

October 2011

# THE SPICE

A taste of what's happening for women.

## Chocolate Love

*"Chocolate is God's apology for broccoli." — Richard Paul Evans*

Your taste buds will tell you...chocolate has to be a gift from God! Even botanists recognized the wonder of chocolate when they named the cacao tree (from which chocolate comes) *Theobroma cacao*. *Theobroma* means "food of the gods." Broccoli, on the other hand, is from the plant family called *Cruciferae*, which means "cross-bearing." Now there's a metaphor to chew on...

Broccoli—a "should eat." Chocolate? A sweet treat! Decadent and delicious, chocolate is more than just an indulgence...it's a gift of love. Let's face it, nobody wraps up broccoli in a heart-shaped box with a bow. No, it's chocolate that speaks the language of love to us. Special dark or creamy milk, chocolate imparts its richness without expecting any "goodness" from us in return.

Just like God's love for us. Extravagant, indulgent, rich, and overflowing with goodness. Yet, as women, we may sometimes struggle with feeling unworthy of God's love. Perhaps we've lost our temper, done something we knew we shouldn't, or not done something we knew we should. It can be difficult to receive that gift of love when we feel we've fallen short of expectations. Ours or God's.

Here's the good news...God's not keeping score. He's not a parent who says to us "If you're good, I'll give you a candy bar." Whether we've been "good" and eaten our vegetables or not, God lavishes his love—without portion control or calorie counting!

His love for us is extravagant, the finest to be found, wrapped up with a bow and ready to be poured into our hearts in abundance all day long. And it never melts away because God's love endures forever. So let's taste and see that the Lord is good!

Girlfriends  
at Central  
a ministry for women

*Changing Hearts. Changing Lives. One Girlfriend at a Time.*



### THE WORD

**"Let them praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things."**

Psalm 107:8-9

### THINK ABOUT IT

- What's your favorite chocolate treat? Your favorite treat from God's Word? Enjoy them together!
- How is receiving God's love indulgent?

## Did you know...

- Until recent history, chocolate was consumed as a drink, not a food. And in most of the world, only the rich and elite could afford this luxurious beverage!
- Contrary to warnings about stimulants present in chocolate, cacao contains such a small amount of caffeine that one ounce of milk chocolate contains about the same amount of caffeine as one cup of decaffeinated coffee.
- Chocolate really does make some of us feel better! The carbohydrates in chocolate raise serotonin levels in the brain, which can lead to a feeling of well-being.
- White chocolate isn't even considered a chocolate by many chocolate purists. Why? Simply because it has no chocolate liqueur in it. It's usually made of cocoa butter, sugar, and other ingredients.



## Friendship Fudge

This is called Friendship Fudge because anyone will be your friend if you give them some!

### Ingredients:

- 1½ cups sugar
- 1 can (5 ounce) evaporated milk
- 2 tablespoons butter
- ¼ teaspoon salt
- 2 cups miniature marshmallows
- 1½ cups semisweet chocolate chips
- ½ cup chopped nuts (optional)
- 1 teaspoon vanilla

### Directions:

Mix the sugar, evaporated milk, butter, and salt in a pan. Bring to a boil over medium heat, stirring constantly. Continue stirring, and allow to gently boil for 5 minutes. (Set a timer!)

Remove from the heat, and stir in the marshmallows, chocolate chips, nuts, and vanilla. Stir until the marshmallows have completely melted.

Spread mixture in a greased 8 x 8 pan. Refrigerate for 2-3 hours until firm. Cut into small squares. Eat a few, and share the rest!

Tip: To make minty chocolate fudge, stir in 2 or 3 York Peppermint Patties when you remove the pan from the heat. Yum!



## Chocolate Bits

"I have this theory that chocolate slows down the aging process...It may not be true, but do I dare take the chance?"—Unknown

"Strength is the capacity to break a chocolate bar in four pieces with your bare hands—and then eat just one of those pieces."—Judith Viorst

"Research tells us fourteen out of any ten individuals like chocolate."  
—Sandra Boynton

"Life is like a box of chocolates ...You never know what you're gonna get."—Forrest Gump

"God gave the angels wings, and he gave humans chocolate."  
—Anonymous

"I could give up chocolate, but I'm not a quitter."—Unknown

## Media Morsels

### Book Review



#### ***God So Loved The World... That He Created Chocolate***

What could be better than nibbling a little chocolate and delving into a lot of God's love?

Grab a comfy chair, and dig into the pages of this delightful book filled with delectable devotions, delicious Bible insights, "God loves girlfriends" get-togethers, and yummy chocolate recipes. Taste and see the godness of God through women's true-life experiences with God's sweet love.

Share a little chocolate and a lot of love with a girlfriend! This fun devotional book makes a perfect gift for chocolate-loving girls of any age.

Find *God So Loved The World... That He Created Chocolate!* online at Amazon or from group.com.



What: A Retreat for women

When: October 22, 2011

Where: Streator Baptist Camp

Time: 8 am to 4:15 pm

Cost: \$20 per person




**Girlfriends**  
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Register Sunday morning or during office hours. Contact Susan Cline at 672-7919 or [susan.cline970@gmail.com](mailto:susan.cline970@gmail.com) for more information!

# October

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					<b>30</b>	<b>1</b>
					Crafting Night 7-10 PM 	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	Ladies Salad/Casserole Dinner 6-8 PM Fellowship Hall	Women's Bible Study 9 a.m. Upper Room Ministry Center	Mom's Play Group 10 am 			
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
		Women's Bible Study 9 a.m. Upper Room Ministry Center				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
		Women's Bible Study 9 a.m. Upper Room Ministry Center	Mom's Play Group 10 am 			Seaside Escape Retreat 8 am-4:15 pm 
<b>23</b>	<b>24</b>		<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
		Women's Bible Study 9 a.m. Upper Room Ministry Center				
<b>30</b>	<b>31</b>	<p><b>Contact for more information</b></p> <p>Name: Susan Cline</p> <p>Phone: 815-672-7919</p> <p>E-mail: susan.cline970@gmail.com</p>				