

Inspire Uplift Renew

AUGUST 2007

I can't believe it is August already! Are you feeling stressed like me that summer is almost over or are you enjoying each day as it comes- new and fresh with God's fingerprints all over it. It's easy to focus on the end of summer- the warm days, the laziness summer brings, picnics, grilling and going to the beach. But I encourage you to think about each day as God's gift to you. Solomon tells us In Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under heaven."

Are you taking time to rest and refresh yourself? Read more below about what I've been learning about taking that blessed sabbath rest.

"Finish each day and be done with it. You have done what you could. Tomorrow is a new day, begin it well and serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

Sheri

A Sabbath Rest

By Sheri Pope

Last month my family and I went on vacation to Michigan. While there, I had a chance to talk to Paula, the mom of Chad's cousin who died two years ago in a horse accident. It was the first time I was able to talk to her since the accident and I admit I was very fearful. I prayed about it and gave it to God and He sure had a surprise for me! Paula told me she's a Christian now and she was filled with God's peace! She shared with me how she was reading the Bible and she told me to read Leviticus 26.

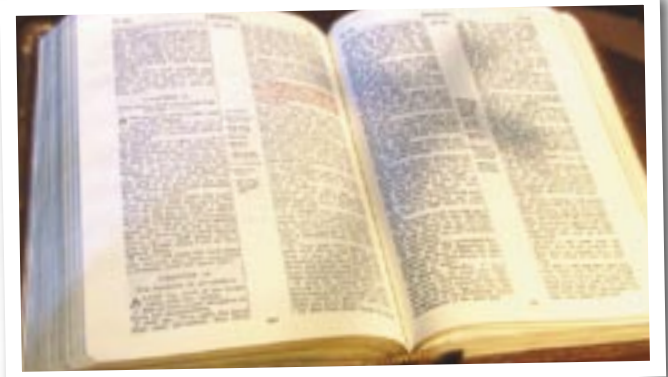
I read it that day and God really convicted me. It says in Leviticus 26:2, "You must keep my Sabbath days of rest and show reverence for my sanctuary. I am the Lord."

One of God's Ten Commandments is "You have six days each week for your ordinary work, but the seventh day must be a Sabbath day of complete rest, a holy day dedicated to the Lord" Exodus 34:21. What did God do when He was done creating the earth and everything in it? In Genesis 2:3 it says, "And God blessed the seventh day and declared it holy, because it was the day when He rested from all His work of creation."

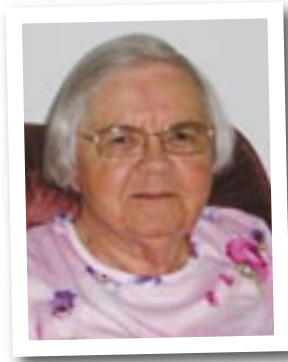
Over the past four Sundays since I've been home, I have

been intentional about honoring God in this area of my life. Since I've been doing that, I have felt like God has blessed me in many ways and I feel more refreshed and ready to start the work week. It's comparable to when I spend time with God in studying His Word and praying, and God and I are one. Let's all say as Moses and the children of Israel did in Exodus 24:7, "We will do everything the Lord has commanded. We will obey."

I want to encourage you this month to really seek God about what place a sabbath rest should have in your life. Look up Scriptures that talk about it, pray about it, and you will be amazed at how faithful God will be in your quest to learn more about this great blessing.



Getting to Know You: Helen Wood!



- 1. Family:** I was born on December 16, 1916 in New York City and was the oldest of three girls. We lived in three bedroom house in New Jersey, my father's parents lived with us and the depression occurred during a lot of my growing up years. Later on during World War II, I was in the Army Nurse Corps. When I was 37 years old, I married a widower who had a grown up son and daughter. Our son, Jim, was born three years later.
- 2. Testimony:** I grew up in a Christian home and my mother and father taught me about the Lord. When I was 11 years old I went up to my bedroom and accepted the Lord as my Savior, then I came down and told my mom. When I was 13, I was baptized and gave my life to the Lord at Christian summer camp.
- 3. What brought you to Redeemer?** Pastor Mike leads a Bible Study at Echo Ridge where I live and I got to know about Redeemer through him and I have been here for about six years.
- 4. One thing nobody knows about you:** I hate oatmeal.
- 5. What did you dream of doing growing up?** I always wanted to be a missionary as I was growing up but was never able to go. After I retired from nursing I had the chance to go on a short term mission trip to Southern Ireland. I taught in a Protestant boarding school and I was over there for a total of three years. Then I went to Taiwan for a year and taught ESL at Christ College.
- 6. First job:** After I graduated from nursing school I worked at a hospital in New Jersey as a nurse.
- 7. God given talents:** Teaching , handiwork/knitting
- 8. Countries you've visited:** Iceland in the war, Scotland, Ireland, England, Wales, France, Austria, Taiwan, Canada, Australia, New Zealand, Greece and Okinawa, Japan
- 9. Places you've lived:** New Jersey, New York, Illinois, Canada, California, Wisconsin, Oregon, Colorado, Minnesota
- 10. Things you loved to do:** Travel
- 11. Favorite things:**
Book: The Epicenter by Joel Rosenberg
Color: Green
Verse or Scripture: Philippians 2:5-11
Hymn: Crown Him with Many Crowns
- 12. As you grow older what are some things you have learned about God:**
That He is unbelievably patient, He is never too late and He really does take care of you.
- 13. Final question:** What did Helen bury at the Grand Canyon? Be sure and ask her for that answer!

17 for 17

Thank you to everyone who has started setting aside \$1 per week for 17 weeks to help us cover the cost of the Cooks for Kids service project at the Ronald McDonald House in October.

Please pray that all the helpers will be healthy (a must for the protection of the vulnerable immune systems of some of the children there) and that we'll have a great time serving in love.

(If you haven't started squirreling away the bills, you are only \$5 behind! Or, if you like, you could start now at \$1.42 week for the next 12 weeks to catch up!)

August Birthdays & Anniversaries

- 4 Jennifer Loucks
- 5 Duane and Karen Voy
- 6 Shirley Raiter
- 7 Alicia Carlson
- 9 Sara Raiter
- 9 Judy Ruka
- 10 Margaret Peterson
- 16 Dave and Cindy Schwerdtfeger
- 19 Barb Zimpel
- 22 Chad and Sheri Pope
- 22 Bob and Helen Lemmons
- 25 Gertrude Matemba Mutasa



My Testimony

By Sheri Pope

I accepted the Lord as my Savior when I was 5 years old. I was blessed to grow up in a Christian home but I thought salvation was about going to heaven, not about having a relationship with God.

My parents got a divorce when I was in third grade and that was the beginning of a series of moves; four different houses and five different schools in just four short years. Each school was very difficult to adjust to and I was always the shy girl with glasses whose only friends were the other girls who didn't have any friends either. Just after my 13th birthday, my mom married my stepdad and we moved from Chicago to Minnesota. That was a very hard adjustment for me. I had a new dad, house, state, school, and friends--all at the tender age of 13! Many very difficult things happened over the next few years and I struggled a lot. I chose the wrong friends to hang out with and I started smoking and drinking. Those were turbulent years with my parents.

I couldn't wait until I was 18 so I could do what I wanted to do. Nine months after I graduated from high school I moved out of my parent's house and rented a room from an older lady. I thought I had it made! Parties every weekend, no rules, I didn't have to go to my college classes if I didn't want to, and nobody was telling me what to do. Life was great!

Well, this was how life really was: my car stopped working; I didn't have much money; I lost my job; and my boyfriend broke up with me. So I found a new boyfriend, moved to a different house and got a different job.

And that was how the next four years went for me. I moved a lot, had a few different boyfriends (one of whom was very abusive), started using lots of drugs and even lived with a drug dealer. My life was not turning out as great as I thought it was going to.

All I can say about that time is that God never left me as I had left Him. He held onto me tightly and protected me from so much; but He allowed things to happen to me that He knew would bring me back to Him. Through some very tough times He brought me down to where I hit bottom and I had no place to go but up. On December 18, 1995 I cried out to Him and said, "Enough. I am through with living in sin and living for myself. I give myself to You; please deliver me." I called my dad and he came and picked me and my few boxes of belongings up and I left my sinful life behind.

God gave me the freedom He had promised. He delivered me overnight from a four year drug and alcohol habit without any outside help. He has totally restored the years I wasted and has blessed me beyond my wildest thoughts!

I claim Galatians 5:1 as my life verse as it says, "It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery."

Thank You, God!

Beautiful Message, Beautiful Massage

By Helen Martin

When I first got to know Amy Ritter, she was a new mom and so was I. She had been Ken's friend for years before I met him, and since her baby was born about a month before ours, it was fun to get together to compare offspring. Her "little boy" Alex and our Kenny have been buddies ever since.

I had the privilege of helping Amy find her Savior. I remember so fondly the way she responded with an open heart to each new thing she learned. Jesus led her so gently to His side. She has grown and blossomed as a sensitive and wise Christian woman.

A few years ago she embarked on training to become a massage therapist. She had worked in restaurants mostly up until then, and I remember thinking, "What an interesting path for her. I hope she does well."

I had no idea. Amy has emerged as a gifted massage therapist. Her touch is perfect and her hands are great. She has a gentle voice and a calming presence, and she really senses where to "work" to help lessen tension and bring stress relief to her clients. What a distinct pleasure to include her in our retreat in September!

After such a build up, I guess I should say that her appointments are limited, so reserve your spot now. If you do you will find out for yourself what I mean. Ahhh...

Celebrate August!

August 2 - Friendship Day

Throw a party for all your friends or just a few special ones and celebrate your friendships. For the friends you haven't seen or talked to in a long time - send them a letter and include a picture of yourself. Write about some fun times you remember having with them! Or even better - make new friends!

August 5 - National Sister's Day

How can you celebrate this fun holiday? How about planning a fun activity with your sister(s) or write a letter telling her how special she is to you.

August 5 - National Family Day

August 27 - Guinness Book of World Records First Published

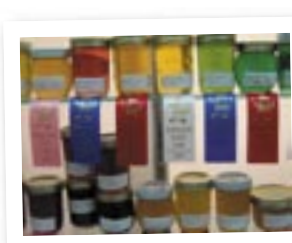
In 1955 the Guinness Book of World Records was first published on this date and since that time over 70 million copies have been sold!

August 28 - Touch a Heart Tuesday

Make sure you take time today to show someone you care.

The Minnesota State Fair

August 23 through September 3, 2007



"Turn Off Your TV" Month

Revive our Hearts with Nancy Leigh DeMoss is a ministry that reaches women through radio and conferences. She has a heart for God and a heart for women and wants to help women live their lives in freedom and fruitfulness in Christ.

Her ministry is offering a challenge to all the listeners called "There's Life Outside the Box". Join them and take the 30-day TV-Free Challenge during the month of August. It's quite a commitment and one that cannot be made lightly, but think of what God can do through your family and relationship with Him if you didn't turn on the TV!

Visit www.ReviveOurHearts.com and click on "There's Life Outside the Box" for an extensive list of ideas of how to use this precious time you and your family will share. If you accept this challenge and want to email me (Sheri) at popess@comcast.net and share how it was, I would love to hear from you!

Cool Water Ministries' August Calendar

Tuesday, July 31

Early Bird deadline for Fall Women's Retreat.

Monday, August 6

"Natalie Moment"



Remember to do your self-check! It's so important, and very easy to do.

Friday, August 10

10:00 am to noon

White Cross

Cashew Chicken Pasta Salad

- 4 boneless chicken breasts, grilled
- 3 cups uncooked tricolor pasta
- 2 celery stalks, diced
- 6 green onions, chopped
- 1/2 c. diced green pepper
- 1 1/2 c. mayo
- 3/4 c. packed brown sugar
- 1 T. cider vinegar
- 1 1/2 t. salt
- 1 1/2 t. lemon juice
- 2 c. salted cashew halves

Cook pasta, drain and rinse in cold water. Chop chicken and place in large bowl. Add the pasta, celery, onions and green pepper. In a small bowl, combine the mayo, brown sugar, vinegar, salt and lemon juice. Pour over pasta mixture and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, stir in cashews.