

## What's Happening for Women

### March

3-5 - Why Do You Believe That? Journey to Joy Bible studies start  
 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

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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 Michelle Smith at [michelle.smith@ubc.org](mailto:michelle.smith@ubc.org).

Want to contribute to future newsletters? Let us know!

Joy

March 2015



## Finding Balance

Amy was in the kitchen doing dishes, while her husband and preschool son played in the living room. She overheard her husband tell her son, "Go see if your mom wants to come and join us." So he excitedly ran to the kitchen and blurted out, "Mom, do you want to come enjoy us?" Amy chose to put down the dishes and "enjoy" time playing instead. It took a 3-year-old to help her find the right balance in her life.

Balance. As soon as our feet hit the ground in the morning we're practicing it—and not just with our bodies. Sometimes simply putting on our socks and shoes is a balancing act, but the bigger challenges are balancing the relationships, responsibilities, and emotions that challenge us every day. We'd love to appear as graceful as Olympic gymnasts and effortlessly balance the demands of life. Instead, we walk a tightrope, barely able to keep ourselves steady as circumstances, fears, relationship issues, and busy demands try to push us off. Is there a way we can stay upright without falling down...or apart? What does living a life of balance really look like?

When we look at people who are experts at physical balance—jugglers, tightrope walkers, gymnasts—what do we see? Are they relaxed, spontaneous, and having fun? Hardly. In their faces we see stress, seriousness, and intense inward focus. Is that what God wants for our lives? No! It's not God's desire for us to tightrope-walk through life.

How can you get off the tightrope? Instead of trying to balance things yourself with lists of priorities and things that must be done, start with a simple change of perspective. God is your focus. Place total trust in God to help guide your choices and find balance in all areas of your life. God is your center point, your core strength, and your balance point. And don't forget—a balanced life is an enjoyable life. That's what Jesus promised.

*My purpose is to give them a rich and satisfying life. -John 10:10*



### The Word

"The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand."

—Psalm 37:23-24

### Balance Beams

**Make God the focus instead of the stress.** Keep your eyes fixed on Him, not your circumstances.

**Reach out for help.** Rely on God's strength rather than your own and thank God for His hand that catches you when you wobble!

**Keep Jesus as your strong foundation.** It's impossible to balance when you're standing on unsteady ground. Jesus doesn't waver. Let him be your rock.

## Recipes: Passover Traditions

*My husband's family celebrates Lent every year with a Passover Seder. Seder was the last meal Jesus shared with His disciples before being arrested. It is a blessing to be able to share this sacred meal with my own family. Each part of the Seder, both the words spoken and the food consumed, points to salvation, redemption, and the coming Christ. It is a beautiful picture of how the Lord plans and points us to the gift of His Son. Here are two recipes that are traditions at my family's Seder meal.*

### Charoset

This recipe represents the mortar of the bricks the Israelites made during slavery in Egypt and is part of the Seder plate.

6 apples, peeled, cored, and chopped  
1 c. slivered almonds  
1/2 tsp. cinnamon  
1 tsp. sugar  
3 1/2 tsp. honey  
1/3 c. sweet red wine

Mix all ingredients together.

Refrigerate until served.

Can be made the day before.  
Leftovers taste great in oatmeal or yogurt.



A traditional Seder plate includes bitter herbs, a lamb shankbone, a boiled egg, charoset, and salt water.

### Sweet Potato Kugel

4 eggs  
2 sweet potatoes, chopped  
2 apples, peeled, cored, and grated  
1 tbs. honey  
3 tbs. melted margarine  
1/2 c. crushed matzoh

Preheat oven to 400 degrees.

Mix all ingredients together.

Place in a 9x13 baking dish.

Bake for 1 hour or until brown on top.

## Real Stories: Becky Eanes

This past January the church held a week of prayer. My family prayed together every night using the prayer guide. My children shared things that I never knew about them. We prayed intently and intentionally for people at their school and those who had an impact on their life. It was a sweet time for us.

God is constantly moving in my life in ways that I could never imagine. This year, I went back to work full time after 10 years of part time teaching and homeschooling my children. Upon returning to work, I was given two classes that were extremely challenging. I cried for the first six weeks of school. After I got over myself, God began to show me how He was using me. These classes were to be my mission field. These kids are molding and shaping me to love like Christ loved, even those who do not fit into my way of thinking.

My word for the new year is intentional. I want to be intentional in all that I do and say. I find this popping up in all areas of my life. At work, I don't want to say or do anything that does not have an intentional purpose or goal behind it. I can't wing it anymore. At church, I want to be intentional about why I'm there. Our time is so precious, and we are only given so much of it. I want to use it to glorify the kingdom and not waste it doing or saying things that have nothing to do with God's purpose. I want to build His kingdom and not my own.

My favorite verse has always been 1 Corinthians 9:24-27.

As I have gone through different phases of my life, this verse has taken on different meanings. At one time it was literally about running, and then it was about my children, my marriage, and my job. Right now, I find it being about me. How do I waste my time? By waste, I do not mean laying around and having some down time, but where are my priorities? For Lent this year, I deleted Facebook from my phone. In a few days, I realized how much time I spent looking at other people's lives instead of living my own. My daughter even commented how much I'm not on my phone. That convicted me. I need to be present and in the moment not investing in meaningless moments.

*"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever." 1 Corinthians 9:25*

## Finding the Celebration in Lent

"What are you giving up for Lent this year?" I stood quietly by listening to the back and forth as my friends exchanged their hopes for this Lenten season. One had sworn off chocolate, while another was staying away from all forms of social media. All in the name of Christ. To be honest, I felt befuddled. Why hadn't I picked something to give up for Lent yet? There seemed a myriad of choices from which to choose.

Enthusiasm seemed so natural and plentiful during the Christmas holiday. Whether it was the extra shot of espresso in my gingerbread latte or an endless stream of festivities and parties available for weeks on end, there seemed no need for convincing people it was time to celebrate Christmas. Yet, every Easter, Christians seem somewhat perplexed with the task of how to prepare and adequately celebrate. Yes, there are chocolate cream-filled eggs, wicker Easter baskets overflowing with green plastic grass, and extra vinegar on hand at home to help champion the egg-dyeing festivities. But is this enough? As Christians, isn't Easter the crux of our hope?

Many people believe that Jesus lived and died, but during the Easter season, we celebrate that we know Christ rose again, vanquished death, and went to prepare a place for us in His Heavenly kingdom. This season gives us the opportunity to delight in His love for us. So the question remains, "How then will I choose to celebrate?"

Publicly, we can continue to hunt eggs, craft away, and plan for family gatherings, but privately, we have Lent. It is a time to consider the magnitude of the sacrifice Christ gave and to live in a way that honors Him. Maybe this Lenten season is the perfect time for new beginnings. Maybe this month is the perfect time to ask Christ how you can honor Him and respond to His call with joy.

Happy Easter, sweet sister in Christ. May you find a way to celebrate this season in a way that will draw you closer to the sweet love and redemption available through Christ, an Easter gift for you that will last long after all those Cadbury eggs and chocolate bunnies are gone.



## UBC hosts Springtacular

UBC's Easter Springtacular for Preschool families is March 28th from 10am-12pm.

For a lot of us, our earliest memories of Easter center around the egg hunt; either at home or at church. My early Easter memories are of my pretty white dress with my fancy gloves, our small church, and the egg hunt that would happen after the Easter service. At UBC, our Easter Springtacular is an opportunity

to come together and celebrate the resurrection of Jesus as a church community. It is also as an opportunity to share the joy and hope that we have as Christians with the surrounding community.

There are many opportunities to serve before and during this event. You can volunteer your time at one of the many stations and booths, you can donate plastic eggs for our 3 different egg hunts, and, most importantly, you can pray for all of the people coming to receive the hope of knowing that He is risen!

Springtacular events include egg hunts, bounce houses, a petting zoo, face painting, train rides, games, crafts, pony rides, hot dogs, popcorn, and lemonade.

For more information or to volunteer, contact Janet Kuhlman at [janet.kuhlman@ubc.org](mailto:janet.kuhlman@ubc.org).

