

*MCC*

# *Inspiring Women . . .*

*to love herself*

*to know God's love*

*to build relationship with others*

## **Inside this issue:**

Ladies August Celebrant

Testimony

LACE- bible and breakfast

Recipes

Devotions

Hello Plant Lover

Some Crafty fun

Monthly Newsletter—4th Edition **AUGUST**

Lovely Ladies, so valued and precious in the sight of God. A beautiful song you can listen to on YouTube is "So will I" If creation sings your praises so will I. We are hearing so much that is negative around the world at this time, but God is still very much in control over all things. More than ever we need to be wearing Gods armour daily. Ephesians 6. His love and care for us is always there. At a time of 'lockdown' again, we are never 'locked out' from being able to come into the wonderful presence of our God and Father. Lets use this time productivity by coming into His presence more. "If creation sings your praises so will I. Keep safe and well and enjoy this edition of our ladies magazine.



### Prayer Points:

- ◆ Pray for family, our church, neighbours, for strength and comfort during lockdown
- ◆ Pray for all the ladies who are in pain right now.
- ◆ Pray that God give us peace of mind everyday.

## EDITORIAL...

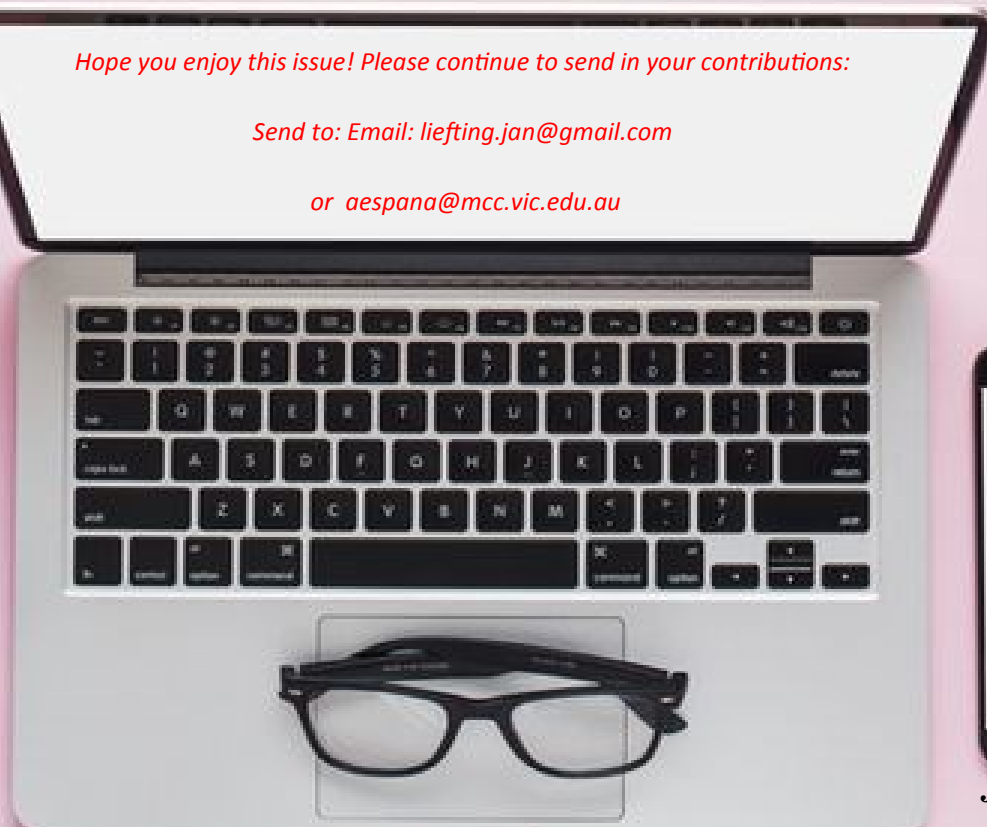


## Inspiring Women...

*Hope you enjoy this issue! Please continue to send in your contributions:*

*Send to: Email: [liefting.jan@gmail.com](mailto:liefting.jan@gmail.com)*

*or [aespana@mcc.vic.edu.au](mailto:aespana@mcc.vic.edu.au)*



**Jan Liefting**

**[liefting.jan@gmail.com](mailto:liefting.jan@gmail.com)**





3 Aug  
Yolly

Happy Birthday  
to an....



Amazing  
Women



28 Aug  
Nimmy

# Happy Wedding Anniversary!



Harvey &  
Jumellie

2  
YEARS

love.  
It always protects,  
always trusts, always  
hopes, always perseveres.  
Love never fails.  
1 Corinthians 13:7-8



Edwin &  
Bambie

35  
YEARS

Real love doesn't  
meet you at your  
best. It meets you in  
your mess.  
TheMindsJournal.com



Sam & Nimmy

33  
YEARS

# Testimony....

Shared by: Nimmy Justus



My husband Sam and I came to Australia in 1990. I am the only child of my parents and so it was hard for me to emigrate to Australia. But I knew in my heart that God's thoughts toward us are of peace and not of evil, to give us a future and a hope. We slowly settled in Australia as our two daughters were born here.

Then on an evening in November 2008 came the chilling phone call that my dad had gone to be with the Lord forever. I travelled to India and the experience was hard. Our house in Chennai was flooded due to heavy rains. I also became sick. But God (with the help of family) was with me and I came out of that trauma.

My mother got the permanent residency to live in Australia. She was living with us in 2010. Then she went to India for a visit, and I came in 2015 to live with us again.

Mum was a great help and was a blessing to us. She was a healthy and an active lady. Mum was also a prayer warrior.

It was a Saturday morning in March 2016. I heard my mother call me. She was saying that she had chest pain. Initially I thought that it was not serious but, in a few minutes, it was clear that it was serious and I walked her to the rest room and then sat her on the chair.

I felt the need to take her to the hospital. While I was getting ready, I heard a gasping sound; when I rushed to her aid ...she went down. I knew in my heart that she was gone. Mum had a massive heart attack.

Sam asked us to ring 000. Joanna rang 000. The person on the other end gave instructions to administer CPR. Our daughters Jemima and Joanna took turns to administer CPR. Two ambulances came immediately. About 3 or 4 paramedics tried hard to save her, but, mum had gone to be with her Lord in Heaven.

One of my mum's wishes was to be laid next to dad (dad passed away in 2008) in India. As we live in Australia, it was a long journey to India. My mother was good to all. After having the funeral and thanksgiving service in India, Sam, Jemima, Joanna and I came to Australia.

On arrival in Australia, I was blown away by the kindness shown by our family friends. They had purchased a rose plant bearing mum's name, Lolita Rose. (close to mum's name Lalitha Rose) Sam planted the rose plant next to mum's room and the rose plant is a living memory of my mother.

My mother brought me in the ways of the Lord. She was always there for me in my good times and bad. She nurtured me; mum and dad gave me good education and brought me up in the ways of the Lord. I am the person I am because of my parents. I miss my mum every day, but, I look forward to the day when we will be united with our loved ones forever in Heaven.

Death of a loved one is hard to understand and experience. She is here one moment and the next moment she is gone. One moment she is here helping me with cooking, feeding the cat etc. and the next moment she is gone forever.

I went into a state of depression. Torturing thoughts like 'could haves' and 'should haves' battered me. Only with the help of family and friends did I come out of this sad state.

I clung onto God. His words comforted me.

"For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first.

Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.

Therefore comfort one another with these words". I Thessalonians 4:16-18

I look forward to the day when my family and I will be united with our loved ones in Heaven forever.

**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](mailto:liefting.jan@gmail.com) or [aespana@mcc.vic.edu.au](mailto:aespana@mcc.vic.edu.au)**





# Bible & Breakfast

*Set yourself the table for breakfast of your favourite things and spend time with the Jesus as you  
"Taste & See That The LORD is Good".*

*Be sure to take a photo and send to Amie so we can share the blessing of spending time with Him.*

When you think of your mother or grandmother's house, what food tastes come to mind?

Can you smell it – let alone taste it? How good is it?

When we recall pleasant food experiences, we're more likely to try that same food again.

Both food and taste buds are God's gift to us.

The Psalmist invitation is:



When we taste the Lord's goodness and experience His love, protection, direction, peace, forgiveness, wisdom, and more - *He is good*. This leaves a memory within us and guides us to keep coming back to Him.

Taking refuge in the Lord indicates we trust Him—whether our situation or circumstances are good or bad. We can run to Him for the little things in life, the big ones and leaning on God during those hard situations are when we truly taste and see His goodness the most.

Elsewhere in Scripture we read that God's Word is as sweet as honey (Ps. 19:10 and 119:103), and Jesus said that He Himself is the bread from heaven that gives life to the world, and "whoever eats this bread will live forever" (John 6:51). In 1 Peter 2:2–3 we're encouraged to continue craving the pure and sweet Word of God since we have already tasted the kindness of the Lord. -

Scripture and time with Jesus is not only spiritually nourishing but also satisfyingly sweet! And as we feast – in this case have breakfast, we're teaching our souls to keep coming back for more.

If you haven't yet experienced the sweetness of God's Word, you are in for a treat. Today the Lord is inviting you to taste His goodness and delight your soul in Him.

Like children in your mother or grandmother's kitchen, let us relish the simple pleasures of His Word.

In Psalm 34, David calls for praising God in all circumstances and encourages others in this, too. We find assurance that He hears our prayers and that He delivers us from our troubles. The context also includes a call to fear the Lord and reassurance that His eyes are on His righteous ones. God sees and hears us and that He takes care of His righteous ones.



# Bible & Breakfast

## **Actions: Will You Taste and See That the Lord is Good?**

Trusting God is like biting into a vibrantly colored piece of fruit that drips sweet, mouth-watering flavor. Watching the sun set on the horizon as it washes the sky with jaw-dropping pinks, yellows, oranges, and reds is like seeing His goodness in an unforgettable way. The choice is personal—one-on-one with God.

Today, will you taste and see that He is good?

Read the psalmist's words above again (Ps. 34:8) and rewrite them in your own words as a personal invitation.

Taste and see for yourself that the Lord is good. And then keep coming back each day for more of Him.

*Special breakfast for two - You and Jesus!  
Taste and see that the Lord is Good.*

Carolyn Andrews  
cdandrews68@gmail.com

# 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.*





# SEASONS FOR GROWTH

By Dawn Pryor

Every season comes with blessing  
Whatever days of sunshine or of rain  
In happiness or hearthbreak  
Each morning, a time to start again.

During the changing time of autumn  
When the skies move from blue  
When the leaves change their colours  
God begin a fresh work anew.

Then winter morning grip us  
With the cold, dark and grey  
A time to dig our roots a little deeper  
And hold onto Jesus come what may.

Before we know it spring around us  
And our hope comes into bloom  
We are bathed once again in sunshine  
As God brings us into truth.

And then finally there is summer  
Longer days and nights ahead  
When we're reminded again of the blessing  
Of a life that's Spirit led.

So in every season God is with us  
From the dark until the dawn  
He plants, prunes and picks us  
Until now life is born.

# RECIPES!

## HEALTHY WHOLE WHEAT PANCAKES

### INGREDIENTS

- 1½ cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 1/4 cup milk or buttermilk
- 2 tablespoons honey
- ¼ cup unsweetened applesauce
- 2 large eggs



### INSTRUCTIONS

1. In a large mixing bowl, sift together flour, baking powder, baking soda, and salt.
2. Whisk in buttermilk, honey, applesauce, and eggs just until combined.
3. Preheat a flat griddle over medium-high heat.

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

## EASY HOMEMADE GARLIC BREAD

- 1 large loaf of French bread, bakery-style (unsliced)
- 1/2 cup salted butter, softened to room temperature (If using unsalted butter add about 1/4 teaspoon salt, or more to taste) or other vegan butter substitute
- 3 cloves fresh garlic, crushed and pressed (substitute 1 1/2 teaspoons garlic powder, if desired)
- 1 1/2 teaspoon dried parsley or fresh chopped parsley, if desired

1. Preheat your oven to 400 degrees Fahrenheit.
2. Slice the French bread into 3/4-inch slices.
3. In a small bowl, combine the butter, garlic and parsley until the mixture is smooth and well combined.

4. Spread a generous amount of the butter mixture onto one side each of the slices of French bread and place them back into the shape of the loaf (this will ensure there is some of the butter mixture between the slices).

5. Wrap the loaf tightly in aluminum foil and bake on a baking sheet for 20-25 minutes, or until the crust is crispy and the butter has melted and soaked into the bread.

6. Serve immediately with your favourite Italian dish.





# RECIPES!

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

## BROCCOLI AND MUSHROOM STIR-FRY

*This **Broccoli and Mushroom Stir-Fry** is so flavorful and easy to make. Tasty and healthy, this dish is ready in less than 10 minutes!*

### INGREDIENTS!

- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sugar
- 1 tbsp oil grapeseed, avocado, canola, etc.
- 2 tsp. minced ginger
- 2 garlic cloves, minced
- 1/4 tsp. red pepper flakes
- 1 lb. broccoli florets
- 10 oz. sliced mushrooms
- 1/4 cup water
- 1/2 tbsp toasted sesame seeds, to garnish

EAT  
GOOD  
FEEL  
GOOD



### INSTRUCTIONS!

1. In a small bowl, mix together the soy sauce, vinegar, and sugar until the sugar completely dissolves.
2. In a large non-stick skillet, heat the oil over medium-high heat. Then, add the garlic, ginger, and red pepper flakes. Cook for
3. Add the broccoli, mushrooms, and water. Stir-fry for about 5-7 minutes, or until the veggies start to brown and reach the desired doneness.
4. At this point, add the soy sauce mixture and cook for another minute. Sprinkle the Broccoli and Mushroom Stir-fry with toasted sesame seeds and serve.

### HELPFUL TIPS AND TRICKS

- **Cut the veggies uniformly.** To help cook the vegetables at the same rate, make sure to cut the broccoli and mushrooms into same-sized pieces.
- **Prep the soy sauce mixture first.** Make the soy seasoning before you start frying, because once you start cooking the veggies, you'll need to pay attention to them as they fry.
- **Add cashews.** Cashews make a wonderful addition to this dish. They add a nice crunch and flavor. If you decide to add them to your stir-fry, add the cashews in Step 3 at the same time as the soy sauce mixture.

Eat

Drink

Smile!



# Devotion...

## The Walls of Jericho

As I was listening to 'Do It Again' by Elevation Worship, a song inspired by the Walls of Jericho, the lyrics spoke to me. It opens with *Walking around these walls / I thought by now they'd fall*. In this difficult time with COVID-19, many of us may have had a similar thought, that this virus should have been over by now, or at least, the lockdowns. It is easy to feel impatient, unsure, or even scared because of the situation. However, the song keeps going, *But you have never failed me yet / Waiting for change to come / Knowing the battle's won / For You have never failed me yet*.

Joshua 6:1-5 says: <sup>1</sup> Now the gates of Jericho were securely barred because of the Israelites. No one went out and no one came in. <sup>2</sup> Then the LORD said to Joshua, "**See, I have delivered Jericho into your hands, along with its king and its fighting men.** <sup>3</sup> March around the city once with all the armed men. Do this for six days. <sup>4</sup> Have seven priests carry trumpets of rams' horns in front of the ark. On the seventh day, march around the city seven times, with the priests blowing the trumpets. <sup>5</sup> When you hear them sound a long blast on the trumpets, have the whole army give a loud shout; **then the wall of the city will collapse** and the army will go up, everyone straight in."

God had declared victory for Joshua and the Israelites before the walls fell, before God had even instructed them what to do, He had already declared victory. During this time where a lot of things are unknown, I want us to remember that one thing is for sure, with God we already have the victory. Before we were even instructed to be back to another six weeks of lockdown. Before we were even mandated to wear masks. Before Coronavirus even existed, God had already declared the victory.

The Israelites had their own struggles with unfaithfulness (Joshua 7), despite God's promise. And so do we – not being able to see family, possible loss of income, and a total readjustment of our daily lives. These struggles may cause us to lose confidence in God's Word. However, we must learn from the Israelites, as they spent an extra forty years in the wilderness because of fear and unbelief (Hebrews 3). Whenever we feel unsure or afraid, we must seek God for His instructions and obey Him, knowing that in doing so, He had already won the victory for us. With Him, we have been made victorious, in the past, in the present, and in the future.



Shared by Lanier





SOME COLOURING

FUN!



# Orange Bath Salts Recipe

Great for gifts, or make up a batch for yourself to relax after a long day. A great way to turn your own bathroom into an orange scented spa retreat.

## Supplies

- 1 cup Epsom salt
- 1 tablespoon baking soda
- 4 drops orange essential oil
- Mini mason jars or other glass container
- Scissors
- Measuring cup
- Spoon

Colorants optional

## Instructions

Add 1 cup of Epsom salt to a container.

Stir in 1 tablespoon of baking soda.

Then add four drops of orange essential oil and stir well. Add a few drops of colorant if you choose. Be sure to look for colorants that are safe for bath and body products.

Add this mixture to mini mason jars or other glass container. Note that each recipe will make enough for three of these small jars.



Taken from: *Author: Angie Holden*

**When in doubt, take a bath. It can calm your mind, relax your tired, tense body, and soothe your stress *with*. Baths are as necessary for spiritual *replenishment* and centering as are *prayer* and *meditation*.**

**-Sarah Ean Breathnach**

## RIDDLES

**1. Riddle:** What has to be broken before you can use it?

*Answer: An egg*

**2. Riddle:** I'm tall when I'm young, and I'm short when I'm old. What am I?

*Answer: A candle*

**3. Riddle:** What month of the year has 28 days?

*Answer: All of them*

**4. Riddle:** What is full of holes but still holds water?

*Answer: A sponge*

**5. Riddle:** What question can you never answer yes to?

*Answer: Are you asleep yet?*

**6. Riddle:** What is always in front of you but can't be seen?

*Answer: The future*

**7. Riddle:** There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What colour are the stairs?

*Answer: There aren't any—it's a one-story house.*

**8. Riddle:** What can you break, even if you never pick it up or touch it?

*Answer: A promise*

**9. Riddle:** What goes up but never comes down?

*Answer: Your age*

**10. Riddle:** A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?

*Answer: He was bald.*

**11. Riddle:** What gets wet while drying?

*Answer: A towel*

**12. Riddle:** What can you keep after giving to someone?

*Answer: Your word*



# HelloPlantLover!

## Why You Need Plants in Your Life

INDOOR PLANTS DON'T JUST LOOK GOOD, THEY MAKE US FEEL GOOD MENTALLY AND PHYSICALLY, TOO.

Studies have shown indoor plants:

- Boost mood, productivity, concentration and creativity
- Reduce stress, fatigue, sore throats and colds
- Clean indoor air by absorbing toxins, increasing humidity and producing oxygen
- Add life to a sterile office, give privacy and reduce noise levels
- Are therapeutic and cheaper than a therapist

## 18 Best Houseplants for Beginners (Easy to Grow)

Not everyone has a green thumb right away. Gardening takes a bit of practice to perfect and keep your plants alive, so if you are inexperienced, you may not want to start with plants that require a lot of maintenance. Instead, shoot for hardy plants that will tolerate you forgetting to water them, tolerate any type of light, and are easy to grow in general.

In this guide, I have included 18 houseplants that are great for a gardener who is just starting out.

### 1) SPIDER PLANT

The [spider plant](#), which grows best in zones eight through 11, is a plant that is found in many homes because it is so easy to grow. They require well-drained soil and indirect sunlight to thrive, and once they are done blooming, the flowers will turn into [spiderettes](#) that can be replanted.



### 2) SNAKE PLANT

This is a plant that is great for a novice gardener in zones nine through 11. [Snake plants](#) are very easy to grow; it does not require a lot of light and rarely needs to be watered. This is also a great houseplant because it removes toxins from the air.



### 3) ALOE

As a medicinal plant, this is an ideal plant for a beginner to grow in their home. This is a plant that prefers a lot of light with well-draining soil. Since this is a plant that prefers the sun, you can expect it to grow best in zones eight through 11.



**Do what makes you happy!**

- continuation on our next edition!

<https://blog.gardenloversclub.com/houseplants/plants-for-beginners/>

IMPROVE CONCENTRATION



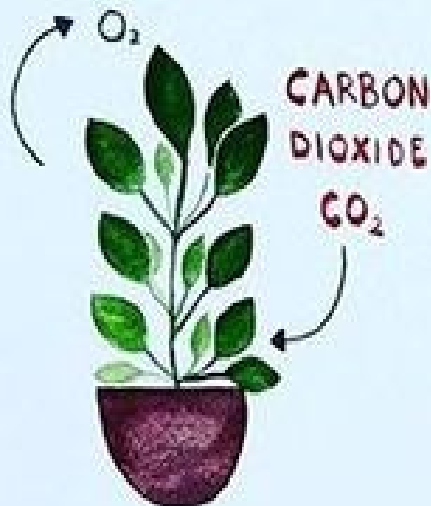
VISUAL BEAUTY

REGULATE HUMIDITY

WHY PLANTS



OXYGEN



MAKE

PEOPLE

HAPPY ?



RELEASE OXYGEN

AND ABSORB CARBON DIOXIDE. THIS NOT ONLY FRESHENS UP THE AIR BUT ALSO ELIMINATES HARMFUL TOXINS.



PLANTS ARE

FRIENDS

TALK TO THEM

BOOST YOUR MOOD



*Scripture for the month . . . . .*


Heaven and  
earth will pass  
away, but my  
words will never  
pass away.  
Mark 13:31





laugh  
**out**  
loud

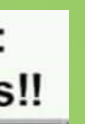
**Kids** returning to school  
after **Corona**

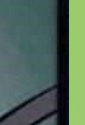


2 books + 2 books = ? 

4 books 

3 books + 3 books = ? 

6 books 

1,345 books + 790 books = ? 

Library

How Do You Eat Your Chicken?

A B C



Elize R Budhram  
Where is d  
9m Like Reply



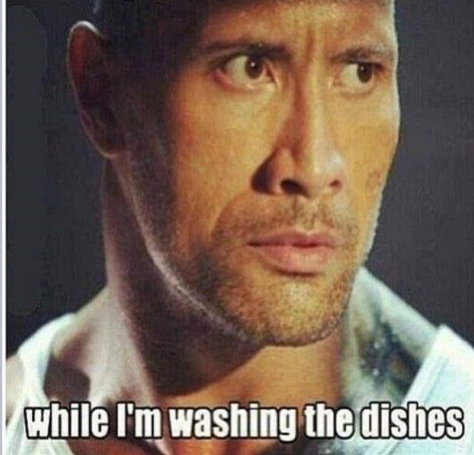
**The New Norm**

Me laughing at my own  
joke before telling it..

**New seatbelt design:  
45% less car accidents!!**



When somebody adds another  
plate to the sink



while I'm washing the dishes

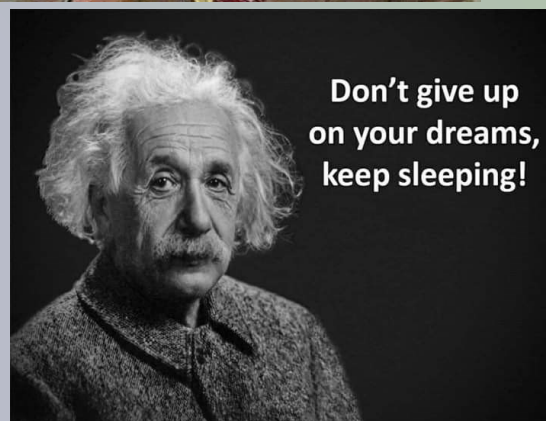
Me after I eat all of  
my quarantine  
snacks in one night



I changed all my passwords to "incorrect".



So whenever I forget, it will  
tell me "Your password is incorrect."



Don't give up  
on your dreams,  
keep sleeping!

**2020**

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Q U A R A N T I N E

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**WHEN A WOMAN SAYS "WHAT?"**

It's not because she  
didn't hear you. She's  
giving you  
a chance  
to change  
what you said.



DespicableMeMinions.org



# The important things in Life

By STEPHEN LITTLE

A philosophy professor stood before his class with some items on the table in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about 2 inches in diameter.

He then asked the students if the jar was full. They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was. The professor picked up the box of sand and poured into the jar. Of course, the sand filled up the remaining open areas of the jar.

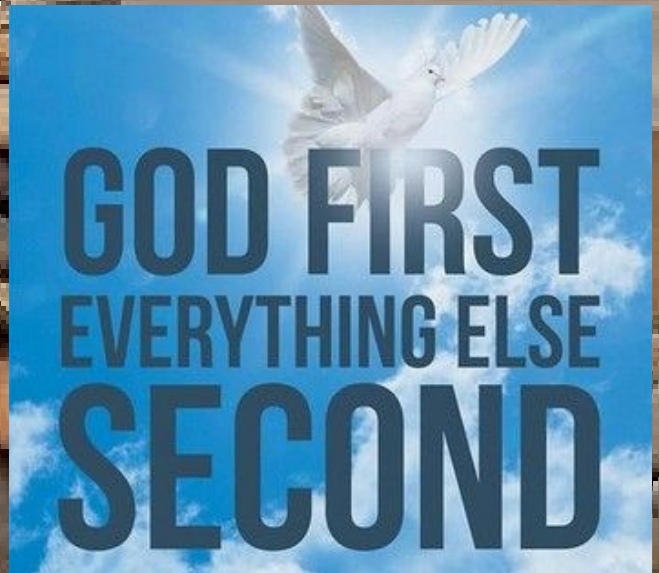
He then asked once more if the jar was full. The students responded with a unanimous "Yes." "Now," said the professor, "I want you to recognize that this jar represents your life. The rocks are the important things— your family, your partner, your health, your children—things that if everything else was lost and only they remained, your life would still be full. The pebbles are the others things that matter— like your job, your house, your car. The sand is everything else, the small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the

things that are important to you. Pay attention the things that are critical to your happiness. Play with your children. Take your partner out dancing. There always be tome to go to work, clean the house, give a dinner party, or fix things." "Take care of the rocks first—the things that really matter. Set your priorities. The rest is just sand."

Faith does not mean trusting God to stop the storm, but Trusting Him to strengthen us as we walk through the storm. Amen

Fear activates the devil, faith activates God.





# Some Crafty Fun . . . . .

## Easy No-Sew DIY Face Mask with Bandana and Elastic Bands

You do not have to have any DIY or craft experience to make this mask. If you can fold a napkin in half, you have the skills required for this tutorial! it takes under a minute to make this easy diy no-sew face mask!

And if you don't have the listed materials, you can improvise with other types of fabric and other ways to secure the mask to your face. Suggested substitutions are listed below. Stay safe and healthy!

### What you will need to make the Easy No-Sew DIY Face Mask

Taken here: <https://www.kristinomdahl.com/whats-new/diy-no-sew-face-mask-tutorial?rq=Bandana%20mask>

Note: I used a 22 in cotton bandana but you could also use a 22 in square piece of breathable fabric - or cut a square out of an old t-shirt or bed linens. If your ears are uncomfortable with the elastic, you could also add a ribbon to tie the entire mask behind your head to secure. You could also add a filter to the inner folds of this face mask.



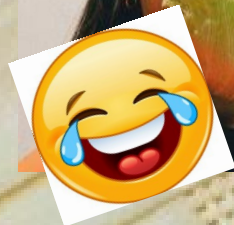
Cool  
Yeah!:)



O  
R

TADAHHHHH!:)

Another option???:)...







## YOU ARE NOT ALONE!

The LORD replied,  
"My Presence  
will go with you,  
and I will give you  
*rest*"  
(Exodus 33:14 NIV)



## MCC Inspiring Women

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

[www.mcchurch.com.au](http://www.mcchurch.com.au)

Contact us: 03 97476699

Email: [liefting.jan@gmail.com](mailto:liefting.jan@gmail.com) or [aespana@mcc.vic.edu.au](mailto:aespana@mcc.vic.edu.au)

