

the S.A.L.T. Press

SERVING AND LEARNING TOGETHER

Cheyenne, Wyoming

Abiding With Your God

Spring 2011



Memory Verse

I am the vine, you are the
branches; he who abides in
Me and I in him, he bears
much fruit, for apart from
Me you can do nothing.

John 15:5



Abiding In Him

by Lisa Caynor

"Come follow me." This was the first call of Jesus to each of us, when we believed by faith that His death was enough to pay for our sins, and that He had resurrection power. That was the day His Spirit came to live in us - the power that raised Christ from the dead lives in us. (Romans 8:11) Then came Christ's command, "Abide". John 15:4-5 says, *"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine, you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."* "Abide" means dwelling, making a home. How do we do that "in" Christ?

I've prayed about this, studied for years on the topic, and asked the Spirit for guidance. He keeps bringing me to a point I'm sure you'll like - LOVE! The Scripture calls Jesus our "First Love". We are His Bride and He is our Groom. Think about first love in life. It's not a duty to spend time with that guy or take time to read his love notes (or emails). If it's "true love" we marry and make a home with him. For many years, my relationship with Jesus was all about duty - Do's and Don'ts. When I was first saved, it was more about love. The fact that He died for my sin and I was free from hell made me focus on His love for me. Then life got busier and it was easy to neglect that love. It got to be more like a list: 1) do church, 2) do Bible study, 3) do ensemble practice, and 4) do church events. I was doing. Have you ever notice the Bible is full of commands to BE not to do - *"Be still and know that I am God."* (Psalm 46:10)

In today's hustle and bustle life, time is a precious commodity, but if we're honest, we make time for those things for which we want to make time. I remember during college when I was dating my husband. I'd stay up until 3 a.m. typing a paper, and if the only time I could see Rick was breakfast, I'd sleep 3½ hours and meet him there. What was my motivation? LOVE! When we are "in love" our priorities with time show clearly that love prevails!

To abide is NOT to visit God on Sundays or for 15-30 minutes once a day for dutiful devotions. It may mean that one-on-one time is limited, but our thoughts throughout the day can go toward God and His love. Just as when I first fell in love with Rick, I would rarely have one-on-one time with him, but my thoughts were on him a good portion of each day. One-on-one time was treasured and desired, but I had responsibilities that did not allow it to be all day. It was more a state of mind. I was always Rick's "one and only" and he was mine, even at work or around groups of people.

So, how? How? How do we abide? Let's switch those three letters around. We tend toward a focus on H-O-W. But focus on God is a W-H-O focus. He is the Vine! A branch doesn't graft itself into the vine. The Vine pours its essence and all that it is into the branch and fruit is the result. All of us who have had fruit trees or vines of any kind know that it takes time for fruit to come - time, good soil, water and sunshine.

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Drought Tolerant

by Gayle Puett

As I sit at my kitchen window, looking out over our backyard, I'm a bit dismayed. February is not a pretty month. Patches of partially frozen, dirty snow still dot the dormant straw-colored grass. The ancient box elder is leafless, its limbs dark and skeletal against a gray sky, and even the tiny sparrow that shelters in one of its hollows and the lazy squirrel that sprawls over a branch wear coats of dull brown.

I long for Cheyenne Spring, for the appearance of green shoots and buds of vibrant purples, reds and yellows, the air scented with lilac. I wonder how healthy they will be, these plants that have endured this long, frigid, yet relatively dry winter. Then I remember—these plants are drought tolerant, with deep roots that can find and capture water, even in the driest season. They will not allow a lack of abundant moisture to keep them from doing what God has created them to do—bloom and bring Him joy with their simple beauty and sweet fragrance.

God has often spoken to me through gardening metaphors, and He does so now, causing me to ponder: How drought tolerant am I? Am I developing deep spiritual roots that will allow me to survive the harshest and driest of seasons when, for whatever reason, my fellowship with the Lord seems to be coming only a drop at a time, and those drops spaced so very far apart? Will I wither and blow away, or continue to grow, to bloom, to be a sweet perfume for Him?

I search the Scriptures, the "Master Gardener's manual", for instruction and guidance. First, by confessing Jesus as Lord and believing that God has raised Him from the dead (Romans 10:9), I have been grafted into the holy root, "*and if the root be holy, the branches are too*" (Romans 11:16). Through acceptance of Christ's sacrifice on the cross, I have become a branch of God's family tree. Every gardener knows that if the root is healthy, the plant has a much higher chance of surviving drought and disease. God, the Holy Root, is my source of eternal life; He will sustain me in the dry seasons.

In Ephesians 3:17-19, I am assured that "*being rooted and grounded in love... I am able to know the love of Christ which surpasses knowledge, so that I may be filled up to all the fullness of God.*" Because of my insertion into the Tree of Life and the grace of God which was given me in Christ Jesus, I am "*enriched in Him, in all speech and all knowledge...not lacking in any gift...for God is faithful*" (1 Corinthians 1:4-9). Healthy plants need nutrient-dense soil to thrive in. As I diligently seek God in the rich soil of His Word, I am assured of deeper spiritual growth and sweeter fellowship with Him.

In John 15, Christ affirms that if I remain faithful in Him and His words reside in me, I will bear much fruit—the fruit of the Holy Spirit in my character and the fruit of bringing others to a saving knowledge of Christ. He also speaks of pruning the branches that are bearing fruit in order that they may bear more. Gardeners know that judicious and sometimes even severe pruning must be done to insure the health and continued fruitfulness of the plant. Jesus patiently and persistently cuts away at my twisted knots of disobedience and rebellion to bring me to a place of spiritual fruit-bearing and unbroken fellowship, always growing toward His Light.

Finally, in Isaiah 58:11, I rejoice when I read: "*And the Lord will continually guide you, and satisfy your desire in scorched places, and give strength to your bones; and you will be like a watered garden, and like a spring of water whose waters will not fail.*"

Ah, the answer as always is in Christ. He alone provides the springs of living water that will nourish and sustain me. From the Living Water I must drink deeply of His love and grace and mercy, not to be stored away for some future personal drought, but to be spilled out on anyone thirsting to know my Jesus.

So, am I drought tolerant? Nope, but I'm tapped into the One who is.



God Abides in Hearts Filled With Love

by Dawn Jewett

Is your heart filled with love for your sisters and your brothers?
Do you show respect for your fathers and your mothers?
Then ask what you will resting assured,
That GOD will do it if your motives are pure.

For GOD can only live in hearts filled with love.
That is why He sent His Spirit to us from above.
GOD abides in hearts filled with love.



Devotion in Motion

by Glenna Campagnaro

Abiding Means Hanging on Tight!



Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. – John 15:5

Branches are attached to the vine. While attached to the vine, the branches receive nourishment through the vine and thus, thrive. Jesus is the Word and we are meant to be literally attached to Him – to abide in Him. We stay attached to Him by making Scriptural deposits that yield good fruit – the fruit of the spirit. This fruit of the spirit benefits me by giving me peace, balance and courage. It helps me to be and become the woman that the Creator made me to be. It benefits others by making me a person who is more kind and gentle – a person who is able to encourage and edify others.

For me these deposits, spending time in the Word, have to occur each morning – otherwise I am just not right for the entire day. My perspective is a little askew, my center is off, I am slightly lost for the rest of the day. I literally feel like I begin to wither.

Jesus told us that one of the jobs of the Spirit is to *teach you everything and will remind you of everything I myself have told you* (John 14:26b). You limit what the Spirit has to work with when you do not know the Word. Knowing the Word is like putting arrows into the quiver of our hearts and minds – ready for use when we are under attack. Jesus, the Creator of the universe and Savior of the world used Scripture Himself to fend off Satan (Matthew 4:1-11). If it is good enough for Him – then it is surely good enough for me!

Our job is to abide. And if for some reason we let go with one or even two hands from time to time - we need to jump up and latch right back on to Him as soon as we notice. Just keep on hanging on to Jesus.

Sing for Joy to the Lord

by Kathy Thompson

Come let us sing for joy to the Lord, let us shout aloud to the Rock of our Salvation. Psalm 96:2

Recently, I visited a local nursing home with some friends as part of a gospel music ministry. When we finished the singing and gathered up the song books, the staff took the residents back to their rooms a few at a time.

In the flurry of that activity, I realized that one lady, still waiting for assistance, had continued with her own solo gospel sing. She sat with her hands curled in a lap covered by a small patchwork quilt. White wisps of hair floated back from her face, radiant and uncharacteristically alert, as she sang song after song.

I marveled that when so much else was lost to her, the gospel music remained. She had lost the ability to walk unassisted, as well as much of her memory and, to an extent, the ability to reason. But she remembered all those fine old gospel songs and clearly—she remembered the love of her Lord and the joy she had known in expressing that over a lifetime.

Thinking about her triggered memories of how important Christian singing has been in my own life. I remember coming home from school as a child, taking the alley shortcut and coming through the backyard to hear my mother playing the piano and singing hymns. I remember sitting in our little church in the evening service, watching as the stained glass window turned from yellow and gold to shades of blue and purple in the gathering twilight as we sang hymn after hymn. And I remember as a teen-ager how our church youth group would sit around a campfire after a picnic and sing until late into the night. I remember how blessed we felt after the singing as we sat in the quiet with only the hushed sound of the crackling fire and the forest behind us and felt God's presence.

Now the music has changed from the old gospel hymns to our praise music. At times we brave stormy winter weather, traveling out to our country church. We greet friends and the gloomy mood begins to dissipate. But the real difference for me happens when Pete, our worship leader, cranks up the music and we begin to sing. As we raise our voices together and we reach out to the Lord we love, I feel very blessed and very thankful.

And it occurs to me that I want to be like the lady in the nursing home, lifting up my voice in songs of praise for all of my days, joyous and shouting aloud to the Rock of our Salvation.



Being a True Disciple

by Ann Murray

At the women's day of fasting and prayer in January, I was really struck by some familiar verses in the gospel of Matthew: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:19-20, ESV)

We are to make disciples of all nations. A disciple is a follower or a student of someone; to be a disciple of a person is to follow his commands and instructions. Jesus says here that we are to make disciples of all nations by teaching them to observe all that He has commanded. Well, one of the best ways to teach is by example, so in order to make disciples of people, I need to be a disciple myself. Am I truly following Jesus in all things? All too often, I try to go my own way. That makes me a poor disciple; I can't be a follower and a leader at the same time.

I want to do better, to be a real disciple and not keep getting in my own way, but where do I start? Jesus answered this question for us: "So Jesus said to the Jews who had believed in him, 'If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.'" (John 8:31-32, ESV)

Abide in His word. That's all I need to do. But what does that mean? To abide in means to dwell or reside in; to abide is to remain, continue, or stay. In the NASB, "abide in" is translated "continue in" and in the NIV it's "hold to." This is active; it takes effort to hold to Jesus' word when the world is spinning around us.

So how do we do it? How do we abide in, continue in, God's word?

Spend time in God's word every day. We need to read the word, reflect on it, memorize it, and dig deep to study it. Begin your time with God's word by asking Him to open your heart to receive what He has for you in the passage that you will be reading. Timothy tells us that there is something we can learn from every passage (2 Timothy 3:16); be willing to learn something. And then apply what you have learned. Spending time with God and His word should change us.

I challenge all of us (myself included) to commit to spending more quality time with God every day. I know that can be a real challenge for some of us with our busy lives, so tell somebody about the commitment you make. If you're like me, it's easier to keep commitments when they involve other people. I'm excited to see the work God does in our lives as we abide in His word.



God's Beauty Regimen

by Mariah Richards



What happens when you can't afford beauty? Presently we error in the "need" for consistent haircuts, hair styling and accompanying hair products; flawless-anti-aging skin care, the new color themes in make-up, seasonal trends in clothes, and endless discussions on the "it" potion for today!

I grew up, like many young girls today, with a huge emphasis on outward beauty. Inner beauty was not mentioned much in my household. Rising up from Orange County, CA, the "miracle creams" and "stylish outfits" were flaunted frivolously. As a teen, I followed suit walking around as if belonging on a cover of a magazine. Almost 10 years later I find myself as a wife and mom of three young children living in WILD and windy Wyoming and unable to afford all the beauty products I once held dear. Can you relate?

So what happens now? As a last resort...I pray. Is this a cop-out answer? I think NOT; after all beauty truly does permeate from the inside out. Inner beauty – the fruit of the Spirit made visible with actions (Galatians 5:22) – the TREASURE inside an earthen vessel fragranting forth (2 Corinthians 4:7) – the Holy Spirit LIVING in us – now that is our inner beauty. It comes from abiding in Christ only; ONENESS and fellowship with God. He in us, we in Him; He is our beauty.

This world's got NOTHING on God's beauty regimen. I'm amazed at the glow radiating from each and every one of the older women in my Bible study group on Thursday mornings. They are all truly gorgeous! It gives me hope to continue my oneness with Jesus as I grow older gracefully. They are likened, in my mind, to "miracle cream" infomercial spokesmen. Except for they're real life witnesses, showing what abiding in God really does; it brings forth so much beauty. God is amazing at transforming our hearts and in turn our outward appearance as well, it's tried and true...and doesn't cost a penny, now how's that for affordability?

"The King is enthralled by your beauty; honor Him, for He is your Lord." Psalm 45:11 NIV

Running Out Of Time

by Nicole Scoville



So much can happen in such a short period of time. Not that many years ago I was living in a city surrounded by the enemy and sin. K-LOVE seemed to be my only friend and I praised God every day for saving me from drowning in my environment. I managed to escape to the solace of Cheyenne, Wyoming near my family and my ever-growing church family.

In order to get here I sacrificed much in the worldly, secular sense. I am here but not unscathed. Although it's been a short time I still feel a sense of urgency? Do you feel it? I can hear a constant ticking of the clock in my mind. I'm running out of time in this world and I'm still so young. I need help from God to live the life He wants for me and to love all the people He wants me to love.

If we ask God, He will aid us in prioritizing our life. It seems easy to me to get distracted by the media, or the tedious, mundane rituals we tend to participate in. There is a great song by Sara Groves called *First Song I Sing*:

*In the morning when I rise
Help me to prioritize
All the thoughts that fill my day*

*Before my schedule
Tells me that my day is full
Before I'm off and on my way*

*I want to praise you
I need to praise you
Let the first song that I sing
Be praises to my God and King*

I love Winnie the Pooh but I think he focuses on the wrong thing. Piglet asked Pooh, "When you wake up in the morning, Pooh, what's the first thing you say to yourself?" "What's for breakfast?" said Pooh. "What do you say, Piglet?" Piglet answered, "I say, I wonder what's going to happen exciting today?" Pooh nodded thoughtfully and said, "It's the same thing!"

While we are abiding in God, we need to let go of what we want in this life. I used to think that joy came from getting my way, but now I know joy comes from God. As I follow after God, I need to leave my past behind and see where He goes. The Bible tells us the story of Mary and Martha in Luke 10:38-42: *38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. 40 But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." 41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."*

When we fully accept Jesus we take up our cross daily and follow. When we do that we choose the best part and follow Jesus on an adventure even a fictitious bear like Pooh would want to join.

Happy Spring



The earth is brown and cold, and has the look of death all over it, but experience tells me there is the potential for life and health just beneath the surface waiting to spring forth. What is the catalyst that will start this redemptive action, nothing more than the earth leaning in toward the sun and its kiss of life giving warmth?

Was the life there all along? Yes. Why was the sun's power not working? The rays were stretching out to touch and heal, to start the process of growth, but alas nothing. The earth remained cold with only a glancing touch of healing without penetration, without transformation.

The Earth had tilted ever so slightly away from the sun. Oh, the light was there, its presence could be seen and felt, but its power could not be realized. The Earth locked in the knowledge of the sun's presence unable to receive its blessings, until it turned and leaned toward the sun allowing it to be caught in the sun's ever present rays welcoming Earth into the spring.

This reminds me of the day the Son of God's rays invited me to lean in toward Him. He enveloped my life, and peace sprang up like new flowers poking their heads through the hard crust of ice and snow at the surface. Only the trained watchful eye of the observant mature Christian noticed anything was happening to me at all. These shepherds were gentle and kind, helping to remove the protective layers of ice I had built around myself to insulate from the harsh cold winds of the critical and self-righteous.

Now hopefully I have a trained, watchful eye looking for the first signs of the baby Christian starting to spout, careful not to step on them or crush their timid, trusting tendrils of faith.

It's Spring, seasoned Christians, are you ready and willing to tend to the Son's precious garden of new believers? Are your words the loving fertilizer or just the harsh cold winds of a critical spirit? Even the aged Christian could do with some care – we have the wonderful potential to give encouragement to all.

This year find a bud and help it sprout, who knows, it might even be just the thing that allows new growth in the status quo dormant branch of mature Christian plants like us. Happy Spring!

His Chosen Path of Love

written with God's help by Pam Imig- February 6, 2008

I know not what, I know not how
But it comes from Him, His path unfolds
Before my eyes, He gently guides me on
His chosen path of love.

Everyone's path is different, each one unique
I never know who or what I will meet.
He has a plan to bring about growth
To encourage me to draw Him close.

Sometimes, I like the path He picks.
At times, I turn and run real quick.
I think I can choose a better way.
I plead, I cry, I ask Him, "Why?"

But, His loving kindness bids me return,
To follow Him on His chosen path of love.

Today the path may be rough or smooth,
It may include fear, failure, disease, or death.
I may find success, joy, peace, or love.



Whatever I find, He seeks to guide me through it all.

To You I say, "Don't turn away!"
Make it your aim, to seek Jesus each day.
Let Him guide you on,
His chosen path of love.

Abide in Him

by Carol Wurdemann



The word "abide" (*meno*) means to dwell at one's own house or to sustain unbroken fellowship with someone. The apostle John uses it to say God "abides" in Christ. He dwells in Him and therefore has a constant influence upon him. The divine presence is continually operative in Him. Jesus said, "*I am in the Father and the Father is in Me . . . The Father, who remains (meno) in Me, does His own work*" (John 14:10).

How does Jesus accomplish what He does? His answer was, "the Father abiding in Me does His work." Jesus is the one person who was completely at the disposal of the Father. The evidence was His perfect character. Jesus was different and you could see the difference in His behavior. Jesus not only said what the Father told Him to say, but everything He did was the Father's working in and through Him and the evidence is what you see.

When Jesus said that believers "abide" in God, it pictures a relationship bound to Him by the Holy Spirit whom they received when they believed on Christ. The idea is to remain in vital union with God or in Christ. It is the work of the Holy Spirit in the believer's life. John says this vital union of remaining in Christ will make a difference in our behavior. The one who says he abides in God ought himself to walk just as Jesus walked. *Meno* indicates a close, intimate and permanent relationship between the believer and God (1 John 2:6, 24, 27; 3:6).

When we serve Him according to His will, He will answer our prayers, and we can see Him do great and mighty things in and through us. "*Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. If you ask anything in My name, I will do it. If you love Me, you will keep My commandments*" (Jn. 14:13-15). He wants us to make ourselves available to Him even as He made Himself available to His Father. We are to ask what Jesus would ask the Father and that nothing will be asked out of accordance to His will. We have the Holy Spirit abiding in us to guide us.

We appropriate that abiding relationship by faith. Jesus said, "I live in them." He occupies a place in us as His dwelling place. The abiding presence of Christ in the believer is His permanent residence in Him and His supplying that is necessary to produce fruit in his life.

John 15:4, "*Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, so neither can you, unless you abide in Me.*" The Vine is our positional source. "Keep on abiding in Me." Jesus is emphasizing the permanence of position such as maintaining unbroken communion and fellowship with the person in whom He dwells.

The point Jesus is making is for the believer to maintain unbroken fellowship with Christ. The believer has now made his spiritual residence in Christ. The house has been cleansed by the blood of Jesus. Nothing now stands between the believer and Christ. It is a holy fellowship. There is no better analogy than the vine and its branches. The believer draws his spiritual life and energy from the indwelling One. We abide in Christ and He in us when we enter into a personal relationship by putting our trust in Him as our Savior. We cannot produce spiritual fruit that will bring glory to God without a continual abiding in Him. We cannot produce God's kind of fruit without the life of God within us. Remaining in Him produces fruit.

Time = MEDITATION (Joshua 1:8), soil = the WORD (Mark 4:20), water = the SPIRIT (John 7:38-39), and sunshine = SONSHINE (John 8:12)!

I know you're thinking, "But how do we continue abiding? Some days, my kids, my job, my husband, my neighbors make it impossible." Matthew 17:20 says if we have faith, nothing will be impossible for us. We must have FAITH in the Vine and not in ourselves. We can fail, but Jesus (our Vine) never fails. How do we increase our faith? Romans 10:17 says we do it by hearing from the Living Word, which is His Spirit.

If you have your Bible, look at John 14. The word "room" here can literally be translated "a dwelling place, a residence, an abode." Yes, indeed, Jesus was a dwelling place for the Father; the Father was in Him. In essence, He housed His Father God! Jesus wanted His disciples to know that this was just the beginning. He would not be the only One abiding with God, but they would actually become dwelling places for God as well! The scope of Jesus' influence was about to broaden drastically because He would no longer be confined to physical limitations. Multitudes would be able to enjoy a relationship with God from the inside out!

Jesus carries on with this incredible concept in Chapter 15, when He says: "*Abide in Me, and I in you...*" Now get this: The word "abide" here is the verb form for the noun "room" in Chapter 14! It makes sense, though, doesn't it? Do you see the connection between "abide" and "abode"? Jesus was teaching them that this was the kind of life that they would be living because of His journey to the cross. He was indeed going away--but He would be back, and He wanted them to rejoice because He was preparing the way for them to have an ongoing intimacy with Him from the inside out! How was this going to be made possible? When Jesus left He was making the way possible for His Spirit to live inside of us! We are actually a dwelling place for Jesus! "*And I will pray to the Father, and He will give you another Helper (Comforter), that He may abide with you forever--the Spirit of truth...you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you.*" (John 14:16-18)

Now it makes complete sense why a disciple of Jesus must, "*Let not your heart be troubled, neither let it be afraid.*" (John 14:27) Jesus was essentially declaring, "My going will open the way for many to have an intimate relationship with Me. Believe Me, I will still be around, but in a different form! I will be in you and working through you! I will be accomplishing even greater things through My going!" "*Most assuredly, I say to you, he who believes in Me, the same works that I do he will do also; and greater works than these he will do because I go to My Father.*" (John 14:12)

I'm sure we all want to abide in Christ from moment to moment. Let's start by abiding in Him at this present moment:

Lord Jesus, I love You! I am yours! You are my First Love! At times, I fail you, but You NEVER fail me. You are the Vine and I want you to prune me and finish the work You started in me. Your Spirit lives in me, so I have all Your power and resources flowing through me. I want to listen moment by moment to Your voice. As You say, "*Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'*" (Isaiah 30:21)

⇒ Lisa Caynor is a Thailand missionary, who along with her family, is currently in the states on furlough while recovering from a severe auto accident.



Labor of Love Ministry

by Carol Wurdemann

The older women should be reverent in their behavior neither slanderers nor slaves to drink. They should be teachers of what is good, that they may wisely train the young women to be loving wives and mothers, sensible, chaste, good housekeepers, good-natured, submissive to their own husbands, so that the word of God may not be slandered. (Titus 2, 3, 4 & 5 from the Gideon Bible)

As part of our church ministry we would like to welcome women to learn basic domestic skills such as:

- Loving your family and others
- Meal planning with recipes and shopping tips
- Organization / Time Management
- Pregnancy / Child care
- Cleaning
- Wedding planning / Parties
- Cooking / Baking
- Crocheting / Sewing
- Being good stewards of your home
- Any others of interest to you

This is completely free to anyone interested and it may be one-on-one or if enough people are interested there could be a class on a particular subject. All would be provided in a loving, supportive, non-judgmental and Bible-based manner and in accordance with the church's beliefs.

For more information contact Carol Wurdemann at 514-1715 or Pastor Bob at the church at 635-2977.

Meals Served With Joy

by Joanna Bischoff

Do you like to cook or just love food? Or do you know someone in need of a meal? Meals Served With Joy is a ministry that connects loving volunteers with anyone who can use a little help with dinner, such as a family with a new baby, someone in the hospital or in recovery. Providing a tasty meal is a great way to "*love...with actions and in truth*" as John encourages us in 1 John 3:18. Receiving a meal also allows someone else to be a blessing to us, and 2 Corinthians 8:14 reminds us that "*At the present time your plenty will supply what they need, so that in turn their plenty will supply what you need*".

Volunteers can certainly purchase a meal to provide or make one, whichever is more convenient for them. Meals must normally provide for a family of 1 to 5 people (if the need is larger, we will ask two volunteers at a time). Recipients are asked a few questions about allergy concerns, the best time to deliver a meal, favorites and dislikes of food, etc.

We pray that whatever ministry in which we choose to serve will be fulfilled according to 1 Peter 4:10-11 which says, "*Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms...so that in all things God may be praised through Jesus Christ...*" Please contact Lorri Garibay (307-286-6104) or Joanna Bischoff (406-599-9379) with any interests or questions!



Abiding Honestly

by Chere Hagopian

I was raised to believe
God wanted perfect.
I thought that always meant
I must be strong.
I had to dig deep and try harder-
Then I could belong.

I was raised to pretend
That I'm not needy.
I learned how to smile
Like everything's okay.
I thought I should act
Like I'm never angry,
Or wounded.
I was raised to believe
That it's better this way.

I had it backwards;
And God told me all along
He wants the truth from me;
It's when I'm weak that I am strong.
Not self-reliance,
But that heart that seeks His face,
Abiding honestly,
Can know the God of grace.

So now I believe
That I can cry when I'm in pain.
And now I depend
On strength from above.
I have learned to accept
That I can't be perfect-
But I will be loved.

I don't have to pretend
That I'm always happy.
I don't have to be ashamed
When I'm afraid.
When I give to the Lord
All the darkness of my heart,
His love won't fade.



Denver, Colorado – September 30 – October 1, 2011

Are you interested in attending a Women of Faith Conference?

This year Cheyenne Hills Church is reserving 100 tickets to the Women of Faith Conference at the Pepsi Center in Denver, September 30-October 1. Group coordinators, Jean Murphy and Deborah Palmer, are inviting women from churches around Cheyenne to join them in a quest to bring more Wyoming women to fellowship at Women of Faith.

The cost is \$89 which includes lunch on Friday and Saturday. Through the Women of Faith website they have also reserved some rooms in The Curtis Hotel in downtown Denver which is within walking distance of the Pepsi Center.

If you are interested in joining this group and purchasing tickets for this event, you can go to

<http://gps.womenoffaith.com>

Username: jmurphy

Password: welcome

Go to "members" and add each individual person. Once each person is accepted each person can go in and make payments directly to Women of Faith. Payments will need to be made in full by July and the tickets will arrive in August.

If you have questions or would like to register in person you can contact:

Jean Murphy 256-7600 jeanmurphy715@msn.com

Deborah Palmer 421-4100

markndebpalmer@msn.com



This beautiful spring photo and the ones at the top of page 4 and the bottom of page 5 were provided by:

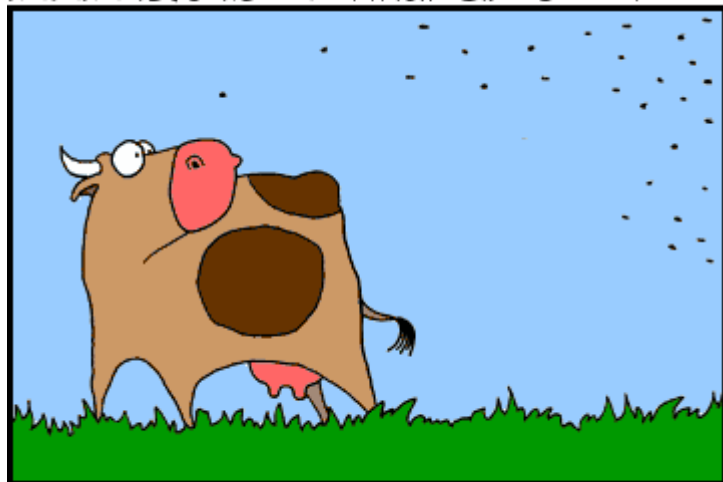
Christine Kronz

Save the Date! – September 23-25
Calvary Chapel Ladies' Fall Retreat
Harriman Center

Women's Ministry Contacts

Servant Team:	Sheila Sells (637-5009), Ann Murray, Elizabeth Colvin				
Administrator	Elizabeth Colvin	634-6354	Bible Studies	Karen Coleman	637-7020
Meals Served with J.O.Y	Joanna Bischoff Lorri Garibay	406-599-9379 286-6104	The Gleaners Book Club	Nicole Scoville	514-3066
Reuben's Well	Nicole Scoville	514-3066	Moms In Touch	Pam Imig	637-3527
Covering Prayers	Sherrie Sundin	421-6926	Labor of Love	Carol Wurdemann	514-1715
Newsletter Architect	Glenna Campagnaro		634-5360		

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TROUBLE IN THE LAND OF MILK AND HONEY

Gleaner's Reading Schedule

- **Do You Think I'm Beautiful?** by Angela Thomas - May 7, 2011
- **A Thousand Shall Fall** (Shiloh Legacy Book 2) by Bodie and Brock Thoene - June 4, 2011
- **Surprised by Grace: God's Relentless Pursuit of Rebels** by Tullian Tchividjian - July 9, 2011
- **Say to This Mountain** (Shiloh Legacy) by Bodie and Brock Thoene - August 6, 2011
- **Radical Womanhood: Feminine Faith in a Feminist World** by Carolyn McCulley - September 3, 2011
- **Life with God: Reading the Bible for Spiritual Transformation** by Richard Foster - October 1, 2011
- **The Irresistible Revolution: Living as an Ordinary Radical** by Shane Claiborne - November 5, 2011