

Finding I AM

A Bible Study Group from Bethany Baptist Church in Vancouver, British Columbia Shares Their Reflections

BY HEATHER SENGES

Bethany Baptist Church, Vancouver, BC

The Tuesday morning Bible Study ladies at Bethany Baptist Church in Richmond, British Columbia, decided to study this book by Lysa TerKeurst. Lysa was known to many of the ladies as President of Proverbs 31 Ministries, so they were excited to study and learn from her. And they were not disappointed! The videos were purchased and downloaded and the study began.

The first lesson was on Jesus' I AM the BREAD of LIFE. This was particularly relevant as one of the ladies' Dad was a baker, and she herself was excellent with a bread machine! And of course, everyone loved fresh bread =)

It was interesting to realize that bread is a food staple in many countries. The grinding of wheat means life among people. Therefore the reverse is true as well – when you no longer hear the grinding of wheat for daily bread, it is the sound of desolation. And so it is true in our lives as well – without the bread of life that Jesus gives, we are filled with desolation. We try to fill ourselves with other breads: the bread of works; the bread of performance; the bread of achievement. But only Jesus can give the bread that satisfies, the bread that gives us a life that is “possessed with a vitality looking to the fullness of life and soul.” (I John 5:12)

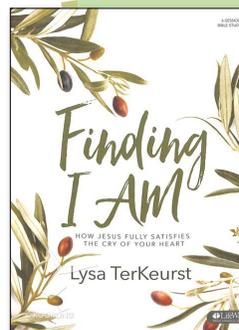


The ladies remarked on three interesting things:

1. At the feeding of the 5,000, Philip was asked to buy bread for everyone – an impossible situation – just so Jesus could show up in this seemingly impossible situation. So God shows up in the seemingly impossible situations in our lives.

2. The name Bethlehem means “House of Bread”. Here is where the Bread of Life was born. Interesting!
3. Manna – the bread from heaven that came down every morning to feed the Israelites as they wandered in the desert. God, the Ultimate Provider, only provided enough manna for each day – they had to rely on God every day in order to live. This was just a shadow of the Bread that was to come. And Jesus, the Bread of Life, the Provider, never runs out, and gives exceedingly abundantly more than we could ever imagine – but we still need to rely on Him daily in order to live.

Lysa's videos were filmed in Israel and add so much to the study – beautiful!



Women's Connection is offering your NAB church **ONE FREE COPY** of *Finding I Am* by Lysa TerKeurst

This copy can be requested by a woman in leadership in your church.

Please contact Heather Senges at hsenges@telus.net

Include in your request:

- Your name
- Your address
- Your phone number
- Church name
- Leadership position in your church

Our Vision

To connect with women of the North American Baptist Conference and help them fulfill their calling

Our Mission

To connect with women of the North American Baptist Conference, encouraging them in their desire to serve God, and providing them with valuable tools and resources to accomplish what God is calling them to do.

Our Core Values

CALLING AND WORTH
We value the essential role women play in ministry.

QUALITY RESOURCES
We value God's Word and seek resources that are Biblically sound, applicable and accessible.

BROADER CONNECTION
We value supporting the broader vision of the North American Baptist Conference and developing a connection among North American Baptist Conference women.

LEGACY & THE FUTURE
We value the legacy of women who have gone before us and are committed to engaging the next generation.



IF: Pittsford Community Church, Pittsford, New York

BY ERIN BRAZOFSKY
Pittsford Community Church Pittsford, NY

It was in 2013 that Jennie shared a new conference that the Lord was calling her to start. I read about the newly announced IF:Gathering, and felt a stirring in my spirit. The mission to equip women to live out their God-purposed calling spoke to me, and Jennie's vision for the gathering was exciting. To gather with women in our local context and learn together and form connections in our community with sisters in Christ? I was sold. My heart was crying out for this kind of conference...one of authenticity, deep Scriptural teaching, and genuine conversation, as well as prayer and fellowship.

That first gathering, because no one knew what it would really look like, I invited several close friends to share in it with me (among whom was Becky), and we gathered in a friend's living room for a weekend I will never forget. Thus, IF:Rochester was born.

Becky and I hosted the next four gatherings on a small scale: in a home, and typically with around five women gathering with us. Last year, as Becky and I were talking about that year's gathering, we started talking about how we were feeling the Lord was asking us to bring IF:Gathering and IF:Rochester to our home church, PCC. However, what we didn't see was that it wouldn't be till this year that it would happen. And, oh, how the Lord faithfully provided and so abundantly. This year's gathering was so meaningful, and we were so



From left, Becky Arcadi and Erin Brazofsky

honored to serve the ladies of PCC and Rochester in this way.

The IF:Gathering has had tremendous impact on me personally, and the Lord has used it every year to encourage and invoke long-lasting change in my life, as well as deepen my love of Him and a desire to know Him and His word more and more.

Our prayer for IF:Rochester has always been to minister to the women of Rochester by providing a welcoming environment for them to learn under Biblical teachers and to gather with other women who love Jesus. In a world where it is increasingly easier to remain disconnected or communicate solely via technology, hosting IF:Gathering every year has given us all an opportunity to truly live in community with each other, learn from each other, and connect with each other in life-giving relationships. We believe wholeheartedly in the mission Jennie shared all those years ago, and the vision to see us effecting true and long-lasting change in our communities.



Book Links

Taste and See

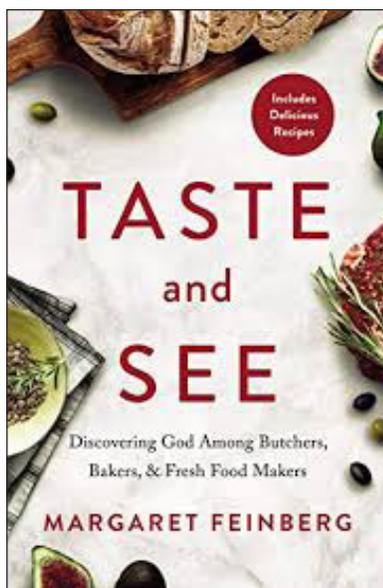
by Margaret Feinberg

God is a foodie who wants to transform your supper into sacrament.

One of America's most beloved teachers and writers, Margaret Feinberg, goes on a remarkable journey to unearth God's perspective on food.

She writes that since the opening of creation, God, the Master Chef, seeds the world with pomegranates and passion fruit, beans and greens and tangerines. When the Israelites wander in the desert for forty years, God, the Pastry Chef, delivers the sweet bread of heaven. After arriving in the Promised Land, God reveals himself as Barbecue Master, delighting in meat sacrifices. Like his Foodie Father, Jesus throws the disciples an unforgettable two-course farewell supper to be repeated until his return.

This groundbreaking book provides a culinary exploration of Scripture. You'll descend 400 feet below ground into the frosty white caverns of a salt mine, fish on the Sea of Galilee, bake fresh matzo at Yale University, ferry to a remote island in Croatia to harvest olives, spend time with a Texas butcher known as "the meat apostle," and wander a California farm with one of the world's premier fig farmers.



With each visit, Margaret asks, "How do you read these Scriptures, not as theologians, but in light of what you do every day?" Their answers will forever change the way you read the Bible - and approach every meal.

Taste and See is a delicious read that includes dozens of recipes for those who, like Margaret, believe some of life's richest moments are spent savoring a meal with those you love.

Perhaps God's foodie focus is meant to do more than satisfy our bellies. It's meant to heal our souls, as we learn to taste and see the goodness of God together. After all, food is God's love made edible.

See you around the table!

Resources for this study:

Each session begins in the kitchen with a delicious recipe you can try at home, and then transitions into rich, tasty Biblical teaching.

The six-session [Taste and See DVD Bible Study](#) will help you:

- Experience deeper connections around the table
- Recognize the rich harvest being brought forth in you
- Discover the life-giving power of the simplest ingredients
- Learn how you were uniquely created to help others flourish
- Know the one thing God has planted in every struggle to carry you through
- Unlock the satisfying and fruitful life you've been created for

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God's focus on food in the Bible is meant to do more than satisfy your stomach. It's meant to heal your soul and draw you closer to Christ. Let's taste and see God's goodness together.

Session One: You're Invited to The Table

Session Two: Delighting in the Sweetness of Fruitfulness

Session Three: Chewing On the Bread of Life

Session Four: Savoring the Salt of the Earth

Session Five: Relishing the Olive and its Oil

Session Six: Discovering the Liturgy of the Table

See the bread recipe from Dale Fast on page 4...

Favourite Whole Wheat Bread Recipe Dale Fast—Women's Connection Team

- Soak for 30 minutes or up to 2 hours
 - 3 cups flour in 2 cups warm water
 - Cover with damp tea towel

Flour/water mixture shouldn't be watery. Water should just mix into flour without any excess. Make sure there is not dry flour. Add by the tbsp if needed.
- Start sponge (half hour before starting)
 - In 1/4 cup warm water, gently mix 4 1/2 tsp yeast and 1/2 tbsp honey until just mixed. Set aside. Do not over-mix.
 - Sponge should be visibly active: bubbles forming etc. before adding to recipe.
- Melt 3 tbsp (1.5 oz) butter. Cool to room temperature.
- After flour is soaked and sponge is bubbly add to soaked flour.
- Mix/knead in 4 cups flour to right consistency. Dough should feel pliable and not dry. Knead for 8 minutes.
- Place dough in large, greased bowl. Cover with a damp tea towel. Place in a warm (not hot) corner on counter top. Allow to rise until double: up to 2 hours.
- Remove from bowl, punch down and knead for 2 minutes. Divide into even sizes.
- Knead each individual loaf. Roll with a rolling pin and then roll up dough. Pinch to make a loaf shape. Place in greased loaf pan. Repeat. Cover loaves with damp tea towel.
- Allow to rise until double: up to 2 hours.
- Bake at 350 °F for 40 minutes or until loaves are lightly browned, or 375 °F for 15-18 minutes for buns.
- Remove from oven and cool 10 minutes on wire rack. Remove from loaf pans and cool completely on wire rack. Brush tops with butter if desired.

Ministry Updates

From Caroline Fubam, Women's Director Cameroon Baptist Convention Cameroon, West Africa

It is good to hear that you and your team are thinking and praying for us. We really thank God for His hedge of protection over us.

Just as you think about us, last Jan. 26 our Executive Team remembered our fellowship during the 60th anniversary celebration and there were real sweet memories.

Presently we are preparing for a women's National conference to be held April 11-12, 2019. This Conference happens every 4 years. The last one brought together about 2000 women from the 31 Fields of our Convention. Because of the present crises and blocked routes in some areas, we are anticipating about 1000 women as above 500 have already registered.

Pray for me as I put things together. The theme is "The Master's Watchful Servants" Matt.25 :1-13. Four workshops on issues that concern women will take place.

The Girl's Hostel project was put on hold by the CBC because there was a bigger CBC project that needed to be completed -- Administrative building at the Baptist Center in Bamenda. We will soon continue the construction. The hostel building is at the level of the first decking. I will send updates as we are modifying it to have an area to empower the underprivileged women and girls in self reliant skills especially the internally displaced as a result of the crises.

From Paco and Shawna Damian, Happy Feet, Mexico

Thank you for your wonderful support, we could not do these 3 trips without it. Please pray for our team as it delivers shoes to Sierra Negra, Puebla March 16-18, 2019.

"God is not unjust, He will not forget your work and the love you have shown Him as you have helped His people and continue to help them."

— Hebrews 6:10



Sierra Negra, Puebla
16 al 18 de marzo

Sierra Tarahumara
Agosto 2019

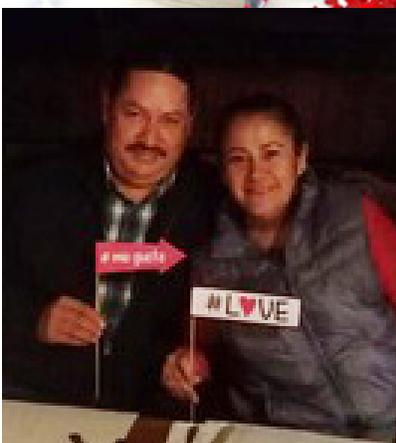
Sierra Purépecha
Diciembre 2019

Informes:
442-1865026

Ve nuestro video en:



www.mexicoibm.org



..... Ministry Updates

Nueva Vida En Cristo — Church Plant in Rosarito, Mexico Couples Valentines Date Night

It is our pleasure to inform you that dinner was delicious and the time with our couples together was sweet and romantic. We, as a family, find ourselves blessed to have served these lovely couples, and truly can say prayers have been answered. Of course we all cried. When do we not?

We got to hear some of the couples' love stories briefly and could see them connecting and glowing all night. Many taxi (cab) drivers, made a pause in their day to be with their wives. You do know my dad is one of them, right? Several women from the gym where my mom works out and mentors, were absent that day.

Our speaker, Dr Fernando Lizarraga, came from Ensenada with his wife Carmen. He spoke about healthy relationships and how to heal wounds in order to have an intimate relationship with God and our spouse. His words were the key and spoken from the wisdom God granted him that day. I, Gris, dealt with the ice breakers and games with the help of my funny husband. My mom, Rebeca was hugging and pampering everyone in her sight, as you can almost imagine. She always finds the time to give her testimony and teach the young ladies her top secrets to being a wonderful wife. "Pray for your husband and never lose hope," she says often.

But if you allow me, I also want to share with you that I told them part of my testimony, which I have previously shared with you and the Women's Connection ladies before. I gave credit to God who changed my father and taught my mother real forgiveness. But I also shared my true admiration, for my parents, for their dedication and love for lost souls. That would explain why we work as a family in the Kingdom of God. This was a surprise to my parents, because they never expect credit. And speaking of that my sisters Lucy, took all the photos, and Becky who had her own movie and popcorn time with my 2 boys.

As a daughter, I urged the couples to take time together and "heal and fix" as the kids are always watching and listening too. It is time to break unhealthy habits! I shared with the couples that my parent's wise decision to follow the Lord saved the whole family and my marriage too (even before marrying Moy) because I had my mother's example leading me and helping me make the decisions to "pray and find" a healthy/Godly man. I thought you would want to hear that Jean, because I will always say it, I am the first woman my mom "helped" with her own testimony. Glory be to God!

Anyway, going back to dinner. We cannot describe this event any better than to say mission accomplished. So we want to say as a family, as a church, THANK YOU lovely sponsors. My mom sends special hugs and many thanks for helping her empower others. Thanks to God, who is always looking down on us blessing us with strength, love and health to carry on, preparing us for what is next. We want to follow up with these couples. Some of them will come next Sunday, Lord willing. Yesterday we had to cancel due to the weather.

But my parents are excitingly preparing for step number 2, something like "What comes after dinner" If you know what I mean. The people are looking to learn more about the promising love of God and my parents are eager to "teach them" and show them what they have humbly learned in the past.

So thank you, in name of my parents, once again for caring and being with us as a family and as fellow partners in Ministry. We love you and appreciate everything you do for Rosarito!

God's richest blessings!
Gris (Gonzalez) Hernandez
IBM Rosarito
Nueva Vida En Cristo

Ministry Updates

by Shan Reed, Missionary to Japan

Since its inception one of the key ministries at Komyo Christian Church has been women's ministry. In a country where there are very few Christians and many women are the only Christian in their family, we felt it was important to meet together for fellowship and study. The first few years we held ladies' lunches or teas, and we heard the testimony of one of the ladies of our church or sister churches and had lunch and fellowship together. In 2015, we added our first full day seminar into the rotation of lunch gatherings. We were excited about how well it was received. Contrary to typical Japanese culture, the ladies immediately opened up to each other and shared from their hearts!

Although Yuri Nakano and I are the teachers, with major help from Melissa Ewing, we try to make sure the bulk of the time is spent in God's Word and in discussion around the table. We are working through a series on developing our hearts as we recognize our identity in Christ. Our desire is that the ladies do not just learn for themselves, but that they will take what they have learned back to their home churches, into their families and neighborhoods.



From the beginning we have prayed that this ministry would not only be in our church and region, but also in other churches and regions of the Japan Baptist Conference (JBC). Last summer at our pastors and missionaries retreat one of the pastor's wives who has attended almost every seminar at Komyo Church, encouraged the other

regions to participate in this ministry. Because of her excitement, the pastors' wives in the Nagoya region have jumped on board! In February we were able to lead a seminar not only at Komyo Christian Church, but also for the ladies in the Nagoya region. We heard from one pastor that when the ladies got back to church after the seminar, they had tea time for two hours talking about what they learned and how important it is for the life of the church.

We are praising God for how He is developing and maturing the hearts of His precious women here in Japan. Please pray with us as we continue to disciple, plan, and pass on God's Truth through this important ministry.

