

Women of the Crest

Potomac Crest Baptist Church Women's Ministry Newsletter

Being Heirs Together of the Grace of Life

"Reflections of the Heart" from Deb Duty



It's Time to Let Go

How many times have you heard that statement in your life? Not a statement we especially enjoy hearing. The first time you release your child into the care of a school or the day your 16 year old drives away without you, it's hard to let go! Dad is usually standing there telling us mothers that we have to let our children grow up and let them go. Then he or she graduates from high school and moves out of your house at such a young age and you have to let them go again! We also have to let go of the pain of being hurt by people and the extremely difficult pain of standing at the casket of a loved one and saying goodbye. It is so difficult to let go, especially those things that tear at our heart. How do we let go of something that continually hurts us? I think most of us think we have a grasp on things or we pretend everything is fine and we don't realize what we are doing to ourselves. We ask why or replay the past over and over again in our minds hoping to find the answer that will give us relief. We hold on to the hurt and anger not knowing how to get off the merry go round and let it go. How do you let go and how long do you hold on to it?

I had the pleasure of having lunch a few months ago with a precious woman from PCBC. She knew the difficulty I have had in the past 3 years with my family and was asking how things were going. I began sharing how I was feeling and how all of the pain and memories still haunted me (I should say that I allowed to haunt me). Why couldn't I be with my mother when she died? For some reason she felt calmer and safer when I was with her. I found that funny in a way because I don't see myself as the strong one. Maybe I could have done something and she wouldn't have died. I am so grateful God allowed me time with her during her recovery. Why was I with my father holding his hand when he died, the man that had hurt me for so many years. I asked God this question over and over. So many things were left undone and not fixed, I searched and searched for the answers, but they never seemed to come. Then I heard the words that caused me to stop talking and listen for a long while. This wonderful woman said "I know how you feel". I thought no one could know what I was feeling. She said you were with your father because it was just the right thing to do and that is where God wanted you. She began to tell me of the hurt that she had

suffered for most of her life and was still dealing with a parent continuing to inflict pain. How she responds to this parent is all by the grace and love of God, she simply does what is right in His eyes. This woman has such a positive attitude, you would never know the pain she has had to deal with and in the midst of it she has some physical issues right now. She refuses to wallow in self pity and misery. She feels she has no control over her physical problems and that she cannot fix this parent who continues to hurt, so she lets God control her actions and attitudes. His will be done. It's not always easy to do the right thing, but it is always right. It was during this conversation that I heard God tell me it was time to let go. I felt such relief and at the same time I remember thinking this is too easy, all I have to do is let God have this. I didn't get the answers that I had been asking for, but I felt such a peace as God took all that hurt and pain away from me. I also felt ashamed because I knew God was there to take the burden from me but I continued to carry it. I can't help wondering what Mary felt as she watched her child being hurt and so disrespected. Did she ask God why and did she replay everything that she had seen over and over again in her mind? She knew God was in control, but like us did she want answers or did she question what was happening and eventually what happened to her Son? God doesn't mind the questions that we may have, I think it grieves His heart when we continue to hold on to things we have no control over and allow the pain to consume our lives. His grace is sufficient for me and His peace is something that really can't be described!

I am so thankful that God used this wonderful woman to speak to me. She hurt just as I did and yet she has this beautiful spirit that you just want to be around. Thank you for being such an inspiration, you will never know what it meant to me to finally be able to let go and let God heal my heart.

Don't be afraid to share your joys and even painful events with other people, you never know how your story can help someone else. God will use tragedy for His purpose and for the purpose of helping someone else and in the end you will stand victorious because of His grace and mercy.

I'm praying for you – Love always, Deb

Upcoming Events

Sept. 12th, Ladies Fellowship Breakfast – 9:00 a.m. – 11:00 a.m., in the new fellowship hall. Please bring a dish to share. Ms. Winnie will be speaking.

Sept. 26th, Yard Sale – 7:00 a.m. – 2:00 p.m. This is an outside event in the PCBC Parking lot. Bring your donations (junk) to the church no later than the 25th. All proceeds will go into the WOC Ministry fund. Anything not sold will be donated to ACTS. We will set up concessions to sell hot dogs, hamburgers, sodas, water and chips.

Sept. 27th, Bible Studies – Sunday nights at 5 p.m. The studies will begin on the 27th and will last 7-8 weeks. Please sign up on the sign-up sheet in the foyer. Cost is approx. \$8 per study. You can choose either "Six Choices that Will Change Your Life" by Carol Kent and Karen Lee-Thorp. Or "Discovering the Beauty of the Old Testament: Overview of the Pentateuch." If you have any questions please contact Rachelle Carlson at 703-392-9852 or Deb Duty at 703-730-7222.

Oct. 10th, Ladies Fellowship Breakfast – 9:00 a.m. – 11:00 a.m., in the new fellowship hall. Please bring a dish to share.

PCB Family Quilt – It's currently in production and going well. All proceeds go toward the building fund.

Women's Day – Date TBD. Stay tuned as we work out the details.

It was Inspiring!

by: *Becky Bolton*

Nine women from Potomac Crest journeyed to the Verizon Center on July 31st – August 1st to be part of the Women of Faith Conference that was visiting Washington D.C. We experienced two incredible days of inspiring speakers and amazing vocalists while being in the presence of about 12,000 other women who love God. The speakers included Lisa Welchel (from the TV show *The Facts of Life*), Patsy Clairmont, Sheila Walsh, Sandy Patti, Luci Swindoll, Marilyn Meburg, and Steve Arterburn. In between incredible speakers we experienced the powerful vocals of Steven Curtis Chapman and Mandisa. I attended the first five or six years of Women of Faith when it first began in 1996 but I had not attended since then. I must say that I was pleasantly surprised by the new format and style. The speakers and the vocalists blended together in such a way that it felt like the entire experience ushered us right into the presence of God. We laughed hysterically as we listened to Marilyn and Patsy share their personal stories and shed some tears as we listened to Steven Curtis Chapman share the mountaintop and valley experiences that he has lived through since the death of his youngest daughter last year. We learned so much from all the presenters but also so much from each other. Over meals and during breaks we shared our lives with each other, learned from each other, and laughed hysterically with each other. All of us are already excited for next year's conference and hope that you will be there to join us. I know you won't be disappointed!

WOC's Tasty Treats

by: *T.J. Wheeler*

This is the first of a new section to the newsletter. We've decided to bring you a recipe in each issue. If you have one you would like to share (that's not in the cookbook), please pass it on to Tina or any other WOC committee member. We'd love to include it.

T. J.'s Greek Salad

- 2 - 3 large English cucumbers
- 4 - 6 large Roma tomatoes
- 1 medium onion
- 1 to 2 cups olives (depends on the size and kind)
- 1 cup Feta Cheese Crumbles (plain and with tomatoes and basil)
- 1 bottle Gazebo Greek Salad Dressing (Shoppers has it)

- 1) Wash and peel "stripes" down the entire length of the cucumber, leaving some of the skin alternating with peeled sections. Now slice thin and put in bowl.

- 2) Peel and slice the onion, then cut each onion slice into four sections, or you may roughly chop. Add to the cucumbers.
- 3) Cut tomatoes into 4 or 6 sections and add to the bowl.
- 4) Add olives to taste. I have used the Greek Kalamata olives, and also the Spanish olives stuffed with feta. At the women's luncheon I used the small olives with pimento.
- 5) Add the feta cheese crumbles. I also like the cubed feta in oil and spices when I can find it - just drain the oil first but leave the spices with the cheese.
- 6) Just before serving shake the salad dressing well and add about ½ to ¾ of the bottle and mix it all together.

Enjoy!

Did You Know...

This is the first of another new section to the newsletter. We've decided to bring you a article featuring a short interview with a woman in our church. (You may find this first interviewee a little familiar.)

When did you join PCBC?

"On Easter Sunday, 2008."

What ministries do you participate in?

"I'm on the WOC committee, and am a new Sunday school teacher."

What is your most quoted Bible verse?

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." Philippians 4:6

What do you like to do for fun?

"Developing new SpaDayR3 products and jewelry, and also writing my newest book."

Other than Pastor Doug, who is one of your favorite ministers?

"Joyce Meyer."

What are a couple of your most blessed accomplishments?

"My marriage and my children. And raising people's awareness about God through my book and speaking engagements, by being able to show others new and hopefully fulfilling ways to "wear" their faith."

Have you figured out who this is yet? It's Lisa Hampton-Qualls. So the next time you pass her in the church halls, stop and say hi.

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esigner: Anita Hampton