

# *the*Will

May2019| Monthly Newsletter of God's Will Christian Church

## **Mark Your Calendar**

**Service Time: 10AM**

**Mother's Day 4.12**

**Happy Birthday to those  
born in May**

**GWCC 15 Year Anniversary  
Committee starting soon.  
Please see Sis. Janet for  
details.**

## **Mother's Day**

by Charles R. Swindoll

Proverbs 31:10-31

If there's one attitude families are guilty of more than any other when it comes to mothers, it's presumption . . . taking them for granted . . . being nearly blind on occasion to the load moms carry. This was reinforced in my mind last week as I was thumbing through a row of crazy greeting cards at a local drugstore. Time and again the joke in the card drew its humor from this obvious attitude that pervades a household: *Forget the housework, Mom. It's your day. Besides, you can always do double duty and catch up on Monday!*

But my favorite was a great big card that looked like a third grader had printed it.

## Mother's Day cont'd

On it was a little boy with a dirty face and torn pants pulling a wagonload of toys. On the front it read: *"Mom, I remember the little prayer you used to say for me every day . . . "* and inside, *"God help you if you do that again!"*

Jimmy Dean, the country-western singer, does a number that always leaves me with a big knot in my throat. It's entitled "I Owe You." In the song a man is looking through his wallet and comes across a number of long-standing "I owe you's" to his mother . . . which he names one by one.

Borrowing that idea, I suggest you who have been guilty of presumption unfold some of your own "I owe you's" that are now yellow with age. Consider the priceless value of the one woman who made your life possible—your mother.

Think about her example, her support, her humor, her counsel, her humility, her hospitality, her insight, her patience, her sacrifices. Her faith. Her hope. Her love. Old "honest Abe" was correct: "He is not poor who has had a godly mother." Indebted, but not poor.

Moms, on Mother's Day Sunday we rise up and call you blessed. But knowing you, you'll feel uneasy in the limelight. You'll probably look for a place to hide. True servants are like that.

You're probably going to be taken out to eat (which will add to our indebtedness!). But in all honesty, it won't come anywhere near expressing our gratitude.

So, live it up on Sunday. It's all yours.

My advice? Shake up the family for a change. Order steak and lobster!

*Mother's Day should not be just one day a year.*

### REMINDER:

Please remember to download  
our App in the App Store or  
Google Play!

# Member's Corner



**This month, we shine the spotlight on Sister Angel Boodoo**

## **Who introduced you to Christ?**

My aunts introduced me to Christ.

## **When did you join GWCC?**

I joined GWCC officially around 2016 even though I've been regularly attending since 2010.

## **What do you do for a living?**

I am an electrical engineer for the Navy.

## **What ministries do you participate in?**

I help out wherever needed I assist with hospitality committee when I can.

## **What are your hobbies?**

In my spare time I enjoy reading novels, reading and writing poetry, cooking, watching movies.

## **What have you found most rewarding about being a member of GWCC?**

The most rewarding part of being a member of GWCC is the relationships I've gained because of it.

## **What advice would you give a new Christian?**

A new Christian should trust in the Lord in all they do. Asking for help is always an option. The journey may not be easy but it is worth it.

## **Recipe Corner:**

### *Asparagus Egg and Bacon Salad with Dijon Vinaigrette*

## **INGREDIENTS**

- 1 large hard boiled egg, peeled and sliced
- 1 2/3 cups chopped asparagus
- 2 slices cooked and crumbled center cut bacon (check labels for Whole30)
- 1/2 tsp Dijon mustard (check label for Whole30)
- 1 teaspoon extra virgin olive oil
- 1 teaspoon red wine vinegar
- pinch salt and pepper, to taste

## **DIRECTIONS**

1. Bring a pot of water to a boil, add the asparagus and cook 2 to 3 minutes, until tender yet firm. Drain and run under cold water to stop it from cooking further. Set aside.
2. In a small bowl mix the Dijon, oil, vinegar and a pinch of salt and pepper.
3. Arrange the asparagus on a plate, top with egg and bacon and drizzle with the vinaigrette. Enjoy!

# Nutrient Profile

by Ronald Hammond

A **nutrient** is a component in foods that an organism uses to survive and grow.

Turmeric, and especially its most active compound curcumin, have many scientifically-proven health benefits, such as the potential to prevent heart disease, diabetes, obesity, Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of depression, arthritis and joint pain.

Beets are good sources of vitamins and minerals, such as folate, manganese, potassium, iron and vitamin C.

Beets help flush out toxins, lower blood pressure, fight inflammation, boost energy and can improve sexual performance.

Ginger appears to be effective at reducing the day-to-day progression of muscle pain, and may reduce exercise-induced muscle soreness.

Ginger appears to speed up emptying of the stomach,

which can be beneficial for people with indigestion and related stomach discomfort.

Ginger appears to be very effective against menstrual pain when taken at the beginning of the menstrual period.

Ginger is loaded with nutrients and bioactive compounds that have powerful benefits for your body and brain.

**GOD DESERVES THE GLORY IN ALL WE DO. 1 CORINTHIANS 10:31**

---

---

## Weekly Activities

**Morning Prayer Conference Call**  
**Daily 7:00AM**

**Men's Bible Study Conference Call**  
**Tuesday 7:00-8:00pm**

**Conference Number:**  
**712-775-7031 Access Code: 443-268-839**