was the challenge Satan snared Eve with—and her bite into the forbidden fruit was her vote to the negative.

We drop anchor in the goodness of God. The psalmist said that we should give God thanks and praise his name for one main reason: The Lord is good. David ended his most familiar psalm with the same focus. “Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.” The literal translation is even better: Surely goodness and mercy will *pursue* me all

the days of my life. The imagery in this verse is that of a highway patrolman who tracks you down with lights flashing and siren wailing—not to give you a ticket but to give you a taste of his goodness and mercy. Writes John Piper, “When things are going ‘bad’ that does not mean God has stopped doing good. It means he is shifting things around to get them in place for more good... He works all things together for good for those who love him.”

Your trust and willingness to take your sticky fingers off the steering wheel of your life rest on the risk that, in fact, the goodness of God will catch you when you let go. When you don’t know—and why the risk feels electrically charged—is how and when and in what manner you will experience his mercy. You are simply and mightily assured that you will.

And that is how you can be on the edge of your chair—and yet strangely, at peace.” ☪

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Trust

“The thing is to rely on God. The time will come when you will regard all this misery as a small price to pay for having been brought to that dependence. Meanwhile, the trouble is that relying on God has to begin all over again every day as if nothing has yet been done.”

C.S. Lewis

It feels like that sometimes, doesn’t it? We feel we’ve “arrived” at the art of trusting God. We say that we trust him with this need, we pray for the need of a friend, we believe that we will be guided in a decision, but have butterflies in our stomach when the deciding moment comes... And so, we learn that each day we must give it to Him anew, we gain perspective from that day and apply it to the next when we offer it up again—keep on trusting!

Telling Your Story to Your Kids

How are you enjoying thinking about your growing up years? A lot of who you are today was formed then! Have you had a few moments of sweet remembering? I really hope so! But more than that, I hope it helps us be intentional in the memories we are creating for our kids now. The things they will tell their kids, either by journal, or in the everyday moments of life when your grandchildren are asking them what it was like to grow up with you. It’s a little beyond the scope of the imagination sometimes, isn’t it?

My husband grew up in the Philippines during a time when great

changes were taking place in his country. His experience of growing up, is startling different in some ways from mine. Add to that that he was the 5th of 10 children, and then you realize that even youngest siblings had a different growing up experience with the same parents and it starts to get really interesting. When he shares things with our kids about his childhood, sometimes he highlights the differences, but often times he talks about things that were the same, just a different set of details. He had to help with laundry, but they washed clothes by hand and dried them on the roof

of their home, for example. He had pets, but one of his was Benjalin, the monkey that lived in the tree outside their house. I love the richness this brings to my kids’ experience. What things add that to your kids’ lives? Here’s this month’s questions:

In elementary school, what were your favorite things to do? • Who was your favorite grade school teacher; how did he/she impact you? • What was your favorite subject in elementary school? • Did any of your gradeschool friends become life-long friends? • What is your favorite gradeschool memory? ☪



“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Psalm 73:26

In Pursuit of Authenticity

How are you doing on practicing conversation with friends that goes beyond “surface”



conversation? We hope it has been fulfilling and awesome. The connection God brings to friendship is so amazing, its kind of like an onion—you keep on peeling back the layers of discovery, intimacy and all the ways God blesses us—the REAL us.

Let’s think about that for just a moment this month. Have you ever thought through all the ways God created you special and unique, the things He gave you to be a blessing to others as they learned more about who you truly are? Some-

times the authentic life means we need to have patience with ourselves and each other to peel back the layers we set on the outside that don’t really reflect the truth about who we are. Those brown, dry, dull outside layers that flake off and are only replaced by an inner layer drying up. Did you know that when you start to close yourself off to open-ness with God and in your relationships that this phenomenon occurs in your heart and life? An onion, if you peel off the brown outer skin when you get it, and then store it (and maybe even forget about it) will develop a “new” brown, papery skin. Why? Because the fleshy, juicy, layer that was under the other brown layer dried up to become like it—a barrier to cross before you can get to the heart of the onion. Do you have such a barrier that keeps on re-forming?

I have known many people in my life who have this cycle go on continuously, and they are usually all searching for and desiring true friendship and deep relationship with the Lord, but just when they start revealing the “real” person, they let that layer dry out and become a barrier again. Sometimes hurt causes that process to begin, sometimes though, it is inattention.

We have spoken quite a bit about the diligence that is required to live life in an authentic manner, and pulling off those barriers, as they form, is one way to be diligent. It keeps us fresh, it keeps us able to receive love and blessing from the Holy Spirit, it keeps our hearts ready to drink in His teaching, to soak it up and share it when He gives us the opportunity.

The working out of this work of keeping our hearts open and ready to

receive requires some help though. Have you ever noticed a time when you felt you had a harder time hearing from the Lord, or you felt a distance or barrier in your relationship with your spouse, children or friends? That is a barrier that needs to come down. It might be just adjusting our attitude, but it might be that we need to pursue healing for a hurt, or a new insight to keep us hopeful and faith-full. Surrounding ourselves with friends who call us to this kind of regular renewal of heart is a renewable blessing! We become ready to enter into meaningful conversations at any time, we can enter into meaningful prayer, we can confess a need without fear of reproach or judgment—the list is longer than we can record here. But, God uses the open heart!!!

Let’s be diligent to keep our hearts barrier-free and embracing who God made us to be! ☪

Rochester Assembly of God MOPS

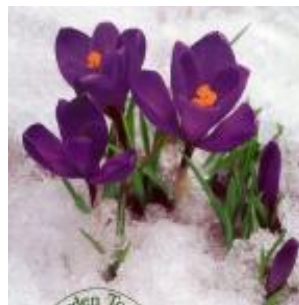
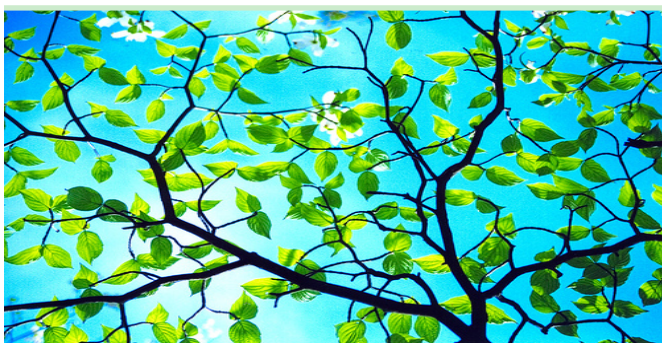


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Is it spring yet?



“Where two or three come together ... there I am with them.” Matthew 18:20

Community Resources

Laugh for Life is coming to Rochester on Friday, April 9th! This evening of fun and laughter supports New Life Family Services. The event this year will feature comedian Bob Stromberg (perhaps best known for his role in “Triple Espresso (A Highly Caffeinated Comedy), with the opening entertainment provided by Kristen Spielman. A free will offering will be taken for New Life Family Services. Dinner starts at 5:45 and the performance is from 7-9 pm.

Tickets are required, but free, and are available at Christian Book & Gift or contact New Life Family Services at 282-3377. Check out their website for more info: rochester@nfls.org.

Pipsqueaks Indoor Playground! Pipsqueaks offers young children a safe, clean play space during the long winter months. \$2/day/child, it is located in the gym of the United Way, 903 W Center Street. Open 9:30—2 pm, thru April. 328-2525.