

The R.U.T.H. Letter

Redeemed Unto Truth and Holiness

December 2006

Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus. Romans 15:5



Mission Statement: The Women's Ministry of Living Way Church is dedicated to the building up of one another in unity in accordance to the Word of God. Our goal is to seek out the knowledge of our Lord in order to positively affect our families, support our pastors, and reach out to our community, all to the glory of God. We are committed to obedience to our Lord in teaching His Word, unceasing prayer, submitting to those He puts in authority, and to loving our neighbors.

Upcoming Events & Announcements



**CHRISTMAS
Progressive Dinner**

This Sunday, **Dec. 3**, is the last day to buy tickets for the **Dec. 17** Adult Progressive Dinner. Diane Hickox is seeking ladies who are willing to open their

homes and be hostesses for the hors d'oeuvres, and hostesses for the main course. Desserts will be at the church. Ok, ladies, here is another opportunity to step out of your comfort zone. We need lots of you to volunteer! Call Diane at (858) 484-8065 for more details. Thanks!

Flu Clinic Is Dec. 9

The date for the flu clinic is **Dec. 9**. It is open to our community and the tentative cost for the vaccine is \$15. It will be held in the West Room at the church. Please see Betsy Fleishman for details.



Scrapbooking

If you enjoy scrapbooking, we will once again be meeting on **Saturday, Dec. 30**, from **9 a.m. to 3 p.m.** at the church. This is our time of gathering together to work on our projects and enjoy one another's company, and maybe get some ideas from each other. If you have questions, feel free to call Daphne Cortese at (858) 486-5334.



Looking ahead to Women's Retreat

Attention ladies! It's not too soon to start thinking about our 2007 Women's Retreat and begin saving your \$\$\$\$\$. Next year the date is **Friday, March 23 – Sunday, March 25**, and that means it will be before time changes to Daylight Savings Time – hooray! Or is next year the year they mess everything up and have us change to Daylight Savings Time in February? In that case, we'll already be used to it.



“Getting to know you, getting to know all about you.”

Getting to know two ladies at Living Way Church



Courtney Cormier

Courtney has been coming to Living Way Church for about five years with her family. Her parents are Joe & Carrie and she has two sisters: Kristen, 18; and Hannah, 16.

Courtney attended Maric College for a year to learn massage therapy and she is a licensed massage therapist. She works two days a week at Dr. Jill’s office and she works two days a week at the Ambience Day Spa in the Barona Hotel, giving massages at both locations.

Since coming to LWC she has been involved in SuperChurch, and works in the nursery. However, her most recent and exciting thing was going to Ghana this past summer with our Missions Team. While there they had kids camp everywhere they went. Courtney specifically helped with the bells for the bell choir, and she was in one of the dramas. She says they all helped out with all the other things, such as balloon making and the parachute games. When the Ghana team came home, they all went to Mexico for a day mission trip in September, and she enjoys getting together with them once a month to keep the bond they all formed while there.

Courtney says that because of going on the Ghana trip, God has really given her a heart for missions and she is praying about going on another mission trip in 2007 and is keeping an eye out for open doors.

In her spare time, Courtney enjoys spending time with her family and hanging out with her friends – the usual girl things! She likes to read and is currently going through the “Left Behind” series. She would love to travel to Europe, and even Australia someday. Courtney hopes to marry and raise a family when God sets the time for her.

Her favorite scripture is Isaiah 40:28-31 (NIV) *Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but 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.*

Give her a warm hello when you see her and you know where to find her if you want a massage!



Mary Goodison

Mary’s been attending Living Way Church for 14 years. She and her husband Mike have been married for 36 years and they have two grown children – Christina and John; and Mary informed me that BOTH of them are getting

married next year: John in June and Christina in August.

Through the years before she came to LWC, Mary was active in other churches. She worked in the nursery, she was a Sunday School Teacher, and a Sunday School Supervisor Assistant. She also had a ministry working with women with unsaved husbands.

Mary’s passion and current ministry is her involvement with San Diego County Indian Reservations. Mary herself comes from the Pueblo tribes in New Mexico, however she was born in Colorado. She has been going to Native conferences across the United States to such places as Arizona, Virginia, New Mexico, Washington State, Sacramento, CA, and as close as Escondido; she will be attending one in March 2007 in Santa Fe Springs of the LA area. These conferences are to connect Native ministries together and to share the gospel with Native Americans. She also leads a prayer group that prays for the reservations and when she visits them, she collects their prayer requests. She is starting a nonprofit organization with the prayer group to help with the needs on the reservations. Her desire is to change the family dynamics that have been destroyed by the enemy through the years.

Mary works at Poway Dry Cleaners and in her spare time she enjoys sewing and crafts, especially hand embroidery, something she says is a dying art. She also likes to watch old classic musicals on TV. Mike will be retiring this year and they are both looking forward to some traveling and spending more time together. They’ve already been to Niagara Falls for their 35th wedding anniversary last year.

The Lord reveals to her spiritual things through nature. One day she would like her book of “Nature Meditations” published. She is up at 4 a.m. each morning to spend time with the Lord, because of her favorite scripture, Joshua 1:8-9, which she calls her Life verse.

Be sure to give Mary a “two-thumbs-up” when you see her and encourage her in her ministry.

Health Ministry News — Hello from Betsy !

Kids get pretty anxious over the holidays. It's a time of excitement and wonder, and they often have a hard time relaxing, staying calm and sleeping well. Don't try to change your child's temperament; accept that he or she may be naturally timid and soft-spoken, or boisterous and loud. An activity level that might be comfortable for one child could be overwhelming for another. Here are 10 Tips for a peaceful holiday season for those of you with kids.

1. Don't over-schedule your children. Cut back on the tasks and activities that are likely to overwhelm them. For example, avoid long trips to the mall with young children; short spurts of shopping will be more fun for everyone.
2. Have activity-based celebrations. For instance, spend time with children making cards, decorations, cookies and gifts. You may wish to let each child select one activity for the whole family to do over the holidays.
3. Have children stay physically active. Don't allow busy holiday schedules to crowd out active play time. Physical activity is one of the simplest and most effective ways to reduce stress and ensure that a child gets a good night's sleep. Children should have at least 30 minutes of moderate-intensity activity every day. However, vigorous activities should not be done within several hours of bedtime because it raises the metabolic rate and may make it difficult for your child to relax.
4. When possible, have your children play outdoors. Exposure to daytime sunlight helps children to sleep better at night.
5. Teach your children relaxation skills such as stretching, progressive relaxation, deep breathing and guided visualization. Relaxation can be a delightful form of play, and it's easy to incorporate the holidays in imaginative ways. For example, play a relaxing game of "Santa Says." Direct children to stretch and relax by curling up like a snowball, to move their arms and legs slowly in and out like a snow angel, or to open their mouths widely to catch snowflakes.
6. Banish bedtime fears and help kids put worries to bed. Make a ceremony out of pulling worries or fears away for the night. Have children pretend or actually draw a picture of what's bothering them. Fold (or pretend to fold) the worry or fear until it's smaller and smaller. Then put it away in a box and lock it with a key. It's often helpful for older children and teens to list their worries in a journal before putting them away for the night.
7. Make your home a sanctuary from the over-stimulation of the outside world by making family "quiet time" a part of every evening: Limit total screen time, including computer games, video games and time spent watching t.v. Advertisements scandalously target children; Tell or read inspiring holiday stories; Sing and listen to soothing holiday music; Give each other a gentle massage.
8. Maintain the bedtime routine. While routines are likely to be thrown off during the holidays, it's important to maintain a consistent bedtime, allowing plenty of time for a relaxed bedtime routine. Don't let holiday

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parties or activities interfere with your child getting a good night's sleep.

9. Instill compassion and encourage generosity. Provide opportunities for your children to help others. Opportunities abound: have your child draw pictures and help bake and deliver food; encourage them to donate some of their clothes, toys or books; regularly visit an elderly person who needs companionship; read or tell stories that emphasize giving; perform simple rituals to symbolize your care for others. Light a candle as you and your children send your good wishes or say a prayer for those who are in need.
10. Instill appreciation and gratitude. It's not possible to be upset and worried while feeling appreciative. Share good things that happened during your day and have your child do the same. They don't need to be major events; emphasize actions that demonstrate the blessings of the season. It could be a hug, words of love, the sound of the birds in the morning or a beautiful snowfall. You may wish to incorporate prayers of appreciation and thankfulness.



Bunco Resumes in January

Bunco will resume in January 2007. There will once again be sign-ups on Sundays at church in January. Or you can call Renee Robinson or Lisa Parry. Renee can be contacted at (858) 231-0177, or email her at naenae1@cox.net. Lisa be reached at (858) 672-2021, or email her at lparryhr@yahoo.com.

Who's Who in Women's Ministry

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Baby and Bridal Showers

Amy Juarez (858) 254-8120

Friday Night Fellowship

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Jessica Morgan (858) 485-9980

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