

Bloom

2023

AHBC Women's Ministry Newsletter

Created by Eve Smith January 2023



bloom; verb

- (1): to mature into achievement of one's potential
- (2): to flourish in youthful beauty, freshness, or excellence.

January

SUNDAY -	
ADULT BIBLE STUDY	9:30 AM
SERVICE	10:30 AM
WEDNESDAY -	
DINNER	6:00 PM
BIBLE STUDY	6:30 PM
YOUTH	6:30 PM

Women's Ministry Leaders

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If in need of prayer, meals, camaraderie or guidance, please contact us!

What's your Word for the Year?

How about... **Gratitude**

How to Make Gratitude a Daily Habit

It's easy to focus on what we want rather than what we have. But when we shift our awareness to the present moment, we begin finding moments of **gratitude** in everyday life. Gratitude is one of the easiest ways to shift our set-point-driven state of mind. Fifteen seconds of savoring something you are grateful for can be transformative. It can broaden your perspective on life, turn problems into possibilities and irritation into curiosity. The challenge and real benefit comes from training the skill to become second nature so that you naturally savor gratitude throughout the day.

DONATE GENTLY USED OR NEW CHILDREN'S CLOTHING

CONTACT CLAUDIA KAUFMAN

HAVE AN IDEA FOR THE NEWSLETTER?

Text any suggestions to Eve 210-215-2933



Eve's Pick

Gretchen Saffles

The Well Watered Woman



If reading your Bible feels dry and beary, The Well-Watered Woman will bring back your passion to connect with Jesus.

JENNIE ALLEN

New York Times bestselling author of Get Out of Your Head

DISCOVER THE BOTTOMLESS, REFRESHING WELL OF GOD'S WORD— and experience fullness and peace beyond your circumstances.

Gretchen Saffles knows what it's like to feel unable to flourish. In The Well-Watered Woman, she leads us to the source that changes everything: the Well of fullness, the Word of freedom, and the Way of fruitfulness. Using Scripture and her own personal story of surrender, Gretchen offers spiritually hungry women tangible tools not only to know Jesus more but to live a life that thoroughly enjoys him, seeks him, and follows him into freedom.

Resolutions

JANUARY 1

today's New Year's Resolutions

- 15 seconds of gratitude
- replace 1 negative thought for 3 positive ones
- drink 3 glasses of water
- send a kind text
- invite someone over just to pray
- smile

New Years Resolution (Definition)

Something you set out to accomplish when the new year comes along. Also highly improbable you will go along with it, but it's the thought which counts.

New Years Resolutions are kind of like when you click the 'I read the terms and conditions'. You know you'll feel semi-guilty by clicking the button even if you didn't actually read so you say "I'll read them next time." You do that with New Years Resolutions. "I promise not to ever gossip again...next year. Did you hear what Ross did with Rachel? BRUH."

A thought from the Other Eve

New Year's Resolutions.

Why do we do this to ourselves every year? If I can be honest, it's not the thought that counts, it's the commitment. Can we just agree and admit that if we do make a New Year's resolution, we rarely keep them? Who am I fooling? If I had a dollar for every resolution I completed successfully, well... I'd have no dollars.

This year I am going to change things up a bit! I vow to make **daily resolutions**, well, maybe even **hourly resolutions** instead of the painstaking yearly one that calls me a fibber each and every year, sometimes as early as January 5th or so.

Follow thru and commitment says a lot about our character. How can we expect to follow thru and be committed to our **Savior** if we don't **intentionally** practice this in our daily lives? I think I need to be reasonable with my simple self who struggles. One baby step at a time I say! I challenge you to join me in this quest. Today and today only, my goal is to.....

We can do it! One day at a time!

USE A SPOON CHOPPED SALAD

SUBMITTED BY EVE SMITH

INGREDIENTS

- 1/4 CUP WHITE-WINE VINEGAR
- 1/4 CUP EXTRA-VIRGIN OLIVE OIL
- 1 TEASPOON HONEY
- 1/2 TEASPOON SEA SALT
- 1/4 TEASPOON FRESHLY GROUND PEPPER
- 3 MEDIUM STALKS CELERY, DICED (1/4-INCH)
- 2 MEDIUM CARROTS, DICED (1/4-INCH)
- 1 LARGE RED BELL PEPPER, DICED (1/4-INCH)
- 1 MEDIUM APPLE, PEELED AND DICED (1/4-INCH)
- 1/2 LARGE CUCUMBER, PEELED, SEEDED AND DICED (1/4-INCH)
- 1 CUP SLICED TREVISO OR RADICCHIO
- 1 CUP SLICED ARUGULA, ANY TOUGH STEMS REMOVED
- 1 CUP THINLY SLICED NAPA, SAVOY OR OTHER SOFT CABBAGE
- 1 CUP CRUMBLLED GOAT CHEESE
- 1/2 CUP TOASTED SLIVERED ALMONDS (SEE TIPS)

DIRECTIONS

- WHISK VINEGAR, OIL, HONEY, SALT AND PEPPER IN A LARGE SALAD BOWL UNTIL WELL COMBINED.
- ADD CELERY, CARROTS AND BELL PEPPER TO THE VINAIGRETTE. LET MARINATE FOR AT LEAST 10 MINUTES AND UP TO 1 HOUR.
- ADD APPLE, CUCUMBER, TREVISO (OR RADICCHIO), ARUGULA AND CABBAGE TO THE BOWL; TOSS TO COAT. ADD GOAT CHEESE AND ALMONDS AND TOSS TO COMBINE.

