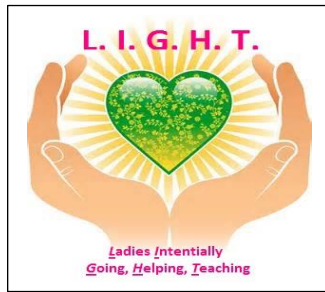


Bethel Baptist Church
Women's Ministries Team

Leaders

Dinah Horner
Becky Madriga
Kris Berkson
Laura Atherton
Janice Hyatt
Patty Lim (facilitator)



Bethel Baptist Church

3578 Clayton Rd

Concord, Ca. 94519

VOICES

Bethel Baptist Church Ladies Newsletter
Edition 3, March 2019

Mission Activity For El Monte School

El Monte is in need of some mid-year supplies. We as a church body have been supporting our local school for many years.

Please donate to this effort.

They have requested:

- *Pencils (wooden)**
- *Dry Erase markers**
- *Hand Sanitizer bottles**
- *Kleenex**

Thank you for your support.



A Ballast for My Soul



Life is like a stormy sea
That tosses to and fro,
But God's Word will ever be
A ballast for my soul;
By its truth I'll be held fast
Till I reach heaven's shore
Where I will be home at last
And sail life's sea no more!

—Perry Boardman

Be Strong and Courageous..." Deuteronomy 31:6

Have you ever felt like you have an inferiority complex? I'm sure that all of us have felt inferior at one time or another throughout our lives. I have felt like I just couldn't measure up, whether it was being a mother, teacher, wife, or friend. I've failed to follow God's leading many times. I sometimes wonder about the missed opportunities I would have had if I had just been stronger and more courageous.

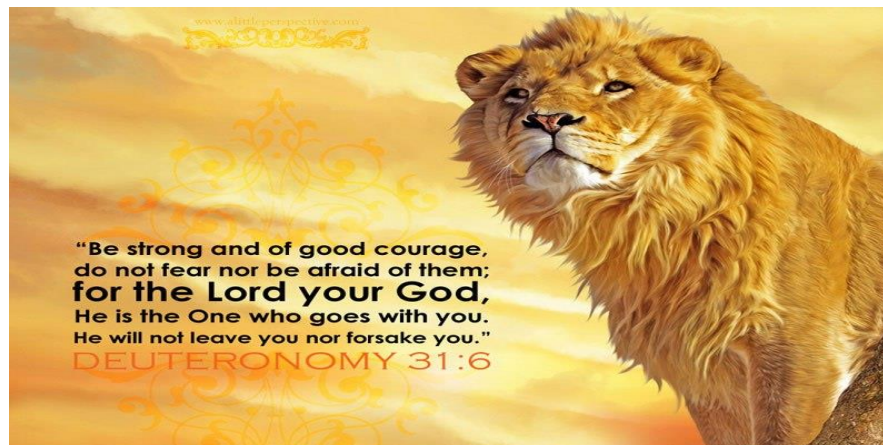
I'm reminded of Moses' inferiority complex. In Exodus 4:1-17, it tells how when God called Moses to go back to Egypt and free the Hebrew people. Moses made all kinds of excuses as to why he was not qualified for the job. God asked Moses in verses 11-12, "Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not the LORD?" Think of the blessing Moses might have received if he had only stepped out in faith. God did not create us inferior. We are created in the image of God.

Our Savior uses all the parts of us, not just the parts that we have all put together. Why is it that we want to offer God the parts we think are most perfect. Why? He made all our parts, even what we think are inferior parts. What we view as the inferior parts of ourselves is the very thing the Lord wants to use to do the miraculous.

Why does He do that? Well, by choosing our "inferior parts" we can give all the glory to Him and it also grows our faith walk. Step out and let God use all your parts for Him.

Heavenly Father, we thank you for creating us. You have designed each of us, even the parts that we see as inferior. God has a divine purpose for each of our lives. Lord, help us to surrender all parts of our lives to your will. Amen

Janice Hyatt





Happy Birthday To you!

Betty Bettrell

03/11

Donna Green

03/19

Vicki Olson

03/19



Climb the High Mountain



Climb the high mountain
Up God's pathway,
Looking unto Jesus
Lest you go astray.

Climb the high mountain,
Hard it may seem,
With Jesus as your guide
You will find your dream...

A life that is filled
With His love and His peace,
A life now and beyond
That will never cease!

—Perry Boardman

Stressed?

The following is from Rick Warren's article on how to manage stress like Jesus

. 1John 2:2 says, "He (Jesus) is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

" Nobody carried greater stress than Jesus. He had constant demands on Him during His life. He carried the sin of the world on Him on the cross! People wanted His attention all the time for good and bad reasons. But Jesus knew how to handle the stress. He handled it with peace.

Rick listed 7 secrets to stress management that Jesus demonstrated.

1. Jesus knew who He was. (Identification) I am created by and loved by God.

2. Jesus knew what He was living for. (Motivation) I am living here because God gave me abundant life.

3. Jesus understood His calling. (Vocation) God wants me to share the amazing gift of mercy and grace that He has offered.

4. Jesus knew what mattered most. (Concentration) I must walk with the Lord in obedience.

5. Jesus listened to God. (Meditation) I should spend quiet time with the Lord to renew my spirit and hear His voice

. 6. Jesus had a small group. (Collaboration) God created us for community. We need one another.

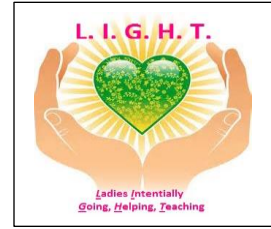
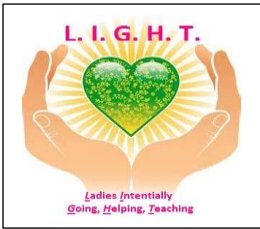
7. Jesus took time to recharge. (Recreation) God wants us to enjoy the time He has given us here. We need to relax our minds and our muscles in rejuvenating play.

These are important things to think and pray about. We live such busy and hectic lives that we forget the importance of slowing down and listening and talking to God. We can lower stress levels if we will begin implementing these things into our lives. We can have the peace He offers if we will just listen to Him and follow the example Jesus [set](#)

Article by Dinah Horner

Getting stressed-out





March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05	06	07	08 Movie Night 7 p.m.	09
10	11	12	13	14	15	16
17	18	19	20	21 Bunco is Back 7:00 p.m.	22	23
24	25	26	27	28		

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.” [1 John 4:16](#)

GOD IS LOVE

Bible Wordsearch

Wordsearch 237

Matt.4:23-5.8

Beatitudes

R O O P S P R E A C H I N G I
G C R N I E L U F I C R E M E
N A D R O J L C R O W D S P J
I N H E R I T P D O U T J E M
R T M M O D G N I K J E S O O
E H E A L E D E R C R U U P S
F G E T B O E E R U S R D L E
F S K E D L G L S U N I S E S
U N I A P N E A I D P E D B A
S D N C U S L S A L R F S R E
M E E H K E E E S U A P Y O S
E L V I M N R V Z E I G R U I
R L A N G P E I E R D O I G D
C I E G S O E S I R R H A H E
Y F H L P S D T S H E A R T H

BLESSED EARTH
BROUGHT FILLED
CROWDS GOD
DISCIPLES HEART
DISEASES JESUS
GALILEE JORDAN
HEALED JUDEA
HEAVEN MEEK
HUNGER MERCY
INHERIT MOURN
KINGDOM PAIN
MERCIFUL POOR
PREACHING PEOPLE
SEIZURES PURE
SICKNESS REGION
SPREAD SPIRIT
SUFFERING SYRIA
TEACHING SEVERE
JERUSALEM

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

MORE PUZZLES AT:

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