

# Redemption Women

Teaching. Training. Becoming

## 2018-2019 MINISTRY YEAR

Redemption Women meets once/month on Saturday mornings, for a time of worship, learning discussion and prayer.

## FORMAT

This year, we will follow a Video & Discussion format, with no mid-week homework!

## IMPORTANT DETAILS

- \*PLEASE BRING YOUR OWN HOT DRINK
- \* You may bring a snack to share if you'd like! For quantity, think "Me plus 2" TIA!

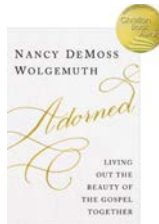
## UPCOMING DATES

Oct 27 - 8-10am  
(first meeting)

Dec 1  
(Christmas Social)

## THE STUDY

This year we will be looking at what it means to "Adorn the Gospel" in the context of female community. We are taking a closer look at Titus 2:3-5, 10 through a video series based on the book "Adorned" by Nancy DeMoss Wolgemuth. We are so excited to learn alongside one another as we take a closer look at Paul's exhortation to women in this important passage.



Did somebody say CHRISTMAS???

Our Christmas Social will take place on:

SATURDAY  
DECEMBER 1<sup>st</sup>

More information to follow so stay tuned!



## STAY CONNECTED

- **Upcoming Meeting dates will always be in the WEEKLY BULLETIN!**
- We also communicate RW updates through e-mail and through our FB page!
- **E-mail [women@redemptiondurham.ca](mailto:women@redemptiondurham.ca) to sign up for our e-mail list, or to ask any questions!**
- "Like" our FB page: Redemption Durham Women's Ministry to receive post-meeting resources and stay connected!
- **Check out [redemptiondurham.ca/women](http://redemptiondurham.ca/women) for general information about the ministry!**
- The church office can also be reached at: 905-425-6425

Follow us on  
Facebook!



## HOME STUDY GROUPS

One of the things we have always loved about our congregation, is the desire among women to gather and study together. To help you do this, we will list and post (via Facebook and e-mail) Home Study groups that are happening throughout the year, that are using resources approved by Women's Ministry. In this, we are simply facilitators for connecting you with one another.

We hope you will find a meaningful study to be a part of through this avenue!

## FEATURED FALL RECIPE: PUMPKIN SPICE GRANOLA



### INGREDIENTS:

2 CUPS OLD-FASHIONED OATS  
 1 CUP RAW PECAN HALVES  
 1 CUP RAW PEPITAS (PUMPKIN SEEDS)  
 1/4 CUP MAPLE SYRUP  
 1/4 CUP MELTED COCONUT OIL  
 1/4 CUP PUMPKIN PUREE  
 1 1/2 TEASPOONS PUMPKIN PIE SPICE, STORE-BOUGHT OR HOMEMADE  
 1/4 TEASPOON VANILLA EXTRACT  
 1/2 TEASPOON SALT  
 (OPTIONAL) 1/2 CUP SHREDDED OR SHAVED COCONUT  
 (OPTIONAL) 1/2 CUP WHITE OR SEMISWEET CHOCOLATE CHIPS

### DIRECTIONS:

HEAT OVEN TO 350°F. SPRAY A LARGE BAKING SHEET WITH COOKING SPRAY, OR LINE IT WITH PARCHMENT PAPER. SET ASIDE. COMBINE THE OATS, PEPITAS AND PECANS IN A LARGE MIXING BOWL. IN A SEPARATE BOWL, WHISK TOGETHER THE MAPLE SYRUP, MELTED COCONUT OIL, PUMPKIN PUREE, PUMPKIN PIE SPICE, VANILLA EXTRACT, AND SALT TOGETHER UNTIL SMOOTH. POUR THE MAPLE SYRUP MIXTURE OVER THE OATS MIXTURE, AND TOSS UNTIL EVERYTHING IS EVENLY MIXED.

SPREAD THE GRANOLA MIXTURE OUT EVENLY ON A GREASED OR PARCHMENT-LINED BAKING SHEET AND BAKE FOR 15 MINUTES. REMOVE FROM THE OVEN AND ADD IN THE COCONUT (IF USING) AND GIVE EVERYTHING A GOOD STIR. RETURN THE GRANOLA TO THE OVEN AND COOK FOR AN ADDITIONAL 10-15 MINUTES, OR UNTIL THE MIXTURE IS GOLDEN. REMOVE AND LET THE GRANOLA COOL UNTIL IT REACHES ROOM TEMPERATURE. STIR IN THE CHOCOLATE CHIPS (IF USING).

SERVE IMMEDIATELY, OR STORE IN A SEALED CONTAINER FOR UP TO 2 WEEKS.

**YIELD: 6-8 SERVINGS - TOTAL TIME: 35 MINS - PREP TIME: 10 MINS - COOK TIME: 25 MINS**

# Meet the RW Facilitators



## *Bios & Reflections on Discipleship...*

### Leadership

#### *Sarah Hales – Ministry Lead*

I've been married to my love Ian for 15 years. We have 3 of the funniest kids around ;) Karis, Joshua & Caleb. Over the years I've been so thankful for the formal & informal discipleship from many Godly women that the Lord has placed around me. The time spent with them and the spiritual impact of our time together has influenced my desire to come alongside other women and to see lives transformed by the power of the Word & the gospel applied to every day circumstances. Even in this season of my life with little people, I'm striving to be intentional in pouring into others as the Lord gives me opportunities. Pointing them to the one who is worthy of our worship & obedience. Hebrews 10:24-25.

#### *Shawna Beach – Ministry Lead*

I've been married to Phillip for 18 years and am mother to Timothy-John (13), Matthew (11), and Joseph (8). I started (fully) attending Redemption in January 2011, and I serve in Redemption Kids. Personally, I have never been 'officially mentored', but God in His grace has used many godly women to make an indelible mark on my life. My mother is chief among these women, and living with her for the first 23 years of my life, I got a first-hand view of what it means to be reverent in behavior, not a slanderer or a slave to much wine. She taught me from Scripture and showed me by her life what is good, how to love my husband and children, to be self-controlled, pure, working at home, kind, and submissive to my own husband. I pray that, like her, my life will model Christ and that through me, the word of God would be upheld and not reviled.

### Facilitators

#### *Jill Hamilton – Connections*

I have been a member of Redemption Church for the last 6.5 years and I serve in Guest Reception. I have 2 grown and married sons and am blessed to work with one of them. Almost immediately upon entering the doors of this church, I felt cared for, not only in practical ways, but more importantly in a deeper spiritual way. Everyone I know here is concerned about my sanctification and has disciplined me in one way or another. Now it's my turn to pass on what I have learned and to serve the women of this church however I can all for His Glory.

#### *Anna Tadros – Hospitality*

I've been married to John for 10 years and mom of Ember (5), Ezra (2) and Boaz (1). I have been attending Redemption Church for a little over 5yrs. I serve on Barista and in Redemption Kids! I once heard John MacArthur describe discipleship as finding someone older in the faith AND someone younger inserting yourself in middle and allowing His Word, goodness and grace flow. That picture always stuck with me!

# Meet the RW Facilitators

## Facilitators

### *Damara Lee – Communications*

I've been married to Rob for 3 years. We have a little one named Micah (13 mos). I have been coming to Redemption for 8 years now, blessed to have been part of the launch team, and have just re-joined Redemption Kids. I am blessed to have experienced women who have discipled me, by coming alongside me in my struggles, and speaking the Word of God into my life in order to help me grow in obedience to Christ.

### *Carol Flannery – Prayer*

I've been married for 40 years to Paul Flannery. We have 3 grown children and are blessed with 7 grandchildren and 3 great grandchildren. We have been coming to Redemption Church for almost 7 years, and I serve at the Resource Table, on greeting and ushering. Discipleship involves coming along side another person and pointing them to Christ through the word to equip them to handle the trials that will come their way.

### *Joy Fraser – General Support*

Rowan and I have been married 14 years and have been attending this church for half our married life - and I'm so thankful for that!! Our four little instruments of sanctification (Malachi, Gabie, Sean and Drew) keep me busy during the day... and they're also the ones I look at photos of at night after they've gone to bed..! Discipleship, as my friend SueLynn once described to me, can take on a format as simple as inviting a woman into your home to talk with while you fold laundry. It's taking teaching/sharing opportunities during your regular day.

### *Polly Raby – General Support*

I've been married to Brian for seven years. We have three small children: Meredith, Luke, and Emily. We've been at Redemption Church for 6 years where Brian serves as the Pastor of Discipleship. I've been blessed to be involved in small group ministry and serve in Redemption Kids. I love that we as believers have the privilege of practicing discipleship - following Christ together, spurring one another on in obedience and worship, as he forms us into the image of his Son.

## Women's Ministry Worship

### *Jessica Merkowsky* (not pictured)

I've been married to Jason for 14 years, and we have four children: Michael (13) Jackie (12) Brooke (9) and Ashley (7). I am passionate about music, specifically the piano, and have taught, performed, accompanied in the Durham region for thirteen years. At church you will often see me with a golden retriever side-kick as I train for a service dog organization. We have been at Redemption for a little over two years. The words of Paul capture the power and foundation of discipleship: "Be ye followers of me, even as I also am of Christ". -1 Corinthians 11:1

**Thank you for taking the time to learn a little bit about us! We look forward  
To learning more about you this year! – Redemption Women**