









**JESUS CHRIST**  
OFFICIAL MYSPACE PAGE

**Contacting Jesus Christ**

-  **Send Message**
-  **Forward to Friend**
-  **Add to Friends**
-  **Add to Favorites**
-  **Instant Message**
-  **Add to Group**
-  **Block User**
-  **Rank User**



**Jesus Christ: General Info**

Member Since Forever  
 Band Website AngelChorus.com  
 Band Members Angels, & Soon ... You  
 Influences God the Father  
                   Holy Spirit  
 Loves You  
 Favorite Cake Angel Food  
 Type of Label Out Of This World  
 Retreats Oregon Christian  
                   Women's Retreat

Total Plays: Billions  
 Downloads Today: 758,890  
 Plays Today: 56,756

- Breathe*  
Plays: 56289
- Amazing Grace*  
Plays: 98234
- What a Friend*  
Plays: 4,478,001



**What if Jesus had a MySpace.com?** Would you send Him an IM (Instant Message), add His site to your favorites, tell a friend about Him, or all of the above? Do you have a MySpace.com for Him to post that He is Your friend? Jesus is easier to reach than getting on your computer. He is actually just a prayer away. In fact Oregon Conference Women's Ministries is so sure He is just a prayer away that we are dedicating the 2007 Oregon Christian Women's Retreat to proving just that. Download PRAYER CONNECTION here. We want you to have a connection with Jesus Christ that is so real that an IM is last year's technology. This is why this year's retreat is called:

**PRAYER CONNECTION...**



**Forever Ruined for The Ordinary**

We have two keynote speakers, six seminar presenters, a prayer room, great food, prayer walking, prayer and praise sessions, music and other fun filled activities all lined up for a surreal weekend at the Riverhouse Hotel in Bend. Please join us October 19-21. You will find all the details inside.

Jesus wants to connect with you. He says, *Call to me and I will answer you and tell you great and unsearchable things you do not know* (Jeremiah 33:3 NIV). Jesus hopes you can come and bring a friend and I do too.

May God bless you,  
 Diane Pestes, Editor

**Women's Ministries**  
**INSPIRATIONS**  
 Volume 21, Issue 2, June 2007

- This issue's special focus:**
- Oregon Christian Women's Retreat
  - Women Serving the Lord
  - NAD Women's Ministries

**2007 CALENDAR**

Southern Oregon Women's Retreat, Milo	June 1-3
Women's Ministries Emphasis Day	June 9
NAD Women's Ministries Offering Day	July 14
Gladstone Camp Meeting WM Workshops	July 18-20
Hispanic Women's Retreat Camp Kuratli	Sept. 7-9
Christian Women's Retreat The Riverhouse, Bend	Oct . 19-21
Central Oregon Convocation	Nov 3
Teeny Finley — Light the World	Nov 9-11

## High Speed or God Speed?

High speed internet didn't exist when I was a little girl. High speed meant going over 40 mph in the car, or it was what was required of you when you were lollygagging doing the dishes. And when my grandma was young it meant going fast on the train or maybe a fast pace on your horse. Now 'high speed' refers to our computers.

It also accurately describes families: high speed moms and dads, and kids. Running from this lesson to that game to the store, eating fast food fast, hurrying kids into bed so you can flop in front of the TV is the norm, even for Christian families! But is this high speed life healthy or wise? - or godly? When life starts to pick up speed it is time to "Be still and know that I am God" (Psalm 46:10).

### Online with God Tips:

- **God time:** Pour out your heart, read and memorize His Word, listen, and wait for His presence.
- **Alone time:** No one else with you, even if it means going into the bathroom, or outdoors!
- **Down time:** Do nothing. No reasoning or worrying. Just relaxing.
- **Quiet time:** No noise, no radio, TV, etc.
- **Reflect time:** Remember blessings. What has worked? What isn't working?
- **Plan time:** Write out a daily plan the night before. Prepare for things mentally – work it out to its conclusion. Develop margins/space into your schedule. Dream.

The choice is yours. You must decide if you would rather live at high speed or at "God Speed," which is guaranteed to keep you from a disconnect.

— Cathy Raymer

## Heart Call Reaching Out to Non-Attending Members

1. **Send Women of Spirit.**
2. **Make contact** by a hand-written letter asking permission for a personal visit or for lunch. Follow up with a phone call.
3. As a church group, **plan small get-togethers.**
4. Acquaint yourself with **Bible study guides** that can be shared together.
5. **Invite** your friend to a church sponsored event.

### How to start:

1. Make a list of missing women in your church
2. Pray over this list.
3. Share this dream with others.
4. Choose a spiritual mentor for each woman on the list.
5. Refer to #1 on the first list.

## WHAT DOES THE NORTH AMERICAN WOMEN'S MINISTRIES DO?



The Women's Ministries Department of the North American Division (NADWM) is an **information and resource center** for women's ministries (WM) materials and programs in North America.

NADWM **provides training to conference and local church WM directors** in conjunction with union directors. The Passionate Leader training event is one such program.

Through AdventSource they distribute **materials for the four annual women's ministries days of emphasis in North America:**

Women's Day of Prayer (first Sabbath in March), Women's Ministries Emphasis Day (second Sabbath in June), Women's Ministries offering (second Sabbath in July), and Abuse Prevention Emphasis Day (fourth Sabbath in August).

They **produce a quarterly newsletter** called *Women's Intuitions*.

NADWM **maintains a web site, [www.nadwm.org](http://www.nadwm.org)**, which contains **materials that can be downloaded** for use by local churches and conferences, such as the materials for the four days of emphasis, WM scholarship applications, appeals for the WM offering, and WM statistical reports for unions, conferences, and local churches. There is also a prayer request icon on the home page where women can send requests. Over the years we have prayed for hundreds of individuals.

NADWM administers a **scholarship program in North America**. Our goal is to see that every woman in NAD enrolled in an undergraduate program in an Adventist college is informed of the scholarships and given an opportunity to apply.

Among other materials that have been developed for North America, we are especially happy with **Heart Call**, the ministry to reclaim women who have stopped attending church, and our **Women's Ministries Handbook**, both of which are available in English and Spanish.

—Carla Baker  
NADWM Director

## PRAYERS & PRAISES:

Southern Oregon Women's Retreat  
Oregon Christian Women's Retreat  
2008 Shawn Boonstra Meetings  
A woman in an abusive relationship  
Oregon Conference Pastor's Wives  
Hopewell church (needs more members)



## WOMEN *SERVING* THE LORD

***Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving*** (Colossians 3:23,24 NIV).

If you are a woman and you are doing something for the Lord then what you are doing is women's ministries. This is a small sampling of what women do in their churches, homes and communities. Only God can keep track of the many ministries women do — from praying, providing transportation, managing Television stations to preaching, serving on boards, cooking and praying again — praise the Lord who enables us.

**ALBANY ladies** held their annual Beach Retreat April 13-15. "Our theme was Spring Cleaning (Spiritually Speaking). Our speaker was Tawny Sportsman. In June or July we will be organizing a craft/bazaar fair – where people would be in charge of their items/space and would commit to donating a percentage to women's ministries for a fundraiser. We hope to have a silent auction too, use the school, and advertise it in the local papers. Of course, we plan on having some food." Katherine Edwards

**ASTORIA ladies** hold a soup and Bread dinner followed by Bible study every Tuesday night.

**CASTLE ROCK women** are focusing on bringing people into the church that are in their 20's. They also help the Longview Emergency Support Shelter for Battered Women by giving them items they wouldn't normally get like a vacuum cleaner and diapers.

**CAVE JUNCTION women** are planning a children's ministries program for the neighborhood that will support the vacation Bible School Program. Every Monday they have a women's ministries Bible study/Prayer group that meets in different homes.

**HOOD RIVER ladies** had a brunch in the fall and handed out a planning survey. In April they met to analyze the survey and make plans.

**MEADOW GLADE women** are doing Beth Moore Bible Studies.

**RIVERSIDE ladies** teach Sabbath School classes and hold "Ladies Night's Out." They have had brunches with Cheri Gaton and Jean Sequeira as presenters. They hold hospitality and service meetings, Back to School programs for Moms, fellowship evenings, book sharing and more. One community outreach project they do is Babies in Need. This means they collect baby things and donations for "showers" for low-income moms. They also donate car seats to the Southwest Washington Medical Center.

**SEASIDE ladies** had a retreat recently with Jan Bishop as a guest speaker. In May they will join with Astoria to do a cooking school on a Sunday afternoon.

**VERNONIA ladies** hold a fellowship meal every Sabbath.

**WALDPART women** exchange quarterly prayer partners. Their goal is to get to know one another better by meeting outside the church once for social interaction and call each other weekly for prayer.

**WOODLAND women** have been collecting food to give out to families in need. They also meet and make baby comforters. Currently they are sending 28 subscriptions of Women of Spirit out to women in the church and community. About nine years ago they had no children in the church at all. They prayed. Now they have lots of kids. One Sabbath eleven babies were dedicated at once.



### Recent Coordinator Retreat

**Back row:** Grants Pass, Susan Gibson; Shady Point, Iris Eastwood; Vernonia, Loretta Seibert; Cottage Grove, Deann Plocher, Stayton, Angelica Liwag; Pleasant Valley, Diane Pestes; **Middle Row:** Central point, Esther Salazar; Cottage Grove, Jeanette Pillow; Stayton, Regina Perry; Newport, Alice Shinn; Riverside, Mary McIntosh; **Front Row:** Dallas, Valeta Hendershott; Waldport, Karen Paulson; Central Point, Alice Ray; Hillsboro, Lolitha Holcombe; Gladstone Park, Corleen Johnson

### TIME TO CELEBRATE?

Tom finally finished his treatments for cancer and discovered his wife had planned a big party for him. The problem was Tom was exhausted and didn't feel like celebrating. He was angry that his wife didn't understand and felt guilty for being angry. Like Tom's wife, many of us don't realize how difficult it can be when the treatments are over. Up to that point it's been about survival. But when the doctor visits end, all those ignored emotions begin to scream for attention. What if they didn't get it all? What if it comes back? What if I'm too weak to work? ...How do you help? By understanding the end of the medical treatments *is not* the end of the healing.

*Mourning Glory Minute* by Georgia Shaffer, author of *A Gift of Mourning Glories*



### Corleen's Granola

Mix the following ingredients:

- 7 1/2 cup rolled oats
- 1 cup sunflower seeds
- 1 cup pecans
- 1 cup coconut
- 1 cup slivered almonds
- 1 cup wheat germ
- 1 cup pumpkin seeds
- 1 cup brown sugar (loose)
- 1 1/2 tsp salt

Mix liquid ingredients:

- 1 cup water
- 3/4 cup oil
- 1 Tablespoons vanilla (I make it with 3)

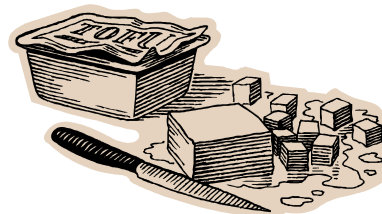
Mix liquid and dry ingredients together. Lay out on cookie sheets with sides and press down firm. Bake at 250° for 1 1/2 hours or until dry and slightly browned and crunchy.

### Vivian Kirk's Chocolate Tofu Pie

Make a graham cracker crust with:

- 1 1/4 cup graham cracker crumbs
- 2 T. maple syrup
- 1 T. canola oil

Blend 2 12.3 oz. boxes of silken Tofu (Winco) till smooth  
Melt 1 Cup chocolate chips (approx. 20 sec. in the micro.)  
Stir in 1/4 cup honey with the chips and tofu. Blend together in blender. Then pour into pie crust. Let set up overnight in the fridge.



**Inspirations** is a newsletter of the Oregon Conference Women's Ministries Department.

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**Women's Ministries** of the Oregon Conference of Seventh-day Adventists upholds women and men as they develop unique God-given qualities. We encourage continued spiritual growth through prayer, Bible study and redemptive outreach to change lives one heart at a time.

## INSPIRATIONS

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