



### Upcoming Times for Women

*Please note the date change to the third Tuesday of each month!*

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| <p><b>September 16: Getting Back to School &amp; Keeping Christ Part of Your Routine</b><br/>Speaker - Toni Broom<br/>Bring your favorite to share and talk about.</p> | <p><b>November 18: Bake Night</b><br/>Come and experience our state of the art kitchen, as we prepare baked goods together for our craft/bake sale for Harvest Festival</p> |
| <p><b>October 21: Craft Night</b><br/>Come and create crafts with us for our Harvest Festival in November! Bring your own supplies and craft idea, or share in a</p>   | <p><b>December 16 - Cookie Exchange</b><br/>Bring one kind of cookies, and come home with many, many more!</p>  |

group project. Crafts made will go for the craft/bake sale at Harvest Festival.



### Hello Ladies of OBCC!!!

What an exciting time of year it is as summer winds down and kids are getting back to school again! I know I couldn't possibly be any busier! So busy, I sometimes ask myself (and God) just how am I possibly going to accomplish everything I need to accomplish? With a full time job, four kids, and many, many commitments, it almost seems impossible to get it all done. But I know, without a doubt, that when I allow God to lead me and order my steps, things have a wonderful way of working out and everything that needs to be done, gets done. And, I experience the true peace of mind that only comes from God the Father.

Nancy Leigh DeMoss, in her book, *Lies Women Believe and the Truth that Sets them Free*, lists Lie #18 as "I don't have time to do everything I'm supposed to do." According to the women surveyed in the book, this was the number one lie they identified with. Satan wants us to believe this lie to prevent us from receiving all that God has in store for us. But the truth of the matter is, there is time in every day to do everything God wants us to do.

I personally experienced this truth just recently in my own life. I just went back to a full-time job after being home for four months. Quite an adjustment again in my house! I have continued to trust in God (I tried second guessing Him, but it didn't work!), while treading in these new waters again. Feeling like I may be overwhelmed and overcommitted, I continued to ask God to lead me. I gave Him my heart again *every* day, and asked Him to order my life. And He did. Wondering how I could possibly "do it all", He recently removed a huge commitment that I had planned

to meet. His timing was perfect (as always!) and my prayers were answered. The removed commitment would have taken a great deal of time and would have been difficult to keep. By trusting in God, I remained at peace over my life and commitments, and still continue to live His will over my life every day.

I encourage you ladies to trust Him in every detail of your life. No matter what the situation, as long as you are praying, and truly meaning in your heart, "Thy will be done," you will receive the peace of mind that is promised in His Word. Philippians 4:6-7 states, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Ladies, find your peace in God. He's waiting for you to "Let Go, and Let God!"

In His Name,

Toni Broom

### Women's Ministry Mission Statement

Women's Ministries of Open Side Christian Center is committed to bring women to a mature relationship with Jesus Christ through fellowship, discipleship, outreach and service.

# God's Baseball Game

*Note: This is an anonymous message found on the Internet, but it has a wonderful message for us all.*

Bob and the Lord stood by to observe a baseball game. The Lord's team was playing Satan's team. The Lord's team was at bat, the score was tied zero to zero, and it was the bottom of the 9th inning with two outs.

They continued to watch as a batter stepped up to the plate whose Name was Love. Love swung at the first pitch and hit a single, because Love never fails.

The next batter was named Faith, who also got a single because Faith works with Love.

The next batter up was named Godly Wisdom. Satan wound up and threw the first pitch. Godly Wisdom looked it over and let it pass: Ball one.

Three more pitches and Godly Wisdom walked, because Godly Wisdom never swings at what Satan throws. The bases were now loaded.

The Lord then turned to Bob and told him He was now going to

bring in His star player: Up to the plate stepped Grace. Bob said, "He sure doesn't look like much!"

Satan's whole team relaxed when they saw Grace. Thinking he had won the game, Satan wound up and fired his first pitch.

To the shock of everyone, Grace hit the ball harder than anyone had ever seen. But Satan was not worried; his center fielder let very few get by. He went up for the ball, but it went right through his glove, hit him on the head and sent him crashing on the ground; then it continued over the fence for a home run!

The Lord's team won. The Lord then asked Bob if he knew why Love, Faith, and Godly Wisdom could get on base but could not win the game.

Bob answered that he did not know why.

The Lord explained, "If your love, faith, and wisdom had won the game you would think you had done it by yourself. Love, Faith and Wisdom will get you on base but, only My Grace can get you Home."

## Board positions remain open

Do you have a heart and passion for women? Would you like to be more involved in the Women's Ministry program at Open Bible? The following positions are still open. Or, if you are interested in serving in women's leadership and your area of passion is not listed here, be sure to let us know!

**Outreach:** This person would work with local outreach needs such as, Angel Trees at Christmas, Crisis Pregnancy Center, Women's Shelter and others. Outreach to the local community and actively serving in this area. The outreach person would also work with the national projects, the 30 Pieces of Silver offering, Harvest Festival and other national projects that develop.

**Finance:** This person would work with the finances at each event and keep track of the budget. She would work with the director and the board in developing an annual budget for the church in the fall. She would also research and coordinate fund-raising for Women's Ministries.

### Board Members

Director:.....Toni Broom  
 Advisor:.....Carol Hazen  
 Discipleship Coordinator:.....Linda McConnell  
 Fellowship Coordinator:.....Mary Maxon  
 Communications Coordinator:.....Jennifer Blake  
 Single Women's Coordinator:.....Dee Dryden  
 Newcomers Coordinator:.....Lila Melhaff  
 At Large Coordinator:.....Kristi Westra

**Black Hills Women's Retreat**  
**October 24-25, 2003**

**"Romance and the Heart of a Woman"**

**Guest Speaker**  
**Debra White Smith**  
**Real Life Ministries**

**Holiday Inn**  
**Hotel & Spearfish Convention Center**

**Hosted by:**  
**Countyside Community Church**  
 222 West Grant Street  
 Spearfish, SD 57203  
 605-642-0305  
limited registration

## Nurse's Notes.....

From the Parish Nurse

### Diagnosis: Heart Trouble related to Stress

The (Message) Bible tells us, "A cheerful disposition is good for your health; gloom and doom leave you bone-tired" (Proverbs 17:22) and "A cheerful heart brings a smile to your face; a sad heart makes it hard to get through the day...a miserable heart means a miserable life; a cheerful heart fills the day with song" (Proverbs 15:13,15).

### Prescription: Laughter

**Did you know** that four-year-olds chuckle every four minutes? But adults laugh only about 15 times a day. **Did you know** that laughter can protect your heart?

A study from cardiologists at the University of Maryland\* suggests that laughter may be heart protective. It is not clear exactly how this works, according to Dr. Michael Miller, Director for the Center for Preventive Cardiology at the University of Maryland Medical Center, but it may be a powerful antidote to the dangerous effects of stress. Laughter decreases secretion of serum cortisol, a stress hormone. Dr. Miller notes that stress can injure the epithelium (inner lining of blood vessels) which may lead to heart attack. It is also possible that laughing releases chemicals like nitric oxide (related to nitrous oxide, also known as laughing gas) that relax blood vessels.

Laughter's ability to decrease

stress may also protect the immune system. Some research indicates that laughter increases blood levels of immunoglobulin A, an antibody that fights bacterial and viral infections in the upper respiratory and gastrointestinal tracts. And it may boost disease fighting T-cells and natural killer cells, which are depressed during and after stressful experiences.

Certain laughter can improve your mood and help take your mind off your troubles. But humor is more than a pleasant distraction. A hearty laugh involves contraction and relaxation of muscles in the face, shoulders, abdomen and diaphragm. In theory, this "work-out" may ease muscle tension and the spasms that create chronic pain like that from arthritis. Studies have linked laughter with reduced pain and increased pain tolerance. And because laughing changes the

normal breathing pattern, ventilation, circulation, and oxygen levels increase, all of which can help people breathe easier.

### IF YOU THINK YOUR FUNNY BONE COULD USE A LITTLE WORKOUT, TRY

**THIS: Dedicate 30 minutes a day, as you would to exercise, to laughing.** Try reading the comics, watching a comedy on TV, laughing at others' jokes, or playing with babies and children. Research shows that people laugh more often and more heartily when the are around others. So try spending time with people you enjoy. Take some time to watch people...that can be pretty funny in itself. **AND...**remember to practice those spiritual disciplines which bring joy to your spirit!

\* Consumer Reports on Health, October 2001

### Kids Instructions on Life

In case you need some help laughing, here is some advice from children.	Never trust a dog to watch your food. <i>Patrick, Age 10</i>	When you want something expensive, ask your grandparents. <i>Mathew, Age 12</i>	Never smart off to a teacher whose eyes and ears are twitching. <i>Andrew, Age 9</i>	Wear a hat when feeding seagulls. <i>Rocky, Age 9</i>	Never try to baptize a cat. <i>Laura, Age 13</i>
Never try to hide a piece of broccoli in a glass of milk. <i>Rosemary, Age 7</i>	Don't flush the john when you dad's in the shower. <i>Lamar, Age 10</i>	Never ask for anything that costs more than five dollars when your parents are doing taxes. <i>Carrol, Age 9</i>	Never bug a pregnant mom. <i>Nicholas, Age 11</i>	Don't ever be too full for dessert. <i>Kelly, Age 10</i>	Never do pranks at a police station. <i>Sam, Age 10</i>

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Help is needed in all areas of service to put together this great Thanksgiving feast!

Harvest Festival/Christmas in November has two purposes. The main purpose is to collect a special Christmas offering for our



## Black Hills Women's Retreat October 24 and 25, Spearfish, South Dakota

### RETREAT SCHEDULE

#### Friday, October 24 4 to 7 p.m.:

Check In and Registration

#### 7 to 8 p.m.:

Session 1

Countryside Community Church in Spearfish is hosting "Romance and the Heart of a Woman" October 24 and 25. This Black Hills Women's Retreat will be held at the Holiday Inn Hotel and Convention Center in Spearfish with special guest speaker Debra White Smith. Debra is an author and speaker with more than 30 book sales to her credit. Some of her works include: *Romancing Your Husband; The Harder I Laugh, The Deeper I Hurt* and *More than Rubies: Becoming a Woman of Godly Influence*. She's also the author of the "Seven Sisters" series.

God's revolutionary power in every aspect of their lives. Whether she ministers through the written word or spoken word, though hilarity or tears, her goal is to encourage people to cling to God and implement practical vibrant biblical truths that will take their breath away.

Since 1997, Debra has had more than 620,000 books in print in both fiction and nonfiction arenas. Her work has appeared on various best-seller lists, and she has been repeatedly voted a reader favorite. Her award-winning writing, entertaining humor, and biblical knowledge have made her a much-sought-after conference speaker.

Currently, Debra is a popular guest on radio and TV, including *The 700 Club, At Home Live, Moody Broadcasting* and *USA Radio Network News*.

Her first goal as an author and speaker is to be real — to deal honestly with real issues and show God's grace in the midst of everyday life. She possesses a passion to apply the whole Bible to ordinary life and inspire people to encounter

3 p.m.: Closing

1:30 to 3 p.m.: Session 4

11:45 a.m. to 1:15 p.m.: Lunch

10:30 to 11 a.m.: Break

9 to 10:30 a.m.: Session 2

7:30 to 8:30 a.m.: Breakfast

Saturday, October 25

7 to 8 p.m.: Session 1

6 to 7 p.m.: Registration

5 to 6 p.m.: Check In and Registration

4 to 5 p.m.: Registration

3 to 4 p.m.: Registration

2 to 3 p.m.: Registration

1 to 2 p.m.: Registration

12 to 1 p.m.: Registration

11 to 12 p.m.: Registration

10 to 11 p.m.: Registration

9 to 10 p.m.: Registration

8 to 9 p.m.: Registration

7 to 8 p.m.: Registration

## Discover Yourself Workshop

Get ready for an awesome mini-conference right here at Open Bible, taught by women leaders from our own church family November 1 from 9 am to 1:30 p.m.

This workshop is designed to help you discover who you are, why you are the way you are, where your giftings & passions are, and how you can best serve God.

This conference is open to the community and will be a great time learning, fellowship and Christian networking.

The cost is \$10 per person if you register before October 19, \$20 per person after October 20. The registration fee includes all materials and lunch.

Childcare is not provided for this event. Registration forms available at the Information Center.



### Saturday, November 1, 2003

9 to 9:15 a.m. Registration & Introductions

9:15 to 10 a.m. The Five Love Languages (speaker — Linda McConnell)

10 to 10:05 a.m. Break

10:05 to 10:50 a.m. Discovering Your Personality Profile (speaker — Joanne Kopp)

10:50 to 11:00 a.m. Break

11 to 11:45 a.m. Your Learning Style (speaker—Pamela Kuenmerle)

11:45 a.m. to 12:30 p.m. Lunch

12:30 to 1:15 p.m. Your Spiritual Gifts (speaker — Kristin Jandreau)

1:15 to 1:30 p.m. Wrap Up

### REGISTRATION FORM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Church: \_\_\_\_\_

Make checks payable to: "Black Hills Women's Retreat"  
 Mail \$35 registration fee to: Countryside Community Church, 222 West Grant Street, Spearfish, SD 57783.  
 Contact Lori Bean at 605-642-0585 for more information.

**Open Bible Christian Center's  
Fall Women's Pot Luck Brunch**  
with Special Guest Speaker



Carol Perrigo,  
Humorous Inspirational Speaker

**Saturday, September 20th  
from 10 a.m. to noon**

Bring your favorite breakfast item (egg dish, fresh fruit, rolls, etc.)  
Coffee and orange juice provided by Women's Ministries.

A love offering will be accepted

**Continuing Education  
on Wednesday Nights**  
A class just for Women

**Lies Women Believe  
Led by Dee Helsdon**

This class will expose areas of deception the enemy uses on Christian women: lies about themselves, lies about sin, lies about their marriages, lies about their emotions and lies about their circumstances. Find out how you can be delivered from bondage and set free to walk in God's grace, forgiveness, and abundant life.

**A Strong Woman  
verses  
A Woman of Faith**

A Strong woman works out every day to keep her body in shape. BUT a woman of strength looks deep inside to keep her soul in shape.  
A Strong woman isn't afraid of anything. BUT a woman of strength shows courage in the midst of her fear.  
A Strong woman won't let anyone get the best of her. BUT a woman of strength gives the best of herself to everyone!  
A Strong woman makes mistakes, and avoids the same in the future. BUT a woman of strength realizes life's mistakes can also be blessings and capitalizes on them.  
A Strong woman walks surefootedly. BUT a woman of strength knows when to ask for help!  
A strong woman wears the look of confidence on her face. BUT a woman of strength wears grace.  
A Strong woman has faith that she is strong enough for the journey. BUT a woman of strength has faith that it is in the journey that she will become strong!

~Author unknown

From the Kitchen of...

Jen Blake, Communications Coordinator

**Cream Cheese Chicken**

Great way to use that crockpot on busy days!

- 4 boneless-skinless chicken breasts cut into 3 or 4 pieces
- 1 can cream mushroom soup
- 1 8 oz. box of cream cheese softened
- 1 envelope dry Italian dressing mix

Put cream cheese in crockpot, add soup and salad dressing mix. Stir together. Add chicken breasts.

Cook on low for about 8 hours. (If you put your chicken in frozen it can actually cook about 8 hours) Serve over rice.



## What's bugging you?

A man was sitting on his porch one autumn day reflecting on life. As he noticed the once beautifully colored leaves laying withered on the grass, he thought about his own mortality and prayed for God to send him an angel to watch over and protect him so he would have a long and fruitful life. Afterwards, he felt an overwheleling sense of peace and knew that God had heard his heartfelt request.

Then one day shortly after, while crossing the street, he was hit by a car and died instantly. When he reached the Gates of Heaven, he was perplexed and asked God, "Father I know that you heard my prayer — why didn't you send someone to protect me when I needed it the most?"

"My dear child". The Father replied, "I did indeed hear your request and commissioned a tiny guardian angel to watch over and warn you whenever you were approaching danger."

Then the man realized and sadly recalled: "Momenents before I was hit, I was walking down the street and a flying creature was following me. Each time I waved it away it returned, frantically fluttering about me. Finally I got so annoyed that I swatted it to the ground and crushed it with my foot, thinking it was some kind of bug."

So, what has been "bugging" you lately? Often we pray to God for blessings but then reject or overlook the form in which they arrive because they seem so insignificant to us. God is not always in the BIG things as we expect. Most times his voice is quiet and still — which is why if we're not paying attention, we will miss it. When there is a person or situation in your life that bothers you, most likely God is sending a message that there is something inside your heart that needs to be looked at and dealt with in order to receive the blessing you asked for.

Take a look at the people and situations in your life that you have labeled as bothersome, and instead of waving them away from you, ask God what He is trying to say to you in these areas. Then, the next time something "bugs" you, instead of complaining, you can thank God for answering your prayers.

by Melanée Addison  
found at <http://www.mhis.com/>

## Humorous speaker at potluck brunch

A special fall brunch is scheduled for September 20 from 10 a.m. to noon at Open Bible Christian Center.

Carol Perrigo, a humorous inspirational speaker from Custer, will be the guest speaker.

Once dubbed "The Erma Bombeck of inspiration," Carol delivers a message of encouragement and faith based on life events and persona experiences with God. She stresses three points during her talks:

1. God cares for each of us in a personal way.
2. He wants to be involved in our lives.
3. God is fun!

Carol's blend of down-to-Earth humor and touching stories have kept her audiences both laughing and crying.

As people seek happiness, peace and answered in today's chaotic world, Carol's words of hope are in high demand. No stranger to difficulties, Carol shares a firsthand account of one of life's gravest events, the loss of her 16-year-old son, Matt, in a tragic car accident. Her message is not just for those who have experienced a tragedy however, put for anyone facing day to day challenges. She reports that those of little faith who have give God a try are surprised to find that He really answers!

The potluck event will be a brunch, so women are asked to bring a favorite breakfast item to share. Coffee and orange juice will be provided by Women's Ministries.

There is no charge to attend the event. A freewill love offering will be taken.



## The Bible in 50 words...

God made,  
Adam bit,  
Noah arked,  
Abraham split,  
Joseph ruled,  
Jacob fooled,  
Bush talked,  
Moses balked,  
Pharaoh plagued,  
People walked,  
Sea divided,  
Tablets guided,  
Promises landed,  
Saul freaked,  
David peeked,  
Prophets warned,  
Jesus born,  
God walked,  
Love talked,  
Anger crucified,  
Hope died,  
Love rose,  
Spirit flamed,  
Word spread,  
God remained.  
**Amen**

## All about "guidance"

*Note: This is an anonymous message found on the Internet, but it has a wonderful message for us all.*

"When I meditated on the word guidance, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky.

When one person realizes and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other.

My eyes drew back to the word guidance. When I saw "G," I thought of God, followed by "u" and "i." "God," "u" and "i" dance." God, you, and I dance! This statement is what guidance means to me.

As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead.

My prayer for you today is that God's blessings and mercies be upon you and your family on this day and everyday. May you abide in Him as He abides in you. Dance together with God, trusting Him to lead and to guide you through each season of your life.

God, I ask you to bless my friends, relatives and e-mail buddies reading this right now. Show them a new revelation of your love and power of the Holy Spirit. I ask You to minister to their spirit at this very moment. Where there is self-doubt, release a renewed confidence through Your grace. Amen."

From the Kitchen of...

Toni Broom, Women's Ministry Director

### Dump Cake

This is an easy and yummy recipe!!!

- 1 can cherry pie filling
- 1 can crushed pineapple, drained
- 1 yellow dry cake mix
- 1 stick melted butter
- 2 cups coconut
- 1 cup chopped walnuts or pecans

Dump in order listed above in 9 X 13 cake pan. Bake 45 minutes at 350 degrees, or until golden brown.

