

What's Happening for Women

January

13th– Right at Home Moms begins
13th & 14th– The Big Dig begins
Three Bible Study Workshops presented by UBC Women's Ministry

February

2nd– Journey to Joy Bible Study begins
4th– Journey to Joy Bible Study begins
26th– 28th– Spring Women's Retreat at Hilton Post Oak in the Galleria area
Look for more information coming soon.

March

27th– Easter

UBC Groups for Women

Tuesdays

Journey to Joy Bible Study, 10am– 12pm, EB 226, Begins again February 2nd
EB 101 - led by Karol Peters, 7pm

Wednesdays

Big Dig begins January 13th
Right at Home Moms - 9:30am-11:45am, 3rd Floor Lounge

Thursdays

Big Dig begins January 14th
Bible Study begins February 4th
Precepts- 9:45am– 12pm, EB226
Crossing Cultures– 9:45am– 12pm, EB222
Study of 1 John– 9:45am– 12pm, EB210

Sundays

9:30am, EB 202 -Second Wind led by Pamm Muzslay
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
5pm, East Foyer– Women's Book Club led by Jennifer Broddle

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

Finding Time to Connect

By Donna Cox

Our society operates at a frantic pace. In the whirlwind in which we live, we often neglect our time with God. Our Heavenly Father has the answer to all of our questions and knows our every need. He will not beg us for our time, but patiently waits for us to come to Him. Our Lord already knows the challenges each day holds. Unfortunately, we seem to rush around, checking off all of the things on our daunting "TO DO" list, forgetting that opening God's word could literally change our day.

Prayer and Bible study is like medicine to our weary souls. I have found that when I carve out just a few moments with the Lord through prayer and Bible study, my day just seems to go better. My attitude just seems to improve and my outlook on life is brighter. It is as if we have the cure for all of our problems staring us in the face, yet we don't schedule the time to avail ourselves to the love and wisdom of our creator. He knows us better than anyone else.

Try adding your quiet time to that list of things that have to be accomplished each day. Start with just a few minutes a day and once you see the difference it makes, you will realize that it will soon be at the top of your list. It is the only investment of your time that literally lasts for eternity. Make time with your Savior a priority. He loves you more than anyone in this world and will give you a hope, a joy, and a peace that passes all human understanding. Get out that new planner and start scheduling your special time with Jesus, a friend that will never leave you or forsake you.



The Word

The LORD is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.
(Psalm 145:18-19)

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.
(Romans 8:26)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
(James 5:16)

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
(2 Corinthians 4:16-18)

Save the Date!

UBC Women's Retreat 2016

February 26-28

Hilton Post Oak

OVERFLOW

May the God of hope fill you with all joy and peace as you trust in Him, so that you may OVERFLOW with hope by the power of the Holy Spirit. Romans 15:13

Testimony: Lora Doremus Bible Study Changed my Life

When I became a Christian as a college student I joined a Bible study that required me to do homework. I remember having trouble finding the verses I was required to look up. It felt tedious and a little boring, but my pride made me finish the homework because I didn't want to look like a loser. Plus, Bible study is supposed to be good for you, right? But the interesting thing that I found was this: When I was going through a particularly difficult time, I found that the Bible seemed to reach out and speak directly to me. I especially remember one day when I was reading in 1 John 2 about the lust of the flesh and the lust of the eyes and the boastful pride of life and how that does not come from the Father but from the world. That verse crushed me enough that I began to pray. Another time I was reading about the time that Jesus was tempted in the wilderness (Matt. 4). As I studied I compared the difference between the angels who attended to Jesus and Satan who tempted him. As I looked up the definitions of the words "tempt" and "attend" I realized that I was more characterized as a tempter than as an attender. That was a life changer for me. I found that the more I studied the Bible the more I was motivated to grow and change. It was delicious and lovely and awful and crushing...and I was addicted! God Himself met me almost every time I sat down with His word. Not every time, but enough to keep me coming back for more!

Do you want this experience too? Come join us for the Big Dig starting in January and learn for yourself! You. Will. Not. Be. Sorry.



New Year's Resolutions for the Soul

By Kristin Hamon

After Christmas, there is a brief week or two left for reflection as we consider the year gone by and the year to come. It is during this time that many are said to make New Year's resolutions. Or maybe not? Maybe you have never enjoyed making them. It seems that so often as the cold weather slips into our memories, so do our good intentions and well-laid plans for losing weight, sticking to the new budget, or balancing work with family commitments.

This year, before planning the resolution, before deciding to "be resolved" to change something, consider what the Bible encourages us to do. Proverbs 4:25-26 implores us to "Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure."

You may already be familiar with several possible challenges this New Year will hold, but our Lord is clear. Look ahead and ponder the path. Take time after the rush to consider which way you'll let your heart go, then prioritize how you'll guide it. Find a prayer partner, join a Bible study, or simply ask a friend to pray for you, as you fulfill the most important resolution at hand, to allow God to lead you into the New Year, instead of you trying to lead Him.

May the result from this resolution bring an abiding peace that covers all the rest of your experiences in 2016.

Faith@Home: Katie King

In 2014, ministry leaders at UBC proposed a program to a group of church members that would help members build faith into everyday life by being more intentional. Through the team's efforts Faith at Home was launched with the opening of The Porch (in the Fellowship Hall across from Connection Café) in January 2015. The Porch was stocked with literature to help members be more intentional in all areas of life and circumstances ranging from singleness to marriage, parenting to Empty Nesters, finances and grief, etc. The team followed by launching Faith Path which allows the church to partner with parents in developing spiritual disciplines in the lives of children. The Faith Path strategy provides birthday-driven coaching kits to inspire and equip parents as they create spiritual milestones or help children establish spiritual disciplines at the ideal age and stage of development.



*Building Faith
Into Everyday Life*

In the fall of 2015, we launched our first church-wide Faith Focus called Connected 3D to help our members learn to be wise in the use of technology. This initiative helps set boundaries so we can utilize technology to help us connect with friends and family but not let it take the place of personal connections.

Faith@Home will continue to launch more Faith Focuses each year! If this is a ministry that you desire to be a part of, please consider one of the following volunteer opportunities and speak to a team member at The Porch or by email to get involved or get more information on one of these areas!

- Hosting at The Porch
- Faith Path Kit Assembly
- Teaching a Faith Path Foundations class
- Faith Focus team members

For more information visit the Faith@Home website at <http://www.ubc.org/faithathome/>