



## Women's Ministries E-News

Dear Ladies of Glad Tidings,

I want to welcome you to the beauties of spring! I can't help but feel that God is smiling down at us through tulips, azaleas, daffodils, and other dazzling flowers. As I look outside I have to declare the works of the Lord with praise!

"Oh give thanks to the Lord, for His mercy endures forever...To Him alone who does great wonders. To Him who by wisdom made the heavens, To Him who laid out the earth..." Psalm 136

Then I have to remind myself that these things were only "good". God created humans and said we were "great"! I often struggle with my feelings of self worth but these words encourage me:

"You formed my inward parts, You covered me in my mother's womb. I will praise You, for I am fearfully and WONDERFULLY made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, when I was made in secret and SKILLFULLY wrought..." (Psalm 139)

Spring has to be my favorite season. There is such a contrast between it and winter. I can not wait to see some form of new life come to the surface. What a parallel of our own lives. I am learning that God has so much new life for me. Will I chose to live it? Or will I cling to old patterns of living and thinking? God's lessons are so simplistic and yet powerful. The Lord wants you and I to hear, "There are many plans in a man's heart, Nevertheless, the LORD'S counsel-that will stand." (Proverbs 20:21). What new life are you trying to live? Has the Lord got you in an uncomfortable season? If so, don't fight it. Learn to get in the groove with what the Lord is doing. Stop asking him to bless your path when you haven't asked Him what path to take. Do not expect Him to follow your map. Find out the path He has for you, get His map and daily seek guidance in staying on it.

"Lord, move us today. Truly let every breath we breathe, every step we set our feet to take, be moved and directed by You. We know that there is a way that seems right, but that the end of it is only death. Let our feet not turn to the right or the left but let us hear a voice saying this is the way, walk in it. Let us have a new life in You whether we are in winter or spring. We rejoice in the works of Your hands and we trust in the plans You have laid out for our lives. We thank You that You see us as skillfully made and that You love us, Your favorite part of creation". Amen

God bless you as you set your heart on new life lived through Christ Jesus, Our Lord and the Magnificent Creator!

Sherri

The Women's Ministry will be selling cookbooks that Mrs. Florence Turgeon has published. I have a copy and have to say that they are attractive and well done. There are 141 pages of great recipes and a section in the back with cooking tips. These cookbooks will be in the foyer for you to view. They are \$10.00 each. If you are interested in purchasing one for yourself or a friend, please see Sherri Braxton.

Here are some smoothie recipes you might enjoy:

#### Pineapple Smoothie

By: Florence Turgeon

1 (20 oz.) can unsweetened pineapple chunks

1 c. buttermilk

2 tsp. vanilla extract

1/3 c. sugar or equivalent in sugar substitute

mint leaves (optional)

\*Drain pineapple, reserving 1/2 cup juice ( you may discard the rest or save for another recipe). Freeze pineapple chunks. Place juice, buttermilk, vanilla, sugar (or substitute) and frozen pineapple into a blender container. Blend until smooth. Pour into glasses and garnish with mint if desired. Serve immediately. Yield: 5 servings

#### Coffee Smoothie

By: Ruth Eichler

1 tsp. freeze dried instant coffee granules

1c. skim milk

1c. low-fat vanilla ice cream

4 ice-cubes, crushed

1 tsp. hazelnut flavoring syrup OR other coffee flavoring syrup

1 or 2 tsp sugar, optional

\*Dissolve coffee granules in skim milk in small bowl; let stand 1 minute. Pulse milk mixture, ice cream, ice and syrup in blender until smooth. Add sugar, if desired. Pour into 2 glasses.

Nutritional Facts: 151 calories, 2 g fat, 7 g protein, 26 g carbohydrates, 1 g fiber, 63 mg sodium

#### Retreats:

We have planned two retreats. Here is the information for both.

Praise-A-Thon at TBN in Atlanta April 21-22

We will be leaving Glad Tidings at 11:00 a.m. on April 21 and returning late April 22

The cost is \$45 plus money for three meals

Women of Faith Conference in Atlanta June 23-24

The cost is \$85 for the conference and hotel plus money for three meals and purchasing any material at the conference.

I need feedback from those of you who are interested so that I can make plans and reservations.

If you are interested in either of these retreats, please contact me by phone (282-7010) or email ([sherribraxton@alltel.net](mailto:sherribraxton@alltel.net)). Invite a friend or coworker.

This is a great opportunity to reach out to other women!

**Coming Soon:**

**May 13 - Girl Friend Day- Get ready to be pampered and ministered to.**

**May 19- Mother/Son Banquet**

**Special Thanks!**

I want to say thank you to Katherine Rumsey for hosting our first ever Love Works gathering. We had a great time learning from the expert on flowers and enjoyed exchanging plants. Katherine, you truly are amazing!

I would also like to say thanks to Kat Williamson who created our Love Works logo! I love it Kat, thanks for sharing your God given talents with us! You are one talented lady!

Thank you Elizabeth Collins for decorating our women's bathroom. Is there anything you can't do?! We appreciate you and your servant's heart!

**Our Website:**

To hear sermons on-line, learn about other ministries at Glad Tidings or to take advantage of other ministry links, go to [www.gladtidingsonline.com](http://www.gladtidingsonline.com).