

FELLOWSHIP

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LET YOUR LIGHT SHINE

BY MAJOR TONI HALSTAD

Refreshments and Pumpkin Recipe Exchange

Invite the women to prepare a recipe containing pumpkin. There are many on the Internet ranging from soups to desserts. Serve these dishes during the refreshment time. If the women's ministries group is large, ask a number of the good cooks to prepare the food. Make copies of the recipes for the women to take home.

Games

Pumpkin Tear

Ask the women to stand in a line with their hands behind their backs. Give each an orange piece of construction paper. They are to tear out a pumpkin shape. Have everyone reveal their pumpkin and vote on the best one.

Stuffed Pumpkin

Divide the women into teams. Each team picks a person to be the pumpkin. Purchase orange leaf bags, which are usually sold during the fall. The "pumpkin" puts on the bag, slipping their legs through holes that have been cut in the bottom, and holds out the top of the bag. The object is for the team members to stuff their pumpkin with paper balls. An alternate idea would be to have the women toss paper balls into the bag. Give prizes to the first team who stuffs their pumpkin or to the team that has the fullest pumpkin.

CRAFT

Pumpkin Luminaries

Items Needed

Mason jars (quart size is preferable)
Orange, yellow, white, purple and green acrylic paint (Neon works best)
Black paint for the lids and faces
Foam paintbrushes
Spray glaze

Instructions

1. Paint each jar with one coat of orange or yellow paint and allow it to dry.
2. Draw a face or design on the jar with a sharpie pen. Paint over the design with black acrylic paint.
3. Paint the jar rim black and let it dry. Once it's dry place on the jar. Discard the sealing lid. Just use the rim.
4. Spray glaze on the jars. Two coats are recommended.
5. Place sand or decorative rock in the bottom of the jar; then place a tea light in the middle on the bottom. Use flameless tea lights if you want to use the luminaries indoors.



A Welcoming Light

When I was a little girl, my father used to take me trick-or-treating in our neighborhood. He would tell me that we shouldn't go to the doors of homes where there was no light on because that meant the people in that house were either not at home or were not giving out candy. But whenever I saw a light, it meant I was welcome to come, knock on the door and get my treat. In the case of trick-or-treating, having a light on was a welcoming sight.

Some years later, I heard a commercial by a hotel chain whose motto was "We'll leave the light on for you." This meant that you were welcome there and the light was an invitation to come.

As Christians the same principle applies. Everything we do and say, our thoughts, actions and motives, should reflect the light of Christ in us. When they do, we will draw others to His Kingdom. We read in Matthew 13:43, "Then the righteous will shine like the sun in the kingdom of their father."

There is a story about a little homeless girl who was wandering on the main street in a large city. It was a cold day and her coat was thin. Seeing the lights of a church building and hearing the music coming from inside, she was drawn to it. The preacher's text that morning was, "I am the light of the world." At the close of the service, she went to the minister and said, "Did you say you are the light of the world, sir?" The minister replied, "No, dear child. Christ is the light of the world, and I am one of the lights." The little girl looked at him for a moment, and then solemnly said, "Well, sir, I wish you would come down and hang out in our alley, 'cause it's awful dark down there!"

As Christ told us, we are to be "the light of the world." As one of those lights, are you hanging out in a dark alley in order to spread the light of Christ? Do you want to daily shine like the sun reflecting your heavenly Father in heaven? Then consider how you shine. Do your attitudes and actions reflect His glory? Does the light you display welcome others to His kingdom? If not, consider ways that you can make your light shine today.

NOVEMBER 2014

SHINE, LADIES, SHINE!

BY CAPTAIN SHOSHANNAH RUEWITIN

Introduction

Often it is hard for women to shine. They are more comfortable serving in the background or making sure others are praised. During this program take time to encourage the women to step out of their comfort zone and share something about themselves. The program ideas vary according to how shy or how interactive the group can be. Some ideas require planning ahead while others can be done the day of the program with just a few props.

Program Ideas Talent Show

Ask the women to come prepared to participate in a talent show. This could be a funny or serious act. Or prepare group presentations for performance during the meeting—skits, songs, lip-synching acts that will be presented in a grand finale. If you decide to go this route, have available resources such as a skit book, CDs suitable for lip-synching and songbooks.

Celebrity Tour

Have a glamour celebrity night where all of the women dress in their most glamorous clothes. Go out on the town and take group pictures in front of famous landmarks. An alternate idea would be to have the women shop in a thrift store for glamour wear before starting on their adventure.

For added fun have someone act as the paparazzi waiting to take the women's pictures upon their arrival at the destination.

Show and Tell

Invite the women to share what they are proud of—something they have accomplished, an award they have earned, a craft item they have made or a talent of which others in the group probably are not aware. To encourage sharing ask them to complete this sentence: "Something you don't know about me is ..."

Shining Star

Invite the women to bring their robes and slippers so they can be treated to an all-star beauty treatment. Set up booths where they can get a facial, pedicure, massages, manicures or face makeup. Contact a local beauty school to see if some of their students would be willing to practice their skills on the women.

Glamour Shots

Set up a photo booth where the women can dress up with feather boas, tiaras, gloves, fancy hats, and sunglasses. Use a digital camera and print the photographs. Invite the women to paste their photo on a star cutout and decorate it. Once the stars are complete, hang them around the room.

Refreshments Star Bite

Cover the tables with attractive cloths and fresh flowers. Choose snacks that can look fancy. Some examples are meat and vegetable skewers, fruit and cheese trays, a variety of olives, pita chips and hummus, bite size cakes and cookies. For additional glamour, have a cheese fondue for dipping the vegetables or a chocolate fountain for the fresh fruit. So that no one has to wash dishes, serve the food on fancy plastic dishes.



Stars Lead to the Star

Tonight you've all been treated like stars. I'm going to show you how to make a very simple origami star. (Directions for making the star can be found at <http://tiny.cc/origamistar>).

We read in Wikipedia that the five-pointed star is known as “a symbol of fame” or “stardom.” The word star is often used as a synonym for a celebrity, and in show business a five-pointed star may be affixed to a principal performer's dressing room door to indicate they are of preeminent importance. A star is used to denote someone of importance on the Hollywood Walk of Fame. Famous entertainers are honored with pink terrazzo five-pointed stars along Hollywood Boulevard to commemorate their achievements within the entertainment industry.

Did you know that you are all stars in God's eyes? Have you heard the saying, “If God had a wallet, our pictures would be in it?” Let's take some time to think about some of those things that make you special. Is it something you have accomplished? Is it the schooling you finished, or your family that is prominent in some way? Think about five things that make you special and write each item on the “arms” of the star. Some suggestions are: child of God, servant heart, encourager, and good mother. (Hand out the five-pointed paper stars that were prepared ahead of time.) If the women have a hard time coming up with ideas to describe themselves, have the group brainstorm what makes each woman special.) Let's take some time to share what we wrote on our stars? (Collect the stars and hang them around the room.)

Some of us may have had a hard time thinking of five things that make us special. While we may feel this way, God wouldn't have a problem. He made each one of us and we are special in His eyes. When we accept Jesus as our Lord and Savior, we are also given spiritual gifts to be used for His glory. Sometimes we may struggle to love ourselves as God made us, thinking that we have little to offer Him.

The greatest impact we can make on the world is to point others to Jesus, who is the “Light of the World.” We can let others know about the hope that we have in Jesus. We can be shining stars for Him. The New Living Translation of Daniel 12:3 says, “Those who are wise will shine as bright as the sky, and those who lead many to righteousness will shine like the stars forever.” Let's write this verse on the back of our stars so we can remember that we are always stars when we point others to Jesus.



BY CAPTAIN BETH DESPLANCKE

Decorations

Decorate the meeting room using Christmas colors. Since the theme is around light, use a lot of Christmas lights or candles. The room should be aglow with festivity. A fun way to add light is to place glow-sticks in helium balloons. For an easy Christmas centerpiece place candy canes around a large pillar candle and tie a bow around it. To add color you can use colored candy canes.

Refreshments

Serve cookies shaped like a Christmas bulb frosted in various colors. Check the Internet for recipes and decorating ideas.

Games

Merry Christmas Game

Remembering that Jesus is the Light of the World who came for every nation, ask the women to match the phrase “Merry Christmas” to the various languages. This could be played individually or by tables.

Glaedelig Jul	Danish
Vrolijk Kerstfeest	Dutch
Hyvaa Joulua	Finnish
Joyeux Noël	French
Froehliche Weihnachten	German
Mele Kalikimaka	Hawaiian
Buone Feste Natalizie	Italian
Feliz Natal	Portuguese
Feliz Navidad	Spanish
Good Jul	Swedish



Decorate the Christmas Tree Game

Divide the women into groups. Ask each group to select one person be a Christmas tree. Give the groups rolls of green crepe paper, clear tape, small plastic ornaments, tinsel and a variety of glow sticks. Each group is to decorate their Christmas tree by wrapping green crepe paper around the person (like a mummy), adding tinsel, ornaments and glow sticks.

Carol Match

Match the phrase about light to the Christmas carol in which it can be found. All these songs are in *The Salvation Army Song book*. Afterwards, sing some of the carols.

- As with joy they hailed its light, leading onward, beaming bright (#76 As With Gladness, v. 1)
- The stars in the bright sky looked down where He lay (#77 Away in a Manger, v. 1)
- O'er a pathway plain, for there nightly burned in their sight a glorious, guiding star (#80, Glory in the Highest, v. 3)
- Light and life to all He brings, risen with healing in His wings (#82, Hark! The Herald Angels Sing, v. 3)
- Yet in thy dark street shineth, the everlasting Light (#86, O Little Town of Bethlehem, v. 1)
- As we watched at dead of night, lo we saw a wondrous light (#88, See, Amid the Winter's Snow, v. 3)
- Son of God, love's pure light, radiant beams from thy holy face (#89, Silent Night, v. 3)
- And to the earth it gave great light, and so it continued both day and night (#90, The First Noel, v. 2)
- The angel of the Lord came down and glory shone around (#93, While Shepherds Watched Their Flocks by Night, v. 1)

Take Home Favor

Give each woman a votive candleholder with acrylic jewels glued on the outside as a reminder for her to sparkle and glow with Jesus during this season..

Shine the Light of Christmas

One of my favorite things about Christmas is light. There is something about the beauty and the warmth it provides, especially on a cold, dark, winter night. In the evenings, after all my family has gone to bed, I love to sit in front of the Christmas tree and admire the lights. Just as light brightens the dark night, Jesus comes in the dark world and is its light.

Have you noticed that the two big events in the Christmas story involve light? On a dark night, while the shepherds were watching their sheep, their routine was interrupted. A bright light disturbed their peace, as before them stood an angel of the Lord (Luke 2:9). The darkness was gone; the light was overwhelming. The shepherds were startled, rubbing their eyes and squinting from the brightness. Through the light the shepherds heard these words: "Today in the town of David a Savior has been born to you; He is Christ the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger" (Luke 2:11, 12). Just as their eyes began adapting to the light, it got brighter. They saw not just one angel but "... a great company of the heavenly host with the angel, praising God and saying, 'Glory to God in the highest, and on earth peace to men on whom His favor rests'" (Luke 2:13-14).

Later the Wise Men, who came to visit Jesus, were led to where He lay by the light of a star (Matt. 2:2). This star had to be bright enough to be noticed and be followed. The shining star led these men to the feet of Jesus where they worshipped him (Matt. 2:11).

Why the significance of light in the Christmas story? John tells us, "In Him was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it" (John 1:4,5). Just as Christmas lights brighten a dark, wintery night, Christ's light brightens a dark, sin-filled world.

As Christmas lights brighten the season with their beauty, warmth and glow, we as God's children, should be shining the light of Jesus, especially during this Christmas season when so many forget or don't realize who the Light of Christmas is. We read in Matthew 5:16, "In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." May we be like Christmas lights, shining brightly for Jesus during this season.

Close with singing "The Light Has Come," *The Salvation Army Hallelujah Choruses* #10. A soloist or an ensemble could sing this song.

GOD'S TEMPLE—BORN TO SHINE

BY LT. CAROLINE ROWE

Introduction

We read in 1 Corinthians 6:19, 20, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” As people of God, we must take care of our bodies and give our families healthy eating options so we can function in the way that He intended. In addition to eating right, exercise plays an important part in a healthy life style. This program addresses both of these health concerns.

Juicing Preparation

Check with the women in your group to see if any have a juicer that could be used in this program. Purchase the vegetables and fruit that you plan to juice (see recipes opposite page). There are many recipes on the Internet. The women may be able to provide some of the items from their gardens. Wash and cut the vegetables and fruit so they are ready to juice. Have pitchers of ice on hand so that after the juice is prepared it can be poured over ice. Provide small cups so that the women can sample the various juices.

Health Benefits

Discuss the health benefits of the juices. Dartmouth College recently conducted a study and found that the average person requires seven servings of vegetables and fruit a day to be healthy; most Americans struggle to eat five helpings. Dartmouth reported that they feel that the physical and mental health of Americans is diminishing, largely due to the lack of fresh fruit and vegetables in their diet. Eight ounces of juice may be equal to four or five serving, making it an easy way to get the number of servings desired. However, while juicing is nutritious, you must be careful not to overdo it as too much can cause stomach distress. Critics of juicing argue it's better to eat whole fruits and vegetables, which also contain fiber, another daily requirement that most Americans don't meet. Diabetics should juice with caution, as vegetables are absorbed more quickly in juice and more rapidly affect your blood sugar.

Recipes

Clear Up Cheer Up (Healthy Skin)

2 large carrots (tops and tails removed)

1 cup of spinach (or kale)

½ apple (cored)

1 celery stalk

1 cup of broccoli florets

Digest Ease (Constipation and digestion)

1/2 cucumber 1 green apple 1 stalk fennel with leaves 2 sprigs of mint 1/4 to 1/2 inch piece of ginger

Smooth Green Juice (Digestion and source of calcium)

1 green apple 1 cucumber 5 large leaves of red leaf lettuce 1/2 lemon, peeled 1/2" ginger (optional)

Red Beet Cooler Juice (Fights infections, cleanses liver, energy)

1 small or medium beet 4 carrots 2 oranges, peeled 8 to 10 mint leaves

Arm Chair Exercise

Everyone can benefit from low impact exercises that can be done while seated. They can help provide lubricant for the joints, increase circulation, keep ankle joints flexible, stabilize the spine and strengthen muscles. Look on the Internet for directions on how to do these exercises. One helpful site is: <http://tiny.cc/chairexercises>. YouTube® also has videos featuring armchair exercises. Invite the women to try some of these or ask a couple of the women to demonstrate them for the group.

Artificial Sweeteners

There are pros and cons on the use of artificial sweeteners. While they cut down on the calories when compared to sugar, they have been thought to have side effects. One of the newer sweeteners on the US market is Stevia. Ask one of the women to research the subject of sweeteners and share her findings with the group. Check the website <http://tiny.cc/nrt7fx>, which contains a video of television's Dr. Oz addressing the subject of artificial sweeteners including Stevia. Conduct a blind taste test of products using a variety of artificial sweeteners to see if the women can taste the difference and ask them to share which is their favorite.



Your Body Is God's Temple

In the Old Testament, we find many chapters that reference how the Jewish people were to maintain the temple of the Lord.

In the New Testament we read in Matthew 21 that Jesus became angry with the people who were selling and bartering in the temple and turning it into a place of thieves and swindlers. When he saw what was happening, He was disgusted and became angry, turning over tables and telling them to leave. This lets us see how much importance God puts on "His temple," and how strongly He feels that it should be cared for.

The Bible tells us: "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" (1 Cor. 3:16). God considers us to be His temple and we should take care of our body. He has created our bodies to function and work so we can carry out His plan for our lives.

How have you been taking care of God's temple? If you are struggling to maintain your bodies as worship unto the Lord, ask Him to help you take better care of yourself. He is faithful and can help us make better choices in all things including exercise and diet.

FEBRUARY 2015

RADIANT LOVE

BY CAPTAIN ROBIN BOTTJEN

Decorations

Use a variety of birthstone colored tablecloths or chose different shades of violet, which is the color of the birthstone for February. Decorate the centerpieces with inexpensive crowns and jewel confetti on a piece of gold tulle.

Refreshments

Serve cookies shaped as jewels (diamond, round, square) topped with various colored frosting.



GAMES—CRAFTS

Games Beads

At the beginning of the program give each woman a colored bead on a string. If they say the word “birth” or “love” during the program, they have to give the person who catches them one of their beads. The one who has the most beads at the program’s end wins and gets a prize.

Precious Jewels

Go around the room and ask each woman to say their name and a jewel that begins with the letter of their first name. For example: “My name is Robin and I love rubies.”

Months Birthstone

Match the birthstone to the month.

- January—Garnet
- February—Amethyst
- March—Aquamarine
- April—Diamond
- May—Emerald
- June—Pearl
- July—Ruby
- August—Peridot
- September—Sapphire
- October—Opal
- November—Citrine
- December—Tanzanite

Prizes

Give Ring Pop® candies for prizes.

Website for Ideas on Jewels

- <http://about-birthstones.com/>
- <http://tiny.cc/birthstones>

Craft

- Heart Shaped Necklace Pendant
Supplies Needed For Each Necklace
- 20 gauge silver or gold wire
 - 6 small beads
 - 5 large beads,
 - 1 large birthstone colored bead
 - 1 pair basic wire jewelry pliers

Instructions

1. Using the pliers, cut a 9 inch length of wire and bend in the middle.
2. String the small and larger beads, alternating between each on one side of wire.
3. String the large birthstone colored bead on the other side.
4. Using the pliers, bend the wire toward the inside until you have approximately a 3–4 circle pattern. Do the same with the other side, bending inward.
5. Adjust the heart shape into the width you desire and hang on a chain.

Jewels In a Crown

Read Zechariah 9:16, "The Lord their God will save them on that day as the flock of His people. They will sparkle in His land like jewels in a crown."

Most women love jewelry. Little girls dream of being a princess and play dress up with a beautiful gown and of course, a sparkling crown and lots of jewelry. As Valentine's Day is a time to share love, jewelry is always a great way to express that love. The saying "diamonds are a girl's best friend" may ring true with many women.

Each month of the year has a precious jewel that represents it. February's jewel is the amethyst stone with its various shades of violet. The origin of the birthstone goes back thousands of years to the time of Moses. It was at God's command that the Breastplate of the High Priest was made with the twelve stones, representing the twelve tribes of Israel, and a corresponding gemstone was attributed to each color. As time passed, people wanted to own all twelve stones of the sacred Breastplate and began wearing one gemstone set into a piece of jewelry each month and changing it as the months changed. Eventually, in a quest for individuality, people began wearing only his or her stone of birth all year, giving birth to the twelve birthstones.



Jewels are precious things. The Hebrew word for jewel means treasure. A treasure is made up of costly things: for example; gold, diamonds and rubies. To God, we are His jewels, His own special treasure. When we accept His love through the blood of His Son Jesus Christ, we receive precious jewels in the form of God's forgiveness of our sin and His presence in our lives. When we accept God's love through His Son we "sparkle" as diamonds to those around us. We read in Philippians 2:14-16 "Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a crooked deprived generation, in which you shine like stars in the universe as you hold firmly to the word of life." With Jesus as our King we can shine like stars in the sky so that others can see we belong to Him

Close by singing song #852, "When He Cometh," The Salvation Army Song Book.



MARCH 2015

WE'LL LEAVE THE LIGHT ON

BY LT. COLONEL CAROLYN PEACOCK

Introduction

Light plays an important part in our lives, because without light there is no life. Without light there is darkness, and without light there is no hope.

Decorating Ideas

Place lamps on tables and switch off the overhead lights. Give each person present a small candlestick or votive candleholder.

Program Ideas

Candles have been a part of our lives for thousands of years. They bring warmth and light to a room and add charm to the décor. Take the group to a candle making shop or invite someone to demonstrate candle making.

Craft Ideas

Have the women try their hand at making candles. There are a number of different types including sand, beeswax or clear gel candles. Kits and supplies can be obtained online or at the local craft store.

Other Candle Projects

Appliqué candles—Lace, artificial or dried flowers, sand, jewels, bric-a-brac, beads and spices are just a few of the items that can be glued on plain readymade candles.

Photo candles—Invite each woman to bring a photo that is already reproduced on regular printing stock or that can be copied on the corps copy machine. Invite the women to glue the photo to the candle and add decorations around the photo. Melting wax over the photo will seal it to the candle.

Container candles—Invite the women to bring a small unique container from home—jars, ceramic or plastic pots, small fish bowls. Provide items for decorating the container and small candles to put inside.

Games

“Red Light, Green Light” is a game the more active women might play. Have a woman stand at the front of the room with her back to the rest of the group. When the leader says “green light” they move forward as fast as they can before she says “red light.” If the leader catches the woman moving, she is out. The first woman to reach her is the winner.

We'll Leave The Light On

Do you remember hearing this line spoken by Tom Bodett? “We’ll leave the light on for you.” He was the first and only spokesperson for Motel 6. Those lines were never in the original script, but given as a toss out ad lib statement in his first recording of the commercial.

In 1986 Motel 6 had only 200 motels in their chain of clean and affordable rooms. Today they have over 800 motels, and Tom Bodett is still using the now famous motto, “We’ll leave the light on for you.” It is the trademark promise of one of the most long-lasting and successful advertising campaigns in history. Tom chose the motto because he said, “It’s friendly and inviting.”

My parents always left a light on when one of their children went out for the night. But not only did they leave the light on, one of them was up waiting for that child to return home. It was nice to come home to a safe, warm and welcoming environment. Once we were home mom or dad spent some time with us, drinking tea, having a snack and listening to our tale of the night’s adventure. What a joy it was to be alone with our parent and spend quiet time with them.

God leaves the lights on for us. Unlike Tom Bodett, God didn’t just say it to sound nice. He meant it. We read in Exodus 27: 21, “In the Tent of Meeting, outside the curtain that is in front of the Testimony, Aaron and his sons are to keep the lamps burning before the Lord from evening till morning.” If you like Tom Bodett’s phrase, then how much better does the phrase sound in God’s Word. God has left the lights on. He doesn’t sleep or slumber. The lights are always on and He is waiting for His child to come home, always ready and eager for us to be with Him.

We read in John 8: 12, “When Jesus spoke again to the people, He said, “I am the light of the world. Whosoever follows Me will never walk in darkness, but will have the light of life.” What a joy it is to know the light is on for us and in us at all times. We never have to come home to a cold and dark house, but we can know our Savior is waiting up for us with the light on.

U R INVITED 2 OUR SQUASH BOOK PARTY

BY MAJOR RONDA GILGER

What is a Squash Book?

A Squash Book is a three dimensional scrapbook which opens up in such a manner that it resembles a squash. The idea is not new. Many Squash Books were hand-made during WWII by sweethearts who placed photos, love notes and mementos from their soldiers into the pockets of the Squash Book. I'll never forget discovering my Grandma's Squash Book, filled with memories of "Charlie," my grandfather, who died long before I'd been born. The stories that she told me, as she ran her fingers over each note, Bible verse, postcard, stamp, button or photo tucked inside the pockets were priceless. They revealed her love for him and introduced me to a man I'd never known.

Squash Book Party

A Squash Book Party has great potential for bringing generations together, for celebrating family, loves, and friendship. You will find that it has great cross-over value for many programs. Children love it, as do seniors and young adults.

Setting the Scene

1 Ahead of time make a sample of the Squash Book and show it off. The sample will sell the program.

2. Print a copy of the document Squash Book DIY Tutorial, which is on the DVD, for each woman.

3. Place supplies on the table. The cost for these supplies is minimal, and you may already have most on hand. Following the DIY Tutorial Instructions, with step-by-step photos, creation of these books should take 45 minutes to an hour. Be sure to generate positive conversation around the table, noting how each one looks so wonderful.

4. If this project is not done as a group activity, the Squash Book can be made ahead and shared as a demonstration. Focus on memories and traditions shared which connect us generationally. Request that each woman bring a trinket or treasure that she would put in a pocket to be found by the next generation. Invite the women to share the significance of these items (loves, lessons learned, inspiration).

Refreshments

Serve tastes from a generation gone by—Grandma's banana zucchini or pumpkin bread. If sharing a meal, fix crock-pot vegetable soup and muffins.

Glory Stories

Luke 24: 1, 2 is a "pause" in Scripture where all of the Old and New Testament comes into focus, and we are left breathless. It is absolutely, without a doubt true, we whisper. From the very beginning, God knew just how far we would fall and He set His rescue plan into motion. The prophets foretold it, history marks the date of Christ's coming, of His ministry and death; and in what seems too horrific to imagine, the obedient, innocent Son, is put to death. "Father, into your hands I commit my spirit!" He cries (Luke 23:46). And the sky goes black, and the thunder roars ... the curtain of the Temple is torn in two. It's over.

These women saw the whole gruesome scene play out. There is no record of their hiding themselves away as did most of the disciples. Joseph of Arimathea is granted permission to take Jesus' body, placing it in his tomb. Scripture tells us that the women went with Him. They were eye-witnesses, seeing firsthand the One they love now laid to rest.

Early in the morning, after the Sabbath is over, they come to the tomb. With tear stained faces they go to wrap Him and gently prepare His broken body with spices, as was their custom. These are women who had seen Jesus in His day-to-day ministry as He'd loved, taught, and healed. They knew how the Son of Man had reached out to the poor, to the untouchable, the unclean and treated women in a way that went against all cultural norms.

"Is the Father like the Son? Could it be so?" they might wonder. The risen Christ shows Himself first to women; a gender, whose testimony would not stand up in court and whose voices were rarely heard. Even the disciples thought their words to be nonsense (Luke 24: 11). Yet to the marginalized, He comes.

"And the stone was rolled away" (Luke 24: 2). All of history converges on this moment where yesterday and tomorrow meet. "They remembered His words (Luke 24: 8). In an instant it all comes flooding back; Christ's teachings, His love, the prophecies and God's promise that forgiveness is now given to all people in all generations as they reach out to Him in faith, believing. It's true, God is with us! Immanuel.

The finest news in all creation is that there is hope, and that it is ours to live and to share as a personal glory story. If someone were to look through the pockets of your life, what stories might they find? Would they find Jesus? I challenge you, as loved women of God, to tell His story over and over; carrying on the legacy of the women who walked through darkest pain and sorrow, only to see Him face to face.

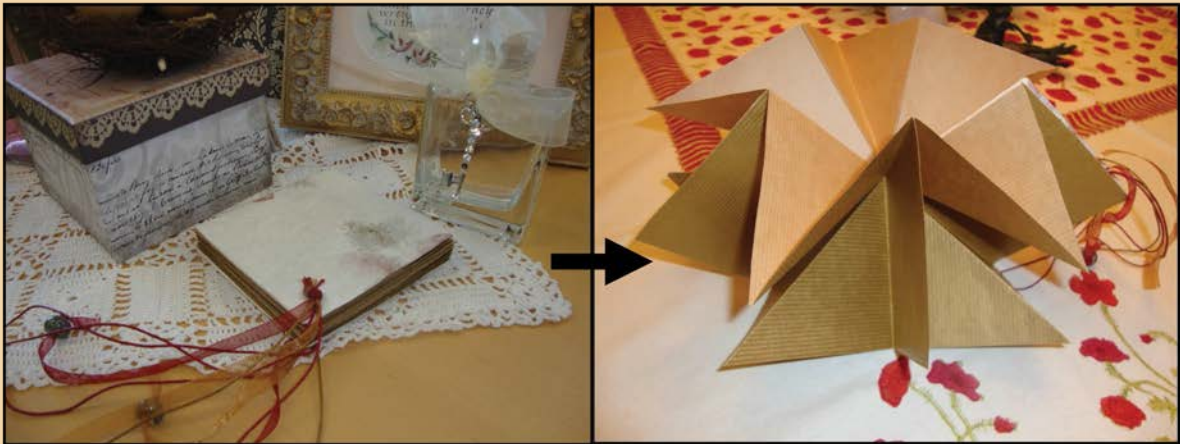
APRIL 2015

YOUR OWN SQUASH BOOK

* AN ORIGINAL DESIGN BY MAJOR RONDA GILGER

What is a Squash Book?

A squash book is a three dimensional “scrapbook of sorts” which opens up in such a manner that it resembles a “squash.” The idea is not new and many squash books were hand-made during WWI by wives and girlfriends who placed photos, love notes and mementos from their sweeties overseas inside. Over the years my squash books have become journals, mini-photo albums, memento and love note hide-a-ways. I have taught this class to young people—creating the most amazing Mother’s Day Card ever; to women, seniors and it is always a winner of a program. I just love to watch the eyes of those opening the squash book for the very first time. Wonder and surprise and a sense of achievement. “I did it! You can too!”



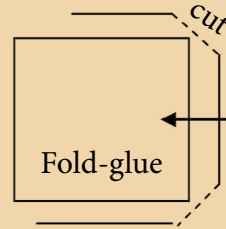
- Materials:
 Tacky Glue and Scissors
 Misc ribbon/ beads (3) 2
 Pcs: 4x4” cardboard
 2 pcs: 5x5” cover-papers
 5 pcs 8x8’ paper to coordinate.

Center your 4” square pcs.
 of cardboard
 onto the wrong side
 of your cover paper.
 Glue lightly in place.





Cut corners off, leaving 1/8 of an inch as shown and fold-edges forward to create the squash book's cover. Nice!



Fold 8 x 8" papers in half—right side together.

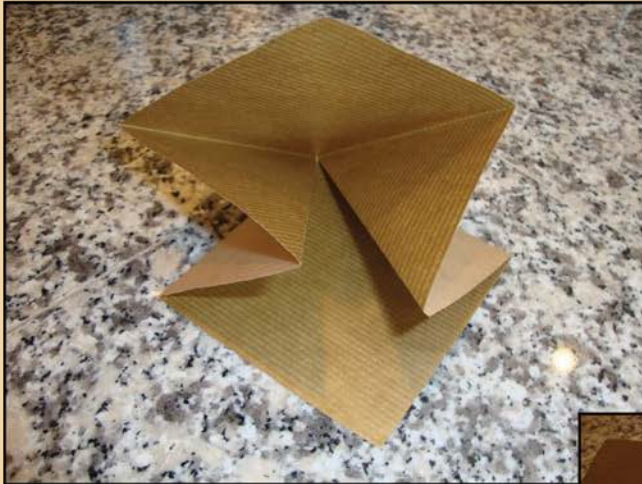


Open and fold to create another crease as shown.

Turn your paper over—wrong side up. Create a diagonal fold as shown. Now, to assemble the book.

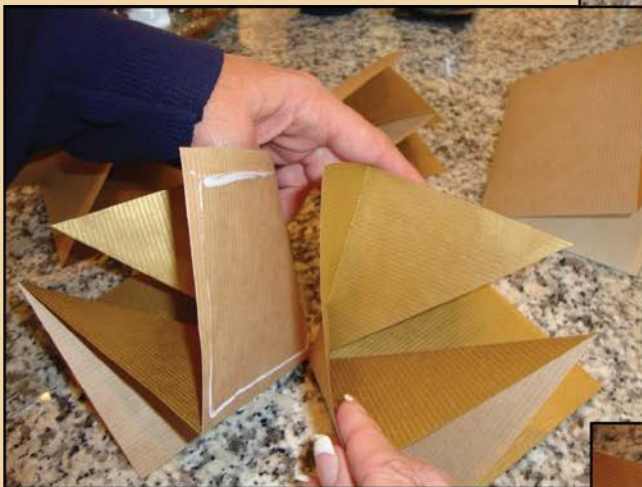


APRIL 2015



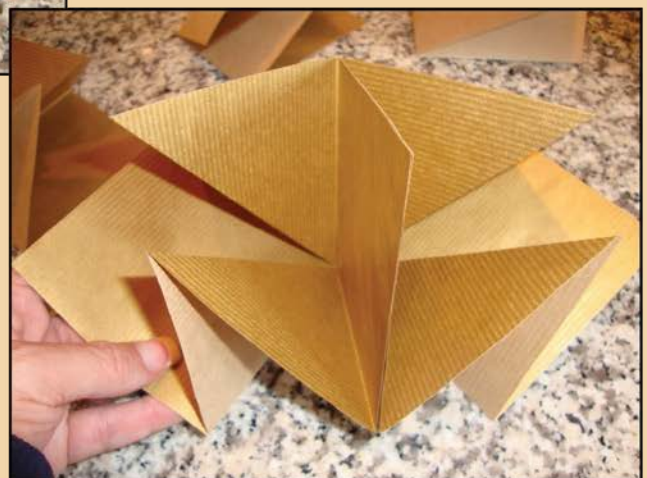
Turn your paper right side up and take the end of your finger and press down on the center where all folds intersect...it "jumps" a little and you fold your "squash flower" into the shape seen here.

Repeat on all 5 pcs. of paper.



Glue "squash flowers" end to end to create a "Chinese Lantern" effect where the squash opens up like an accordion.

Tip: Make sure to line them up so that they all OPEN UP the same way- with all center folds together!





Glue your covers to each side!
The inside of the first squash blossom will hide all your folds!
Hooray!

Create 2 “ribbon ties” by cutting 3-5 ribbons at 10” length and knotting on one side. Add a few beads securing with a knot, or use scrapbooking techniques to decorate your cover. Glue ribbon fob to the corner of your squash book that is opposite the “binding” fold. Repeat on other side.



Glue “squash flowers” end to end to create a “Chinese Lantern” effect where the squash opens up like an accordion.

Open each page and add your photos, mementos, poetry, favorite scriptures. Have Fun!

Teach someone else! Have a Squash Book party! Extend it into a group—that makes one a month-finishing and embellishing the inside.



MIRROR, MIRROR ON THE WALL

BY MAJOR CINDY DICKINSON

Decorations

Place a variety of mirrors around the room: hand held, vanity, framed wall mirrors. Using window chalk or erasable markers write words on the mirrors relating to attributes that reflect the beauty of God: loving, generous, joyful, patient, kind, faithful, gentle, trustworthy, honest, caring, prayerful and self-controlled. Around the mirrors place things associated with beauty—flowers, make up, nail polish, pretty shoes, scarves, fabric. On each table, place a vanity mirror with the words of 1 Peter 3:3-4 on them. Around the mirrors put the essentials for a nail spa, which will be used during the later activity.

Refreshments

Serve fruit kabobs for the healthy side of beauty. Also have fun treats of brightly decorated cookies. Make marshmallow nail polish bottle treats. Dip marshmallows in bright colored frosting/icing to form the bottle of nail polish. Unwrap a mini tootsie roll and put on top of the marshmallow, lengthen to form the lid of the bottle.

Program Ideas

Celebrate the Beauty of Creations

Provide inexpensive hand mirrors for the women to decorate. These can often be found at dollar stores. Have available paints, adhesive rhinestones and other jewels for them to decorate their mirror. After they are done with their beautiful creation, hand them a small card with the words of 1 Peter 3:3, 4 printed on it. Punch a hole in the card and give them a colorful piece of ribbon so they can tie the card to the handle neck of the mirror.

Celebrate the Beauty of Laughter and Fellowship

Play a game of “Beauty Pictionary.” Set up a dry Erase® board and a variety of colored erasable markers. Write words related to beauty and beauty products on pieces of paper—lipstick, nail polish, eye shadow, hairspray, high heels. Fold the papers in half and put them in a bowl. Divide the women into teams or play as a group. They take turns drawing a picture of the word they pulled out of the bowl while the others guess what is being drawn.

Nail Spa

Invite the women to give themselves or each other manicures, using the decorations on their tables. As they paint their nails, have beauty trivia questions ready to ask them. Use small

manicure kits, often found at dollar stores, or bottles of nail polish as prizes for the correct answers to the trivia questions.

Links for Beauty Trivia

www.diva-girl-parties-and-stuff.com/beauty-trivia.html

www.refinery29.com/beauty-industry-trivia



Celebrate the Beauty Within

Society puts high expectations on women in regard to beauty: size, weight, skin type, makeup, jewelry, clothing and hairstyle. Certainly we are taught that men are drawn to beautiful women. But God's Word says something more important to women about beauty than society does. We read in 1 Peter 3:4, "Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight." God's Word reminds every woman that outward beauty is fleeting, but inner beauty from a godly character and spirit-filled life is imperishable. God isn't saying, don't be concerned about making the most of your appearance. But He wants women to remember the type of beauty that lasts. He wants us to concentrate on godly beauty that



gives women lasting splendor that grows greater with age. As you look around the room at the mirrors, you can see the attributes of beauty that are important to God.

Imagine not looking in the mirror for a whole day, a week, a month or a year? Most women can't go a day without looking in the mirror to check their hair, makeup or clothes. Kjerstin Gruys struggled as a teenager with her own insecurities about her physical appearance. As a graduate student in sociology she conducted an experiment where she would not look at her image in a mirror for an entire year. She said, "This idea of living your life experiencing the world for itself instead of constantly reflecting, you know, pun intended, on how you looked ... It was a life where you could get away from yourself." This inspired her to start this project where she would get rid of mirrors so she could focus more on everything else in her life. After a year with no mirrors, she said the experience helped her pay more attention to how she feels, rather than how she looks, "Because we have so much more to offer the world than just our looks."

What makes us beautiful before God is inner beauty, which is more important than outer beauty. Inner beauty does not fade with age. As we age, our skin develops wrinkles, our bodies develop flab and our hair turns grey. But in God's sight the beauty coming from a gentle and quiet spirit is a beauty of eternal significance, which doesn't fade. Again look at the mirrors around the room and the words written on them. Are these characteristics reflected in your life? When you look in the mirror to address your outer beauty, take time to address the inner areas of beauty you can work on. Take a look at your heart and decide what the focus of your day will be: the hair and the skin, or the woman within?



SON CATCHERS

BY MAJOR NILA FRANKHAUSER

“Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear” (Matt. 13:43).

Program Ideas

Share ... Until the Light Goes Out!

Invite the women to share how they received the light of God in their lives. They are to do so while holding a lit match stick. They can talk only while the match stays lit. As soon as their match burns down or gets close to their fingers, someone else gets a turn to share.

Song

Invite the women to share their testimony in between the verses of song #387, “There Is Sunshine In My Soul Today” from *The Salvation Army Song Book*.

Game—Sources of Light

Give a prize of a flashlight or candle to the person who can write down the most sources of light in three minutes. Some suggestions are: light bulb, flashlight, candle, sun, moon, electricity, smile, Jesus, glow worms, fire flies, fire, sulfur, matches, star, lightning, lava, volcanic gas, laser, explosions.

Sword Drill

Invite the women to participate in an old fashioned Bible drill by finding these verses about light: Psalms 19:8, Isaiah 9:2, Proverbs 6:23, Ecclesiastes 2:13, John 1:9, Acts 12:7, Romans 13:12, 1 Corinthians 3:13, 1 Timothy 6:16, Revelations 21:23, John 1:4–9, Matthew 4:16, Psalms 18:28, Isaiah 42:6, Zechariah 14:7, Matthew 5:14, Luke 8:16, John 3:20–21, James 1:17, 2 Corinthians 4:6, 1 John 1:5–7, James 1:17. Consult your concordance for additional verses.

Son Catcher Craft

This craft is good for even the craft impaired.

Supplies Needed: Clear votive glass candleholders, colored tissue paper, white glue, inexpensive brushes, and small votive candles.

Directions: Tear or cut the various colors of tissue paper into small pieces. Mix white glue with a little water in a small cup. Brush the glass candleholder with the glue mixture and then apply the tissue paper randomly with some over-lapping. Good directions for sun-catchers to hang in a window can be found at:

<http://tinyurl.com/lb7d3m>

Spreading God’s Light

Encourage the women to visit a shut-in or someone who could use a little extra light in their life and give them their finished sun-catcher.

Light of the World

“When Jesus spoke again to the people, He said, ‘I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life’ (John 8:12).

Where I live in Alaska, sunshine is important and relative. There is very little sunlight in the winter and an extreme amount in the summer. If you lived in Barrow, Alaska, you would not see the sun for about 60 days from November to January and then you would enjoy the sunshine for 82 days from May to August. These extremes have some interesting effects. Because of all the sunshine in the Mat-Su Valley the farmers grow some of the world’s largest cabbages. One weighed 125.9 lbs; that’s a lot of coleslaw!

In the winter some people suffer from S.A.D.—Seasonal Affective Disorder, a serious depression anxiety, which

is more than just the winter blues. To remedy this, those affected sit under light boxes for a period of time each day to soak in the light. Others are just unable to cope with life in the North.

Sunshine (light) is essential to life. The Son (Jesus) is even more essential. Without Him we are in total darkness. We are lost, groping to find our way. When we receive Jesus as our Savior, it is as if someone has turned on the lights in a completely dark room or cave.

In the world today we see the darkness of sin all around us. People are in need of the light of the Son. Just like the little chorus: “This little light of mine, I’m going to let it shine,” we need to let our light shine. We can be God’s instruments, to bring His light into this dark world. Let His light shine in and through you.

JULY 2015

FLASHES OF FREEDOM

BY CAPTAIN SUSAN SPOUSTA



Program Ideas Movie

Invite the women to watch Kirk Cameron's movie "Monumental: In Search of America's National Treasures." This is an 80-minute documentary highlighting faith—a monument to our forefathers. It depicts how the pilgrims journeyed to America, why they came, and their hopes for future generations. This can be purchased for about \$15.00 online.

Charters of Freedom

Ask one of the women to give a report to the group on the Constitution of the United States, the Declaration of Independence, and the Bill of Rights. The following U.S. Government website contains valuable information, including downloadable images of these documents: <http://tiny.cc/uvqchx>

Play a trivia game, similar to the TV show Jeopardy. There are a number of sites on the Internet that will be helpful in writing the questions: <http://tiny.cc/fxqchx>, <http://tiny.cc/9nqchx>, <http://tiny.cc/dpqchx>.

Field Trip

Locate some historical sites or museums within your area. Plan an outing and visit these places to find out how the early settlers in your location lived and what freedoms were important to them.

Honoring Our Military

Ask the women to cut out large stars using red, white and blue construction paper. Place a soldier or veteran's name on each star. Share some facts about the individuals: where they are stationed, in which arm of the military they serve, how long they have been serving and who they are related to, if applicable. Pray specifically for each individual. Hang the stars or place on bulletin boards in areas that receive a lot of traffic.

Freedoms

Invite the women to make a wreath using a paper plate. Cut out the center of the plate. Using red, white and blue construction paper cut out stars 3–4 inches in diameter. Glue the stars randomly on the rim of the paper plate. List on the stars some freedoms that we take for granted. They can use this wreath during their personal devotional time while thanking God for those freedoms that they enjoy.

Obsessions

Give each woman a sparkler. Ask them to think of something that they would like God to help them overcome. For example: worry, over eating, smoking, drugs, alcohol, obsession with technology (Facebook®, TV, smart phone, iPad®). Invite the women to light their sparkler one at a time and if they feel comfortable, share with the group what they would like God to release them from. Assure them that they don't have to be specific or share at all. When all of the sparklers have been lit, pray for all of the women.

Refreshments

Make a patriotic trifle for dessert. Invite the women to bring something that is red, white or blue—strawberries, raspberries, blueberries, marshmallows, vanilla pudding, white cake and whipped cream. Build a trifle together by layering each ingredient ending with the whipped cream and placing pudding in between each layer of cake, fruit and marshmallows.

Melt white chocolate in a pan. Dip clean, dry strawberries about half way into the white chocolate, leaving a band of the red strawberry showing. Then dip the tip of the berry into blue sugar sprinkles, which can usually be found where cake supplies are sold.

Freedom

How do we keep the excitement or “shine” in regard to the freedoms we enjoy in America? For me, it is looking again at some historical tidbits that I had forgotten; or finding out new information that makes things clearer and easier for me to understand.

Recently I watched the movie “Monumental: In Search of America’s National Treasures” narrated by Kirk Cameron. It’s about the journey of the pilgrims to America. It was of particular interest to me as I am a descendant of Priscilla and John Alden, pilgrims who came to start a new life in an unsettled land. What motivated them to do so? One of their freedoms, so precious to them, was the freedom to worship God as they wished. The king of England was telling the citizens how they could worship. The pilgrims knew the importance of worshipping God and felt it was worth risking their lives so that their children and future generations could enjoy this freedom.

In the late 1800s, a monument called “Faith” was erected to honor our forefathers who endured so much hardship when they came to America. It tells the story of how the pilgrims wanted issues like morality, law, education and justice to be handled under God’s law. They brought with them to America a Geneva Bible, which was one of the first bibles to be printed. Is freedom to worship God as we wish important for us today?

Liberty and independence are other words for freedom. The opposite of freedom is bondage—to be tied or restrained. What do you believe about spiritual freedom? We all believe in something; even if we say we believe in nothing, this is something. What do you believe about Jesus? Some believe He was a prophet, while others believe He was the Messiah, the Son of God. Has “... the Son made you free? Then you shall be free indeed” (John 8: 36). Because Jesus died on the cross, we can be free—free from the things that restrain or bind us—worry, over eating, smoking, drugs, alcohol, or obsession with technology (Facebook®, TV, smart phone, iPad®). Is Jesus your Lord and Savior or have your obsessions crowded Him out of your life?

When we trust Him, we can have spiritual freedom. “For where the Spirit of the Lord is, there is freedom” (2 Cor. 3:17). If you have already accepted Jesus as your Lord and Savior, celebrate your freedom to worship God openly and without fear.

Although all freedoms are important, the freedom of religion was vital enough to the early settlers that they risked their lives and families. Our spiritual freedom cost the Lord His life. So don’t hide your spiritual freedom under a bushel. Rather “... let your light shine before others, that they may see your good deeds and glorify your Father in heaven” (Matt. 5:16).



AUGUST 2015

Shimmer, Shine, Sizzle and Shout

BY MAJOR SABRINA TURNEY

Trip to Farmers Market

The sun is out! Flip flops are on! Sunscreen has been applied, and the women's ministries women are ready for a summer adventure at the local farmers market. However, it isn't good to go on a fabulous adventure without having some tips ready before the journey begins. So, in order to shimmer, shine, sizzle and shout check out the following tips:

Tip One: Go early for the best selection or go late for the best bargains.

Tip Two: Bring smaller bills than the standard ATM 20s ... this helps vendors.

Tip Three: Bring your own bags—recycle, re-use.

Tip Four: Be spontaneous. Try a locally grown honey or a new type of fruit.

Tip Five: Realize produce is coming without being processed, so be prepared for dirt.

Tip Six: Try new fruits or veggies. Ask how to prepare them.

Tip Seven: Haggle but be gracious. The vendors are trying to make a living.

Tip Eight: Bring a cooler with ice for those items purchased that need to be kept cold.

Plan to meet back at the van at an agreed upon time and use the buddy system. Before heading home, share what was purchased so a great deal isn't missed.

Bring the Farmers Market to the Corps

Here are other ways to shimmer, shine, sizzle and shout at the corps without the hassle of a field trip. Buy a variety of different vegetables and fruits from the farmers market or the local grocery store and invite the women to try them.

Cooking Something New

Ask the cooks in the group to try a recipe using some different ingredients, or a recipe that they cook frequently that is a little different; and bring the results so the women can experience some new cooking ideas.

Cook Books

Invite the women to bring their favorite cookbook and share with the group why they like it. They could also bring a copy of a unique recipe that they fix for their family to share.

Dig In the Dirt

Invite the women to plant miniature pumpkins either at the corps or in their own gardens. They can have an August start date, but they will need to begin indoors because pumpkins are sensitive to the temperature. Updates could be shared at future meetings as to everyone's progress.

Master Gardener

Contact a local gardening group or nursery. Ask if someone will share ideas on the best fruits and vegetables to grow in your area.

A great old hymn that would be appropriate to use is #971, "I Come to the Garden Alone," from *The Salvation Army Song Book*.





Summer Time

They say that in the summer time life is not as rushed; however, this isn't necessarily the case. It probably isn't slower, just different. Different is not bad. It is an opportunity to look at things with a new perspective or point of view.

In the book of Numbers Moses gives instructions from the Lord to the nation of Israel. In chapter six something different is shared. It talks about the special life of a Nazirite, which called for total surrender to the Lord and His calling for a specific period of time. It concludes with the Aaronic benediction, which is different than others. God wants to make Himself known to His people in a very intimate and favorable way. In Numbers 6:24–26, we read; “The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace.”

So often we think of God as being stern and far away. The Aaronic benediction invites Him to come close. It is so personal. God desires to have this intimate relationship with each one of us. He isn't interested in religion but in connecting with each of us personally as Lord, Father, Savior, and Creator. Lift your face up and allow His gaze to reach yours. Don't turn away. He wants to see us and fill us, so He can use us to reach others.

Maybe going to the Farmers Market or trying a new fruit or vegetable was different and exciting for you. If you were brave enough to try that, why not try God on for size and see the difference He wants to make in your life. Is there something different He has been asking you to do and is still waiting for you to be obedient? Take God at His Word this summer and let His face shine upon you.

Song #218, in *The Salvation Army Song Book*, has these amazing words in the chorus: “Come, great Spirit, come, Make each heart Thy home; enter every longing soul; Come, great Spirit, come.” Invite our amazing Lord to make a difference in you just now.

SEPTEMBER 2015

RISE UP AND SHINE

BY LT. ANGELA MORROW

Program Ideas Pajama Party

Invite the women to wear their favorite pajamas or slippers to the meeting. Many of us grew up with a special stuffed animal that we took to bed each night or we had a favorite one that was given to us as a gift. Ask the women to share a special memory about their favorite stuffed animal. If they still own it, ask them to bring it to the meeting.

What's On Your Mind?

Provide the women with a notepad and pen. Ask them to make a "to do" list of everything that is on their minds. Sometimes it is helpful to keep a notepad and pen by our bedside so that we can write down things we need to accomplish as thinking about these things often keeps us from having a good night's sleep.

When experiencing trouble sleeping, a good Scripture to remember is Psalm 55:22, "Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken." Encourage the women to continually depend on the Lord in all things; even when trying to check off things on their "to do" list.

Games

Ask the women to write down breakfast foods that start with each letter of the alphabet. Or have them make a list of all the breakfast cereals they can think of in three minutes. The person with the most items on their list wins a prize.

Song Suggestions

"Shine, Jesus, Shine," *Hallelujah Choruses* (HC8-19)
 "The Light Has Come," *Hallelujah Choruses* (HC1-10)
 "The Candle of the Lord," *Hallelujah Choruses* (HC2-T16)
 "Be Still, For the Presence of the Lord," (Second verse)
Hallelujah Choruses (HC3-T19)



Questions About Breakfast

Using the Internet, compose questions regarding what makes a healthy breakfast. Following are some sample questions:

1. How many Americans skip breakfast? 25 percent, 40 percent, or 10 percent. **10 percent.**
2. A healthy breakfast should include what five types of food. **Protein, fruits, vegetables, grains, calcium**
3. What are some good sources of protein to eat for breakfast? **Eggs, bacon, ham, sausage, cheese, yogurt, peanut butter, nuts and seeds**
4. True or false: a good way to lose weight is to skip breakfast. **False. A good breakfast, especially one containing protein, helps to keep you feeling full and less likely to snack on high calorie foods.**
5. True or false: Oatmeal is a good breakfast food to help you lose weight. **True. It's packed with fiber and it keeps you feel fuller longer. Eating slow release carbohydrates, like oatmeal, doesn't spike blood sugar as high as eating refined carbohydrates such as white toast.**

Refreshments

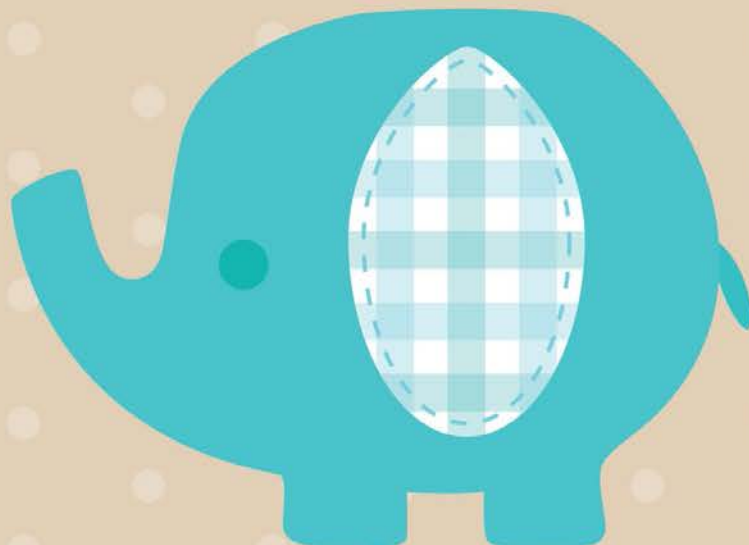
Ask the women to bring an item that can be put inside an omelet—cheese, peppers, green onions, spinach, tomatoes and mushrooms; or have the women's ministries group purchase these items. Set up everything in buffet style so the women can pick what they would like inside their omelet. Designate a couple of chefs to make the omelets. An alternate idea is to serve breakfast foods that are easy to prepare such as pastries, cereal, fruit and cinnamon rolls. Coffee, tea and juice would complete the meal.

The Most Important Meal of the Day

Studies have shown that breakfast is the most important meal of the day. It jump starts our metabolism, increases our energy level and has numerous other health benefits. While it is important to start our day with breakfast, we can also find encouragement and a jump start from God's Word. It can wake us up and give us what we need to start the day right. Whether it is breakfast, a shower, or a good hot cup of coffee that wakes you up in the morning, it is also beneficial to take time to open God's Word, even for a few minutes, at the beginning of each day.

Sometimes waking up in the morning can be difficult, especially when we haven't had a good night's sleep. It is encouraging to know that God's faithfulness is in every sunrise and that we can rise up and shine each morning because of this truth. In Isaiah 60:1 we read, "Arise, shine, for your light has come, and the glory of the Lord rises upon you." Jesus is the light of the world and He came to earth so that we don't have to live in darkness any longer. When He lives within us, we can rise up and shine every day, and the glory of the Lord will be evident in our lives. Our desire should be that others would see the light of Christ in us.

Just as a healthy breakfast is essential to start your day, a good portion of God's Word helps us through the day so that Christ's love can shine through all we do.





MOUNTAIN OF DESPAIR,
MOUNTAIN OF HOPE