

February 2012

THE SPICE

A taste of what's happening for women.

Know You Are Loved

We celebrate love this month—with flowers, chocolate, cards, romantic dinners, and parties with kids and friends. It's all in good fun, but stop for a moment and ask yourself—do you *feel* loved?



Do you know how loved you really are?

Professions of love from family and friends are wonderful...yet deep in our hearts we may still struggle with feeling un-loveable. Something may separate us from receiving the truth of love—from others and from God.

But the Bible makes it clear—*nothing* can separate us from God's love. Not worries, not fears, not wrong choices—not even guilt.

Guilt. It's a "g" word we sometimes give more power in our lives than the big "G"—God! We eat too much—and feel guilty. We say angry words—and feel guilty. We buy things we can't afford—and feel guilty. We watch a movie we shouldn't—and feel guilty. We tell a lie to get what we want—and feel guilty.

Too ashamed to tell anyone, let alone talk to God about how we feel, we allow our hearts to fill up with remorse. Pretty soon it's hard to feel God's love. If we've struggled with these issues over a long period of time, it becomes difficult to believe God loves us at all anymore.

Guilt and shame can distract our thoughts away from God's great love for us and weaken our ability to live from a heart of love. If we think more about guilt than we do about God's love, we'll have a difficult time. Instead of focusing on feelings of guilt, we need to fill our hearts and minds with the knowledge of God's love for us. Because nothing can separate us from it.

God loves you. Right this very moment. God loved you all day yesterday and will love you all day tomorrow. Believe it. Because living a victorious life in Christ depends on living from a heart overflowing with the knowledge of his love!



THE WORD

"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

— Romans 8:39

"Guard your heart above all else, for it determines the course of your life."

— Proverbs 4:23

THINK ABOUT IT

What makes it difficult for you to accept and believe in God's love for you?

Love is...?

Pop Quiz! Choose the correct answer to complete the sentence, "Love is _____."

- a) blind
- b) a feeling
- c) a warm puppy
- d) a choice
- e) all of the above



Here's the answer key to check your score:

Love is blind. Brain researchers have discovered that when we first fall in love good mood chemicals are activated, but the areas of our brain dedicated to judgment shut down. So for a time during the beginning of a relationship, we are only able to "see" the good!

Love is a feeling. Those good mood chemicals that are released when we feel love are responsible for that warm fuzzy feeling.

Love is a warm puppy. Charles Schultz's famous Peanuts book is titled *Happiness is a Warm Puppy*, and therapy dogs with organizations like *Love on a Leash* are spreading that love and happiness to adults and kids in senior living centers, hospitals, schools, and hospice centers across the country.

Love is a choice. Love loves even when the other person doesn't deserve it. God gave undeserved love to us, and that love helps us to love the hard-to-love people in our lives. That's the power and beauty of redeeming love—it's not about the feeling, it's about the doing.

Your score? A+! Because no matter which answer you picked you are correct!

Leap into Love?

According to British folklore, February 29th, Leap Day, was the only day a woman was allowed to propose marriage. And according to literature and urban legend, women were expected to wear red petticoats when they popped the question to their potential mate. What if he refused? He had to pay her a fine—ranging from buying her a new silk gown or gloves, to just giving her a kiss. Unless he lived in Finland, where he had to buy her fabric for a new skirt—probably not a red one!



Finding Love...in 1954

What advice would you give a young woman looking for Mr. Right? Here's some given to teen girls in the 1954 March issue of Family Circle Magazine:

What is a marriage-type girl?

"She is, first of all, a grownup. That is, she has tastes, ideas, and opinions that are her own. Besides being a grownup, our girl is loving. Not in the smooch-artist meaning of the word, but in a wider sense. She's fond of her kid brother, though he may be a little monster at times. And if some Saturday night finds her dateless, she doesn't take to her room for a good cry. Instead she cooks up fun of her own—anything from having some cherished chums listen to records, to blowing herself and Mom to two seats at the movies.

But we think it's the glow that shines out of her eyes and lights everything she says or does that makes her a successful marriage-type girl."

Sounds a lot like this centuries-old good advice:

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16



For More Information on Events:

www.ArvidaCovenantWomen.blogspot.com

<http://www.arvadacovenant.org/women/>

Find us on Facebook under

Arvida Covenant Women Ministries

February Events

Tea Party

What: Join us for a multigenerational event where we will learn 150 years of history through hankies. Our younger audience will be shown the "Twins in a Cradle", a folding of a hankie designed to keep little ones occupied during church. Everyone in attendance will receive a gift hankie. A Tea Party will follow the presentation. Hats are encouraged. Bring a friend, sister, daughter, or granddaughter and get the opportunity to connect with other women.

When: Feb. 26th from 1–3 p.m.

Where: Sustad Chapel

Cost: \$5

Tickets: Purchase tickets in the Family Life Center on Feb. 12th and 19th

Ongoing Events

Breakfast Club: We meet the 1st Saturday of the month at 8:30 a.m. at the Indian Tree Golf Course Restaurant. For reservations contact Karen Heesacker at 303-424-6115 or karenheesacker@aol.com.

Covenant Bookies: Join women who love to read! We encourage literacy, promote friendship, and stimulate spiritual reflection and discussion. We meet the 2nd Tuesday of the month from 1:30 to 3:30 p.m. at various host homes. Please contact Jeanette Thrower (303-421-0684) or Carole Cruson (303-271-9748) for more information.

Fitness and Fellowship: Join women of all ages (10 and up) Feb. 13 and 27 from 7-8 p.m. for fitness and fellowship. We will meet in C110/111. All fitness levels are welcome and we encourage you to bring a mat if you have one. Childcare can be available upon request if you contact Kinsey the Friday before. Before coming for the first time please contact Kinsey Ringenberg at 720-308-1523 or kringenberg@gmail.com.

Missions Fellowship: Join women in serving those in need. The Mission Sewing Circle meets the 4th Wednesday from 9:00 a.m. to 12 p.m. at church. The group rolls bandages and ties quilts for children around the world. No sewing experience is necessary!

MOMSNEXT: Join mothers of school age children as they experience authentic community, personal growth, practical help and spiritual hope. They meet the 1st and 3rd Thursdays of the month from 12:00 to 2:00 p.m.


MOPS: Join mothers of preschoolers as they meet twice a month to encourage and mentor one another. They meet the 2nd and 4th Tuesdays of the month from 8:45 to 11:30 a.m.

Women's Prayer Time: Join us the 2nd Sunday of the month between services in Room 202 for prayer. We want to continue to focus our prayer on people who are living in abuse and human trafficking. Our other focus is to lift up any personal and confidential needs you or people in your life may have. We hope to have you join us in prayer!

World of Global Friends: Join women and men at a monthly event that brings awareness to the causes of Women Ministries like Human Trafficking and Abuse. This group meets the first Thursday of the month from 6:30-8:00 p.m. in Sustad Chapel.

February

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
				MOMSNEXT World of Global Friends		Breakfast Club
5	6	7	8	9	10	11
12	13	14	15	16	17	18
Women's Prayer Time	Fitness and Fellowship	Bookies MOPS Valentine's Day 		MOMSNEXT		
19	20	21	22	23	24	25
	President's Day		Missions Fellowship			
26	27	28	29			
Tea Party	Fitness and Fellowship	MOPS				

Contact for more information

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