

What's Happening for Women

February

- 2nd– Journey to Joy Bible Study begins
- 4th– Journey to Joy Bible Study begins
- 10th– Ash Wednesday
- 26th– 28th– Spring Women's Retreat at Hilton Post Oak in the Galleria area

March

- 12th– Easter Springtacular
- 20th– Palm Sunday
- 25th– Good Friday
- 27th– Easter; Services at 8am, 9:30am and 11am

April

- 16th– Right at Home Moms Baby Bargain Sale

UBC Groups for Women

Tuesdays

Journey to Joy Bible Study, 10am– 12pm, EB 226, Begins February 2nd
EB 228 - led by Karol Peters, 7pm

Wednesdays

Right at Home Moms - 9:30am-11:45am, 3rd Floor Lounge

Thursdays

Bible Study begins February 4th
Precepts- 9:45am– 12pm, EB 226
Crossing Cultures– 9:45am– 12pm, EB 222
Study of 1 John– 9:45am– 12pm, EB 210

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

NEW!! Working Women's Fellowship

Thursday February 4th, 12:00-1:00

Bay Oaks Country Club

- Spring Mix Salad with candied pecans, feta, diced tomatoes and dressing
- Baked Lemon Pepper Tilapia with Herb Beurre Blanc
- Roasted Potatoes
- Green Bean Almondine
- Tea, Coffee Water

Cost \$15 at the door (cash or check)

Please RSVP to lisa.stiles@ubc.org

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!



Joy:

A UBC WOMEN'S MINISTRY MAGAZINE

Membership Has Its Privileges

By Kelli Hines



The Word

Growing up Mormon was different from many people's experience. As an 8 year old I felt like I was being a bad Mormon by questioning some of the teachings. So I just did what I thought I was supposed to do and got baptized. Immediately after baptism I felt in my heart that I was going to fail at being a good Mormon because I was already having bad thoughts, etc. I felt my sins were already tallying up after just being wiped clean to zero!

I would occasionally attend a Baptist church with my biological dad and was asked one time if I was "saved". Upon finding out that I had been baptized in the Mormon church I was told that I wasn't really saved and needed Jesus. I just walked away shamed and confused. I grew up feeling like God was distant and condemning and my black heart dried up in my teen years. By then there was a terrible distance between me and my dad and between me and God.

As an adult I finally began to understand that it was ok to come to Christ even with all my sin, all my questions, because I didn't have to pay back anything or fix anything with God before He would love me. He loved be DESPITE those things. Whatever was keeping me from Jesus finally broke. Tears came for days.

Fast forward to UBC. I never heard an explanation for why membership was so important. We have 3 kids now and we've been attending UBC for 3 years. We've totally bonded to our WBS class and we feel like we have an actual church family! One Sunday, as we were discussing biblical adoption it occurred to me that when you join a church you are adopted into that church. It may not be necessary, but I WANTED it! I wanted to make it official, like an adoption. When you adopt a child you are bound to that child in ways that you're not otherwise. It's a heart commitment. I will be baptized at UBC next month and we are joining the church. This time it's for real!

But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked.
(Luke 6:35)

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be that person? Dear children, let us not love with words or speech but with actions and in truth.
(1 John 3:16-18)

And now these three remain: faith, hope and love. But the greatest of these is love.
(1 Corinthians 13:13)

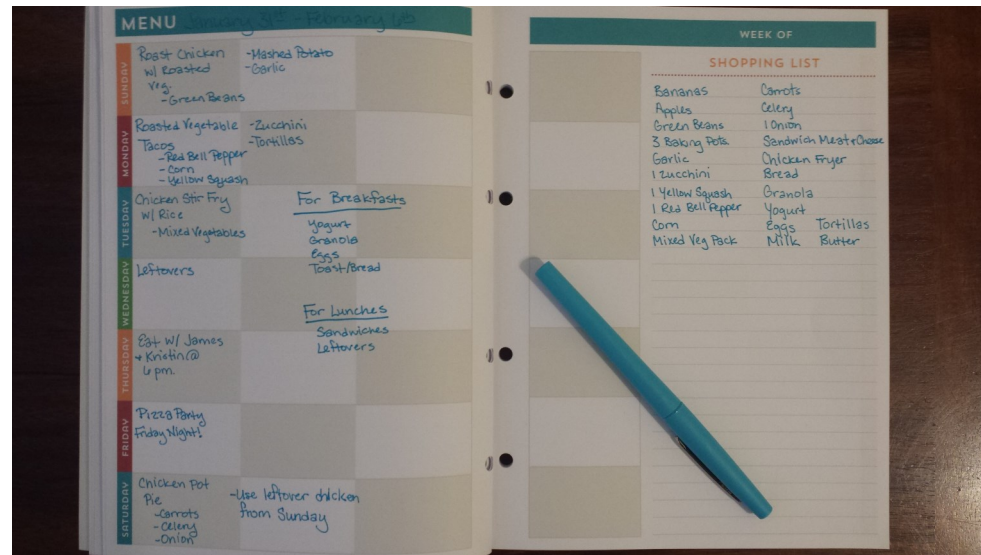
Above all, love each other deeply, because love covers over a multitude of sins.
(1 Peter 4:8)

Meal Planning for the New Year

How are those New Year's resolutions coming along? The end of January and February seem to be the times when the optimistic resolve of the new year wanes to non-existence. There are many reasons to cook your own meals; to save money, to eat healthier, or to cook and eat together as a family.

My journey to meal planning started as a sacrifice for Lent: No matter what, our family would eat all meals at home through to Easter. Through sickness and health, full or empty pantry we made it to Easter, and it was much more difficult than even I had anticipated. From that I learned how to make meal planning work for me, and we've done it ever since.

There are apps out there that will help you plan and shop (Yum! is a great free one that links with your local stores to tell you about coupons and specials). For me physically writing it all out works best. I plan for the week, write my grocery list according to which items I will encounter first to last (all produce grouped together at the beginning, and all the dairy at the end of the list, etc.), and pictured is what a typical week looks like for our family of four.



Testimony: Lydia Group by Kendra Nowell

January 2015, I was in a place of spiritual drought. I was so thirsty from giving and doing I forgot how to get and stay hydrated in God's word. After many years of serving in our Preschool Ministry, I realized "I" was becoming dry and brittle in my own spiritual life. I decided to step down from my position that I loved and enjoyed doing.

I must confess that my first thoughts were to go to service and not be a part of WBS. But God had bigger plans and many people around me encouraging and inviting me to join a WBS. Deep down I knew they were right. I saw in the bulletin that a new WBS called the Lydia Group, for working women was starting about the same time I had decided not to serve in Preschool any longer. God knew what was best for me all along. I joined the Lydia group from day one.

One year later and I have found it to be a true and rewarding experience. This group of diverse working women has lovingly kept me diligent in God's word, prayer, and serving even when I was very ill, didn't feel like it, and was busy in my life. The realness of the woman in this group, the spiritual fulfillment gained from the studies, and the loving kindness of all the women in the group have been a blessing from God at a time He knew I needed it.

The Lydia Group, led by Angie Reeves, meets on Sunday mornings at 11:00 in room EB209.

Spring 2016 Bible Study Groups start in February!

Tuesday Mornings at UBC

10 a.m. to 12 p.m.

Sermon on the Mount

Jen Wilkin

In His sweeping depiction of kingdom citizenship, Jesus utters some of the most familiar passages in all of Scripture. Most of us have encountered the Sermon on the Mount in fragments—a study on blessedness, a reflection on the Lord's Prayer, a meditation on lilies of the field. But what if we navigated these three chapters as they were originally heard: as one well-ordered message, meant to challenge our thinking about repentance, salvation, and sanctification? This 9-week study led by Jennifer Wilkin does just that. Seat yourself on a mountainside to learn at the feet of Jesus. Ask for ears to hear and a heart to respond to the teaching of our King. Cost \$20

Thursday Mornings at UBC

9:45 am to Noon

1 John

A close look at the first of three epistles written by Jesus' beloved disciple

Led by Jenny Verghese and Antoinette Witwer

When John wrote this letter, the early church had suffered years of persecution, and their commitment was declining. Believers were conforming to the world, and false teachers were abundant - not unlike our environment today. Do you feel like you need to "get back on track" with your faith? Do you need assurance that what you believe is true, and that your eternity is secure? Join us as we study these encouraging and challenging words written by the disciple Jesus loved.

\$10

Room EB 210

Precept Upon Precept: 1 John

How to Know You Have Eternal Life

Written by Kay Arthur, Led by Shirley Owen

How do you know if you're really born again? What does it mean to be holy...to love God? Find answers to these and other questions as you take a look back at the fundamentals of Christian beliefs.

\$35

Room EB 226

Crossing Cultures

The Good and Beautiful God

James Bryan Smith

We all have ideas that we tell ourselves about God and how he works in our lives. Some are true—but many are false. James Bryan Smith believes those thoughts determine not only who we are, but how we live. In fact, Smith declares, the most important thing about a person is what they think about God. The path to spiritual transformation begins here.

\$20

Room EB 222

Women's Retreat

Registration is open. Hurry, spaces are limited!

What are you "Overflowing" with? Do you need to be filled with God's Spirit so that when you do overflow onto others the overflow will be a good thing and not a bad thing? Come enjoy a coffee themed women's retreat where you will enjoy a very interactive, group related and fun weekend with friends learning about how to relate to the world around you in the areas of:

Stay Grounded (what you believe about God)

One Sip at a Time (how to talk to others about God)

Espresso Yourself (how to influence others for God)

If you are not a coffee drinker there will be tea as well! Come ready to have fun, laugh, learn and love!

Where – Hilton Post Oak, Galleria area

When – Friday Feb 26 – Sunday Feb 28

Cost:

\$150 Regular registration: Monday Jan 25 – Sunday Feb 7

\$175 Late registration: Monday Feb 8 – Sunday Feb 14

Includes:

Two nights (two per room) at Hilton Post Oak

Breakfast and Lunch on Saturday and Sunday

Retreat packet

Speed mentoring!

