

The R.U.T.H. Letter

Redeemed Unto Truth and Holiness

May 2007

Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus. Romans 15:5



Mission Statement: The Women's Ministry of Living Way Church is dedicated to the building up of one another in unity in accordance to the Word of God. Our goal is to seek out the knowledge of our Lord in order to positively affect our families, support our pastors, and reach out to our community, all to the glory of God. We are committed to obedience to our Lord in teaching His Word, unceasing prayer, submitting to those He puts in authority, and to loving our neighbors.

Upcoming Events & Announcements

Annual Ladies' Tea is Upon Us

Our 2007 Annual Ladies' Tea will be **Saturday, May 12, at 11:30 a.m.** and once again will be at the Penasquitos Lutheran Church. The last day to purchase your tickets will be Sunday, May 6, in the courtyard at the church.



Our guest speaker this year is **Alma J. Davis**. Alma is a native Californian and resident of the Rancho Bernardo area for the past 16 years. She serves at the Mesa View Baptist Church under the leadership of the pastor, Dr. Darrow Perkins Jr., Th.D., as a Deaconess, Adult Sunday school teacher, and president of the Women's Mission Ministry.

She is the widow of the late Deacon Anthony L. Davis Sr., whom she was married to for 20 years, and she is the mother of two children.

A registered nurse by profession for 20 years, she is also an aspiring author of "A Widow's Virtue," in which she shares excerpts from her healing process after the death of her husband.

Alma loves the Lord and has dedicated her life to growing in God's Word and ministering to the needs of God's people at whatever level possible. Her call to serve is Isaiah 61:1-11

Bridal Shower

We will be having a bridal shower for Mary Knowlton on **Friday, May 18, at 6:30 p.m.** at the church. For gift ideas, please contact Julie Richards at (760) 743-4132 or Amy Juarez at (858) 486-4299.



Scrap-n-Craft

For those of you who have been attending the monthly NOAH Scrap-n-Craft, please note that the May event is cancelled due to the Memorial Day Weekend, but be sure to join us in June. For more information, or questions, feel free to call Daphne Cortese at (858) 486-5334.

Bunco Cancelled for May

Due to Memorial Day Weekend, the May Bunco is cancelled, but be sure to join us on **June 25** for the next one. You can call Renee Robinson or Lisa Parry for information. Renee can be contacted at (858) 231-0177, or email her at naenae1@cox.net. Lisa be reached at (858) 672-2021, or email her at lparryhr@yahoo.com.



“Getting to know you, getting to know all about you.”

Getting to know two ladies at Living Way Church



Kristin Ransdell

Kristin has been attending LWC since Oct. 2006 and prior to that she had begun going to DiSCO, introduced to it through Sarah Hardy. She came to know the Lord last September and Zack Morgan

was one of her first brothers in Christ. Kristin was baptized on New Year’s Eve at our Watch Night Service. She is being Biblically counseled by Pastor Bruce Clegg and really wants to grow in Christ.

She has lived in Poway for about 15 years. However she attended Ramona High School because her mom is a teacher up there. She lives with her parents and she has one older sister who is engaged to be married. Kristin is attending Palomar Community College and this semester she is taking a full schedule: Art, Creative Writing, Psychology and Animal Behavior. She hasn’t declared a major yet, but it MIGHT be Zoology or Animal Behavior. Kristin works at Victoria’s Secret in North County Fair, but she is hoping to get a job at Sea World or Wild Animal Park.

At LWC she will be taking God’s Covenant Class in the fall. She was a huge help with the Harvest Festival last year. She helps out in the kids’ church, as well as nursery on the occasions when she is needed. She has been attending the Ireland Missions meetings and she hopes to go this summer, but she knows it’s God’s plan for her whether she does or doesn’t go.

Kristin is also an aspiring artist and so in her spare time she likes to draw. She also writes poetry and short stories and she even has a novel in the works! She loves singing and would LOVE to be on the LWC worship team. She enjoys hanging out with her friends and her boyfriend Gabe Hale.

Her goal is to continue to be Biblically instructed and she would love to help people come to know Christ as she has.

Right now she is going through the book of Matthew, so consequently, her favorite scriptures are Matt. 22:37.... “Love the Lord your God with all your heart and with all your soul and with all your mind,” and Matt. 13:44 — “The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.”

Kristin is a great joy to talk to and is so excited about God’s kingdom, so be sure to say “hi” and get to know her.



Megan Comer

Megan has been attending LWC since she was 6 years old. She is the daughter of Stuart and Cheryl Comer. Megan has 4 brothers and sisters: Nicole, Corbin, Elisa, and Addison. She was saved

when she was 6 years old in Sunday school, and was baptized when she was 8 years old on Easter Sunday by her uncle, Pastor Doug Balcombe.

Through the years Megan has taught almost every grade of Sunday School. She used to head up the summer SuperChurch program. She has directed the two dinner theater productions, “Uncle Phil’s Diner,” part 1 and part 2. She directs the kids’ choir and has directed the Christmas programs that they entertain us with every other year. She is also on the worship team.

Megan just went to China with the LWC Missions Team and we all got to hear her testimony recently, how it confirmed to her that she is supposed to be working with youth and that they are so ready to hear the gospel. She discovered that they are so hungry for it in China. We also learned how much she detested the “squatty potties” over there!!! Megan also went to Peru in 1998, her very first missions trip. She worked in the orphanage and did street ministry with dramas.

Megan works as a store manager at Gymboree at North County Fair. She has been there for 6 years. She also goes to Berean Bible College and she likes to hang out with the youth kids and take them for coffee during the week. She enjoys visiting with her parents, going to movies and singing Karaoke — like totally (her words, not mine!)

Megan wants to continue going on missions trips, and get her counseling degree at BBC, specializing in youth counseling. THEN.... She wants to find a man and get married!

Her favorite Bible scripture is Rom.5:3-5 — “Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.”

Megan is ALSO a joy to talk to, so bubbly and positive and really loves the Lord and loves kids. Give her a high five and say “well done, girly girl.”

Health Ministry News – Hello from Betsy !

To Beat Heart Disease, Choose to Move

Nearly half a million women die each year from cardiovascular disease, including stroke, according to the American Heart Association. It is important for everyone, especially women, to stay physically fit to feel better and live longer. Getting moderate to vigorous exercise for at least thirty minutes most days of the week is best. The following provides healthy tips from the American Heart Association to add physical activity at home, at work, and during travel. Also information is included about "**Choose to Move**", a free physical activity program created just for women.

AT HOME

Many women feel they don't have enough time to stay physically active, but there are still ways to make time for physical activity at home. For example:

- Learn to say no to requests that interfere with your health commitments.
- Assign chores to other family members to make free time.
- Turn off the TV so you can go outside for a walk. It is important to stay motivated to exercise, even though you may not want to or do not like exercise. When you take the kids to the park, play with them instead of watching them. And check out other community parks and resources.

AT WORK

How can you stay more physically active if you are sitting at a desk all day? Here are some ideas

- Take the stairs instead of the elevator.
- Buy an exercise band and do resistance training at your desk.
- Take walking breaks instead of sedentary or smoking breaks.
- Find a coworker who wants to become more fit. You can map out a walking trail and schedule a time to walk before or after work or at lunch

Contact your human resources department to find out if they offer a work site wellness program.

Also, be sure to eat healthy at work, especially when snacking. Avoid salty chips and candy from the vending machines. Instead, bring fruit, yogurt or a handful of roasted almonds.

WHILE TRAVELING

For some women, traveling is stressful and may lead to weight gain and less physical activity, and potential health problems. If you are in the airport, don't sit around. Stand

up and do calf raises or stretches, and take walks around the airport. While in your seat on the plane keep moving your feet or walk every 30 minutes to every hour, to prevent deep vein thrombosis in the legs.

When you are on vacation, follow these healthy tips:

- Walk to see all the sights. You can take a walking tour, which is a great way to sightsee and stay physically active at the same time.
- Rent a bike or take a bike tour.
- Spend time in the fitness room in your hotel, or check the TV to see if the hotel offers workout shows in the privacy of your room.
- Pack healthy snacks for the road.

THE TWELVE-WEEK PROGRAM

The American heart association "Choose to Move" program is a free 12 week program to help women of all ages and lifestyles to achieve 30 minutes of moderate-intensity activity most days of the week. The activity can include raking leaves, brisk walking, riding a bike, or gardening. The step by step program also helps women incorporate a heart-healthy diet into their lives, find new opportunities and resources in their neighborhoods and cities and learn ways to begin and increase their physical activity.

If you are interested in starting this program, contact Choose to Move for your free, easy to follow handbook. The handbook is available on line and by calling the American Heart Association directly. 1-800-242-8721, or by visiting www.ChooseToMove.org.

Who's Who in Women's Ministry

Coordinator

Diane Hickox (858) 484-8065

Church Socials

Liz Charos (760) 443-3444

Baby and Bridal Showers

Amy Juarez (858) 254-8120

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Amy Juarez (858) 254-8120

Newsletter

Kathi Aubry (858) 748-0477

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Lisa Dela Cruz (858) 382-5618

Women's Bible Studies

Diantha Simila (858) 487-0680

Prayer Ministry

Theresa Bunnell (858) 672-1511

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