



LIGHTS

Ladies in God's Highest Service

After --- years, Carolyn Crowover has stepped down as the editor, writer, photographer, and publisher extraordinaire of **LIGHTS**, UCC's women's newsletter. At the request of the Women's Ministry Committee, Carolyn Bishop asked women of the Bostick family group to keep the **LIGHTS** burning. You are now looking at the first attempt to do so. Presently, there will be four editions each year - one per season. To continue **LIGHTS**, we will need your help. Please send us your comments, suggestions, and ideas for articles and columns. If called upon for help, please join in the task. And now, *here's.... LIGHTS!*

Inspirational Thoughts.....

You are Mine!

"You created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. *Psalm 139:13-16*

We want and need to know who we are. Of course, for the believer, there need not be a puzzle. Specific attention, thought, and planning about me took place before God actually formed me in the womb. That implies I am much more than a cozy encounter between my parents nine months before I was born. No matter the circumstances surrounding my conception, I am a planned event.

Not only am I a planned event, I was "set apart". I have a specific task to do for God. We all have a specific task to do for God, and it was planned in his head before we were ever formed in the womb. That is an incredible truth!

Not only is my identity and calling known, but also Isaiah 43:1 says, "I have called you by name; you are Mine!" (NAS). He considers me unique and set apart, and he calls me his own.

May we sink into that cushion of joyful peace and never forget "whose we be."

-Marilyn Meberg



REMEMBER

March is Missions month. Sunday, March 28th will be Missions Sunday and Points of Compassion contribution. The speaker will be Rich Little.

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SPRING
2010

A Newsletter of the Ladies' Ministry
University Church of Christ - Tuscaloosa, AL

Change in Leadership

Dear Ladies –

I consider it a real privilege and pleasure to have served as Chair of the Ladies Ministry over the past 2 1/2 years. But as the saying goes “all good things must come to an end”. Beginning March 1, 2010 Leigh Ann Smelser and Susan Perkins will take over as Co-Chairs of this ministry. I am grateful to these dear sisters for assuming this leadership role and know that they will bring new and exciting things to Ladies' Ministry. My service will continue in the coordination of the Ladies' Bible classes.

The Ladies' Ministry has provided the ladies of UCC opportunities to “grow in Christ” and “share our faith” through “fellowship, Bible study and service”. “Thank you” to all who have participated and my prayer is that you have grown closer to God and each other in the process.

Thank you also for your continued support and love. May God grant each of us opportunities to honor Him with a life of service.

In Him,
Jane



HealthJan King

It's a new year with new resolutions. That means its time to be more active and healthier. Increase in activity will shrink the waistline and add so much more to your health. Did you know that exercise:

- | | |
|---|-----------------------------------|
| Can prevent cancer | Lowers stress |
| Prevent heart attacks and heart disease | Promotes digestion |
| Decreases appetite | Helps prevent colds and flu |
| Promotes weight loss | Improves memory and reaction time |
| Builds stronger muscles making you feel better and stronger | Alleviates pain |
| Reduces depression | Increase lung capacity |
| Slows Alzheimer's disease | Increases your energy level |
| Gives you a more confident positive outlook | Slows aging process |
| May help prevent diabetes | Gives you restful sleep |
| Controls blood sugar levels in diabetics | Builds strong bones |

So dust off your walking shoes and get moving. It is always best to check with your doctor before starting any exercise program regarding any medical problems you may have.

Read: Ps 139:13-14 and / Cor. 6: 19-20

Pray and ask God to help you to become more active and healthier this year. Remember you are fearfully and wonderfully made. God knows you and approves of you. You are his child. Your body is the temple of the Holy Spirit.

Let's Meet.....

Deb Rose

Adaptable, warm, and gracious, are just a few of the many positive adjectives describing Deb Rose. She is also very much in love, with her Lord and Savior Jesus Christ and also with her husband, Bill.

Deb was raised in California, the only child of Christian parents. Her father, whom she greatly admired and adored, was an elder in their church in Bakersfield.

At age 18, Deb married Jim Frayser and attended Pepperdine at its original Los Angeles campus. For 15 years, Deb worked part-time as both a dental assistant and receptionist. Jim taught history and was then a principal in several school districts in CA during his long career in education. He also worked hard and faithfully as an elder in three different congregations during their 44 years of life together. Deb nursed him through a long illness and considered it a privilege to care for him. She was grateful for her daughters and sons-in-law who lived nearby then and attentively assisted with his care.

After being widowed four years, Deb made the tough decision to move to a "foreign land": Alabama! She moved to Birmingham to be near her middle daughter, Tami and her family. Heidi, her youngest, also moved to Birmingham at the same time with her family, so that leaves daughter Jami back in CA, which is a very nice place to visit.

This brings us to Deb's next big, and totally unexpected, adventure. Two weeks after Deb moved to Birmingham, barely enough time to learn the language (like *y'all* and *fixin' supper*), she was asked to go on a blind date! Seems Jeff and Renee Rose, who are friends with Tami Frayser Genry and her husband Tim, asked her if she would go to dinner with Jeff's dad, Bill. The dinner date went well and so did the courtship! Three months later, Deb became Mrs. Bill Rose in a beautiful family wedding service at Riverchase Church of Christ. Yea, Bill! Yea, Deb! What a blessing, too, for our congregation!

Deb said that she recognized certain Godly qualities in Bill Rose that she'd known in both her father and her first husband. They all put God first, and it showed in their actions, including setting a good example for their children, being dignified, trustworthy, and well-respected in public as well as at home.

When asked what advice she'd give to young couples, she said, "Love the Lord, and make Him the most important focus of your marriage, then everything else will follow. Establish a loving home to raise your families. For those families with children, spend individual time with them to make them feel special." She said her husband took each of their girls separately on fishing trips twice yearly as they were growing up, and that he let Deb take them out of school once a year to make them feel important and have time alone with their mom.

Deb says her greatest blessing and accomplishment are her children and their families. Each of them, their husbands, and all nine of the grandchildren are faithful Christians. Her daughters love each other as friends and are supportive of one another. Prayer really does avail much!! Deb says her most enjoyable moments are with Bill's and her families.

Deb's favorite hobbies are knitting, crocheting, and quilting, and she's been busy lately making blankets and sweater sets for her first great-grandchild (a girl). She does handwork while traveling or while looking at a ballgame on TV. An avid sports fan, she's enjoying all the U of A events, especially football and basketball.

But Deb's favorite place to go is church. She says, "My life with Bill and the Church are the best parts of my life." She's very involved with Ladies Bible Class and is in charge of the greeting cards ministry there, which has also helped her learn who some of the people are at UCC. Proverbs 3:5-6 is the scripture she has based her entire life on, and she taught those verses to all her children and grandchildren. She strongly encourages scripture memory. "Victory in Jesus" is among her favorite hymns, and Deb Rose lives her life as a woman who continues from faith to faith in the sure hope and victory of Christ Jesus.

- Ginny Fikes

The Ladies' Steering Committee meets on the second Monday of each month
at 5:30pm in church library, to discuss the ladies' ministries of UCC.~

Etta Allen, Elizabeth Best, Glisa Boykin, Carolyn Bishop, Suzanne Cunningham, Jane Evers,
Sue Hollingsworth, Anna Marshall, Susan Perkins, Marie Sanders, Jean Smelser, Shannan Smith, DeAnna Thomas

Wedding s.....

Lucy King and Brad Flowers.....April 10

Allison Grubbs and Jay Walker.....May 22

Tasha Smith and Kevin Marshal.....May 26 (family)

Heather Dewan and Noah Brown.....May 30

Lindsey Starks and Jacob Young.....July 10

Candice McCraney and Bradley Holliday...July 24



The Recipe Corner

Coconut Bird Nests



3 drops desired food coloring
1/2 tsp milk
1 1/3 cups sweetened coconut
6 oz white almond bark, chopped
Jelly beans

*In a small bowl, mix food coloring with milk. Toss coconut with coloring until evenly tinted. Set aside.

*In a double boiler, melt almond bark. Stir in tinted coconut.

*Drop by tablespoons onto wax paper. Make indentation to shape into nests.

*Cool completely. Store in airtight container. Fill with jelly beans. Yield: 10-12 bird nests.

Spring fun recipe from Southern Lady Issue April 2005

Food Book.....



Ladies' Food Book is a ministry of the University Church. You sign up for a week at a time, pick up the Food Book on Sunday, and check with the office to see if anyone is sick or in the hospital. One meal is generally arranged. Any additional meals should be arranged by the appropriate family group and/or Bible Class.

A list of Bible classes, Acts II groups and a list of ladies who are willing to prepare a dish or a meal are all included inside the Food Book. If you contact someone who does not want a meal, please note it on the form in the Food Book. Periodically, a list is circulated in each of the adult Bible classes and Ladies' Tuesday Morning class to recruit volunteers to coordinate meals. **Thanks** to all who volunteer to help in this important ministry of love.

Shelly Michaels

Meals to New Moms

Calling **ALL** ladies! We have a new program called **Meals to New Moms**. You will receive an email when a new baby is born to someone in our church family and then you can reply to that email to sign up for a day to take a meal to them. Some of you may say you don't cook, or can't cook, or don't have time. That is probably true but you can always get take out **OR** take them a gift card to a restaurant **OR** you can give it to me and I'll take it to the family for you **OR** you can find someone to help you out so you don't have to cook the whole meal yourself. Now you have no excuse! You will also get directions to their house and info such as food allergies and/or major food dislikes for the family. This is a **GREAT, EASY** way to bless and encourage someone **AND** meet new members **AND** get to know other women better. Please email me at warren141@yahoo.com if you have not been receiving these emails and would like to.

-Rachel Warren

Ladies' Ministry Leaders

Baby Showers	Amanda Streetman
Bridal Showers	Anna Jenks
Care for the Grieving	Marsha McKinley/ Shannon Smith
Farewell Parties	Jean Smelser
Food Book	Shelley Michaels
Greeting Cards	Deb Rose
International Giveaway	Emily Warren
Ladies' Closet	Suzanne Cunningham
Ladies' Day	DeAnna Thomas
Connect/School Supply Drive	Glisa Boykin
Love Bears	Bettye Dunn
New Mothers	Christie Breedlove
Tuesday Babysitters	Mandy Steil
Tuesday Bible Class	Jane Evers
International Friendship Class	Elizabeth Best
Thanksgiving Baskets	Stacey McDaniel