



“She sets about her work vigorously; her arms are strong for her tasks.”

Proverbs 31:17

Highland View Women's Newsletter

The Worthy Woman—Strong in Her Work

Beth Jinkerson, Editor

As someone from whom physical strength has essentially gone, I can confidently say that strength and vigor have many forms. I thank God daily for what I have left—mental, emotional, and spiritual strength tend to take a much more prominent role when your arms and legs don't carry you as they once did and when eyesight begins to erode. I find myself fascinated by watching my family and friends as they move about, almost as if by some magic force that I have lost. They sink gracefully down onto the floor and then rise easily. They swing a baby giggling up into the air, and stand confidently at a stove cooking delicious nourishment. They carry bags of groceries into the house efficiently (although they may grumble or pant a bit). They stretch a stubborn fitted sheet over a mattress and release a delight of aroma—clean, soft, laundry fresh from the dryer.

Women have been called the “weaker sex” for centuries, and doubtless they are more fragile than the male of the species in some ways. But even scientists concede that women more than make up for lesser muscle mass and upper body strength with their ability to cope with stress, pain, and aging. God made man and woman to complete each other, to supplement our strengths and weaknesses. Together, we are a beautiful whole, especially when united in doing good in the Lord's name.

Proverbs 31's description of the worthy woman extols her as someone who goes about her tasks with “vigor.” She moves throughout her day with intensity of action and with mental force. Call it what you will (vim, pep, get-up-and-go, drive, oomph), the worthy woman is not afraid of hard work. She is the living opposite of sluggishness or lethargy; even the vacationing woman typically works hard to make the time off “count”. And God's worthy woman plies all levels of her strength: body, mind, heart, soul.



She offers her strength of compassion to the helpless and wounded. She provides a steady shoulder to cry on for the broken-hearted. She is a force of nature when it comes to protecting her family's welfare, her husband's reputation, her children's innocence, her parents' sunset years. She often works in the church behind the scenes with tasks that range from humbly unseen to highly visible. Her work and spirit always plays a pivotal role in the culture of each congregation.

Many have done well, the Proverbs tell us, and the worthy woman, strong in her work, is among the most cherished.

Inside this issue:

Her Hands (poem)	2
Nancy's Notes	2
CROWN Book Review	3
Cook's Corner	3
Devotional Moment	4



Her Beautiful Hands

Like living art, her hands of love
Move sure and strong and sweet
To pour a perfume precious, rare,
Upon her Savior's feet.

And we, her worthy sisters still
Apply our hands in love
To comfort, clean, create, and heal
In Jesus' name above.

Lord, may we use our hands for You
As Mary did that day
To show our love if toiling long
Or folded soft to pray.

Beth, March 2012



Nancy's  **Notes**
Nancy Hensley, Variety Columnist

Editor's Note: Nancy submitted this story for the February issue of *Open Hearts*, and it was inadvertently left out. So as you read the piece, keep in mind that her trip was in February. Next month, Nancy's Notes will share with us all the goodness of her trip! —bj

111.3 million people is a lot of love!

111.3 million viewers watched the Super Bowl! That's a lot of people. For the last three years, each year, this game has been the most ever watched TV show in history. Amazing that so many people could make their Super Bowl Party plans from where they will watch the game to the food they eat to how they will celebrate if their team wins...A person has their regular hair salon appointment on Friday's at 11:00 a.m. – never misses...A person has a set, specific day, once a week to play basketball – only a broken leg would keep them from playing (but would probably show up, prop the leg up with a cast on it, on a chair and watch)...A person has a book club meeting on Thurs. evenings – they never miss (and they have to read a book to be prepared for discussing the book)...things we want to do we always seem to find time for. Do we take that approach with our daily talk (prayer) with our Heavenly Father? The One that loves us more than the combined love of 111.3 million viewers could ever give us! That's a LOT of love. And that love doesn't waiver. Do we take that approach with our worship time with our Brothers and Sisters on Sundays and Wednesdays? I realize that most of you who are reading this would answer, "Yes," and really aren't the ones who might need to be reminded every now and again about this, but this just kind of hit me when I heard how many people watched this game! Putting the Lord first in our lives should be #1! I know that I fail at this at times...but my heart is right, and I try to walk the way the Lord wants me to. But knowing that He will forgive me when I might not get a Bible study in or say the right words that would encourage someone....giving me more love than ALL the 111.3 million viewers that watched that game could ever give me...now, that's the best thing I can think of!

Something else tho' that is very important to me is that I get to go see my grandbabies leaving this Thursday (2-23) and returning next Monday (2-27)!! YEAHHHHHH...it's almost been a year since I've seen them (grandparents here that get to see their grandchildren a lot – COUNT your blessings!) Quinn will be one year old on Feb. 26, and I'm going to be there for her first birthday party! I ask that you pray for my safe travel – I really pray there won't be any bad weather and gets me stuck in an airport instead of getting that time with my kids. I will miss you while I'm gone and bring back probably more pictures than you will want to see! But I love each one of you, and I know you will pray for me, and I know I will have a great time! Thank you in advance!

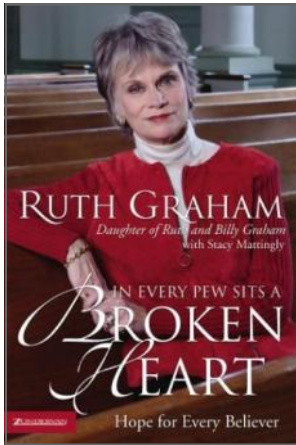
See ya when the smoke clears . . .

Nancy 

CROWN Book Review

Christian Reviews Of Women's Novels

Susan Welch, Columnist



In Every Pew Sits a Broken Heart by Ruth Graham, Zondervan Books, 2004, 224p.

Normally I really enjoy writing book reviews, because reading is one of my favorite hobbies. In our WROCK small group, Beth has been leading a discussion of the book *Praying the Names of Gods* by Ann Spangler for the last few months. It is a wonderful book, and with Beth as our teacher we have all learned so much about our God.

On the back cover of this book under the reviews, there are words of praise for the book including remarks by Ruth Graham, author of *In Every Pew Sits a Broken Heart*. The name of that book intrigued me, because it is just so true. Every pew holds people who are hurting either physically, emotionally or spiritually – broken bones, broken spirits or broken hearts. I just knew that this book would be a helpful book to read so I ordered it. The book reviews on Amazon.com were not generally favorable, but with such a great title I just knew I would like it.

Wrong. It is not the book I thought it would be. Now Ms. Graham has some ideas of ways we can help each other, but nothing insightful that we at Highland View don't already do. Most of her book is a whiny account of her life and how after each disappointment, such as during all three of her divorces, she would rush home to her daddy, Billy Graham, who always forgave her and opened his arms to her. However, when her three teenage children proved to have many difficulties in life (an eating disorder, drug problems, teenage pregnancy and others) she pushed them away, and they were forced to work out their own problems. The door to her house and heart seemed to be closed to them.

She included way too much personal information, and if I were her second husband I believe I would be very upset that she included so many details of their failed marriage. I kept thinking as I read this book that with this great title, so many of our Christian women leaders like Beth or Evelyn or Fanny could have written such a powerful book full of ideas to help Christian friends who are hurting. My advice is to save your money and don't buy this book.

They say you can't judge a book by its cover; I guess you can't judge a book by its title, either.



CROWN Rating: 1 out of 5 Stars

Cook's Corner

Nancy Dowell, Food Columnist

GERMAN SWEET CHOCOLATE CAKE

- 1 pkg. German sweet chocolate -- available at Kroger's
- 1/2 C boiling water
- 1 T vanilla
- 1 pinch of salt
- 1 C vegetable shortening -- solid
- 2 C sugar
- 4 egg yolks
- 1 C buttermilk
- 2 1/2 C cake flour
- 1 t soda
- 4 egg whites -- beaten

Melt chocolate in boiling water. Add vanilla and salt after chocolate is melted. Cream shortening and sugar -- add beaten egg yolks. Add 3/4 c of buttermilk alternately with sifted flour. Dissolve soda in remaining 1/4 c buttermilk and add to creamed mixture. Stir in chocolate. Fold in egg whites. Bake in 3 nine inch cake pans at 350 degrees 25-30 min.

Unfortunately -- today I use a mix for the cake and just make the filling from scratch . . . that's good, but not as good as this recipe.

CAKE FILLING

- 3 egg yolks
- 1T flour
- 1 C sugar
- 1/4 t salt
- 1/2 pint whipping cream
- 1 stick margarine
- 1/4 c chopped pecans
- 1 c short cut coconut
- 1 t vanilla



Beat egg yolks and set aside. Mix flour sugar & salt and stir into cream. Add margarine to cream mixture & cook over low heat until margarine is melted. Pour small amount over egg yolks and beat. Add yolks to cream mixture. Cook until thick stirring constantly. Add coconut and nuts. Remove from heat -- add vanilla. Spread between layers and cover the cake with frosting.

Cooking Tips

You can substitute one large can evaporated milk for cream. Or choose not to frost this cake, instead opting to put filling between layers and on top of cake.





Devotional Moment

Sandy Dowling, Devotional Columnist



We are experiencing “Fred Factor” training at my work – or “Fred-ucation” as some call it. Fred is a mailman who went the extra mile in his job and made an impression on Mark Sanborn, a motivational speaker and author of *The Fred Factor*. His purpose is to improve work relations and customer service. However, most of what he says could actually have been taken from God’s Word, and Fred, the mailman, could really have been motivated by the Spirit of the Lord.

Reading Proverbs 31 puts me in mind of a “Fred-ette”. This month’s theme of strong helper (willing attitude, eagerness, wellness, strength to help) makes me think of the Fred(ette) Factor called ABCD = Above and Beyond the Call of Duty. As the worthy woman looks for wool and flax and likes to work with her hands, she is doing more than just the minimum. And, she could get food from home, but goes out of her way to bring it from afar. She puts energy and strength into her work. I don’t know about you, but just reading those verses makes me tired . . . unless my strength comes from the Lord.

Thanks be to Him that His Spirit lives within us, equipping us and enabling us to carry out the ABCD factor – to give that extra bit of love and care to those around us. Paul and Timothy encourage us to “keep on working to complete your salvation with fear and trembling, because **God is working in you to help you want to do and be able to do what pleases him** (Phil. 2:12-13). As you work for the Lord with eagerness, may you draw on His power and be filled with strength to be this biblical Fred-ette and carry out your ABCDs!

Sandy



Women’s Programs

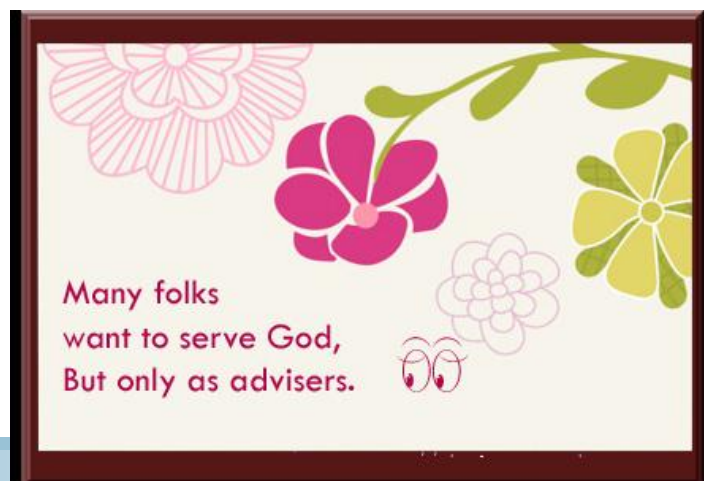
part of Highland View’s Fellowship Ministry

Open Hearts Editorial Team

- Nancy Dowell
- Sandy Dowling
- Nancy Hensley
- Beth Jinkerson, Editor
- Susan Welch
- Debbie Woodward, Production

Phone: 865-482-3053

E-mail: bethjinkerson@comcast.net



Submitted by Tyra Lochamy