

WATFORD TOWN SDA CHURCH

Women's Ministries

Issue No 6 – June 2016

Newsletter/Digest



“Forgiveness does not excuse their behaviour. Forgiveness prevents their behaviour from destroying your heart.”

- Beyond Ordinary

Dear Sisters in Christ,

Good Day from your Women's Ministries Team - Pamela, Gillian and Carrisa.

We hoped that you benefitted from the Women's Ministries Emphasis Day AYS programme that we delivered on 18th June. Should anyone like a copy of the PowerPoint presentation please see Pamela and we will arrange for a copy to be sent to you, or printed if you do not have access to computer/internet.

Our focus that afternoon was forgiveness and how it plays an important role in our lives in terms of the true Christian experience and also in health and general well-being.

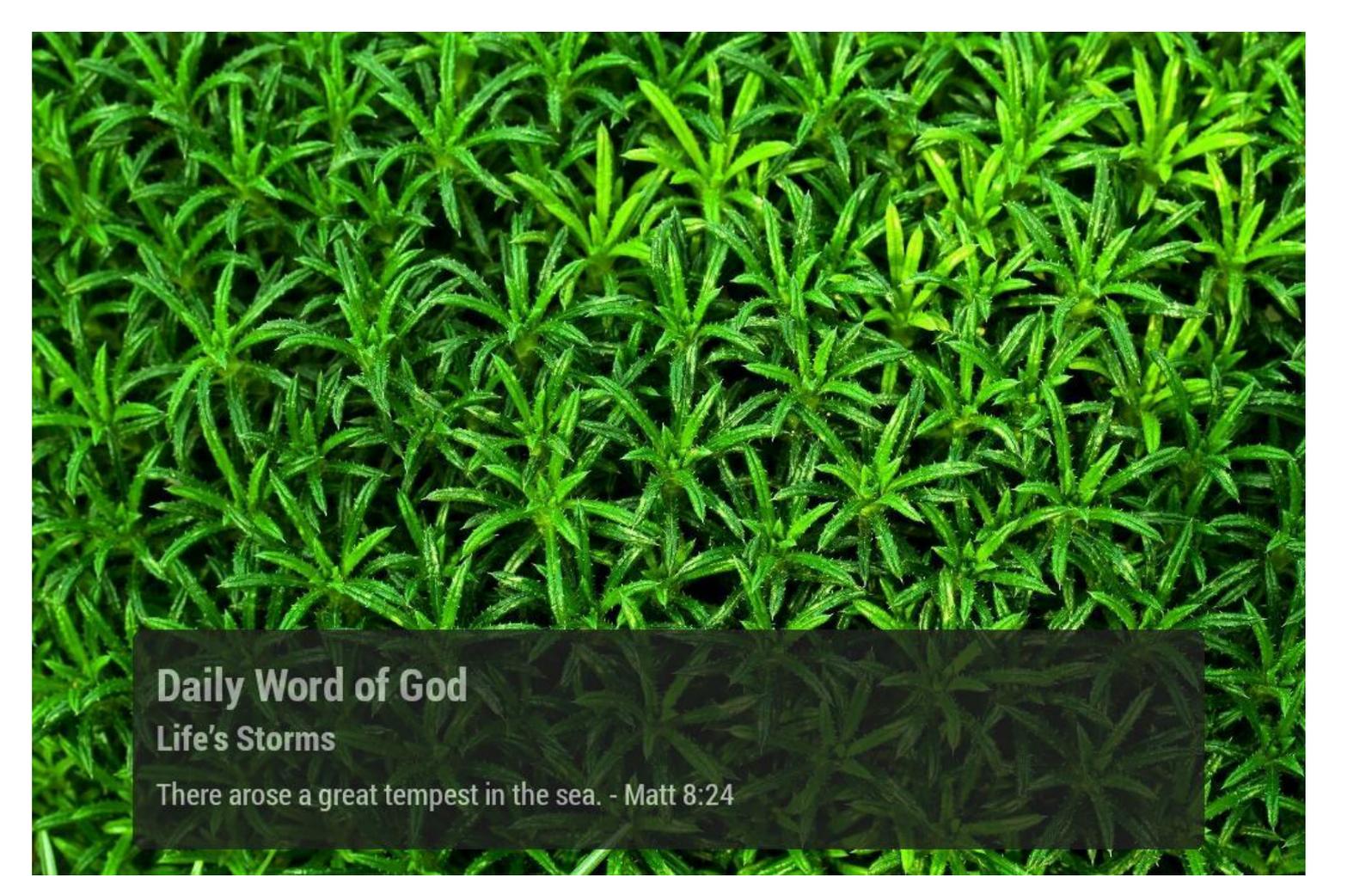
We need to follow the teachings of our Heavenly Father, in all things, but also particularly in forgiveness. Please do look at the Forgiveness Plan that was given out that week and do apply it if it becomes necessary for you to use in your Christian Life as you go forwards.

Well it's Summer - where is the sunshine and warmth that we have waited for? God must know that we need the rain, but it would be nice to have some sunshine as well!

As we go forward you will notice that we have come to July - yes time is pressing on again. School holidays are around the corner, vacations, or staycations whatever you have planned. I hope they will be enjoyable, even if it's only a few days off from work, they say a change is as good as a rest.

We hope that all is well with you as we gear up for the remainder of the year - We will have our EndItNow Emphasis Sabbath in August, and hopefully we can raise funds for Ella's Home - the one from the Motherless Child Programme that Deborah bought to us in May; see below:-

The Fight Against **Modern Day Slavery** still goes on. At the end of August I will be organising a sponsored walk to raise money for Ella's Home - To provide counselling for the women that have been trafficked. There will be three different walks easy, medium and hard. If you are interested in participating in this event please see Deborah St Cyr for more information.



Daily Word of God

Life's Storms

There arose a great tempest in the sea. - Matt 8:24

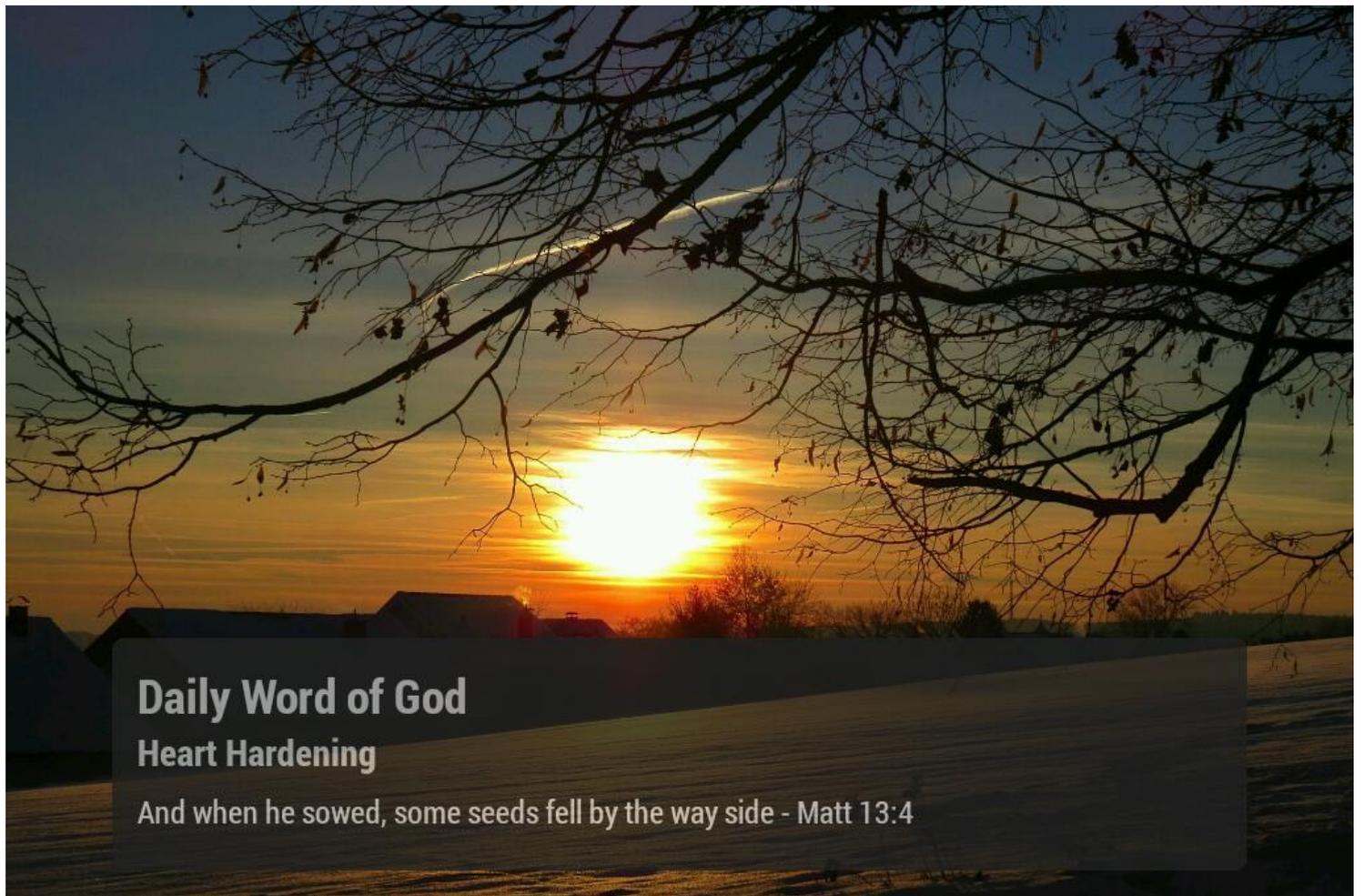
Life's Storms

There arose a great tempest in the sea. - Matt 8:24

The disciples had not put out to sea of their own suggestion. Had they done so without Christ's bidding, they would not have had the same reason to expect protection and deliverance. The lesson we learn here is this — that storms may arise even when we are in the plain line of duty. We should not be discouraged by the difficulty or trouble that comes, and conclude that we are in the wrong path.

We see, too, that Christ's presence with his disciples does not keep the storms away. There are no promises in the Bible that Christian people shall not meet trials. Religion builds no high walls about us to break the force of the winds. Troubles come to the Christian just as surely as to the worldly man. There are the storms of temptation; these sweep down with sudden and terrific power from the cold mountains of this world; then there are storms of sickness, of disappointment and adversity, of sorrow, that make the waves and billows to roll over the soul.

On the Sea of Galilee travellers say that a boat will be gliding along smoothly over a glassy surface, unbroken by a ripple, when suddenly, without a moment's warning, tempest will sweep down, and almost instantly the boat will be tossed in the angry waves. Thus many of life's storms come. Temptations come when we are not looking for them. So disasters come. We are at peace in a happy home. At an hour when we think not, without warning, the darling child we love so much lies dead in our arms. The friend we trusted, and who we thought could never fail us, proves false. The hopes cherished for years wither in our hands in the night, like flowers when the frost comes. The storms of life are nearly all sudden surprises. They do not hang out danger-signals days before to warn us. The only way to be ready for them is to be always ready.



Daily Word of God

Heart Hardening

And when he sowed, some seeds fell by the way side - Matt 13:4

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How are human hearts beaten into a highway? A child's heart is sensitive to every impression. But as it grows older, the thousand influences, feelings, emotions, imaginations, treading over it continuously, trample it into hardness. Every time he feels that he ought to do a certain thing and does not do it, allowing the good impulse to pass, he is left a little less sensitive to good impressions afterward.

The same effect is produced by the common experiences of life. The wheels and carts of business go lumbering over the heart. We ought to have our hearts fenced in, and allow none of these heavy wagons to pass over them. A business man ought to keep his heart soft and warm in the midst of all his business, tender as a little child's, humble, teachable, loving, trusting. He ought to have a sanctuary in his inner life into which no unhallowed foot, none but the priestly feet of heavenly guests, should ever pass. But too many make their hearts an open common, till they are beaten into a callousness that nothing can impress.

Another way is by the feet of sinful habits. There was an old legend of a goblin horseman that galloped over men's fields at night; and wherever his foot struck, the soil was so blasted that nothing would ever grow on it again. So is it with the heart over which the beastly feet of lust, of sensuality, of greed, or selfishness, of passion, are allowed to tread. There is an impression that it does young people no harm to indulge in sin for a time, if they afterward repent. No more fatal falsehood was ever whispered by the tempter into any ear. The heart that is trodden over by vile lusts or indulgences of any kind is never the same again.

Waiting for God to Speak

Psalm 28

Patricia Raybon



“Listen to my prayer for mercy as I cry out to you for help, as I lift my hands toward your holy sanctuary.” (Psalm 28:2)

My husband crawls to my side of the bed and kneels on the floor beside me. It’s daybreak. Our daily prayer time. So I scoot out of the covers and fall to my knees beside him. Still in our pyjamas, we lean in to each other, read our devotional, and Dan starts to pray, “O God!”

Does God hear us? We don’t even ask that question. After 40 years of marriage, we’re finally willing to learn a little something about patience. About waiting on the Lord. About God’s curious tendency to delay his replies.

So we’re not panicked today for quick answers. We’re humbled that God would even take time to listen to us. We were married 35 years before we started praying together like this. If God would wait that long for a distracted wife and husband to finally seek him together for their marriage, for family members, for life questions and more—then patiently reveal his answers—we have no doubt that God is good and God hears.

Call it amazing. Maybe that’s why David frames his plea in Psalm 28 by first acknowledging who God is: “my rock.” Not like the chalky caves near the Valley of Elah; God, in David’s eyes, is as enduring as the granite peaks of Sinai. He still is.

Like a silent rock, however, “Do not turn a deaf ear to me,” David begs God. “For if you are silent, I might as well give up and die” (verse 1).

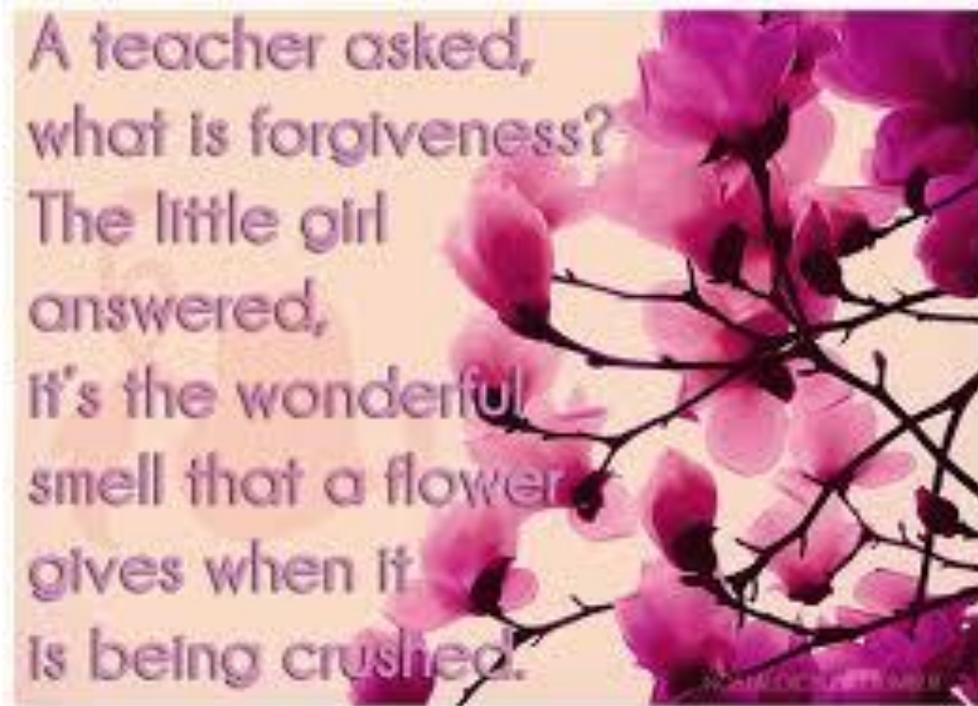
Talk about a desperate prayer. But my husband and I can relate. Our youngest daughter has left the church and refuses to return—a situation that keeps us on our knees daily. If God were silent, we’d give up and die, indeed.

But God isn’t silent after all. He speaks in his Word, our Christ, and through his great promises, but also in his world. As I write this, the morning after a frosty weekend, I gaze out of my window to the audacious warmth of piercing sunshine.

Have hope, the beautiful day is saying. And in the sun's glowing rays, I can hear the Divine. Kneeling with my husband today, letting him pray this time for both of us instead of jumping in to change his words, I gain humility and assurance.

As the late Dallas Willard wrote in *Hearing God*, "Learning how to hear God is to be sought only as a part of a certain kind of life, a life of loving fellowship with the King and his other subjects within the kingdom of the heavens." It's a journey, this business of hearing God. But what a trip! Let us not hurry our way through it.

Read: [Psalm 28](#). **Reflect:** *Am I rushing God for answers? How can I slow down to hear God well?*



Pray this month

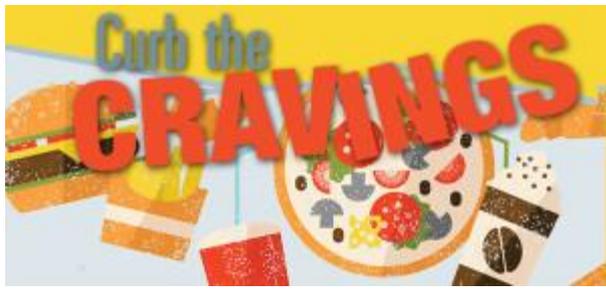
Dear Creator God,
When the rocks seem to move,
And the sand seems to shift,
When all around feels fluid,
I pray for the tenacity -
 To stay firm and open in faith;
 To embrace vulnerability as strength.



Dear loving Jesus,
When my soul feels eroded from the inside out
And the space between my inner self and the self I share with the world has
become too wide,
I pray for resilience –
 For courage to step deep,
 For the patience to restore my soul.

Dear Holy Spirit,
When in the midst of so many people
And so much diversity,
I forget my own belonging
And feel like a feather in the wind.
I pray for rootedness –
 For firm knowledge of your light that shines within
 For trust that your wind will keep me safe and
 Nudge me home to the sanctuary that is you.

Amen



8 Tricks to Calm Runaway Food Urges

What's Causing Your Cravings?

It's a common assumption that cravings indicate a nutritional need (for example, a chocolate craving means your body needs magnesium). But while this explanation is appealing, the real story is more complicated, says Marcia Pelchat, Ph.D., a food cravings expert at the Monell Chemical Senses Centre.

It's true that you're more likely to have cravings if you're anaemic, but usually, the foods that people crave aren't foods that will supply the nutrient they actually need. The classic example is the craving for ice: it's frequently the result of an iron deficiency, but ice doesn't actually contain iron. Furthermore, studies conducted by Pelchat and her colleagues have shown that even people who are getting a nutritionally complete diet can still have cravings.

Odds are, then, that your hankering isn't a signal that your body needs nutrients. In reality, says Pelchat, most cravings are actually a learned response. If you have a habit of eating crisps while watching TV, for example, you may develop a craving for that food every time you sit down to catch a show. In fact, you might come to crave crisps even if you don't actually like them.

“What happens with food cravings of all kinds is that environmental cues become associated with consuming a certain food,” she says. “Whenever those cues are encountered, the craving is triggered.” Like an alcoholic who gets clean in rehab, you can be craving-free when you're away from your triggers. But as soon as you're back in contact with the triggers, you'll be tempted to succumb again. And, unfortunately, since cravings are learned desires that don't necessarily stem from hunger, they can kick in even when you've just eaten (like with the craving for ice cream after dinner).

Although habit plays a large role in cravings, stress can make the yearnings worse. Researchers from the University of California at San Francisco found that placing rats in a high-stress environment prompted them to begin engaging in pleasure-seeking behaviours, such as eating high-fat and high-sugar foods. Eating those foods, in turn, helped calm the rats and stop the release of stress hormones. It's likely, then, that humans also eat certain foods when we're under stress because those foods help relax us—even while they have less-than-positive effects on our waistlines and other aspects of our health.

But habit and stress aren't the only factors behind cravings. Believe it or not, new research suggests that the bacteria in our gut also play a role. According to Athena Aktipis, Ph.D., assistant professor of psychology at Arizona State University, various microbes in our intestines feed on different kinds of nutrients (such as fat or sugar). It appears that these microbes actually send signals to our brains prompting us to eat the foods that they thrive on. Studies have shown that our gut microbes can change our taste receptors, influencing our preference for those foods; and they are also capable of releasing toxins into our bodies that affect our moods if they are not receiving the nutrients they want. “They benefit if we eat the foods they depend on,” explains Aktipis.

In other words, when we're fending off a craving, we're not just struggling against ourselves. “We might actually be fighting against some other source that doesn't have our best interest at heart,” says Aktipis.

Your Plan of Attack Against Cravings

Trying to eliminate all cravings all the time is probably a lost cause, according to Jessica Setnick, a registered dietician and a senior fellow at Remuda's Ranch eating disorder treatment centre. But although the desires may never completely go away, there are a variety of ways to keep the cravings at bay. Here are a few:

1. Remove your triggers.

For some people, cravings are triggered by sight: if they see the food sitting out on the kitchen counter or on the corner of their desk, they're more likely to snack. Put problem foods behind closed doors, says Pelchat—or better yet, keep them out of the house altogether. If you know you have to go out to get your ice cream fix, you're more likely to enjoy it as a small, occasional treat than if there's a half gallon of mint chocolate chip in your freezer.

2. Don't let yourself get too hungry.

If you avoid eating during the day in an effort to lose weight, you're bound to have powerful hormones that will make you more likely to binge by dinnertime. "You're more apt to be able to avoid eating high-fat, high-sugar foods if you have filled yourself up on healthier foods during [meals]," says Caroline Apovian, M.D., director of the Nutrition and Weight Management Center at Boston Medical Center.

3. Distract yourself.

A successful distraction can be as simple as tapping your forehead or your ear, or imagining a blank wall. Researchers from Mt. Sinai St. Luke's Hospital in New York City found that doing any one of these activities for just 30 seconds helped to diminish food cravings. And even if you eventually come back and eat the food you were craving, the mere act of delaying the inevitable can help weaken the craving in the future, says Pelchat.

4. Starve the microbes.

If our gut bacteria are partly to blame for our Twinkie and Frito obsessions, then giving in will only expand the population of microbes that depend on those foods, making the cravings worse, explains Aktipis. "If we want to stop craving foods that are so bad for us, perhaps the most important thing to do is to cut back on those foods," she says. That means cutting back not just on the particular food that you crave, but on high-fat, high-sugar foods in general.

5. Eat breakfast—and make it protein-rich.

Researchers from the University of Missouri found that people who ate a morning meal had dramatically fewer cravings for both sweet and salty foods during the day, with breakfasts high in protein being the most effective. For great plant-based sources of breakfast protein, load up on nut butters, scrambled tofu, quinoa and other whole grains, or even beans (yes, they're good for breakfast!).

6. Opt for portion-controlled packaging.

In this case, says Pelchat, you're not erasing a craving, but you're at least controlling mindless eating and limiting your intake of unhealthy foods.

7. Name the deeper reason for your craving.

In many cases, says Setnick, cravings reflect emotional needs, so it's helpful to put a label on them. For example, you might crave chocolate chip cookies because you miss your mom and the times you used to bake together. Once you know the underlying emotional need, you can approach it more productively.

8. Journal your desire.

Put down on paper all the reasons why you want to eat a particular food, says Setnick. Perhaps the food is luxurious or comforting. Once you've finished journaling, go back and cross out the name of the food itself and read your writing back to yourself to find out what you're *really* seeking. If it's luxury, indulge in a manicure instead; if it's comfort, try a warm bath.



We hope that you found this month's collection of articles thought provoking.

We would really welcome submissions from you ladies - anything you have come across and would like to share, would be welcome. Any comments, feedback, suggestions. gratefully received. Articles don't need to be original material, although we would welcome that as well.

So once again time is speeding by, we are nearly at the end of June and we are looking forward to the Summer months - I really hope the Lord plans to send some sunshine!

Please note that we will be re-drawing for the Secret Friend programme over the next couple of weeks so if you want to join or to continue with a new Secret Friend then fill out the form and return to us. Thanks.

Please do listen out for announcements about our programme of local events from the Women's Ministries Team - we have been planning and hope that you will enjoy what we have put together; our next Café will hopefully be 24th July, please save the date.

With best wishes for July and the months to come -

Carrisa, Gillian and Pam