

# THRIVE



MAY/JUNE 2011

WOMEN'S MINISTRY AT THE CHAPEL AT CROSSPOINT

LINDA PENN, DIRECTOR

## Accept Who You Are...

**But Don't Settle for Where You Are!** (by Linda Penn)

*I've often found myself faced with a dilemma: How do I accept who I am when who I am is not all I should be? How can I believe that I'm really special just the way I am when I know I'm a long way from completion?*

Well, here's what I'm coming to understand: I truly must accept who I am and rejoice in how God has created and gifted me. But I must never settle for where I am in my growth and maturity. Accept, but don't settle. As God has given me this new understanding, it has greatly helped to clear up my confusion and apprehension. I can do both at one time—accept and appreciate who I am in Christ and continually strive to grow more and more into what I was created to be.

Let's look at some specific areas where we often have difficulty accepting who we are but where we must also never settle for less than what we can be.

### Your Body

The Bible tells us that we are fearfully and wonderfully made (Ps. 139:14). So, we should accept and be content with how God's hands have made us and formed us, because God doesn't make mistakes.

Do you have negative eyesight? Many of us are prone to look in the mirror and see our bodies in only negative ways. You know what I mean; we look at ourselves and think:

- If only my hair was shorter or longer or thicker or thinner or blonde or brunette;
- If I just had higher cheek bones or could get rid of the double chin or had a smaller nose; or
- If only I had longer legs or thinner thighs or smaller hips or some kind of waistline.

Not all of us were created with thin bodies, like the models in the magazines. How unfortunate that we've allowed this culture to define only one shape for a woman who is considered credible and beautiful. I want to encourage you to accept the body God has given you. It's obvious God

**I can do both at one time—accept and appreciate who I am in Christ and continually strive to grow more and more into what I was created to be.**

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likes a variety of shapes; just look around you! My friend, Donna, is just barely five feet tall. But you

know, God has used her stature to enlarge her ministry. You see, because she's short and cute, her appearance is rarely threatening or intimidating to anyone. It makes it easier for her to make friends—and she makes friends with everybody. Combined with her personality, that short stature has been a tool in God's hands, and God uses her in very special ways. It's not a mistake that she is short.

Accept the body and face and size and shape that God has given you. He has a reason and a purpose. Accept, but don't settle. Keep that body running on all cylinders. Do everything you can to keep it healthy. Exercise as you know you should; get rid of some of those harmful eating habits. I know I am working on it.

While we don't want to get caught up in this world's paranoid pursuit of the perfect body, we do want to be found faithful in taking care of what God has given us. Paul teaches us to bring our bodies into subjection so that we can run our race to the end and win the prize (Philippians 3). That is in all three ways: physically, emotionally, and spiritually.

Paul also wrote to the Corinthians: "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body." (I Cor. 9:27).

I am learning that the condition of my body, emotions, and spirituality has a direct relationship to my effectiveness in ministry and relationships with others. When my body, emotions, and spiritual maturity are brought into subjection, then I am much more energized and capable of fulfilling my tasks, my responsibilities at home, and my gifts and talents are greatly enhanced.

### Your Personality

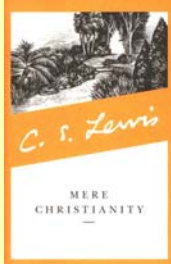
Another thing we need to accept is our own personality. Some of us are people-people; others are project people. Some are out-going and gregarious; others are reserved and quiet. Some are leaders; others are followers. There are many variations in the personalities God has given us.

Are you content with the personality God has given you? For many years I thought my personality was a mistake; it seemed to me that women shouldn't be like me. In younger years I tried to change my personality to a quiet, non-assertive person, which was what I thought all women should be. But God made me assertive with a take charge personality and leadership qualities. I've come to really appreciate the personality which God has given to me, as unusual as it may be at times.

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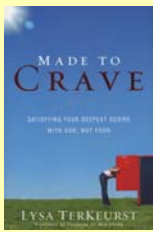
# Summer Book Clubs!



## ***Mere Christianity*** **By C.S. Lewis**

A forceful, accessible discussion of Christian belief that has become one of the most popular introductions to Christianity and one of the most popular of Lewis's books. This book will help you to uncover common ground upon which all Christians can stand together. A great read with an unsaved friend or family member.

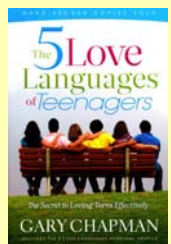
**Cost: \$10.00**



## ***Made To Crave*** **By Lysa TerKeurst**

Craving isn't a bad thing. But we must realize God created us to crave more of Him. Many of us have misplaced that craving by overindulging in physical pleasures instead of lasting spiritual satisfaction. Struggling with unhealthy eating habits? You can break the 'I'll start again Monday' cycle, and start feeling good about yourself. Learn to stop beating yourself up over numbers on a scale. Discover that your weight loss struggle isn't a curse but rather a blessing in the making. Replace justifications leading to diet failure with empowering go-to scripts that lead to victory. You CAN reach your healthy weight goal—and grow close to God in the process.

**Cost: \$10.00**



## ***The Five Love Languages of Teenagers*** **By Gary Chapman**

Teenagers today are bombarded by messages from their peers, the Internet, music, movies...the list goes on. As parents, you may wonder if your words mean anything at all. If so, take heart. All research indicates the most significant influence on the life of a teenager comes from his or her parents. Starting with the world where your teenager lives, Dr. Chapman walks through emotional needs of teenagers and how you can best express your love to them. You'll learn how to identify your teenager's love language, how to address their unique need for independence and responsibility, how to combat anger and set up boundaries, and how to best parent your teenager if you're a single parent or blended family.

**Cost: \$10.00**



## ***Cold Tangerines*** **By Shauna Niequist**

Are you still waiting for your "big moment" to happen? Let God speak to you through the life He has given you. *Cold Tangerines* is a collection of stories that celebrate the extraordinary moments hidden in your everyday life. It is about God, and about life, and about the thousands of daily ways in which a relationship with God changes and infuses everything. It is about spiritual life, and about all the things that are called nonspiritual that might be spiritual after all. *Cold Tangerines* offers bright and varied glimpses of hope and redemption, in and among the heartbreak and boredom and broken glass.

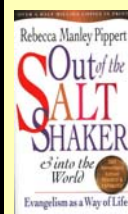
**Cost: \$10.00**



## ***Here am I Lord...Send Somebody Else*** **By Jill Briscoe**

Don't be afraid to let God use you! *Here am I Lord...Send Somebody Else* is a gentle, yet succinct, prod encouraging Christians to move from a life of wimpishness to one of confidence in Christ. Drawing on the story of Moses and his reluctance to be used by God, Briscoe follows his life and shows what God can ultimately do when He is offered even the most meager of abilities. All God's heroes were very ordinary people--the thing that made the difference was they had a relationship with an extraordinary God who lived within them.

**Cost: \$10.00**



## ***Out of the Saltshaker & into the World*** **By Rebecca Pippert**

"Christians and non-Christians have something in common," writes Rebecca Pippert. "We're all uptight about evangelism." So begins the bestselling book on evangelism as a lifestyle. Through stories, biblical insight and plain common sense, Pippert helps us feel relaxed and enthusiastic about sharing our faith. She offers an inspiring view of what effective, engaging evangelism might look like—for individuals as well as for churches through memorable stories. This is a great book for learning how to be comfortable in your own skin while sharing what Christ has done in your life.

**Cost: \$10.00**

**Interested in joining a summer book club?**

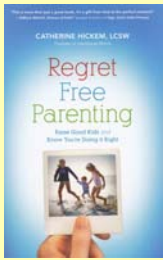
**Please join us for an Informational Meeting Monday, May 23 in the Fireside Room at 6:30 pm.**

*Schedule of times and places will be listed online after the informational meeting takes place.*

**Go to [thrivewomen.com](http://thrivewomen.com) to register today! (Child care is not available for book clubs)**



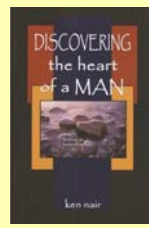
# MORE Summer Book Clubs!



### **Regret Free Parenting** By Catherine Hickem

Intentional mothers know who they want their children to be as people and set out on a course to make it happen. They do more than move through the routines of life; they are fully present, thinking through their motherhood decisions while embracing each child's unique creation. Whether you have a newborn or a teenager, in *Regret Free Parenting*, you will learn how to succeed as a mother by becoming God dependent rather than self-reliant.

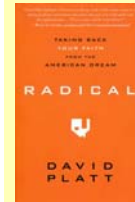
**Cost: \$10.00**



### **Discovering the Heart of a Man** By Ken Nair

This book's about how to defeat the power of Satan and his influence over the lives of way too many unsuspecting Christian men, so that we might see more of those Christian men willing to surrender to God, & illustrate Christ in their daily lives for their families and others to see and praise God.

**Cost: \$10.00**



### **Radical** By David Platt

In *Radical*, David Platt challenges you to consider with an open heart how we have manipulated the gospel to fit our cultural preferences. He shows what Jesus actually said about being his disciple—then invites you to believe and obey what you have heard. And he tells the dramatic story of what is happening as a "successful" suburban church decides to get serious about the gospel according to Jesus. Finally, he urges you to join in The Radical Experiment—a one-year journey in authentic discipleship that will transform how you live in a world that desperately needs the Good News Jesus came to bring.

**Cost: \$10.00**

## Summer Bible Studies at The Chapel!

**Summer Bible Studies are offered Monday nights at 6:30pm and Tuesday mornings at 9:30am.**

**Summer Bible Studies will begin on Monday, June 6th and Tuesday, June 7th.**

**Go to [thrivewomen.com](http://thrivewomen.com) to register today! (Child care is not available for book clubs)**



### **Essentials**

Where do I start out as a new believer? I need some answers to my questions! I don't think I have ever taken a study on the foundation of who I am in Christ or who Christ is in me. What does it mean to be a believer? I am so confused about what to believe and how to begin knowing what the Bible says. Come to the Essentials small group and enjoy learning together with other women just like yourself. Trained facilitators will help you to experience the Word of God wholeheartedly.

**Mondays 6:30-8:30 pm  
& Tuesdays 9:30-11:30 am**

**Cost: \$15.00**



### **Marriage Without Regrets** by Kay Arthur

Discover what the Bible says about respecting and keeping marriage vows, resolving conflict, understanding each partner's role, becoming financially wise, improving the sexual relationship. *Marriage Without Regrets* shares principles for having successful marriages from the ultimate handbook—the Bible. "It's about having the kind of marriage where you can stand before God and say, 'Lord, I was all that You intended me to be.'" Speaking candidly about her first marriage, her conversion to Christianity, as well as her long-time marriage to Jack, Kay offers practical advice on issues like: communication, security, significance, parenting, and God's guidelines for remarriage.

**Mondays 6:30-8:30 pm  
& Tuesdays 9:30-11:30 am**

**Cost: \$10.00**



### **He Speaks to Me** by Priscilla Shirer

Let Priscilla Shirer prepare you by giving you a deeper understanding of the Holy Spirit. Based on the life of Samuel (who first heard God's voice as a small boy) and packed with practical examples from Shirer's own life, *He Speaks to Me* speaks directly to the need to develop a richer prayer life and a deeper, more intimate relationship with God and to learn how to comfortably share your experience of God with others.

**Mondays 6:30-8:30 pm & Tuesdays 9:30-11:30 am**

**Cost: \$10.00**

### **Soul Purpose: Module 1 (Tues & Thurs 9:30-11:30 am)**

Engaging with God - A unit focused on the soul. So how do we live life from the soul? Our society's good at giving us skills necessary for most major pursuits in life, but we are rarely taught how to grow a healthy soul. This unit will help you connect with others in a place where you can be taught, touched, and transformed by God. You'll develop personal and corporate disciplines to encourage your soul-deep connection with God's purposes for your life.

**COST: \$33.00** (includes Module 1 workbook & memory verse pack, and "The Life You've Always Wanted" book by John Ortberg)

*PLEASE NOTE: Essentials is a pre-requisite to taking Soul Purpose*



## Red Skinned Potato Salad

### Ingredients

- 2 pounds clean, scrubbed new red potatoes
- 6 eggs
- 1 pound bacon
- 1 onion, finely chopped
- 1 stalk celery, finely chopped
- 2 cups mayonnaise  
salt and pepper to taste

### Directions:

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and set in the refrigerator to cool.

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Chop the cooled potatoes, leaving skin on. Add to a large bowl, along with the eggs, bacon, onion and celery. Add mayonnaise, salt and pepper to taste. Chill for an hour before serving.

## THRIVE Happenings



### Summer Play Dates

1st & 3rd Thursday of June, July & August  
from 9:30 to 11:30a.m

### Schedule for Summer 2011

- ♦ June 2th **Starpoint Central School** playground
- ♦ June 16th **Ellicott Creek Park**
- ♦ July 7rd **Meadowlakes Park**
- ♦ July 21th **Starpoint Central School** playground
- ♦ August 4th **Clearfield Park**
- ♦ August 18st **Meadowlakes Park**—registration date for 2011-2012 season—\$10 off by this date

### Directions:

**Meadowlakes Park** – Clarence Center Rd—Before Shimerville when coming from Transit.

**Ellicott Creek Park** - Niagara Falls Blvd. & Ellicott Creek Rd.—Tonawanda

**Clearfield Park** - Hopkins Rd. near Klein Rd. in Amherst

**Starpoint Central School** - 4363 Mapleton Rd. Lockport—entrance B (then go *ALL the way back* to the right) or entrance A (straight back)

### Registration fees for 2011-2012:

- ♦ \$60 if applying before May 19<sup>th</sup>, 2011;
- ♦ \$70 if applying before August 18<sup>th</sup>, 2011; or
- ♦ \$80 after August 18<sup>th</sup>, 2011

**Call Jessica at 210-3039 for more info.**



**What:** Mothers & Daughters Night Out!

**When:** Friday, May 6, 2011  
6:00-9:00 pm

**Where:** Fireside Room at The Chapel

**Who:** Mother's and Daughters (ages 10-14) who like to have fun together.

**Come join us for a FREE fun night of games, food and laughter.**

**Register at the atrium kiosk or The City.**  
**For more info call 631-2636 x273 or**  
**[cciavatta@thechapel.com](mailto:cciavatta@thechapel.com)**

## Marriage Ministry

Come hear about...

### “God’s Design for Marriage”

Friday, June 17th at 7:00 pm  
[thechapel.com/marriage](http://thechapel.com/marriage)

Call 716-631-2636 x201 for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship 9:00 & 11:00am	2	3	4	5 MOPS 9:30 am	6 Mother & Daughter Night Out 6-9 pm	7
8 Happy Mother's Day Worship 9:00 & 11:00am	9 Evening Edition Ends	10 Morning Break Ends	11 Cornerstone Craft 6:30 pm	12 Mom to Mom 9:30 am	13	14
15 Worship 9:00 & 11:00am	16	17	18	19 MOPS 9:30 am	20	21 Cornerstone Dinner 5:30 PM
22 Worship 9:00 & 11:00am	23 Summer Book Club Meeting 6:30 pm	24	25	26	27	28
29 Worship 9:00 & 11:00am	30 Memorial Day Chapel Offices Closed	31			<b>May 2011</b>	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>June 2011</b>			1	2	3	4
5 Worship 9:00 & 11:00am	6 Summer Bible Studies Start	7 Cornerstone Chapel Service 8pm  Mentoring Orientation 6:30 pm	8 Cornerstone Craft Night 6:30 pm	9	10	11
12 Worship 9:00 & 11:00am	13	14 Mentoring Training/Kickoff 6:30 pm	15	16	17 God's Design for Marriage 7:00 pm	18 Cornerstone Dinner 5:30 PM
19 Father's Day Worship 9:00 & 11:00am	20	21	22	23	24	25
26 Worship 9:00 & 11:00am	27	28	29	30		

# Costa Rica Missions Trip 2011





Visit [thrivewomen.com](http://thrivewomen.com) for more information about this year's trip!



## SPORTS!

*Spring has Sprung, the grass has ris'....I wonder where my players is???*

Yes, indeed, Spring is right around the corner (really it is)!! Teams are now forming for the women's softball season – you saw that right – teamS. We are excited about the possibility of having enough ladies sign up this year so that we can have TWO teams! Players (ages 14 & up), coaches, and umpires are needed. Practices begin **Tuesday, April 19**, weather permitting, and games are scheduled to begin Tuesday, May 24.

To sign up, call or text Jodi Miller at 861-7788, email at [jodimiller@roadrunner.com](mailto:jodimiller@roadrunner.com), or hit her up on The City!

Also, we are currently working on coordinating volleyball with other local churches. Stay tuned for this NEW event!



### ...continued from page 1

I don't have a need to be like other women any longer. Of course, that is great freedom. It also means I can appreciate others much more, because I'm not comparing myself to them. It releases me from jealousy and envy.

However, one thing I never want to do is settle for my personality the way it is. I want to be happy with who I am but not where I am in my growth. I know that there are some serious flaws that accompany my personality. And it is my responsibility to be aware of these personality flaws and work on them.

It's true for all of us—our personalities have strengths and weaknesses. We must be able to appreciate the strengths and enjoy who we are, but never be content with the flaws that are inherent in our personalities. We can't use the old excuse, "Well, that's just the way I am!"

When we can truly accept and appreciate the good things about the way God created our personality, then we are not destroyed to discover the weaknesses that exist. If you're not willing to face your personality weakness, it could be because you haven't yet learned to appreciate your personality strengths and that through the strength of the Holy Spirit and spiritual growth you can allow God to make the changes He needs to make.

### Your Gifts and Talents

The Bible clearly teaches us that each believer has been given some definite and recognizable gifts or talents which are resources to use in serving the Lord (I Corinthians 12 & Romans 12 are good chapters to study if you're not familiar with these gifts.)

Once you know how God has gifted you, then accept that role you've been given with great joy. The things God has gifted us to do are the things that make us the happiest and bring the most satisfaction. You'll find great joy when you're functioning the way God created you to function.

But here's the other side of the coin: Never be satisfied with your gifts the way they are. In the parable of the talents, Jesus taught us that when we use the gifts and talents He has given us, He will give us more. So accept the talents and gifts God has invested in you, and then set out to grow them as much as possible.

Paul advised us to "fan into flame" the gift of God in us in 2 Timothy 1:6. It is our responsibility to work hard at developing our gifts and grow spiritually for a deeper and wider intimacy with Him. While He's given us gifts and talents to serve others and Him, our truest impact is in operating out of our being with our gifts and talents. This is accomplished by allowing God to mature us in our personality and spiritual being. If hospitality is your gift, you should be better at it today than you were last year. If teaching is your gift, you should be observing and learning how to be a better teacher, working at it all the time.

There is wonderful freedom in accepting who we are. Freedom from having to live up to other's expectations—or even our own. Freedom from having to be like others and compete with others. Freedom from the need to prove to the world that we are someone special, because we already know we are special to God. It really takes the monkey off of our backs!

We should never be content with where we are. There should be a continual desire and striving inside of us that drives us to grow and become more like Christ all the time.

Accept, but don't settle. I hope you'll remember that phrase because I believe it will help you. It will help you be more content and appreciative of who you are, just the way God made you, and where your life is right now. It will also remind you to never let yourself off the hook because "that's the way you are," but always strive to "be all that you can be." Not for yourself, but for the glory of Jesus Christ.

### What is THRIVE?

**T**HRIVE is the Women's Ministry at The Chapel—a place where you can safely explore, truly encounter & whole-heartedly experience the love of Jesus. Get connected with other women...get connected with God. THRIVE is all about connecting women to women, meeting them where they are and taking them where they need to go. THRIVE is a place to believe that Jesus died on the cross for you, that you are made in His image, and that He has a plan and purpose for your life. It is also a place for you to become the woman, wife, mother, grandmother, and/or professional God wants you to be. Join us!

**Transformed by the Word**

**Honoring Christ**

**Reaching the World**

**Influencing Others**

**Virtuous Living**

**Embracing Womanhood**



THRIVE is the Women's Ministry at  
The Chapel at CrossPoint  
500 CrossPoint Pkwy.  
Getzville, NY 14068  
716.631.2636

[www.thrivewomen.com](http://www.thrivewomen.com)

THRIVE Ministry is a part of The Chapel at CrossPoint's Kingdom Come family of ministries that seek to ensure that every man, woman and child has repeated opportunities to hear & see the Gospel of Jesus Christ.

