



“Love Does”

“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.

Missional PRAYER

Our NWCOG Missions Team is leaving for their April 16 - 23 missions trip to Matamoros, Mexico. Please mark your calendar to focus your missional prayer for this team. They will be working at the Angels of God Orphanage in Matamoros. The team will be doing construction and painting on the existing buildings. Please pray for safety and protection over each one. Ladies, we may not be able to go and help but we can do the important work of laboring in prayer. Our team members are:

Tim and Vicky Johnson
Jack Cashin
Cory Liptrott
Branson Holmes.



SC Women's Conference

We are so excited for those who have registered for the SC Women's Conference. If you missed our registration deadline we hope you will join us for the next Women's Conference. Be watching for news and updates on future conferences and take advantage of the early bird registration opportunity.

Please Pray

For those of you attending the conference begin praying NOW! There will be women from every walk of life in attendance and we anticipate a transformational move of God on every need represented. Pray for hearts to receive Christ as Savior, spiritual bondages to be broken and hearts and homes to be healed. Pray for the speakers to impart the Word of God with Holy Spirit empowered anointing.

Those who will remain at home, “Though you lie down among the sheepfolds, You will be like the wings of a dove covered with silver, And her feathers with yellow gold.” Psalms 68:13



Let's Move it!!

Winter is officially past and Spring has sprung! It is a great time to put on those walking shoes and take a brisk stroll. You can double your impact by designating part of your walk to pray. Prayer walking is a powerful tool for your community and your church. The power of ONE - Your ONE prayer combined with my ONE prayer is everything that is needed to see shackles broken and a mighty move of God's power to transform lives and bring revival. So let's get moving!

Moon Milk

If you are like millions of people who struggle with winding down the day and relaxing enough to fall into a deep and restful sleep this little remedy may help.

I love that this recipe's got that whole I'm-delicious-but-also-medicinal thing going. It's laced with deeply nourishing herbs like turmeric, the great inflammation tamer, plus cinnamon and cardamom, which are pro at keeping you well-functioning. Nutmeg is a natural sleep aid (which is maybe why you always feel drowsy after eating all those holiday baked goods), and ashwagandha, an adaptogenic root herb, is a friend to the nervous system and particularly great at shepherding you to dreamland. Ginger helps you assimilate all the nutrients into your system, and the whole gang pacifies a racing, restless mind.

MOON MILK RECIPE

Ingredients (Makes 1)

- 1 cup whole milk or unsweetened nut milk (such as hemp, almond, or cashew)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ashwagandha
- 2 pinches of ground cardamom
- Pinch of ground ginger (optional)
- Pinch of ground nutmeg
- Freshly ground black pepper
- 1 teaspoon virgin coconut oil or ghee
- 1 teaspoon honey, preferably raw

Preparation

Bring milk to a simmer in a small saucepan over medium-low heat. Whisk in cinnamon, turmeric, ashwagandha, cardamom, ginger, if using, and nutmeg; season with pepper. Whisk vigorously to incorporate any clumps. Add coconut oil, reduce heat to low, and continue to cook until warmed through, 5–10 minutes (the longer you go, the stronger the medicine). Remove from heat and let cool slightly. Stir in honey (you want to avoid cooking honey or you'll destroy its healing goodness). Pour into a mug, drink warm, and climb right into bed.

You might simplify the process by assembling several ziplock bags of the dry ingredients for the week or the month.

