

What is THRIVE?

**T**HRIVE is the women's ministry program at The Chapel. It is a place where you can safely explore, truly encounter and whole-heartedly experience the love of Jesus. Get connected with other women ... get connected with God. THRIVE is all about connecting women to women, meeting them where they are and taking them where they need to go. THRIVE is a place to believe that Jesus died on the cross for you, to know you are made in His image, and He has a plan and purpose for your life. It is also a place for you to become the woman, wife, mother, grandmother, and/or professional that God wants you to be. Join us!

- Transformed by the Word
- Honoring Christ
- Reaching the World
- Influencing Others
- Virtuous Living
- Embracing Womanhood



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## *Turning Inside Out*

### *Rediscovering That Soul Matters*

by Linda Penn



To you, O Lord, I lift up my soul;  
in you I trust, O my God...  
Show me your ways, O LORD,  
Teach me your paths;  
Guide me in your truth and teach me,  
For you are God my Savior,  
And my hope is in you all day long...  
Search me, O God, and know my heart;  
Test me and know my anxious thoughts.  
See if there is any offensive way in me,  
And lead me in the way everlasting.  
*(Psalm 25:1-2, 4-5; 139:23-24)*

As a young man, the famous photographer Ansel Adams played the piano quite well. However, once at a party Adams performed Chopin's F Major Nocturne in a less-than-glowing manner.

"In some strange way my right hand started off in F-sharp major and my left hand behaved well in F major," he recalled. "I could not bring them together. I went through the entire nocturne with my hands separated by a half-step."

The next day, another guest compliments him: "You never missed a wrong note!"

If we feel as though we're playing wrong notes, if no matter how hard we try, we're internally askew, it's time to ask. "What have I done for my soul lately?" Most likely the answer will be, "not much."

(We recently spent some time on Monday night and Tuesday morning looking at the signs of soul neglect.)

When we neglect the soul, it devises ways to tell us. We feel restless and disconnected. Nothing satisfies and we ache inside. We try working, shopping, eating, cleaning, creating, lovemaking, or socializing, but these don't quench the inner throb. We run to whatever provides a quick fix, whatever keeps us busy, forgetting the remedy is spiritual, not physical, and only a half-step away into

*continued on page 6...*

# Baking Disaster or Blessing in Disguise?

by Carol Mueller

I remember the first time I baked Chocolate Chip Banana Bread for my husband Ron. I wanted to impress him with my “culinary” skills when we were first getting to know each other. He said he was already taken with how neat and clean my apartment was and how much I loved and interacted with my 2 boys, Alexander and Aaron.

So I picked an easy recipe that I know how to make by heart... Chocolate Chip Banana Bread. However, my intention for making it this time was not entirely pure. Usually, I make banana bread because I have bananas lying around that are overripe. This time, however, my intention was solely to impress Ron and show him “what else” I was “good” at. (*Oh Lord, what we do to impress others when we just need to be ourselves.*) So with my heart leading and my brain somewhere else in the apartment, I proceeded to create the best Chocolate Chip Banana Bread he had ever tasted and make Betty Crocker look like an amateur...or so I thought. (*Please be easy with comments ladies as I’m sure you’ve been there too with the “impression thing.”*)

Into the oven went the so-called masterpiece with my high hopes and blessings. Almost 1 hour later I heard the timer then on “wings of love” flew to the oven door with the vision of presenting my beau with a beautifully, bronze, mouth-watering work of art. Hahahahaha! (*Sorry for laughing, but I’m reminiscing and it is funny now.*)

You can imagine the look of utter disgust and horror when I pulled out a

1 lb, flattened, bronze brick. I created the first chocolate chip banana bread doorstep!

Aaarrggghh!!!! Ron was at the door ringing the bell and all the culinary geniuses in the world could not make this brick look good. I had to face Ron and tell him I had failed and his future wife was not perfect. I answered the door and started apologizing for the doorstep I had baked. Ron was the epitome of graciousness and get this... he was thrilled I went to all the trouble of making something for him.

He even tasted the brick, I mean banana bread, and actually liked it. I sat there watching this man devour it. He never looked at me as a failure but with appreciation for what I had done for him. My heart just melted and overflowed with love for Ron and I promised myself I would always do my best in all areas of our marriage.

Okay, where am I going with this story? “Just another sweet little love story,” you say? Maybe, but read it again and put Jesus Christ and yourself in the story. Do you ever see yourself trying to win God’s affection and love, trying to impress Him with stuff that doesn’t matter? The Lord doesn’t look to see if we have dusted the whole house or mopped the sticky kitchen floor or attacked every dust bunny under the beds. The Bible says that God looks at our hearts. We can’t hide anything from our Father in heaven. We are already special to God as His creations and then as His children when we accept His Son Jesus Christ as Savior and Lord of our lives. We become co-heirs



with Christ and heirs with God. I’d say that is cause for a joyful shout of praise and thanksgiving, don’t you?

I have stumbled and failed many times in my Christian walk in the past 5 years with the look of utter disgust at myself, but it just gives me a chance to start over again. And God loves me with this vast agape love that many times has me just sitting, staring at my open Bible with this feeling of love that says, “I just want to always do my best for Him.” But sometimes an ingredient is missing in our relationship, probably some “fruit of the Spirit.” Then in the most loving way the Lord reminds me that the missing ingredient can be found in His recipe book called the Bible. I then see what I’m missing and ask if He can assist in the remaking of my heart.

That is what my main prayer request to God is for myself: “Change my heart, oh God, to be more Christ-like. To love You, God, more and to love others more.” An often left-out ingredient, but the most important is just that - LOVE.

By the way, regarding my home-baked doorstep – the key ingredient that I forgot was the baking soda... what have you left out?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>October</i>			1	2 MOPS 9:30 AM	3	4 WNY Girlfriends BREAKAWAY Registration Deadline
5 Family Worship 9:00 & 11:00 AM	6 GIRLFRIENDS UNLIMITED Evening Edition 6:30 PM	7 Morning Break 9:30 AM Mentors 6:30 PM Cornerstone Chapel 8:00 PM	8	9 Mom to Mom BEGINS 9:30 AM	10 Pastor's Seminar & Luncheon 9 AM - 3 PM	11
12 Family Worship 9:00 & 11:00 AM	13 Columbus Day Office Closed  NO Evening Edition	14 NO Morning Break Mentors Training 6:30 PM	15 Cornerstone Craft 6:30 PM	16 MOPS 9:30 AM	17	18 Cornerstone Dinner 5:30 PM
19 Family Worship 9:00 & 11:00 AM	20 Evening Edition 6:30 PM	21 Morning Break 9:30 AM	22	23 Mom to Mom 9:30 AM	24 WNY Girlfriends BREAKAWAY	25 WNY Girlfriends BREAKAWAY
26 WNY Girlfriends BREAKAWAY  Family Worship 9:00 & 11:00 AM	27 Evening Edition 6:30 PM	28 Morning Break 9:30 AM	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>November</i>						1
2 Worship 9:00 & 11:00 AM  Missions Mtg 11:00 AM	3 Evening Edition 6:30 PM	4 Morning Break 9:30 AM  Cornerstone Chapel 8:00 PM	5	6 MOPS 9:30 AM	7	8 Married Life Live Event
9 Family Worship 9:00 & 11:00 AM	10 Evening Edition 6:30 PM	11 Morning Break 9:30 AM	12 Cornerstone Craft 6:30 PM	13 Mom to Mom 9:30 AM	14	15 Cornerstone Dinner 5:30 PM
16 Family Worship 9:00 & 11:00 AM	17 Evening Edition 6:30 PM	18 Morning Break 9:30 AM	19	20 MOPS 9:30 AM	21	22
23/30 Family Worship 9:00 & 11:00 AM	24 Evening Edition 6:30 PM	25 Morning Break 9:30 AM	26	27 Thanksgiving Office Closed  NO Mom to Mom	28	29



### Mothers of Preschoolers

MOPS meets the 1st & 3rd Thursdays of every month.

**Time:** 9:30 - 11:30 AM

**Location:** The Chapel  
Crosspoint Theatre

**Registration Fee:** \$80 per year

Scholarships are available. Your MOPS fee includes all the benefits of your local MOPS group plus benefits from MOPS International, such as MomSense magazine, Mom e-mails & other gifts.

Check our website for additional MOPS, Women's Ministries, and Childcare information: [www.thrivewomen.com](http://www.thrivewomen.com)

**For MOPS information call:**

Allison Zeiger at 691-6376 or Dana Hensley at 984-0691



### MOPS Schedule 2008-2009

- October 16 **WOW - Wiser Older Women**  
Instructing Children
- November 6 **Ferris Wheel**  
Connecting to God
- November 20 **Snack Cart**  
Cooking Demo
- December 4 **Coin Toss**  
A Lesson in Finance
- December 18 **Merry-Go-Round**  
Joy
- January 8 **Bumper Cars**  
Making it through the day
- January 22 **Roller Coaster**  
Personal Testimony
- February 12 **Kissing Booth**  
Intimacy
- February 25 **Demon Drop**  
How Not to Look Old
- March 5 **TBA**
- March 19 **House of Mirrors**  
Who AM I?
- April 2 **Choose Your Own Adventure**  
Easter Celebration
- April 16 **Fun House**  
Family Fun
- May 7 **Lazy River**  
Spa Day
- May 21 **Tea Cups**  
Tea & Testimony



### MOPS Antiquities Fundraiser

Antiquities' portraits feature your children in old-fashioned situations with styles of dress including lace dresses, bare feet, overalls, blue jeans, etc. Antiquities supplies the props and clothing; you supply the children (under age 16).

**Location:** The Chapel at CrossPoint

**Dates:** October 16, 17, & 18

**Contact:** Carol Lynn at 725 - 2566  
*You will be called for an appointment*

**Cost:** \$10 for ONE 10x13 sepia-tone portrait  
*Coupons available at the THRIVE Ministry Table*

### HELP WANTED: Volunteers and Paid Staff

Childcare: Volunteer and paid positions available. Contact Holly Crowe at [hollymcrowe@yahoo.com](mailto:hollymcrowe@yahoo.com) if interested in helping Moms follow Jesus by providing childcare for Evening Edition, Morning Break, or MOPS.

NOTE: Immediate need for Tuesday & Thursday mornings from 9 am - 12 pm (2 paid positions available).

# MY MOPS STORY

by Dana Hensley



Hi! My name is Dana Hensley and I will be the new MOPS coordinator at The Chapel at CrossPoint when Allison Zeiger moves to Ohio. I am so humbled and thrilled to serve our mothers of preschoolers in this way.



To start, I'd like to share how God captured my heart when I was a freshman in college. It was December 7th, the anniversary of the attack on Pearl Harbor; a date which will forever live in infamy not just in American history but in the history of my life as well. On that day I drove to my friends' apartment and explained that I wanted what they had - the joy, peace, love, and security that they had in their faith. That day I learned God's truth as revealed in His Word. I learned how He loved me

and wanted a relationship with me, not just empty religious rituals. I turned from my sin, asked for forgiveness, and invited Jesus into my heart to be the pilot of my life's journey.

I was born again! The weight of the world came off of my shoulders and from that moment, eight years ago, I have been striving to live my life for Him who saved me.

The power that raised Christ from the dead dwells in me (Romans 8:11)! Without it, I'm not quite sure how I could handle motherhood.

Motherhood has been an adventure. Since the birth of my daughter, Savannah, I've had ups & downs and been round & round, like most moms!

Through this new journey I've experienced the following: exhaustion; sleep deprivation; not having time to do my hair; confusion from reading conflicting baby-rearing books; and strain on my soul as well as on relationships with family, friends, and my husband, Keith, when putting ME first instead of GOD first.

Being a new mom, the panic set in of, "Oh my, she didn't wake up at 3 am to eat. Is she still alive?" Then the pure joy came upon the realization that she had slept 5 hours in a row. More joy came at the sight of her first smile, which just made me melt.

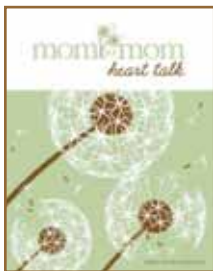
Overwhelming were the never-ending tasks of baby-proofing the house, bottomless baskets of laundry, and keeping up with diapers that never seem to hold it all in.

I have been elated at my child's accomplishments; overwhelmed with love for my baby; and have grown closer to my husband as we ventured into these uncharted waters of parenthood together.

Through it all, motherhood has truly given me a glimpse of God, and just how wide, how long, how high and how deep the love of Christ really is (Ephesians 3:18). No matter where you are at, at the top of a roller coaster or stuck on a tilt-a-whirl, He is there with His perfect unconditional love.

This year our theme for MOPS is "Adventures in Mothering" and it is our prayer that mothers of preschoolers will come to truly know the love of Christ and respond! It is only through the power of the Holy Spirit's work in us that we can become the women that we long to be - godly mothers, wives, sisters, daughters, and friends who make an impact in this world. I hope that through MOPS our moms will take the opportunity to be the hands and feet of Jesus by serving one another and embracing the lives that God has given them right now, doing everything as if unto the Lord!

So, won't you come along for the ride as we journey through motherhood together?



## NEW BIBLE STUDY - Mom to Mom - "Heart Talk"

9:30 - 11:30 AM (meets the off Thursdays of MOPS starting October 9)

Cost: \$17.00 - **Sign-up now! Register online today at [www.thrivewomen.com](http://www.thrivewomen.com)**

"We were gentle among you, like a mother caring for her little children. We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well, because you had become so dear to us." I Thess. 2:7-9, NIV

Mom to Mom is a Biblically based parenting program designed around the Titus 2:4 concept of older women teaching and encouraging younger women in their relationships with their husbands and children. Included is quality instruction in parenting, small group discussion, and interaction of seasoned mothers with younger moms. Designed to be a place of nurture for committed Christian women and a "safe place" to bring community friends, it often becomes a bridge into the church. Through small group interaction led by women of various seasons of life, come and be encouraged to discover the wholeness that each woman is seeking—intellectually, relationally and spiritually.

...continued from page 1

the soul.

Psychologist Larry Crabb says, “An aching soul is evidence not of neurosis or spiritual immaturity, but of realism.” And reality dictates that if we don’t care for the soul, growing and shaping it in God’s image, life turns unceasingly flat. We wind up like King Solomon, who complained, “I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind.”

But how, exactly do we grow and shape the soul?

Soul development means periodically slowing down, hiding away, and replenishing the person within. It clears the mind, opens the heart, molds the will, and revives the spirit.

But most of all, soul time teaches us to live from the inside out rather than on the surface. It centers, transforms, and equips us to live fully and graciously. It hands us the gift of meaning.



For Christians, soul work wraps itself in a relationship with God by loving, following, and obeying Him. It’s not about more information or knowledge. An intimate relationship rewards us with the fruit of His Spirit: love, joy, peace, patience, kindness,

goodness, faithfulness, gentleness, and self-control. Yet these aren’t qualities designed just to make us feel good. Christ asks us to lavish them on the world—loving, giving, and serving as He did two thousand years ago.

So how do we begin? By quieting ourselves before God. We can pray with the psalmist, “To you, O Lord, I lift up my soul. Show me your ways, teach me your paths; guide me in your truth,” and He will help us rediscover that soul matters.

*Lord, my heart cries out, “Life is meaningless!” I ache inside and long to fill the emptiness with something that lasts. I realize you are the only one who can truly satisfy me. Please show me your path to growing and shaping my soul.”*

## THRIVE Spring Small Group Bible Studies

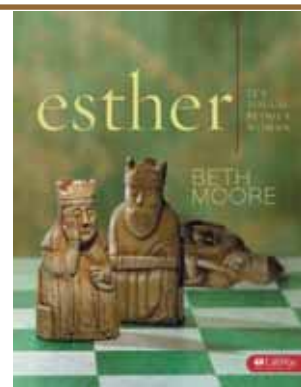
**If you’re not already enrolled in a Small Group Bible Study, below are two additional options starting January 19-20, 2009. On-line registration will begin in November.**

### **Esther: It’s Tough Being a Woman**

by Beth Moore (PM & AM)

Cost: \$17.00

Esther may have been a queen, but her life was no fairy tale. An outsider, a foreigner, and an orphan, she found herself facing an evil plan to destroy her people. And you thought your life was hard! The Old Testament story of Esther is a profile in courage and contains many modern parallels for today’s overloaded and stressed woman. You can share Esther’s destiny—even if your glass slipper no longer seems to fit.



### **The Organic God**

(PM & AM)

Cost: \$15.00

In our ever-changing world, simplicity is a craving. What if we could simplify our lives starting with our faith? Imagine what it would look like to have an organic relationship with God, one that is stripped of all pollutants, additives, and other distractions that can cloud this ultimate relationship. The Organic God removes the unhealthy fillers and purifies our relationship with the God of the Scriptures.

# How Do You Handle Those Difficult Relationships by Mary Whelchel

Relationships are the sandpaper of life. Consider the following four Biblical principles and how you could apply them to those difficult relationships on your job.

## “Extra-Mile” Principle

“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also. If anyone wants to sue you and take away your tunic, let him have your cloak also. And whoever compels you to go one mile, go with him two.” - *Matthew 5:38-41*

What does it mean to have an extra-mile attitude, to turn the other cheek, to give your cloak as well as your shirt? Jesus was trying to teach us the following principles: to endure unfair treatment at times, without griping or complaining; to refrain from saying some of the things we would like to say to that difficult co-worker; to do some work we don’t have to do or want to do; and to put in extra time and effort to help a difficult person.

This extra-mile principle would lead us to do more than perhaps even our employer would require or expect of us. Do you go the extra mile in your difficult relationships? Or could it be that you go too many extra miles? We certainly should find the right balance, but don’t become infected with the prevalent attitude of “watching out for number one” and not doing anything you don’t have to do. When we are willing to go that extra mile, it can often open a door for a miracle.

## “Speak-the-Truth-in-Love” Principle

“But, speaking the truth in love, may grow up in all things into Him who is the head—Christ” - *Ephesians 4:15*

Speaking the truth is sometimes that part we are called on to play in the lives of others in order to help them grow. Of course, the operative word here is love. Have you ever spoken the truth in haste or anger? Often truth is spoken in hatred and vindictiveness.

You see, the truth can often be very painful. When we speak it in anything but love, we can open a door that should never be opened and cause a rift in a relationship that may never be healed.

Which would describe you best? You have difficulty speaking the truth in love even when you know you should or you speak the truth too freely and too often without compassion or forethought.

Words are very powerful and need to be bathed in prayer. Our motivations must be carefully scrutinized to make certain that we are speaking the truth in love for the right reason at the right time.

When we are willing to go that extra mile, it can often open a door for a miracle.

However, remember that speaking the truth in love is a Biblical principle. When God puts you in a position where you should do just that, to fail to do so is to rob that person of an opportunity to become more mature.

## “Love Your Enemy” Principle

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven” - *Matthew 5:43-45a*

It may seem like mission impossible, but if you have some relationship “enemies,” God will empower you to love them if you are willing. Remember, loving doesn’t necessarily mean liking. This kind of love is an action, a set of our will, a decision to act in loving ways, even though our feelings may not be warm and fuzzy.

Consider *Proverbs 25:21-22*, “If your enemy is hungry, give him bread to eat; and if he is thirsty, give him water to drink; for so you will heap coals of fire on his head, and the LORD will reward you.”

From these two passages we learn that we are to love our enemies, pray for our enemies; and give our enemies what they need.

We aren’t promised that our enemies will change or that they will appreciate our loving attitude. But when we respond in loving ways toward people who make our lives difficult, we keep ourselves from sinning and we demonstrate the love of Jesus in very real ways.

## “Put on Compassion” Principle

“Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering” - *Colossians 3:12*

Being compassionate toward someone doesn’t necessarily mean that we approve of their behavior or agree with them. Nor does it mean that we don’t speak the truth in love to them. But before we can respond appropriately to difficult people, we have to put ourselves in their shoes and try to see them through God’s eyes.

I remember a boss I worked for once who was not pleasant. I certainly didn’t have any compassionate feelings toward him. All I could think of was how difficult it was for me to work for him! Then one day the Spirit of God, in that inaudible voice which is so loud, said to me, “I love him as much as I love you.” Of course I knew that God loved everybody, but I had never applied it directly to this man. At first I was most appalled to think that God could love him - this distasteful, difficult, unlovable man - as much as He loved me.

Then I began to look at him differently, and to think that underneath that difficult surface was a man with fears and insecurities, and even worse, a person who did not know Jesus as his Savior. God helped me to put on compassion toward him, and it immediately changed my attitude toward him and made my job much easier.

I highly recommend putting on compassion. It is a very effective way to deal with difficult relationships in your life.

## Cornerstone Craft Supplies Needed



On the second Wednesday of every month a group of Chapel volunteers go to Cornerstone Manor to do crafts with the 30-40 women and children that are residents there. Since we rely 100% on donations, we could use the following items:

- Brown Paper Lunch Bags
- Buttons
- Construction Paper
- Elastic for Jewelry
- Foam Sheets & Shapes
- Foam Stickers
- Glass Paints
- Lanyard for Boondoggle
- Magnet Strips
- Paper Plates
- Pinecones (round/short ones)
- Pipe Cleaners (various colors)
- Pom-Poms (various colors)
- Ribbon (any style or size)
- Scrapbook embellishments
- Stickers
- Tissue Paper (various colors)

Please drop off your donations at the Thrive Women's Ministry Table. Cash donations are also welcome. Thank you for your support.



## Thrive Women's Costa Rica Missions Trip

March 7-15, 2009

Ladies, have you ever thought, "I'd love to go on a missions trip, but I don't have the money...or...I could never get the time off of work...or...I'm too afraid?" Despite these thoughts, you may still sense the Holy Spirit tugging on your heart to step out in faith to "go into all the world." If that's you, please join us on November 2nd during the 11:00 AM Service for an Informational Meeting. Attendance at this meeting does not mean that you are obligated to go on the trip. So, why not come to learn more about the mission and figure out if God truly wants you to participate. Applications are available at the THRIVE Women's Ministry Table today.



## A Note From SSG Linda Noskisch

Thanks to the ladies of THRIVE for your prayers and for your support of my recent project to help the soldiers that are wounded in action. We have acquired a small building in Bagram Airfield, so that the soldiers have someplace to stay after they are released from the hospital. Previously, they were staying in the R & R tent, which is where soldiers stay when they are going on or coming back from leave. Needless to say, they didn't get any rest or privacy there. I stayed there once when I went there to work and didn't get much sleep, so I can just imagine if I was hurt how bad it would have been. Praise God for our new building and other provisions. We were in need of a dozen sets of sheets, pillows, blankets, towels, and washcloths. Thank you THRIVE for supplying these needs. Your support is greatly appreciated.



## Pack your bags for "The Ultimate Journey" ...this Year's Theme For THRIVE Women's Ministries



THRIVE is the Women's Ministry at  
The Chapel at CrossPoint  
500 CrossPoint Pkwy.  
Getzville, NY 14068  
716.631.2636

[www.thrivewomen.com](http://www.thrivewomen.com)

THRIVE is part of The Chapel's Kingdom Come family of ministries that seek to ensure that every man, woman and child has repeated opportunities to hear and see the Gospel of Jesus Christ.