

NAME THE NEWSLETTER???



The Church of Jesus Christ Ohio Mid-West Region Ladies Uplift Circle Newsletter

MESSAGE FROM SISTER DEANNA

Greetings,

I am writing this "Letter from the President" two days after GMBA campout, where I served as Assistant Camp Director. I can share with you, that it was the most exhausting and demanding job I have ever been involved with. I shared with my branch on the Sunday after camp, that I was taken to the point of exhaustion and had even lost my voice, but my heart rejoiced and my cup was overflowing. The reward of serving the saints and their families was beyond my expectation. I can not remember a time when I was so full of love and joy, it truly was life changing.

Now I am sure you are wondering how this applies to the Ladies Uplift Circle, I assure you that you can apply these sentiments to any aspect of your service. When you read the Circle Pledge, it tells us *to visit the sick and to help each other and others to the best of our ability...* that is service. Many times I think we get caught up in ourselves and don't allow God to work with us through serving. It is a gift that we need to allow God to work with and cultivate to His honor and glory.

As I was pondering what I would write for this Maiden letter....I thought of camp and the service that I was so blessed in providing. My mind then went to the Christian author, Max Lucado, and I wondered if he had anything enlightening to say on serving. Well, I typed his name into the computer search and when his website front page came up, the title appeared "Christ Came to Serve". I can not tell you what a blessing and confirmation that this was to my soul. The story that he writes is short and delivers a wonderful message on the topic service.

Christ Came to Serve

*"They all may call on the name of the LORD, to serve Him with one accord."
Zephaniah 3:9*

Jesus came to serve.

He let a woman in Samaria interrupt his rest, a woman in adultery interrupt his plans, and one with remorse interrupt his meal.

Though none of the apostles washed his feet, he washed theirs. Though none of the soldiers at the cross begged for mercy, he extended it. And though his followers skedaddled like scared rabbits on Thursday, he came searching for them on Easter Sunday. Their resurrected King ascended to heaven only after he'd spent forty days with his friends—teaching them, encouraging them...serving them.

Why? It's what he came to do. He came to serve.

—Max Lucado—

Sisters, if Christ could take the time out of his day to serve his fellow man, then can we do any less? I challenge each and everyone that reads this letter, to serve. Go out of your way, find something that needs done, someone that needs help and serve. I guarantee that you will be blessed beyond measure.

"Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again." Luke 6:38

May God Bless you as you serve.
Sister Deanna Nuzzi
Midwest Area Ladies Uplift Circle President

If you have a special need today, focus your full attention on the goodness and greatness of your Father rather than on the size of your need. Your need is so small compared to His ability to meet it!

DON'T FORGET...

- September 8—Ladies Circle Region Business Meeting and Fellowship Day - Kinsman @ 10:30 a.m.
- October 13—General Church Conference and General Ladies Uplift Circle—World Conference Center / Greensburg @ 10 a.m.
- Local Circles are encouraged to hold a Membership Drive Luncheon this year!

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BE A KEEPER ... BY SISTER RUTH GEHLY

One of the wonderful responsibilities the Ladies Circle has been privileged to participate in has been to help prepare sacrament sets for various branches and missions as well as for missions around the world. Early this spring during sacrament, I was contemplating the responsibility we have as deaconesses in caring for and keeping the sacrament utensils and cloths. While kneeling in prayer, the following words were given to me: **"You are keepers of the feast."** I was deeply blessed as I understood the Lord confirming our duty as deaconesses. I also understood, however, that this message was more far reaching than just caring for the sacrament table. It also applied to the responsibility we as sisters carry in protecting and caring for the pure and unadulterated gospel which has been restored in these the latter days.

The scriptures speak beautifully to us about how our heavenly Father loves and protects his children in the example He sets as a keeper. **I Samuel 2:9** says: *"He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail."*

And in Psalm 91: "For he shall give his angels charge over thee, to keep thee in all thy ways."

Just as God is the keeper of our souls, he lovingly teaches us how to be a keeper. **Proverbs 6** encourages: *"...keep thy father's commandment, and forsake not the law of thy mother. Bind them continually upon thine heart, and tie them about thy neck. When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee. For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life..."* **Ecclesiastes 5** instructs: *"Keep thy foot when thou goest to the house of God, and be more ready to hear... Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few."* **Continuing in Ephesians 4:** *"...walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavouring to keep the unity of the Spirit in the bond of peace."*

Finally, *"...For even Christ our passover is sacrificed for us: Therefore let us keep the feast...I Corinthians 5.*

IN CLOSING...I would encourage you to come and dine upon the everlasting feast of Jesus Christ in our lives. Let us be diligent in keeping the Lord's commandments and in preserving the purity of the gospel which has been given to us. Remember, we are women of action. Being keepers requires that we trust in the Lord for all things, even when we don't understand what is happening in our lives; it requires steadfastness, faithfulness, and humbleness; it requires good personal stewardship as well as the gift of our time and talents; it requires sacrifice and selflessness; it requires an ability to admit our mistakes and to be accountable to one another for our actions, our words and our deeds.

God bless you and your circles as we work to keep great unity among the sisterhood of the saints. I love each of you and count it a great privilege to call each of you my sister and my friend.

God specializes in things fresh and firsthand. His plans for you this year may outshine those of the past...



WE ARE KEEPERS OF THE CHILDREN...

The Region Ladies Uplift Circle is excited to assist the Saved By Grace Orphanage in meeting the needs of this young man! Meet G. Aychut Kumar. He is 15 years old, lives in India, and hopes to serve God someday as an evangelist. Let us not only support him with our donation but also with our prayers!

Heart Healthy Chocolate Chip Cookies

Ingredients:

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|----------------------------------|-------------------------|
| 1/2 cup Smart Balance Spread | 1/8 cup Water |
| 1/8 cup White Sugar | 1/2 tsp Baking soda |
| 1/8 cup Splenda | 1/4 cup Egg Beaters |
| 1/4 cup Packed Light Brown Sugar | 1/2 cup Chopped Walnuts |
| 1/2 tsp Vanilla Extract | 1/2 cup Chocolate Chips |
| 1 cup All Purpose Flour | |
| 3 T ground Flax Seed | |
| 1 cup Quick Oats | |

Directions:

1. Preheat oven to 350 degrees F
2. Cream spread and sugar; add egg and vanilla
3. Mix in dry ingredients (including oats and flax seed); add chocolate chips
4. Add water to get cookies to a stirrable consistency
5. Drop cookies on sheets and bake for 12 to 15 minutes



If you have a healthy recipe that you would like to share, send it to Sis. Ruth Gehly at ruthgehly@roadrunner.com

PSALM 139:14 "I am fearfully and wonderfully made."

Did you know that God promised good health to the Israelites? But in order to maintain their good health, the Israelites had to be accountable to God for their behavior and actions. Exodus 15:26 says, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought

upon the Egyptians: for I am the Lord that healeth thee."

We may have come a long way from the time when the Israelites ate manna and quail in the desert. Nevertheless, one thing remains the same, and that is our duty as saints to be good stewards of what God has blessed us with. Naturally speaking, this includes our bodies. Romans 12:1 says, "...present your bodies

as a living sacrifice, holy, acceptable unto God, which is your reasonable service."

As Americans, we live in a land choice above all others. Let us not take for granted the goodness that God has blessed us with by making healthy choices in the way that we live, eat and present ourselves. After all, we are the body of Christ. Consider what the world sees when it looks at you-inside and out!

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life. And the more of your life that you like and appreciate, the healthier you'll be. Christiane Northrup, M.D.



*"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."
Genesis 1:29*

HEALTH TIPS

FIBER

Did you know that the fiber we get naturally in fruits, vegetables and seeds is filled with great nutrients that serve to protect us from harmful diseases. Fiber keeps us clean by sweeping our digestive tracts!

NUTS

Did you know that nuts contain essential oils and fats and have amino acids ideal for building enzymes and proteins in our bodies. Sprinkled on our food or plain, consider them as a healthy snack!

WHOLE GRAIN CEREALS

Whole grain cereals are a great start to your morning; however, when selecting your choice, be sure to read the labels and watch for high and hidden sugar content.

PLEDGE

We pledge ourselves to read and search the Scriptures and ask God to direct and bless our Ladies' Uplift Circle in every way. We will do our duty in visiting the sick; we will neither find fault nor offend in word or deed, but will be a help to each other and help others to the best of our ability.

*The Church of Jesus Christ
Ohio Mid-West Region Ladies Uplift Circle Newsletter*

THE CIRCLE CONNECTION

Ohio Mid-West Region Circle Officers

President	Deanna Nuzzi
Vice President	Ruth Gehly
Secretary	Cheryl Nnadi
Assistant Secretary	Susan Genaro
Treasurer	Anna Jackson
Card Sender	Rita Koeth
Liaison to the RMOC	Barbara Nuzzi
Seminar Leader	Vacant
Auditors	Patty Gruver and Marge Crupe

Local Presidents

Columbus: Bonnie Metzler	Lorain: Carla King
Erie: Ruth Gehly	Omaha: Joyce Mahl
Kinsman: Patty Gruver	Perry: Elizabeth Santilli
Liberty: Susan Genaro	Youngstown: Eva Beradino



AIMS OF THE LADIE'S UPLIFT CIRCLE

1. *To assist the Church of Jesus Christ in its Missionary work, especially among God's Covenant People, the American Native and also among the Gentiles.*
2. *To promote a close fellowship among sisters throughout the Church by praying and sharing their problems and joys with one another.*
3. *To attract nonmembers of the Church.*
4. *To provide wholesome, beneficial study of God's Word and opportunities for meaningful service.*

SIX MONTH SPIRITUAL GOAL

Sis. Deanna Nuzzi

Sisters, I recently heard a wonderful experience. God placed it on my heart that as the Midwest Region Circle, we would take this challenge over the next six months and see where God leads. A brother was telling that he went to a branch in his district on rotation. He knew as a visiting elder he would probably be given the lead in the morning service, so he prepared prior to arriving at the branch. However, he said when he walked into the branch, he felt such liberty and was given a different message immediately. At some point after the service he was speaking to a sister in that branch and explained to her what had happened. She then told him that their Circle had been praying for the ministry in their branch and for whomever would come to feed the flock.

I thought that this was a wonderful challenge to the Circle. Many times we see fit to support with funds for the missionaries, food for the needy and help for the weak; but not many times do we hear of the sisters making a full endeavor to lift up the ministry. For the next six months I want to place this challenge before you: that you pray and/or fast and pray for the ministry of the Church, the Midwest Region, and your branches/missions. Then, I want you to submit anything that comes of these prayers. I am sure if we put our shoulder to the plough in this endeavor, there will be fruit produced. God bless you as you rise to the challenge!