

# Women of the Crest

Potomac Crest Baptist Church Women's Ministry Newsletter



## Being Heirs Together of the Grace of Life

Welcome to our third issue of the PCB Women's Ministry's Newsletter! We pray that you enjoyed our last issue and will find this one even more fun and informative.

### "Reflections of the Heart" from Deb Duty

#### God Are you Sure?

Have you ever asked God how He could forgive you for something that you have done? Do you struggle with the thought that God couldn't possibly love you after all you have done? I am sure that we all at some point in time have asked God these questions. As we continue to ask God over and over again we also struggle with forgiving ourselves instead of allowing God's mercy and grace to heal. Why do we do this? God made each one of us, He is our "Daddy" and His love for us is beyond our comprehension.

How much do we love our children? We love them, teach them, encourage them and yes discipline them! Yet that love pales in comparison to the love God has for each one of us. Suppose your child did something wrong and was afraid to tell you because of fear and shame. How would you feel if your child thought that you would not forgive him or worse that you would no longer love him? Sounds ridiculous doesn't it? There is nothing my children could do that would cause me to stop loving them or not to forgive them. They are my children! Why do we think God feels differently about His children?

God loves us so much more than we can possibly love our children

and yet we hold on to the guilt and shame because we feel He couldn't possibly love us any longer. How that must hurt His heart. He forgives and even forgets because he is a loving and compassionate Father. All we have to do is ask for His forgiveness and allow Him to heal our heart, but we just can't trust Him to be our loving Father. Allow His love and compassion to consume the depths of your soul. Don't grieve His heart by doubting His love and ability to forgive you. He does and he will, just let Him.

*The Lord is compassionate and gracious, slow to anger and abounding in lovingkindness. He will not always strive with us; nor will He keep His anger forever. He has not dealt with us according to our sins, nor rewarded us according to our iniquities. For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. As far as the east is from the west, so far has He removed our transgressions from us. Just as a father has compassion on his children, so the Lord has compassion on those who fear Him.*

#### Psalm 103:8-13

I'm praying for you –

Love always, Deb

### Upcoming Events

**June 13<sup>th</sup>, Ladies Fellowship Breakfast** - 9:00 a.m. – 11:00 a.m., in the fellowship hall. Please bring a dish to share.

**June 14<sup>th</sup>, Spring Tea** - 1:00 p.m., in the fellowship hall. All ladies and teen girls are invited. Come and learn to make gorgeous arrangements using frogs! Cost is \$5.00 and lunch will be served.

**PCB Family Quilt** - We are very excited to put together a Potomac Crest Family Quilt to hang on the wall of the new addition! Quilt squares will be now available and must be turned in no later than the end of May, for PCB families to design and return to Gail Ryder or any WOC team member. Cost is \$10. Proceeds go toward the building fund. If you are a quilter and would like to lend your talents, please see Gail Ryder or any WOC leadership team member.

**Women of Faith 2009** - July 31-August 1. Only one ticket left! \$99 for the 2-day session (including lunch). We are in Section 225. \$25 down pmt assures your reservation. Please see Cathy Clement. We have reserved a hotel room to do a Friday Night Sleepover.

## Ever Consider a "Fast"? (Part 2)

In the Bible there are different kinds of fasts. Many don't involve a radical commitment. The terms "normal fast," "partial fast," and "radical fast" are not Biblical terms, they are simply a way to summarize and categorize different type of fasts we see in the Bible. There are very few rules when it comes to fasting. What you do is really between you and God.

**Normal Fast:** There is only one fast command in the Bible and that was the fast on the Day of Atonement. This fast was from sunset of one day to sunset of the next (Leviticus 16:29;23:32). So in this type of fast the person abstained from food and liquid for a period of one day.

**Partial Fast:** In this fast, the emphasis is on restriction of diet, rather than abstaining completely. Examples are: Daniel, Shadrack, Meshach and Abednego who ate only vegetables and drank only water, Daniel 1:15.

**Radical Fast:** This type of fast is one in which you refrain from both food and water or simply food (but not water) for an extended period of time. A radical fast can be harmful to your health and in most cases should not be done for more than three days. An example of a radical fast can be found in Esther 4:15-16. The rabbi Ezra, Ezra 10:6-9 and the apostle Paul, Acts 9:9 also went without food and water for three days. David is another example of a radical fast. He went seven days without food (but probably with liquid), 2 Samuel 12:15-20. Fasts that extend beyond three or seven days can be found in the Bible, but these exceptions were based upon direct guidance from God or a supernatural ability given by God to complete them. Examples of these extreme fasts are: Moses, Deuteronomy 9:9-18 and Exodus 34:28; Elijah, 1 Kings 19:8; and Jesus, Matthew 4:1-11.

As some of you may know, the fast I did last year and this year, would fall under the title of "Radical Fast" because I abstain from solid foods for 14 days (liquid foods and juices only). Please know, it was not my first time fasting. I feel it important to say that I do not recommend this type of fast for the first time faster. It is both daunting and difficult, and failure to complete it your first time out could do you more harm than good. My first radical fasts lasted no longer than three days. Also, if you have health issues that have dietary concerns, even a three day fast should be done only with your doctor's consent and advice.

Here are a few examples of occasions when people from the Bible fasted:

Mourning someone's death: 1 Samuel 31:13; 1 Chronicles 10:12; 2 Samuel 1:12; and 2 Samuel 3:35.

Mourning sin, i.e. in repentance and confession: Deuteronomy 9:18; 1 Samuel 7:6; 1 Kings 21:27; Ezra 10:6; Jonah 3:5; and Acts 9:3-9.

A situation of impending danger; for protection: Ezra 8:21,23,31, Jeremiah 36:9, Esther 4:3.

Direction: 2 Chronicles 20:1-30, Acts 13.

Sickness: 2 Samuel 12:15-23, Psalm 35:13.

The ordination of missionaries or church leaders: Acts 13, Acts 14

Special revelation: Daniel 9:9,18, Jeremiah 29:10-13

I hope you found this information helpful and informative. Feel free to discuss this topic with me anytime we pass each other in the PCBC halls. (But not if I'm running late Church service!)

God Bless,



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### Tropical Fruit Smoothie

1/2 mango

2 tbsp. frozen pina coloda mix (or 1/8 tsp natural coconut extract)

1/2 banana, frozen

4 strawberries, frozen

6 ice cubes

1 1/4 cup water

1 heaping tbsp. high- quality protein powder (optional)

1 tsp flax oil (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.

### Yogurt Fruit Smoothie

1 cup low fat, sugar free yogurt, or skim or soy milk

1 Tbsp sugar

2 cups frozen strawberries, or any other favorite fruit

1 banana, frozen

3 Tbsp wheat germ (if desired)

Ice cubes if fruit is not frozen

1/2 - 1 cup orange juice

Mix milk or yogurt in blender with sugar and fruit. Add fruit juice to thin as desired.



Have fun with these; try other combinations of your favorite fruits.

## Events and Fun Things Going To

### Christian Motorcyclist Association Eastern National Rally



July 21-25, 2009

State Fair Event Center  
Lewisburg, West Virginia  
Contact: Missy Parmenter 870-389-6196  
events@cmausa.org

Area information and driving directions:  
[www.greenbrierwv.com](http://www.greenbrierwv.com)

Seminars on Wednesday, Thursday, and Friday.  
Praise and Worship with Jerry Williams.  
Friday: "CMA's Got Talent" Show.  
Saturday: Parade & Bike Games.  
Rides Guided and Self-guided throughout week.

### Women of Faith Conference "A Grand New Day" 2009 Event

July 31 - August 1, 2009

Verizon Center  
601 F Street, NW  
Washington, DC 20004  
Auto. Phone: (202) 628-3200  
Receptionist: (202) 661-5000

Friday 10:00 – 3:30

7:00 – 9:30

Saturday 9:00 – 4:00

Speakers: Steve Arterburn, Luci Swindoll, Patsy Clairmont, Lisa Welchell, Sandi Patty, Sheila Walsh, Marilyn Meberg, Mandisa and Allison Allen. Worship with Steven Curtis Chapman.



### Ed Young Ministries Wave Conference Virginia Beach, VA



August 5, 2009

Join Ed Young as he shares the life lessons and raw truth you need to realize God-sized dreams in your life. Each Creative Church Conference is designed for people like you - people who want to take their life, their church, their marriage to the next level. These conferences will inspire and equip you to do just that. You will leave with a new perspective on what God desires for your life.

Go to [www.edyoung.com](http://www.edyoung.com) for details.

### Toward A Growing Marriage



October 17, 2009

Spotswood Baptist Church  
4009 Lafayette Blvd.  
Fredericksburg, VA 22408  
Call LifeWay Events Registration at 800.254.2022

Saturday, Oct. 17 – 8:15 – 3:30

Whether you're married or engaged, Toward A Growing Marriage is a one-day event that will have a lasting impact on your relationship. Professional counselor, pastor, and author Dr. Gary Chapman offers practical, biblical principles you can start applying that day... and for years to come. He personally invites you to attend and make a powerful investment in your marriage.

\$90.00 per couple, including lunch.

*If you know of any events that you would like to share, please contact Anita Hampton or Tina Heiby and we'll be glad to put them in.*

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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