

What's Happening for Women

February

- 8 - Nearly Wed, Newly Wed class begins
- 13 - Brown Bag: Managing Difficult Relationships with Mariana Targhetta, Noon @UBC
- 13 - UBC Date Night
- 18 - Ash Wednesday service, 6:30 pm, @UBC Chapel
- 23 - Enrollment for Weekday Program (Preschool) begins
- 28 - Project 427 Conference on human trafficking in the Bay Area, @Gateway Community Church

March

- 3 - 5 - Why Do You Believe That? Women's Bible Study starts, Tuesday and Thursday mornings
- 6 - 7 - [un]Apologetic Conference, @Tallowood Baptist Church
- 16 - 20 No activities due to Spring Break
- 28 - Springtacular, for preschoolers and their families
- 29 - Palm Sunday, Festival of Praise: Choir and Orchestra concert, 9:30 service

April

- 4 - John Rutter's Requiem, 6pm, @UBC Chapel
- 5 - Easter Sunday, services at 8am, 9:30am, and 11am

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 Michelle Smith at michelle.smith@ubc.org.

Want to contribute to future newsletters? Let us know!

Joy

February 2015

Joy:

A UBC WOMEN'S MINISTRY MAGAZINE

Celebrating Red-Letter Days

If there was a color of the month club, this month would definitely be all about red. From red hearts, red roses, and red candy boxes to the infamous red carpet at the Academy Awards, February has us all seeing red. Valentine's Day may be the most famous red day of the month, but did you know you can make every day a red day this month? That's right, you can forget what your calendar says are holidays, because you can change any ordinary day into a "red-letter day"—another day to celebrate!

Perhaps you've heard the expression "red-letter day" before, but do you know what it really means? The significance of red-letter days developed in the early 1700's from a long-term practice of using red ink to indicate high days and holidays on church calendars. In a year dominated by black-inked days, these few were boldly proclaimed in bright red as the most special, most memorable, and most joyful days in a Christian's life. Red-letter days were the best of the best days! If you had lived in the 1700's, your calendar would have had the red days all scheduled and marked in advance. But now your red-letter days can happen *any* day. Because every day of your life, God takes out a red pen—more like a thick red *marker*—and wants to boldly edit your black-inked expectations. God delights in showing himself off in your life—boldly, joyfully, and memorably!

So go red this month, and allow God to change your daily expectations. Take a red marker to your calendar, and make every day a day to celebrate. Write Psalm 118:24 in bold red letters, and stick it on your mirror: "This is the day the Lord has made. I will rejoice and be glad in it." Wear something red every day to help you celebrate how God loves and cares for you. Keep a daily journal (written in red ink, of course) of the ways God has shown his love to you. Take time to read from your favorite "red-letter words" of Jesus.

Celebrate every day this month as a red-letter day, and maybe by the end of the month you'll want to change every day of the year to a red-letter day.



The Word

"This is the day the Lord has made.
Let us rejoice and be glad in it."

- Psalm 118:24

"I will praise you every day; yes, I will
praise you forever."

- Psalm 145:2

Mess Equals Stress

That's what the experts say. According to Kathleen Kendall-Tackett, the author of *The Well-Ordered Home*, it's harder to be organized now than it was a generation ago. Why? Because we have more stuff! Compared to life in the 1950s:

- **We handle six times more paper**—about 660 pounds per year!
- **Our houses are twice as big.** In the 1950s, the average home was 900 square feet. The average new home is nearly twice that size.
- **We shop more.** Easy credit has made it easier for us to buy more and less likely to follow a budget.

How can you combat the stress of your mess? Here are two easy tips:

- **Keep paper from stacking up.** Sort mail daily, and discard or recycle. Donate old magazines. Request online banking and credit statements instead of paper. At least once a year, shred documents you no longer need.
- **Resist the temptation to fill all the space.** Less time spent organizing, cleaning, and managing stuff means more time for family, friends, and fun!

The Spirit of God... in YOU!

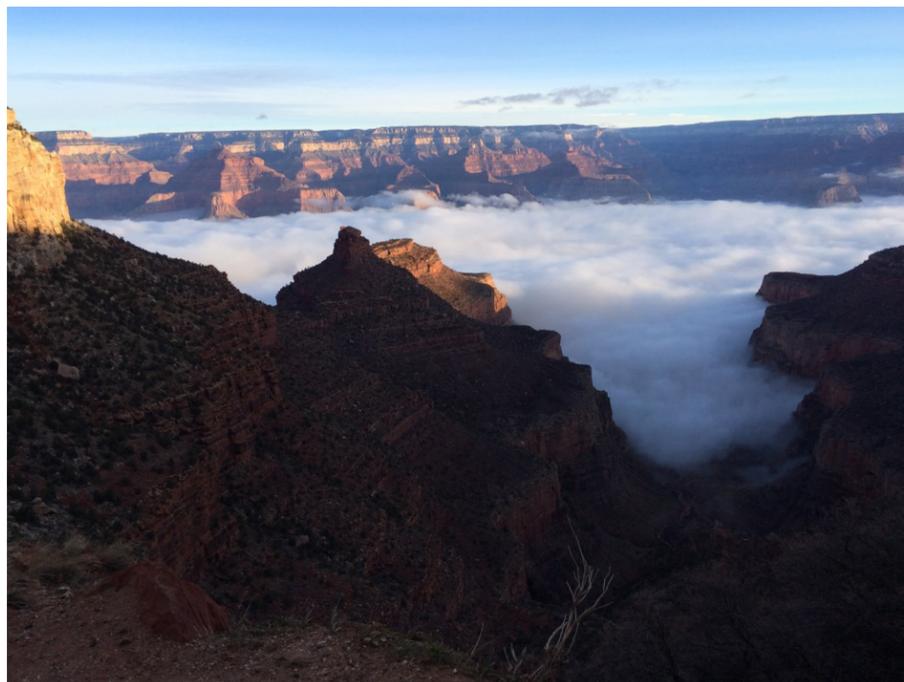
If you are reviled for the name of Christ, you are blessed, because the *Spirit of glory and of God* rests on you. (Peter 4:14)

The earth was formless and void, and darkness was over the surface of the deep, and the *Spirit of God* was moving over the surface of the waters. (Genesis 1:2)

After being baptized, Jesus came up immediately from the water; and behold, the heavens were opened, and he saw the *Spirit of God* descending as a dove and lighting on Him... (Matthew 3:16)

The Spirit of God is a universe creating, power infusing gift we are given when we choose to follow Jesus. It is an awesome and humbling responsibility because it is real power we wield. That power fills up every past hurt, sin, and shame we carry. Like a fog, He descends with His power and fills the canyons of our lives.

You have the power of the Spirit of God in you. Who are you loving and serving with that power?



Picture courtesy of Sonja Johnson

Love Notes From God

A valentine sends flowers, gives chocolate, takes you out to dinner, and plays you a love song. God wants to give you all that...and more!

Flowers: *The most beautiful rose of all—Jesus. (Song of Solomon 2:1)*

Chocolate: *Something even sweeter—God's Word. (Psalm 119:103)*

Dinner: *The most amazing dinner ever—the wedding feast of the Lamb. (Revelation 19:9)*

Love song: *He sings the sweetest song in the universe over you. (Zephaniah 3:17)*

Love: *He loved you before you were born and will love you forever. (Jeremiah 31:3)*

Loyalty: *He grants us mercy when we make mistakes and loves us with an unwavering love. Once we give our hearts to Him, we are His forever. (Psalm 86:15; Romans 8:37-39)*

Sacrifice: *God allowed His only Son to be sacrificed for us so that we could know Him. (John 3:16)*

Redemption: *God put a plan in place to redeem us, through great sacrifice and pain on the part of His Son, while we were still living a dead life of sin. (Ephesians 2:4-5)*

God calls us to walk in the light of His love. He shows us through His word how He has pursued us since the creation of the world. God loves you and He is better than any earthly Valentine you will ever receive.

Loving the Lonely

Every Friday night, about dinner time, Granny would arrive. As children, my brother and I were euphoric with plans for the weekend, as it seemed to stretch out endlessly before us. Granny was always included as part of that great landscape in our minds. As we grew older, we left our worlds of make-believe and traveled into the overscheduled world of high school. Granny journeyed with us. Alone. She lived without a partner by her side for as long as I could remember. It was not until I grew older that I begin to realize the intense strength it must take to live joyfully as a widow. Granny, now almost 87, was widowed at the young age of 33, left alone with a 7 year old little girl and a 13 day old baby boy.

While her story is one of strength and inspiration for others, her tale is not told in isolation. Many women and men alike live every day as widows or widowers. As a grown woman, I have tucked my children in at night and then quietly meditated on what her reality must have been. Living with loneliness can challenge a person in such a deep, intimate way.

Every Valentine's Day, I think of Granny. I imagine her reminiscing and remembering. I think of how it must feel to miss someone so much. Then, I think of what Christ has told each one of us. I celebrate that He overcame death so that her sweetheart might live forever in the glorious presence of Him. I thank Him for reminding me that I can be His hands and feet here on earth and I humbly ask how I can minister to those who are missing loved ones this Valentine's Day.

The answer is always simple. Give of yourself. Love those who are hurting as He loves them. May this Valentine's Day allow you the distinct opportunity to minister or be ministered to in a way that will bring the deep and abiding joy of Christ – our ultimate giver of love, to you no matter what loss our hearts have endured.