

THE SPICE

A taste of what's happening for women.

Let the New Begin!

It's January, the start of a new year and time to dust off the treadmills we use as clothes hangers, analyze our bad habits, and make those New Year's resolutions. And here's how those resolutions usually work: *we make 'em and we break 'em!* In fact, studies suggest that fewer than 12% of us keep our New Year's resolutions. Yet we've been making them for thousands of years. It's true! Records suggest that as far back as four thousand years ago, the Babylonians were making (and undoubtedly breaking) New Year's resolutions.

Why have we been making resolutions for so long? It's our human nature to constantly evaluate and want to change things. We ask "What's wrong with me?" and then vow to give up our favorite coffee shop in the morning and head for the gym. But history has a way of repeating itself, and soon our steering wheel is inching its way back toward luscious mocha-whipped cream-forgo-the-skinny land. After four thousand years with an 88% failure rate, it's obvious that resolutions are long overdue for retirement.

This new year, say goodbye once and for all to the old way, and let a new way begin. Because a better way of looking at things *has* come. The Message translation of 2 Corinthians 5:16-17 makes it plain that we don't have to ask "what's wrong with me?" or evaluate ourselves (or others) the same way anymore:

"...we don't evaluate people by what they have or how they look. We looked at the Messiah that way once and got it all wrong, as you know. We certainly don't look at him that way anymore. Now we look inside, and what we see is that anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons!"

Time to get rid of the old mirrors and start looking at a new reflection! Our human way of evaluating ourselves just doesn't work. It really is what's on the *inside*, not the outside that counts.

Stop looking to the same old resolutions to change your life this new year, and look instead for the new change—the inside-out change—that *is your new life*. Not in what you do, but who you truly are. Rather than a list of resolutions, make a list of *revelations!* And celebrate the true joy of a happy new year!

girlfriends
unlimited™



Central Church of Christ
Women's Ministry



THE WORD

"So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

—2 Corinthians 5:16–17, NLT

THINK ABOUT IT

My New Year's *Revelation* List:

- 1.
- 2.
- 3.
- 4.
- 5.

Soup's On!

Cold day? Enjoy a hot bowl of this indulgently creamy soup that's surprisingly low in calories, at about 125 per serving. Yum!

Roasted Butternut Squash Soup

- 1 large butternut squash
- 4 cups fat-free chicken broth
- 2 cups fat-free plain yogurt
- 1 cup diced apple
- 1 cup diced sweet onion
- 1 tsp. curry powder
- 1 tablespoon vegetable oil
- ½ tsp. cinnamon
- Salt and pepper
- Sunflower seeds for garnish

To roast the squash, heat the oven to 400 degrees and grease a cookie sheet with cooking spray. Cut the squash in half lengthwise, scoop out the seeds, and place cut side down on the cookie sheet. Roast in the oven for 45 minutes or until tender. Allow to cool slightly before separating the squash from the peel to add to the soup.

To make the soup, heat the oil in a soup pot, and sauté the diced onions and curry powder over medium low heat for 3-4 minutes. Stir in the roasted squash, diced apple, and chicken broth. Bring to a boil, reduce heat and simmer for 10-15 minutes. Puree the soup with a hand blender, season with cinnamon, add salt and pepper to taste. Whisk in the yogurt just before serving, and sprinkle with sunflower seeds to garnish. Serves 6-8.

Color Your World!

Manicures and massages, move to the back of the line! The newest and most popular activity at a recent Girls' Night Out event was *coloring!* Women lined up for a spot at a table filled with colored markers and black and white posters. Why? Here are a few of their comments: "This is so relaxing." "I love to color, but I would never give myself permission to do this at home." "Now I remember why I loved this so much as a kid." "I wish I could come back and do this again!"

Put some color in your world this winter by gathering your girlfriends for a coloring party! Pick up books or posters at a craft store (or even the grocery store), pour out piles of crayons, and let the fun begin!



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A World-Changing Idea

It's an idea called the One for One movement, a give-back business model started in 2006 with the creation of TOMS Shoes. At TOMS, one pair of shoes is donated to a needy child every time a pair is sold. This buy-one/give-one philosophy has resulted in over a million pairs of shoes being donated to needy children around the world. TOMS One for One movement was also recognized in 2010 by CNN as a Top 10 world-changing idea.

Want to be a world changer? Start your own One for One movement by donating a used book or magazine every time you buy a new one. Or gather a group of friends and pick up an extra toiletry item to put in a basket for a needy family or local shelter. Have your own One for One movement idea? Read more at:

www.toms.com/movement-one-for-one.

Media Morsels



Movie Review



Anne of Green Gables

Rating: G

Release Date: 1986 television miniseries

Genre: Family/Drama

Runtime: 199 minutes

Sure, this movie has been around for ages—but it's a classic that's always relevant!

Times are tough at the turn of the century for Matthew and Marilla Cuthbert, so they decide to adopt an orphan boy to help with their farm, Green Gables. But they get an unexpected surprise when feisty redheaded Anne Shirley shows up instead. A dreamer with a knack for getting into trouble, Anne is allowed to stay on a trial basis...if she can curb her troublesome ways. Despite her repeated failures, she eventually endears herself to the Cuthberts, who decide life is so much richer with Anne at Green Gables.

Gather a few girlfriends (or do a mother-daughter get-together), watch the movie, and discuss these questions:

- What was the true influence Marilla had on Anne?
- What was the true influence Anne had on Marilla?
- What do you think is the true influence you have on your friends and family?

Book Review



the 2 degree difference: how small things can change everything

Author: John Trent

“Don't settle for a life and relationships that aren't where you want them to be when you're so close to the key to real change.”

Think “big problems” require “big solutions”? Dr. John Trent says it's not true. Instead, he says it's the little things that hold the key to dramatic change in our lives. With an insightful blend of biblical truth and practical wisdom, Trent uses stories and journal activities to show us how to get our lives moving in the right direction. Discover how the little things really can change everything.

- What do you think of the concept of making a 2 degree change and the results that could be expected?
- What 2 degree change would you like to make in your life or relationships?
- What small thing can you change in your life that will move you in the direction of the lasting change you are seeking?

