

Lives of Fragrance

2 Corinthians 4:14-17

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Women's Ministry Update

Karen Krueger

Tulsa Bible Church (TBC) is composed of Christ-followers who love, encourage, and care for each other. The Lord has blessed Tulsa Bible Church with women who joyfully and compassionately serve others in many capacities. Seeing this love and care in action is a beautiful confirmation of the working of the Holy Spirit in hearts and lives, as He matures, enables, and brings us together in sweet unity, and is a demonstration of following Christ in humble, compassionate obedience.

The Women's Ministry Council (WMC) of TBC operates under the guidance of the TBC Elders; various ministries to women come under the oversight of the WMC. These ministries include Women's Bible studies, cards of encouragement, discipleship, showers, newborn baskets, prayer, visitation, kitchen and resources, communications and website updates, a newsletter, and a women's retreat. Altogether, nearly forty women serve in these various ministries! Thank you, ladies!

Earlier in 2024, over thirty women signed up on the WMC 2024 volunteer list. Thank you to each one who has helped with showers, assisted Cindy Brookshire in the kitchen, or helped with our spring event, Clay Pots & Cupcakes.

The WMC encourages women to be involved in one of the Bible studies at TBC. Bible studies begin in September; detailed descriptions of each study will be presented soon. Different weekdays and times will be available to accommodate different needs.

What's New

July

Women's Bible study on Ephesians, Tuesdays from 6:30 p.m. – 8:00 p.m. Lighthouse Room. No registration or book required. Attend as your schedule permits.

July 4th

Independence Day! Thank God for the U.S.A., pray for our country, spend time with family, and enjoy fireworks!

July 13th

Bridal shower for Lydia Krueger! 10:30 a.m. – 12:30 p.m.
TBC Paragon Room.
RSVP to Linda Cosgrove at 918-640-3201.

September

Women's Retreat, September 13 – 14.

Women's Bible studies begin in September. Several options of weekdays and studies will be offered.

Finally, the Fall Retreat is the next large TBC Women's event. The retreat will be held at New Life Ranch, Cove location, on September 13-14. The theme is *Matheteuo: The Journey*, which refers to the ongoing process of discipleship for Christians. We are happy to announce that our speaker will be Rondalyn Abode! Rondalyn is the wife of Philip Abode, who is the senior pastor at Crossover Bible Church, Tulsa. In addition to being a mother of three, Rondalyn also serves as the Director of Development for Crossover Impact.

Plan to attend the Retreat and learn from Rondalyn's teaching, as she shares what the Lord has taught her. Enjoy rich times of fellowship during discussion times and activities. Attending a retreat is a wonderful way to develop new friendships and to renew old friendships. Registration will be opening soon!

Several teams are involved in planning and preparation for the Retreat. These teams include prayer, publicity/marketing, activities/games, food, decorations, notebooks/take-home gifts, and music. If you are interested in helping on one of these teams, please email Karen at km.krueger7@gmail.com.

While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.

Genesis 8:22

Serving with Compassionate Hearts

Diane Brown

John 15:12 states, "This is my commandment, that you love one another as I have loved you."

Did you know that the Women's Council at TBC has under its "umbrella" a visitation ministry? We serve women who are homebound due to age, health, or circumstance (which in some cases are temporary). Once the need is identified, we connect someone to the homebound woman for visits, calls, cards, and encouragement. We also strive to make sure our homebound women have a TBC Prayer Calendar and Women's Newsletter each month. Frequency and details can be customized on an individual basis, as each relationship is unique.

It truly is a wonderful fellowship and a circle of love and compassion as we come alongside our sisters in need, their caregivers, and their families. We are motivated to "bear one another's burdens" in love, so that none would be invisible in the body of Christ, the church. Romans 12:5 reminds us, "So we, though many, are one body in Christ, and individually members one of another."

If you know of a TBC woman who could benefit from visitation, or if you would like more information, please feel free to reach out to one of our leaders.

Diane Brown (918) 284-5167

Marilyn Lowery (918) 630-7075

Nina Cowan (918) 906-4345

Diane Brown: I have been involved in the Homebound Ministry since I joined the Women's Council last year. The level of service and commitment which I have seen from the women at TBC is remarkable to me, so great is their love and dedication to serve one another. I have been blessed to be involved.

Marcia Thutchley: I began visiting in the homebound ministry in 2010. Bill and Rose Bailey and Ann Bishop lived near me in Broken Arrow; eventually they moved to assisted living facilities and then to their heavenly home. They were precious saints who were an example of lifelong faithfulness to each other and to the church. I currently visit Bill and Robbie Thomas, keeping them abreast of TBC news, and sharing prayers, newsletters, and class information with them. God blesses me through this ministry probably much more than I bless these TBC brothers and sisters.

Marlene Jones: This has been such a great ministry to our homebound ladies over so many years! I've been connected to Kathi Ritterskamp for almost 9 years, with visits, calls, prayer, and encouragement from God's Word. She's a sweetie and she will turn 100 in July!

I Come to the Garden Word Scramble

1. **Dragens** _____
2. **Edses** _____
3. **Kear** _____
4. **Ptaln** _____
5. **Triflerzie** _____

Recipes

Caroline Thompson shares two recipes with us. Caroline enjoys preparing a variety of culinary delights, ranging from simple dishes to more complicated gourmet meals.

Quick Hungarian Goulash with Paprika

- 600 Grams (about 1 ½ lbs.) of steak, rump roast, or sirloin sliced into about ½ inch thick strips
- 2 tbsp olive oil
- 2 onions sliced
- 1 tbsp smoked paprika (regular works as well)
- 1 tsp caraway seeds lightly crushed
- 1 green bell pepper, deseeded & cut into chunks
- 1 red bell pepper, deseeded & cut into chunks
- 1 tbsp tomato puree
- 1 c. beef stock
- 1 tsp brown sugar
- 2 tbsp sour cream
- Finely grated zest and juice of one lemon
- Salt & freshly ground pepper to taste

Heat the olive oil in a large pan and fry the onion along with the paprika and caraway seeds for 2 minutes. Add the steak and peppers, fry for 1 minute. Stir in the tomato puree, stock and sugar. Bring to a boil and simmer for 20 minutes. Add a little water half way through if needed.

Stir through 2 tablespoons of sour cream, the lemon juice and zest and season with salt and pepper (serves 4).

*Serve on a bed of Basmati rice.

No-Bake Cheesecake Pots

- 1 c. mixed berries (blueberries, raspberries, strawberries)
- 3 T powdered sugar
- 1 c. mascarpone or cream cheese
- ½ tsp. vanilla extract
- 1 c. Greek yogurt
- 12 gingersnap biscuits or 8 graham cracker squares (crushed)

Place the fruit in a bowl and mix in 1 tbsp of powdered sugar. Mix together the mascarpone or cream cheese, vanilla, and remaining 2 tbsp of powdered sugar. Fold in the Greek yogurt. Take 4 glasses (jam jars, wine glasses, anything on hand) and add the crushed gingersnaps or graham crackers to the base. Spoon the mascarpone or cream cheese mixture on top. When ready to serve, spoon over the fruit mixture. May sprinkle granola on top if on hand or just a dust of powdered sugar before serving (serves 4).

Lives of Fragrance is a publication of the Women's Ministries of Tulsa Bible Church. For corrections, comments, or written contributions, please contact Karen at flnewsandviews@gmail.com.

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Answers to Word Scramble: 1. Gardens 2. Seeds 3. Rake 4. Plant 5. fertilizer