



# HEART LINES

## ONGOING EVENTS

WMU | 10am | 2nd Tuesday of each month | Rm 247  
Led by Loretta Dismang

Heart Life 3D Women's Mentoring | 7pm | Wednesdays | Loft  
Led by Laura Macfarlan

## HEART LIFE FALL BIBLE STUDIES

*The Games Women Play* | Led by Laura Macfarlan  
Tuesdays, 9-11am | Fellowship Hall

*When Godly People Do Ungodly Things* | by Beth Moore  
Thursdays, 9:30-11:30am | in the Parlor  
Led by Sarah Evans & Cassie Perryman

*Dinners, Dialogue & Devotions* | Jeannie Abbott  
6 evening meetings this fall

Sign up for all Heart Life Bible Studies by emailing  
HeartLife@fbciloam.com



## NOVEMBER EVENTS

Samaritan's Purse Operation Christmas Child  
Shoe Box Ministry | Now through Nov. 14  
Women on Mission/WMU



This week we begin our collection of shoe boxes for Samaritan's Purse. We will have until Nov 14 to fill our boxes and return them to our church. There are boxes in the foyer for you to use or you may use your own. Be sure to pick up a label also. Last year our church delivered around 200. Let's strive for more this year! Quoting from the WMU Mosaic magazine, "A little boy in South Africa was asked what he wanted to be when he grew up, to which he replied, 'A missionary or a gangster, whoever gets to me first!' " Let's help get to him FIRST! For more information or to track your box visit [www.samaritanpurse.org](http://www.samaritanpurse.org).

## Baptist Women's Day of Prayer | November 1

For over 50 years, Baptist women all around the world have prayed on that day for the lost to be saved and for peace and justice all around the world. Please take some time that day to lift up your petitions with women around the world. For more information visit [www.bwawd.org](http://www.bwawd.org).



## UPCOMING EVENTS

Ladies Christmas Tea  
Follow the Star | December 11 | 10am

Women's One Day Retreat  
Gifted 2 Glorify | January 22 | 8:30am -4pm | FBC  
Speaker-Judy Wallace | \$12



## HEART LIFE SEMINAR A PICTURE IS WORTH A THOUSAND WORDS

Tuesday, November 9 | 6:30pm | Fellowship Hall

- Whether you have years of photos in a drawer (or saved on your hard drive) or whether your scrapbooks are up to date and displayed on a shelf, you will be blessed by the creativity and inspiration of Mariah Harp. Mariah will share tips on photography, paper scrapbooking and digital scrapbooking. Come and join us for this seminar on glorifying God by preserving the memories of His blessings in our lives.



## PRESERVING GOD'S BLESSINGS

by Mariah Harp



Everyone has a hobby or something they enjoy. Mine is taking pictures and then organizing them or turning them into scrapbook pages. However, even if photography is not your hobby you probably still have tons or at least several pictures lying around that need to be tended to. Let's face it, with the new age of digital photography it is just easy to take pictures. You slip a credit card size camera in your purse and at the end of an important day you have accumulated 50 or even 300 pictures. What a blessing and a curse all rolled into one. What will you do with 300 pictures of your brand new puppy playing ball? Hopefully delete most of them, but in those 300 pictures you may have one gem.

In a Bible study recently I read something that touched me. It was based on 1 Samuel 7:12, "Afterwards, Samuel took a stone and set it upright between Mizpha and Shen. He named it Ebenezer explaining, 'The Lord has helped us to this point.'" The study goes on to talk about how Samuel didn't want anyone to forget this special thing God had done for the Israelites. The stone was a reminder of God's promises and His faithfulness. My hope is that all of these precious moments that I have marked with pictures are a reminder of God's love and presence in my life. Now, when you look at pictures that way, are they not worth organizing and preserving? ■

## REMEMBER YOUR SECRET PAL

Being a Secret Pal is a fun privilege! It challenges us to get to know someone better and to learn to pray for this beautiful woman of God. It deepens our relationships with each other. As we grow more comfortable with each other, it becomes easier to reach out to others. As the season comes to a close, remember your Secret Pal in prayer during this busy season of life. Look forward to meeting your Secret Pal at the upcoming Christmas Tea December 11!

## THANK YOU FROM S.O.S.

The S.O.S. (Serving our Soldiers and their families) ministry mailed out three packages to soldiers overseas on Monday, October 4. We filled the packages with home baked cookies and items donated by members of FBC. A military card was included explaining our ministry. It told them we were proud of them and that we prayed for them by name each day. We prayed for God to protect them, bless them with good health and we ask God to provide care for their families back home while they are serving our country. What an exciting day for our ministry team to mail the "first packages"! Our plans are to send packages to our soldiers the first Monday of each month.



A basket will be in the foyer by the Welcome Center to collect items to send to our soldiers serving overseas. Lists of items needed will be available on the table as well as a form to fill out if you know of a soldier serving overseas. Your help in supporting these brave men and women is appreciated.

## THANK YOU FROM WOMEN ON MISSION

Thank you to all who contributed and supported the Fall Clothing Giveaway. We had a great turnout and many needs were met by your generous donations of clothing and service. We look forward to next fall to offer this to the community again to help meet needs before winter.

## WEDDING SAVE THE DATE

Cassie DeSpain, granddaughter of James & Glenna Belle Davis, and groom to be Marshall Keene will be wed at 2pm November 13 in the Worship Center.



## NEW ARRIVAL

Emri Grace Marrs, born October 9th to Roger and Leslie Marrs.

## BABY SHOWER

You are invited to a baby shower for Andrea VanSandt 2-4pm Sunday, November 14 in the Parlor. Andrea is expecting a boy in December.

## HEART LIFE IS NOW ON FACEBOOK

Please look for us on Facebook and join the Heart Life group and stay connected to Heart Life women!



## WHAT IS HEART STRINGS?

by Laura Macforlan

When one part of the body hurts, we all hurt. Coming alongside a hospitalized woman (or one who is the caregiver for a hospitalized loved one) is the heart of this new Heart Life ministry. Not intended to replace the pastoral visits by our staff, Heart Strings supplements with a tender touch and a visit from a woman to a woman.



A Heart Strings bracelet is slipped onto the wrist of each hurting woman as she is prayed for by a member of the Heart Strings team. The bracelet serves an on-going reminder that her FBC friends care and are continuing to pray.

Lillian Allison chairs the team for this new ministry which also includes team members Elaine McVay, Bebra Mickel, LaVaun Thomas, Judy Barber, Lavada Ford and Laura Macfarlan. Our team is grateful for the time and talent of Cassie Perryman who lovingly designs and handcrafts each Heart Strings bracelet. ■

## APPLESAUCE CAKE

- 1/2 cup canola oil
- 1 cup sugar
- 1 1/2 cup applesauce, unsweetened
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 cup white flour
- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 1 teaspoon cinnamon



1. Preheat oven to 350°.
2. Mix together dry ingredients in a bowl.
3. In a separate bowl mix together oil, applesauce and sugar.
4. Add applesauce mixture to dry ingredients and stir till smooth, add vanilla.
5. Spray and flour a 9 x 13 pan with vegetable spray.
6. Pour cake batter into pan and bake for 30 minutes, cut into bars while slightly warm.

Tip: Cake may be served warm with fat free caramel sauce.

Recipe from A-gi-yo-si, The Cherokee Nation Dietitian Cookbook

