

S P R I N G 2 0 1 8

IHCC Women's Ministry



All things new...

Renew – to make new; restore; revive

*Spring brings renewal – trees budding, flowers blooming in brilliant colors, and seeds opening, bringing forth new life. Creation reveals its beauty with spring – the sun's warmth in the cool morning air; birds chirping; fresh rains making everything green. The Apostle Paul reminds us in Romans 1:20 that creation *itself* reveals God's qualities; that his divine nature and eternal power are clearly seen and understood by what He has made.*

Just as nature is being renewed, Romans 12:1-2 tells us that we, too, must “be transformed by the renewing of our mind”. Are we “living sacrifices, holy and pleasing to God”? Are we allowing Christ and his word to renew our minds so that our vision, values, and plans are governed by His Truth? Meditate on God's word today. Talk to Him in prayer. Offer thanksgiving for his blessings, and stand in awe of His creation – offering praise to the One who most deserves it. Remember ...the remainder of the verse says it is only when we renew our minds that we “will be able to test and approve what God's will is, his good, pleasing, and perfect will.”

Priscilla Shirer Live Simulcast April 28th

Join us on April 28th for the **Priscilla Shirer Live Simulcast**. This one-day event, bringing together women of our church with women from our community, will focus on powerful prayer and the study of God's word. Tickets are just \$15 and this includes lunch from Melton's Deli, a delicious coffee bar, and snacks throughout the day. Purchase tickets today at the front desk in the lobby or in the church office Monday through Friday, 9am-5pm.

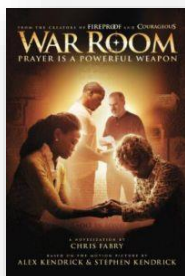
Limited Seating Available

Upcoming Events

New Bible Study

Begins April 18th

Cara McAfee will lead a new women's study by Priscilla Shirer called War Room. This is a 5-week study about faith, prayer, accountability, and grace. Sign up in the lobby.



iMOMS Event

May 3rd 11:30-1:00

Join iMOMS in May as Jessica Duncan presents: Teaching Our Children to Have a Healthy Body Image. (More info on back)

WOMEN'S MINISTRY



Operation Christmas Child Shoebbox Collection

We are collecting stuffed animals and dolls for the month of April and hygiene products for May. Place items in the collection bin in the lobby. If you would like to help with postage for the boxes, please pick up an M&M container from Susan Salyers, and fill it with quarters. This will cover postage for two shoeboxes! ☺

Health Tips For Spring *by Audrey Powell*

Did you know walking a mile every day...

- improves blood pressure
- improves blood sugar control
- improves mood
- improves sleep
- improves weight control

Try taking a walk or going for a hike with family and friends! It's a great way to enjoy God's creation and improve your health at the same time.



SUMMER BOOK CLUB

This summer, Women's Ministry will host a summer book club! We will be reading The Masterpiece by Francine Rivers. We will meet to discuss the book on June 21st from 6:30-8:30pm at the home of Susan Salyers. Come join us for heartfelt discussion, fellowship, and tasty treats. ☺



Healthy Snacking

Energy Bites

- 1-cup oats
- 2/3 cup unsweetened coconut
- 1/2 cup natural peanut butter
- 1/2 cup flax seed meal
- 1/4 cup wheat germ
- 1/3 cup honey
- 1/4 cup dark chocolate chips
- 1/4 tsp. vanilla
- 1 tbsp. chia seeds



Mix all ingredients and form into balls. Chill for 30 minutes. Store in the refrigerator. Enjoy! ☺

FOR WOMEN

MOPS: Mothers of Preschoolers meets the second Thursday of each month from 9:00-11:00am. They are currently looking for volunteers for the 2018-2019 year. Contact Allison Bailey at danvillekymops@gmail.com

iMOMS: Intentionally Raising Children for Christ (for mothers of school-age children or college students) meets the first Thursday of each month at IHCC from 11:30-1:00. Contact Julane Hamon at julane.hamon@gmail.com

