



## “Love Works”

“Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.” 1 Peter 4:10

### Every Tuesday

Ladies Lunch Bunch -

Join the ladies of NWCOG every Tuesday at 12:30 p.m. at a local restaurant. It's a sweet time of fellowship and a great way to get connected. Check the Sunday morning bulletin for the restaurant location for that week.

### Women in Missions

#### Savanah Williamson

Our Missionary of the Month is our own Savanah Williamson. Savanah will serve in Europe this summer after she finishes her training at Camp des Cimes in the French Alps. She will join with a team of up to 10 people to serve alongside missionaries on one of the 20+ cities of focus. She will help meet local needs such as working with churches, schools, cafes, outreach projects and more. She will wrap up her journey at the Greater Europe Mission's Conference alongside 400+ missionaries from 26+ countries to celebrate what God is doing together.

Pray for Savanah as she embarks on this incredible journey .



## Deep Roots 2023

If April showers brings May flowers Walhalla should look like the Garden of Eden. I've been so excited to start my gardens! Every sunny patch of light inside my house is filled with trays of soil containing various seeds full of potential. Every warm day inspires me to hustle my trays out to the sunshine thinking I will be able to leave them outside to do what comes natural for them - Emerge. Then the rain comes, (for DAYS it comes) and my seeds begin to drown in the soggy soil and back into the house they go. I'm learning that the soil is a major factor for my sprouts to put down roots to grow deep and wide.

Jesus taught a parable about a sower who broadcast his seed into his field. Some seed fell by the wayside and the birds ate them. Some seeds fell on stony places where they did not have much soil. They sprang up but then the sun scorched them because they had no root. Some seed fell among thorns and were choked by them. But others fell on good ground and yielded a crop.

In Jesus parable the seed represents the Word of God. The soil represents the condition of the heart. The sower represents the Christian evangelist who shares the gospel.

Jesus goes on to explain when anyone hears the Word of God, but does not understand it, the wicked one snatches it away. If you have



## Let's Move it!!

This 5 minute routine - 3 times per day is so simple. It will get you moving and strengthen your core.

1. Squat like you are sitting on a chair, arms extended straight in front as you squat and arms lowered to your sides as you rise. Do 3 sets of 10 squats.
2. Make 2 fists and punch the air over your head, bringing your fists back down to your shoulder level. Do 3 sets of 10 punches.
3. Move your arms as though you are doing jumping jacks but do not jump or move your legs. Only your arms. Touch your fingers together over your head and touch your fingers together at the hip level. Do 3 sets of 10 rotations.
4. Make 2 fists and swing your arms quickly up and down as though you are walking, bringing your fists consecutively to the shoulder level and back down to your side. Do 3 sets of 10.

Do this morning, noon and evening and you will be amazed at the transformation in your muscle tone. You may feel stiff and unable to complete the full rotations, but if you will persevere and move gently as you are able you should eventually regain some range of motion.

Let's Move it! Go with God.

questions or do not understand what you have heard being preached it is important to ask a strong believer to help guide you into all truth. Ask and seek until you understand and the gospel takes root in your heart. Your spiritual life depends upon it.

He who receives seed on stony places is he who hears the Word and receives it with joy. Yet he has no root so only endures for a little while. When tribulation or persecution arises, he stumbles. If you are struggling to grow deep roots because of tribulation, ask a strong believer to encourage and pray for you. It may mean you need to put some distance between yourself and old friends or even family members. It may mean a change of jobs or a relocation. The sacrifice of losing the world means gaining eternity.

He who receives seed among thorns is he who hears the word and the cares of this world and deceitfulness of riches choke the word and he becomes unfruitful. You know what happens to a fruit tree that bears no fruit? It is cut down and thrown into the fire pit. If you have been blessed with wealth which buys things that keep you from a devoted life within the body of Christ, your blessing has become a curse that may cost you eternity with God. Though you have gained the whole world you will have lost your own soul. It's time to evaluate your priorities and do some weed pulling.

Finally, Jesus talks about the one who receives seed on the good ground. He hears the Word and understands it and bears fruit. This one produces a harvest. The good ground has deep rich soil. The seed is able to grow a deep and healthy root system which is able to be sustained even when conditions are harsh. If you want deep roots stay in church where you are encouraged in the Lord. Read Gods Word Daily so you know how He wants you to live. Obey His commands so you can bear much fruit.

It's important to note: The seeds that are sown are not flawed or imperfect. The seeds are all the same; healthy and full of potential. The condition of the soil is the key factor. Check your soil. 2023 is the year to begin growing DEEP ROOTS.



# Outdoor Picnic Bash

*Sunday, May 21 - 6:00 - 8:00 pm*

Ladies, please join us for this evening of fun and fellowship. We will be meeting at the parking lot behind the main Sanctuary. There will be a fire pit, a Smores bar, finger food and lots of incredible friends to visit with. Please bring:



- Finger Food Dish
- Lawn Chair
- A Friend
- A final Secret Sister gift or card

## *Secret Sister Reveal*

We will also have fun with the Secret Sister Reveal. Be sure to bring a final gift or card for your Secret Sister. We will enjoy food, fellowship, laughs and maybe even a few tears as you meet and embrace the one who blessed you with gifts, encouragement and prayers. If you didn't participate with the Secret Sister fun, the next Secret Sister opportunity will be announced. See you there!

*(If the weather is not Cooperative we will move to the Children's Church sanctuary.)*

## Eat Like the French Do:

With fresh fruit and vegetable Markets on every street corner use this glorious opportunity to eat what is in season. The French, who are known to put quite an effort into staying in shape, eat recipes that are rich in fresh meats, vegetables, fruit and fish, which are all high in fibre and protein. However the secret to eating like the French is to eat:

Smaller portions

Lots of soups

Eat slowly

No snacking

Coffee or tea around noon

Avoid processed meals

Watch the salt

No sodas or sugary drinks

Don't deprive yourself - everything in moderation

Plan ahead - set limits

Walk everyday, take the stairs and prioritize sleep

Have a piece of dark chocolate (ONE piece!)

# Survive & THRIVE



*“Nicole Apelian”*

When most people hear marshmallow, they tend to picture the white fluffy treat commonly roasted over a campfire. Traditionally these were made from the root of the marshmallow plant, a powerful medicinal herb that you’ll want to grow yourself at home. Its leaves and root are antibacterial, and most importantly, they contain a sap-like substance called mucilage.

As the marshmallow mucilage goes down through your digestive tract, it will coat your stomach, intestines, and colon with an additional protective layer, soothing inflammation it finds along the way. That’s why this tea also helps people with stomach ulcers and digestive disorders, such as heartburn, indigestion, constipation, irritable bowel syndrome, or Crohn’s disease.

If you want to make your own tea from the plants you have grown in your garden pull out a few marshmallow roots, wash off the dirt, and add them to a glass jar or cup.

Cover with ice-cold water and let the mucilage extract for a few hours. Drink for a soothing and restorative effect all along your digestive tract, from mouth to colon.



Painted lady butterflies are attracted to it and native pollinators cover its blossoms all summer long.

If you are not a gardener but would still like to try this amazing remedy you can order Marshmallow Root in a capsule form from Amazon or pick it up from your local health food store.

God wants us to be humble and acknowledge Him as the source of all the good things in our life, which He is. Our Lord also wants to see us shine like a light on the top of the hill (Matthew 5:14-15). Through our thriving, others will see God and seek Him for their own life (Matthew 5:16).

## Let’s do more than just Survive. Let’s THRIVE!

**Memory Verse for May: Colossians 2:7-9 *Living Bible***

7 Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth you were taught. Let your lives overflow with joy and thanksgiving for all he has done.

8 Don’t let others spoil your faith and joy with their philosophies, their wrong and shallow answers built on men’s thoughts and ideas, instead of on what Christ has said. 9 For in Christ there is all of God in a human body;