

# The R.U.T.H. Letter

*Redeemed Unto Truth and Holiness*

## September 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*



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**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.

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### Upcoming Events and Announcements

**Looking ahead:** Please join us on **Friday, September 8, at 7 p.m.** for the next installment of the video series by Liz Curtis Higgs. This one will be *A Heart for God*, from Genesis 29:30-35

Please watch for details in the Sunday bulletin for where we will be meeting.

**Looking further ahead:** There will be no Women's Meeting in October; however please join us on **Friday, November 10, at 7 p.m.** for our annual cookie exchange. Watch for more information in next month's newsletter



### New Kitchen Maintenance Schedule

There is a new schedule for cleaning our church kitchen. A different ministry will do it each week of the month and the Women's Ministry is responsible for the first week every month. Diane Hickox is seeking a volunteer to be in charge of calling ladies on the phone to ask for help each time it is our turn. If this is something you'd like to do (come on, step out of your comfort zone) please call her at (858) 484-8065. A big thanks to ya!

### Women's Bible Study



It's once again that time of year for our Women's Bible Study to begin. Our first meeting will be on **Wednesday, Sept. 20, at 9:45 a.m.** in the East Room at

the church. We are delighted to have Diantha Simila as our facilitator for another year.

Our first book is titled *Pleasing God*, by Jack Kuhatschek. This study is about how we can please God, not by following legalistic rules, but by putting our trust in Christ. As we grow in our relationship with Him, we see how Godly character flows from a clear conscience and a sincere heart. Some of the topics covered will be grace, faith, your heart, moral purity, peace, and obedience.

Baby sitting is provided in our church nursery for those of you who have babies and young children.

Please call Diantha at (858) 487-0680 or the church office at (858) 486-1441 for any questions. We hope to see you there!



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

Getting to know two ladies at Living Way Church



**Christina Goodison**

Christina has been attending Living Way Church about 4 months. However, she also attended for a year or so in 1999, and she was baptized in our old sanctuary on New Year’s Eve Watch Night in 1999. God then moved her to Mission Valley for the few

years, but now she’s back and LOVING IT!!!

She is 33 years old and is the daughter of Mike and Mary Goodison. Christina works part-time as a notary and she goes to school full-time. After receiving her degree from Palomar in American Indian Studies, Christina is now attending Pacific College of Oriental Medicine, working toward her Master’s in Traditional Chinese Medicine. She plans to become a licensed acupuncturist and an herbalist as well. Christina, her mother, and 3 other ladies are starting a nonprofit organization called C.O.R.N. (Cash or Resources for Natives) and it is under that organization that she will be working with the Native Americans on the San Diego reservations. She says that the Native Americans have lost a lot of the teachings handed down from generation to generation, and they are more open to Christina’s style of holistic medicine. She began college with every intention of going into regular medicine, but she knows God called her to do this instead. She is going to take her international licensing board exam so that she can practice anywhere in the world and she hopes doors open for her to go on missions trips.

In her spare time Christina likes to dance — swing dance, salsa dance and even belly dance! She attends a studio in Pacific Beach where she takes dance classes and while she is down that way, she visits her brother, John. She played the piano when she was younger, and is now getting back into it. Another thing Christina enjoys is hiking over at Lake Poway and while she is there, she stops and plays her Native American flute. She attends worship conferences when she can; and has recently begun using flags to worship.

Christina is a very busy young lady and it’s evident she loves the Lord and listens to His Word for her. She wants to eventually marry, but she is content right now and still has 3 more years of school. Her favorite scripture is Proverbs 8:8 “All the words of my mouth are with righteousness; Nothing crooked nor perverse is in them.” (NKJ) Her birthday just happens to be August 8, too (8/8). Please chat with Christina, encourage her in her studies and say “glad you’re back at LWC.”



**Christa Hudgins**

Christa has been coming to Living Way Church since she was 5 years old — 23 years ago! Her parents are Cliff and Vickie Daggett. She has 2 sisters — Melissa Daggett and Jessica Morgan.

For anyone who began attending our church after

June 17, Christa is a **brand new bride**. She LOVES being married to Jeff. They met through Berean Bible College, where they have both since graduated. In fact, Christa has been teaching classes at BBC for 7 years now. This quarter she is teaching History of the Church, and Creation Science. In the past she has taught such classes as Luke, Matthew, and Esther, to name a few. The college is blessed to have her on staff because she brings her knowledge and education and friendly spirit into the classroom. Christa has been working at the Carmel Mountain Costco for 8 years (she started when it was still Price Club) and has advanced her positions there through the years.

This lady is busy just like Christina! This year she will team-teach the junior high girls on Sunday nights along with Athena Zuill. She and Jeff are involved in the youth group — they do all the media for them. Christa also works the power-point overhead on some Sunday mornings. In the past Christa has taught your children in Kingdom Kids and SuperChurch. She has been on 2 missions trips to Peru with our missions team, in 2000 and in 2004. She used to go to Tijuana with our Mexico team but has to work Saturdays now. They both hope to go on a missions trip next year.

In her very rare spare time, Christa enjoys doing paper crafts, including making her own cards. She and Jeff like going to Padre games. They have season tickets that they share with Jeff’s dad Lynn and his wife Rosa. They also enjoy going to movies, and she loves spending time with her niece, Zoe and nephew, Preston.

Of course, Christa wants to start a family with Jeff. They are going to wait until they have a bigger place to live, possibly next year. Her favorite scripture is Micah 6:8, “He has told you O man, what is good; And what does the Lord require of you But to do justice, to love kindness, And to walk humbly with your God?” (NAS) Say hi to Christa, you can probably find her in the sound booth, and tell her how much we all appreciate her around our church!

## Health Ministry News — Hello from Betsy !

Here are some very interesting uses for Hydrogen Peroxide that I'd like to share with you:

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouth-wash. (Small print on the bottle says it can be a mouth wash and gargle.)
2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishcloth or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. Spray a 50/50 mixture of peroxide and water on your feet if you have a fungus (especially the toes) every night and let dry
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually so it's not a drastic change.
11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
13. It can be used to clean mirrors without smearing them.

## Scrapbooking

If you enjoy scrapbooking, please join us **Saturday, Sept. 30**, from 9 a.m. to 3 p.m. at the church. We will be having our monthly gathering together to work on our projects. If you have questions, please call Daphne Cortese at (858) 486-5334.



## Bye-Bye Bunco

Bunco has been cancelled until Feb. of next year. Renee Robinson would like someone to help her with the responsibility of coordinating Bunco when it resumes. This involves collecting money on Sundays, buying the gifts for prizes, and making sure someone is there to open the door for us. Please contact Renee at (858) 842-1424, or email her at [naenae1@cox.net](mailto:naenae1@cox.net). (Here's another opportunity for someone to step out of her comfort zone!) Thanks!

## Who's Who in Women's Ministry

### Coordinator

Diane Hickox (858) 484-8065

### Church Socials

Liz Charos (760) 443-3444

### Baby and Bridal Showers

Amy Juarez (858) 468-4299

### Friday Night Fellowship

Josie Abernethy (858) 486-2844

### Meals

Amy Juarez (858) 486-4299

### Newsletter

Kathi Aubry (858) 748-0477

### Nursery

Jessica Morgan (858) 485-9980

### Women's Bible Studies

Diantha Simila (858) 487-0680

### Prayer Ministry

Theresa Bunnell (858) 672-1511