

September 2011

VOLUME NO: 3

ISSUE NO: 5

Women to Women Ministry Newsletter

Potomac Heights Baptist Church

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Upcoming Events

Girls Night Out - Sept. 23 @ 7:00 PM
PHBC Fellowship Hall

W2W Annual Fall Retreat - Nov. 5, 2011
PHBC Fellowship Hall

Sign up for the Women 2
Women Fall Retreat
October 9 - 23



THE LORD WHO HEALS

יהוה רופא

YAHWEH ROPHE

The Name

The Hebrew word *rophe* means "heal," "cure," "restore," or "make whole." Shortly after his people left Egypt for the Promised Land, God revealed himself as Yahweh Rophe, "the LORD who heals." The Hebrew Scriptures indicate that God is the source of all healing. As you pray to Yahweh Rophe, ask him to search your heart.

Take time to let him show you what it contains. If he uncovers any sin, ask for his forgiveness and then pray for healing. The New Testament reveals Jesus as the Great Physician, the healer of body and soul, whose miracles point to the kingdom of God.

Key Scripture

If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.

(Exodus 15:26 NKJV)

PRAYING THE NAME

Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Isaiah 53:4-5)

So he cried out to the LORD and the LORD showed him a tree. When he cast it into the waters,



Get To Know - Esther

The Woman Who Saved Her Nation From Genocide

Name Meaning—Esther was the Persian name of this descendant of Benjamin and is from “aster” meaning “a star” and implies, like Venus, that of “good fortune.” We refer to “the star of hope” &--;“the star of joy”—“the star of superiority,” and Esther was all these to her people for in “the splendid galaxy of Hebrew women of the olden time, no name stands more prominent or shines with a richer lustre.” Rabbi Jehudah affirms that Esther is “sether,” meaning “to hide,” because she was hidden in her guardian’s home and because her nationality was concealed ([Esther 2:7](#)). Mordecai had made the girl promise that she would not reveal her nationality to the king—which she did not until the opportune moment came. Hadassah, signifying “myrtle” was Esther’s original name. The change of name from Hadassah to Esther may indicate the style of beauty for which this once captive, now a Persian queen, was famous for. She is revealed as “a woman of clear judgment, of magnificent self-control and capable of the noblest self-sacrifice.”

When her parents died she came under the guardian care of Mordecai, a palace official, to whom she was related by marriage. Mordecai had a deep affection for her and reared her as his own daughter. Esther was always obedient to her uncle and even when she became queen, sought his practical advice. She trusted this gentle Jew as her father.

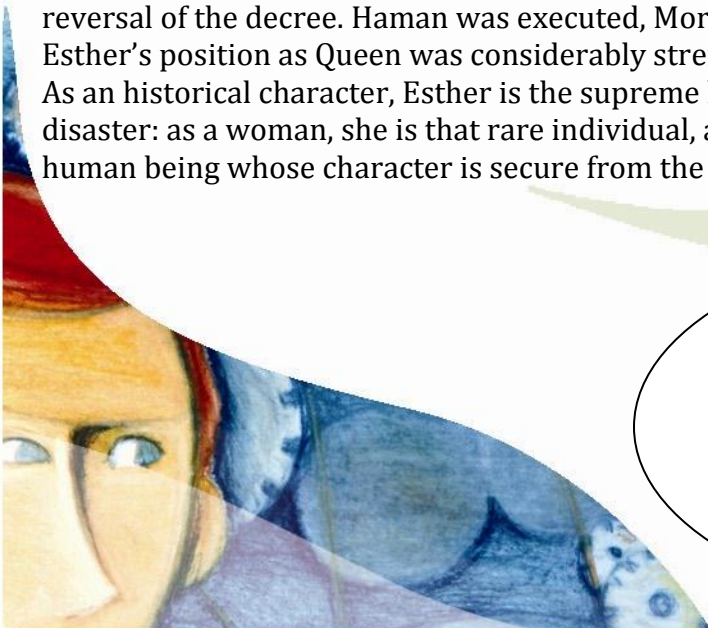
Because of her beauty Esther became an inmate of the palace, and when courageous Queen Vashti was deposed, Esther was chosen to succeed her. The combined wisdom of Mordecai and Esther’s courage became the means of lightening the load of the Jews under Persian rule. With Mordecai, Esther shared faith in the high destiny of Israel as a nation. The marriage of Ahasuerus to Esther, a Jewess, was against Persian law which held that one of the royal line must marry a wife belonging to the seven great Persian families.

Haman, the chief court favorite, was the Jews' enemy &--;the Old Testament Adolph Hitler—and conceived a plan to massacre the Jews *en bloc*. Exhorted by Mordecai, Esther revealed her Jewish nationality to the king, and this courageous action brought about a complete reversal of the decree. Haman was executed, Mordecai was honored by the king, and Esther’s position as Queen was considerably strengthened.

As an historical character, Esther is the supreme heroine who delivers her nation from disaster: as a woman, she is that rare individual, a mixture of charm, strength and guile: a human being whose character is secure from the rot of wealth, prosperity and power.

Esther 7:3

Then Queen **Esther** answered and said, “If I have found favor in your sight, O king, and if it pleases the king, let my life be given me at my petition, and my people at my request.



For My Soul

The Name con't.

the waters were made sweet. (Exodus 15:25 NKJV)

Reflect On: Isaiah 53

Praise God: For his mercy, revealed in the death and resurrection of Jesus.

Offer Thanks: That God did not leave us in our sins.

Confess: Any pride that makes it difficult to admit your sin.

Ask God: To give you a deeper appreciation for the grace of forgiveness.

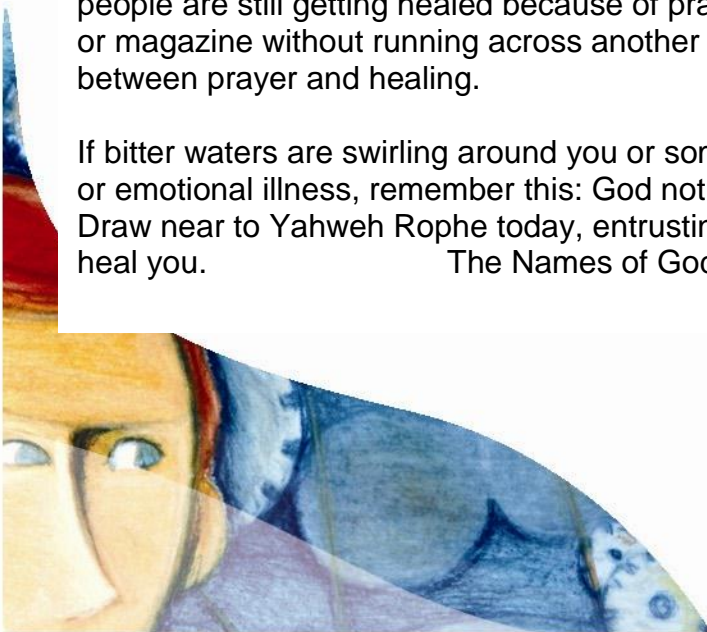
The Hebrew Scriptures depict God as one who both wounds and heals, who smites his people for their sins to wake them up to their spiritual danger, but who quickly restores them when they repent. If you read Genesis straight through to Malachi, you will find an awful lot of smiting going on but precious little repentance.

Rather than give up on us, God initiated a deeper strategy, one that would not have occurred to us even had we millions of years to ponder the problem. Instead of continuing the endless cycle of smiting and healing, punishing and restoring, God allowed his own Son to be smitten, struck down for our offenses. The tree on which Jesus was impaled is like the tree God instructed Moses to throw into the bitter waters of Marah. This time God plunged his Son into the waters of death. But instead of being swallowed up by them, he rose up alive again, becoming living water for all who seek him.

No wonder there's power in the name of Jesus! Two thousand years after his death, people are still getting healed because of prayer. You can hardly read a major newspaper or magazine without running across another scientific study indicating a positive link between prayer and healing.

If bitter waters are swirling around you or someone you love, if you are battling a physical or emotional illness, remember this: God not only provides a remedy but he is the remedy. Draw near to Yahweh Rophe today, entrusting yourself to the One who has the power to heal you.

The Names of God by Ann Spangler



For My Soul

W2W Annual Fall Retreat

Sign up begins – October 9
Ends – October 23

Save the Date: Nov. 5, 2011



The theme for this year's retreat is "Footprints". It will be a one day retreat at the church and will include breakfast, lunch, snacks, tee shirt, fun, fellowship, thought provoking lessons and activities all about footprints, and much, much more. Mark your calendar now and be sure to save the date. Child care will not be provided for this event so begin planning for a sitter now. More information will be provided very soon.



For Fun.

Girls Night Out

Attention all ladies. You are cordially invited to join us in the Fellowship Hall for a “Girls Night Out”. If you are in the mood for some down time where you can laugh and have fun with other ladies of the church, plan to come for our “Movie and Snacks” night.

We will be showing “The Best of Anita Renfroe” and serving popcorn, drinks and assorted snack foods. The date is September 23 and the time is 7:00 p.m.

If you have never seen an Anita Renfroe movie, you are in for a treat. Her high-octane, estrogen-flavored comedy is guaranteed to make you laugh out loud.

Please sign up at the special events table beginning September 5th. Child care will be provided if needed, but please feed the children dinner before coming.



For Mom.



A Parents' Guide to Food Allergies at School

More kids than ever have food allergies, it seems. Here's what you need to know if your child's classmate is one of them.

by Amy Leibrock

Why Do We Hear So Much About Food Allergies These Days?

While you may not remember any of your grade-school classmates having a food allergy, the odds are that at least two kids in your child's classroom have been diagnosed with one, according to a 2011 study in *Pediatrics*. The reason for the rise in food allergy diagnoses is unknown, but it does mean that awareness is also rising, and more schools are putting guidelines in place to keep these children safe.

What Happens If a Child Eats a Food He or She Is Allergic To?

If a child is allergic to peanuts, for example, her immune system incorrectly thinks peanuts are dangerous and tries to protect her from them by releasing into the bloodstream chemicals that can trigger a range of reactions—anything from a runny nose and wheezing to immediate, life-threatening anaphylactic shock. Note that a food allergy is different from a food intolerance, which means the person has trouble digesting a particular food properly. With a true food allergy, even a trace amount of the food can trigger a reaction, and there's no way to predict how severe it will be, which is why parents and children must be vigilant in avoiding these allergens. Some children may have prescription medications that they carry with them (or keep in the classroom or nurse's office) in case of an allergic reaction.

Which Foods Cause Allergic Reactions?

Eight foods cause 90 percent of food allergies: peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish. Since children—especially young ones—share toys and supplies, some classrooms have strict policies against sticky foods like peanut butter that can easily travel on busy little hands: Kids can ingest a potentially dangerous dose not only by eating but also by rubbing their eyes or nose with contaminated fingers. Seemingly innocuous craft materials, like empty egg or milk cartons or certain kinds of clay, can also contain potential hazards.

What Are Schools Doing About Food Allergies?

"Schools have gotten so much better at handling this issue," says Maria Acebal, CEO of the [Food Allergy & Anaphylaxis Network](#) and the mother of a child with food allergies. "Different states have different guidelines; some are mandatory, some are not, and some don't have any at all." A school that's proactive on this issue will train staff about food allergy safety, have a written policy about food allergy management, and have [food allergy action plans](#) on file for each allergic child detailing his or her allergies and how to respond to an ingestion. The school may also have cleanup procedures in place, including guidelines for proper hand-washing.

For Mom con't.

The bottom line is to respect whatever rules are in place, whether they're state-mandated or requested by a single parent, says Acebal. This might mean that you can't pack a PB&J sandwich for your child's lunch, but it also presents an opportunity to teach him about compassion for others.

What Kinds of Items Can I Bring for Parties in My Child's Classroom?

Start by following your school's guidelines. If you're faced with a daunting list of "banned" foods, don't panic. "I don't expect nonallergic families to always understand what is safe for my child to eat," says Jenny Kales, author of [The Nut-Free Mom Blog](#). If you have questions, ask your child's teacher or the parents of the allergic child for a list of "safe" foods and brands. "Food labels vary in terms of what allergy warnings they offer, so having those go-to foods is a huge help," says Kales.

Choose packaged foods over home-baked. (Even if your homemade cupcakes don't contain allergenic ingredients, there is a risk of cross-contact from the utensils and cookware you use to make them.) Always bring along any packaging so the teacher or parent can double-check the label. If you're still unsure, consider nonfood treats, like inexpensive toys, stickers, or art supplies. As part of a nutrition initiative, some schools don't even allow outside food in an effort to avoid introducing not only allergens but junk food as well.

What Does My Child Need to Know About Food Allergies?

"You definitely don't want to scare kids or make them overly concerned," says Kales, "but you do want them to know it's an issue they should respect. Something simple like 'Alex can get really sick and go to the hospital if he eats anything with peanuts' will usually suffice."





Corn Salad With Feta and Walnuts

Serves 6

Hands-on Time: 10m

Total Time: 15m

Ingredients

- 1 cup walnuts
- 4 cups fresh corn kernels (from 4 ears), raw or cooked
- 2 jalapenos, seeded and thinly sliced
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- kosher salt and black pepper
- 1/2 cup crumbled Feta (2 ounces)

Directions

1. Heat oven to 400° F. Spread the walnuts on a rimmed baking sheet and toast until fragrant, 6 to 8 minutes. Let cool and roughly chop.
2. In a large bowl, combine the corn, jalapeños, lime juice, oil, walnuts, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Sprinkle with the Feta before serving.

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The purpose of this quarterly newsletter is to inform the women of PHBC about the activities and services of the Women to Women Ministry, and to provide useful and uplifting information for your daily lives. If you have suggestions on what information should be included in the newsletter, or if you would like to assist with the newsletter, please contact Valerie McDougle.

