

# Long Hill Women

*A communique' of Long Hill Chapel's Women's Ministries*



## *Back to School! Are You Ready?* by Christiane Reves

This is an exciting time of the year for all of us women, and especially for the mothers and students among us. The memories of our summer vacations and summer experiences are still fresh, but we already notice the beginnings of fall. The cooler evenings, the first leaves falling but especially: getting ourselves, our children or sometimes our husbands ready for school. There is so much to do before the rigid schedules start again: sorting the summer clothes, finding new school outfits, clearing out closets, getting in touch with teachers, signing up our children for art classes, sports, dance or music lessons, and much more.

Our goal: to get ready for school. But are we also ready for the "school of life" as Christians? I found some helpful tips from Julia Bettencourt, that I want to present to you in an adapted form:

**1. Get enough sleep and rest: "Rest in the LORD, and wait patiently for him ..."** ~ Psalm 37:7

We know as parents what a difference it makes if we get our children to bed on time: no crankiness, less tears, more fun for everyone. The same is true for us women - even if we do not want to admit it. We should be aware of the importance of rest for ourselves so that God is able to speak to us. If we run around constantly making sure everything is perfect, we will miss the silent voice of God. And His voice is more important than having everything "in shape".

**2. Eat a healthy breakfast: "My voice shalt thou hear in the morning, O LORD, in the morning will I direct my prayer**

**unto thee, and will look up."**  
~ Psalm 5:3

A healthy breakfast is the best way to start a school day. With that we are able to focus and concentrate. The same is true for us as Christians. The best way to start the day is with a hearty breakfast of bible study and prayer. This will provide you with all the nutrition you need for the day to come.

**3. Follow the rules: "But he said, Yea rather, blessed are they that hear the word of God, and keep it."**  
~ Luke 11:28

"No talking in class. Respect your classmates and the teacher. No cellphones in the classroom. No cheating." No school would work without rules. We need them to establish a certain order and to create an environment of learning. As Christians it is important that we know the guidelines God wants us to follow. He gave us the best "parent handbook" ever: The Bible. But it is up to us to read it and to follow these "golden rules". So let us get started!

**4. Develop Good Work and Study Habits: "Study to show thyself approved unto God, a workman needeth not to be ashamed, rightly dividing the word of truth."**  
~ 2 Timothy 2:15

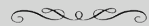
What is part of a good student's success? Is it only talent, only luck, only a good relationship to the teacher? No, a very important aspect is one's work and study habits. Children who are disciplined, study regularly and take school seriously are more likely to succeed than those who bounce around without

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Fall '09



*Christiane Reves, pictured here with her daughter, Amelie' is co-chair of LHC's Women's Ministries*

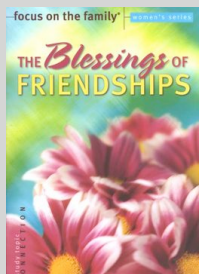


*Long Hill Chapel's Women's Ministries exists to encourage women to live their lives to the fullest through the transforming power of Jesus Christ through friendship, discipleship, prayer, outreach, service & missions.*

## TITUS 2 Spiritual Mentoring for Women

A discipleship ministry of Long Hill Chapel's Women's Ministries based on Titus 2:3-4 "Teach the older women to be reverent in the way they live . . . to teach what is good. Then they can teach the younger women . . ."

Titus 2 women sign a covenant to faithfully meet in small groups to share a meal in a mentor's home, to read and prepare Bible study material in advance of gatherings, to discuss what God has revealed and challenged you with as you prepared the material, to listen compassionately to each other; to keep confidences and to care for and pray for one another.



In 2009-10, Titus 2 will study, *The Blessings of Friendship* from Focus on the Family's Women's

Series. During the course of 8 sessions, we will learn God's principles about relationships. The study is designed to help women learn to honor and respect one another, invest in each other's lives and build one another up in love and righteousness.

[2009-10 Registration Form](#)

Return completed registration forms at the table in the Welcome Center or to the church office by 9/21. Space is limited.

## Weekly Bible Studies

### THAT I MAY KNOW HIM Philippians & Colossians

by Kay Arthur  
& David Lawson

A life-changing study of Philippians and Colossians, where you'll discover for yourself the truth about who Jesus Christ is and the difference He can make in your life. It will help you find joy in all of your circumstances and empower you to walk in a manner worthy of your high calling in Christ.

**SUNDAYS, (begins 9/20)**  
**10:30 am, Room 303**

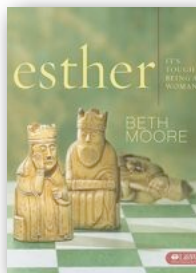
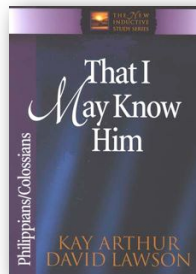
### ESTHER

#### It's Tough Being a Woman

by Beth Moore

Going up against heavyweights bent on her destruction, Esther trusted God and landed a blow that saved her people. The Old Testament story of Esther is a profile in courage and contains many modern parallels for today's woman. Esther's destiny can be yours as you know more deeply the God who is in your corner. Just as it was tough being a woman in Esther's day, it's tough today. This portion of God's Word contains treasures to aid us in our hurried, harried and pressured lives.

**MONDAYS, (begins 9/21)**  
**7:15 pm, Room 303**



### A WOMAN'S HEART God's Dwelling Place

by Beth Moore

Discover the parallels of the Tabernacle's building and your life as a chosen vessel of God. Explore the fascinating account of the building of the tabernacle, the significance of its intricate design, its pivotal role in God's eternal plan, the grand fulfillment of its purpose by Jesus Christ, and its variety of meanings for your walk with God today. You will be challenged to prepare your heart, like the holy of holies, to become a home for His love and glory - a dwelling place for the Most High God.

**Thursdays, (begins 9/17)**  
**9:15 am, Room 204**

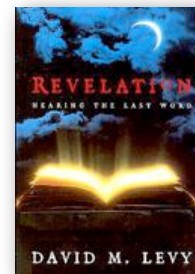
### REVELATION

#### Hearing the Last Word

by David M. Levy

When it comes to the last days, how can we know for sure what the Bible says? By letting Scripture speak for itself, and by carefully separating the facts from the possibilities. You'll discover a surprisingly clear picture of what we can expect in the last days and find answers to key questions.

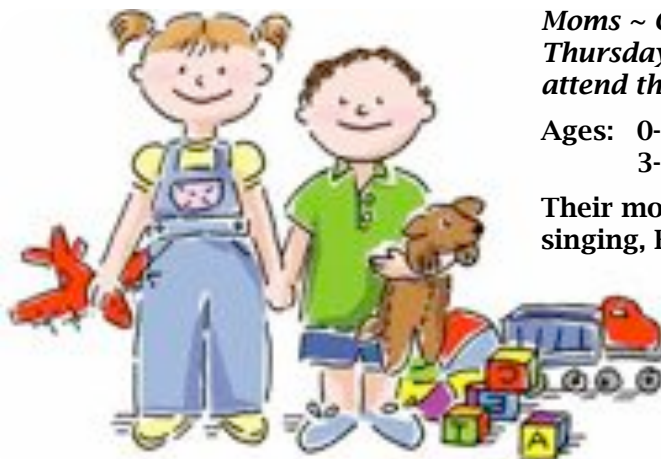
**Thursdays, (begins 9/17)**  
**9:15 am, Room 204**



**Moms ~ Childcare is available, on Thursday mornings, while you attend the study**

**Ages: 0-36 months Room 113**  
**3-5 years Room 114**

**Their morning includes play-time, singing, Bible story & snack**



## Conferences & Retreats



**Women of Faith Conference**  
Wachovia Center, Philadelphia,  
Pennsylvania

September 18-19

Special Friday Feature 10:00 am - 3:30 pm

Friday 7:00 pm - 9:30 pm, Saturday 9:00 am - 4:00 pm



with Fern Nichols, President & Founder, [Moms In Touch International](#)  
and Miles McPherson, President, Miles Ahead Ministries

### **ARISE! CRY OUT!**

**A Worldwide Day of Extraordinary Prayer for Children & Schools**  
Mountain Ridge Bible Chapel, 763 Mountain Avenue, Berkeley Heights  
Saturday, November 14, 9:00 am - 1:00 pm

In celebration of 25 years of prayer for children and schools, Moms In Touch International is hosting a historic prayer event, inviting Christian women from around the world to gather together to "Arise! Cry Out!" for the generations.

Don't miss this unprecedented prayer event! Join Moms In Touch International as we stand shoulder to shoulder, exalting and glorifying God, singing songs of praise and uniting as one voice, with one heart, and in one Spirit.

***"Arise, cry out in the night, as the watches of night begin;  
pour out your heart like water in the presence of the Lord.  
Lift up your hands to Him for the lives of your children,  
who faint from hunger at the head of every street. ~ Lamentations 2:19***

**Back to School, continued from page 1**  
any structure. The same is true for us as Christians. If we follow an intentional strategy and discipline in reading and reflecting on God's word, we are more likely to be conformed to His will. This is not a miracle, but a matter of obedience and discipline.

**5. Do your best: "And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of inheritance: for ye serve the Lord Christ." ~ Colossians 3:23,24**

We are teaching our children to make a godly effort at tackling whatever they must learn: math,

languages, baseball, ballet, piano - or whatever they do, they should pour every honest effort into it. The same applies to us as Christians. We are of no use in God's Kingdom if we follow him halfheartedly. If we approach our Christian walk this way, we will miss many opportunities to share the Good News. So let us be "A" students for Christ, seeking and serving Him with a spirit of excellence - which is a good witness.

**6. Get along with your classmates: But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. ~ 1 John 1:7**

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## "Be Red Cross Ready"

On their website, the [American Red Cross](#) has put together information to help people be prepared in the event of an emergency.

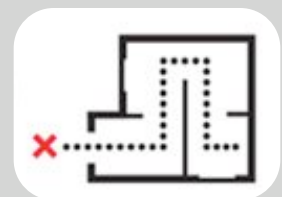
I know its not something any of us like to think about, I know I don't. But it does make sense and is really pretty simple.

*"Its important to prepare for...emergencies... There are three actions everyone can take that can help make a difference..."*  
~ American Red Cross

### Get a kit



### Make a plan



### Be informed



Here is a downloadable version of their checklist:

[Be Red Cross Ready Checklist](#)



## *In Christ Service . . . My Story by Kareena Salo*

My name is Kareena Salo. I was born in Charlevoix, Michigan, to a ministerial college student and his wife. I have been told that I started my church going days by taking off my shoes (no shoes allowed on the pews) and running up and down on the front pew while my mother led the singing in the first church my father pastored. I am the oldest of four children. I have lived in eight different states, and spent four and a half years in St. Thomas, Virgin Islands where my parents were missionaries. After high school I attended Bible school in Allentown, PA to study church music. I made the decision to cut short my college career after meeting and falling in love with Tim Salo. Instead of getting an A.S. degree in Church Music, shortly after Tim's graduation in 1982, I received my MRS. degree.

At the age of 7, under my father's ministry in St. Thomas, V.I., I became aware of my need to give my heart to Jesus. Yes, all I had known was a Christian lifestyle, yet I felt the Holy Spirit directing my heart to give my life to Jesus and allowing Him to help me live each day for Him. I had some trouble telling the whole truth and it made me sad to know that it wasn't pleasing to Jesus.

During my high school years I felt trapped and wanted out of the fish bowl life of a P.K. (Preacher's Kid) I thought leaving home and going 14 hours away to Bible School would be the ticket! I had rededicated my life to Christ and knew that I wanted to serve Him but just wasn't sure in what manner. In college I started dating Tim even though I knew that he was studying to become a minister. Remember I had been there, done that, as a kid! It took a lot of prayer on my part before allowing myself to tell Tim that I loved him. I knew first hand what it was

like growing up in the parsonage and I wasn't too sure that was the kind of life I wanted for the family I was hoping to have. Our God is good and He has allowed Tim and I to have our own ministry opportunities and has given us the wisdom needed to raise our family. We have three beautiful children, Julia was born January of 1984, John was born February of 1988 and Jennifer was born September 1994.

A couple of years after we were married and in ministry, I remembered back to the time I spent praying for the Lord's will in my marriage to Tim. I was then able to share that I couldn't picture myself doing anything else. I truly enjoyed 12 years of full time ministry in VA., OH., and 2 years part-time in KY. It was a pleasure and joy to lead women's groups, children's programs, helping with music when needed and opening our home to evangelists, missionaries and the people we served.

Then came a time when Tim felt he should continue his education and focus on teaching pastors instead of being a full time pastor himself. Now what was I to do became my question to God, what role am I to fill? This all happened around the time we learned we were going to have our third child (Jennifer). For the first four years it was nice for me to work from home as a child care provider, focus on raising our family and helping out in the church with children's ministries as needed. Then we moved to Madison, NJ from Wilmore, KY.

Although I am used to moving (growing up I had lived in 9 different houses that I can remember, each on a major move), NJ was the 5th move since being married. The culture and city scared me to death. Most of my life until now had been spent in small towns and rural areas. I was afraid of the traffic and I've never been comfortable in crowds. For example, our first day in Madison, Tim sent me to the grocery store, which I was told was only one and a half blocks away. Well 45 minutes later in tears I stopped at the gas station at the corner of Madison Avenue and Prospect to call Kathy Ploshay (we didn't have phone service yet and her number was the only one in town that I had). I still hadn't found the store and needed better directions. An hour after leaving the house I arrived back with food for our dinner and commented to Tim "Please don't ever make me do that again!" I had promised to support Tim in his decision to continue his education and that meant finding a full time job outside the home so we would have benefits. We prayed for the Lord to open the right door and He provided a job for me at Drew's Child Development Center on Drew University's Campus. Isn't our God great - He knew I wouldn't be able to handle commuting to work with the stress of driving in NJ traffic! So now all I had to do was drive through campus to work (our home was just out the back gate of Drew's property), drive Julia to the High School, John was able to walk out our back door and onto Torey J's playground for his two



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My Dear Friend & Intercessor,

I praise God for your compassionate prayers. They have the power to pave our way as [Project Hannah](#)'s teams share God's love with women worldwide. If you have prayed with us for years, or if you just joined this "[global prayer group](#)," please accept my heartfelt thanks on behalf of our teams and women in need of hope.

This month, in over 100 countries [Project Hannah intercessors will be praying for](#) two simple common things: women's health and clean water! Sadly, these are not so simple for most of the world's population. If your basic needs for food and water are cared for, I am sure you are very thankful, as I am. So, out of our gratitude and compassion I ask you to pray especially for most of the women Project Hannah serves worldwide - women who would give anything to be able to run a faucet of clean drinking water in their homes! Many have told me how they rise at daybreak to fetch water from a distant well or river. They also talk about seeing their children weak and sick from lack of nutrition and sanitation. After all, clean water is a channel of life, but if contaminated it's a channel of diseases and even death.

Have you ever wondered why Jesus used the analogy of bread and water to speak of Himself as the only One who can satisfy the hunger and thirst of the human soul? He is indeed the "bread" and the "water" of life that we take to the nations through super power radio and mega power prayer! The fact that developed nations care for the needy and have an adequate healthcare system for their people today is a direct result of the influence of Christianity and the Bible.



Join us in this unbroken, worldwide prayer chain. Remember, though that some links of this "chain" are intercessors living in remote villages of Indo China, Africa, South America and East Europe - the very women we are praying for. Let's lift them up before God's throne and believe that God will answer our prayers and deliver them from such evil predicament.

May you be blessed, as you pray to become a blessing to these dear women today.

Believing in the impossible with you,

Marli Spieker, Global Ministry Director/Founder



***In Christ, continued from page 5***

remaining elementary years, and to the grocery store! If we needed to go any where else Tim was more than capable to do the driving, I just was along for the ride. God knows our fears and He cares for each of us with the special touch only He can give. Due to housing situations we have needed to relocate 3 times during the last 11 years. Through all, our God has been faithful in meeting our needs. We have been able to stay within the same school district and attend the same church which has given stability during difficult times.

My communication lines with God have been tested and my focus dimmed at times over the last 11 years. Coming to Long Hill Chapel I felt lost. "What could I do in such a big church?" Working full time outside the

home, with 3 kids and a house to take care of, "Where would my ministry be now?" I had to allow the Lord to show me that just as important as "I thought" my ministry during our pastorate

*"For I know the plans I have for you,"  
declares the Lord,  
"plans to give you hope and a future."  
~ Jeremiah 29:11*

*"Do not be anxious about anything,  
but in everything,  
by prayer and petition,  
with thanksgiving,  
present your requests to God."  
~ Philippians 4:6-7*

years was, so now my ministry to my family and a low supporting role in the church would be for this season of my life. The Bible verse we took to heart when we moved here, Jeremiah 29:11, has

helped me to keep my focus. Philippians, 4:6-7, is also a helpful reminder to me when I find myself starting to look at life without a Christ centered focus and eternity in view.

I have no earth shaking story to tell other than I am truly grateful for the Christian heritage that I have and my faith in my Savior who has taken care of me through each season of my life. My prayer is that I am passing on to my children that same heritage so that they too may never have to experience or face the sins of this world because they have been taught from birth about our Risen Lord and Savior. Each one of our kids prayed at an early age of 4 years old and asked Jesus into their hearts. May they be able to continue the heritage passed down from both Tim's and my parents.

## Try These Tips at Home

~ Source Unknown

### Go Bananas

~ peel a banana from the bottom & you won't have to pick the little strings off of it  
~ take your bananas apart when you get home from the store - if you leave them connected at the stem, they ripen faster

### Pick a Pepper

~ peppers with 3 bumps on the bottom are sweeter & better for eating  
~ peppers with 4 bumps on the bottom are firmer & better for cooking

### Hamburger Helper

~ add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking

### Say Cheese

~ store opened chunks of cheese in aluminum foil. It will stay fresh longer and not mold

### Sugar is Sweet

~ when you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also get less sugar/calories per serving

## Recipe Corner

*Apples & pumpkins, two fall fruits featured here in two of my favorite dessert recipes...*

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### APPLE CRISP

#### Topping:

1/2 cup all purpose flour	1/8 teaspoon salt
1/4 cup granulated sugar	6 Tablespoons unsalted butter
1/4 cup light brown sugar	1/3 cup rolled oats
1/2 teaspoon ground cinnamon	1/3 cup chopped pecans
1/4 teaspoon ground nutmeg	

#### Filling:

6 cups firm, tart apples	Juice of 1/2 lemon
1 teaspoon lemon zest	3 Tablespoons sugar
1 cup fresh raspberries (optional)	

Preheat oven to 375 degrees. Butter/spray an 8x8 baking dish. Combine all topping ingredients (flour, sugar, spices, butter (cut in pieces), oats and nuts) until mixture is crumbly. Set aside. Place apple chunks in large bowl, along with berries (optional) and lemon zest. Toss with lemon juice and sugar. Transfer to prepared baking dish. Spread topping evenly over the apples. Bake for 30-40 minutes or until bubbly and the topping is golden brown. Cool for 30 minutes before serving. Serve with whipped cream or vanilla ice cream.

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### PUMPKIN BARS

#### Cake:

4 eggs	1 teaspoon baking soda
1 cup salad oil	1/2 teaspoon salt
2 cups sugar	2 teaspoons cinnamon
1 (15 ounce) can pumpkin	1/2 teaspoon ginger
2 cups flour	1/2 teaspoon cloves
2 teaspoons baking powder	1/2 teaspoon nutmeg

Preheat oven to 350 degrees. Butter/spray jelly roll pan. Beat together eggs, oil, sugar & pumpkin until well blended. Add remaining cake ingredients & mix well. Pour batter into the greased pan & bake for 25-30 minutes. Remove from the oven and cool at least 15 minutes.

#### Frosting:

8 ounce package cream cheese	1 teaspoon milk
6 tablespoons butter	4 cups confectioner's sugar
1 teaspoon vanilla	

Beat cream cheese and butter until smooth. Add milk and vanilla and then confectioner's sugar. Beat until smooth. Spread on cooled cake and cut into bars.



[Note: A jelly-roll pan is a baking sheet with sides. The sides are 1 inch deep.]

## Friendship & Prayer Groups

### EXERCISE GROUP

**Mondays, 7:00 pm, Room 204**

This group meets for a weekly low impact video workout.

### PRAYER FOR MISSIONS

**Tuesdays, 12:30 pm, Room 202**

Join in praying together for the requests of LHC missionaries.

### DORCAS

**Tuesdays, 1:00 pm, Room 113 (begins 9/15)**

Knit or crochet simple projects for hospitals & pregnancy centers.

### PRAYER WALK

**3rd Saturday, 10:00 am**

Walk and pray for the ministries and outreaches of Long Hill Chapel.



### MOMS IN TOUCH

MIT groups meet to pray for their children and schools they attend.

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#### **K-12th grade - Madison**

**Meeting day/start date & time TBA**  
Contact Sandy Brill, 973-236-0202

~

**College & Early Career - Madison**  
**1st & 3rd Thursdays, (begins 9/17)**  
**7:00 pm, at Christine Whitehead's**  
Contact Christine, 973-377-9335

~

**College & Grad - New Providence**  
**Wednesdays, 7:00-8:30 pm,**  
**Thursdays, 1:00-2:00 pm, &**  
**Fridays, 9:00-10:00 am,**  
**at Sandy McGetrick's**  
Contact Sandy, 908-464-4639

## Special Events

Long Hill Chapel's Women's Ministries invites you to join us for an evening of fun, fellowship & "fa-la-la-la-la---la-la-la-la"



**"Simply an Old-Fashioned Christmas"**

~  
Save the date!  
Friday, December 4, 2009

~  
Check the bulletin & website for more info in November

**LHC Women's Retreat ~ Long Hill Chapel's Women's Ministries is considering several retreat options for Spring or Fall 2010. Past retreats have been a significant blessing to those who were able to attend. With that in mind, we would suggest you start a piggy bank so that by the time we have details and cost information, you will be well along with your funding.**



### **Metropolitan District C&MA Women's Retreats**

**Metro Women's One Day Retreat**  
January 30, 2010  
Princeton Alliance Church

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**Metro Women's Spring Retreat**  
April 23-25, 2010  
The Grand Hotel, Cape May, NJ  
Speaker: Ingrid Davis, former missionary to Mali, Pastor's wife, international speaker, trainer, mentor

## Women's Ministries

### Co-Chairs:

*Kathy Gonzalez  
Christiane Reves*

### Secretary:

*Lisa Kiel*

### Treasurer:

*Cindy Ardolino*

### Communications:

*Julie Federer*

### Friendship:

*Connie Perez  
Nadine Schober*

### Discipleship:

#### **Bible Studies**

*Nancy Gayer  
Joan Swanson  
Christine Whitehead*

#### **Titus**

*Lois Andrews  
Barbara Rogers*

### Prayer:

*Mickey Formato*

### Outreach:

*Debbie Adamus  
Joan Swanson*

### Service:

*Victoria Dew  
Pat Moore*

### Missions:

*Lisa Kiel  
Ruthann Wichelman*

**\* We are looking for women desiring to serve in Women's Ministries. If interested contact Kathy or Christiane**

## Women's Ministries Meetings

We welcome your input and presence at the monthly meetings which are held on the 3rd Monday of the month beginning at 7:00 pm. Check the online church calendar available at [www.longhillchapel.net](http://www.longhillchapel.net) as the schedule may vary.

**Back to School**, continued from page 3

It is important that the children in class get along well together so that they are not distracted by bad behavior or conflicts. If children are unhappy in the classroom or feel threatened, it becomes difficult for them to pay attention in school.

Therefore the teacher encourages good relationships in and outside the classroom. The same is true for us in our community of believers. If we get along well with one another, if we have true friendships, we are more productive as Christians. Unhealthy relationships, unforgiveness and mistrust destroy such an environment.

**7. Most importantly, get to know your teacher: "If thou seek him, he will be found of thee; but if you forsake him, he will cast thee off for ever."**

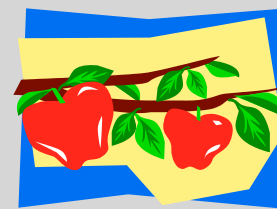
*~ 1 Chronicles 28:9*

Knowing what the teacher wants and how he or she thinks helps us to achieve our academic goals. A

similar principle can be applied to Christian living. The better we know Christ and what His thoughts and desires are regarding our growth, the more we position ourselves to do what He expects from us and to be effective for the Kingdom. Let's get to know Jesus!

With these "rules" we want to wish you a great start in the new school year with all the exciting opportunities and challenging situations that are to come. Women's ministry seeks to help you to get to know God better through opportunities of fellowship and friendship, Bible studies, mentoring programs, prayer and serving opportunities, outreach, and missions connections. Check out the following pages to see what we are offering in the fall. If you have more ideas and suggestions, please do not hesitate to contact one of the ladies of our Women's Ministry Leadership Team. We are looking forward to connecting with you!

## Save the Date



### September

13 All Church Picnic

17 Thursday Studies begin

20 Sunday Study begins

21 Monday Study begins

24 Alpha Course begins

### October

2 Parenting Course begins

30 Harvest Festival

### November

26 Thanksgiving

### December

4 Christmas Celebration  
"Old Fashioned Christmas"

 Long Hill Chapel

525 Shunpike Road  
Chatham, NJ 07928