

Connecting with the Women of The Moody Church

FROM THE DIRECTOR

"Fitness for Christ" is the theme for this newsletter, with the hope that we can encourage you to have a healthy lifestyle, both physically and spiritually. This passage from 1 Corinthians 6:19-20 is sobering when we start to take it seriously: *"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."*

Many people today glorify their bodies for their own benefit, placing undue attention to shape and form and fashion. But as believers, we will give an account at the Judgment Seat of Christ as to the stewardship of our bodies, which really are not ours at all, because we are not our own!

Being fit spiritually requires the same kind of attention and commitment that physical fitness requires. We have to take in the right kind of nurturing food, eliminate junk food, and exercise our spiritual muscles.

Are you taking in enough good spiritual food to be spiritually fit? Do you carefully guard what you allow into your mind—the junk food of today's culture, including most movies and television programs, most secular novels, reading, etc.

I have written a book, *Think About What You Think About*, which presents a foundational truth for spiritual fitness—and that is, to bring every thought into submission and make it obedient to Christ. I have learned that it is a daily decision I must make to think about what I think about and make certain my thoughts are obedient to Christ. For a short time my book will be available at the Women's Ministry Kiosk for a reduced price of \$8.00. I encourage you to read it.

Our Sisters in Christ TMC community just completed a study of the nine evidences of the fruit of the Spirit, as found in Galatians 5. This is the exercise part of spiritual fitness, and I would like to give you a copy of our booklet, *A Nine Week Plan for Spiritual Growth*, to help you become intentional about spiritual fitness. To get your booklet, stop by the Women's Ministry kiosk after church.

Be sure to check our upcoming events and take advantage of the many aspects of our women's ministry. I'm here for you, so let me know how I can help you.



Director of Women's Ministries

Mary Whelchel

"Are you taking in enough good spiritual food to be spiritually fit?"

OUR VISION

To encourage and equip all the women of The Moody Church to become mature believers, exercising their spiritual gifts within the body of Christ, and to reach out to other women in Chicago and throughout the world with the gospel of Jesus Christ.

The Jesus 5K

I used to love running but life took a small turn: it was this little something called *having a baby*. When my post-partum grace period was officially up, I dusted off my running shoes, grabbed my iPod and hit the road. One day turned into two, two into three, and so on. There was a lot of soreness in the beginning, but eventually the “runner high” kicked in. It was my time to reflect, regroup, and in full disclosure, enjoy a few guilty pleasure songs. My new fitness routine begged the obvious question: what about the Jesus 5K? Am I fit to win this race? First Corinthians 9:24 says, “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.”

As Christians, we are like runners in a race. We all have the same end goal, but start at different times and represent a variety of different levels. Getting spiritually fit is an easier-said-than-done process and must be worked on daily. It requires prayer, focus and constant encouragement. At some point in the race, we may experience the following stages:

Commitment: My husband is my accountability partner for running, and this keeps my commitment in check. When you choose to follow Christ, it helps to have a spiritual accountability partner as well. Romans 10:9-10 says, “That if you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved...” If you’re serious about getting spiritually fit, begin the race today.

Preparation: Having the proper equipment is vital. Can you imagine running in 4 inch stilettos? Ephesians 6:13 says, “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground...” God’s equipment for Christians: salvation in Jesus Christ, the Bible, his church, prayer and the guidance of the Holy Spirit. Gear up!


Endurance: Some days I’m not up for a run, but when I get going, I always feel better. It’s easy to lose sight of the goal, but this can be the best time to test your endurance. Galatians 6:9 says, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” When you need reinforcement, cry out to God! He will be your strength.

Obstacles: They can be small inconveniences or major set-backs, but unfortunately we can’t avoid them. I’ve pulled muscles, dealt with side cramps and have had some bad falls. The best remedy is to get up and keep going. Learning to navigate through makes you sharper for the next round. Hebrews 12:1 says, “...let us throw off everything that *hinders* and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”

Plateaus: If running becomes too routine, I change my path, create a new playlist or go with a friend. The same concept applies to the spiritual race. God may use you in unexpected ways to break out of the rut (i.e. inviting your neighbor over for dinner, sharing the gospel with your best friend, or leading a class at church). Plateaus can also be a catalyst for setting new goals, and then sometimes they’re a time to wait upon the Lord. Psalm 46:10 says, “Be still and know that I am God.”

Rewards: My reward for running is becoming healthy and strong for my family (and fitting into my favorite pair of jeans is a bonus!). If we faithfully keep our eyes upon the Lord, we will experience rewards all throughout our lives. Hebrews 11:6 sums it up best, “...he will reward those who earnestly seek him.” And remember, the best reward is yet to come.

We’re all in the Jesus 5K together, so keep helping and encouraging one another towards this goal. Jesus is coming back soon--strive for spiritual fitness! At the end of the race, you’ll want to joyfully recite (not huff and puff) 2 Timothy 4:7, “I have fought the good fight, I have finished the course, I have kept the faith.” See you at the finish line.



“If you’re serious about getting spiritually fit, begin the race today.”

WHAT'S HAPPENING

Upcoming Events:

Saturday, December 19th Christmas Luncheon: This special Christmas program will feature much of our Moody Church talent – with a surprise women's gospel choir. Julia Tsien and Erica Tam-Wang will present their piano music, and Julia will share her story of persecution in China in the 1980's for her musical talent and her faith in Christ. Make plans now to bring friends and family to this wonderful Christmas program.

Women's Ministry Opportunities:

Sister's in Christ: This TMC Community open to all ages of women who want to serve Christ and one another. The class meets every Sunday at 8:30am in room 303 and is taught by Mary Whelchel.

Single Moms: This TMC Community is open to all single moms. The purpose is to encourage, strengthen and build some new friendships. The class meets Sundays in room 305 at 11:30am and is led by Mary Whelchel and Diana McGehee.

Women Shepherding Women: Do you have the desire to disciple younger women? Are you looking to seek guidance from someone older? Join this tremendous ministry to impact the lives of women for Christ. To get involved please contact Aimee in the church office at 312.327.8600 x1043.

Deaconesses: If you have the gift of serving, cooking, wedding coordinating and/or a great eye for decorating, the Deaconesses could use your help! For more information or to volunteer, please contact Aimee in the church office at 312.327.8600 x1043.

Precepts: This study will help expand your knowledge of God's word: "Kings and Prophets" led by Linda Gunter Tuesdays from 9:30am – 11:30am in room 307, "Isaiah Part I", led by Virginia Bentley Sunday 2:40-4:50 pm room 304 or led by Mary Carré Thursdays 7:00-9:00pm room 307. To register contact Judy in the church office at: 312.327.8600 x1010.

Ink. SPOTTING

Our very first "Mom's Day" at Vacation Bible School was held on Wednesday, August 12th, with over 65 moms joining in. It was a morning of fun, fellowship, practical and encouraging messages, great food, and meeting new friends. The event was so well received that next year we'll expand the fun to two or three days!



The Moms had fun making music!



Guest speaker Nadia Swearingen-Friesen

"Expressing Worship through the Arts" was the theme of our Women on the Way luncheon on September 12th. What a joy to experience the beauty and creativity of the various arts represented: Bryan Butler with visual arts, Holli Hitchins with dancing, John Urban and Alicia Lancaster on piano, and Erica Alvarez with a dramatic monolog. Pastor Tim Stafford gave us new thoughts on how to express worship through the arts. It was a very special event!



Alicia Lancaster



Holli Hitchins

Annette Nelson

What are you majoring in at North Park University and what do you hope to do with it?

I'm so excited to be a Nursing major. I love and care about people deeply. The need for nurses in the United States is great, but I also see the need in other countries where people are suffering from treatable diseases. Someday, I hope to help those who are truly in need.



Annette Nelson

Tell us about the ministries you are currently involved with.

At school, I lead a group of students once a week to tutor kids at By The Hand Club For Kids. At The Moody Church, I am blessed to be part of the Crossroads TMC community. I love the teaching by Pastor Eric. It's also encouraging to fellowship with other college students from all over Chicago.

When did you come to know Jesus personally?

I look at my relationship with God in stages. I was five years old when I asked Jesus into my heart, but it wasn't until the age of eleven that I began to understand what it meant to be saved. I questioned Christianity in my teen years, but after that, I started taking my relationship with God seriously. Currently, I'm seeking God's plan for my life. It's overwhelming at times, because it's hard to always "get it together." That's why it's important to put him *first*, and let him lead the way!



On a missions trip in Brazil.

Are you on Facebook or MySpace? Do you Twitter, or is that for the birds?

I'm on Facebook. It can be a big waste of time, but it's fun to keep in touch with people who live far away. As a college student, it's virtually impossible to keep in contact with people not in my immediate circle. Twitter sounds interesting, but I have a hard enough time "following" my own friends, let alone a celebrity!

Tell us about one of your talents or hobbies.

I love music! I play the piano and really enjoy singing. Some of my favorite bands are Coldplay, Chicago, The Fray, Jars of Clay, The Beatles, Casting Crowns and Hillsong. If you were to look on my computer, you would find a variety of music genres, except country or heavy metal.

Who would you like to talk to in heaven?

I'm so indecisive! I think I'd like to talk to Martin Luther King Jr.

Is there a particular verse in the Bible you find inspiring?

Isaiah 40:31. I tend to be an impatient person, even though I know I should wait upon the Lord. It's also comforting to know that God will renew my strength when I feel useless and worn out. There's a song called, "Everlasting God" based on this verse and it is one of my very favorites.

"...it's important to put him *first*, and let him lead the way!"

ASK EMMA

Dear Emma:

Can you offer a few suggestions on achieving a healthy lifestyle? I know it's a loaded question, but I don't know where to begin. I'm not planning to make an appearance in the 2016 Olympics—nor do I want to only eat raw onions—but a 360 degree overhaul in this department is definitely needed.

Dear Health-Seeker:

Getting “healthy” encompasses a lot of different factors. Just having the desire to get there is a great start. It's always best to begin with prayer, then create a plan and seek out an accountability partner. Find someone who will really motivate you with tough love. Keep your best friend on deck for a latte and shoe shopping when you really need it!

The “let's get healthy” plan:

- 1.) Pray! Find the best time of day when you will be the least distracted and schedule it. The more consistent your time with the Lord is, the better your discipline will be with the other stuff. Ask God for strength, grace, boldness and a spirit of conviction. Commit this journey to him and ask to be guarded from temptation. Ask your family and friends to support you in prayer too! Set up an e-blast at www.christianwomentoday.com or www.rcb.org for a daily devotional.
- 2.) Before you kick-start a workout regimen, consult your doctor. Work together to set a few short-term and long-term goals. A fancy gym membership is not required, but you do need 30 minutes of activity a day. Go for a brisk walk, ride a bike, run, dance to music—whatever it takes to break a sweat and get your heart pumping! Free weights and core training (Pilates, Yoga) are great enhancers to your cardio routine. Boredom is a big reason people give up working out, so don't be afraid to mix it up. Also, take the stairs, park further away, and keep MOVING! Log onto www.fitnessmagazine.com for workouts, motivation and tips from fitness experts.
- 3.) Total wellness includes a healthy diet. Take the kitchen tour and throw out anything that hinders your progress. If it's not in the house, you won't eat it! A good rule of thumb to remember while at the grocery store: shop the perimeter, not the center. Powerhouse foods and supplements include: blueberries, almonds, avocado, tomatoes, spinach, beans, flax seed oil (for Omega 3's), vitamins C, B, D and lots of water. Check out www.health.com for healthy recipes and www.nutritiondata.com for wellness tracking.



Remember, you alone are in charge of what you bring into your home, what goes into your mouth, and what your activity level is. God created our bodies to be temples in which the Holy Spirit resides. Keep your temple clean, healthy and pure before the Lord. He will be your strength and give you grace throughout the process. Be encouraged on the journey to good health!

BACK PAGE

VERSE TO PONDER

2 Timothy 4:7-8: "I have fought the good fight, I have finished the course, I have kept the faith: henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, shall give to me at that day; and not to me only, but also to all them that have loved his appearing."

Ink. BOOK CLUB

The Maker's Diet by Jordan Rubin

This is a combination study on diet and spiritual well-being. *The Maker's Diet* is a 40-day plan inspired by biblical interpretations of what God intended people to eat. Foods found naturally on the earth have the most nutritional value: fruits, vegetables, seeds, wild grain, meat from wild animals, fish, and unpasteurized dairy. You will be amazed by Jordan Rubin's story and his passion for a healthy lifestyle.

BEAUTY/STYLE TIP

Beauty this season: 1.) Matte, red lips 2.) Dark nails 3.) Headbands adorned with detail. Be bold!

If you love the 80's, they're back: *The rocker:* black leggings, leather jacket or faux fur vest, over-the-knee boots and studs. *The boyfriend:* laid-back cool in rolled up jeans, a long blazer, vintage t-shirt and sky-high pumps. *The geometric:* fierce, bold shapes like the asymmetrical dress, a boxy pea coat or the ever-so-cool pencil skirt. **If you dread that decade,** consider the emergence of classics: camel hair coats in updated silhouettes, crisp white shirts with new detail and shift dresses with stronger shoulders. Neutrals from tan to black are in the spotlight and never fail a classic wardrobe. **Buy-worthy additions:** a statement necklace, a black peep-toe bootie or a classic handbag in a saturated color like jade. **Styling tips:** the old is new again, so re-style what's already in your closet. Visit local thrift shops for unique, affordable pieces and never wear all the trends at once.

RECIPE TO JOT DOWN

Do you have a passion for cooking healthy? Send us your best healthy recipe! The winner and their recipe will be featured in the next issue of *Women's Ink*. Email your recipe to: womensink@gmail.com or mail it to: The Moody Church attn: Mary Whelchel 1635 N. LaSalle, Chicago, IL 60614. **Recipes due by 12/11/09.**

WRITE TO US

For updates on the Women's Ministry at The Moody Church, email us at: womensink@gmail.com

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