

What's Happening for Women

April

7th– Working Women's Luncheon, Bay Oaks Country Club, 12pm– 1pm
16th– Right at Home Moms Baby Bargain Sale, 7:30am– 12pm

May

1st– Praise Kids/ Chorus Kids Spring Concert
5th– Sack Lunch Talk, 3rd Floor, 12pm- 1pm,
Bring your lunch and listen to a testimony from Steve Laufer
6th– Date night
No plans for Date Night...Consider joining other couples for a Dinner and a Marriage Event hosted at UBC, \$40/couple

June

2nd– Working Women's Luncheon, Bay Oaks Country Club, 12pm– 1pm
9th– Girls Night Out, Chapel, 6:30pm– 9pm
13th– Vacation Bible School, 8:30am-12:15pm
29th– Summer Dig Begins, EB 226, 10am-12pm

UBC Groups for Women

Tuesdays

Journey to Joy Bible Study, 10am– 12pm, EB 226
EB 228 - led by Karol Peters, 7pm

Wednesdays

Right at Home Moms - 9:30am-11:45am, 3rd Floor Lounge

Thursdays

Precepts- 9:45am– 12pm, EB 226
Crossing Cultures– 9:45am– 12pm, EB 222
Living in Truth– 9:45am– 12pm, EB 210

Sundays

9:30am, EB 202 -Second Wind led by Pamm Muzslay
11 am, EB 209 - The Lydia Group for Working Women led by Angie Reeves
11 am, EB 102 - Journey to Joy led by Debbie Hampton

Girls Night Out

June 9th, 6:30pm– 9pm; pillowcases
Sept. 22nd, 6:30pm– 9pm; cork pumpkins
Nov 17th, 6:30pm– 9pm; food gift mixes

Working Women's Luncheon

Join us at Bay Oaks Country Club from 12pm– 1pm on the first Thursday of every even numbered month.

Connect with us

Facebook: Women of UBC

Pinterest: UBC Women

Twitter: @ubchouston

Need to talk to someone? Contact Lora Doremus at lora.doremus@ubc.org or 281-488-8517.

Questions about programs? Contact Lisa Stiles at lisa.stiles@ubc.org.

Want to contribute to future newsletters? Let us know!

Joy

April 2016



A UBC WOMEN'S MINISTRY MAGAZINE

No Rest for the Worried

By Kristin Hamon

I stood there in the kitchen blinking back tears from exhaustion as my phone gently buzzed in my back pocket. "This month's topic will be on rest. Article due Monday." Surely this had to be a joke. Some candid camera hidden and someone would pop out and say, "Just kidding! We know you know nothing on the subject!" Even my husband seemed to hold back a slight chuckle when I told him my assignment. The last week had played out in our lives like a couple of chapters from a book, where surely at any moment the protagonist would overcome her central challenge or find out the solution she had needed had been there all along, like Dorothy clicking those magical and bedazzled shoes three times to take her back to Kansas. But there was no solution for this week. Our Spring Break girls' trip was filled with fun for the kids, but managing kids' needs, navigating GPS, and hoping the two year old wouldn't be knocked into the River by the excited populous on St. Patrick's Day left me daydreaming of returning home. The toddler chose this exact moment to spike a 102.5 fever. Double ear infection. Grandma takes a taxi for Tylenol at 3AM and we find an urgent care. The trip is salvaged and we managed to get home, even with the toddler screaming for 52 minutes straight during a 5.5 car ride home from San Antonio, thanks to traffic. As soon as we walk in the door, it is apparent the dog is not well. We have an emergency vet visit and begin watching her round the clock. Enter the six year old with 102.6, surely not to be outdone by her sister. Her strep is back. Another urgent care visit and we have more meds. Then, our dog passes away. I assume surely this week is finished only to wake up to a text telling me that my best friend's father has had a heart attack. Everything comes to a screeching halt as I fall prostrate on the back side of my bed, hiding from my children, fighting back the sounds of my muffled crying. I'm just so tired.

Have you ever had a week like this? Or maybe you have had a month or even a year filled with exhausting circumstances? Sometimes it's the little things over and over that build up, chipping away at our peace and comfort in Christ and sometimes it is a giant wave that crashes over us and knocks us off balance. No matter the way you have come to be so tired, Christ calls us to rest. As I read the story of the storm to my daughter, so weary from a rough week, I felt convicted. There in print, God spoke to me through her Jesus Storybook Bible, "Jesus' friends had been so afraid, they had only seen the big waves. They had forgotten that, if Jesus was with them, then they had nothing to be afraid of. No matter how small their boat—or how big the storm."

I realized that over the past few days, I had let fear serve as the line leader for my exhaustion. I worried about illness. I worried about death. I worried about my friends and family. Yet, I had no Biblical basis or excuse for these worries. For Christ promises us that no matter what, He will never leave us. I know this truth was hidden in my heart, but it took story time with my kindergartener to remind me because that was the only moment I would allow myself to be completely still. So God met me there. As you turn over this week's worries in your heart, ask yourself, "Have I carved out a space and time for God to meet me?" Sometimes finding rest doesn't mean we are saved from our circumstances; it means we allow God to help us take in a deep breath, even in the midst of them. Find time this week to let Him help you breathe.

PEACE be with you, sweet sisters in Christ.



The Word

My presence will go with you, and I
will give you rest.
(Exodus 33:14)

Hear my cry, O God; listen to my
prayer. From the ends of the earth I
call to you, I call as my heart grows
faint; lead me to the rock that is
higher than I. For you have been
my refuge, a strong tower against
the foe. I long to dwell in your tent
forever and take refuge in the
shelter of your wings.
(Psalm 61:1)

This is how we know that we belong
to the truth and how we set our
hearts at rest in his presence..
(1 John 3:19)

Peace I leave with you; My peace I
give to you; not as the world gives,
do I give to you. Let not your heart
be troubled, nor let it be fearful.
(John 14:27)

Pinterest Corner: Teacher Gifts

It's time to thank those special teachers who have dedicated their time to teach our kids each and every day. As a former teacher, one of my favorite school supplies was Sharpies. Add a Starbucks gift card and an insulated cup and this is the perfect gift for any teacher!



Start with some cute insulated cups with lids, some packages of Sharpies in a rainbow of colors, and some Starbucks gift cards.



Then, add the Sharpies and gift card to the cups, make fun little tags on the computer, punch a hole at the top of each tag that would fit around the cup's straw and add some pretty ribbon.

<http://scoopofreality.com/2013/06/sharp-minds/>

Serving: Vacation Bible School

By Jennifer Simmons

Vacation Bible School is one of my favorite times of the year! Preparation begins in January even though the kids don't experience it until June. Laura Davis and I have been working together as VBS directors for 5 years now. We absolutely love being a part of putting together the fabulous team of adults and teens who make this week happen.

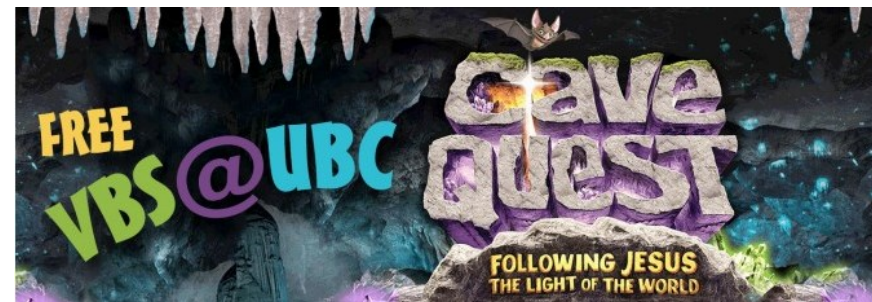
We have teams of leaders for worship, missions, snacks, games, science experiments, and actors who keep the kids engaged all morning long. I believe the workers get at least as much out of the week as the kids do. Our kids loves singing the songs from the CDs and shouting out the Bible points from each day's lesson. It's truly amazing to see the excitement of God alive in the kids each day.

This year our theme is Cave Quest: Following Jesus, the Light of the World. We'll explore how Jesus gives us Hope, Courage, Direction, Love, and His Power. We would LOVE for you to join us in the excitement of sharing Christ with our kids!

Come be a Crew Guide, help decorate the week before, or provide snacks for our MANY adult workers. We'll be at the VBS table in the Fellowship Hall soon, or you can contact me at jimmonstx@att.net for more information.

Join in the fun and share the power of God with the children of UBC!

Vacation Bible School 2016
Monday–Thursday
June 13-16, 8:30am–12:15pm



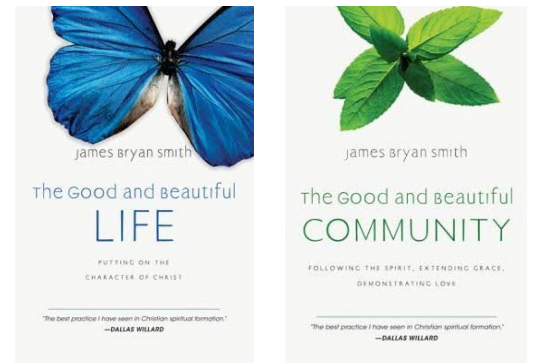
Soul Training Continued

As a church we have just completed The Good and Beautiful God study in our Apprentice Groups, maybe you've heard about it? The study examined our preconceived notions about God and Christianity and compared them to what the truth is, what the Bible and Jesus say about the character of God, and if they matched up. At the end of each chapter there was a soul training exercise that would help imbue the message and truth into your soul each week. The first exercise was getting more sleep or rest, another was praying Psalm 23 throughout the week, and another was intentionally slowing down to allow your soul and self to "savor, rest, and contemplate."

If you were unable to participate in this series, we would recommend that you pick up a copy of James Bryan Smith's book and work your way through it. If, however, you've already read the first book in this series and are looking to continue on this journey you can work through the next two books in the series The Good and Beautiful Life and The Good and Beautiful Community. The Good and Beautiful Life focuses more on the inward character of ourselves and examines them in the context of the kingdom of Heaven. The Good and Beautiful Community focuses on how to live as apprentices of Jesus in our everyday lives.

If you participated in Apprentice groups already, keep meeting, invite everyone to dinner, and keep praying for each other. If you did not get the opportunity to be a part of our church study with the book, read it anyway and get involved in one of our other WBS groups or weekday Bible studies and communities we have at UBC. There are always opportunities to become involved in our community life at the church, and they all have the same aim to help grow your relationship with Christ and support you.

New Good and Beautiful Life groups will be forming in the spring. Plan to join a group .



Children's Summer Activities

With the end of the school year and summer quickly approaching many parents are considering summer camps activities for their school age children (completed grades 1-5). UBC Kids has a variety of fun opportunities for your kids.

Sports Camp– Choose Basketball (grades 1-5), Tennis (grades1-5) or Volleyball (grades 3-8)

June 8th– 11th

8:30am-4pm

Cost : \$160 until May 15th, \$180 beginning May 16th

VBS Cave Quest

June 13th– 16th, Mon– Thurs

8:30am– 12:15pm

Kamp Kaboom!

July 20th-23rd

8:30am-5pm

Cost: \$160 until May 15th, \$180 beginning May 16th

CentriKid– Overnight camp at Trinity Pines Baptist Encampment

For kids who have completed 3rd– 5th grades

August 1st-5th

Cost: \$330 until May 1st, \$350 beginning May 2nd

Summer Movie Clubhouse

June 22nd, July 13th & July 20th

Cost \$20

Monday Madness– Pirates Bay Water Park

Grades 1-3 (completed)

July 18th, 9am-4pm

Cost \$25

Awesome Adventures– Schlitterbahn Waterpark

Grades 4–5 (completed)

July 22nd, 8:30am- 5pm

Cost \$45

