

A string of pearls

The Proverbial Woman

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Special points of interest:

? Visit our web at www.proverbialwoman.com

? Stop and take time to smell the roses, read a good book, hug your kids and love your hubby

? Check on a shut-in and make sure he/she is cool enough.

Summer Thoughts



My apologies that this newsletter is so late in coming, but I'm just getting the swing of having my husband home 24/7 after 25 years of not having him home. I don't have the same reaction to his being home as many wives of retired men, but I am having to make many adjustments. My husband isn't retired, he's in full-time ministry. He's busier than he's ever been and I'm with him in this new life. Actually, I've spent the first 25 years of our marriage believing for this to happen, but as with all answered prayer it doesn't always manifest like I think it should. I do enjoy being with him, but now that we have to and I do mean "HAVE TO" trust God for every meal, every dime, every mile we travel life and our new life takes some real unexpected turns.

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We've had many miracles, but there are times when we are tempted to hold our breath waiting for needs to be met, prayers to be answered, and folks to hear God and obey. I'm hearing more and more that faith rests it doesn't fidget.

At any rate, I can honestly say our bills haven't been late, we've never missed a meal, we've never missed an appointment and God has been our provider every step of the way. It makes you feel younger to live this kind of life. You feel more than you've felt before, you laugh harder at yourself than you have before, you learn to let things slide off your back faster than every before and you realize God is really a good Father and wants good things for his children. I highly recommend it to folks who are about to "take the plunge" into full-time ministry. If you're an adrenaline junky, if you like the unknown, if you have a thing for roller coasters, then we have a job, no we have an adventure for you!

Summer Cooking Ideas

You look at the stove and think to yourself. "I am not turning that hot oven on and heat up this house." So what's a woman to do? Here are a few alternatives to heating the house in the summer time.

1. Get out your crock pot cookbooks and your crock pot.
2. Plan meals around the barbeque grill.
3. Make lots of sandwiches and salads.
4. Use the toaster oven.
5. When you do grill on the barbeque, make a

few extra chicken breasts for cold salads or sandwiches.

6. Kids get tired of sandwiches, but if you pack the same meal in a picnic basket your kids will be thrilled with those same sandwiches.
7. How about setting out grated cheese, chopped pre-made turkey bacon, warmed chili or a thousand other things you like on baked potatoes and then pop some bakers in your microwave. Serve with iced tea or some other great summer beverage!
8. Make pasta salads early in the morning and chill. Serve with garlic toast and lemonade.

I'm Bored Mom



Keep those kids stimulated and you won't hear "I'm bored"

These are words that I rarely heard in my home, mainly because when I did I would find chores to keep my daughter busy. Ok, so today I might do things a little differently. I home schooled my daughter from fifth grade through High School. About the third year of home schooling I decided that we would not stop during the summer. Of course I added more fun things to do because our time was full of learning. Here are some ideas to keep those little busy hands and minds busy.

?? Things to do with chalk

?? Make a hop scotch on the sidewalk.

?? Do chalk drawings on the sidewalk.

?? On black construction paper use chalk for a neat art drawing project.

?? Tic-Tac-Toe using chalk on the sidewalk.

?? Give your children an item to hide in a designated area. Have them take turns finding the object.

?? Put together a "Kid Kit" with items that you use only on days when there's "nothing to do". Here are some items that you might add to your "Kid Kit": a water color paint books with the paint already on the pages, paint brushes, sticker books, construction paper and loose stickers, paper dolls, magnetic games, special favorite books, "Where's Waldo" type books with thousands of detailed pictures and items you have to find, larger beads and yard to string them on, craft glue, glitter, etc. All items should be age specific. For instance, don't include beads for children ages 3 and under or if your child has a tendency to put things in his/her mouth.

?? Sit down and read a story using silly voices for the characters, kids love silly voices.

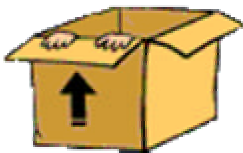
?? Get the ingredients to make Play dough and have them sculpt with the clay. (See recipe below).

?? Using stickers have your kids create a story using the stickers in place of the words they describe.

?? Have the kids write a play using characters they can act out. Help them put together makeshift costumes and then have them put the play on for friends and families. This can be a week long project! Search the internet for plays that are already written and then have the kids act it out.

?? Children get bored because they are used to having stimulation at school or via TV. Of course TV is hard to compete with, but too much of it will cause children to quit thinking for themselves. Encourage your children to come up with fun ideas on their own, but be willing to work with them. Summer shouldn't be "Them and Us". It isn't the time when adults hide from kids. The more time you spend with your children, the more you will like them and they will like you.

You have creative ideas inside you because you have the Holy Spirit. Tap into them and begin to do what you hear Him say!



Kid's can have fun with cardboard boxes, why not drop by your local appliance store and get one today?

Play Dough Recipe

1 cup of plain flour
1 cup of water
1 tablespoon of cooking oil
Food coloring
1/2 cup of cooking salt
1 tablespoon of cream of tartar

1. Mix the flour, salt and cream of tartar into an old saucepan over a medium heat until it is thick.

2. When the mixture has cooled, add the oil and knead well on a floured board.
3. Add the coloring and knead the dough until all the dough is the same color.
4. Put in an air tight container.

You might divide the dough in thirds or in fourths and then color each differently. Margarine tubs make excellent play dough containers.

Sizzling Suggestions

Summer is here and that means high temperatures, sticky bodies and enough discomfort to go around. Here are some ideas to help you keep cool and safe in the summer heat.

- ?? Buy an inexpensive large brimmed straw hat and keep a spare in the car. That way you can always keep your head out of the hottest temps.
- ?? If you have longer hair pull it up and clip in away from your neck and shoulders. Braids and pony tails are great for keeping you cooler. Find a friend who can do French braids and you have an additional great look for a hot day.
- ?? Buy an inexpensive spray bottle at a local dollar store. Keep it full of water and spritz yourself when you're really feeling hot.
- ?? Do your shopping in the early hours of the day.
- ?? Make sure and get lots of liquids into your body. Eat foods full of water such as watermelon, cantaloupe, cucumbers (yuck), tomatoes, carrots and lettuces. Avoid caffeine as it dehydrates the body.
- ?? Get an inexpensive wash tub and fill it with cool water. Soak your feet.
- ?? Keep a cotton bandana with you at all times, soak it with water when you are near to a water source such as a restroom, drinking fountain and tie it around your neck.
- ?? Make sure you have window shades for your car if you have to venture out in the heat.
- ?? Never take your pet and leave it in the car when you're out on hot days. Their brains can cook inside a car (even with windows cracked) in just a matter of minutes.
- ?? Wear cotton and gauzy fabrics that help your perspiration to evaporate quickly.

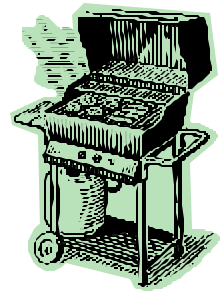
Vacation Devotionals

Summer is not the time to become slack in your bible and prayer time. When you're out shopping why not stop by a local Christian book store and look for a small devotional book to slip in your purse. Better yet, make it a habit to read a chapter of Proverbs each day and five chapters of Psalms each day. Here's what I do: Today is the 24th of June so I read Proverbs 24 and then I multiply 24 by 5 and get Psalms 120-124. Tomorrow is the 25th, so I will read Proverbs 25 and then 25 times 5 is 125 so I read Psalms 125-129, etc. It's pretty easy to remember and keeps my wisdom level up and my praise and worship level up too. If you mark your book of Psalms in five chapter increments you won't even have to think about it after the first month.

God should always have first place in our lives and this is one way to keep him there.

Quick Cover

If you're like us and have pets, your sofas and chairs may get nasty faster than you can keep up with them. I've found a way to protect my furniture from pet treat crumbs as well as pet hair. I use slipcovers that I buy from Surefit. Not only are my gingham sofa and loveseat protected, I get a quick redecorate as an added bonus. You can get a free catalog by calling 1-888-754-7166. You can also visit their website at www.surefit.com. If you ask to be put on their email list they will notify you when they have clearance sales. You can get some really great deals this way. I don't promote products unless they are of superior quality for reasonable prices. Surefit products offer both.

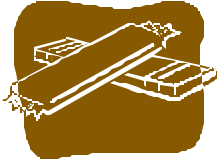


Grill outside and keep the house cooler inside. Everything tastes better grilled, even hot dogs!

*Who has first place
in your life during
the summertime?
Put God first place
and he'll be sure to
put you first place.*



A quick way to change your décor, lighten a room and keep the dog hair away.



Just a little vitamin C can make life a better place.

Low-Fat Chocolate Pudding

1/2 cup sugar
6 tablespoons unsweetened cocoa
3-1/2 tablespoons cornstarch
1 cup evaporated skim milk
2 cups nonfat milk
1 teaspoon salt

Combine sugar and cocoa powder in medium saucepan and set aside. Dissolve cornstarch in nonfat milk. Gradually whisk milk and cornstarch mixture into saucepan, whisking until blended and free from lumps. Add the evaporated milk and stir. Cook, stirring constantly, over medium heat until the mixture thickens and boils. Simmer for two minutes, stirring. Remove from heat. Add vanilla. Pour through a strainer into 6 small bowls and refrigerate for several hours or until firm.

Makes approximately 6 half-cup servings.

Loving Your Husband

Sounds like it should be easy to do. Sounds like it should be the most “natural” thing on the earth, but loving your husband is a constant, continuing part of a wife’s world. It doesn’t always come easy and it doesn’t always come naturally, and sometimes it seems downright impossible. Is it your fault? Is it your husband’s fault? Is anyone to blame? Let it suffice to say that it’s a job you have covenanted to do when you gave your marriage vows. You promised to love, to honor and to obey, or at least something close to those words. Even if you didn’t promise to “obey” you *should* have promised to love your husband.

There are times when I really hate fairy tales that tell us “they lived happily ever after”. They lead us into believing that from the start our men will be knights in white armor that will come and whisk us off our feet and take us to the castle in the air and every day will be full of wine and roses from there on out. Someone failed to mention the wicked warlock who sits in the background messing with us. Sending his little imps to harass and bring strife into our pristine castles. That same writer fails to mention that the knight has body functions and learned as a small boy to use them as lethal weapons. Oh yes, he also failed to mention that the knight is used to having a lady in waiting (his mom) who stepped up behind him cleaning up his horrendous messes with nary a word. If the pendulum swings the opposite direction, our knights are so self reliant that they rarely need us for much of anything other than to look like pretty adornments on their mighty shields.

Wake up girls, the fairy tales are wrong. Have you forgotten that the word fiction means “made up”? Love is an action, it isn’t just emotion. If you base your relationship on how you feel on a given day you can count on a yo-yo or rollercoaster life. I like roller coasters once in a blue moon, but if my memory serves me there aren’t too many of those kinds of moons. Feelings change and so do our relationships and we have to make the decision that no matter what happens we’re going to love our men. So how do we go about accomplishing this “impossible dream”? Let’s look at 1 Corinthians 13. First let’s remember that God is love, He doesn’t merely offer love but is love HIMSELF. His Holy Spirit is the power behind the love we need to have for our husbands. When you read 1 Cor. 13 put **God** or the **Holy Spirit** in the place of “charity” and you will begin to see how to love that man of yours. You need to spend time with the Father and also pray in the Spirit. On our best day we can’t manufacture love, it’s impossible. Just about everything God asks us to do is exactly that, impossible! Why? Because He wants us to depend on Him. Let’s make a quality decision to do just that, depend on Him.

“Wake up girls, the fairy tales are wrong”.



How do you love your husband? By faith.

Cheap Summer Project

Here is a project you and your children can do. It requires very little in the way of supplies and when you're done you have a summer game that can keep the kids busy as well! You end up with scoops that you can catch a ball in when you throw it back and forth to one another.

What You Will Need:

- ?? 2 Plastic milk cartons or laundry detergent bottles
- ?? Sharp scissors
- ?? "Painters" paint markers (the kind that won't come off with water).
- ?? Whiffle or tennis ball

How to Make Them:

1. Wash and let dry the milk cartons well before starting. Note: It may be easier to cut the bottom off of the containers first and then you can do a good job of cleaning the bottles.
2. Use the sharp scissors (parents this is your part of the project) to cut the milk carton or detergent bottle. First cut off the bottom, then cut a U shape under the handle. Make sure you don't cut into the handle so you can hold on the ball catch. (see photo)
3. Use the "Painters" paint markers to decorate the milk cartons.
4. Have fun playing catch and toss with these fun toys.

Cleaning That Big White Thing in Your Kitchen

No, you don't have a rare white elephant in your kitchen. No, you shouldn't consider those containers in the fridge laboratory samples for some weird homeschooling science project. Ok, maybe once in a while you can take that fuzzy green stuff you find in the refrigerator and use it for a class in science, but your friends will get wise to this story after the second and third time. So what's a woman to do? My advice is to call a maid service and sic them on that huge rectangular object in the corner of your kitchen. They can bring special commercial grade gloves, industrial cleaners and deodorizers and tackle it in an afternoon, but then what? You know you're going to fill it up again and get too busy to keep up with those "lab samples". You can only look at mold so many times under the kiddo's microscope before they give you "the look".

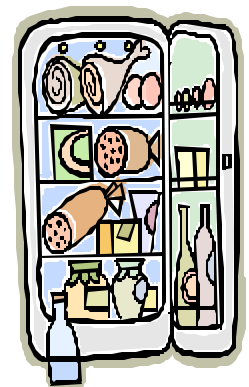
My advice is to buy those neat disposable plastic containers and when strange things begin to grow in them toss them just before you go to bed. You know the time. The kids are asleep and hubby is tucked in reading his favorite magazine or better yet snoring. If you carefully tuck the nasties in a pre-designated spot in your fridge you can quickly grab them and toss em. No one will be the wiser. Oh yes, you can also store all cheeses, lunchmeats and other items in those zipper bags. They become disposable at the first sign of spoilage.

I've heard of women who have things called "compost heaps". They try to tell you that they are making organic material for their gardens, but I know the truth. These clever women have found a way to dump "lab samples" into a pile in the back yard. They get rid of evidence and remove all suspicion at the same time. What a great way to deal with the guilt of throwing away an entire bag of lettuce or a thousand other yucky things that the rest of us have stashed in the back of the refrigerator. I must admit I admire such creativity! Send your creative refrigerator recycling ideas to cerise@proverbialwoman.com!



Just a spoon full of tacky glue makes the summer blues go away.

The worst job in the house is cleaning the refrigerator. Food that used to make your mouth water suddenly becomes the most revolting thing you can think of.



Becoming the Proverbs 31 Woman.



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Ooey Goey Chocolate Cream Pie

Ok, so I tricked you. If I'd written spring cleaning as my title you'd have gone off somewhere as fast as your legs could carry you. If you're a good girl I will include a good recipe for something chocolate at the end of this newsletter so read on!

There are a couple of jobs that I have to do that I really dislike. Since I've learned that dread is a type of fear and God hasn't given it to me I'm pressing in to do these jobs rather than "dread" them. The first is cleaning the oven. That one isn't the worst job I can imagine doing, but it certainly isn't a dream job by any stretch of my imagination. Because so many woman demand on eating out most of you may not have a terribly messy oven, but if you're like me and eating out is a privilege and luxury and not a necessity your oven gets used. Here are some tips to cleaning your oven and if done once every six months can keep it from being something you dread.

?? Purchase odor free oven cleaner. Purchase disposable rubber gloves.

?? Have newspapers on hand. Have lots of paper towels on hand. Whatever you use should be trashed after use.

?? Start early in the day when the kids are either doing their homeschool work or are off to school. Put down the newspapers on the floor and under the door of your oven.

?? If you can easily remove your oven door all the better.

?? Take the racks outside on a picnic table covered with more newspaper.

?? PUT YOUR GLOVES ON. Spray racks with oven cleaner.

?? If you use heat activated cleaner do not remove the door. Follow oven cleaner manufacturer's directions for heating oven and cleaning stove. If you use regular oven cleaner spray and leave on for allotted time. Follow oven cleaner manufacturer's directions for removing the foam cleaner.

Your Thoughts

It seems that folks are so busy these days that they can't take time to smell the roses let alone say "I love your newsletter". I'd sure appreciate it if you would take the time to ask questions, to ask for prayer, to pray for me, to just say "hi" or whatever else is on your mind. This newsletter is a labor of love and one I don't get to do that often as I too am a busy woman. One thing I do know is that housewives are few and far between these days. At least the ones who enjoy having a clean home, happy kids and a content husband. I'd sure love to hear from you even if your kids are screaming, your husband is scowling and dinner is burnt. I too get tired of cooking and cleaning and caring, but I seem to come back for more in spite of weariness. You can email me at cerise@proverbialwoman.com. I'd love to hear from you.