

Lives of Fragrance

2 Corinthians 4:14-17

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Ruby Boveda encourages to us to learn of Christ as we go through trials. The full content of her article may be found on her blog: beingwhohewantsmetobe.wordpress.com.

Place of Rest *abridged*

By Ruby Boveda

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

I love the Spring. Looking outside my window, I enjoy the green and the calm of the day from the comfort of my chair. From this view, it is hard to believe a world with such beauty and tranquility can be filled with unrest, brokenness, and despair. In this place of rest I enjoy watching birds fly by, raindrops gently refreshing each leaf, while squirrels scurry. In this place of rest, I can truly see the wonder of God's handiwork. World dilemmas and news headlines of the day dissipate as I stare out this window, in my place of rest. Debilitating life trials diminish as my soul ponders God's craftsmanship. This place of rest drowns the world, comforts my inner man, and leaves a longing for the perfect peace of eternity for which we were created.

Not only do I find rest in a place but also in Scripture. Philippians 4:8 states, "...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

These words from Philippians: true, noble, right, pure, lovely, admirable, excellent, praiseworthy, drive our minds towards seeing the best in all things.

What's New

August 16th

The Baby shower for Lydia Strobe will be at 2 p.m. at TBC. RSVP to Linda Cosgrove. Email Ircos@icloud.com.

September 12-13th

TBC Women's Fall Retreat with speaker Jess Ahrend. Enjoy this time of retreat and fellowship with your TBC sisters! The theme is *Coram Deo*, In the Presence of God, discussing our minds, our lives, and our hearts before God. Register online for Friday-Saturday or Saturday only.

September

TBC Women's Fall Bible Studies begin! Please plan to attend one of the fall Bible studies. Spend rich time in the Word while deepening your friendships with other women by finding a study and registering online at tulsabible.org.

These words cause us to think of the righteousness and awesomeness of our God, opposed to the sinful, broken world.

Those words do not allow our gaze to be fixed on poverty but rather on God's provision, potential victories instead of defeat, hope instead of desperation, cures and miracles instead of disease and demise, and hope of eternity with our loving Savior Jesus instead of eternal anguish. These words tell us where our minds should rest.

God inspired Paul to pen Philippians 4:8 because he knew all mankind would need the encouragement to look up at the possibilities of life. The redemption plan of God never included hopelessness nor abandonment. His ultimate plan included joy unspeakable if we choose to affix our minds on excellent things. When we set our minds on the beauty of His handiwork, the hope of eternity, and the glorious moments of everyday miracles, our spirits and hearts will be uplifted and our hearts, renewed. We will gain strength to carry on the path laid before us, despite trials and burdens.

But sometimes...life is too much...and poisoning our thoughts on Jesus, heaven, and eternity is intensely difficult and may even feel impossible. I understand, friend... and so does Jesus.

In Matthew 26:36-42 (NLT), we read of Jesus in the Garden of Gethsemane; His soul was crushed to the point of death and His spirit was anguished and distressed. He knew the impending suffering to come and he longed for his friends to keep watch and pray along with Him. Desiring the pain of the future to be withdrawn, Jesus cried out to his Father for rescue from the cup of suffering. How was Jesus, who had the gift of knowing what was to come, able to surrender His desires in the garden?

Place of Rest *continued*

Hebrews 12:2 tells us, "For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." JOY... Jesus was able to endure the suffering, because His eyes were fixed on what was true, noble, right, pure, lovely, admirable, excellent, praiseworthy. His eyes were fixed on the future hope, giving Him an eternal perspective. (Jer. 29:11). This image of what was to come, while simultaneously accomplishing the task set before Him by His Father, God, fueled Jesus with joy. Jesus pled with His Father in the garden to alter the outcome all the while He knew His Father's plans were perfect. Jesus, in His perfect humanity, chose to look up to the hope instead of His circumstances.

In this desperate moment, Jesus remains steadfast in His choice to follow the lead of the Father because God's ways are higher than ours (Isa 55:9). He follows His Father because He knows there is an ultimate plan and purpose with a wonderful hope. He follows because despite the current situation, he knew His Father is working this tragic moment for good (Rom 8:28). He knew God had a plan from before creation and would follow through for our benefit and His glory (Eph 1:3-5). Jesus continued to look up towards hope instead of down towards His situation.

May we follow the example of Christ, finding our place of rest in God's truth. May we ponder Philippians 4:8 so that our souls may find rest and joy unspeakable.

Our Back-to-School Memories

Kathy, Marlene, and Karleen share memories of school days, with a medley of emotions and experiences!

Kathy Meade: I would look forward to the end of the hot summer to a happy adventure in mid-August. Mom and Dad would take us shopping for school supplies and new dresses and shoes. I couldn't wait to wear a new pretty outfit on the first day back to school.

Marlene Jones: When my twin brother and I were getting ready to start 7th grade, we made the decision with our parents to go live in Oklahoma City at a boarding house for MK's (missionary kids) while our parents remained in Mexico continuing their missionary translation work with Wycliffe Bible Translators. We saw our family at Christmas and in the summer between 7th and 8th grades. While this experience involved culture shock and homesickness, God also used the time there to grow my faith. We had wonderful house-parents and attended a great church where I learned many life lessons in growing as a Christian, and I saw the body of Christ serving others/us in love. One great memory was of my big "sis" Janet Dyke in the home I stayed in; she was a mentor to me, helping me during the sometimes awkward age of adolescence. I attended a public school while I was in OKC, and I loved my sewing and cooking classes. God is faithful!

Karleen Chambers: 1. The night before I was to enter high school, I dreamed a full movie dance scene of a large and grandiose room, filled with sheer curtains flowing from the sky. As I entered, I danced and flowed into the large room. The next day I found the new school nice, but still just a big new school. 2. On returning to school to begin my senior year and just finishing a vacation in Florida, I had a new short haircut that was sun-bleached and a great Florida tan. I had lots of fun because my friends did not recognize me at first glance.

Recipes

Gorky's Stuffed Cabbage

From Elaine Spikes

Elaine says that she has had this recipe for years and her husband loves it!

- 1 large or 2 medium cabbages with extra-large leaves
- 1 ½ lbs. ground beef
- 2 c. cooked rice
- 2 eggs, slightly beaten
- 1 c. chopped onions
- 1 c. grated carrots
- 1 tsp. salt
- ¼ tsp. black pepper
- Sweet-Sour Sauce

Cook cabbage in water which half covers the cabbage. Cook until tender but not soft, depending on cabbage size. Cool, core, and carefully separate leaves. Combine beef, rice, eggs, onions, carrots, salt, & pepper. Mix well. Roll filling into 8 balls. Place each ball on lower third of large cabbage leaf. Tuck in sides and bottom of cabbage and place, seam-side down, in oven-proof baking dish. Pour Sweet-Sour Sauce over cabbage rolls. Cover with foil and bake at 350° for 30 min. Uncover and bake 10 minutes longer or until slightly browned. Makes 8 cabbage rolls.

Sweet-Sour Sauce

- 2 (8-oz.) cans tomato sauce
- 1 ½ c. water
- 1 c. brown sugar, packed
- ¾ c. apple cider vinegar

Combine ingredients in saucepan. Bring to boil, reduce heat; simmer 10 minutes to reduce liquid & until slightly thickened.

Pico de Gallo

From Karen Braswell

Karen's recipe for pico de gallo is a great addition to your summer menu! Add fresh produce from your garden!

- 8 large tomatoes, diced
- 1 bunch of cilantro, chopped
- ½ of an onion, finely diced
- 4 lemons
- 1-2 serrano peppers

Squeeze the juice from the lemons into a large bowl. Add diced onion, cilantro and serrano pepper. Lastly, dice the tomatoes and salt to taste. I usually add 1.5 teaspoons of salt. Stir and enjoy!

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

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