

MCC

Inspiring Women . . .

to love herself

to know God's love

to build relationship with others

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Monthly Newsletter – 2nd Edition –

JUNE



Jan Liefing

liefing.jan@gmail.com



EDITORIAL

Posture.

We often hear the term He/she has good posture or bad posture.

In the natural body having good posture e.g. Standing or sitting correctly will bring us long term health benefits and far fewer back problems. Poor posture will often produce the opposite with back and neck pain, headaches and many other problems.

Developing good posture takes time and effort.

I heard a question this week “how do we posture our hearts” which started me thinking on this. Do we posture our hearts on the things of God, giving proper time to prayer and the word, and making this the way of our life, or do we posture our hearts on the things of the world? Jesus said, “you can’t serve two masters, you will love the one and hate the other.

Whichever one we posture our heart on will produce good or bad. I want to encourage you today to make a determined commitment to posture your heart after God. He is wonderful and deserving and His ways are truth and they are life.

Thank you to all those who have contributed to our 2nd edition, we have loved hearing from you!! Here is some of the feedback we have received: “ Thank you so much, loved reading this Newsletter– Nice of you all for giving us the opportunity to contribute. “ I love this idea.” What a great way to connect with women”

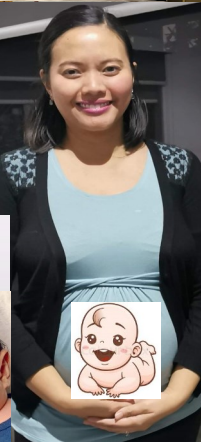
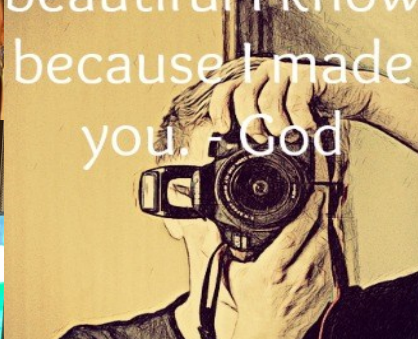
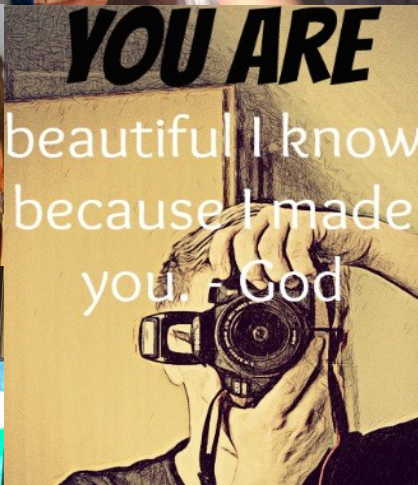
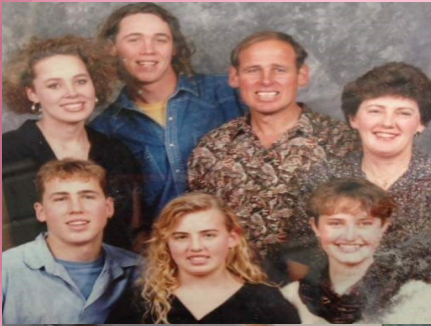
We would love to hear from you, and to receive your photo’s, contributions, thoughts, ideas, a paragraph of something that has blessed you during this “lockdown” time, and so on...Send to: Email: liefing.jan@gmail.com or Aespana@mcc.vic.edu.au

Prayer Points:

- * Pray for wisdom and strength for the leaders of our nation.
- * Pray for our family and friends
- * Pray for those who have suffering from illness
- * Pray for Melton Christian College/Church
- * Pray for your neighbours and community.
- * Pray for those who are sick and in need.
- * Pray for God’s peace and security to be over each other.

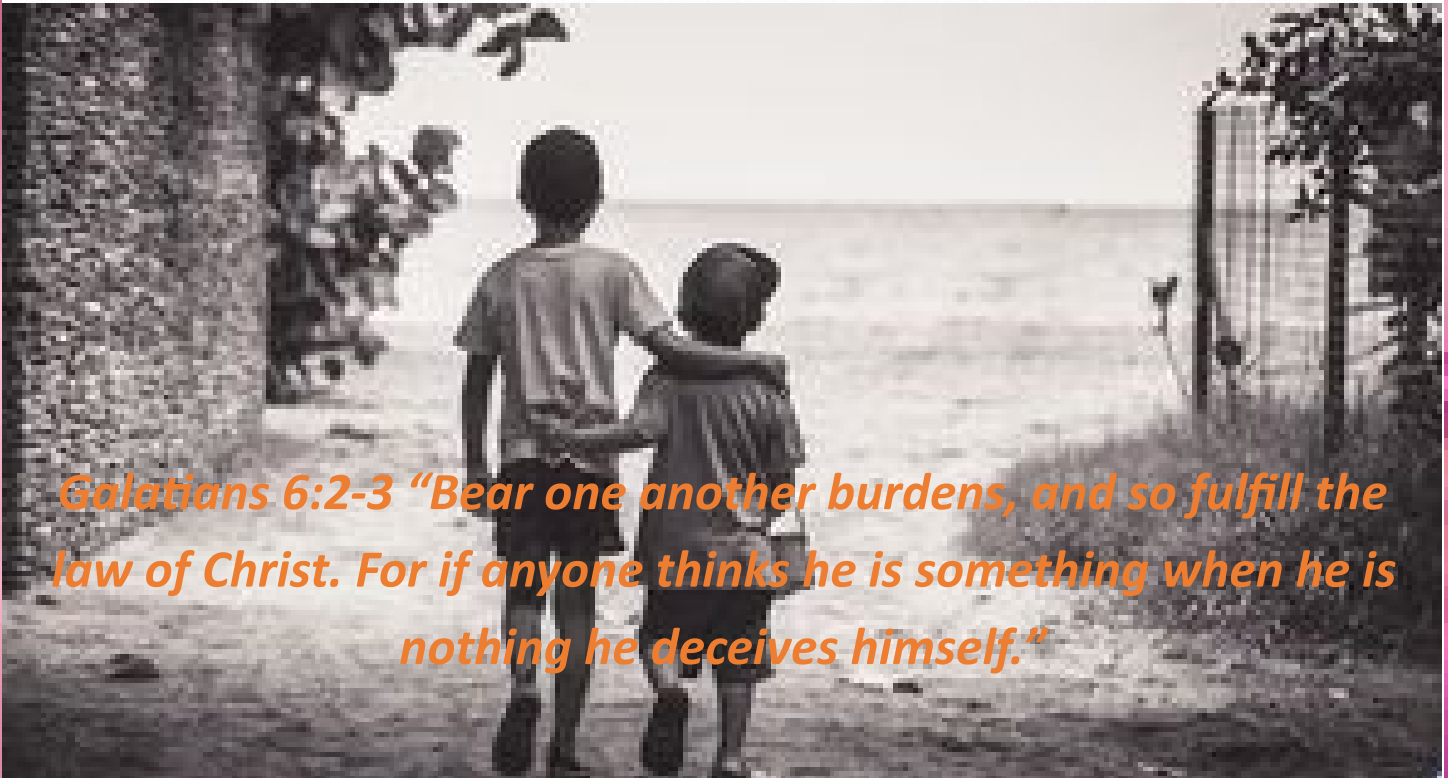


MUMS!



JW

Scripture for the month



Galatians 6:2-3 *“Bear one another burdens, and so fulfill the law of Christ. For if anyone thinks he is something when he is nothing he deceives himself.”*

Take a moment...Galatians 6:2-3.- S. O. A. P

Scripture: Galatians 6:2-3 “Bear one another burdens, and so fulfill the law of Christ. For if anyone thinks he is something when he is nothing he deceives himself.”

Observation: To bare one another burdens is to do what Christ calls us to do—love one another . DO not brag about a sin that you might not commit because no man is without sin. Instead help your friend out of the sin.

Application: I fully believe that there are times when I do judge others people sin, even my brothers and sisters in Christ, I judge instead of helping to pull them out of their sin or praying for them—I hold silent judgement. This is so wrong because I am not without my own sin

Prayer: Father, I pray that you will forgive me for my judgement of others people sins. Help me to remember that never once have you judged me for my sin. Thank you Father. Help me to be more like you. In your sons precious name. Amen.

Q & A

Q. What is the shortest chapter in the bible?

A. Psalms 117

Q. What is the longest chapter in the bible?

A. Psalms 119



Learn to enjoy your own company. You are the one person you can count on living with for the rest of your life. - Ann Richards:)

RECIPES!

HOB NOB BISCUITS

These are buttery, nobbly little rounds of hobnob heaven. With just a few ingredients including the goodness of *wholemeal flour and oats* you can have freshly baked hobnobs on the table in 20 mins. So delicious served with with a “cuppa” be it tea or coffee or even ice-cold milk! These are a seriously yummy, oatey, wholesome treat just perfect for dunking.

Ingredients

100g wholemeal flour
125g unsalted butter
80g brown sugar
2 tbsp golden syrup
100g quick oats
½ tsp baking soda
½ tsp baking powder
½ tsp salt
100g chocolate



Instruction

Preheat the oven to 180 C (350 F) and line a tray with some baking paper.
In an electric mixer beat the butter and sugar until pale and smooth.
Add the golden syrup and beat until it's mixed in.
On a low speed, mix in the oats, flour, soda, baking powder and salt.
Roll small tablespoons of dough into balls and flatten on the tray, until they are about 2 inches in diameter. Leave room between the cookies for spreading. (I used my baking measurement spoons here)
Bake for 10 – 12 minutes, until golden brown. Allow to cool on trays.
Melt the chocolate then spoon a teaspoon of chocolate onto one side of the biscuit.

Taken from <https://www.pinterest.com.au/pin/708261478888399848/sent/>



Please share your recipes and email to
liefting.jan@gmail.com.au or
aespana@mcc.vic.edu.au

Proverbs 31:27-28 “She carefully watches everything in her household and suffers nothing from laziness. Her children rise up and call her blessed; her husband also, and he praises her.”



“Laughter is the best MEDICINE..!!!”



Bible Quiz

Women of the Bible

Match the question with the answer on the right.

- _____ What relationship was Ruth to Naomi?
- _____ Who was Jacob’s mother?
- _____ Who did Abram marry?
- _____ What was the name of Moses’ sister?
- _____ Which woman was a seller of purple goods?

- 1. Deborah
- 2. Mary
- 3. Miriam
- 4. Sarai
- 5. Daughter-in-law
- 6. Esther
- 7. Bathsheba
- 8. Rebekah
- 9. Lydia

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





Yolly Noman– a mother of three and a wife of a loving husband.

TESTIMONY!

My Story (Put your 100% trust in Him)

We migrated to Australia last September 27, 2007, Jimuel, myself and my 3 young boys then. Was so grateful to God for bringing us in a place flowing with milk and honey.

A sneak peek about myself, of how I become a Christian. When I was in Uni, I found myself in relationship with Jimuel which I find out later that he is a Christian (a protestant as what we called, a bit sorry because I don't want to be associated with protestants). He is very persistent in sharing the "Jesus" to me. Slowly hearing the words of God and searching for purpose and meaning of my life, I open my life to Jesus. I acknowledged that He sent Jesus to die on the cross so that I can be saved from my sin and have eternal life. It is not all smooth road, sometimes bumpy since my family is not Christian.

Our journey in Australia:

Upon arrival, we lived in our friends 2-bedroom house for 2 weeks and through the help of their friends we moved to our rented property in St Albans. It is not easy looking for a job that fits your qualifications, we experienced a lot of rejections, we prayed that God will bless us of any works and indeed Jimuel got a work in a plumbing company and I got a job in a nursing home. Our background way back in the Philippines is in construction industry, where we are both Civil Engineers. God is good that after 3months in our present job, we met a fellow Filipino who referred us to join her company – a construction company in Tarneit and indeed God is good that Jimuel got hired and myself.

December of 2008, we moved to our new build home in Truganina with full of thanksgiving for all the blessings God has given us.

Year 2010 is really a difficult year for my family, Jimuel got sick, it was the scariest time of my life, he's been diagnosed, most likely with a lung cancer, the thought of him being sick is very devastating, too many thoughts runs thru my head, too many what if's... On that same year I have my hysterectomy operation and just hours from my recovery we received a phone call from Jimuel's sister that his dad died. So hurtful that we cannot go home because of the situation and to top it all, finances that time is very tough because we are paying for our mortgage and all other bills to be paid and we are sick and Jimuel don't have work.

I am so afraid, but God drew me to Himself. The advantage of knowing Him, even if I do not know what to do, God shows the way. I knew and believe that He could heal Jimuel and what God's words says in Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

9 months later again I had my hernia operation then another gall bladder surgery (surgery after surgery).

Sometimes I questioned my self why these things happen, what have I done? But It is during the worst storms of our life that we did not give up our trust in Him for we know our God is bigger than any problems.

I've seen the greatness of God, He worked in our finances (do not know how we survived), He restored our health, what have been taken away from us, God was able to restore those things to us. Romans 8:28 says and we know that all things work together for good to them that love God, to them who are the called according to his purpose.

We might not see it now but sooner or later, God will reveal why He let things happen. Always remember that God's ways are better than our ways and God's will is beyond our will, now when I looked back, all I can see is that God has a better plan and a purpose for my life: Had it taken those operations in the Philippines would cost us so much, Had Jimuel had no sickness, he won't be able to take a builder's course, he would not have a business of his own.

Thanking God for all the victories, through Him we become victorious. We can use these circumstances to be a witness to others who have gone through similar journey of ours. I am not perfect, and I still mess up, but God loves me despite my flaws and imperfections. It is mine and the whole family's testimony of how God carries us in the very palm of His strong hand and helps me confront my fears. God has never once left me and my family. God is worthy to be praised.



My tongue will proclaim your righteousness, your praises all day long. Psalms 35:28



Shared by: Nimmy Justus

Be Spiritually Sensitive

"To be spiritually minded is life and peace." Romans 8:6

Paul writes, 'Those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.' (Romans 8:5 NKJV) Passenger planes are designed to fly in two ways-through the skill of a pilot and the commands they receive from the control tower.

To 'live according to the spirit' means obeying His promptings from the 'control tower'. You do that by going through your day with an awareness of His presence. Submit when you feel Him tugging at your heart to take a particular course of action, even if you don't quite understand why. You may be prompted to drop a conversation, turn quickly from a certain tv show, walk away from a questionable environment, or even go 'by another way.' (Remember the wise men in Matthew 2:12?) Whatever it is, do it immediately.

The Holy Spirit may be warning you about a temptation you'll be unable to resist unless you obey Him there and then. Perhaps there's someone who comes to your mind during the day, and you know he or she is going through a difficult time and could use some support. Get in touch with them. God wants to minister to that person through you, and He will bless you when you do it.

The Holy Spirit may guide you to do a certain thing, or take a risk you never imagined you'd take. The wisest thing is always to submit to His plan, regardless of whether or not it makes sense to you. God knows all things, including your future, and His direction is always for your benefit.

(From Vision180 magazine's WORD4TODAY. You can get your free introductory copy of Vision180 magazine from vision180.org.au-1800 00 777 0)



HOW COOL IS IT THAT THE SAME GOD, WHO CREATED MOUNTAINS, & OCEANS, & GALAXIES, LOOKED AT YOU & THOUGHT THE WORLD NEEDED ONE OF YOU TOO?



Do not worry

about tomorrow.

Matthew 6:34



TIPS IF YOU CAN'T SLEEP:

- ★ 1. Disconnect yourself from ^{FIRST THING} electronic devices.
- ★ 2. Dim your lights in your room, and internalize your day with relaxation.
- ★ 3. Break down things that you should be grateful for. This act of gratitude will somehow ease your mind from ~~overthinking~~.
- ★ 4. Breathe in and breathe out. ✓
- ★ 5. Don't forget to pray.
Tomorrow is a different battle to fight for.

COMPETITION:

Don't miss this one!

I had my nails done



Send in a photo of your attempt to paint your nails while wearing a disposable glove!

Winner will be announced next issue!!

Email: AEspana@mcc.vic.edu.au

Deadline of Submission: 22 June, Monday

Hot lemon water isn't just for facial steams; it's also good to drink. While its tart taste and citrus scent perk you up, the drink also flushes out the liver, kidneys, and colon and revs up the bowels. So give your system the advantage of a fresh, clean start, and begin your day with a steaming cup of lemon water.

Simple Steps for Health
and
Well-Being!

Elements of *Glow*

Eat well.

Sleep.

Exercise, exercise, exercise!

Meditate.

Tend to your hair, skin, and
nails.

Breath consciously.

Laugh often.

Pamper yourself.

Don't worry.

Don't judge.

Slow down.

Pay attention.

Be kind.



Lemon—Water Elixir

What you need:

8oz. Water, Mug and Juice of
half a lemon.

- * Heat the water and pour it
into the mug.
- * Squeeze the lemon into the
water.
- * Sip, enjoying the tart and
tangy taste as the lemon
water flushes out your sys-
tem.

By: Andrea McCloud

gW

Craft Ideas!

More tutorials...

<https://www.youtube.com/watch?v=P9iTlixlVI4>

Grandmother's Favorite Dishcloth

with neat, slip-stitched edges

Gina Lynette's Take on a Traditional Favorite



This is my variation of a very old pattern. I like a slip stitch edge. So I sussed out a pattern with one. The nice thing about this pattern is that you only have to pay attention for about the first 4 or 5 stitches of each row. Then you can daydream, watch TV, read a book, or chat with a friend.

Yarn: Worsted or Aran Cotton - 35g for 8" square
Needles: Size 7 (4.5 mm)

Stitch Abbreviations:

K = Knit ♦ **S1PW** = Slip 1 Stitch Purwise
KFB = Knit Front & Back ♦ **YO** = Yarn Over
K2tog = Knit the next 2 Stitches together Knitwise

Pattern

Increasing:

Cast on 3 stitches
Row 1: S1PW, KFB, K (4 st)
Row 2: S1PW, K, KFB, K (5 st)
Row 3: S1PW, K2, KFB, K (6 st)

Row 4: S1PW, K2, YO, K across
Repeat Row 4 until you have 50 stitches on the needle. (This will make a cloth about 8" square.)

(You can make it whatever size you want. A small 5" square? Stop at 35 stitches and call it a wipe. Huge? Go until you have 200 stitches on the needles and call it a baby blanket. Using a specific amount of yarn? Leave slightly more than half to do the decreases.)

Decreasing:

Row 5: S1PW, K1, K2tog, YO, K2tog, K across
Repeat Row 5 until you have 7 stitches on the needle. (Yes, the last time through, you will be knitting together the YO from the previous row and a K stitch together.)

Row 6: S1PW, K2tog, K across

Repeat Row 6 until you have 3 stitches on the needle.

Two endings:

If you want a hanging loop

insert a 4.5 mm crochet hook through all three loops from the side opposite of the yarn. Remove the knitting needle and snug the three loops onto the crochet hook. YO and pull through all three loops. Chain 15 and attach to the corner with a slip stitch, finish off, and weave in ends.



If you don't want a hanging loop cut off the yarn leaving a 6" tail, thread the yarn through a tapestry needle and pull the thread through all three loops. Remove the knitting needle, pull the yarn snug, finish off, and weave in your ends.

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THE GOOD NEWS IN A NUTSHELL

- | | | |
|----|----------------------------------|--------------------|
| O | 1. Made to live with God forever | ALL GOOD |
| X | 2. Sin enters | SEPARATION / DEATH |
| # | 3. God's Plan to save us | RESCUE & REUNITE |
| + | 4. Jesus' death & resurrection | RESTORATION |
| ? | 5. A choice to make | ACCEPT OR DENY |
| ↔ | 6. Jesus' return & judgement | RESURRECTION |
| ↑↓ | 7. Heaven or hell | ETERNITY |



At the end of each day, thank yourself for just being YOU!

Dr. Nancy Snyderman

Cleaning Ideas!

8 Weird Ways to Make your Vehicle Shine



*Please use caution when trying these tips. Barche Family is not responsible for any damage caused.



2020 Calendar

NEXT EVENT IN PLANNING—

Bible & Breakfast

Venue and official date to be confirmed — 8:30am

See you next time—
Be Blessed everyone!!



Watch out for our next Issue!
Anyone is welcome to share
for our next *Inspiring Women*
Newsletter!

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



belong. love. grow.

IW^o