

What's Happening for Women

August

4th– Working Women's Luncheon, Bay Oaks Country Club, 12pm-1pm
 21st– Promotion Sunday
 21st– Dr. Laufer returns from Sabbatical

September

8th- UBC Women's Ministry Kick-Off and Pie Baking Contest, Chapel, 6:30pm
 13th– Journey to Joy Bible Studies begin
 15th– Journey to Joy Bible Studies begin
 15th– Sack Lunch Stories– Angie Reeves, 3rd floor, 12pm-1pm
 22nd– Girls Nite Out, Chapel, 6:30pm–9pm

October

6th- Working Women's Luncheon, Bay Oaks Country Club, 12pm-1pm
 31st– Fall Festival

UBC Groups for Women

Tuesdays

10am– 12pm, EB 226, 1 Peter by Jen Wilkin, Beginning September 13th

Wednesdays

9:30am–11:45am, Right at Home Moms– study will focus on having a Biblical marriage, 3rd floor, Beginning September 14th
NEW Wednesday evening study for Women!!
 6pm– 7:30pm, Crazy Love by Francis Chan, Beginning September 14th

Thursdays

Beginning September 15th
 9:45am– 12pm, EB 210, 1 Peter by Jen Wilkin
 9:45am– 12pm, EB 226, Precept Upon Precept: Acts of the Apostles
 9:45am– 12pm, EB 222, Crossing Cultures
 Crossing Cultures is a diverse group of women who study the Bible together and embrace each other in the love of Christ despite differences geographic, ethnic, and cultural backgrounds.

Sundays

9:30am, EB 202 -Second Wind led by Pamm Muzsly
 11 am, EB 209 - The Lydia Group for Working Women led by Angie Reeves
 11 am, EB 102 - Journey to Joy led by Debbie Hampton

Girls Night Out

Sept. 22nd, 6:30pm– 9pm; bath salts
 Nov 17th, 6:30pm– 9pm; fabric ornaments

Working Women's Luncheon

Join us at Bay Oaks Country Club from 12pm– 1pm on the first Thursday of every even numbered month. Next lunch August 4th.

Sack Lunch Stories

Bring your own sack lunch and listen to personal stories of faith presented by special guests. Tea and water will be provided. No RSVP is required. On the 3rd floor, from noon to 1 pm.
 September 15th- Angie Reeves—a personal story of reconciliation and healing

Connect with us

Facebook: Women of UBC
 Pinterest: UBC Women
 Twitter: @ubchouston

Need to talk to someone? Contact Lora Doremus at lora.doremus@ubc.org or 281-488-8517.
 Questions about programs? Contact Lisa Stiles at lisa.stiles@ubc.org.
 Want to contribute to future newsletters? Let us know!

August 2016

Joy:

A UBC WOMEN'S MINISTRY MAGAZINE

Dried Out? Quiet Time 101

By Lora Doremus



The Word

Has it been a long hot summer, spiritually? I recently ran across a book titled *Transit* by Shawn Johnson. The author used to be a Hollywood drug addict but is now a pastor in Denver. You can read his book if you want his story, but what I got out of it was a back-to-the-basics way to grow spiritually. I really needed rebooting this summer, so I'll share with you what I learned from him. It has definitely worked for me!

Read one Proverb per day. Since there's 31 Proverbs, just read whichever one coincides with today's date. Then "Read It, Write It, Do It". Read the chapter, write down anything that jumps out at you, Obey it. Then write out 5 prayers (or at least think about them), using the PRAYS acronym.

P – Praise God for anything you can think of. "God, you made me and everything I see. Your works and ways are wonderful. Thank you for all my blessings. You've given me everything. Aside from You I don't need a thing."

R – Repent of anything you can think of. "I'm sorry I said those things, did those things, sought those things, caved in again to those things."

A – Ask God for anything.

Y – Your will. "God, here's what I want, but not my will but yours be done".

S – Show me. "Show me (my heart, your way, the truth, etc)".

So here's mine from July 25:

READ IT (here's what jumped out at me)

Prov. 25:11 A word spoken at the right time is like apples of gold in settings of silver.

Prov. 25:15 A ruler can be persuaded through patience, and a gentle tongue can break a bone.

Prov. 25:19 Trusting an unreliable person in a difficult time is like a rotten tooth.

Prov. 25:24 Better to live in the corner of a roof than to share a house with a nagging wife.

Prov. 25:28 A man who does not control his temper is like a city whose wall is broken down.

WRITE IT (I condensed the proverbs above into this list)

Only gentle kind words today. Patience. Be reliable. No nagging. Kindness, not anger.

Do It (I can't change and grow on my own. I need God to help me)

So I went through my PRAYS prayers, I praised God for loving me, repented of unkindness, impatience, unreliability, nagging and anger...asked God for help in those areas, told Him that I want His will in these areas and not my own, and asked Him to search my heart and show me the truth about myself. (It got way personal. I won't share that part.)

(By the way, you can use this method with other passages of scripture)

Try this method for a few days and see what happens. I'd love to hear from you about your experience. Send me an email at lora.doremus@ubc.org

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

(1 John 5:14-15)

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

(Ephesians 6:18)

My prayer is not that you take them out of the world but that you protect them from the evil one.

(John 17:15)

Easy Family Weeknight Meals: Egg Roll in a Bowl

I have made this for my family of four many times. They all love it, even my picky eater. The great thing about this recipe is that there are plenty of leftovers to reheat for lunches or for later in the week. It is quick, simple, and packed with lots of healthy vegetables my kids normally won't eat. It really tastes like an egg roll, minus the deep fried wrapper, so much healthier!

Ingredients

2 pounds ground beef
 1/2 cup onion, chopped
 2 to 3 Tablespoons toasted sesame seed oil
 2 teaspoons minced garlic
 2 teaspoons ground ginger
 1/2 cup soy sauce or 1 to 2 generous squirts of Braggs liquid aminos
 2 to 3 bags of coleslaw mix
 4 green onion, chopped
 Salt and pepper, to taste
 1 teaspoon red pepper flakes (for some extra spice)

Instructions

- In a large pot or skillet brown the ground beef over medium heat until fully cooked.
- Turn heat to medium-high and add chopped onion and sesame oil, and lightly brown the onions.
- In a small bowl, mix together the garlic, ginger and soy sauce and add to pan, and then immediately add the cabbage and stir.
- Cook for a few minutes, stirring often, so that it doesn't burn. The cabbage will slightly wilt and reduce in size.
- Turn off heat, add chopped green onions, salt and black pepper to taste, stir one last time, sprinkle with red pepper flakes and serve warm.

Adapted from Trim Healthy Mama's Egg Roll in a Bowl. <https://www.amazon.com/Trim-Healthy-Mama-Cookbook-Recipes/dp/1101902663>

UBC Women's Ministry Fall Kickoff

Thursday Sept. 8 @ 6:30 p.m. in the Chapel

This is your chance to show off your baking prowess and see how it measures up! Invite your friends, neighbors and co-workers, because we will be kicking-off an exciting season of women's ministry with fried chicken, biscuits, and a pie baking contest judged by a very special panel of judges. Door prizes will be announced every 15 minutes and will include free Bible Study registrations and materials, Tapestry Dinner tickets, and more.

Come find out everything UBC Women's Ministry has to offer, both this fall and into the spring of 2017! You can sign up to enter the contest online at <http://www.ubc.org/women/events/> or in the Fellowship Hall on Sunday Mornings beginning August 14th.



Fall Bible Study dates

Bible Studies begin the week of September 10th on Tuesdays and Thursday and...**NEW THIS FALL- Wednesday Evenings!!!** Women's groups also meet Sunday mornings at 9:30 and 11.

Testimony: Pre-School Volunteer

My name is April Evans. My family and I moved to El Lago in 2013 from Austin. After visiting UBC that fall we decided to become members. I immediately became involved with the preschool ministry. I have helped teach Sunday school, VBS, July Play Days, and Mission Friends. I also work Kingdom Care and am the Divisional Director for the preschool during the 11:00 service. As the Divisional Director, I am responsible for recruiting teachers to volunteer their time each Sunday to teach our children the Gospel. I find great joy being able to talk with UBC members and I especially enjoy visiting with families who are visiting UBC. In doing so, I am able to share opportunities that our church offers the children as well as the parents.

Recently, I have connected some of our visiting international moms to the International Women's Ministry which has been a blessing to women from other countries who have struggled to find a connection here in the US. I am truly blessed to be part of the preschool ministry and have the opportunity to help plant the seed in our future generation.

If you would like to find out more about serving in Pre-School contact Terri Greer at terri.greer@ubc.org.



A Christ-Centered Busy Family

If you've been out shopping lately, you can't miss the abundance of school supplies. The days of sleeping in, relaxing by the pool and trips to the beach are almost over. With the beginning of Fall, the craziness of homework, band practices, football games, and driving kids from one event to another begins for many families. All this busyness can be stressful. One way to combat all the stress and bring joy into an active, over-committed schedule is to keep Christ as the center of your family. Here are some great ways to keep Christ as the cornerstone of your busy schedule.

- Set priorities and learn to say "No." We cannot do it all. As a family, decide what activities are most important and look for activities that can be spiritually encouraging.
- Set up a routine that includes plenty of sleep, a quiet time for prayer, family time and a little rest time.
- Discuss how each activity can bring glory to God and thank Him for the opportunities and resources He gives us.
- Look for ways to serve others each day and discuss ideas during your family time.
- Use your time in the car to listen to music that encourages you in our relationship with Christ and talk about how God has blessed you that day.
- Pray, Pray, Pray!! Pray with each other, pray with others who need some encouragement, pray throughout the day.