

MCC

Inspiring Women . . .

to love herself

to know God's love

to build relationship with others

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EDITORIAL

Inspiring Women

Hi Dear Sisters in Christ. What a time it has been over the last few months. I hope you have coped well with home schooling, working from home, social distancing and perhaps not enough sleep for our new mums in the fellowship. So many changes. For me, turning 70 years old, gave me the new privilege to shop at the supermarket between 7 and 8am so as not to be caught in the rush I guess. On one of these expeditions I noticed a very frazzled lady working to clean the scuff marks of the floor, by hand, while people pushed passed her with their shopping trolleys. I stopped for a moment and said to her what a thankless job that would be and that I appreciated all her efforts. She looked at me for a moment and then went on to tell me that the machine she would usually use was broken down and she was told to get the marks off by hand. In her words she said to me "I'm over this whole thing. The rudeness of people, her concern of catching COVID 19 from people who don't care." I was able to say to her that I appreciated all her efforts and that I would pray for her in my prayer time that God would protect, strengthen and comfort her. "Oh I'm not a praying person" she said. Well I am I told her and I will be praying for you.

We are called to be co-workers with Christ. He shows us the opportunity and we need to take it, small as it may seem. What a privilege. We sow, another waters but God makes it grow. Let's be sensitive to every opportunity that God gives us to share his love for people. You may be the only Jesus that person see's.

Have a great day and enjoy this new edition of our newsletter.

Love Jan.

Please continue to send in your contributions—we love to hear from you.

Send to: Email: jan.liefting@gmail.com or Aespana@mcc.vic.edu.au

PRAYER POINTS

- *Pray for those in our church who are sick and needing a touch from God
- *Pray for each family member that God's peace and presence would be over them
- *Pray for your neighbours
- *Pray for Melton Christian College. Staff, Teachers, Parents and Students.
- * Pray for the New Mom at church





Dear Church Family,

Simon and I would like to thank you so much for our lovely 50th Anniversary Celebration and for the lovely photos. We feel very blessed to be able to share our journey together with you all, and love and value you all so very much. Thank you Bheng for the cake, it was so delicious and looked beautiful.

Very Much Love,

Simon and Jan Liefing





Marianne Da Silva

Jesus, my personal Lord & Savior

I grew up in a Catholic family. My Nuna loved Jesus, she prayed to Him day and night. She took us to church where we were taught to confess our sins and to pray. She instilled the fear of God in us all. Back then we didn't appreciate any of that but now in hindsight I believe she gave us a solid foundational faith.

In my bed at night however, I would still often wonder what life was really all about? **WHAT WAS I BORN FOR?** I felt there was something more - something BIG I was missing.

AS I GREW INTO MY TEENAGE CLOTHES I stopped going to church as soon as I completed my communion and confirmation and wasn't forced to go anymore. I began doing what everyone else was doing. They seemed OK so perhaps I would find my fulfilment in the things they did? I started to experiment with drugs & alcohol. I went to pubs and met boys. I even dabbled in the occult. I did pretty much anything, tried everything, whatever was offered, I guess. I was like the proverbial "candle in the wind". Looking for love & acceptance in all the wrong places.

Once I reached my 20's I found myself in a pretty dark place – I certainly wasn't fulfilled. In fact, I was miserable. Nothing I was doing was making me feel very "BIG" either, in fact I felt very small. I was left feeling empty, worthless and *almost* hopeless. I believe losing hope is one of the worst things a person can experience. Once, even twice, with my hope all but extinguished, I seriously considered ending my life. I couldn't go through with it because firstly, I couldn't do it to my mum; and secondly, there remained buried deep down inside of me a very dim *light, a flicker of hope*.

MY BROTHER married a Christian lady and together they led the rest of the family, in turn, to the Lord.

I resisted at first and gave both my brother & sister a hard time. They insisted that until I accepted Jesus into my heart, and had a *personal relationship* with Him, I would find peace in nothing else. My sister spoke with me about Jesus often. I called her a hypocrite because I recognized she wasn't perfect. Eventually, in frustration, she gave me a bible and told me to read it for myself! She decided to let God deal with me. That He did! He started to show me through His Word that my life was like filthy rags and that I was in desperate need of a Savior.

EASTER 1993

My close mate Pete invited me to Good Friday mass. As many times as I'd seen Jesus on a cross, this night when I saw the cross of Christ something new happened. God gave me a revelation! I saw Jesus on the cross for MY sin – He died for ME! I felt His unconditional love. I went home that night and cried my heart out to God – I was experiencing a deep repentance. My heart was breaking that Jesus had to die because of me – I put Him on the cross – **It was very personal now!**

On Easter Sunday morning after a series of **divine interventions and appointments** I found myself kneeling on my kitchen floor, all alone, overcome by God's Holy Spirit. I reached out to God saying something like "God if you can hear me, please help me. I'm desperate, I don't know what to do. Please, please forgive me".

At that precise moment I felt a quickening in my spirit – God's Holy Spirit came inside me. I actually felt a physical thump in my chest. He regenerated my spirit which was dead to Him and made me alive again! Everything changed in an instant. I guess you can say "I finally saw the light!". I saw everything differently, very clearly now. I was no longer in the dark. I was literally jumping for joy – GOD'S HOLY SPIRIT NOW INSIDE ME and flowing out – I experienced a supernatural joy as never before. I ran to my sister's house to share but I didn't need to say a word – the moment she looked at my face she knew. I guess **my candle was burning very brightly** now!

After that experience I continued reading my bible and started to attend church services. With one issue at a time, in my messed-up life, God dealt. Stripping away many behaviours, attitudes, even relationships. Some of it really hurt but I was willing, so He kept working. I trusted Jesus - He was my personal Lord & Savior now! God was recreating me to the amazement of my mates, who started asking me questions about God and faith. I didn't have answers, so I enrolled in Bible College. Yes, God did wonderful things in and through me back then. I could fill a book: I graduated college; God used me to counsel friends & workmates; I ran a kid's church in my mum's garage; led a youth group; a street ministry – we ministered to the homeless in Footscray & Melbourne City. Revelation after revelation; I witnessed miracles; learned integrity was worth more than money; I could tell you about angels at roundabouts & along remote highways in the Pilbara driving North into the Kimberleys; amazing things; amazing Grace; one very BIG amazing and AWESOME GOD!

Since then I've been up & down in my journey with the Lord, but I've finally learned to trust Him in all circumstances, and I can promise you that up is better than down! I also know what I was born for now – the same thing my grandma and every other human being was born for – **to have a personal relationship with God and carry that light to others.**

John 1:1-5

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being by Him, and apart from Him nothing came into being. In Him was life, and the life was the LIGHT OF MEN. And THE LIGHT SHINES IN THE DARKNESS, and the darkness did not comprehend it.

John 8:12

Jesus spoke to a crowd saying, "I AM THE LIGHT OF THE WORLD; HE WHO FOLLOWS ME SHALL NOT WALK IN THE DARKNESS BUT SHALL HAVE THE LIGHT OF LIFE."

"Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him. Luke 8:39



2020 Calendar

Update for upcoming event:

Bible & Breakfast - Taste and see - Psalm 34:8

Saturday 25th July, 2020 - 9am - 11am

Feed your soul!

Location(s) to be confirmed based on gathering restrictions.



**Pray
Encourage
Edify**

... have you made contact with your Be Blessed partner?

Today is the day - send a text message or greeting - maybe a phone call. Let the blessings flow xx

Is it their birthday this month - celebrate with them.

The success of every woman should be *inspiration* To another. We should *raise* each other up. Be courageous , be strong, be kind and above all be *humble*.



My Gardenia is very happy, I always think of lace when I look at it. My prayer partner is like this plant strong and always reaching for the light. Thankyou Nimmy. Text In His light we see light.
Love to all Lois



Prayer partner





Thanks Mark!



sweetness overload



20 June 2020 @ Carolyn Place

COFFEE & CAKE



Happy Birthday...

Sister Mila
Sister Mary Ann



The most wonderful gift today is you. Blessings be on you and let faith guide your heart all year. Hope your birthday is one of the blessings, joy, peace and love that satisfies the soul.

First
MOM
NOW
Nanna Caz:)



LUIGI ANDREW PETTENON

RECIPES!

Easy Lemon Herb Baked Chicken Breast
is a quick meal that is healthy and oh so delicious! It is perfect for busy schedules or just because it is so good!

INGREDIENTS!

- 4 boneless skinless chicken breasts
- 1/2 cup lemon juice
- 2 tablespoons extra virgin olive oil
- 2 teaspoons lemon pepper
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 large lemon thinly sliced
- 2 tablespoons freshly chopped parsley (optional)



INSTRUCTIONS!

1. Place chicken breasts in a gallon-size resealable plastic bag. Pour in lemon juice, olive oil, lemon pepper, basil, oregano, and salt. Shake it a bit so that all the chicken gets covered.
2. Let marinate in the fridge for 30 minutes or up to 8 hours.
3. Preheat oven to 450 degrees Fahrenheit.
4. Remove the chicken from the marinade and place in a 9x13 pan. Discard any remaining marinade. Place lemon slices on top.
5. Cook chicken for 18-20 minutes, until the chicken reaches an internal temperature of 165 degrees Fahrenheit.
6. Serve hot. Garnish with freshly chopped parsley (optional).

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

MARINATING TIME

30 MINUTES

TOTAL TIME

55 MINUTES

Taken from <https://thestayathomechef.com/>



you'll love this!

Reflections...

Reflections...

From Sharon
How 2pslow

Do you love me

As I meditate on my daily devotion, John 21:17 - The third time he said to him, "Simon son of John, do you love me?" I am reminded of the famous quote in Fiddler on the Roof.

In the movie, Teyve asks Golde, his wife of 25 years, "Do you love me?" six times. We can guess from their conversation that Golde, never bothered to say the words "I love you". Perhaps she believed that her actions spoke louder than words. But after 25 years, why was it so important for Teyve to hear them? Why do you think it is important for us human beings to hear those words spoken? People often say that we shouldn't say 'I love you' unless we mean it. But if we do mean it, we should say it as often because people forget. Do you agree?

Teyve – "Do you love me?"

Golde – "Do I what?"

Teyve – "Do you love me?"

Golde – "Do I love you? With our daughters getting married and this trouble in the town, you're upset, you're worn out. Go inside, go lie down! Maybe it's indigestion"

Teyve- "Golde I'm asking you a question....Do you love me?"

Golde – "You're a fool"

Teyve – "I know....But do you love me?"

Golde – "Do I love you? For 25 years I've washed your clothes, cooked your meals, cleaned your house, given you children, milked the cow. After 25 years, why talk about love right now?"

Teyve – "Golde, the first time I met you was on our wedding day. I was scared"

Golde – "I was shy"

Teyve – "I was nervous"

Golde – "So was I"

Teyve – "But my father and my mother said we'd learn to love each other. And now I'm asking, Golde, Do you love me?"

Golde – "I'm your wife"

Teyve – "I know...But do you love me?"

Golde – "Do I love him? For 25 years I've lived with him, fought with him, starved with him. 25 years my bed is his. If that's not love, what is?"

Teyve – "Then you love me?"

Golde – "I suppose I do"

Teyve – "And I suppose I love you too."

Both – "It doesn't change a thing, but even so, after twenty five years it's nice to know"

Competition winner

from last issue.....

I had my nails done



Lets see who's the winner:)

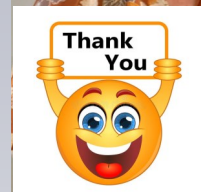
And the winner is...No..4
Congratulations
Mary Ann

4

ENTRIES



Thank you Carolyn for the special prize...Inverted Umbrella!



Fun Games!



The Bible is a remarkable book. Within this letter there are

26 books of the Bible hidden. Can you find them all? Have a go at it... 🖱️ 🧩

The Bible was written by God, using many authors from all sorts of backgrounds, having many different jobs. God tells us the story of his nation Israel and His son, Jesus Christ, making sure it has been preserved for us through the ages for us to read today.

The Bible outlines the right way to lead our lives, as well as containing many historical accounts. Moses led Israel through the Red Sea, at the battle of Jericho trumpeters marched round the walls for seven days, Judea saw great wars and captivity, Abishag gained David as a husband, the Pharisees would act superior to everyone else, perhaps almsgiving for example, but Jesus kept giving them a most stern rebuke. Jesus also performed many miracles, after receiving the Holy Spirit upon his baptismal achievement, with his first miracle being turning the water into wine for the groom at the wedding, maybe it was a nice Spanish Rioja? Mesopotamia was an important region in Biblical history, with Ur and Babylon in that area, as was Sudan I elsewhere read.

When studying the Bible it is helpful to look out for any Bible echo. Search for them whenever you read as you will see some fascinating things, particularly when reading the letters to the various churches, or ecclesias. Testing what you hear against the Bible is also very important to show if it is true, for example if someone suggests Jesus was born in Suez rather than Bethlehem, you would use the Bible to check its accuracy. The same applies if you think Paul ate locusts, David played a banjo eloquently for Saul, Barnabas went on missionary work to Dijon, a horse carried Jesus into Jerusalem or Lazarus died of swine flu, keep going back to the Bible as you can learn a lot from answers to your questions. There is no need to put being academic ahead of everything else though as Jesus said it is most important to love one another, in a humble spirit. Jesus gave his life for us and when we are in a spiritual rut, his love will give us the comfort we need.

Shared by Annie Caliguiran in our Filipino Group

Sincerely, the Rev. E. Lation

- | | | | | |
|----|-----|-----|-----|-----|
| 1. | 6. | 11. | 16. | 21. |
| 2. | 7. | 12. | 17. | 22. |
| 3. | 8. | 13. | 18. | 23. |
| 4. | 9. | 14. | 19. | 24. |
| 5. | 10. | 15. | 20. | 25. |
| | | | | 26. |

Open my eyes, that I may behold wondrous things out of your law. Psalm 119:18

Have your say ... This spot is waiting for your contributions!!!

Send your thoughts, reflections, photo's, hints, good book titles, answers to prayer, recipes, and so on...

Send to:

Email: liefting.jan@gmail.com or aespana@mcc.vic.edu.au

6 health benefits of laughter

Improves your mood



Reduces stress



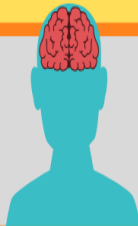
Boosts your immune system



Improves your heart health



Improves your brain function



Helps to relieve pain



LAUGH OUT LOUD, LOWER YOUR STRESS LEVELS

Until this Corona virus is over, could y'all please use this emoji 😄 when laughing at my post... I ain't taking no chances

SMOKED PEPPERONI PIZZA, FOLLOW ME FOR MORE RECIPES!



My new social distancing outfit just arrived from Amazon

Me trying to remember how to dress up after quarantine is over



wife : honey, what are u doing?
husband : I m reading a book
wife : then why u are crying?
husband : ending of the book is very sad
wife : what book is that ?
husband : my bank book

I'M SLOWLY LOSING MY MIND IN QUARANTINE. MEET MY BEST FRIEND CORNELIUS.



Scripture for the month

DEBORAH & Jael

SCRIPTURE: Read Judges 4 & 5

OBSERVATION:

Deborah:

1. A Prophetess
2. A Leader
3. A Judge.

An amazing woman of God who possessed many human and spiritual gifts. This was very unusual in a male orientated society that emphasised male leadership and female subordination.

Jael:

An ordinary woman

A strong nomadic middle eastern housewife who helped her husband set up camp

A hostess while her husband was away

APPLICATION:

A person's sex and community standing does not qualify or disqualify from ministry.

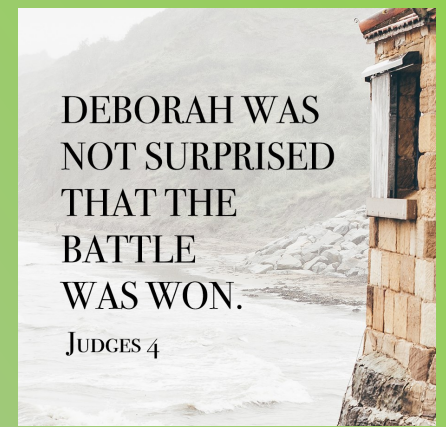
The Canaanite oppression affected the Northernmost tribes of Israel. Deborah's location in Ephraim's highlands suggests she was not directly affected by the oppression, yet she was moved by the suffering of others and chose to stand for what was good and right. Some of the tribes of Israel failed to act. They sat back at their campsites and didn't lift a finger to help their brothers in a time of need. We don't need to be directly affected by suffering to become involved. God calls us to have compassion on others, even at a cost of our own comfort.

Jael gave Sisera a drink of water (very hospitable) before killing him by hammering a tent peg into him (very unhospitable to say the least). Sisera went to Jael's tent expecting it to be a place of safety because there was peace between their two regions. Despite this violation of hospitality, which was a big deal in that culture, Deborah blessed Jael. Jael stood up and came forth to help God's people even when it went against community standards. Civil obedience is important but obeying God must be even more important to us than doing what appears to be right or expected. God always comes first!

Sometimes the victory isn't immediate. The war wasn't over yet, but this battle was the turning point to future victory over the enemy. It would take time but eventually, after 20 years of oppression, there would be 40 years of peace.

Do you find it difficult, frustrating even, when you do the right thing, obey God faithfully and yet still don't see victory? At times we may wonder what is going on. Why do the wicked seem to prosper? We must remember that God is Sovereign, and He will have His way. What it does though, is teach us to trust God and wait patiently for Him. God will have the ultimate victory. He will use those who are willing, obedient and faithful to His call, regardless of sex or standing. The Glory however always belongs to Him, never to us. We must never become proud in our achievements. Our job is to make sure we are hearing from God, obey God and then leave the results to Him. *Trust and obey!* Trust and obey! TRUST AND OBEY!

PRAYER: "Dear Lord, please help us to draw close to you daily and take delight in Your Word that we may hear from You and know Your will. We don't want to live according to what is expected of us by society's standards, nor do we want to sit comfortably by while others suffer. Please give us a knowledge of right and wrong; a compassion for others; and the wisdom and courage to trust You and obey Your command..... And to You God be all the Glory, Amen!"



Some crafty fun!!

Easy Tee Shirt Necklace

Easy t-shirt crafts can transform a ripped or tattered keepsake into a new, cool accessory! Make an Easy Shirt Necklace and repurpose an old top you aren't ready to toss. You only need a t-shirt, glue and scissors for this quick and simple craft.

Estimated Cost Under \$10

Time to Complete Under an hour

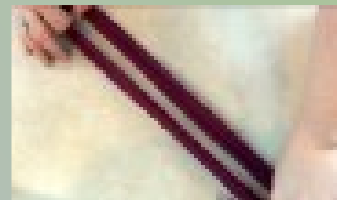
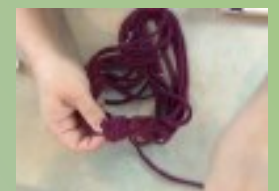
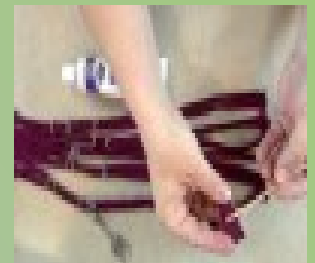
Materials List

- Fabric Glue
- T-shirt (old or new)
- Scissors

Random odds and ends for decoration – eg: large double rings and a silver tassel charm

Instructions:

1. Cut off the bottom hem of the t-shirt. Cut five 1" wide strips of t-shirt, cutting straight across. This will give you 5 loops of material.
2. Stretch each loop until it curls up.
3. Add as many rings and charms as you like to each loop.
4. Slide the rings closer to one side than the other. In my case, the t-shirt had side seams. Glue all the seams on one side.
5. Repeat on the other side then glue both stacks together.
6. Cut one more strip of t-shirt, cut the loop open. Wrap the new strip around the seams to cover them. If your shirt has no seams, just double the loops and wrap the strip around it. Glue the beginning and end of this strip.
7. Pull all the strands to line up the charms.
8. This is how the necklace is meant to be worn, but play with it and see what you like best.



Cleaning tips!

How To Clean an Oven with Baking Soda and Vinegar

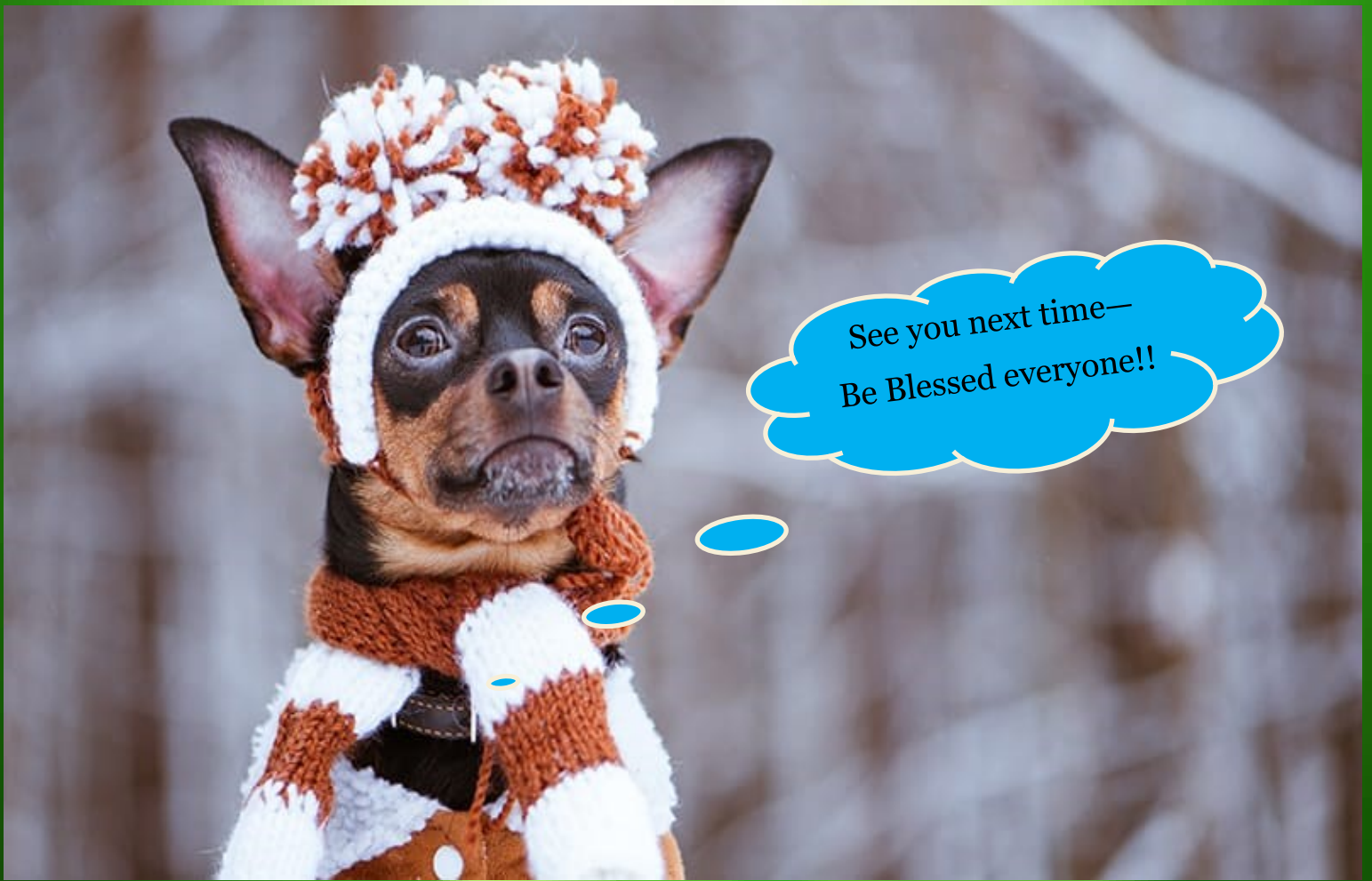
WHAT YOU NEED

1. Baking Soda
2. Water
3. Rubber gloves
4. Damp dish cloth
5. Plastic or silicone spatula
6. Spray bottle



INSTRUCTIONS

1. **Empty the oven:** Remove your oven racks, pizza stone, oven thermometer, and anything else you have inside the oven. Set aside.
2. **Make a baking soda paste:** In a small bowl, mix a 1/2 cup of baking soda with a few tablespoons of water. Adjust the ratio of both as needed until you have a spreadable paste. For me this took about 3 tablespoons of water to get the desired spreadable consistency.
3. **Coat your oven:** Spread the paste all over the interior surfaces of your oven, steering clear of the heating elements. I used gloves for this portion, as my oven was pretty grimy. It helped me really get in there and coat the dirtiest nooks and crannies without having to worry about all that grime under my nails. The baking soda will turn a brownish color as you rub it in; it also might be chunkier in some places than others, which is fine. Just try to coat the whole oven to the best of your abilities, paying extra attention to any particularly greasy areas.
4. **Let it sit overnight:** Allow the baking soda mixture to rest for at least 12 hours, or overnight.
Clean your oven racks: Meanwhile, clean your oven racks. [See the full cleaning tutorial here.](https://www.thekitchn.com/how-to-clean-oven-racks-in-the-bathtub-cleaning-lessons-from-the-kitchn-201104)
1. **Wipe out the oven:** After 12 hours or overnight, take a damp dish cloth and wipe out as much of the dried baking soda paste as you can. Use a plastic or silicone spatula to help scrape off the paste as needed. I found that the damp cloth was enough for me, but a spatula might come in handy in those hard-to-reach places.
2. **Spray a little vinegar:** Put a little vinegar in a spray bottle and spritz everywhere you still see baking soda residue in your oven. The vinegar will react with the baking soda and gently foam.
3. **Do a final wipe-down:** Take your damp cloth and wipe out the remaining foamy vinegar-baking soda mixture. Repeat until all the baking soda residue is gone. Add more water or vinegar as needed while wiping to really get the oven clean and shiny.
4. **Replace your oven racks:** Replace the oven racks and anything else you keep in your oven, and you're done!



At the end of the day, the best thing you can do is thank God for your blessings, give Him your worries thru prayer and He will give you rest. Amen

Stay Healthy and Connected Ladies!

MCC Inspiring Women



Is a Ministry of Melton Christian Church
152-156 Brooklyn Road , Brookfield 3338

www.mcchurch.com.au

Contact us: 03 97476699

Email: liefting.jan@gmail.com or aespana@mcc.vic.edu.au

