

LIVES OF FRAGRANCE

2 Corinthians 4:14-17

The love of God, flowing in us and through us, produces fruit of service to others. James 1:27 helps us understand that this is a pure aspect of serving God, because it comes from the Father.

VISITS AT HOME

By Judy Susong, Marilyn Lowery, and Nina Cowan

Judy: The Homebound Ministry's main goal is to keep in contact with those ladies who are alone and cannot get out of their home on their own. We want them to feel loved and still a part of the church family. We encourage those women who are assisting to make contact with their lady at least once or twice a month through cards, phone calls or a personal visit. Most make contact more often.

We also try to arrange rides to church functions if needed.

Visits usually involve around an hour of just sharing with each other and praying. Sometimes a little gift is brought like some cookies or flowers. Phone calls are to check in with them and see if they have any needs or prayer requests.

I am the Women's Council member over this ministry. Marilyn Lowery is the contact person for this ministry. She sends out reminders to all of us about ideas for contacting the person to whom we have been assigned. She plans gifts at Christmas time and oversees a luncheon once a year to thank all of the volunteers. Nina Cowan has been involved in this ministry for years. She and Forrest are members of the Mac/Oasis class and have ministered to the women and men in this class in many ways. Nina keeps up with many women on our list and contacts Marilyn or me when there is a physical need or prayer request. Marilyn sends out any urgent prayer requests she gets to all of the ladies on our team.

There are eleven women currently serving in this ministry: Lilis Thng, Cathy Dunn, Marlene Jones, Marilyn Sargent, Marcia Thrutchley, Vi Cobb, Barb Rader, Kay Blythe, Jan Williams, Nina Cowan and myself [*Diane Norwood served in this ministry until entering heaven this December*]. Nina works with a number of the ladies. There are currently 11 ladies on the Homebound List.

The women we work with are always so appreciative and glad to hear from us. The dear lady I visit has become a good friend. We share prayer requests and always look forward to seeing each other.

We would love to have more women joining us in this ministry.

Marilyn shares a personal perspective of this ministry. She cared for aging parents at home, and views this ministry as a continuation of that time of care. Marilyn notes that homebound women fill a vital need with their unfailing prayer support of the church body. Although their avenue of service has changed to primarily one of prayer support, their love and service to the Lord and to the church body continue. Their examples and the wisdom that they share are an encouragement and a blessing to many. The church body is encouraged to recognize and share in the wholeness of life together, while embracing, not separating, all ages and stages of life, and celebrating the unique place that each one has in serving the body of Christ.

Continued on next page.



Embracing Wholeness

WHAT'S NEW

JANUARY 1

Happy New Year!

JANUARY

Women's Bible Studies resume for the spring semester. Please see Tulsa Bible Church online for details.

FEBRUARY 18

10 a.m. – 2 p.m.

Ruth Stevens, who refreshed our hearts at the Fall Retreat, will be at TBC to teach us about Prayer Walking! Come prepared to learn about prayer walking; then, put what you have learned into practice! Bring a sack lunch and your walking shoes. Ladies are also needed to remain in prayer at TBC while others are walking. More details will follow.

MARCH

Sisters to Sisters Book Club will be discussing *Calm My Anxious Heart* (Linda Dillow), chapters 1-5. Date and details to come.

VISITS AT HOME *(continued)*

By Judy Susong, Marilyn Lowery, and Nina Cowan

Nina: A typical visit starts by catching up with one another by sharing what is going on in each other's lives. On one visit, the daughter had just pulled out a batch of chocolate chip cookies, and while enjoying cookies, we chatted about family, the Thanksgiving and Christmas seasons coming up, and past missionary trips, and ended our visit with prayer. This widowed lady has such a sweet spirit in the Lord; she is a joy to know!

On a visit with another widowed lady, we had supper and sang some hymns together. We were overwhelmed with her love and leaning on the Lord! She stated that when she shares difficulties, she is not complaining, but only explaining! It is a real blessing and joy to have these ladies in my life.

The Lord has used this ministry to the homebound as a reminder that life is short for me on this earth, and I want to show the love of the Lord to these precious ladies. I am humbled when I hear one of my ladies say, "I pray for you every day." I can't say that I have done that for her, but that is what I want to strive for, by doing the same for them! I feel what our visits do for our homebound is encouragement in spending time with them. Many are lonely; a touch, a hug, prayer, a phone call, or a card in the mail can make their day!

My role is to reach out through loving, praying, visiting, and calling my three special homebound ladies. I feel more than blessed, because it is a joy! I love this ministry! I would encourage anyone to join our team. There is always room for more to love on our elderly!

Daily Delight in the Lord

A new year often gives us motivation to reassess our priorities. This year, let us encourage one another to prioritize a daily quiet time with the Lord. Kathy Bradford shares the sweetness and beauty of this daily devotional time.

By Kathy Bradford

Dear sweet sisters: God has used and is still using my earthly father, who is not a Christian, to draw me closer to my heavenly Father and to put a longing in me to want to be with Him daily! God helps me know how to love and honor my earthly father and to pray often for him and his salvation.

Psalms 46:10a says, "Be still and know that I am God." God is faithful and helps me wake up early to spend time with Him; He knows that this is the best time of day for me to sit still and that He has my attention. I look forward to listening, and I am so thankful the Lord knows what I, as His child, need.

When I am homeschooling, we often have devotions together, with wonderful discussions about what we have studied in God's Word; sometimes we worship Him with Psalms, hymns, and praise. I love our prayer times, which can be long, because it is special and intimate time with Abba Father. Listening to Him is refreshing and strengthening, for I am coming to Him as His child and allowing His Holy Spirit to counsel, convict, correct, and encourage me/us as we meditate in His Word. With confession, we seek to walk in the gift of His Forgiveness of our sins and to forgive others, to know His mercy and grace as well as seek to give His mercy and grace to others. We lift up family, friends and neighbors who He puts on our hearts, as well as praying through our TBC prayer calendar, Sunday school emails, and Voice of the Martyr calendar for supplication and for intercession. Crying out to our Father in prayer brings so many tears of confession, thanksgiving, praise, and honor to our Lord that I don't want to stop praying; it sometimes puts my children to sleep if they are with me.

It is so hard to get up after basking in His word and goodness and to move forward with the day, but in order to apply what He has been teaching us, we must. We usually are tested immediately and throughout the rest of the day. I am a sinner saved by His grace. His grace is sufficient for me and I can only boast in Him and the blood of Jesus that saved me; I am very thankful for trials, tribulations, and sufferings, which draw me to my knees in thanksgiving. I also want to encourage you ladies to continue asking for prayer from one another, for it is not only humbling, but it keeps us accountable; it is healing when we confess and pray for one another. Thank you, dear sisters in the Lord, for your many prayers for me and my family. May you continue to know His peace, love, grace, mercy, and forgiveness as you seek Him daily, and find strength from Him to extend to others as well. Hugs and kisses from me to you! In His service, Kathy B.

RECIPES

This crockpot lasagna is one of our family favorites. However, oven-baked lasagna with homemade sheets of noodles is delicious, as well. Whichever style you try, enjoy the lasagna with a large bowl of salad and crusty bread. Mmm. So good.

Crockpot Lasagna

From Karen Krueger

- 1 ½ lb. lean ground beef
- (2) 8-oz. package of oven-ready lasagna noodles
- 15-oz ricotta cheese
- 2 c. shredded mozzarella cheese
- ½ c. grated Parmesan cheese
- 6 c. spaghetti sauce (make homemade or purchase your favorite brand)

In skillet, brown ground beef and onion, then add spaghetti sauce.

Prep noodles by placing in a single layer in a cookie sheet. Pour boiling water over them.

Turn crockpot on low setting.

- Place 1/3 of meat mixture in the crockpot.
- Place layer of softened noodles over the meat.
- Spread dollops of ricotta cheese on the noodles.
- Sprinkle with grated Parmesan cheese, then 2/3 c. mozzarella.
- Repeat layers with meat, noodles, cheeses.
- Cover and cook on low 5-6 hours.

Remove the crockpot lid for the last 15 minutes. Allow to rest 10-15 minutes before serving.

Lasagna with Homemade Pasta:

- 3 c. flour
- 1 tsp. salt
- 1 egg
- 3-5 T cold water

Stir flour and salt together. Make a depression in the center & add an egg. Mix together until crumbly. Add water, 1 T at a time, stirring until it holds together. Knead gently until you have a smooth ball. Cover with plastic; let rest for at least 30 minutes.

Spread flour on work surface. Roll the ball in the flour until it is cylinder-shaped, then cut into fourths. Use your rolling pin to roll out the dough, flipping as needed & adding flour, forming a sheet nearly 9 X 13 inches. This will go directly into the lasagna composition without needing to pre-boil.

Spray a 9 X 13 pyrex. Compose the layers as above, adding a sheet, then rolling out the next sheet. Reserve some sauce and mozzarella to top the final dough sheet.

Cover with foil. Bake at 375° for 30-35 minutes. Remove foil, bake 12-15 minutes, or until bubbly and cheese begins to brown.

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

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