



FFC Womens Ministry

...the older women train the younger women...

THURSDAY EVENINGS, 7PM
Work It Out! Ladies Exercise Class in the Fellowship Hall. Questions? Call Laura@759-6632.
TUESDAY JUNE 22, 6-8PM
Single Moms and widows at FFC, take this chance to sign up for a **Complementary Oil Change** by a qualified servant from FFC. You must have an appointment. To make one call Ruth at 759-6632 (x24). Please have make, model, year and engine size available.

IS JESUS YOUR SUNSHINE?

Did you thank God for the manna He gave you today? Or are you getting tired of the stuff you have to deal with, so you wanna go back to Egypt? Our Israelite sisters had a few problems with their day to day grind too. And God felt sorry for them, didn't He—**NO!** He taught them some horrible lessons, then wrote their story out for us so we could learn from it (1 Corinthians 10:1-10). Just do a little study of Numbers 16, and notice how serious God was about not letting them grumble.

1 Corinthians 10:10-13. 31
...nor grumble as some of them did and were destroyed by the Destroyer ... no temptation has overtaken you but such as is common to man, but God is faithful ... He will also provide a way of escape ... So whether you eat or drink or whatever you do, do all to the glory of God.

SATISFIED

Before the throne of God above
I have a strong, a perfect plea
A great High Priest whose name is love,
who ever bids and pleads for me
When Satan tempts me to despair
and tells me of the guilt within
Upward I look and see Him there
who made an end to all my sin.
Because the sinless Saviour died,
my sinful soul is counted free
For God the Just is satisfied
to look on Him and pardon me
Behold Him there! The risen Lamb,
My perfect, spotless righteousness;
The great unchangeable I AM,
the King of glory and of grace!
One with Him now I die to self,
my soul is purchased with His blood;
My life is hid with Christ on high,
with Christ, my Saviour and My God.
Charitie Lees Bancroft (1841-1923)

Back to the big question. Are you thanking God today? Are you bringing joy to the people He's given you? Are you bright and cheery? Is Jesus your sunshine? Are you choosing to rejoice in the Lord?

If you are disciple-ing someone, please, don't let her grumble! Jesus never complained, He went to the cross with joy. Let's help each other choose joy in every trial—no one has to endure it alone. We need to give each other cheerful reminders that Jesus is our joy!

CHEERFUL

Bedrock Belief for Women
Romans 1-8
• Tuesdays 10—11:30am or
• Sundays 6—7:30pm
When you arrive, share some joy and enjoy some snacks. Childcare provided.
MONDAY OPPORTUNITY
Those faithful at an FFC Bible study are invited to give a Monday morning to love the Emergency Shelter ladies at Cornerstone Manor (Buffalo's emergency shelter). Choose a date when you can join this Bible study by calling Ruth at 759-6632 (x24).

TUESDAY, JULY 22, 2010,
7pm, at FFC
taste and see that the Lord is good