

# Inspire Uplift Renew

NOVEMBER 2008

As many of you know, when you are pregnant you are up many times in the night for whatever reason. Can't sleep, uncomfortable, have to go to the bathroom, the list goes on! Well, I am in the middle of that right now and the Lord brought something to mind and I wanted to share it with you.

The other night I woke up and couldn't get back to sleep for quite a while. I laid there for a couple minutes and then I did what I do every time I can't get back to sleep. I prayed. Oh, what comfort that brings me as I lay there with no one awake in the house. It's quiet, dark and it could be lonely except I know Someone who never sleeps. Who is awake all the time. Psalm 121:3 assures me that "He who keeps me will not slumber." I took it for granted many nights that the Lord is awake to hear me pray, to comfort me and keep watch over me. But then the other morning I woke up with a profound thought—I am SO thankful that the Lord never sleeps nor slumbers. He is the Only One I can go to who won't be annoyed or tired when I talk to Him in the middle of the night and He is watching over me as I sleep. Our God is such an awesome God and He is so faithful to reveal Himself to me time and time again.

I pray that if you have lonely nights (or days) you won't hesitate to call out to the One who always hears you and longs to share close, intimate fellowship with you. How Great is our God!

*Sheri*

## There is still time to Getaway!

*By Helen Martin*

If you didn't already know it, here's some fun news; even though the official registration is closed for the Women's Fall Getaway, you can still attend! Since the hotel is "local" (in Plymouth) one of the following options could work out perfectly for you! Registration for these "Day Only" options must be to Elm Creek by Tuesday, October 28.

Option 1 – Saturday Only; \$70 which covers Lunch and all Saturday Sessions.

Option 2 – Sunday Only; \$40 which covers Brunch and the Sunday concert & worship time with the amazing Elizabeth Hunnicutt.

Option 3 – Saturday and Sunday (with no hotel stay); \$80 which included 2 meals, all sessions, and the Sunday concert & worship time!



If any ladies would like to come on Sunday morning, and can get themselves to the hotel, there will be several spots available in the vehicles of those attending the entire retreat, that we could probably get everyone home! Let someone on the Cool Water team know you'd like to come and we will do our best to help!

### *Inside...*

- Getting to Know You: Wendy Haugen
- The real Carolyn Paul Hamburger Soup recipe
- Blessed to Be a Blessing
- Freeing Many Slaves
- Book Recommendation: *The Uncommon Woman*

## Getting to Know You: Wendy Haugen!

- 1. How long have you been at Redeemer?** We came here when my sister Jo and Pastor Mike came- about 12 years ago.
- 2. Born when and where?** Harvey, North Dakota on February 12, 1965
- 3. Family...** Husband, Tom; son, Charlie (12); and daughter, Holly (8).
- 4. Occupation...** I am a stay at home mom and I also work 1 day a week as a Hearing Officer for Metro Housing and Redevelopment Authority.
- 5. Testimony...** I grew up in a Christian home where my dad was a pastor. I believed in God as a little girl but in junior high my faith became more of a personal relationship with God.
- 6. What are your hobbies?** I love walking, being at the beach, and being with friends.
- 7. What are your God-given talents?** Encouraging people; and I am a good writer.
- 8. What was your first job?** In junior high I picked sugar beets in Sioux Falls, North Dakota.
- 9. What was your worst job?** My first job out of college and I was an admissions counselor. It was my worst job because I hated being alone all the time travelling to small towns and staying by myself in hotels. And, I totaled 2 cars during that time. It was not a fun time for me!
- 10. Do you have a hero or someone you look up to?** Yes, my mom.
- 11. How did you meet your husband?** I met him at Bethel. I was a senior and he was a sophomore. I graduated in 1987 and we were married in 1995.
- 12. What keeps you busy right now?** Many things! Homeschooling, my job, our house is under complete construction, Charlie plays hockey, and Holly is in the play "Miracle on 34th Street" with the Rosetown Playhouse Theatre.
- 13. Share a tradition you and your family have at Christmas?** I get my kids an ornament every year at Christmas. My mom did that for us growing up.
- 14. Favorite things:**  
Book: Most recent favorites, *The Swan House* and *The Glass Castle*  
Color: Red  
Verse: Psalm 100  
Food: Chocolate Chip Cookies and Applebees' Oriental Chicken Salad  
Hymn: *Great Is Thy Faithfulness*



## Carolyn Paul's REAL Hamburger Soup

See, what happened is, Sheri found a recipe, but Helen thought it was Carolyn's... this one is hers, not the one published last month.

3 tablespoons butter or margarine

1 medium onion, chopped

1 1/2 lb. ground beef

1 can (28 oz.) tomatoes

2 cans beef consomme

4 carrots, sliced

4 celery tops

chopped parsley to taste

10 peppercorns

1 teaspoon salt

1/2 cup barley

Saute onions in butter in a dutch oven or large kettle.

Add beef, brown and drain.

Add all other ingredients.

Simmer, covered for an hour or more.

## November Birthdays



11 Elaine Larson

14 Chantilly Frantzen

24 Carole Herum

## Blessed to Be A Blessing

By Cindy Schwerdtfeger

On the way home from a scrap booking retreat in Red Wing, MN, my carpool of ladies chatted about various topics, including whether it's appropriate to give money to a homeless guy on the corner. One person said that Jesus told



us to give a cup of cool water (Matt. 25) and that it didn't have conditions. I pointed out that giving money to an addict would enable his addiction, which wouldn't really help him. I had just read a devotional

on Proverbs 26:15 that says, "A shiftless sluggard puts his fork in the pie, but is too lazy to lift it to his mouth." Rather than give cash, the devotional's author and her husband had purposed to send homeless people to a local restaurant and arranged that the bill be sent to them.

Later that day, I unexpectedly received a ticket to Women of Faith. I knew that I still needed to write my article for the newsletter this month so I kept my eyes, ears, and heart open for God's leading, asking Him, "What do you want me to learn this weekend? Why am I here?"

By Friday evening, I realized that my scratchy throat and cough was indeed a cold instead of my usual nagging allergy symptoms. The next morning I thanked God for the opportunity to be going and asked for strength to make it through the day. With each wonderful speaker who came on the stage, I listened intently for God's message. I still didn't know what that message was by mid-afternoon, as I headed home feeling miserable.

I awoke the next morning still feeling ill, but decided I would attend worship at church. As John Hutton spoke in Pastor's absence, he commented that in Acts 20:35, which says, "It is more blessed to give than to receive," Paul is quoting Jesus, yet this quote had not made it into any of the gospels. That struck me as very interesting since it's a verse that is quoted often. I left church eager to get home to bed as my head was throbbing, but first I had to stop for groceries.

Near the store, I saw a homeless man standing on the corner. I decided I wasn't going to give him money, but I could buy him a sandwich from the deli in the store. As I walked around the store, I had a thousand excuses why I should *not* give this man anything; but I knew I had to give him something. I grabbed two sandwiches, one for him and one for myself, and headed to the check out lane.

As I approached the corner, I was scared. Who was watching me? Would someone honk at me as I held up traffic? I reached over to the window and asked if he'd like a sandwich? He said, "Sure. Thanks, Sweetheart, and God bless you. You have a great day".

I had spent days asking God to lead me and teach me. I had been blessed with a fun week in Red Wing, enjoyed some awesome worship at Women of Faith, and learned something new at church. But the pinnacle of my weekend was the simple act of handing a sandwich to a homeless man that God had led me to, and learning that it is truly *more blessed to give than receive*.

## Hats ! Scarves! Mittens!

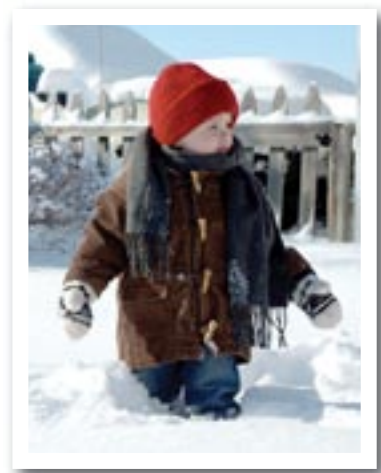
By Helen Martin

The cold weather is coming. Oh me, oh my, there was frost on my windshield this morning! It's been a good run, this lingering Autumn, has it not? But the winter is inevitable, and I was reminded this morning that it's getting close!

What if I didn't have my gloves? What if I didn't have my hat?

But I do have a hat. I have several. And I do have gloves and mittens; at least three pairs of each. And, several scarves, while we're on the topic.

Why has it been necessary for me to have so much unused stuff laying around? Did you know that you can make great mittens out of accidentally shrunken sweaters? Did you know that we were blessed



to be a blessing to others? Did you like how I snuck that one in there?

We are going to collect hats, mittens, gloves, and scarves over the next few weeks and donate them to the Union Gospel Mission. We want to drop them off around Thanksgiving.

Please consider parting with your "extras" that are in excellent condition, or buying or making some in your spare time!

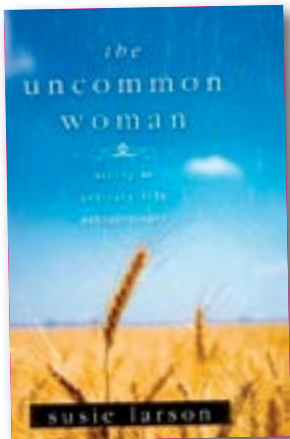
## Book Recommendation: *The Uncommon Woman*

By Helen Martin

Susie Larson says her latest book, *The Uncommon Woman: Making an Ordinary Life Extraordinary*, is the “book of her heart.” She wrote it to help other Christian women reject behavior that is beneath them and reach up to live a life that, apart from Christ, is beyond them.

If you buy the book and only read chapter five, you will have gotten your money’s worth! It centers around our usual reaction to the conflicts that arise between women, contrasted against what our response could and should be. When we are divided by hurt feelings, annoyance, or even malicious talk and gossip, the damage that is done goes beyond what we could ever imagine. And our effectiveness as Christian women is diminished.

Susie speaks tenderly, yet does not mince words. She honestly communicates to her readers from experience, both from the perspective of the catty woman, as well as she who has been scratched. She points out that when a woman dislikes another woman, she can tend to define that other woman by her faults. That might be common knowledge, but do we see that it’s a wrong behavior? And what’s more, do we see a deeper Truth behind that tendency? Read this and see if it isn’t tremendously insightful:



“When our hearts are muddied by self-righteousness and pettiness against someone, we don’t *get* to see what God is doing in and through them. Our eyes are blinded to the blessings in them because we’ve lost the right to see into their lives. God won’t let us in on the precious treasure of their strengths because, right now, we’re mishandling their weaknesses.”

Instead of running away from a difficult woman, Susie suggests that we go toward her; “receive her.” When we do, she writes, “We get to be on the receiving end of all the treasure within her.”

She continues, “When we stand shoulder to shoulder with our arms linked, our enemy will have a hard time knowing where I end and you begin. Then, suddenly, my victory becomes your victory. My fruit becomes your fruit. When we stand together, Christ commands a blessing.”

It was my great delight that Susie Larson was the speaker at the retreat I attended last month. During one talk, she called a woman up on the platform with her, took the woman by the arm, and got right up next to her as a visual aid to the above lesson. She added that our enemy knows that, “One can put a thousand to flight, but two can put ten thousand to flight,” Deut. 32:30.

Why is it that while Satan knows God’s math and its power, I can be so ignorant of his schemes? Keeping Christians at odds with one another prevents us from doing a lot of damage to his realm; but I want to do much damage! I will never forget Susie’s visual aid at the retreat, and I intend to purposefully put the lessons I learned from her into continual practice in all my relationships.

## Cool Water Ministries’ November Calendar



**Sunday, November 2**  
Self-check Day

**November 1-2**  
*Fall Getaway!*  
Minnesota/LaCrosse Assoc.  
There is still time to register!

**November 8**  
Feed My Starving Children

**November 15**  
Ladies Fall Potluck 11:30 - 1:00

## Freeing All Slaves

By Helen Martin

Like its predecessor, the modern day abolitionist movement draws people of good will from many faiths, and those representing no faith in particular. Being born once is enough to stir compassion and outrage in the hearts of many, when faced with the horrors of human-trafficking.

But for the Christian, there is a mandate higher than our compassion, and deeper than our outrage that compels us to act on behalf of the oppressed poor. We don’t have to be overwhelmed with emotion in order to help. We have many scriptures to instruct us about our God of justice who is mighty to save both our souls and our slaves.

