

Women's Ministries
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You Name It!
Election Day!

Thank you creative ladies who contributed ideas for the Newsletter's name! Here are the candidates:

- First Lady
- Girlfriends Gazette
- Selah
- Sisterhood Epistles
- The Journey
- Hospitality
- Become

Please email your vote to whitewaterwertz@gmail.com or call Laura at (503) 910-1209!

Ladies, it's about YOU!

This newsletter is one way we can get connected, become acquainted and build community. It is *your* epistle to one another.

Your contributions are invited.
Your suggestions are welcomed.
Your sharing is valued.

Are you a writer? Would you like to share a light-filled story of your life or a fabulous recipe? Do you have a question for us, a suggestion of someone you'd like to highlight, a particular topic you'd like to address, an event you'd like to include in the calendar?

Please prayerfully consider participating in whatever way you can!
Call or email Laura Wertz!

Capturing the Beauty

Special Thanks to

Beth Miller for pictures for the cover page of our newsletter. She has quite an eye for capturing beauty! To contact her:
Phone: (971) 241-1476
Email: elizabethmphotography@gmail.com
Check out her website!
emillerphotography.com
emillerphotography.blogspot.com

Kobbi Blair, photographer for the Stateman Journal for pictures of the Women's Tea

Every Lovely Lady whose contribution made this newsletter come together!

Thank you!

Women's Ministry Board

- Jan Trahern (Bible Study), Rhonda Guisinger (Mom to Mom), Shannon Johns (Retreat), Shannon Butcher (Innocence Found), Marilyn Radmacher (Deaconesses), Cindy Dyer (Sisterhood of Prayer/Retreat), Jenny Johnson (Missions), Laura Wertz (Newsletter), Jayme Fridley (Mom to Mom)
- Feel free to contact any of these women with your questions about Women's Ministry!

Women's Ministry Advisory Team

- Kerri Hanke, Stephanie Lindsey, Beth Miller, Grace Klewitz and Nancy Sperling
- Feel free to contact any of these women with your questions about Women's Ministry!



Become

Salem First Baptist Church Women's Ministry Newsletter

A New Beginning

Laura Wertz, editor



Volume 1, Issue 2
Sep/ Oct/ Nov 2010



Did you notice how the newsletter has a *new* look? Recognize some faces? I hope so! *Become* has become even more about YOU - the blessed ladies of Salem First Baptist Church.

Our theme this quarter is *A New Beginning*. With our dear Father, every day is new. No matter the season, our God makes everything - and *everyone* - new. The struggle for me is to let go of my stubbornness and ASK Him, to LET Him, to TRUST Him with the faith of a child. Oh, how He loves us and wants to breathe into us His being. I pray that you would wake every morning and journey through the day in His Love's newness. Here's to a fresh start for you every day!

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. 2 Cor 5:17
He who sat on the throne said, "Behold, I make all things new..." Rev 21:5

Autumn's Paradox

Wendy Myers

There is a paradox happening - autumn. It's the end of a growing season, a time for harvest. Yet it is also a time of new beginnings - the start of a school year, a time to pursue new dreams, the excitement of the holiday season right around the corner.

There are other autumn life parallels. Plants die in the fall. We do not grieve, for we know they are to return in the spring - all according to His glorious plan. Jesus died on a cross. He assured His followers not to grieve as He would return in three days. Yet as we read on, they *did* grieve and were amazed when He was not lying dead in the tomb. Imagine if you will today, this autumn, not knowing the dying plants would return in the spring. Would not your fear and loss of hope be severe?

I look around and observe so many not seeing purpose in the autumns of their lives, not believing in the new season of spring. Fear and loss of hope are settling in my neighborhood like a deep fog. As members of His holy family, we have an obligation to go out into that fog and allow Jesus to shine through us and touch those aching - they need our God. Listen to His will. Every new day the goal should be to make someone smile, make someone laugh and give hope through random acts of kindness and love. As you love God, Let His love shine through you. You are a child of Light and Life, no matter what the season, as Jesus grows in you.



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Your Beloved Community of Women

(Focus on Ladies and Ministry)

Missions Focus

Bethany Johnson

In the missionary spotlight this month is Debbie Eisenhut, a general surgeon working at Shikapur Christian Hospital in the Sindh province of Pakistan. Unfortunately, due to the lack of midwives, the hospital closed in 2006 and has yet to reopen. There are 3 doctors and 4 midwives that operate the clinic; a minimum of 8 midwives are needed to open the hospital to inpatients. The hospital is also in need of a nursing director, more office staff, a nurse anesthetist, and more trained nurses.

Due to cultural restrictions many Pakistani women cannot see a doctor unless the doctor is female. Pakistani women are also mostly confined to their homes and are difficult to reach with the Gospel. Deb-



bie and her coworkers have the privilege of complete freedom within the hospital to pray with patients and tell Bible stories daily in clinic devotions. They can also visit interested patients in their homes.

Recent floods have covered most of central Pakistan and displaced people from their homes. Many refugees lost all their belongings and were left with nothing but the clothes on their backs. Refugees are camped everywhere - roadsides, overpasses, etc. The hospital staff has been feeding 600 people in their area two meals, breakfast and dinner. This huge task is even more daunting considering there are less than 24 people on staff with only about a third of them who are actu-



ally helping with the relief effort. The clinic is still running, but one of the doctors has been going to Sukkur daily to help with the flood relief clinics. Since access to clean water is restricted, there are more eye and skin diseases in the refugee camps. In addition, the villagers have poor health to begin with: parasites, respiratory infections, scabies, seasonal diarrhea, and many other preventable diseases. The refugees have no money and are therefore dependent on the flood relief clinics.

Prayer Requests:

- That Debbie would be in God's word and prayer daily especially through this busy time.
- Health and stamina for the workers and doctors helping with the relief effort.
- Provision for personnel and supplies to meet the needs.
- Funds to continue the flood relief efforts.
- That Pakistani people will have an opportunity to hear and respond to the Gospel during this crisis.

Reading Room

(Book Reviews, Poems, Chuckles)

Flower Talk

Betty Goffrier

One morning in the garden, something was the matter.
Birds and bees were brought awake with noisy flower chatter
Said the pansy to the daisy, "I'm unhappy with my lot!"
I don't like where I am planted,- don't like this garden spot.
And that dandelion is inching much too close to me;
She is not a flower - that is very plain to see.
Don't like her as a neighbor - don't like her here at all.
She belongs with other weeds outside the garden wall."



The daisy looked astonished as she turned her yellow head.
Petunias stood in utter shock at what the pansy said.
The robin in the pear tree ceased to sing his song.
He could hear what Pansy said - heard what was going on.
The cheery little marigold with sunshine on her face,
Said that she was quite contented in her growing place.



The stately rose had heard enough, and in her gentle voice,
Said, "Pansy dear, it's time you learn some things are not our choice.
Little sisters in this garden, you need to understand,
That God has fashioned each of us with His Almighty hand.
Just bloom where you are planted - be thankful for each day.
Consider those around you - be careful what you say."
Now Pansy knew that she'd been wrong and bowed her pretty head,
Then turned to smile at Dandelion as she settled in her bed.

Church Chuckles

submitted by DeLorise Jones

Barney

A four year old was at the pediatrician for a check up. As the doctor looked down her ears with an otoscope, he asked, "Do you think I'll find Big Bird in here?" The little girl stayed silent. Next, the doctor took a tongue depressor and looked down her throat. He asked, "Do you think I'll find the Cookie Monster down there?" Again, the little girl was silent. Then the doctor put a stethoscope to her chest. As he listened to her heart beat, he asked, "Do you think I'll hear Barney in there?" "Oh, no!" the little girl replied. "Jesus is in my heart. Barney's on my underwear."

Signs on Church Properties

~ If you're headed in the wrong direction, God allows U-turns.
~ Fight truth decay--study the Bible daily.
~ No God--No Peace. Know God--Know Peace.
~ Free Trip to heaven. Details Inside!
~ It is unlikely there'll be a reduction in the wages of sin.

Pakistan Medical Needs

We are so excited that SFB will be able to send a team to encourage and help Dr. Debbie Eisenhut! George and Linda Price, Debbie's mom, Margit Eisenhut, and Pastor Mark will visit the Shikapur Hospital and attend their annual Indus Christian Fellowship Conference. Pastor Mark will be the featured speaker at this conference. The dates of their missions trip are 11/2-11/12. We would like to send medical supplies for the Flood Relief Clinics with our team. If you can provide any of the needed medical supplies, please bring them to the church office.

Antibiotics: Ampiclox 250mg / 500mg capsules/tablets only

Amoxicillin 250mg / 500mg capsules/tabs only

(please no syrup of the penicillins; the heat destroys their effectiveness after they are mixed up.)

Doxycycline 100mg capsules/ Flagyl tablets and syrup/ Septran syrup and tablets/ Erythromycin PO and syrup/ Azomax (azithromycin)/ Ofloxacin/ Dalacin-C (clindamycin) 150mg/

Erythromycin eye ointment/ Gentamycin eye and ear drops/

Antibiotic skin ointment

Something for scabies -- ex. Benzyl Benzoate lotion

Something to treat ringworm and other fungal infections-- ex. Canesten (clotrimazole, 1%) ointment

Steroid skin cream

For worms: Vermox (mebendazole) tablets and syrup/

Combantrin (pyrantel pamoate) tablets and syrup/ Ventolin syrup (salbutamol/albuterol)

Antihistamines: chlorpheniramine, Benadryl or zyrtec

Antipyretics: Tylenol tablets/capsules and syrup

Ibuprofen tablets/capsules and syrup

For malaria:

Fansidar (sulfadoxine+pyrimethamine)/ Chloroquine phosphate tablets and syrup/ Artem for malaria (if it is available)

Multiple Vitamins

Iron

Injectibles: Rocephin, Antinausea medication (ex Stemetil in Pakistan)

Event Highlights

(Highlights from past events and details/descriptions on upcoming events)

Child Abuse Prevention Workshop

submitted by Shannon Butcher

Saturday, October 2, 9:30am – 12:30pm

Did you know?

that at least **1 in 4 girls**

and **1 in 6 boys**

are sexually abused before their 18th birthday?

How can you protect your child? Come and learn how you can change these statistics. Together, let's protect the children in our families and community.

Who should come? Anyone who has or interacts with children (dads, moms, foster parents, grandparents, youth or childcare workers, teachers, aunts, uncles, coaches, etc.)

Location: Salem First Baptist Church - Community Life Center/ 395 Marion St NE - Salem, OR 97301

Schedule:

8:30am - Registration, Childcare check-in
(Espresso bar, Information tables, Refreshments)
9:00am-12:30pm - Seminar

Program:

A multi-media workshop entitled: *Recognizing Child Molesters, a New approach to Protecting children* will be given by representatives from Liberty House and the Marion Co. Sheriff's office. The seminar will also include a message of hope from an abuse survivor and director of *Innocence Found*, an organization committed to helping prevent childhood sexual abuse and assisting adult survivors to find healing. The event is sponsored by First Baptist Church and *Innocence Found*.

Price: FREE!!!

PLEASE PRE-REGISTER: Email Janice Adams (jadams@fbcsalem.org) with your name if you plan to attend.

Childcare: Nursery through 4 years old (\$4/child, \$10 family maximum). Parents must register children by September 18 by contacting the First Baptist office at (503) 364-2285 with the following information:

- 1) Child's Name, age, and birth date
- 2) Parent's Name, phone number and email address
- 3) Child's Allergies, if any
- 4) Special Instructions

Parents utilizing childcare, please pack a sack lunch for your child(ren) due to the length of the seminar.

For more information: Visit www.innocencefound.org or call Salem First Baptist Church at 503-364-2285.

Innocence Found

In partnership
with Salem First Baptist Church

Muriel Cook Seminar

submitted by Janice Adams

Saturday, October 23, 9:00am – 3:00pm

In this one day seminar, Muriel will emphasize being God's voice and helping other women to know Him better even when we may not see ourselves as "disciplers". In addition to giving practical, refreshing tips on "how to" share life to life, there will be a time of deep reflection on one's personal walk with God, encouraging each woman to be open and ready to help others. Muriel's spiritual insights come out of a rich family heritage, a warm and loving relationship with her husband and children and a lifetime of helping people with their problems.

Muriel has an effective counseling ministry with students, alumni, missionary women and pastor's wives. She is a counselor-at-large on the campus of Multnomah Bible College and Seminary in Portland, Oregon.

All women are welcome to attend

Registration begins September 10, 2010

Registration: \$15 (includes lunch)

2010 Parenting Workshop

submitted by Pam Fields

Friday, November 5 - Sunday, November 7

Continuing education. Doctors, nurses, teachers and many others attend continuing education for excellence in their fields. As moms, we collect recipes and look at decorating or even fashion magazines, but when was the last time you attended a time set aside for the continuing education in the art of motherhood? Please join us for a weekend retreat of Bible teaching and encouragement at Aldersgate Conference Center in Turner on November 5-7. Early registration by Oct 1. For more details please visit the retreat website at www.oregonrubies.com or contact Pam Fields 503-363-0579.

2011 Women's Retreat—Plan on It!

submitted by Laura Wertz

SERVE, PRAY, LOVE - Our Journey in Christ

Friday, February 18 - Sunday, February 20, 2011

Location: Hallmark Resort, Newport, OR

Price: \$105 to \$150 (includes 3 meals)

Scholarships will be available. Watch for a Silent Auction Fundraiser in early November! Like to volunteer? If décor and favors, leading groups in reflection, admin, publicity are your thing, please let us know!



Sunset in the Garden - Missions Tea

Janice Adams

Acts 2:2 in The Message reads ... "Without warning there was a sound like a strong wind, gale force – no one could tell where it came from. It filled the whole area. Then, like a wildfire, the

Holy Spirit spread through their ranks ..." this may remind some of you who were at the Log House Garden on August 17 of the wind we experienced at our early evening tea.

Despite the enemy's efforts to thwart our plans, the gale winds, the rustling of the rooftop, the blown electrical circuits did not keep 240 women from having a glorious time together. The Holy Spirit moved, praises were sung and the joy of the Lord rang from the lips of children. Many arrived early to view the lovely gardens, many met new friends and greeted old ones. Many local missionaries, short termers, some foreign and retired missionaries were there to share in the festivities of the evening. Many ran to their car for blankets, sweaters and warm cover, while others enjoyed the background music of John and his father. Vicki Barram called upon the Lord to stop the winds so that we could hear the messages of Karen Wagner and Denise Boettcher. He granted her request as these women began to speak. The winds were calmed and wonderful stories and meaningful illustrations were shared from the perspective of one wife and one mother who have found power on the mission field. All were challenged to make a difference on the mission field where they live. As the evening closed, God

beautifully demonstrated His glory -- the "Sunset in the Garden" was a proclamation of His Greatness, His Sovereignty, His Provision. Thank you to all those who served as planners, artists, hostesses, greeters, music makers, cooks, decorators and table setters, – many hearts and hands woven together created a masterpiece of an evening. Our God reigned!!



Living on the Cheap - Patience

Pam Fields

Patience is a virtue. I am not a very patient person. Waiting seems to make me more impatient. I am a fairly organized person, so when I think of something I need (or want) I want to go take care of it and check it off of my list. If you have this type of personality, you know what I mean. It is an almost insatiable desire to go to the store if even for two items just so that you don't have a list anymore and everything is done. This kind of obsession can be expensive... you will be surprised how much you can save (time and money) by curing or at least quelling the monster of impatience.

Combine trips in your driving schedule:

Look at your list of commitments for the week and mentally think through *where* they will happen. For instance, while my oil is getting changed, I can walk across the street and get that tube of toothpaste that only one place in town sells (so I do not have to make a special trip for that one thing). To make this work, you need foresight and patience - foresight to know that

what your family will be needing before your next trip to that end of town (the toothpaste) and patience to know that if the tube is running low to not stress out and make a special trip for it, doubling its price by the time price of gas is figured in.

Wait for the sale: Clothing can be something that is hard to wait for, I know - but again, waiting is a necessary trait for those wishing to save

Patience is a skill that once achieved will show itself true for the bottom line.

their precious dollars. If we have a family photo coming up and I have found a cute dress for my daughter, do I really need the shoes today if the photos aren't until next month? It pays to be patient and wait for a sale or at least to look at different stores as I do my errands over the next few weeks and trust that I will find just the right pair without having to race all around town in one afternoon ex-

hausting myself and my fuel budget.

Late every summer the newspaper ads arrive announcing "Back to School". When I see the ads, like many others, I feel a call to action. I need to go NOW to get those supplies so that school doesn't start with my son empty handed. It is a wise parent who does make a list of what supplies your child will need and then **watch the ads or keep your eyes peeled** as you go through stores on your other regular errands.

Patience is a skill that once achieved will show itself true for the bottom line. There are times when an event arises and I must jump into the fray. If my son needs a white shirt for a choir performance, I may just have to give in and pay full price because time is a factor. My goal is that if I practice patience in picking up the things we need, then the stray fit and furry to get something in a pinch will not set me back and throw me for a loop quite as much as if I spent all of my days running around just to get one item.

9/25 SELAH Women's Conference
Full closets, packed garages, over-booked schedules, demanding relationships, to-do lists, and a constant stream of email messages and paperwork clamor for our attention. These trappings of life deplete your spirit because you are created by God to live with simplicity and order. Come to SELAH to be encouraged to step into the freedom of a de-cluttered life! Where: George Fox. Contact the church office to be part of the \$32 group discount no later than 9/21.

9/26 Baby Dedication
If you would like to participate, please fill out tear-off from bulletin and you will be contacted. Deadline to sign up: 9/19.

Mom to Mom
If you are an expectant mom or have children up to 1st grade, come be informed, encouraged and equipped for life's struggles. Child care is provided. M2M meets the 1st and 3rd Fridays of each month. Room 426. Registration starts 9/17.

Tues Morn Bible Study
Study, fellowship, and prayer time designed to accommodate working women. Where: the Ike Box. Contact: Diane Weil (503) 581-7707. Study begins 9/21.

Tues Eve Bible Study
Adventure through a portion of Scripture to learn of God's Greatness, Grace, & Glory. Where: Room 423 CLC. Contact: Bonnie Buckner (503) 364-2285 x 313 bbuckner@fbcsale.org. Study begins 9/28.

Wed Morn Bible Study
Following God: Life Principles from the Women of the Bible. This is a character-based study which explores the significant roles that God calls women to in society, at home, and in the church. Where: Room 426 CLC Registration: NOW. Cost: \$27 Contact: Jan Trahern (503) 588-2627. Study begins 9/22.

Wed Eve Bible Studies
Call church for details!

Thurs Eve Bible Study
Join in lively discussion with women from a variety of backgrounds of how God's word applies to women who want a deeper relationship with God. Where: Grace Klewitz's home. Contact: Grace (503) 363-4223. Study begins 10/7.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<h1>October</h1>				1 Mom to Mom 9:15a - 11:30a	2 <i>Protect their Innocence</i> 8:30a - 12:30p
3	4 Quilting 9:00a	5 Bible Study 6:45a - 7:45a	6 Bible Study 9:30a - 11:40a	7	8	9	
10	11 Quilting 9:00a	12 Bible Study 6:45a - 7:45a	13 Bible Study 9:30a - 11:40a	14 Bible Study 7:00p - 9:00p	15 Mom to Mom 9:15a - 11:30a	16 Overcomers Class Movie Day: <i>Inn of the Sixth Happiness</i>	
17	18 Columbus Day Quilting 9:00a	19 Bible Study 6:45a - 7:45a	20 Bible Study 9:30a - 11:40a	21 Bible Study 7:00p - 9:00p	22	23 MURIEL COOK WORKSHOP 9:00a - 3:00p	
24	25 Quilting 9:00a	26 Bible Study 6:45a - 7:45a	27 Bible Study 9:30a - 11:40a	28 Bible Study 7:00p - 9:00p	29	30	
31							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Quilting 9:00a	2 Bible Study 6:45a - 7:45a	3 Bible Study 9:30a - 11:40a	4	5 Mom to Mom 9:15a - 11:30a	6 Overcomers Class Spaghetti Factory +
7 DST ends	8 Quilting 9:00a	9 Bible Study 6:45a - 7:45a	10 Bible Study 9:30a - 11:40a	11 Veteran's Day	12 Parenting Workshop (5th - 7th)	13
Printng Wkshp			Retreat Fundraising Auction - happening this month!	Bible Study 7:00p - 9:00p	18 Mom to Mom 9:15a - 11:30a	20
14	15 Quilting 9:00a	16 Bible Study 6:45a - 7:45a	17 Bible Study 9:30a - 11:40a	Bible Study 7:00p - 9:00p	19	27
21	22 Quilting 9:00a	23 Bible Study 6:45a - 7:45a	24 Bible Study 9:30a - 11:40a	Bible Study 7:00p - 9:00p	25	
28	29 Quilting 9:00a	30	Bible Study 6:30p - 8:00p	Bible Study 6:30p - 8:00p		

November