

Long Hill Women

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



We'll Keep You Posted



Dear Women's Ministry,

I hope you all had a good summer. I spent the late part of spring and early part of the summer on bed rest. Finally on June 17 we welcomed Annika Raphela Reves into the world. She is the perfect addition our family and Amelie is a great big sister!

As many of you know, the reason we came to the US was to be trained . . . Matthew received his training at Alliance Theological Seminary, and Long Hill Chapel became our beloved church home.

As the time of training reached its end, we asked God how He would like to use our giftings, which are strongly connected to the field of academia. Through his studies at Princeton

Theological Seminary, Matthew was offered a spot in a Ph.D. program at Ben Gurion University of the Negev in Beer Sheva, one of the largest universities in Israel with 17,400 enrolled students. While their main focus is on the sciences, they also have a Biblical Studies department. Matthew will be in the "Jewish and Christian Literature of the Greco-Roman Era" department.



Ben Gurion University

Beer Sheva is the largest city in the Negev Desert of Southern Israel. Often referred to as the "Capital of the Negev", it is the seventh largest city in Israel with a population of 186,100.



Negev Desert

As we head out to Israel, thanks everyone for your friendship and love. I very much loved being a part of a great team of women. You all taught me so much, that I will hopefully be able to use for my future. Thank you for the wonderful experience the last two years.



Beer Sheva

Bye! We'll keep you posted!

Christiane

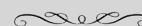
Long Hill Chapel's Women's Ministries exists to encourage women to live their lives to the fullest through the transforming power of Jesus Christ through friendship, discipleship, prayer, outreach, service & missions.

Fall 2010



Long Hill Chapel's Women's Ministries welcomes Vicki Vielguth, who will serve as co-chair along with Kathy Gonzalez.

Vicki has attended Long Hill Chapel since 1983 and served in various capacities; which include Children's Ministries, as a Sunday School teacher & Children's Church leader and also on the Deaconess Board. She is currently serving as a Titus II group mentor.



project VICTORY

Our Spring Tea Finale



Designed to be a fun evening with



friends, fashion & fun!

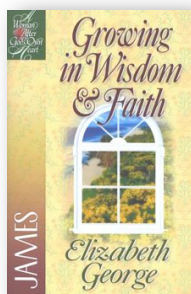


Weekly Bible Studies

James: Growing in Wisdom & Faith

by Elizabeth George

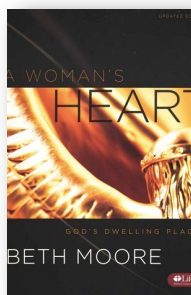
How can you develop a faith that will remain strong when everyday circumstances get you down? Where can you get the wisdom that will help you make the right choices in life's many decisions?



The book of James gives reassuring answers to these questions and many others. In fact, James provides very practical guidance on the most pressing life issues that affect Christian women daily
Sundays (begins 9/19), 10:30 am, Room 303

A Woman's Heart: God's Dwelling Place
by Beth Moore

Perhaps no Old Testament event so dramatically illustrates God's persistent desire to relate to His children as the building of the tabernacle in the wilderness. Through the tabernacle God initiated a deeper relationship with His Chosen People by bringing reconciliation and revealing His glory. And certainly, no Old Testament event so richly prefigures the coming of the true Tabernacle, Jesus Christ.



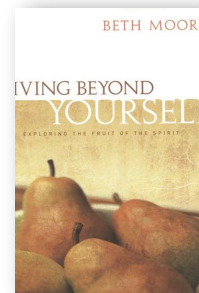
This in-depth, biblical study explores the fascinating account of the building of the tabernacle, the significance of its intricate design, its pivotal role in God's eternal plan, the grand fulfillment of its purpose by Jesus Christ, and its variety of meanings for your walk with God today. You will 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.

Mondays (begins 9/27), 7:30 pm, Room 303

Living Beyond Yourself: Exploring the Fruit of the Spirit
by Beth Moore

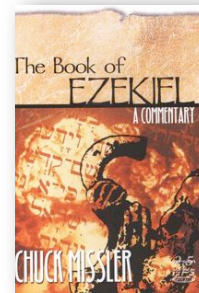
You can know the freedom of a life filled with the fruit of the Spirit. Through this study you'll come to appreciate the supernatural aspects of the fruit that you cannot grow, learn, or produce the fruit on your own. This study challenges you to develop the fruit by maintaining an intimate relationship 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.



Thursdays (begins 9/16), 9:15 am, Room 204

Ezekiel
by Chuck Missler

Ezekiel's name means "God strengthens, or God will strengthen." Ezekiel had remained with the remnant in the land and then was taken in captivity to Egypt.



The book of Ezekiel contains some of the most incredible prophecies in the Bible. Ezekiel ministered to a nation experiencing judgement for their sins, and may have some lessons for us today.

Thursdays (begins 9/16), 9:15 am, Room 303



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

Ages: 0-36 months (Room 113), 3-5 years (Room 101)

Special Events

Want an extraordinary Christmas? Join Long Hill Chapel's Women's Ministries as we usher in the Christmas season. Bring family, friends and treat yourselves to an evening filled with laughter, Christmas music and more!

Christmas at Girlville

featuring

Kim Bolton

Friday, December 3rd



This evening is a perfect way for women of all ages to celebrate the true meaning of Christmas. Kim will remind us through humor and song about the love of God, the gift of Christ and the joy of family. Her combination of outrageous humor and true to life stories will have you in tears one moment and doubled over with laughter the next as she presents, *Christmas at Girlville*. Her music will draw you into God's presence and put a celebration in your spirit as she helps to renew our hearts and stir our souls while reminding us "Jesus really is the reason for the season!"

Save the date and plan now who you will invite. Watch for tickets to be made available in late October thru early November, exclusively for Long Hill Chapel. Don't miss out! After November 7 they will also be available to other churches.

~

If you would like to help with the plans & preparations for the evening, please contact Debbie Adamus, 973-822-2195.

Friendship & Prayer Groups

EXERCISE GROUP

Mondays, 7:00 pm, Room 204

This group meets for a weekly low impact video workout.

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

LHC Deaconess lead a time to walk together and pray for the ministries and outreaches of Long Hill Chapel.



Women's Ministries

Co-Chairs:

Kathy Gonzalez

Vicki Vielguth

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 Vicki**

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.)

Life to the Fullest . . . My Story by Nancy Gayer

It's exciting to tell you my story of how I met Jesus Christ as my Savior and the day my life changed for good and forever. The road that led me to Him was a broken road with detours, bumps and dead end streets, but God really held me fast through it all. By all "natural circumstances" I should not be here writing this, but God protected my life and had a providential love and hold on me that could not and will not be shaken. Oh, how I love Jesus!

I grew up in a regular all-Italian family – seven kids, two parents, one dog and a great big back yard. Birthdays and holidays were celebrated with food, grandparents, aunts, uncles, cousins, and good clean fun. (There were never less than 20 people at any one gathering.) During summer months, we took many family vacations, and at home we would play for hours outside in neighbor's yards, running in and out of everyone's house for iced tea, a snack or the bathroom...whatever. There were lots of open doors and open spaces. Back then (*Wow, I'm old enough now to say "back then" . . .*) there were no play dates, just play time, and it lasted all day. It was great growing up in Orange, New Jersey. My parents gave me everything they had and I love them!

In the early seventies we moved due to racial riots and dangerous neighborhoods cropping up. (A person was shot on our street.) Millburn was a town with tons of money and tons of other problems

that go along with well-off adolescent children. Kids had money and used it in ways that would harm themselves. I went to my first "party" at age 13 and it was all downhill from there. I spent eight years in a lifestyle of wrong choices and harmful influences. My family life was getting worse too. There was tension at home and the only way for me to escape was in this destructive lifestyle.

(It has caused me sorrow and shame to think about my past life before Christ. But one day after I became a follower of Jesus, while I was in prayer and reading my Bible the Holy Spirit gave me Psalm 32:5, "Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD" and you forgave (EVEN) the guilt of my sin. Selah." And that became a foundation of TRUTH for me – that not only was God forgiving my sin as I would confess it, but that He was removing my shame as well. God through His Word, still gives me specific scripture at specific times in my life. He's more than good.)

In 1981 I met a man whom the Lord used in ways I cannot totally explain, nor the impact he made on my life. His name - Ken Gayer. A kind, super handsome and sweet guy who had a "light" within him. His character of godliness, which I had never seen in anyone before, at times was difficult and even impossible to grasp. We dated for six years, but



these years were filled with hard times. Let's just say, I was unsaved and unkind! He put up with me all that time and then said he had enough and moved away to join the Navy in Orlando, Florida.

I remember sitting at my bedroom window one night talking to God saying that if this guy goes away, I'm going to be very sad, that I didn't want to live without him, and asking God that night what was I supposed to do? In asking my question I believed that God was out "there" and I remember thinking I was not important enough for Him to care to answer at this small and unimportant level of life – my life.

Each time I talked to Ken, I begged and pleaded for another chance. Every time he came home to Short Hills to visit his family, I had to see him. We talked and again he let me in his heart. Then we started talking about marriage – it was December, 1985. We were engaged on February 14, 1986 and with that I got my first Bible from his Mom – my dear mother in law! (*Years later I found out she had prayed for her son's spouse when he was just a little boy. Isn't God grand?!*)

His sister took me to a Bible study. The love, grace and forgiveness of Christ was so evident through the teaching of the Bible, that I couldn't get enough – then or now. We went each week and a few weeks into it, another friend of Ken's, Dennis Gradzki, asked me if I wanted to receive Christ. I didn't know what that meant, and it still seems a bit of a peculiar question – but I said yes. As we prayed that night – May 4, 1986, I confessed my sin and remember the Holy Spirit cleaning my body so white, so pure I sparkled on the inside. I truly was whiter than snow. There was no turning back for me.

It's been 24 years now and I have to say that God has been guiding my life and caring for me in ways that again, words do no justice. Just after I accepted Christ, Ken asked where I wanted to live while he was stationed on a submarine. Our choices were San Diego, Connecticut or Hawaii. I remember being in my office at

AT&T and whispering such a simple prayer to God saying “Would it be okay if we lived in Hawaii?...Would you let us do that?” And we did! (*What a gift from our Father to start our new married life together!*)

After 17 years of praying for children and hearing the Lord tell me one day in a worship service that I would have children, did I ever think that God would use the blessing of adoption to again express His immense and deep, sovereign love for us? Alex, was (wrongly) diagnosed with Neurofibromatosis. While having our exit interview at the U.S. Embassy in Guatemala, in preparation to leave the country, they told us that the adorable boy I was holding in my arms was going to die from this disease, and that we could leave him in Guatemala if we wanted to...that it would NOT be a problem. But for me and Ken, it was not even an option! If we were to care for a sick and dying baby, then by golly,

that's what we were called to do. I was not strong at the time, in fact, I was a crying weak mess...but God held us both fast.

And the other answered prayer for our daughter – who just so “happened” to be born with my dear grandmother's name...we knew she was destined from the good Lord's hand to be our daughter Josephine. (Ephesians 1:5)

And the praises of answered prayer go on and on.

Are there struggles and dry times, worries and frustrations, doubts and questions? Oh yes, and more. But through it all, I have no place to go for I am really compelled to be completed in Christ as I continue on my life's pilgrimage here. I can do nothing else - apart from Him I can do nothing! Thank you Lord for showing me my life without You and granting me your grace to have LIFE (*to the fullest*) with You!

~ Nancy



“I have come that they may have life, and have it to the full.”
~ John 10:10b

Getting Ready For Fall

by Sarah Aquirre

"We sometimes put a lot of emphasis on spring cleaning, but Fall and a fast approaching holiday season have their own demands on our homes and schedules. Try organizing yourself now to get ready for Autumn's needs.

Get Rid of Excuses

Myth # 1

I don't have time . . .

Myth # 2

I can't afford to . . .

Myth # 3

I'm just naturally disorganized . . .

Start with the Basics

Step 1: Analysis of Areas

Step 2: Analysis Reasons

Step 3: Solutions

Step 4: Implementation

Get Rid of Clutter

The Categories:

Trash, Give Away/Sell,
Storage, Put Away

The Method:

Room by Room,
One Item at a Time

Things to Remember:

Items are not equivalent to the memories of the person who gave them to you, etc.

Maintenance is the Key

15 Minute Cleanups
for Every Room

- * [Bathroom](#)
- * [Bedroom](#)
- * [Kitchen](#)
- * [Living Area](#)

Sarah's Housekeeping Blog

About.com:Housekeeping

Recipe Corner

Mickey Formato shared this savory & sweet cheesecake at our small group ~ so good! Enjoy!

Roast Apple & Onion Cheddar Cheesecake

1 1/2 lbs cream cheese, softened

1/2 cup heavy whipping cream

1 cup sharp cheddar cheese, finely shredded

1 1/2 cups [American Spoon © Roast Apple & Onion Relish](#)

1/2 teaspoon garlic, minced

Salt & pepper to taste

Bread crumbs

Butter

3 eggs

Butter a 9" spring form pan, dust with bread crumbs then chill in refrigerator while mixing the cake. Preheat oven to 325 degrees F.

In a mixing bowl, beat the cream cheese and heavy cream until smooth. Add the Roast Apple and Onion Relish, salt, pepper, half the cheddar cheese and garlic, beat until mixed. Add the eggs one at a time, mixing well after each addition.

Spoon into the prepared pan and sprinkle the top with the remaining cheddar cheese. Bake in the center of the oven for 1 hour and fifteen minutes. The cheesecake may appear moist in the center but it will set. Allow to cool to room temperature and carefully remove from springform pan.

Serve at room temperature. Refrigerate leftovers.



www.spoon.com

15 Energy-Boosting Breakfast Recipes for Kids

by Jean Pare'

They say breakfast is the most important meal of the day. Not just for kids! Here are a few "fun high-powered breakfasts" to start off your day!



[Breakfast Split](#)

[Egg-O-Rama](#)

[Quick Fruit Crisp](#)

[Apple Mango Muffins](#)

[Banana Monkey Crunch](#)

[Cranberry Almond Chewies](#)

[Berry Creamy Waffles](#)

[Nut and Honey Granola](#)

[Hakuna Frittata](#)

[Tikki Tikki Muffins](#)

[Yum-Yum Yogurt Layers](#)

[Banana Pancakes](#)

[Funny Side Up Breakfast](#)

[Strawberry French Toast](#)

[Fruity Milkshake](#)

www.rd.com

Spotlight on Service by Trasey Codrington

**"Pour out your heart like water before the face of the Lord.
Lift your hands toward him for the life of your children."**

~ *Lamentations, 2:19*

Stormie Omartian prefaces **"The Power of a Praying Parent"** with this verse and it is the perfect introduction to what **Moms in Touch** is all about.

Over twenty years ago, Fern Nichols, a mother living in British Columbia, felt a heavy burden to pray for her four children as they started a new school year. Her phone call to another mother to share this desire was the birth of [Mom's In Touch International](#) (MIT).

I remember my excitement when Victoria began first grade because it meant, among other things, that I could finally attend the weekly Mom's In Touch prayer hour in a Chatham mom's home.

Over the past ten years of meeting weekly I have learned several things:

- 1) Discipline: Attending & preparing for this hour has inspired me with the desire & discipline to spend more time with my Father God.
- 2) Fruits of the Holy Spirit - We found that as we shared our burdens with each other we realized that we were not alone in our struggles. I found I was a better mom; more patient, loving, gentle, kind and self-controlled when I took the time to talk with God.
- 3) ACTS - Mom's In Touch reminds us that as we go before the Lord we should Adore Him, we should Confess our sins, we should bring Thanksgiving for all He has done and then pray, or bring our Supplications to Him.
- 4) God's Character - Weekly we examined scripture to learn about who God is. I realized that the image we have of Him is often skewed by our own ignorance and by worldly views. We do not serve a weak, anemic God. "Your right hand is lifted high in glorious strength" (Psalm 89:13b) He is all powerful!

Our weekly prayer times reminded us too, that God is never too busy for us or our families. God is faithful, He is constant, loyal, reliable, steadfast, unwavering, devoted, true, dependable.

Wow. I owe a debt of gratitude to Fern Nichols for all her insight on what it means to be a praying mom! Never underestimate the power of your prayers!

Mom's In Touch Groups in our area . . .

- ❖ **Chatham** (K-12) ~ Contact Nancy Gayer, 973-507-9251
~ 1st & 3rd Wednesdays, begins 9/15, 10:00 am
- ❖ **Madison** (K-12) ~ Contact Sandy Brill, 973-236-0202
~ Day/Time TBA
- ❖ **College & Career** ~ Contact Christine Whitehead, 973-377-9335
~ 1st & 3rd Thursdays, begins 9/16, 7:00 pm
- ❖ **College & Grad** ~ Contact Sandy McGetrick, 908-464-4639
~ Thursdays, 1:30 pm
~ Fridays, (also, beginning in November), 8:30 am



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 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
Contact [Julie Federer](#)

**ICHFMC- Homeless
Ministry**
LHC provides
volunteers
· November 29
· December 4
Contact [Gloria Wilson](#)

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LHC's weekly e-mail
which highlights
opportunities to serve
at LHC, MCC & in our
local communities

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folder via e-mail

Retreats & Conferences



To order tickets by mail:

Make check payable to "Arts in Christian Theatre" w/ "WPS Tickets" written on memo line and send request to: Women's Prayer Summit, Attn: Diana Joseph, 401 West 205th Street, New York, NY 10034

To charge tickets by phone: 718-291-0625.

Directions & Information: 646-841-4599

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If you plan to attend and are interested in carpooling/connecting with other women from Long Hill Chapel also attending, please contact [Julie Federer](#).

 Long Hill Chapel
525 Shunpike Road
Chatham, NJ 07928

Save the Date



September

15 Chatham MIT Group begins

16 Thursday Morning Bible Studies begin
College & Career MIT Group begins

19 Sunday Morning Bible Study begins

27 Monday Evening Bible Study begins

October

2-3 Fall "Loving Well" Retreat Registration closed

30 Women's Prayer Summit

December

3 Christmas Celebration featuring Kim Bolton