

November 2013

# THE SPICE

A taste of what's happening for women.

## Tasting God's Goodness Pie

Holiday season is upon us, a time to give thanks and celebrate God's goodness with family and friends. And eat...maybe too much!

Family recipes passed down through the generations help us create all those delicious foods we enjoy at this time of year, but they also tempt us to lose our self-control. And, unfortunately, the guilt we may experience from our over-indulgences won't taste as sweet as Aunt Mary's homemade apple pie. But the good news is there are sweet things we can taste any time of year, and even over-indulge in, without guilt or tight-fitting jeans!

God has given us a recipe for guilt-free, joy-filled living, but it's not a recipe for the food we should put in our stomachs—it's for the thoughts we can put in our minds. Found in Philippians 4, "God's Goodness Pie" recipe might read like this:

*Ingredients:* Beauty, truth, goodness, purity, honor, praise, virtue

*Directions:*

- As you experience your everyday life, gather your ingredients—things that are beautiful, pure, praise-worthy, honorable, good, virtuous, and true.
- Allow each one to fill your mind with the beauty and truth of God's goodness and love.
- Taste and see that the Lord is good as you savor the sweet taste of the praise that forms on your lips in gratitude to God for all the beauty, love, and goodness he brings into your life!

God knows we struggle with self-control and guilt—with food and in many other areas of our lives. All too often we make the *issue* the focus instead of God. So this year, instead of focusing on the food we eat (or over-eat) during the holidays, let's focus on tasting his goodness. Because his greatest desire is that we experience his love, rest in his peace, and be filled with his joy.

And there's no pie recipe sweeter tasting than that!



### THE WORD

**"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."**

— Philippians 4:8

### Prayer for Today

Which ingredients have you gathered today to make "God's Goodness Pie"? Be sure to take a pie break daily to savor the sweetness of his goodness!



## Goodness, It's Good! Apple Pie

This recipe is sure to make your favorites list!

### Filling:

2 tablespoons flour  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon nutmeg  
 1 egg  
 1 cup sour cream  
 1 teaspoon vanilla  
 3 cups apples, peeled and chopped  
 1 9-inch pie crust

### Topping:

$\frac{1}{3}$  cup sugar  
 $\frac{1}{3}$  cup flour  
 1 teaspoon cinnamon  
 2 tablespoons butter



### Directions:

Combine the first four ingredients for the filling in a bowl. In a separate bowl mix the egg, sour cream, and vanilla. Stir the egg mixture into the dry ingredients; then stir in the apples. Spoon the apple mixture into the prepared pie crust.

Bake pie at 400 degrees for 15 minutes; then reduce temperature to 350 degrees and bake 30 minutes more. Remove from oven and increase temperature to 400 degrees again.

While the pie is cooking, combine the topping ingredients, using a pastry blender. After removing the pie and increasing the oven temperature, sprinkle the topping over the pie and return to the oven to bake for 10 minutes.

Serve warm or chilled. Refrigerate any leftovers.

## The Best Prayer

"Thank you" is the best prayer  
 that anyone could say."

— Alice Walker

"Gratitude unlocks the fullness  
 of life. It turns what we have  
 into enough, and more. It turns  
 denial into acceptance, chaos  
 to order, confusion to clarity. It  
 can turn a meal into a feast, a  
 house into a home, a stranger  
 into a friend."

— Melody Beattie

"Give thanks to the Lord, for he  
 is good! His faithful love  
 endures forever."

— Psalm 136:1

## Turkey Troubles

Remember the year your grandmother burned the turkey? Uncle Joe's deep-fried failure? Then there was the time Aunt Pauline was thrilled to discover her turkey came "pre-stuffed." What a shock when she went to serve her guests the bird's special "stuffing"!

Heloise has a hint to ward off turkey troubles this year and help us prepare the perfect turkey—read directions carefully!

"Don't assume you're always going to be understood," she says. "I wrote in a column that one should put a cup of liquid in the cavity of a turkey when roasting it. Someone wrote me that 'the turkey tasted great, but the plastic cup melted.'"

Here's hoping  
 this year's turkey  
 recipe is a  
 great success. ☺



## Media Morsels

### Music Review

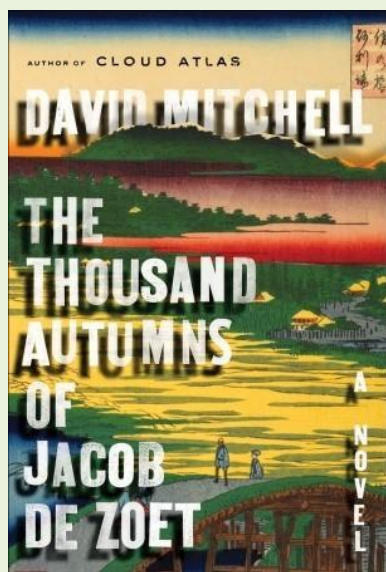
***Need You Now*****Artist:** Plumb**Label:** Curb Records

“How many times have you heard me cry out, ‘God, please take this’? How many times have you given me strength to just keep breathing?”

In these lyrics to the album’s title song, Plumb remembers her experience with anxiety attacks when she was a teenager. In her ringing voice, she affirms that God does not grow weary of our cries for his help, our recognition that we desperately need him.

The remaining songs on the album reinforce this same sense of our dependence on God and his unconditional, unfailing love. It’s a great album to listen to when you need a reminder that life is painful—but God offers love and hope that can reach us and give our lives meaning no matter how low we feel.

### Book Review

***The Thousand Autumns of Jacob de Zoet*****Author:** David Mitchell**Publisher:** Random House Trade Paperbacks

This impressive piece of historical fiction is set in Nagasaki at the turn of the 19th century. This seaport served as the gateway between the West and a Japan tentatively and barely open to interaction with the outside world. The story centers around Jacob de Zoet, a young Dutch man seeking his fortune and the hand of the woman he loves. In his time at sea and in Japan, his perspective and his future plans turn upside down.

The heroes are tragic and deep, and the story is compelling. The book presents a fascinating look at historical Japan, along with a bit of little-known history about Christianity in that part of the world. As you read, consider why and how women are valued and restricted. Notice how cultural pride can produce blind spots and costly mistakes. And look for how Jacob’s faith informs his behavior and helps him transcend cultural barriers.

# November

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
			Bible Studies 6:15pm		Girls' Night Out Fellowship Hall 6:30-10:30pm	
10	11	12	13	14	15	16
			Bible Studies 6:15pm			
17	18	19	20	21	22	23
			Bible Studies 6:15pm			
24	25	26	27	28	29	30
			No Evening Activities	Thanksgiving!	Church Office closed	

## Contact for more information

Name: **Alisa Barton or Molly Lewis**

Phone: **270-707-9296 or 270-886-6017**

Email: [alisa2day@hotmail.com](mailto:alisa2day@hotmail.com) or [mollyl@hillcrestbc.net](mailto:mollyl@hillcrestbc.net)