



“A merry heart maketh a cheerful countenance...”
Proverbs 15:13a

RULES FOR DIETING

If you eat something and no one sees you eat it,
 it has no calories.

If you drink diet soda with candy bars, the calories in the candy bar are cancelled out by the diet soda.

When you eat with someone else, calories don't count as long as you don't eat more than they do.

Food used for medicinal purposes never counts, such as hot chocolate, toast, and Sara Lee cheesecake.

If you fatten up the people around you,
 then you look thinner.

Movie-related foods do not have additional calories because they are part of the entire entertainment package and are not part of one's personal intake. Examples are Milk Duds, buttered popcorn, Junior Mints, Red Hots and Tootsie Rolls.

Cookie pieces contain no calories. The process of breaking cookies causes caloric leakage.

Things licked off knives and spoons have no calories if you are in the process of preparing something. Examples are peanut butter on a knife while making a sandwich, or ice cream on a spoon while making a sundae.

Foods that have the same color have the same number of calories.
 For instance, spinach and pistachio ice cream, cauliflower and whipped cream.

Note: Chocolate is a universal substitute and may be used in place of any other food.

- AUTHOR UNKNOWN -



Lilies of the Valley

Newsletter

Luke 12:27-28 "Consider the lilies how they grow"

A Ministry of Blackstone Valley Baptist Church



“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” 1 Thessalonians 5:18

November 2014

Think Pink November 11th

7:00pm



Upcoming Gatherings:

December 6th - Ladies Tea
Guest Speaker: Mrs. Lana Santino

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world." John 16:33



*Ladies Prayer Time.
Tuesday Mornings
at 10:00a.m.*

Spaghetti Squash Lasagna with Broccolini



In this low-carb spaghetti squash lasagna recipe, garlicky broccolini, spaghetti squash and cheese are combined for a healthy take on a favorite casserole. This bakes right in the squash shells for a fun presentation. Serve with a big Caesar salad and some warm and crusty whole-grain bread.

4 servings | **Active Time:** 30 minutes |
Total Time: 40 minutes

Ingredients

- 12 1/2- to 3- pound spaghetti squash, halved lengthwise and seeded
- 1 tablespoon extra-virgin olive oil
- 1 bunch broccolini, chopped
- 4 cloves garlic, minced
- 1/4 teaspoon crushed red pepper (optional)
- 2 tablespoons water
- 1 cup shredded part-skim mozzarella cheese, divided
- 1/4 cup shredded Parmesan cheese, divided
- 3/4 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper

Preparation

Position racks in upper and lower thirds of oven; preheat to 450°F. Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until the flesh is tender, about 10 minutes. (Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake in a 400°F oven until the squash is tender, 40 to 50 minutes.)

Meanwhile, heat oil in a large skillet over medium heat. Add broccolini, garlic and red pepper (if using); cook, stirring frequently, for 2 minutes. Add water and cook, stirring, until the broccolini is tender, 3 to 5 minutes more. Transfer to a large bowl.

Use a fork to scrape the squash from the shells into the bowl. Place the shells in a broiler-safe baking pan or on a baking sheet. Stir 3/4 cup mozzarella, 2 tablespoons Parmesan, Italian seasoning, salt and pepper into the squash mixture. Divide it between the shells; top with the remaining 1/4 cup mozzarella and 2 tablespoons Parmesan.

Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes.

Nutrition

Per serving : 194 Calories; 11 g Fat; 5 g Sat; 5 g Mono; 20 mg Cholesterol; 13 g Carbohydrates; 12 g Protein; 2 g Fiber; 587 mg Sodium; 334 mg Potassium
1 Carbohydrate Serving
Exchanges: 1/2 starch, 1/2 vegetable, 1/2 lean meat, 1 medium-fat meat, 1 fat

WHO WERE THEY???



Bath-Sheba

Bath-Sheba was the unlikely link between Israel's two most famous kings - David and Solomon. She was lover and wife to one, mother to the other. Her adultery with David almost brought an end to the family through which God planned to physically enter his world. Out of the ashes of that sin, however, God brought good. Eventually Jesus Christ, the salvation of mankind, was born to a descendant of David and Bath-Sheba.

David and Bath-Sheba's story shows that little wrong decisions often led to big mistakes. It is likely that neither was where he or she should have been. Bath-Sheba may have been rash in bathing where she might be seen; David should have been at war with his enemy. Each decision contributed to the beginning of a very sad series of events.

Bath-Sheba must have been devastated by the chain of events - unfaithfulness to her husband, discovery of pregnancy, death of her husband, death of her child. We are told that David comforted her (2 Samuel 12:24), and she lived to see another son, Solomon, sit on the throne.

From her life we see that the little, day-to-day choices we make are very important. They prepare us to make the right choices when the big decisions come. The wisdom to make right choices in small and large matters is a gift from God. Understanding this should make us more conscious of the decisions we make and more willing to include God in our decision making. Have you asked for his help with today's decisions?

Strengths and Accomplishments	<ul style="list-style-type: none"> Became influential in the palace alongside her son, Solomon Was the mother of Israel's wisest king and an ancestor of Jesus
Weakness and mistakes	<ul style="list-style-type: none"> Committed adultery
Lesson from her life	<ul style="list-style-type: none"> Although we may feel caught up in a chain of events, we are still responsible for the way we participate in those events. A sin may seem like one small seed, but the harvest of consequences is beyond measure. In the worst possible situations, God is still able to bring about good when people truly turn to him. While we must live with the natural consequences of our sins, God's forgiveness of sin is total.
Key Verse	<p><i>"And when the wife of Uriah heard that Uriah her husband was dead, she mourned for her husband. And when the mourning was past, David sent and fetched her to his house, and she became his wife, and bare him a son. But the thing that David had done displeased the LORD."</i> 2 Samuel 11:26-27</p>

Making a Difference

Julia Bettencourt

"And of some have compassion, making a difference" Jude 1:22

The holidays are a great time to find a charity or needy cause to bestow our good deeds on. Some people relish in that and I admire them for it, but sometimes I think that is all some of us have---seasonal compassion. Oh to have the heart and desire to do good all the time. To look at people the way Jesus did. When he looked at the multitudes, He was "moved with compassion". "But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd." Matthew 9:36

Not only did Christ see the people with compassion, but He was prompted to do something about it. He healed the sick and lame, fed the multitudes, and genuinely cared about people and about their souls. Look how He dealt with the Samaritan woman at the well. He knew all the things that had entangled her life and He took the time to let her know about the Living Water.

Remember the man no one could control and went around cutting himself and crying in the tombs in Mark chapter five? Basically a crazy man running through the graveyards acting crazy. He was possessed with unclean spirits. We probably would have ran in the other direction. Most of us don't like dealing with the "crazies" of this world, but Christ cared for them. Christ went about making a difference in everything He did and with everyone He met on this earth.

Our verse in Jude 1:22 is one of those verses that always just reaches out and grabs me with conviction. "And of some have compassion, making a difference" Jude 1:22.

How much compassion do I have? How much of a difference am I making in this world? Do I encourage people? Do I share Christ like I should? Do I care for people's needs? Am I a blessing to others? I trust I can be a woman that makes a difference. Here are a few examples of women in the Bible that made a difference:

- Esther.** Esther was one of those women who was right where God wanted her to be at the right time. Do you realize she even held her tongue when she was supposed to? That's kind of hard for some of us. Remember she didn't tell anyone her family heritage or who her people were until the right time? Because of the way she lived her life she saved her people. She had an impact.

- The Shunammite Woman.** This woman made the first "prophet's chamber" for Elisha. She did what she could for the man of God (II Kings 4). She was a blessing.

- Rahab.** Now Rahab wasn't the most respected woman in town but God gives us her story for a reason, maybe to show us what a difference she made. In Joshua 2 she hid the two men that Joshua had sent out to spy on Jericho. She saved them from being found out. She did some good.

- Mary, the Mother of Jesus.** Mary was a woman who was willing to be used of God. If an angel came to us like with Mary to tell us we'd be carrying the Christ Child, what would be our reaction? "Whoa! Not me." "Get someone else to do it." "I'll pass on this one!" Mary led a pure life and was tender to God's calling. She was willing.

Conclusion:

Have you ever noticed the epitaphs on headstones? "Beloved Mother" "Loving Son" and all sorts of things designed to reflect what those people were. It may be kind of a morbid topic but we are all going to die eventually unless the Lord comes back first. What will we have done with our earthly lives? Yes it will be wonderful to get to heaven someday but God left us here for a purpose. What kind of mark will you and I as Christian women leave on this world?



Count Your Blessings

Bible study on blessings and happiness.

A secret to happiness is prayerfully counting your blessings, while offering thanks to God.

When you're having a bad day, take a few minutes and start thanking God for all the

blessings He's given to you. You'll find that your focus turns from things that make you sad, to things that make you happy.

Rejoice In The Lord

The Lord commands us to rejoice all the time. Paul says, "Finally, my brethren, rejoice in the Lord ([Phil. 3:1](#)). And later in the same epistle he says, "Rejoice in the Lord always; again I will say, rejoice" ([Phil 4:4](#))!

God wants you to be a happy, rejoicing person. Although you'll suffer as Christians, and life isn't always going to be perfect ([2 Tim. 3:12](#)), God wants you to rejoice.

Rejoice By Praying All The Time

The key to rejoicing all the time is praying all the time. Paul communicates this principle to the Thessalonians, saying, "Rejoice evermore; pray without ceasing" ([1 Th. 5:16-17](#)).

The first step toward rejoicing all the time is praying all the time, constantly talking to God throughout the day. Sometimes you may pause to pray in a formal way, and other times you might speak to God in a single sentence while hurriedly moving from one task to another.

Pray About Everything That Bothers You

Of course, there are things that bother us. We're concerned for the spiritual and physical well-being of others. And we're personally concerned about our jobs, health, finances, family, etc.

Although it's good to be concerned about the things that effect our lives, we shouldn't be anxious. We're not to have undue worldly care about the things of this life -- we can't let worldly care control us.

To accomplish this, Paul tells us to, "Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds in Christ Jesus" ([Phil. 4:6-7](#)).

And Peter, communicating these things in a different manner, says, "Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time, Casting all your care on Him, for He careth for you" ([1 Pet. 5:6-7](#)).

God wants us to pray about the things that bother us. But, He also wants us to deal with these things in a manner that's befitting of Christians, who place their trust in Him.

We continually pray about the things that bother us, entrusting them into God's hands, depending on Him to deal with them according to His will. Like Jesus, who suffered for you, leaving you an example when He was treated harshly and crucified, "but committed himself to him that judgeth righteously:" ([1 Pet. 2:23](#)). If you prayerfully entrust yourself to God, you'll rejoice while experiencing the difficulties of life.

In Everything Give Thanks

As you communicate with God, make a large part of your prayers the giving of thanks. Paul says, "Rejoice evermore; pray without ceasing; in everything give thanks; for this is the will of God in Christ Jesus concerning you." ([1 Th. 5:16-18](#)).

Not only can you incorporate thanksgiving into your prayers as you express your desires and concerns to God, you can also offer up prayers wherein all you do is offer thanks.

When I'm going through my day, and especially when things go right, I constantly offer up one sentence prayers to thank God. If it's a really good day, I might thank God close to a hundred times. And even if it's a really bad day, I still thank God several times a day for giving me a great life, and blessing us so much.

Prayerfully casting your cares on God while offering thanks for your blessings, results in a happy and joyful life -- you'll rejoice in the Lord.

Count Your Blessings

The song, Count Your Many Blessings, sums up these thoughts:

When upon life's billows you are tempest tossed,
When you are discouraged thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord hath done.
Are you ever burdened with a load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings, every doubt will fly,
And you will be singing as the days go by.
So, amid the conflicts, whether great or small,
Do not be discouraged, God is over all;
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.
Count your blessings, name them one by one;
Count your blessings, see what God hath done;
Count your blessings, name them one by one;
Count your many blessings, see what God hath done.

It Really Works

I encourage you to count your blessings, specifically, one by one. It helps you focus on the good things, and put the bad things in proper perspective. If you've not counted your blessings lately, try it. It really works! You'll feel better, trust God more, be happier, and rejoice in the Lord.