

# Pep Talk



A Ministry of Cedar Springs Presbyterian Church  
November 2008

## *A Happy Thanksgiving...and everyday*

Don't worry about anything, instead, pray about everything. Tell God what you need, and thank him for all he has done." Philippians 4:6 (NLT)

"Happy Thanksgiving!" people wish me repeatedly this week. Seems like everyone wishes for happiness. Everybody wants some. Many people pretend to have it...yet few seem to truly possess it. Why is happiness so hard to find?

Psst...lean in closer...I will show you a path that leads to it...the fourth chapter of Philippians. Look up and read verses six through thirteen, or read them below in the Power Verses section.

Notice in verse six, Paul gives three clear instructions for finding lasting happiness and contentment. He says:

- 1) do not worry about anything
- 2) pray about everything
- 3) thank God for everything

What if today we took this instruction to heart and put it into practice? What if today we decided not to worry about anything? What if when we found ourselves worrying, we stopped and handed the situation over to God in prayer? What if we then thanked Him for taking care of the issue? In fact, what if we spent most of our mental free time today thinking about what good care our awesome God takes of us? What would happen then?

Paul says in verse seven, if we begin to live this way we will experience amazing peace—a kind of peace we can't even imagine. Peace that makes no earthly sense! This kind of peace is so powerful that it has a protective function on our hearts and minds—which only makes it easier for us to stop worrying and be thankful. That sounds like a state of happiness to me! *Continued on page 4*

## Welcome Carol Tessier

Carol Tessier, a counselor at Ebenezer Counseling Services, will give practical tips and advice on how to redirect our children when they are misbehaving. Carol worked with special needs children in Atlanta for about 22 years before going back to school to become a counselor.

## Today's agenda

- 9:15-9:45 Registration
- 9:45-10:00 Announcements
- 10:00-11:00 Speaker
- 11:00-12:00 Small groups
- 12:00-12:35 Lunch
- 12:35-12:45 Pick-up children

## December meeting

West and Suzanee Breedlove will lead us in worship music for the Christmas season. After this time of praise and worship, small groups will assemble goodie bags for the kids at Lonsdale Elementary School and make final preparations for the Bear Bucks sale.

## Advent planning

The CSPC Prayer Ministry has prepared a list of Advent Resources for your personal & family devotions. These resources include books that can be purchased at local bookstores as well as many that are available in our church library. A list of Advent devotional web sites is also included. It is also available online at [www.cspc.net/worship/advent.shtm](http://www.cspc.net/worship/advent.shtm).

## Safety Bracelets

This is a great idea, especially for holiday shopping. October 2008, Parents magazine.

"I used elastic cord and number beads to make bracelets with my cell-phone number on them. I keep them in my car, and when we go to a crowded area, like an amusement park or the mall, I have my children wear them. If they get lost, they'll always know what number to call".  
Mary Blackburn; Springfield, MO

Note: If you have a hard time finding number beads locally, just Google "number and letter beads" - they can be found on-line and on Ebay. This would be a great craft night with friends or your small group, since the bags of beads come in 300-500 count. The cost is approximately \$10, including shipping.



## PEP Moms Annual Retreat



### Don't Delay, Registration begins today!

Retreat registration forms are on the registration table in the Welcome Hall. Make a \$50 deposit today and pay the remaining amount at the January meeting.

Join us February 6th-8th, 2009 for a weekend of fellowship, fun, rest, girl time, time with God, & time to re-focus.

Back by popular demand, our speaker this year will be our fabulous sister in Christ, Marla DeLong. She has spoken to PEP Moms many times and anyone who has heard her or met her knows how genuine, real, and down-to-earth she is. She loves encouraging women, wives, and mothers.

The title for retreat weekend will be *Experiencing Grace: An Experiential Weekend of Learning How to Live in the Power of God's Love*. There will be some hands on learning ideas that we will participate in along with Marla. We hope you will come see for yourself what a wonderful & transforming weekend this will be! *Just a reminder, there are only 40 spots available! These will fill fast, but we will have a waiting list for cancellations.*

## Calling all volunteers for the Lonsdale Bear Bucks Sale!

The Lonsdale Bear Bucks Sale is fast approaching. The sale is on Thursday, December 11 and we need volunteers to make it a success. There are three areas in which you can help. If you are interested in serving in any of these areas we will be passing out sign up sheets today.

Pricing and sorting donated items. Nursery is available this year. Nursery will be provided on Thursday, December 4th, and Monday, December 8th from 9:30-11:30 a.m. and Friday, December 5th from 10:00-12:00 p.m.

Set up is at Lonsdale Elementary School on Wednesday, December 10th. This involves loading and unloading the truck, setting up tables, unloading boxes, and organizing sale items. Sale day is at Lonsdale Elementary School on Thursday, December 11th. We will need help handing out bags, replenishing tables and moving children through the line.

Please remember to bring a bag of candy to the December PEP meeting. We will use the candy to make up goody bags for the Lonsdale students.

Please contact Jessica Harvey (671-3179) or Carrie Gahagan (675-0629) if you have any questions.

## *Turkey Pot Pie* (for Thanksgiving leftovers)

1 can of refrigerated homestyle biscuits

### **Filling**

1/3 C butter

1/3 C chopped onion

1/3 C All purpose flour

1/4 tsp ground pepper

1 1/2 C low sodium chicken broth

2/3 C milk

2 Tsp Better Than Bullion Chicken Base (soup aisle)

2 1/2 - 3 C shredded cooked turkey breast

1 1/3 C from peas & carrots, thawed

2/3 C frozen corn, thawed

Salt to taste

Heat oven to 375° ( or the temperature on the biscuit can).

In a medium saucepan, melt butter over medium heat. Add onion, cook 2 minutes or until tender.

Stir in flour and pepper until well blended. Gradually stir in broth & milk; cook, stirring constantly, until bubbly and thickened.

Add Better Than Bullion and mix until incorporated.

Add turkey and mixed vegetables; remove from heat.

Spoon turkey mixture into deep dish pie plate.

Top with single layer of biscuits. When biscuits are a light golden brown, take the pie out. Carefully flip each biscuit upside down with a fork (this is to make sure the bottom of the biscuits are fully cooked).

Return the pie to the oven and continue to bake until the biscuits are golden brown.

Let stand 5 minutes before serving.

Serve with cranberry sauce.

Based on Keri Gray's fabulous Chicken Pot Pie recipe

## **A Mom's Helpful Hint**

Can I just say... "I LOVE coupons". They are free money. How great is that! When I was younger, I had a tendency to roll my eyes when my mom would get out her scissors every Sunday afternoon. She would fuss at me for not using them. "I just don't have the time" would be my reply (single and no kids, are you kidding me—I had no idea how much time I had!)

This past year I got hooked. It just goes back to being called to be a good steward of our household funds. I found the key to coupons is to be organized and just clip the products you buy. I review my stash before I get to the market while I'm still making my list. 35¢ here or 55¢ there might not make a huge difference in one shopping bill, but over a year will become a chunk of change. Super Target even gives me a 5¢ rebate per reusable bag I use (that's one of my baby steps going green).

Do you know that JoAnn's, AC Moore, and Michael's have 40% off coupons almost every week in the Sunday paper. They have great kid's departments—perfect for birthday party gifts—we seem to go to one every other week.

So you have the traditional supermarket coupons and the craft stores, but what is also so great is some of my favorite "mall" stores, like Ann Taylor & Borders, email printable coupons too—all the time! It's worth signing up for email update from your favorite retailers!

*Sharon Faulkner*



(Continued from front page)

In verse eight Paul elaborates on what to think about instead of our worries—whatever is good, true, honorable, pure, lovely, praise worthy, & right. Many things can fall into these categories, but Christ encompasses them all! This is not just “positive thinking,” this is “spiritual thinking.” Further down in Philippians 4:10-13, Paul goes on to attest personally to the truth of this 3-step process as he writes from a Roman prison. From behind bars Paul says, “I’ve learned how to get along happily whether I have much or little...I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little” (Phil. 4:11-12). Did you catch that verb? Paul **LEARNED** how to be happy and content. It didn’t just happen once he reached his goals. In fact, he claims his ability to be happy had nothing at all to do with his circumstances, but rather his increased trust in Christ.

So happy contentedness is not something that comes once our waistlines have slimmed, our wrinkles are erased, our houses are organized, our children are successful, our bosses have thanked us, or our husbands dote on us. Instead it is learned as we become prayerful (verse 6) and thankful (verse 6), as we practice spiritual thinking (verse 8), and as we trust totally in Christ (verse 13) despite our circumstances.

What a perfect day to start practicing Paul’s process of prayer, thankfulness, and “spiritual thinking” than today. Happy Thanksgiving!  
- Proverbs 31 Ministry

## Thanksgiving Craft

### Craft Materials:

Scissors & brown paper bags

Cardboard (cereal box) & a glue stick

Colored construction paper & black marker

2 small white pom poms or stick on eyes



1. From the brown paper bags, cut a circle 3 1/2 inches in diameter for the turkey’s head. Next, cut a 3-inch-wide band to fit around your child’s head.
2. From the cardboard, cut a strip 5 by 1 1/2 inches to use for a neck. Fold it three times accordion style, then glue one end to the back of the paper circle.
3. For a beak, fold yellow construction paper and cut out a small double triangle (1 1/2 inches along the fold). Cut a rounded L from red paper for the turkey’s wattle.
4. To create eyes, draw a black circle on each pom-pom with the marker. Glue the eyes, wattle and one side of the beak to the head. Let them dry. Then, glue the loose end of the neck to the center of the headband.
5. Now, wrap the headband around your child’s head; mark where the ends overlap, then remove the band and glue the ends. Finally, glue on construction paper feathers and wings.

## PEP Mom Directory Revisions

If you haven’t received your PEP Moms directory, please see your Small Group Leader for your copy. All paid/registered Moms will get a directory. Please e-mail Jill: [jsmccurry@yahoo.com](mailto:jsmccurry@yahoo.com) with any corrections. Please note the following changes.

## December Nursery Workers List

Please report to “duty” no later than 9:00 a.m.

**A. Braden, R. Rogers, P. Ward, E. Sloan, L. Ballinger**