

MCC

Inspiring Women . . .

to love God

to know God's love for her

to share this love in building relationship with others

INSIDE THIS ISSUE:

Testimony

LACE

Recipes

Devotion

Competition Winner "GUESS WHO?"

Cleaning Tips

Scripture for the month

JUST FOR KIDS!

Monthly Newsletter—6th Edition **October**

EDITORIAL..



Hello dear friends and Sisters in Christ.

It's a beautiful spring day and as I sit looking out of my window, I contemplate on all I can see. The magnificent blossom on the trees, all the buds on the plants ready to spring into new life. The soft gentle breeze, the magpies busily gathering everything they need to build their nests (even the lining in my hanging baskets) with the anticipation of what is to come. New life, new birth, new beginnings. All focused and hopeful for what is coming.

What are you focused on at the moment? Things of this world that would rob us of our fullness of life in Christ. The problems and tribulations of this world as we know it are never ending.

Or are we focused on what God says John 10:10. Knowing that He will never leave us or forsake us. Deuteronomy 31:6. Knowing and experiencing His peace in all and every situation. Isaiah 26:3.

God is outside of this world. He is bigger than it, greater than the greatest problems we face and more powerful and loving than anything man can come up with. Jesus overcame the world. John 16:33. We need to be continually reminding ourselves of that fact and living in that victory regardless of what this world throws up at us. 2 Corinthians 2:14.

Take some times to read the scriptures listed here and continually remind ourselves and each other of what God's word says so we can be the women He created us to be.

Look forward with hope and anticipation. As spring produces this new life all around us, let us allow it to grow in us for all that is to come.

Be thankful, be joyful, be encouraged and be at peace.

Much love,
Jan Liefing
liefing.jan@gmail.com



Prayer Points!

1. Praise God for His goodness in your life
2. Pray for our leadership — over our church and over our nation.
3. Pray for your family and friends — name them individually.
4. Please pray for the 3 people waiting to undergo surgery



MCC Inspiring Women
is a ministry of
Melton Christian Church
www.mcchurch.com.au
Phone
03 97476699

Inspiring Women...



belong. love. grow.

You are good.

You are wild and unique.

You are a delight to your God.

You are made for climbing mountains.

You are just patient enough.

You are designed to be kind.

You are seen, and every detail of your heart is known by God.

You are worthy of admiration.

You are worthy of attention.

You are worthy of affection.

You are more valuable than chests of golden treasure.

You are ready.

You are clarity in the confusion.

You are flavor when the day is bland.

You are not making mistakes, just discovering the best way to do things.

You are the target of God's love.

You are the only one who knows how to be you.

You are the one God trusts with your life.

You are equipped for the task that feels too big.

You are being anointed for everything God has appointed you to.

You are far more intelligent than you realize, and your brain is a wonder.

You are the intention of God's heart for this day and age.

You are covered in glory.

You are destined for promises.

You are crushing despair with every step of hope.

You are at your best when you rest in Him.

You are right on time, not a minute too soon and not a minute too late.

You are exactly where you need to be. Exactly. Exactly there.

You are not really afraid.

You are shaking loose the blessings of heaven when you overcome setbacks by faith.

You are surrounded by people who care about you more than they can say or show you.

You are leading the next generation to life.

You are making a big difference.

You are pulsing with the creative energy of the Holy Spirit.

You are carrying miracle-making words in your mouth.

You are a brushstroke of the Artist Almighty.

You are *good*.

He said so in the beginning, and nothing will ever change that.

Forwarded by Chrissy Micallef!

Thank you:)



Testimony....

Shared by: Lanier Cruz



When I was little, it was my dream to be a teacher. I was blessed with two teachers as my parents and I grew up going with them to work, even before I was old enough to go to school myself. As a student, I loved learning and was grateful for every opportunity to help my classmates. I knew in my heart that teaching was what I wanted to do when I grew up.

After I finished primary school, my family migrated to Australia. My parents had to give up teaching and started completely different careers as we began a new season of our lives. Settling into a new country with a totally different culture and even learning another language was extremely challenging.

I spent my first few years in Australia almost completely silent. I did not speak unless I was spoken to. It was a struggle to understand the Australian accent and the fast way of speaking did not help. I had limited English vocabulary and it was exhausting having to keep translating in my mind all the time, so I tried to stay away from conversations that required me to say anything more than *yes* or *no*. Although I did not do much talking, I did a lot of thinking throughout those years. I felt that just as my parents did, I also had to give up my dream of being a teacher. *I could not even make friends, how could I teach?* I thought. I spent most of my secondary school trying to figure out what I should do after I graduate. I even tried to convince myself to go into engineering or science because I thought that those fields would not require as much communicating as teaching.

On my final years of high school, I was a part of the Student Leadership Team, which really helped me build up my confidence again. I started to speak up more. I also started working in a retail shop and I kept getting compliments on how good my English was. One day, I was just having a haircut and the Vietnamese man who was cutting my hair for me asked me how I improved my English so quickly when he apparently had been in Australia for almost twenty years and was still struggling with the language. That conversation and the combination of small but meaningful interactions with other people sparked my interest in teaching again. I really wanted to help other people who were also going through what I experi-

enced. In those times that I was full of fear and self-doubt, I truly believe that God had sent every person, who has inspired me to pursue my dream of being a teacher. No matter how big or small their part in my journey was.



Now, I am currently finishing my master's in teaching English to speakers of other languages. I am also working in a Christian school, running Literacy interventions with students who have English as another language and those with special learning needs. I feel so blessed to be exactly where I am now. I now know that this is what God wants me to be doing. This is not just a dream come true but an answered prayer. I truly believe that I have found my purpose to bring glory to God through my life. I wanted to share this testimony because I believe that when God

wants us to do something, he is usually clear about it. It is us, with our human nature, that blocks clarity with our own fear and doubts. Despite all that, God is still faithful and continues to guide and lead us where we are meant to be.

LACE October

Restrictions are still in place and we are unable to meet as a group - this month we are going to coffee & cake over Zoom. Link will be messaged to you.

Join in on
Sat 17th
From 2pm

Contact Carolyn 0414 946 342

Pray

Encourage &

Edify

blessed.

RECIPES!

Mini Carrot Cupcakes

This recipe was contributed by
Carolyn Andrews

Ingredients:

200gm brown sugar
200gm plain flour
200ml Sunflower oil
200gm grated carrot (finely grated)
100gm chopped mixed nuts (walnuts; almonds; pistachio)
½tspn baking powder
½tspn bi-carb soda
½tspn cinnamon
¼tspn ginger
2 eggs
Vanilla essence



Happy Tummy!

Method:

1. Mix together – eggs, oil, sugar and vanilla essence.
2. Add sifted dry ingredients to above mixture.
3. Add grated carrots and mixed nuts.
4. Spoon into mini patty pan cases – no more than 2/3rds full.
5. Bake in preheated oven – 170° degrees for 20 minutes or until.
6. Be prepared – the mixture will make about up to 40 little cakes.

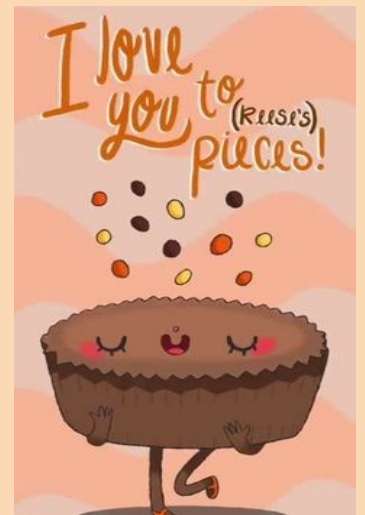
Icing:

350gm sifted icing sugar
75gm butter
150gm cream cheese
For a lemon taste – add grated lemon rind and juice (to your taste)

1. Using mixer on low speed beat icing sugar and butter then add cream cheese and slowly increase speed to full and beat for 4-5minutes.
2. Add to piping bag and pipe on top of cooled cakes.
3. Sprinkle with mixed chopped nuts.

Note:

Store in container in fridge – bring to room temperature to serve which brings out the flavour.



RECIPES!

Meringue Cake (fondly known as Table Tennis Cake)

The story behind the nickname of this cake comes from when my parents would play table tennis with friends. My mum always made this cake for game day – hence the name. It's the only name I knew the cake as until she gave me the recipe.

This recipe was contributed by
Carolyn Andrews

Happy Tummy!

Ingredients:

2oz butter
1/2 cup sugar
1 cup self-raising flour
5 tbs milk
2 egg yolks
Vanilla essence & pinch of salt

Method:

Cream butter and sugar together until pale.
Add egg yolks, milk, flour, vanilla and salt then combine together.
Spread into cake tin – round tin with hole in middle as shown.

Topping:

2 egg white
1/2 cup sugar
1/2 cup coconut
Vanilla essence

Beat egg whites until stiff, add sugar and beat until combined.
Fold in coconut and vanilla.
Place on top of cake mixture and bake in moderate oven for 45 minutes or until cooked.



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

*As a mother, my job is to take care of the possible and trust God
with the impossible.*

-Ruth Bell Graham-

RECIPES!

Homemade Cinnamon Rolls!

INGREDIENTS

Dough

- 1 cup warm milk
- 1 Tablespoon instant dry yeast
- 2 Tablespoons white granulated sugar
- 1 teaspoons salt
- 3 Tablespoons salted butter softened
- 1 large egg
- 3 cups all-purpose flour

Filling

- 1/2 cup salted butter melted
- 1 cup brown sugar
- 1 – 2 Tablespoons cinnamon or to desired taste

Glaze

- 6 ounces cream cheese softened
- 1/4 cup salted butter softened
- 1 – 1 1/2 cups powdered sugar
- 1/2 teaspoon vanilla extract
- 1 – 2 Tablespoons milk

INSTRUCTIONS

1. In a stand mixer, combine warm milk, yeast, sugar, salt, butter and eggs. Add flour. Start with 2-3 cups of flour and increase amount if needed. Using a dough hook, mix starting on low speed.
2. Once flour begins to incorporate, increase the speed to medium. Dough should begin to pull away from the sides of the bowl. If it does not, you may need to add more flour as necessary. Dough should be somewhat sticky, but not so much that it sticks to your hands. Amount of flour is always an approximation as many factors can effect the consistency of the dough. You should go by more of the feel of the dough.
3. Place the dough in a lightly greased bowl. Cover with a towel and let rise until double in size (approximately one hour).
4. Using your counter top or a pastry mat, punch down the dough and roll into a 12 inch by 18 inch rectangle.
5. In a small bowl combine brown sugar and cinnamon. Brush the dough with melted butter and sprinkle with sugar and cinnamon mixture. Roll up tightly lengthwise so you have one long roll or log. Cut into 12 one-inch slices. a serrated knife or plain dental floss work best for cutting into slices.
6. Lightly grease a 9×13 baking dish and place the slices in the dish. Cover and let rise for another 30 – 45 minutes.
7. Preheat oven to 325 degrees and bakes rolls for about 14 minutes or until the tops are lightly browned. Cooking time is approximate and varies from one oven to another.
8. While cinnamon rolls are baking, make the cream cheese glaze. Whip together cream cheese and butter until light and fluffy. Add in powdered sugar and vanilla and mix. Add enough milk to make it your desired drizzling consistency.
9. Frost cinnamon rolls while still warm. Rolls are best when served immediately. Cool and store for up to 5 days.



RECIPES!

EASY FRIED RICE

INGREDIENTS

1. 2 Eggs
2. 6 oz Frozen peas and carrots
3. 8 oz Cubed Ham
4. 1/4 cup Soy Sauce
5. 1 1/2 cups White Rice cooked and cooled (perfectly overnight in fridge)

INSTRUCTIONS

1. Turn on stove burner to medium high. Add 2 tablespoons water to wok or skillet of choice, and add peas and carrots to cook.
2. While vegetables are cooking, scramble two eggs in separate skillet.
3. Once vegetables are cooked through, roughly 10 minutes, turn temperature down to medium. Add 1-2 teaspoons soy sauce, eggs and ham. Cook just until ham is warmed through, about 2 minutes.
4. Add cooked rice and remaining soy sauce and stir fry until everything is incorporated and cooked to desired temperature. Serve immediately.
5. Add more or less of each ingredient as desired for taste



19 Incredible Health Benefits of Bananas

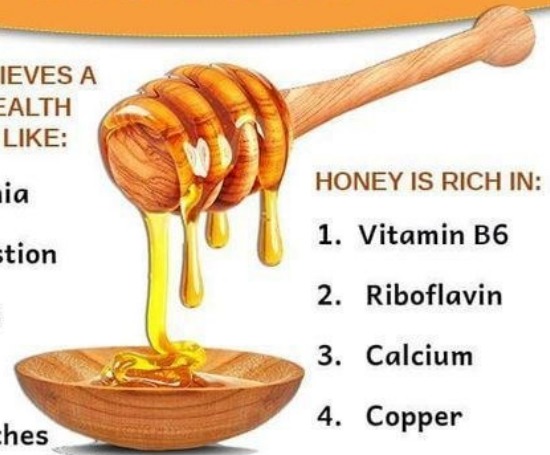
1. Lowers Blood Pressure
2. Prevents deficiency disorders
3. Keeps skin healthy
4. Boosts energy levels
5. Soothes stomach
6. Controls body weight
7. Relieves muscle cramps
8. Hangover relief
9. Regulates bowel movement
10. Pre-workout food
11. Combats depression
12. Anti-oxidant
13. Helps digestion
14. Lowers chances of asthma
15. Acts as anti-aging agent
16. Helps patients recover from diarrhoea
17. High calcium prevents bone degeneration and cancer
18. High Potassium prevents heart attack
19. Lowers morning sickness in pregnant women



WHY YOU SHOULD HAVE MORE HONEY

HONEY RELIEVES A HOST OF HEALTH PROBLEMS LIKE:

1. Insomnia
2. Indigestion
3. Coughs
4. Colds
5. Headaches
6. Fatigue
7. Anemia
8. Acne
9. Ringworm
10. Eczema



HONEY IS RICH IN:

1. Vitamin B6
2. Riboflavin
3. Calcium
4. Copper
5. Iron
6. Magnesium
7. Phosphorous
8. Potassium
9. Sodium
10. Zinc

Always create happiness in your heart and in your mind!

Devotion...

Shared by: Mary Ann (Bambie) Esnaola



2 Corinthians 1:3-5 Praise to the God of All Comfort

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. ⁵ For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

The arrival of 2020 was met with enthusiasm and anticipation, the start of a new decade. Businesses were very optimistic, and my workplace was no exception, things were going to plan in January but towards the middle of February there were undercurrents of fear and uncertainty among our two overseas factories which eventually had to shut down indefinitely. Back then we thought this virus will not affect Australia, we can still manage, however things escalate quickly, and projects were put on hold then towards the end of February, the inevitable happened, redundancies were announced. By March we were already transitioning to work from home. It is really happening, it is now a pandemic and there was the fear of the unknown

My anxiety level was on an all time, high and I didn't want another nervous breakdown. On many occasions in the past I always read out loud Psalms 91, it is about trust and abiding in the presence of God. When I get to verse 5,6,7,8, a sense of peace comes over me. I know His presence is always there with me. The words are a comfort to my troubled mind and tired body. However, the thoughts of my other workmates who are not coping well came to mind. I thought of the workmates who lost their jobs, I did not even say goodbye. Who will be Jesus to them if they don't see me as someone who truly cares and empathizes with them.

As Christians we need to be seen and heard without being overbearing or condescending. My workmates know that I am a Christian. I decided to reach out and send regular messages to see how they are and offer my time if they need someone to talk to. I always close my messages by saying I care and will be praying for them.

We need to be refreshed and in filled daily with the Holy Spirit otherwise we will get burnout by the sorrows and troubles we hear. I make it a point to read the Bible and study the scripture daily and go to the secret place where I can pour out my heart to God. When we go to His word, that is when we get revelations and a fresh anointing

These are unprecedented times and more than ever we must show that we care, however contrary to caring is apathy. Spiritual apathy is currently a condition affecting many believers due to isolation and the lack of face to face fellowship. If we are experiencing this, we need to pray and repent and ask God for a fresh anointing to lead us back to the joy of our salvation. If the feeling of apathy is hard to shake off, look for trusted people to confide in, better still is to seek our Church Pastors or Christian brethren. We need to force feed our spirit with the words of God, listen to uplifting Christian music, podcasts and testimonies.

Take heart, God is in control of everything including this pandemic. How we will get out of this will be defined by our level of trust in Him. However, God is faithful, in Hebrews 13:5 it says "He will never leave us or forsake us". There are number of promises about His faithfulness that we can always go back to and claim in whatever situation we are in.

Finally, I want to share a revelation God has given me:

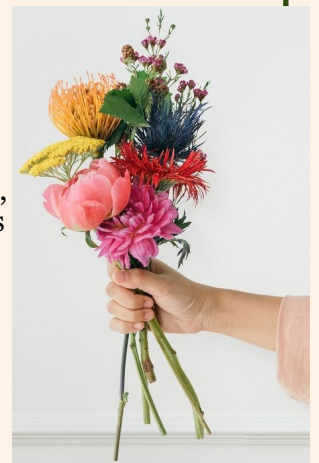
One day after working long hours on the computer, I was resting and asked the Lord, "when are we going back to normal and how it was before?" And He said "No, all things will be NEW and how it was before is now behind us"

Whatever lies before us only God knows but as His children, we have the blessed assurance of being redeemed in Christ. We have the blessed hope that gives us encouragement and enablement we need to live our lives daily until Christ's return

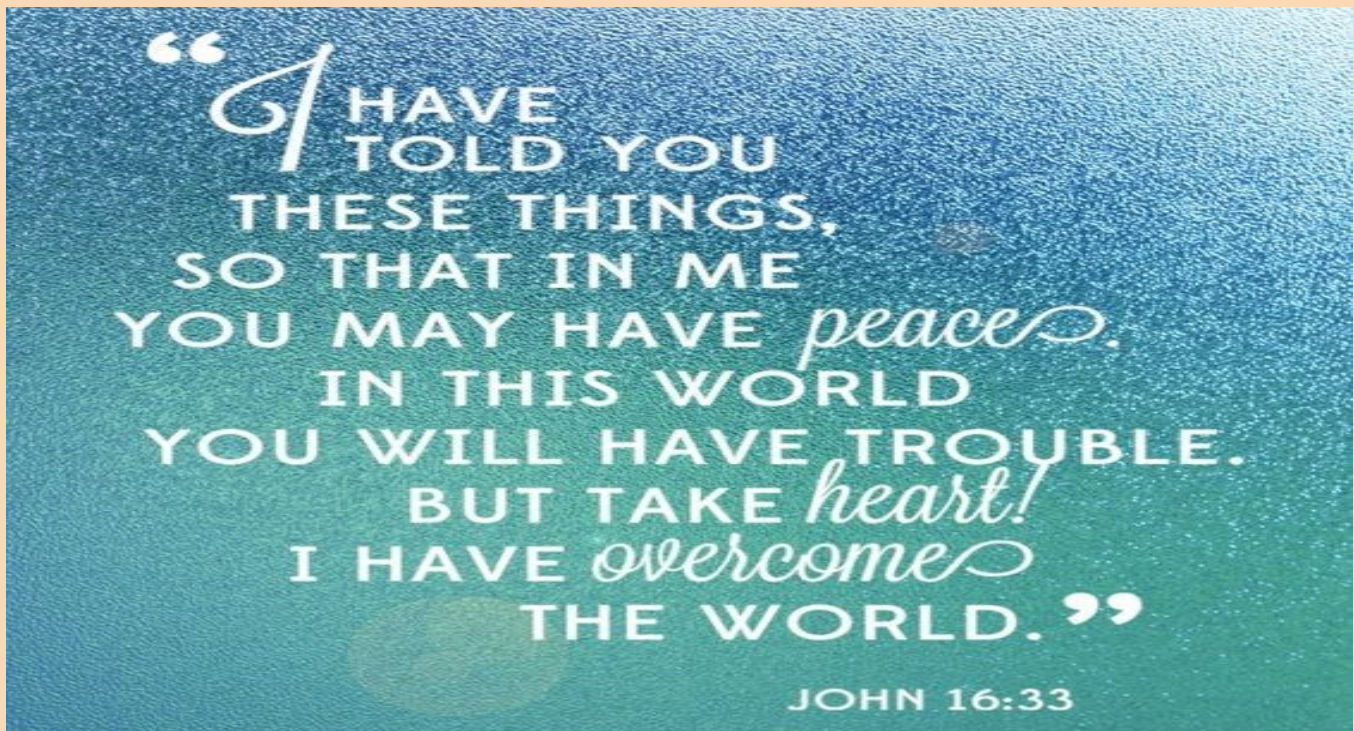
Isaiah 43:18

New International Version

18 "Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.



Experiencing God's Peace By Living in the Now



Having an attitude of peace and calm is priceless. It's an attitude that says, 'I'm trusting God,' and it speaks powerfully to people. But it takes time, focus, and the grace of God to be consistently peaceful.

Too often our stress level is tied up in our circumstances. You could be stressed because you're always busy or you're struggling financially or because you're not getting along with someone you love.

To conquer the stress in our lives, we need to learn to practice the peace that's been provided for us by the overcoming power of Jesus.

One way to develop consistent peace is to learn to live 'in the now.' We can spend a lot of time thinking about the past or wondering what the future holds, but we can't accomplish anything unless our mind is focused on today.

The Bible tells us that God gives us grace for each day that we live. I believe God's grace is the power that enables and energizes us to do what we need to do - and He gives it generously, as we need it.

Every day we need to say, 'God has given me today. I will rejoice and be glad in it.'

If you can learn to trust God 'in the now,' receiving His grace as you need it, you can become a truly peaceful person - and that's powerful.

Prayer : God, I know that You have overcome any and every obstacle, so I ask You to help me live in the peace that You've provided for me. Show me how to trust You as I live 'in the now.' Amen.

SOME COLOURING FUN



**"A woman's heart should be so close to God that a man should have to chase Him to find her."
— C.S. Lewis**

COMPETITION Winner:

GUESS WHO?.... from last issue!

1



2



3



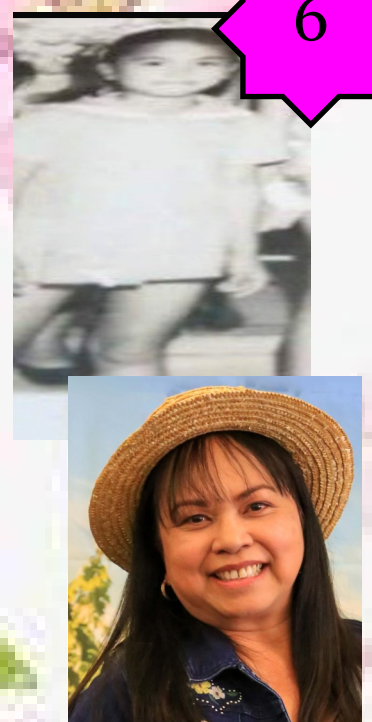
4



5



6



AND THE WINNER IS.....

Sharon Cassar Smith!

Congratulations!!!!



1. Sharon
2. Mariz
3. Nimmy
4. Jan
5. Kellie
6. Yolly

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)

7) ASPIDISTRA

Also known as a cast iron plant, this is one of the easiest plants to grow for a beginner. It can grow in nearly any type of lighting, but it does grow best in moist soil. The aspidistra thrives in zones seven through 11, which is great for gardeners in the south.



8) CHINESE EVERGREEN

This is a plant that grows very slowly, but it can tolerate a lack of light and water quite well. Make sure to position them in an area without drafts though because this can cause the leaves to brown. Since this is such a versatile plant, it can be found growing in nearly every hardiness zone in the country.



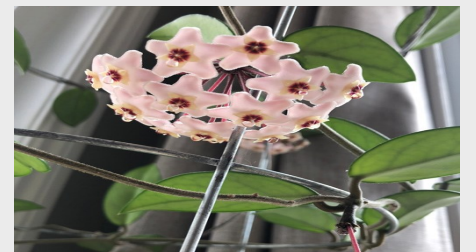
9) FALSE SHAMROCK

With foliage that resembles a three-leafed clover, this is a unique houseplant to have in your home. It does require sunlight and water to grow, but if you neglect this plant, it will go dormant instead of dying until you water it again. It grows best in zones six through 11.



10) HOYA

If you are having trouble getting plants to bloom, the hoya plant can bloom with very little water and sunlight, but it may take a few years to see the first blooms. This wax plant prefers warmer climates, so it tends to grow best in zones eight through 11.



All hard work brings happiness!

CLEANING TIPS!

8 Genius Vacuuming Hacks You Need to Know

Vacuuming can be a boring task. And you still want to keep our space clean and dirt free.

It is also often time-consuming and it doesn't seem to do everything we want it to do. So, here is what I've done in this article. I scoured the internet for the best vacuuming hacks and I'm going to share them with you. Hopefully, these will save you the

1. SPRINKLE SOME BAKING SODA ON THE RUGS

Rugs generally take in the dirt and odor pretty easily. That's where baking soda comes in. It acts as a deodorizer and cleaner. To keep your rugs clean, simply sprinkle some baking soda on every part of the rug. Then, let it wait for around 10-15 minutes. Afterward, vacuum the rug. Make sure you have a good vacuum cleaner. If it's not strong enough, it won't be able to suck all of that baking soda up.



2. USE LEMON, ORANGE ZEST, OR CINNAMON

To make your home smell fresh just after vacuuming, you can peel some lemons or oranges. Put the peel into your vacuum bag or canister. This is what's going to happen: your vacuum will release the sweet smells of lemon or orange while you vacuum. Alternatively, you can sprinkle some cinnamon too.



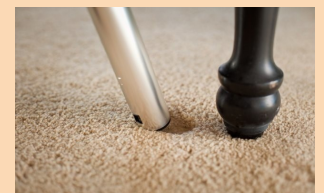
3. USE CARDBOARD ROLLS FOR TIGHT SPOTS

For places your vacuum cleaner won't normally reach, a simple solution is to use cardboard rolls. Attach it to the end of the hose and manipulate to reach tight corners. It's seriously a great way to reach even tightest spots. You can use this trick if you're cleaning a car as well.



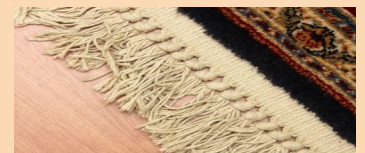
4. USE YOUR VACUUM TO CORRECT FURNITURE DENTS ON CARPETS

Furniture causes dents on carpets. Here's a way you can fix it. Get some ice cubes and place them on the dent. Let the ice melt, the carpet will soak up the water and then vacuum. The dent will even out just like that. So, if your carpet isn't even anymore, give this trick a try.



5. VACUUM TOWARDS THE END OF FRINGES

When vacuuming your rug, vacuum towards the end of the fringe. This is to avoid the pressure of vacuum sucking in the fringes which can damage both your rug and your vacuum cleaner.



6. FIND LOST ACCESSORIES WITH YOUR VACUUM CLEANER

Who said vacuum cleaner is only good for cleaning carpets? Not at all. If you have lost your earring or another small item somewhere on your carpet, a vacuum cleaner might save you from that. Cover your hose with a pantyhose, tights or stockings and start vacuuming. If you feel something heavier getting vacuumed up,



7. USE THE SMALL BRUSH ATTACHMENTS FOR BLINDS

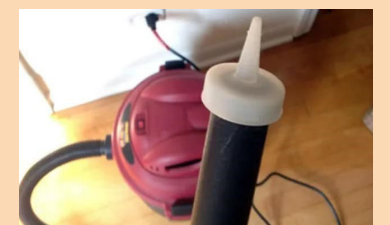
It can be extra difficult to clean the blinds because they're constantly full of dust. They collect it so well it's almost annoying. The problematic part about blinds is that they're hard to clean. There are multiple ways to clean them but vacuuming is probably one of the easiest ones. Get one of the smaller brushes, attach it to the hose and vacuum the blinds. Make sure your vacuum is on a lower setting so you don't break the blinds. They can be super fragile, so do take that into consideration. Also, if the dust stays on them for a long time, the vacuum might not be enough. Try some of these [spring cleaning hacks](#) to really keep them clean.



8. USE KETCHUP SQUEEZE BOTTLE TO CLEAN THE CRACKS IN THE FLOOR

If you have a wooden floor, the gaps and cracks in them can get super dirty. Clean them up using a ketchup squeeze bottle. The key here really is the top of the bottle used to squeeze out the sauce. It'll help you to get deep into those cracks before sealing them. If you don't seal them, the dust and dirt will always collect there. And that's not ideal.

So, while vacuuming can be helpful, you should try to find long-lasting solutions.



When your environment is clean you feel happy, motivated and healthy.

- Lailah Gifty Akita-

Scripture for the month

“If the **SON** therefore shall make **you FREE**, ye **SHALL** be free indeed.”

John 8:36

WHEN JESUS DEFEATED THE ENEMY, HE BROKE THE POWER OF SIN OVER OUR LIVES. OUR CHAINS OF SLAVERY ARE GONE. THIS IS WHAT IT MEANS TO BE FREE.

God Says...

You say: It's impossible
God says: All things are possible (Lk.18:27)
You say: I'm too tired
God says: I will give you rest (Mt. 11:28-30)
You say: Nobody loves me
God says: I love you (Jn 3:16)
You say: I can't go on
God says: My grace is sufficient (2 Cor. 12:9)
You say: I can't figure things out
God says: I will direct your steps (Prov.3:5-6)
You say: I can't do it
God says: You can do all things (Phil.4:13)
You say: I'm not able
God says: I am able (2 Cor. 9:8)
You say: It's not worth it
God says: It will be worth it (Rom. 8:28)
You say: I can't forgive myself
God says: I forgive you (1 John 1:9)
You say: I can't manage
God says: I will supply all your needs (Phil. 4:19)
You say: I'm afraid
God says: I have not given you a spirit of fear (2 Tim 1:7)
You say: I'm always worried and frustrated
God says: Cast all your care on me (1 Pet. 5:7)
You say: I'm not smart enough
God says: I give you wisdom (1 Cor. 1:30)
You say: I feel all alone
God says: I will never leave you or forsake you (Heb. 13:5)

STOP AND LAUGH!



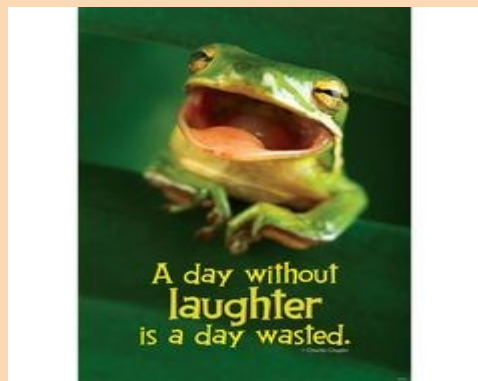
When short people see someone shorter than them



BE HAPPY AND SMILE



When someone is crying and you don't know what to do



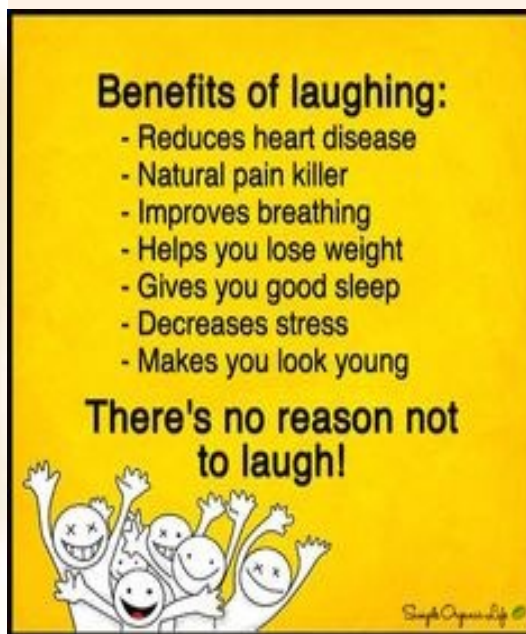
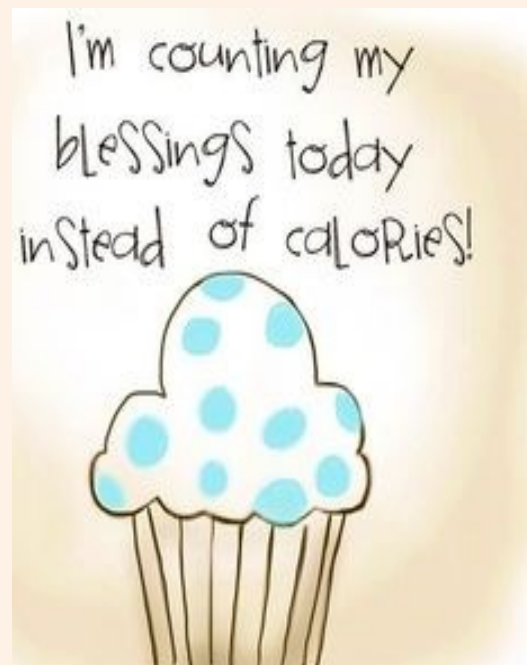
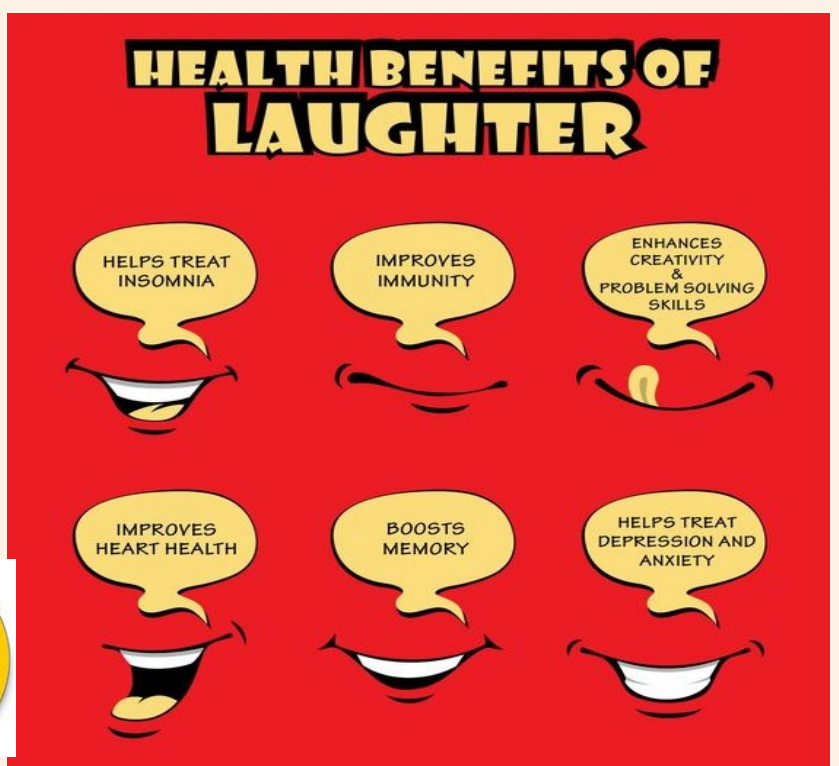
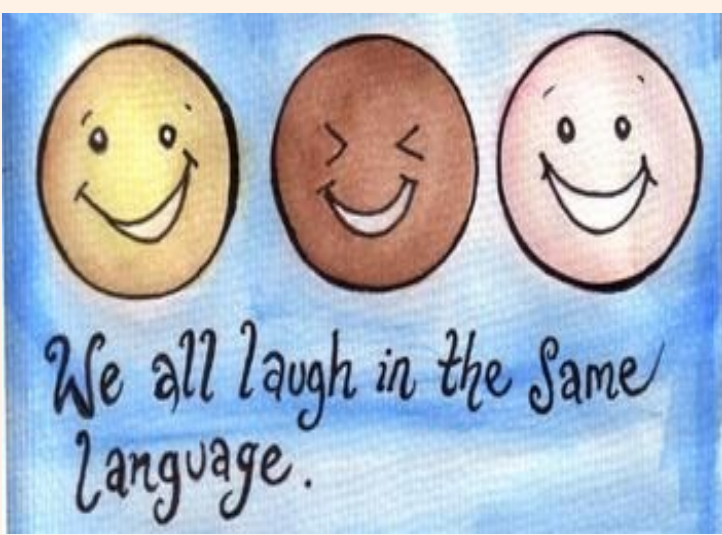
When your shower is too hot and it hits your back



When it hasn't been your day, your week, your month, or even your year.



#2020



PUZZLE TIME

Psalm 92

K	H	I	G	H	M	U	D	E	U	F	G	E
C	J	K	E	F	P	O	R	O	J	L	R	K
O	H	E	S	R	W	I	S	S	G	O	O	S
R	R	T	I	G	S	E	U	T	L	U	W	Y
T	P	G	R	E	N	O	H	F	A	R	W	R
X	H	A	D	O	E	I	R	S	D	I	E	E
T	A	I	L	T	F	U	N	T	O	S	D	T
C	G	D	H	M	I	M	A	R	U	H	W	L
F	E	G	L	T	Y	E	H	O	O	P	O	A
W	I	O	C	O	R	F	H	J	P	M	R	S
R	R	L	X	G	C	O	U	R	T	S	K	P
D	D	E	T	N	I	O	N	A	R	O	S	K

AGE	FRUIT	HOUSE	RIGHTEOUS
ANOINTED	GLAD	LORD	ROCK
COURTS	GOD	MORNING	SHEW
DESIRE	GREAT	MOST	TREE
FLOURISH	GROW	PALM	UPRIGHT
FORTH	HIGH	PSALTERY	WORKS

Tongue Twisters!

- She sells seashells by the seashore.
- How much wood would a woodchuck chuck if a woodchuck could chuck wood?
- I have got a date at a quarter to eight; I'll see you at the gate, so don't be late.
- If two witches would watch two watches, which witch would watch which watch?
- When a doctor doctors a doctor, does the doctor doing the doctoring doctor as the doctor being doctored wants to be doctored or does the doctor doing the doctoring doctor as he wants to doctor?

**WHEN GOD
BLESSES YOU
FINANCIALLY, DON'T
RAISE YOUR STANDARD
OF LIVING. RAISE
YOUR STANDARD OF
GIVING**

~ Mark Batterson ~

Bible Word Search:

NAMES AND TITLES OF JESUS

U	Q	O	K	A	I	S	N	S	M	T	K	R	P	M
V	L	F	Z	J	T	Y	O	A	E	E	O	A	O	R
O	M	G	Y	V	O	N	T	N	Z	I	C	B	X	K
Y	D	N	Y	M	O	E	N	U	V	A	N	B	O	A
D	L	O	V	F	H	T	C	A	S	I	R	I	X	R
E	R	I	G	W	A	R	S	P	D	S	H	E	W	E
N	T	O	G	B	M	A	L	I	D	O	V	Z	N	D
F	D	J	L	H	Q	Y	V	K	R	T	T	R	Z	E
I	G	Q	R	R	T	A	E	G	T	H	V	E	P	E
P	B	Y	I	H	D	S	E	K	E	U	C	T	X	M
T	S	W	K	F	T	Y	A	J	I	O	Q	S	L	E
L	I	O	N	A	M	F	O	N	O	S	A	H	R	
V	N	N	Q	Z	Y	K	V	A	D	E	J	M	V	R
G	O	J	E	S	U	S	E	M	M	A	N	U	E	L
S	V	B	G	G	W	T	Z	T	P	B	Q	J	F	E

CHRIST	EMMANUEL	JESUS
KING of the Jews	LAMB of God	LIGHT of the World
LORD	MASTER	NAZARENE
RABBI	REDEEMER	SAVIOR
SON OF DAVID	SON OF GOD	SON OF MAN

Some crafty fun!!

Women's Size 5-10

1. Cast on 2 sets of 29 stitches
2. Knit 9, Purl 1, Knit 9, Purl 1, Knit 9
3. Knit all the way across
4. Repeat steps 2 and 3, 23 more times for a total of 24 ridges (48 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, six more times for a total of 8 rows.
8. Knit every two stitches together all the way across (now you will have 15 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 8 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project



Men's Size 9-12

1. Cast on 2 sets of 35 stitches
2. Knit 11, Purl 1, Knit 11, Purl 1, Knit 11
3. Knit all the way across
4. Repeat steps 2 and 3, 27 more times for a total of 28 ridges (56 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, four more times for a total of 6 rows.
8. Knit every two stitches together all the way across (now you will have 18 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 9 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project



Kid's Size

1. Cast on 2 sets of 23 stitches
2. Knit 7, Purl 1, Knit 7, Purl 1, Knit 7
3. Knit all the way across
4. Repeat steps 2 and 3, 19 more times for a total of 20 ridges (40 rows total)
5. Knit, Purl, Knit, Purl all the way across
6. Purl, Knit, Purl, Knit all the way across
7. Repeat steps 5 and 6, eight more times for a total of 10 rows.
8. Knit every two stitches together all the way across (now you will have 12 stitches on your needle)
9. Purl every two stitches together all the way across (now you will have 6 stitches on your needle)
10. Take off needle and bring yarn through all the loops, stitch up top
11. Stitch up back with the extra length of yarn from casting on at the start of the project

Recycled Christmas Card!

Materials:

- 4 cards
- Glue
- Cardstock
- Embellishments of your choice

Instructions:

1. Tear up your cards so they're roughly the same size.



2. Next, glue the pieces onto the cardstock.



3. Once the glue is dried, the fun begins. You can use the sewing machine, embroidery thread, tissue paper, paint, markers, stamps, or images printed from the computer to finish the cards.



Mum, Take a BREAK!

It's Okay to Take a Break

And you know what? THAT. IS. OKAY! In fact, it's more than okay. Sometimes it's good for us. MUM, you need to take a break!

Maybe you feel like you don't have the option to take a break. Maybe you still have infants and toddlers that provide you absolutely no break. Maybe your housework is so overwhelming you feel like you can't give yourself a break. Maybe you have other responsibilities that cause you to run non-stop. But, I'm telling you. FIND A WAY! You can find a way to take a little break, you just have to find what works best for you and your family.



Happiest birthday 2 beautiful Mums, may God bless you even more!



Give yourself a break, Don't be so hard on yourself!

Nine Types of Rest

- 1 time away
- 2 permission to not be helpful
- 3 something "unproductive"
- 4 connection to art and nature
- 5 solitude to recharge
- 6 a break from responsibility
- 7 stillness to decompress
- 8 safe space
- 9 alone time at home

GOD CREATED US TO REST.

"In quietness and trust is your strength" ~ Isaiah 30:15

Just for Kids!

FIZZY FUN

Materials:

10 ml of dish soap
100 ml of cold water
400 ml of white vinegar
Food colouring
Baking soda slurry (fill a cup about $\frac{1}{2}$ with baking soda, then fill the rest of the way with water)
Empty 2 litre soda bottle

Instructions:

NOTE: This should be done outside due to the mess.

1. Combine the vinegar, water, dish soap and 2 drops of food colouring into the empty soda bottle.
2. Use a spoon to mix the baking soda slurry until it is all a liquid.
3. Eruption time! ... Pour the baking soda slurry into the soda bottle quickly and step back!

How it Works:

A chemical reaction between vinegar and baking soda creates a gas called carbon dioxide. Carbon dioxide is the same type of gas used to make the carbonation in sodas. What happens if you shake up a soda? The gas gets very excited and tries to spread out. There is not enough room in the bottle for the gas to spread out so it leaves through the opening very quickly, causing an eruption!

LIMERICKS

A fellow jumped off a high wall, And had a most terrible fall. He went back to bed, With a bump on his head, That's why you don't jump off a wall.

Limericks I cannot compose, With noxious smells in my nose. But this one was easy, I only felt queasy, Because I was sniffing my toes.

There was an odd fellow named Gus, When travelling he made such a fuss. He was banned from the train, Not allowed on a plane, And now travels only by bus.

There once was a farmer from Leeds, Who swallowed a packet of seeds. It soon came to pass, He was covered with grass, But has all the tomatoes he needs.

What's the difference between a good and a bad day?

It's your ATTITUDE!

Just for Kids!

MORE FIZZY FUN

Orange Fizz

Materials:

An Orange and 1/2 Teaspoon Baking Soda

Instructions:

1. Cut the orange into slices or peel separate into sections
2. Dip a slice or section into the baking soda
3. Take a bite! As you chew, it should start to bubble in your mouth

How does it work?

When acids and bases mix, you get some exciting chemistry! Oranges and other citrus fruits are filled with citric acid. It is a safe acid, and it's what gives oranges, lemons, and limes their sourness. Baking soda is a base, the opposite of an acid. It's also safe, but doesn't taste very good on it's own, and will give you a tummy ache if you eat a lot of it. As the citric acid and baking soda mix, it makes millions of carbon dioxide bubbles, the same gas you breathe out, and the same one that makes soda so fizzy



LOL!

HA HA!

Jokes

Q: HOW DO TREES GET ON THE INTERNET?

A: THEY LOG IN!

Q: WHAT KIND OF TREE CAN FIT INTO YOUR HAND?

A: PALM TREE!

Q: WHAT DID THE TREE WEAR TO THE POOL PARTY?

A: SWIMMING TRUNK!

Q: WHAT IS A TORNADO'S FAVORITE GAME TO PLAY?

A: TWISTER

Q: WHAT DID THE LIMESTONE SAY TO THE GEOLOGIST?

A: DON'T TAKE ME FOR GRANITE!

Q: HOW DO YOU CUT THE SEA IN HALF?

A: WITH A SEE SAW!

Q: WHAT KIND OF HAIR DO OCEANS HAVE?

A: WAVY!

CONTENTMENT

DAWN PRYOR

Philippians 4:11-13

11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

If there was ever a time in history where we needed to learn to be content, it's now. At this time when we are literally stuck in groundhog day, where we can't go anywhere, or really do anything, but each day just plays out in a similar fashion to the day before, we need to learn to just be still and content with each day. Paul knew well the secret of finding joy in his days. This wasn't necessarily feelings of happiness, as he was living in dismal times, but he knew what it was to have joy in the Lord, and to find good in every day, regardless of his circumstances.

When we look at what is happening in the world around us, it is easy to be miserable and discontent, but we know that our greatest satisfaction can never be met by earthly things, it can only be found in the long lasting spiritual joy and strength of the Lord. Today let us all lift our eyes off our circumstances, and place them on God. Let us find contentment regardless of what we're walking through, and let us trust Him to be the true source of love, joy, health, peace and strength in our lives.

"BE HAPPY WITH
WHAT YOU HAVE,
WHILE WORKING FOR
WHAT YOU WANT"

{ helen keller }

There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

-W. Clement Stone -

Thirty Good Names to Call Your God

1. Healer (Psalm 103:3)
2. Redeemer (Isaiah 59:20)
3. Deliverer (Psalm 70:5)
4. My Strength (Psalm 43:2)
5. Shelter (Joel 3:16)
6. Friend (John 15:15)
7. Advocate (1 John 2:1)
8. Restorer (Psalm 23:3)
9. Everlasting Father (Isaiah 9:6)
10. Love (1 John 4:16)
11. Mediator (1 Timothy 2:5-6)
12. Stronghold (Nahum 1:7)
13. Bread of Life (John 6:35)
14. Hiding Place (Psalm 32:7)
15. Everlasting Light (Isaiah 60:20)
16. Strong Tower (Proverbs 18:10)
17. Resting Place (Jeremiah 50:6)
18. Spirit of Truth (John 16:13)
19. Refuge from the Storm (Isaiah 25:4)
20. Eternal Life (1 John 5:20)
21. The Lord Who Provides (Genesis 22:14)
22. Lord of Peace (2 Thessalonians 3:16)
23. Living Water (John 4:10)
24. My Shield (Psalm 144:2)
25. Husband (Isaiah 54:5)
26. Helper (Hebrews 13:6)
27. Wonderful Counselor (Isaiah 9:6)
28. The Lord Who Heals (Exodus 15:26)
29. Hope (Psalm 71:5)
30. God of Comfort (Romans 15:5)

SACRIFICE like ESTHER
LOVE like RUTH
SERVE like MARTHA
PRAY like HANNAH
BELIEVE like MARY

PRAYER FOR EVERYONE

Lord God, when challenges arise in our lives, help us keep our focus on You, not on our feelings and problems. Grant us the will and the power to remain strong and fight the good fight for goodness and faithfulness, purity and truth. Let our response to the challenges and obstacles we face show your glory and Your power to all those around us. Amen

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

Send to: Email:

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

What's Coming UP:

- EVERY Sunday —10.00am MCCChurch Online Service
<https://www.mcchurch.com.au/sunday-messages/>
https://www.youtube.com/channel/UCF4ado0_3q3JTGBk_UsaUhQ
- EVERY Wednesday—7:30pm Corporate Prayer Meeting via Zoom



The Lord says, Yes,
I have loved you
with an everlasting
love... Jer.31:3

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

