

Long Hill Women

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



Trusting by Christiane Reves

*"The LORD is my shepherd,
I shall not be in want."
Psalm 23:1*

Our family is currently entering into a period of transition. My husband, Matthew, will finish his Theological Masters degree at Princeton in May and then take his ordination exams with the Christian & Missionary Alliance (Please pray for that!). We are also expecting a new baby in July and asking God where He wants us to serve Him as of August of this year.

So often in our lives we have experienced how God protected us, and how He has guided our paths, and yet it is always a challenge - especially for a soon-to-be mother of two - to trust in His provision.

He confirmed our call to ministry in 2006 when we left our secure and challenging government jobs to come to Nyack, NY for Matthew to attend seminary. In this, as well as in other periods of our lives, we were able to see how God provided for us. Miraculously, our house was sold at the last minute for a reasonable price under terrible market conditions (analogous to how it is here right now). God took care of all our needs - an apartment in Nyack, enough to eat, as well as great friends. One year later he gave us the opportunity to serve in this loving community here at Long Hill Chapel. We did not only find a roof over our heads and

enough income to support our family, but above all He gave us a "home church" - a loving and caring family of believers that embraced, supported and almost "adopted" us from the very first minute we arrived. He also blessed us with opportunities to serve in the German community here in NJ, where there are hardly any believers, as well as at the surrounding university campuses: all of which we could not have even dreamed of, before coming to New Jersey. And yet, God provided!

Despite all the blessings He poured on us - once the next steps are ahead - it is still sometimes hard to just let go and trust in Him. He is offering us ministry opportunities overseas, but despite all the excitement about the possibility to serve God among the unreached, there are often worries and fears about the very same things that He so abundantly blessed us with in following His call away from our home in Germany - things pertaining to where we will live, how to provide for our needs, and the transition for our daughter - especially since not only a new culture, but a new language has to be acquired by all of us.

How can we find peace in periods of transition, and when we are facing new phases of our life in which we are not able to plan all

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Spring 2010



*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.

~

"To study God's Word, with input from other women in the group, has really helped my understanding of scripture."



"Knowing these were women who genuinely cared and prayed for me was a true blessing and encouragement each time we met."

~

2009/10 Titus 2 Groups are just wrapping up this year's study. Watch for details and registration information to be posted later this summer for 2010/11 Titus 2 Groups

Weekly Bible Studies

PARABLES OF JESUS

A comparison study of parables of Jesus found in the four gospels

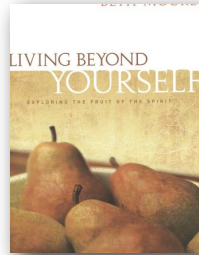
SUNDAYS, 10:30 am, Room 303

~

LIVING BEYOND YOURSELF Exploring the Fruit of the Spirit

by Beth Moore

You can know the freedom of a life filled with the fruit of the Spirit. Through this study you'll come to appreciate the supernatural aspects of the fruit and that you cannot grow, learn, or produce fruit on your own. You will be challenged to develop the fruit by maintaining an intimate relationship with the Spirit of God. As you walk with God, He develops in you the fruit of the Spirit. A Spirit-filled life truly results in living beyond yourself.



Mondays, 7:30 pm, Robyn Ahler's



Childcare is available, on Thursday mornings, while mom's attend the study. Their morning activities includes play-time, singing, Bible story & snack

Ages: 0-36 months (Room 113), 3-5 years (Room 114)

END TIMES Bible Study

**Mondays (2nd & 4th), 7:30 pm,
Ruthann Wichelman's**

~

GOSPEL OF MARK

Book study to discover who Jesus is
Thursdays, 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, 9:15 am, Room 204

Special Events



You are invited to join Long Hill Chapel's Women's Ministries for an evening of fellowship and fun at this year's May Tea

project VICTORY

Friday, May 7
7:00 pm
Fellowship Hall ~ Room 204

Conferences & Retreats



WOMEN OF FAITH
over the top

Women of Faith Conference
Wachovia Center, Philadelphia, Pennsylvania
September 10-11
Friday 7:00 pm - 9:30 pm, Saturday 9:00 am - 4:00 pm
Register [Online](#) or call Women of Faith toll free at 888-49-FAITH



Long Hill Chapel's Women's Ministries **Loving Well Retreat**

Are you loving well? We all deal with people who are a joy to love and those who are difficult to love. Come join us for a fun-filled weekend as we learn how to love well. Through video we will

hear from best-selling author and teacher Beth Moore, enjoy fun fellowship with other women, laugh our heads off, shed a few tears, eat, stay up late, make new friends, and enjoy old friends. It's a weekend you won't want to miss! Watch for registration details.

WHEN: Saturday, October 2 (9am) - Sunday, October 3 (Noon)
WHERE: Westin Governor Morris, Morristown
COST: \$130 per person



Twelve years ago, the [Women's Prayer Summits](#) gathered over 6,000 women for prayer at Madison Square Garden Theater to intercede for every aspect of our lives - our churches, marriages, families and culture.

Jesus Bids Us Come to the Garden flashed upon the marquee in confirmation of the well known declaration, "When

women work, women work - when women pray, God's works!"

The next Women's Prayer Summit is planned for this October. Watch their website for details, www.womensprayersummit.com or follow them on [facebook](#).

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
Gloria Wilson

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 as the schedule may vary. (No meetings in December, June or July.)

God's Amazing Peace . . . My Story by Joan Swanson

My life, up until 1992 had been pretty ideal. I was saved at the tender age of 7 while watching a Billy Graham Crusade on TV to see if I could see my mother (newly saved) in the choir. Although I never saw her, I was touched by the message and Jesus became my Savior.

My whole life, I wanted to be a nurse, even back to the days when I would sketch ladies with gowns or sporting outfits on, always wearing a nurse's cap! I became that nurse and just love the profession.

I married my Long Hill Chapel best friend, Wayne, in 1973. We had our first son, Eric, in 1976, followed by Christopher in 1978, Stefan in 1981 and then a daughter, Gwen, in 1983. There are always ups and downs in raising children and we had our share. However, nothing compared to the news we received in 1992 when Christopher was diagnosed with stage 3 non-Hodgkin's Lymphoma.

It began as many illnesses do: aching, tiredness, just not feeling right. Blood was drawn and showed no abnormalities. It wasn't until Chris passed out and broke the toilet seat that we knew he was really ill. A chest x-ray proved positive for "something" abnormal in the chest cavity. This was done as Chris started complaining about pain in the spaces between the ribs. A CT scan followed later that day and I'll never forget the radiologist or

the pediatrician's faces as they held me and told me that there was a mass in my son's chest. It didn't look good. We were to go immediately to Hackensack Medical Center where an oncologist was waiting to take our case.

A quick SOS was placed to family members. Chris, my parents and I headed East on Route 80, towards what would become my routine destination for the next two years. My parents dropped us off at the hospital and Chris and I headed to the 6th floor of the children's oncology unit. The elevator doors opened and there were all these little children, pudgy faced (due to steroids), bald, pushing around their IV poles with chemo dripping. I didn't want to be part of this club. Maybe there was a mistake! We met Dr. Steele, one of the oncologists we would be working with and she immediately did a bone marrow test and a spinal tap to see if this cancer was anywhere else. Next, Chris needed a biopsy of this swelling in his neck which had suddenly appeared two days prior. Due to the fact that by now Chris was having trouble breathing, the biopsy had to be done while he was awake and he came back from this surgery in tears. I had never seen Chris cry before this time, nor since.

We got our diagnosis soon afterwards that wasn't encouraging. My 14 year old



freshman in high school had a very serious illness. A Hickman catheter was placed in his chest, not only once but twice due to a defective product. This catheter was to spare his veins the trauma of the chemo over the next two years. The team came in to give the first big dose of chemo to attack this very fast growing tumor that had spread itself all up and down Chris's trachea. It was like we were in a science fiction movie with a huge syringe full of red fluid being pushed into this tube directly into my son's heart.

Of course, I was a mess. I was all alone and just cried and cried. Hope, a nurse practitioner from the chemo team, explained all that would happen in her sweet and caring way and she gave me the opportunity to "lose it" for a whole evening. I got back to the room where Chris was, and there on the nightstand was an open Bible. One of the parents who had a toddler on the unit felt led to leave it there for me. I went seeking out this family and to my surprise, they were just very simple people who loved the Lord and knew I

needed His touch. Their child died shortly afterwards and we all shared in the grieving as only parents who have gone through this can do.

I could go on and on and tell you it was easy, but it wasn't; with bi-weekly bone marrow tests and chemo in the spinal canal, as well as the daily chemo, losing so many of the children we became close to and finding that many friends didn't know what to say so they never did.

Christopher survived and is now married to a wonderful young woman.

God blessed us through this trial. When those dark days and nights were so long, the hymns were the only words I could remember and I sang myself to sleep in the hospital many nights.

God used us to minister to those families that we came to know and love so well for

those two years. He allowed us to minister to those on the

"And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus."

~Philippians 4:7

outside, also, who wondered how we could be okay going through this.

To tell you the truth, I have never felt closer to God. He gave me "the peace of God, which transcends all understanding" (Philippians. 4:7) which became my favorite verse. Honestly, I wouldn't want to see another child go through this, but I know the One who is greater than anything we can imagine and

He will be there in those very dark hours.

My charge to you today is this: Pray for those in need. You all know so many of them. Have you ever been awakened in the middle of the night with someone on your mind? Pray for them as that is when I felt a peace wash over me as someone was praying at that time. Reach out to them with cards that they can hold onto in those dark days. Don't stop reaching out because you don't know what to say. Stop by with a plate of cookies. Offer to take them to appointments or to watch their kids if they have to be elsewhere with a loved one in need. Open up your heart and allow God to direct you in the ministry of caring for others. I can tell you from personal experience, you yourself will be blessed beyond measure.

~ ~ ~



Eric, Joan, Brian, Gwen, Wayne, Stephen, Christopher

Spring Cleaning Checklist & Tips

Tip: Clean from Top to Bottom, Left to Right so you always know where you left off when returning to the room to clean.

Ceilings: [Dust](#) from corner to corner and wash if possible, remember to clean the light fixtures, [ceiling fans](#), smoke detector covers (Replace light bulbs and batteries too).

Walls: [Dust](#) corner to corner, floor to ceiling; Wash & scrub walls and everything on them (fixtures, pictures, mirrors, doors & door frames, hanging shelves, clocks, etc.).

Windows: Inside & outside glass; Clean tracks & window frames; Wash all curtains, drapes & blinds.

Cupboards, Counters, Drawers & Shelves: Empty, remove shelf paper, wash inside & out, top & underneath, line with fresh shelf paper, sort items as you put back (keep/sell/give away/trash); Wash all knick knacks; Tighten, repair or replace handles and knobs where needed; all items in drawers, on shelves, etc.

Furniture & Appliances: Pull out to wash floor & walls behind, as well as all sides of furniture or [appliances](#) (inside & out); Steam clean furniture if possible; Wash all kitchen appliances; Dust & clean all electronics; clean lamps & [lampshades](#).

Floors: Sweep & wash; Vacuum & [clean carpets and rugs](#); Polish & wax.

For more tips go to:
<http://tipnut.com>

Recipe Corner

*Lemon is a flavor I enjoy all year round!
Here is a recipe sure to satisfy your sweet tooth this summer!*

LEMON CHEESECAKE BARS

1 package lemon cake mix	1/3 cup butter, softened
3 eggs	1 (8 oz) package cream cheese, softened
1 cup powdered sugar	2 Tablespoons lemon juice
2 teaspoons grated lemon peel	

Heat oven to 350 degrees. Beat cake mix, butter and 1 of the eggs in a large bowl with an electric mixer on low speed until crumbly. Press in bottom of ungreased 9x13 pan



Beat cream cheese in medium bowl with electric mixer on medium speed until smooth. Gradually beat in powdered sugar on low speed. Stir in lemon peel and lemon juice until smooth. Reserve 1/2 cup cream cheese mixture; refrigerate. Beat remaining 2 eggs into remaining cream cheese mixture on medium speed until blended. Spread over cake mixture.

Bake about 25 minutes or until set. Cool completely, about 1 hour. Spread with reserved cream cheese mixture. Refrigerate about 3 hours until firm. For bars cut into 8 rows by 6 rows. Store covered in refrigerator.

www.BettyCrocker.com

SUMMER SALADS

Here are links to simple salad recipes that are easy to make and can be a refreshing and healthy way to eat all summer long! Enjoy!



SALADS to START

[Arugula Salad](#)
[Asparagus Berry Salad](#)
[Cucumber Fennel Salad](#)
[Garden Vegetable Salad](#)
[Tossed Salad](#)

SALADS with MAYO

[Potato Salad](#)
[Chicken Salad](#)
[Egg Salad](#)
[Jalapeno Potato Salad](#)
[Waldorf Salad](#)

SALADS with FRUIT

[Berry Salad](#)
[Cantaloupe Salad](#)
[Watermelon Salad](#)

SALADS for a MEAL

[Chicken Caesar Salad](#)
[Avocado "Sushi" Salad](#)
[Black Bean Chicken Salad](#)
[Grilled Vegetable Salad](#)
[Layered Taco Salad](#)
[Pasta-Salmon Salad](#)
[Chinese Chicken Salad](#)
[Grilled Turkey Caesar Salad](#)

www.rd.com

Friendship & Prayer Groups

EXERCISE GROUP

Mondays, 7:00 pm, Room 101

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

1st & 3rd Tuesdays, 1:00 pm, Room 113

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.

Spotlight on Service

HELPING THE HOMELESS

“A mother loses her job, a father is kept from working by an injury, a family is forced from their home by fire or natural disaster. Healthcare costs soar, public transportation is underfunded, affordable housing is almost impossible to find. These are the [reasons why](#) families now make up 40 percent of the homeless population, and why one out of every four homeless people is a child.”

~ [Family Promise](#)

Long Hill Chapel participates with the [Interfaith Council for Homeless Families of Morris County](#), a community response to the [community need](#) of homeless children and their families, serving as a support congregation by providing meals and offering fellowship to the families hosted by Stanley Congregational Church in Chatham.

For the remainder of 2010, Long Hill Chapel is responsible to provide volunteers, to serve for 2 hour shifts, on the following dates: May 8 and November 29 & December 4.

Contact LHC's Co-Coordinators for more information or to sign up to volunteer:

[Mary Faugno](#), 973-507-9076

[Gloria Wilson](#), 973-701-9290



*An Affiliate of
Family Promise*

Serving . . .



Women's Ministries

is currently seeking

· a Sunday Morning

Bible Study

Coordinator

Contact [Kathy Gonzalez](#)

· persons to provide

childcare for

Thursday Morning

Bible Studies

Contact [Nancy Gayer](#)

LHCkids Ministry

is currently seeking..

· a 2's & 3's Teacher

& Assistant (9 am)

· a 4's & 5's Teacher

& Assistant (9 am)

· a 4's & 5's

Assistant (10:30 am)

· K's Teacher &

Assistant (10:30 am)

· K-5th PowerHouse

Leaders (9 am)

· Nursery Workers

Contact [Julie Federer](#)

Welcome Ministry

is currently

seeking...

·volunteers to welcome

·volunteers to bake

·volunteers to package

Contact [Julie Federer](#)

ICHFMC- Homeless

Ministry

LHC provides

volunteers

·May 8

·November 29

·December 4

Contact [Gloria Wilson](#)

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Click here to

[subscribe](#) and receive

LHC's weekly e-mail

which highlights

opportunities to serve

at LHC, MCC & in our

local communities

Trusting ~ Continued from page 1

the details in advance? We all face issues such as job-loss; move to a different house, town or country; children going to college; financial crisis; sickness; family issues.

We don't know exactly when David wrote Psalm 23. It may have been when he was a young shepherd tending his flocks. It could have been when he was running from Saul or when Absalom rebelled, hence the reference to his enemies in verse 5. Or it could have been when he was an older man looking back on his life. Whenever it was, we know David had seasons when he faced worry and fear. As a young boy tending sheep, he faced danger, hunger, and everything the elements could throw at him. There were several times he had to beg others (Nabal, Ahimelech,

etc) for food. Yet he wrote, "The Lord is my Shepherd, *I shall not be in want.*"

But for us it is a *great* encouragement to witness: David refused to let his circumstances influence what he knew of his Shepherd, and he trusted in Him. David knew the Good Shepherd makes sure His sheep have rich pasture and good water. A good shepherd tends to details, and for each and every one of his flock. Jesus is our Shepherd. He has a Shepherd's heart—a heart that loves, seeks, protects, and makes sure we have all we need. So why do we worry? Psalm 55:22 says it clearly: "Cast your cares on the LORD and he will sustain you; he will never let the righteous fall."

Inspired by:
www.encouraging.com

Save the Date



May

7 [May Tea ~ Project Victory](#)

9 *Happy Mother's Day*

15 *Annual Meeting*

June

6 *Newcomer's Lunch*

13 *Teacher Appreciation*

20 *Father's Day*

June 28 ~ July 2

[Vacation Bible School](#)

July

6-10 *LIFE 2010 (Sr. High)*

18-23 *Boston Project (Jr. High)*

24-31 *Mexico 2010*

 Long Hill Chapel

525 Shunpike Road
Chatham, NJ 07928