

February 2020 newsletter



THANK YOU!

We served 112 of our closest friends on our annual Soup Nite. Many thanks to all who attended and to the many hands that made light work. *(see recipe for the popular Cauliflower Soup later in this newsletter)*



Women's Ministries at First Baptist Narragansett

Winter edition

This somewhat dull winter (weather-wise) has been full of what I call, craziness, at the same time. With all the headlines and happenings, strong opinions from so many directions; it's enough to make your head spin or at least wonder what it's all about. And, in an election year, I predict it will get worse.

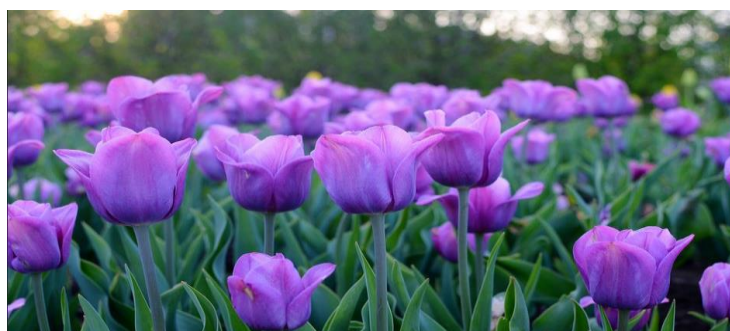
What is your best strategy to stop from spinning out of control? to thrive rather than just survive? I imagine that where we spend our time matters. Sure, we all have calendars, schedules, planners or whatever method you use to keep life straight. But what about the in-between times, the downtimes?

At our fall seminar, we talked about writing a mission statement for your life that reflects your priorities and goals. Measuring downtime against that statement surely helps. Personally, it helps me to avoid excessive time with social media, glazing at the news on TV vs. spending time in the Word and prayer. Having gratitude for all things and not just the wonderful moments. Being aware of my choices, intentional and daily. Dawn taught us the power of journaling and how it adds to your focus. Write it down! Have you started using this tool?

In the words of a favorite devo author: "we were not meant to exist according to our own little self-oriented plans...we were created to live for Him". Acknowledging that He has a plan, helps us to avoid the things that make our heads spin. In our Sunday School class, we talked about praying for His will and not what we think/decide it should be.

So, I will admit that I am not disappointed with a mild winter (sorry Jenn), but not disappointed in the grace and strength given to me to build my reliance on Him rather than the craziness.

Bring it on!



C4C

Continues to meet
monthly on
Saturday mornings
(Next 2/15)

Current projects:
Baby quilts for Care
Net ministry and
Pillowcases for
Samaritans' Purse

Call Laurel Niemi
w/questions

401- 935-8726

Feeling Competitive?

Watch for details of
Hannah's walking/running
club and plans to enter a
local 5K race!!

Announcing our Spring Event

- **Girls' Night Out!!**
- Friday, May 15th at 6:30 PM
- Plan to join us for a great evening as we enjoy:
 - Yummy dessert and coffee bar and
 - Presentation by Lori Roeleveld on her latest research into the topic of **"Invisible Women"**

Hmm, ever feel invisible? Don't miss this great evening.
Details will follow as they become available



ONGOING BIBLE STUDIES

- Sunday mornings during the Sunday School hour:
(child program also provided)
Topic: **"Jesus: Listening for His Voice"**
Facilitator: Kerry Hanby
- Monday Evenings 7-830P (begins 3/30)
Topic: **"Giving God Your All"**
Facilitator: Cheryl Blumenbaum
- Tuesday Mornings 930-1100A (ongoing)
Topic:
"Who Do You Think You Are? Finding Your True Identity in Christ"
Facilitators: Kathy Smith, Judy Franchina



Spring Weekend Conference

- Monadnock Bible conference – Jaffrey, New Hampshire
- April 17-19
- Speaker: Ellen Garland
- Topic: **"Peace: Is it Real?"**
- Weekend includes – relaxation, heated pool, massage, craft classes
Call Lori Henry for info and to be included (742-1976)

Contact Us

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Next Book Club reads:

- for March 28th --
“Where the Crawdads Sing” by Delia Owens
- For May 30th – “The Kitchen House” by Kathleen Grissom

Club always open to new members

Meets at 930-11 at Karen Smith's home

131 Southwinds Drive, Wakefield

401-932-2936 for questions



AND....without further ado....

The (very popular) Cauliflower Soup Recipe

Mix together 4C cauliflower pieces with 2C water

Bring to boil and set aside

Set slow-cooker to LOW and add

- 8 oz cubed cream cheese
- 5 oz American cheese spread

Stir to dissolve cheeses

Add cauliflower mixture and mix together

Add ½ C potato flakes and mix with the rest

Cover and cook on LOW for 2-3 hours

Thanks to Nancy Macamaux!!

