

## What's Happening for Women

### July

14th- Sack Lunch Stories, 3rd Floor, 12pm-1pm  
14th- Dominican Republic Teacher Trip leaves

### August

4th- Working Women's Luncheon, Bay Oaks Country Club, 12pm-1pm  
25th- Sack Lunch Stories, 3rd Floor, 12pm-1pm

### 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  
22nd- Girls Nite Out, Chapel, 6:30pm-9pm

### UBC Groups for Women

#### Wednesdays

Right at Home Moms - 9:30am-11:45am, 3rd Floor Lounge. Begins June 22nd- August 10th. **She's Got Issues:** Seriously Good News for Stressed-Out, Secretly Scared Control Freaks Like Us by Nicole Unice.

Summer Dig- 10am- 12pm, EB 226, June 29th- July 20th.

#### 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

#### Girls Night Out

Sept. 22nd, 6:30pm- 9pm; cork pumpkins  
Nov 17th, 6:30pm- 9pm; food gift mixes

#### 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.

July 14 - Lora Doremus, Director of Women's Ministries - personal testimony  
August 25 - 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](mailto:lora.doremus@ubc.org) or 281-488-8517.

Questions about programs? Contact Lisa Stiles at [lisa.stiles@ubc.org](mailto:lisa.stiles@ubc.org).

Want to contribute to future newsletters? Let us know!

Joy

July 2016

Joy:

A UBC WOMEN'S MINISTRY MAGAZINE

### A Lot of What I Know About Jesus I Learned From My Dog

I had to put my dog down recently. That's so hard. After a lifetime of trust and companionship and love, it's just really hard to say goodbye, and also to be responsible for her death. Out of compassion, I didn't make her linger too long.

By Lora Doremus



I've owned a lot of dogs in my life and I've learned so much from each one. The human/canine relationship really is a pretty good picture of the God/human relationship...in a way. Here are some analogies that I've learned:

- My dog just wants to be with me. Do I feel that way about Jesus? Or am I just concerned with what He gives me?
- Do I try to bite my Master out of fear? Is that because I don't really know Him yet?
- When I am obedient I get to enjoy a lot more freedom than when I am disobedient. Trusted dogs get to walk off the leash.
- When I'm feeling alone and anxious, God is actually thinking about me and making plans to take me on a great adventure soon!
- It's very important to come when He calls me. I could be in danger and not realize it.
- The hardest thing to learn is "Stay".
- When I ruin something out of fear, boredom or just sheer orneriness, I get disciplined, but God never stops loving me. In fact, He forces me to stay closer to Him so that He can keep a watchful eye on my training.
- Distractions disrupt my training. When my eyes are on my Master it is much easier to be obedient.
- When my Master praises me it means the WORLD to me. His approval is everything.
- When I am lost, He will move heaven and earth to find me.
- And when it is my time to die, He will hold me...He will never abandon me, and He will not make me suffer too long. Because He loves me and values me so much.



Photo by permission Kyle Wilson



The Word

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:1-2)

Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31)

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God. (Ephesians 5:1-2)



## Pinterest Corner: Potato Salad for BBQ

For some reason we live for these summer BBQs, despite the sweltering temperatures. Fortunately for us in Texas BBQ season lasts a lot longer than it does in the rest of the country, and we can enjoy a good BBQ for most of the year. It's been a tradition having a BBQ on the 4th of July at my parent's house since I was in junior high school. Over time it has developed into the one time of year when everyone from the neighborhood gathers and shares a meal together, visiting and catching up before we all then trek to the elementary school parking lot across the street to watch the fireworks. Current neighbors and former neighbors who've moved away, old friends and new friends, and family manage to make it back to my parent's house on the 4th which has blossomed into this beautiful ministry of fellowship and family. In the spirit of family, which can be messy and inexact, I'm sharing my mother's potato salad recipe, which has no real measurements, you simply make it as large or as small as you need adding what you want to taste.

Ingredients:  
 Russet Potatoes  
 Purple onions  
 Baby dill pickles  
 Salt  
 Pepper  
 Celery seed  
 Mayonnaise

Boil the potatoes with the skin on until you can insert a knife easily, but before they start cracking and peeling. Once they are cool enough to handle, peel them and dice them, chop the onions and pickles, as much as you like. Salt and pepper the potatoes, to taste. Add the celery seed, to taste. Add the onions and pickles, and then enough mayonnaise to the potatoes to make everything stick together, being careful not to add too much. Enjoy!



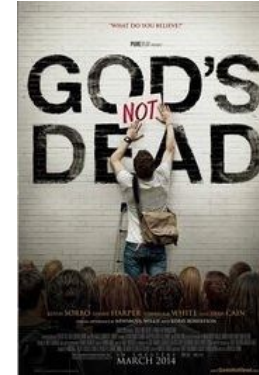
## Fun Community Activities

Summertime is peak travel time for most of us, and sometimes we need a little staycation to stop and enjoy the place we live instead of rushing off to new and different places. Here is a list of places and activities that you can enjoy in and around our lovely Houston.

- \* Visit Armand Bayou Nature Center, located just down Bay Area Blvd.
- \* Enjoy Firework Fridays on the Kemah Boardwalk every Friday in the summertime.
- \* Miller Outdoor Theater has various movies and performances throughout the month of July and the rest of the year.
- \* Space Center Houston currently has an exhibit highlighting the show Mythbusters with associated activities in addition to the other space related attractions.
- \* Library reading programs are great resources to get your kids involved in incentivized reading as most programs have pretty decent rewards for those who complete it. And, of course, any kind of reading is wonderful!
- \* Moody Gardens in Galveston currently has their Palm Beach area open, which is a wonderful option for having a beach/water park experience close to home. And if you want a water park experience more appropriate for older kids, Schlitterbahn is right next door.
- \* Our many, amazing museums we have are great ways to beat the heat, so make sure you check out HMNS, The Children's Museum, MFA, the Health Museum, the Art Car Museum, and the Menil Collection just to name a few.
- \* Go to an Astros game, buy some cheap seat tickets, and enjoy a night walking around the park, eating a hot dog and reveling in a truly American pastime.
- \* Go to [visithoustontexas.com](http://visithoustontexas.com) and check out their list of popular food trucks around the Houston Area and make a day of riding around trying different options: crepes, ice cream, burgers, hot dogs, and countless others.

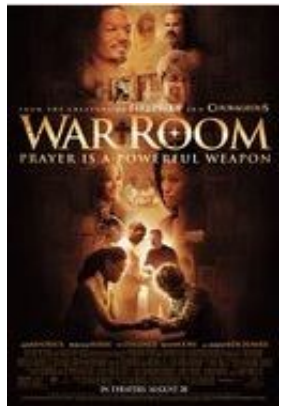
## Summer Movie List

Try out these faith-based movie recommendations from the UBC Women's Leadership Team.



**God's Not Dead** is the story of a Christian college student, Josh, whose beliefs are challenged by his atheist philosophy professor. Many lives are changed because Josh takes a stand for God.

**War Room** follows Tony and Elizabeth Jordan, a couple who seem to have it all. But appearances can be deceiving. In reality, their marriage has become a war zone. With guidance from Miss Clara, an older, wiser woman, Elizabeth discovers she can start fighting for her family instead of against them. This movie shows how the power of prayer can change lives.



**Risen** is the story of the commander of the Roman army; who was present at Jesus' crucifixion. After the morning of the resurrection and the body of Jesus is not in the tomb, Pilot assigns the commander with the task of investigating the disappearance of Jesus' body. The story unfolds as the investigation is conducted and the commander tracks down followers of Jesus until he finds the location of the 11 disciples. The commander's life is changed when he encounters the risen Christ.

**Grace Unplugged** is the story of a musically gifted teenager, Grace who dreams of doing more than performing in her father's church band. She longs for pop stardom. Her father, a former music idol, warns her that fame often comes with a high price. When given an opportunity for stardom by her father's former manager, Grace decides to take his offer of a shot at the big time. But, the more successful she becomes, the more she feels pressure to compromise her religious values.

