

# Women of the Crest

Potomac Crest Baptist Church Women's Ministry Newsletter

Being Heirs Together of the Grace of Life



## **The "Living Well" Spring Retreat was a Blessed Success!**

by Anita Hampton

Our 2nd Annual Ladies Spring Retreat at the beautiful Camp Crossroads was a wonderful time of fellowship, relaxation, fun, growth, revelation and good old fashioned girl time. We absolutely refreshed, revealed and renewed our hearts, minds, bodies and spirits.

Our weekend began with a wonderful dinner followed by our first Praise & Worship sessions, artfully lead by Missy Jessup and Jacquie Ellis. Then Lisa Qualls introduced us to our first "Rendezvous" Bible study session on friendship, and to one another. It was so good having each lady stand up and tell us all a little about herself because so many of us pass each other in the church halls on our way to Sunday school or service and rarely get to spend time just getting to know each other.

After a short break, we were treated to a tasty tea with scones, chicken salad, veggies, and lots of conversation followed by an inspiring fire-side talk given by Deb Duty. A wonderful first day was topped off by the (I won't say late, let's just say timely) arrive of the lost, I mean last ladies to arrive.

Our second day began with a scrumptious breakfast and another joyous Praise & Worship session where we were treated to a solo from Missy. Then Cindy Fox and Deb Duty lead us in our "Joyfully Ever After" morning session which progressed from a Bible study to a fantastic time of sharing ourselves with one another and back to Bible study again.

After lunch we all gathered in the lodge lounge and enjoyed to another wonderful Praise & Worship session before the entertainment began. What do I mean by entertainment you may be asking yourself? Well, Rachelle Carlson led our third session "Glad Surrender" where we were the audience at an episode of The

April King Show entitled "An Interview with 'Pauline', a Modern-Day Paul" starring our interviewer April King and her guest Lillian 'Pauline' Shank. A fun time was had by all.

I was next and gave the "Coffee Break" portion where I recited (okay, read) a woman's story about her season of trials and her rediscovering her faith through a new perspective. After some more eye-opening and lively discussions Rachelle had us close with some readings from Psalms. Then some brave souls went on a hike, others fellowshipped, some did origami lead by Cathy Clemet and myself and others took advantage of the time and took a nap.

After a stirring Praise & Worship session, which featured a solo by Jacquie, we were gifted by three brave ladies who gave their testimonies. All I can say about the evening is, that after Debbie Talbot, Diminga Gomez, and Sherry Rickard spoke we had all gone through five boxes of Kleenex. It was heartbreaking and inspiring all at the same time and I thank God for their willingness to share themselves in such an honest and intimate way. Our evening was capped off by an original song from Candy (Susan Fitzhugh's soon to be sister-in-law), and then it just plain deteriorated into to a snack/gab fest which included a movie, up-half-the-night talks, cards and the boring ones of us (myself included) just went to bed exhausted.

Our last morning was started off with prayer from our prayer chain, a great breakfast and praise and worship. After that Jacquie Ellis gave us the gift of her testimony, for which we were all truly blessed by. And then it was time to pack-up and go home. Yes, it was a bitter-sweet moment. Even though we all missed home and family, we didn't want it to end.

I'd like to conclude by thanking Rachelle Carlson and Lisa Qualls for putting together another God-filled and God felt experience for us all. I can't wait until next year!

## Upcoming Events

**April 16th, Ladies Fellowship Breakfast** – 9:00 a.m. – 11:00 a.m., in the fellowship hall. Bring a dish and bring items to SWAP (items you may consider "trash", others will consider "treasure"). Bring 10 items & you will take 10 items home with you! Items such as jewelry, bags/purses, what-nots, decorative items, scarves, or any little trinkets you've got. But please, new or gently used only.

**Body & Soul Ladies Exercise Class** – Spring classes begin April 11, 6:30 p.m. – 8:30 p.m., in the Fellowship Hall. Cost is \$105 for the 10-week session. In our classes you will improve your physical as well as your spiritual fitness. Be encouraged, get stronger, improve your health, and grow in your understanding of God. For info. contact Olthea Croom at [olthea\\_croom@hotmail.com](mailto:olthea_croom@hotmail.com) or Debbie Fisher at 703-863-7838 or [reneedf1@msn.com](mailto:reneedf1@msn.com)

**May 14th, Ladies Fellowship Breakfast** – 9:00 a.m. – 11:00 a.m., in the fellowship hall. Bring a dish to share and a friend.

**We still have a few Cookbooks!** – The PCBC Family Traditions Cookbook Book is still available. The book is \$22 and the cd is \$18. All proceeds go to the Women's Ministry. See Lisa Qualls or Anita Hampton for purchase information.



## National Day of Prayer 2010

by Tina Heiby

I wanted to share this last spring but was unable to. I would still like to pass on some facts and my thoughts and experiences of National Day of Prayer 2010.

If you have never attended the National Day of Prayer, you missed out on a unique experience. A federal judge in Wisconsin ruled the National Day of Prayer unconstitutional Thursday (April 16, 2010), saying the day amounts to a call for religious action. This may have been the last National Day of Prayer. Fact: Congress established the day in 1952 and in 1988 set the first Thursday in May as the day for presidents to issue proclamations asking Americans to pray.

What an awesome day in our Nations Capital, not because of the number of believers that came or did not come. It was an awesome day because we as believers had the freedom to pray on the steps of our Nations Capital. Upon walking onto the steps of the capital the very first thing we saw was a man reading from the Bible. He was not reading silently but out loud into a microphone so that all could here God's word. We found out that the Bible reading started Sunday, May 9th and would conclude at noon with the final two chapters of Revelation being read.

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## WOC's Tasty Treats

### Lighter Brownies

Be sure to use semisweet chocolate and not semisweet chips—the additives in chips will result in a drier, squat brownie. To ensure moist, fudgy brownies it is important not to overbake them. Be sure to check the brownies for doneness several minutes before the specified baking time has elapsed.

Ingredients:

½ cup unbleached all-purpose flour (2 1/2 ounces)

½ teaspoon baking powder

2 tablespoons Dutch-processed cocoa powder

1 tablespoon warm water

1 tablespoon vanilla extract

3/8 teaspoon instant espresso powder

2 tablespoons unsalted butter

3 ounces semisweet chocolate, chopped fine

½ cup sugar (3 1/2 ounces)

1/8 teaspoon table salt

1 large egg, lightly beaten



Directions:

1. Adjust an oven rack to the middle position and heat the oven to 350 degrees. Line an 8-inch square metal baking pan with parchment paper, or foil lightly coated with vegetable oil spray.
2. Whisk the flour and baking powder together in a small bowl; set aside. In a separate bowl, whisk the cocoa, water, vanilla, and espresso powder together; set aside. Microwave the butter and chocolate together in a medium microwave-safe bowl on 50 percent power until melted, about 1 minute; whisk until the mixture is smooth. Whisk in the sugar and salt until completely incorporated. Whisk in the cocoa mixture, then whisk in the egg. Stir in the flour mixture until just incorporated (do not over mix).
3. Pour the batter into the prepared pan and smooth the top. Bake until a toothpick inserted into the center comes out with a few moist crumbs attached, 20 to 25 minutes, rotating the pan halfway through baking (do not overbake). Cool completely on a wire rack, about 1 hour, lift the brownies out of the pan by grasping onto the parchment paper, and cut into 12 brownies.

Per Brownie: Cal 130; Fat 5 g; Sat fat 2.5 g; Chol 25 mg; Carb 19 g; Protein 2 g; Fiber 1 g; Sodium 55 mg

Thank you so much for your time and attention. We hope you found this newsletter useful. If you have in questions, article ideas, or comments, please contact our editor Tina Heiby or go to our web page at [www.potomaccrestbaptist.com](http://www.potomaccrestbaptist.com) and click the PCBC Women tab.

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