

THE SPICE

A taste of what's happening for women.

Digging for Diamonds

A good woman is hard to find—and worth more than diamonds. That's what Proverbs 31 says. Do you know how hard it is to find a diamond? Formed at more than 93 miles below the earth's surface, diamonds can be found only because of the volcanic activity that eventually carries them to the surface. But why is a good woman hard to find?

It's been said that women live from their hearts. Take a photo in your mind of what that would look like to you. Is it of women hugging children, caring for those in need, crying with those who weep? What other pictures do you imagine?

How about this: Someone changing your diapers when you were a baby. Who was it? Chances are most of those chores were deftly handled by women with less "eeeeww's" and more laughter than the job deserved!

We'd like to think living as a Proverbs 31 woman makes us look pretty and feel all warm and fuzzy inside. But the reality is that it means being willing to do the dirty jobs, too. It means getting on your knees like Jesus did to wash people's dirty feet without saying "eeeeww." Folding the laundry week after week, feeding the baby calf in the kitchen during a blizzard, or fighting the rush hour traffic twice a day, every day.

It's service, not status, that helps form a Proverbs 31 woman. She's hard to find because, just like a diamond, a good woman is developed in the hidden places. She's willing to go unnoticed, unrewarded, and unappreciated as she serves her world in love. Washcloth in hand, forgoing the status of the head table, her greatness is in her often unrecognized acts of love.

Dig deep this month for the diamonds in your life, and find those precious women who serve unnoticed and underappreciated. Mothers, sisters, daughters, friends...let's give them the honor they deserve!



THE WORD

"Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised."

—Proverbs 31:30

THE PROVERBS 31 WOMAN...

- is never spiteful.
- shops for the best bargains.
- senses the worth of her work.
- is skilled in the crafts of home and hearth.
- is quick to assist anyone in need.
- has something worthwhile to say.
- always faces tomorrow with a smile.

—from *The Message* translation

Skilled in Crafts

Although not every woman is skilled in crafts, as described in Proverbs 31, here is a super-simple-but-oh-so-creative paper bag journal anyone can make. Let a woman in your life know how special she is! Perfect for a Mother's Day gift, new baby, or "just because"—experienced and novice crafters of any age will love it.

Supplies:

- 3-4 standard size paper lunch bags
- glue stick (or favorite craft glue)
- single hole punch, scissors, ruler, pen
- papers, trims, ribbons, and embellishments

Directions:

1. Fold your paper bags in half, alternating the direction of the bag with each section.
2. Use the hole punch to punch 3 holes in the folded part of each bag.
3. Use the glue stick to add colorful paper and embellishments to the front and back covers.
4. Glue index cards or solid-color paper to the inside bags to provide journaling space, and decorate each of the journaling pages.
5. Bind the journal using ribbon, rickrack, twine, small metal rings, or other fasteners. Thread through the holes, and tie securely.
6. Add a personal touch! The front page of the journal has an opening that is perfect for tucking in little goodies like a CD, candy bar, gift card, flavored tea bag, or package of hot cocoa.

For more detailed instructions and photos, see Christian illustrator Becky Schultea's website, justbeenme.blogspot.com.



permission from Becky Schultea



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Shop for Bargains

Are you a Groupon groupie yet? If not, chances are you will be soon. According to CNBC, Groupon (groupon.com), a company that negotiates daily discount deals with popular businesses in local areas and then sends the deals to subscribers in a daily email, is one of the fastest growing companies in history. Ever. Why? Because in today's economy, people recognize that it's a good deal to find a good deal! You can also shop smart by following these two must-do tips:

- **Plan ahead.** Avoid costly impulse buying by checking online for comparison prices first. You may find the item cheaper online or in a different store.
- **Save gas and time by asking for price matches.** Most stores will honor the sale prices of their competitors. Bring the sales flyer and ask. The savings on the item plus your time and gasoline will add up over time.

Face Tomorrow With a Smile

Is vacuuming on your to-do list this week? Are you facing this task with a smile? Maybe these fun facts will help:

- It takes one second to vacuum one square foot of floor space.
- If you live in the average U.S. home of 2,400 square feet and vacuum once a week, you will spend 40 minutes each week and 35 hours a year vacuuming.
- In one year you will vacuum the equivalent of 3 acres of land.
- It would take you 281 years to vacuum Central Park in New York City and 33,683 years to vacuum the state of Ohio. (Time to call in the Merry Maids!)

Do the math for the size of your home and the frequency of vacuuming, and you may find you're on your way to keeping a significant part of your city or state clean! So keep smiling!

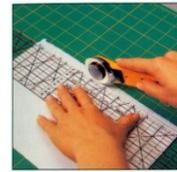
What's Happening for Women

Our Women of Worth Studies are almost done for the summer.....but you could join one of these groups for the next 2 weeks:

Wednesday Mornings (NO childcare provided these 2 weeks) - In the Coffee House at 9:30 am - join the "Twelve Women of the Bible" group for their final 2 studies (May 28 & June 4)

Thursday Afternoons - 1:30 pm in Rm 200 - Join the group for 2 dvd's - May 22 & May 29th - one on the underground church of China & one about a gifted young woman who has written many hymns for the church in China.

All women are welcome to join these groups for these 2 additional sessions.



Crafters to the Rafters is happening May 30/31. If you have a project you've been trying to finish, why not join other women who have THEIR projects to complete or continue?

No instructional sessions are included, just work at your own pace. \$20 covers coffee & some snacks. Register in the Connecting Point on Sunday morning (25th) or by calling the office at 403-526-4010.



May

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
					Crafters to the Rafters 10 am-10 pm	Crafters to the Rafters 10 am-4 pm

Contact for more information

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