June 1, 2019

NEWSLETTER

"Create in me a clean heart, O God, and renew a steadfast spirit within me."

Psalm 51:10

Welcome to The Hasdesh Women's Ministry Newsletter!

When I see all of your beautiful faces each week, I'm reminded that I'm so honored to be at CWC with you, to serve you, and to encouragement you from God's Word.

Many years ago, I was introduced to San Antonio, Texas in the middle of Summer! As I walked down the stairs off the plane onto the tarmac, I felt like I'd run into a literal brick wall! The humidity was so thick and muggy that I had a hard time navigating my way in it without suffocating.

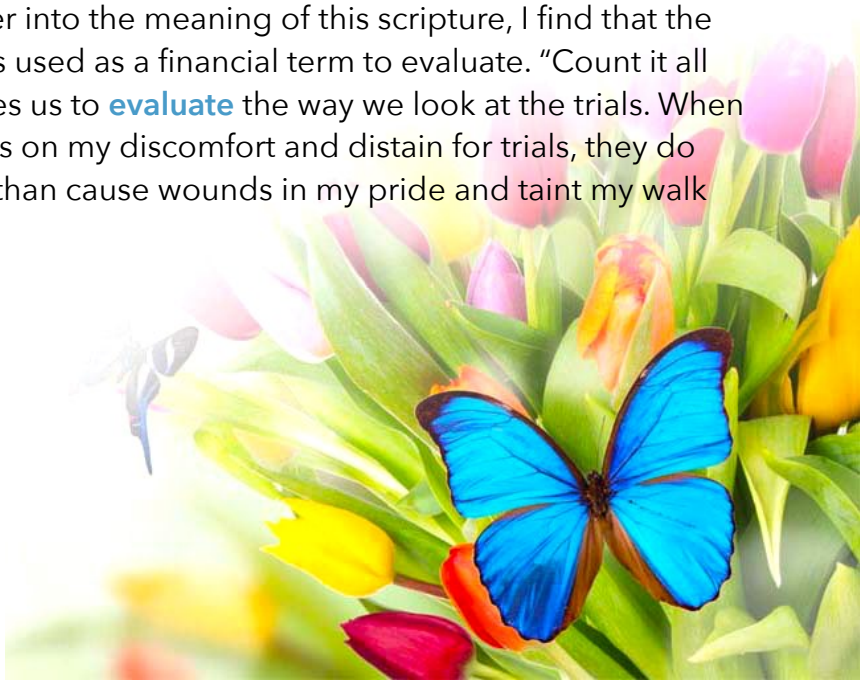
Have you ever experienced trials that suffocated & overwhelmed you? I sure have and they are so hard to navigate through at times. I ask myself:

"What is God trying to teach me?"

James 1:2-4 says," My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing."

What? Count it all joy?

As I look further into the meaning of this scripture, I find that the word "count" is used as a financial term to evaluate. "Count it all joy" encourages us to **evaluate** the way we look at the trials. When I keep my focus on my discomfort and distain for trials, they do nothing more than cause wounds in my pride and taint my walk with God.



Health & Wellness

By: Shirley Sanden, MSHN, CNW Optimum Nutrition LLC

Let's start by "building on the basics" of the benefits of nutrition for whole body health. Through whole, minimally processed foods, the optimal effect of a true nutrient is delivered, becoming the synergistic support for the body's healthy balance. Nutrition must include all of the factors necessary to supply the body's cells with the vitality to produce and maintain its daily needs. If not, then un-health, symptoms, inflammation and general "dis-ease" begins to insidiously make itself known: acid reflux, allergies, joint aches, brain fog, depression, general malaise, etc.

SO!! Put your money where your mouth is…..literally!! It's easy to believe that disease is an inevitable part of life or aging, but it's frequently of our own doing, a result of poor food choices. All money you spend on food, whether it's whole food or non-food, is an investment. Make that investment count – by deliberately choosing foods that fulfill your body's needs for nutrients. God's blessing to you and Bon Appetite'!!

If you would like to contact me, my email address is shirleys@cwccs.org or text 719-331-5423.

Trials resemble a wall of humidity! However, when I evaluate the trials from **God's perspective**, I find encouragement. As God walks with me through the trials a couple of things happen:

1) I see His perspective which automatically changes my mindset.
2) I'm changed because of my submission to His will in me.

David gives us a great example in 2 Samuel, when the kingdom was being ripped from David and given to his son Absalom. There was a man called Shimei that began to curse and make fun of David. He said that *Adonai (God) has given the kingdom over to his son Absalom. Shimei said, "see, your own evil has overtaken you, because you are a man of bloodshed."*

Then Abishai, son of Zeruiah, wanted to get revenge for David but he said, *if he curses, it's because God has said to him, 'Curse David!' So, who should say, 'Why did you do so?'" Perhaps God will look on my affliction and return good to me for his cursing this day."*

So, David and his men continued on the way, while Shimei kept walking alongside the hill parallel with him, cursing as he walked, casting stones at him and throwing dirt.

How did David stay so calm and unruffled in the mist of this set of trials that assaulted his honor? David was confident of 3 important things:

- God loved him
- God's will is more important than his ego
- His honor, worth and security are all safe in God's hands

God vindicated David by making him king and through the death of Shemei.

In John 16:33 it says, "I have said these things to you, that in Me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."

Trials have a purpose and are not a lifetime curse. God allows them in our life, but when we walk through trials with God's perspective, they produce Christ's likeness in us. As we count the cost of the trial, even though they aren't ever fun, we should express gratitude with faith for what Jesus has done for us on the cross. Let patience have its perfect work, as it perfects us into His image and produces spiritual perseverance.

The next time you feel suffocated and overwhelmed by your trials, remember that God will bring you through and make you more like Jesus. Trust Him, He loves you and me!

In His Service,
Norma Pittman
Director of Women's Ministry

RECIPE OF THE MONTH

Shrimp & Avocado Lettuce Cups

Lettuce cups are such a great alternative to salad, and more fun to eat. You want to pick the largest butter lettuce leaves and fill them to the brim with yummy shrimp, creamy avocado, and juicy tomatoes. The Spicy Red Pepper Miso Mayo is a condiment I really love - A zesty vegan mayo that adds a tasty kick to every food.

Serves 2

Prep - 10 Minutes

Cook - 5 Minutes

1 tablespoon ghee

1/2 pound of shrimp (cooked & deveined with tail off)

1/2 cup halved grape tomatoes

1/2 avocado sliced

Pink Himalayan salt

Freshly ground black pepper

4 butter lettuce leaves, rinsed and patted dry

1 Tablespoon Spicy Red Pepper Miso Mayo

1. In a medium skillet over medium-high heat, heat the ghee. Add the shrimp and cook. (I used cooked shrimp, so they take only about 1 minute to heat through, and I flip them halfway through cooking. Uncooked shrimp take about 2 minutes to cook.) Season with pink Himalayan salt and pepper. Shrimp are cooked when they turn pink and opaque.
2. Season the tomatoes and avocado with pink Himalayan salt and pepper.
3. Divide the lettuce cups between two plates. Fill each cup with shrimp, tomatoes, and avocado. Drizzle the mayo sauce on top and serve.

Featured Ministry

THE UNVEILED MINISTRY

By: Wendy Smith

"Never be lacking in zeal, but keep your spiritual fervor, serving the Lord." Romans 12:11 (NIV)

"I have come into the world as light, so that no one who believes in me should stay in darkness." (John 12:46, NIV)

Abortion, homelessness, pornography, drug addiction and human trafficking…you cannot separate these woven webs of darkness. They are all part of the spiritual battle we face, the spiritual forces of evil in the heavenly realms (Eph 6:12). Those caught up in this darkness are prisoners of war, taken captive by the devil to do his will (2 Tim 2:23-26). "Human trafficking is modern-day slavery and involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act." [1]. Traffickers can be pimps, parents, extended family, friends and others. In fact, 36% of minor age sex trafficking victims were trafficked by their immediate family, 27% by boyfriends, 14% by friends of the family.[2] Child sex trafficking has been reported in all 50 states in the U.S.[3] This is not just a problem of children being trafficking into the US; rather, the 2016 Trafficking in Persons (TIP) report indicated there are now more US born children being trafficked, the US was the top country of origin for federally identified victims ([4]). It is happening in our country, state, county, and in our neighborhoods. What will you do to help attack this darkness head-on?

Unveiled Ministry of Calvary Worship Center's mission is to shine God's light and love on our community by standing against the darkness of human trafficking; through prevention/awareness education and supporting law enforcement or organizations involved in rescue and aftercare. Learn more. Invite someone from Unveiled to speak to your life group or other organization within your sphere of influence.

Another way you can directly help is to register through Care Portal https://cwccs.org/?s=Care+Portal.

1. www.dhs.gov/blue-campaign/what-human-trafficking
2. www.covenanthouse.org/sites/default/files/attachments/Covenant-House-trafficking-study.pdf.
3. www.missingkids.com
4. www.state.gov/j/tip/rls/tiprpt/2016/index.htm