

February 2012

THE SPICE

A taste of what's happening for women.

Know You Are Loved

We celebrate love this month—with flowers, chocolate, cards, romantic dinners, and parties with kids and friends. It's all in good fun, but stop for a moment and ask yourself—do you *feel* loved?



Do you know how loved you really are?

Professions of love from family and friends are wonderful...yet deep in our hearts we may still struggle with feeling un-loveable. Something may separate us from receiving the truth of love—from others and from God.

But the Bible makes it clear—*nothing* can separate us from God's love. Not worries, not fears, not wrong choices—not even guilt.

Guilt. It's a "g" word we sometimes give more power in our lives than the big "G"—God! We eat too much—and feel guilty. We say angry words—and feel guilty. We buy things we can't afford—and feel guilty. We watch a movie we shouldn't—and feel guilty. We tell a lie to get what we want—and feel guilty.

Too ashamed to tell anyone, let alone talk to God about how we feel, we allow our hearts to fill up with remorse. Pretty soon it's hard to feel God's love. If we've struggled with these issues over a long period of time, it becomes difficult to believe God loves us at all anymore.

Guilt and shame can distract our thoughts away from God's great love for us and weaken our ability to live from a heart of love. If we think more about guilt than we do about God's love, we'll have a difficult time. Instead of focusing on feelings of guilt, we need to fill our hearts and minds with the knowledge of God's love for us. Because nothing can separate us from it.

God loves you. Right this very moment. God loved you all day yesterday and will love you all day tomorrow. Believe it. Because living a victorious life in Christ depends on living from a heart overflowing with the knowledge of his love!



THE WORD

"Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

— Romans 8:39

"Guard your heart above all else, for it determines the course of your life."

— Proverbs 4:23

THINK ABOUT IT

What makes it difficult for you to accept and believe in God's love for you?

Love is...?

Pop Quiz! Choose the correct answer to complete the sentence, "Love is _____."

- a) blind
- b) a feeling
- c) a warm puppy
- d) a choice
- e) all of the above



Here's the answer key to check your score:

Love is blind. Brain researchers have discovered that when we first fall in love good mood chemicals are activated, but the areas of our brain dedicated to judgment shut down. So for a time during the beginning of a relationship, we are only able to "see" the good!

Love is a feeling. Those good mood chemicals that are released when we feel love are responsible for that warm fuzzy feeling.

Love is a warm puppy. Charles Schultz's famous Peanuts book is titled *Happiness is a Warm Puppy*, and therapy dogs with organizations like *Love on a Leash* are spreading that love and happiness to adults and kids in senior living centers, hospitals, schools, and hospice centers across the country.

Love is a choice. Love loves even when the other person doesn't deserve it. God gave undeserved love to us, and that love helps us to love the hard-to-love people in our lives. That's the power and beauty of redeeming love—it's not about the feeling, it's about the doing.

Your score? A+! Because no matter which answer you picked you are correct!

Leap into Love?

According to British folklore, February 29th, Leap Day, was the only day a woman was allowed to propose marriage. And according to literature and urban legend, women were expected to wear red petticoats when they popped the question to their potential mate. What if he refused? He had to pay her a fine—ranging from buying her a new silk gown or gloves, to just giving her a kiss. Unless he lived in Finland, where he had to buy her fabric for a new skirt—probably not a red one!



Finding Love...in 1954

What advice would you give a young woman looking for Mr. Right? Here's some given to teen girls in the 1954 March issue of Family Circle Magazine:

What is a marriage-type girl?

"She is, first of all, a grownup. That is, she has tastes, ideas, and opinions that are her own. Besides being a grownup, our girl is loving. Not in the smooch-artist meaning of the word, but in a wider sense. She's fond of her kid brother, though he may be a little monster at times. And if some Saturday night finds her dateless, she doesn't take to her room for a good cry. Instead she cooks up fun of her own—anything from having some cherished chums listen to records, to blowing herself and Mom to two seats at the movies.

But we think it's the glow that shines out of her eyes and lights everything she says or does that makes her a successful marriage-type girl."

Sounds a lot like this centuries-old good advice:

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:16



Media Morsels

Book Review

A Jane Austen Devotional

Author: Steffany Woolsey

Publisher: Thomas Nelson Inc., 2012

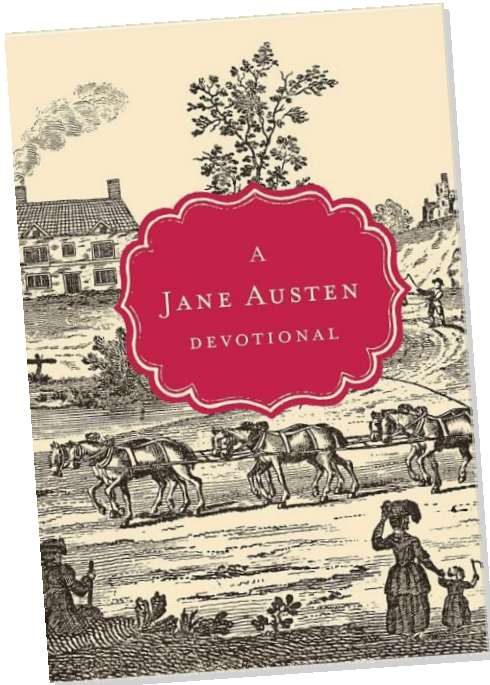
“I am not ashamed of having been mistaken...Let me take it in the best light, in the light in which it may be understood.”
Pride and Prejudice

Revisit your favorite Jane Austen novels in this unique devotional book as you discover hidden biblical insights like this one:

“In Jane we see a rare example of someone who follows the true biblical definition of love. Humanity’s overwhelming tendency is to jump to conclusions, or expect the worst to avoid disappointment, or turn our backs on people who hurt us. The extent to which we demonstrate this kind of love requires God’s operative grace in our lives.”

In *A Jane Austen Devotional*, you’ll find over 100 excerpts from well-known Austen novels like *Emma* and *Pride and Prejudice*, paired with scriptures and biblical reflections. Take a stroll through the pages and let Austen’s words newly illuminate living and loving in God’s grace.

A Jane Austen Devotional can be found at your local Christian bookstore or online at Amazon or Christianbook.com.



Movie Review

Love Comes Softly

DVD Release Date: 2003

Genre: Romance, Western, Drama

Rating: TV-PG, some violence

Length: 88 minutes

What’s better than a great chick flick? A great chick flick with an inspiring message of faith and hope!

Based on the popular novel by inspirational author Janette Oke, *Love Comes Softly* chronicles the westward journey of Marty, a young woman whose dream to find new opportunities on the great American plains turns to tragedy. As her pioneering spirit is tested, she discovers unexpected strength, faith, and eventually the courage to find love where there once was only loss.

Love Comes Softly is available on DVD for rental from Netflix or Blockbuster, or for purchase through Amazon or your favorite video store.



February

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
			1	2	3	4
			Connect! 5:15-Dinner 6pm- Connect Groups	5:10pm - Body&Soul		
5	6	7	8	9	10	11
8:15 & 10:45 Worship 9:30am S.S.		5:10pm - Body&Soul	Connect! 5:15-Dinner 6pm- Connect Groups	5:10pm - Body&Soul		
12	13	14	15	16	27	18
8:15 & 10:45 Worship 9:30am S.S.		Valentine's Day  5:10pm - Body&Soul	Connect! 5:15-Dinner 6pm- Connect Groups	5:10pm - Body&Soul		
19	20	21	22	23	24	25
8:15 & 10:45 Worship 9:30am S.S.	President's Day	5:10pm - Body&Soul	Connect! 5:15-Dinner 6pm- Ash Wed. Worship	5:10pm - Body&Soul		
26	27	28	29			
8:15 & 10:45 Worship 9:30am S.S.		5:10pm - Body&Soul	Connect! 5:15-Dinner 6pm- Connect Groups			

**ORDINARY WOMEN:
EXTRAORDINARY
JOURNEYS**
A Day To Celebrate Women!!!

Uplifting Worship,
Inspiring Messages,
New Friendships

**Getting Real...
Inspiring by Example**
Guest Speaker
Barry Holton

**Saturday, March 17th, 2012
9am to 3pm**

First United Methodist Church
300 E. Washington, Kirksville, MO

**Tickets On Sale Now!
\$15 per person
(Includes Lunch)**

www.firstumckirksville.org