

The R.U.T.H. Letter

Redeemed Unto Truth and Holiness

November 2009

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

Progressive Dinner



Sunday, December 13th is the date for our Christmas Progressive Dinner. Thank you to those of you who have volunteered to open your home for this. However, **twenty-five** more lovely volunteers are needed! If you are willing to serve either soup/salad or dinner at your home (you will be compensated a set amount) please stop reading right here and call Diane Hickox at (858) 484-8065 or Liz Charos at (760) 443-3444. They are waiting for your call. This will avoid any unnecessary stress!

Thursday Night Bible Study

Have you ever wished there was a Women's Bible Study in the evening? Do you already enjoy Beth Moore Bible Studies or have you always wanted to try one? This coming January we will begin a Beth Moore series at LWC on Thursday nights from 6:30pm to 8:00pm. This bible study will follow the care group schedule and will require homework. Are you ready for a grand time in the Word with the girls? Watch for more details.



Some lovely ladies among us!



Thanksgiving was never meant to be shut up in a single day.

- Robert Caspar Lintner

Thanksgiving



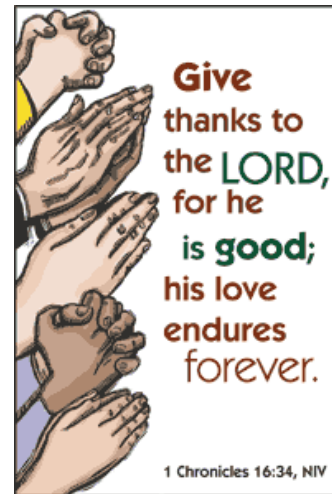
Regarding Swine Flu: The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible to avoid coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced:

1. Frequent hand-washing.
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face.
3. *Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at Jala Neti or Sutra Neti (very good Yoga asanas to clean nasal cavities), but *blowing the nose once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.*
5. *Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption -- be careful & don't take too much zinc per day -- there can be side effects.
6. *Drink as much of warm liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

November & December Birthday Celebrations

All November birthday girls are invited to celebrate on Saturday, November 7th. Brunch will be served at 10:00 a.m. at the home of Diane Hickox. RSVP to Diane at (858) 484-8065. December 5th is the date December birthdays will celebrate.



Scrapbooking & Quilting

With Thanksgiving dinner and cleanup behind you, it's time to relax and work on your crafts. Bring your projects to the church on November 28th and work with others from 9:00 a.m. to 3 p.m. If you will be scrapbooking RSVP to Daphne at (858) 486-5334. If you are interested in the Quilt Ministry, contact Sylvia Pierce at sylpie@cox.net.

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) 254-8120

Meals

Amy Juarez (858) 254-8120

Newsletter

Bonnie Cosentino (760) 744-2028

Nursery

Lorena Valois (858) 229-8749

Women's Bible Studies

Diantha Simila (858) 487-0680