

What's Happening for Women

January

11 - *New!* The Lydia Group, A Sunday morning WBS group for working women
12-15 - Journey to Joy Bible studies begin

February

14 - Valentine's Day: Tell someone you love them and commit a random act of kindness

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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:

A UBC WOMEN'S MINISTRY MAGAZINE

Let the New Begin!

It's January, the start of a new year and time to dust off the treadmills we use as clothes hangers, analyze our bad habits, and make those New Year's resolutions. Here's how those resolutions usually work: *we make 'em and we break 'em!* In fact, studies suggest that fewer than 12% of us keep our New Year's resolutions, yet we've been making them for thousands of years. Records suggest that as far back as 4,000 years ago, the Babylonians were making (and undoubtedly breaking) New Year's resolutions.

It's our human nature to constantly evaluate and want to change things. We ask, "What's wrong with me?" Then, we vow to give up our favorite coffee shop in the morning and head for the gym. History has a way of repeating itself, and soon our steering wheel is inching its way back toward a luscious mocha with whipped cream. After 4,000 years with an 88 percent failure rate, it's obvious that resolutions are long overdue for retirement.

This new year, say goodbye once and for all to the old way, and let a new way begin, because a better way of looking at things *has* come. *The Message* translation of 2 Corinthians 5:16-17 makes it plain that we don't have to ask "what's wrong with me?" or evaluate ourselves the same way anymore:

"We don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong, as you know. We certainly don't look at him that way anymore. Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons!"

Our human way of evaluating ourselves just doesn't work. It really is what's on the *inside*, not the outside, that counts.

Stop looking to the same old resolutions to change your life this new year, and look instead for the new change—the inside-out change—that *is your new life*. Not in what you do but who you truly are. Rather than a list of resolutions, make a list of *revelations!* And celebrate the true joy of a happy new year!



The Word

"So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now!

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

—2 Corinthians 5:16-17

My New Year's Revelation List:

- 1.
- 2.
- 3.
- 4.
- 5.

Pinterest Corner

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UBC Women



Easy Homemade Biscuits: Heat oven to 450, mix 2 c. flour, 1 Tbs baking powder, 1/2 tsp salt, then add 8 Tbs COLD salted butter. Mix until pea sized, add 1 c. buttermilk & mix together. Pat into a square on a floured surface. Cut out & place in a buttered dish & bake for 10-15 min. until golden.



Ribbon Space Saver: Wrap extra ribbon around craft sticks to save space!



Homemade Vanilla Extract: Take 3 vanilla beans & split them in half. Put them in a bottle & pour 8 oz. (1 cup) of vodka over it. Seal bottle & place in a cool, dark place for 3 months, shaking periodically.



Memories in a Jar: Keep a jar with a pen & scrap paper on the counter. Throughout the year jot down special moments, funny things, etc. as they happen & go over them at the end of the year.



Sharpie Mug: Wipe down the mug with alcohol, draw your design (I used fine point Sharpies), place in oven, heat to 425, bake for 30 minutes, & leave mug in the oven to cool completely.

Real Stories: Beth King

I'm so thankful for the people of UBC and their great compassion for those around them. It has been such a blessing being back at UBC. I started out at here. I was baptized here when I was 19 years old. Life had its way with me in the years since. I found myself lost in the world, struggling to stay afloat.

Unwed and staring into the eyes of my newborn daughter, I knew things had to change. I knew God was calling me back to Him. I ended up back at UBC, infant in tow. I thought for sure that first Sunday that the church building would collapse right on top of me, but it didn't. I thought for sure people would judge me, instead I found compassion. I thought life was over, instead I found hope. I thought I was finished, instead I'm finding I'm still useful to Him.

Being back here at UBC has breathed new life into me and my family. I'm so thankful and it is my privilege to serve here any way He sees fit for as long as it is His will.

Beth is our Kingdom Care Coordinator at UBC and invests her time in the young children she cares for and the women who work with her. She is part of a new group for working women called The Lydia Group which meets Sundays at 11am starting January 11th.

Lean In, Lean on Love

The holiday rush has slowed. Christmas cookies have been eaten, carefully prepared packages unwrapped, and company and school parties attended. The to-do lists from December that were hanging over our heads are now no longer relevant. The days following Christmas always seem to leave us with a bit of an empty space inside.

With decorations packed up and lights set back on the garage shelves, even our streets and homes appear a bit barren and less joyful than the month before. Yet, we are given the task to ring in the New Year with a great level of excitement and expectation. We gather with friends or family, listen to fireworks outside, or watch the ball drop live from New York City. We share with others our resolutions for the new year.

We resolve to make a budget, join a gym, and improve grades. The lists of promises go on and on. While it is natural for us to want to grow and make improvements in our own lives, it sometimes feels exhausting to take on the responsibilities of new giant goals after having just completed one of the busiest, and most stressful, times of the year. Perhaps this speaks to you. If you are left feeling tired and in desperate need of rest and refocus after a busy holiday season, it may be the perfect time to lean on the Lord and experience the comfort and peace He is ready to give.

This can be carried out by finding time to meditate on His word, taking moments to pray, or prioritize your day and spend some much needed time with your Heavenly Father. If you need accountability, and don't we all, join one of the many Bible study groups or partner with a friend to pray regularly. After all, our God is perfectly omniscient and knows every detail that this New Year will bring you. He can prepare you for the joys and trials ahead like no other, so lean into Him and rest on his promises that His love endures forever



Faith@Home Launches January 18th

A church is a community made up of many different smaller family units. Those families vary in size and make-up, sometimes even containing people who are not related by blood or marriage, but by choice alone. The word family can include the standard nuclear 2.5 kids, it could be a group of singles supporting each other, a three generational home, or any number of other combinations. In order for a church to continue to be healthy, it needs to have healthy family units in its community, whatever their composition.

A small committee has been working since the summer with the Family Ministries team to launch a new initiative meant to support and nurture the families of UBC. It is called Faith@Home. This movement is meant to support faith in the home, whatever your home looks like, in times of crisis, and nurture faith in times of plenty.

The first phase of this project is a resource center, called The Porch, which will be constructed across from the Connection Cafe in the Fellowship Hall. There you will find pamphlets, reading lists, outside resources, and helpful volunteers ready to give you support through many different kinds of live stages and challenges.

As UBC prepares for this new initiative, be thinking of ways you can bring faith into your own home in new and innovative ways. As Christians, we know God should be the center of our lives and our lives begin at home.

If you have questions about this, please feel free to contact Melissa Dutton at melissa.dutton@ubc.org or Kyle Wilson at kyle.wilson@ubc.org.