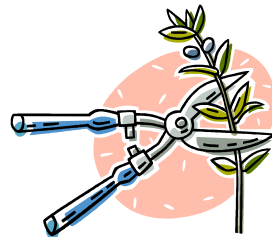


final thoughts...



It is the vision of the WOW Women's Ministry that all women develop a transforming relationship with Jesus Christ through Bible study, prayer, fellowship, worship, and service. We desire to support, uplift and encourage each woman during every stage of her faith journey.

The Click of the Pruning Shears by Anne Graham Lotz



The firm "click" of the Gardner's pruning shears can be heard in our lives when...

We are confined to a hospital room

We are fired from a job

We are moved to a new place, surrounded by strangers

We are isolated in a new job, surrounded by unbelievers

Your purpose, and mine, is to bring glory to God. Jesus reiterated this purpose as He concluded His challenge to the disciples to be fruitful in service: "This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."

You will not bear much fruit unless and until you submit to the cutting and clipping of the Gardener.

Therefore, when you resist His "gardening" in your life, what you are really doing is refusing to glorify God and therefore aborting the very purpose for your existence.

Solemn thoughts, aren't they?

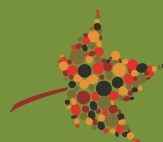
Blessings,

Anne Graham Lotz

*taken from "Meditating on God's Word" with Anne Graham Lotz



Ask the WOW Leaders >>>



Q: How do I get involved with WOW?

A: Sign up for the WOW Google Group or Call one of the Leaders



In this issue >>>



- Ministry Fair
- Making God's Word your Treasure
- Ready for Retreat
- Take out the Trash!
- The Click of the Pruning Shears



Coming soon >>>

In The Next Issue

- Titus 2 Study
- Heart to Heart Mentoring
- Grace in Action
- Book Reviews
- Prayer Breakfast



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A Quarterly Newsletter for Women 2011/3

WOW - Women of the Word

Current topics >>>



Ministry Fair Encouraging the flock to Get Involved!



On September 11th, 2011, our church left the Sunday service to file into the gym for The Ministry Fair. This event was designed to showcase all the ministries and their Leaders and promote people to get involved. It was also a time for Ministry Leaders to network with each other.

During one of our regular WOW Leaders meetings, the idea for a Ministry Fair was born. After approval from the Deacons, the ladies forged ahead with the planning. Rich Armstrong, from the Integration Team gave his support and assistance with identifying all the Heritage Ministries.

We enlisted the expert advice from Bruce Philbrick on how to arrange all the tables. Bruce organizes trade shows for a living and became a valuable contributor to this event.

Diane Appleby started the promotional campaign by highlighting several ministries each week in the bulletin. A letter was sent to each Ministry Leader inviting them to an informational meeting.



"I didn't know there was this much ministry going on at Heritage! With over 45 Ministries, There is a place for everyone."

The Saturday before Fair Day, the WOW team and several volunteers transformed the gym into a "stage" for the ministries, complete with balloons. It was so much fun to see the care each ministry took to decorate their tables. We have some very creative people! The delicious food at each table definitely welcomed visitors.

There was an outdoor play space for children organized by Diane and some of the Dads. This gave the parents time to browse the ministry tables.

How energizing to see so many people engaged and signing up to get involved in a ministry. The only dilemma was: which one to choose!

Making God's Word Your Treasure

The name of the women's ministry at Heritage is WOW; which stands for Women of the Word. One part of the WOW ministry is bible study. If we are to be Women of the Word we must be Women *in* the Word.



Our hope and desire of the current bible study is to have God's Word become every woman's treasure (Matthew 6:21)

AND

To equip each woman with the ability to study and accurately handle the word of truth (2 Timothy 2:15) Our current studies will continue through Thanksgiving, but we will start new studies in January. Keep an eye out in the bulletin for our next studies!

The purpose of bible study is to grow in the grace and knowledge of our Lord and Savior Jesus Christ (2 Peter 3:18) and to encourage one another and build up one another through the study of God's Word (1 Thessalonians 5:11)

Apple Bars



- Ingredients:
- ½ c. melted butter
 - 1 c. white sugar
 - 1 egg
 - 1 c. all-purpose flour
 - ½ tsp baking soda
 - 1 tsp ground cinnamon
 - 1 c. apples – peeled, cored and finely diced
 - 1 c. chopped walnuts

- Directions:
1. Preheat oven to 350 degrees. Grease and flour 8 x 8" baking pan
 2. In a large bowl, mix melted butter with sugar and egg. Mix in flour, baking soda and cinnamon...stir in apples and walnuts. Spread in pan
 3. Bake for 40 minutes or until knife inserted in center comes out clean.

The Transformational Triathlon changed hearts.



Through weekly Bible Study and daily workout, our Ladies were transformed inside and out. This happened over a 12 week time this summer. This was also an outreach into the community, with many ladies outside of HBC attending.

By Carrie Provencal:

As I took time to reflect on HBC's second annual Transformational Triathlon, I asked myself how it all began. A few years ago Pastor Eric spoke on using our gifts for the body of Christ. I didn't think I had any special gifts, so I began to pray and ask God what my gifts were. I started to think about what God has allowed me to do in my life and what I enjoyed. Through a wonderfully designed series of events, God handpicked a wonderful group of women with a heart to serve Him in a different way. God knew what unique gifts He gave each of us that complimented each other, to complete His plan. Not one of us could do this alone.

We feel God is calling us to make this more than a triathlon and have been brainstorming a name for our ministry – "Grace in Action". The name is twofold: Grace to our bodies as we honor God with exercise and God's grace in action as we reach out into the community together to share Christ.

Our mission is to encourage and equip women to treat their bodies with care to the glory of God and to reach unsaved women through the venue of exercise in order to build relationships with them with the goal of sharing Christ.

For those of you who completed the triathlon, congratulations for stepping out in faith, trusting God and accomplishing something beyond your expectations. For those of you who might be interested in joining us next year, listen to this wonderful testimony:

"From the beginning it seemed as if God fabricated this triathlon just for me. The timing was perfect and knowing there were others like me who had never done anything like this somehow made it less intimidating. So, while I know so many others were blessed through this whole experience, I love how God makes us each feel so special like He did it just for me. As I accepted the challenge I knew this would be a physical challenge for me...what I didn't expect was that it would also be an incredible spiritual journey as well. This has truly been a Transformational Triathlon. I've discovered fears I didn't know I had and have also been reminded that in Him all things are possible. I have loved every part of the journey. Sonja Anderholm.

If you are looking for an amazing group of women who support each other in fellowship together and celebrate God's grace through exercise, then join us on our Google group <http://groups.google.com/group/hbcladiesfitness> or email: carrieprovcnal@gmail.com

Grace In Action

Look for more information about this outreach ministry. Carrie and Co. plan to keep us working out through the winter months every other Saturday. Our mission is to encourage and equip women to treat their bodies with care to the glory of God and to reach unsaved women through the venue of exercise in order to build relationships with them with the goal of sharing Christ.



Lisa Robichaud and Carrie at the Ministry Fair

Retreat news >>>



Ready for Retreat

We have a seat reserved for you!

Fall is here and ladies you know what that means! It's time for the annual HBC Women's Retreat! This year we will be making a trip up to Wells, Maine to stay at the beautiful Village by the Sea.(www.vbts.com) The dates are October 28th and 29th.

The Village by the Sea is a condominium resort with a lovely indoor pool, game room, access to shopping, hiking; the beach...the list goes on. We have been able to keep the price very reasonable given the location. The cost is \$96 per person for a condo with 4-6 ladies, \$116 for a condo for 2, and \$140 for a condo by yourself. We will be ministered to from God's Word by our speaker Janet Surette. Her topic: "Becoming a Woman of Wise Speech". Janet is a women's conference speaker and author from Barrie, Ontario. Love for the Lord oozes from her, the fruits of a godly life is evident in her and her down-to-earth, good-humored nature makes it fun to be with her!

Come and enjoy a weekend away with your sisters in Christ and be encouraged and refreshed. The weekend can be whatever you need it to be; a relaxing break, or a fun-filled time with friends, new or old. Either way, it is sure to be a spiritually encouraging and memorable event. Don't miss out! You can sign up (with check in hand) after service in the foyer. For more information, contact Laura Austin at theaustin5@yahoo.com



Take out the Trash



By Raquel Martinez



"Where I live the trash gets picked up on Thursday. If there is a holiday, then it gets picked up the next day. The point is trash is picked up on regular intervals

As housekeepers we appreciate this. We like to maintain a clean and fresh house. We have at our disposal air-fresheners, sprays, candles, and other fresh-smelling things to keep our house, what we wear, our closets, even trashcans smelling fresh and clean. We strive to get the trash out of the house.

So, how about God's temple? Yes our body, which the bible says is the Temple of God's Spirit (1 Cor. 3:16). We need to keep it fresh and clean.

How?

- By reading God's Word, praying and confessing our sins daily.
- We are to keep our thoughts captive to the obedience of Christ (2 Cor. 10:5). Any and all unwholesome thoughts are trash. We are to renew our minds moment by moment with God's Word.
- Turn your kitchen, car, laundry room, place of business, into a "Sanctuary". Live in the presence of God.
- Be filled with His truth, so that the lies of the enemy may be thrown out like the trash.
- Confess your sins daily and rededicate your body every morning – take out the trash! Keep the temple clean...turn it into a house of prayer

Consider this: even the smallest piece of garbage left unattended can; with time, create a terrible odor, permeating the whole house. Likewise, no matter the size, sin will rot and corrupt our lives.

Therefore, spray your mind daily with the refreshing Word of God, talk with God daily through prayer, and wear your spiritual battle attire (Eph. 6:10-18)

Dear Father, may this temple be filled with a pleasing aroma before You O, Lord. Amen

"But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place. For we are a fragrance of Christ to God among those who are being saved and among those who are perishing; to the one an aroma from death to death, to the other an aroma from life to life" 2 Cor. 2:14-16

Arial View of the Resort!

