

Oct.—Nov. 2009

### Upcoming Events:

- Thursday 10/8, 6:00 pm  
Prayer Walk at Cape May  
Tech for Parents & Teens
- Wednesday 10/21, 6:30pm  
Congregational Budget  
Mtg at the annex. (No  
Bridge at Elem #2 this  
evening)
- Saturday 10/24, 9am-5pm  
Outreach Booth at Middle  
Twp Harvest Fest, CMCH
- Wednesday 10/28 6:30pm  
Middle Twp Halloween  
Parade Outreach, Elem #2  
(no Bridge this evening)
- Sunday, 11/1 10am-Noon  
TLC Fall Harvest Party at  
Elem. #2. Invite others to  
this celebration in place of  
regular service.
- Fri.—Sat. 11/6-7  
Revolve Teen Girls Event  
at Temple University in  
Philadelphia

### Words of Grace:

#### The Lighthouse Church Women's Newsletter

A regular publication about women and ministry at TLC—serving as a signpost to God and helping women connect with each other.

Writer—Carol Bergstrom  
Editor—Ann Whipple  
Contributors— Amy Lord,  
Terri Sheptock, Sandi Gallo,  
Lisa Pattison, Tish Jacoby,  
Ronna Pomykacz

TLC office (to send emails):  
[tlccma@comcast.net](mailto:tlccma@comcast.net)  
or call 465-6690  
church website:  
[www.tlccma.org](http://www.tlccma.org)

# Words of Grace

The Lighthouse Church Women's Ministry Newsletter

(609) 465-6690 (office)



## Becoming Women of Faith

Collected by Carol Bergstrom

*On September 18-19, twenty women from The Lighthouse Church eagerly traveled to Philadelphia to attend the Women of Faith Conference. We laughed, cried, and worshiped our Savior together with 18,000 other women. The theme was "A Brand New Day," which means every day is a fresh start. His love is always available to me.*

*I asked several of the women to reflect on how God ministered to them personally. I know you will be encouraged as they share openly from their hearts.*

### Letting Go of Babylon

By Ronna Pomykacz

This year's conference put me on an emotional roller coaster. I laughed a lot and hard, which was good medicine to my soul.

On a more sober note, this year focused much of their message on contributing to World Vision. When they have asked for World Vision donations in years past, I have not been moved to do anything. In fact, I can become a bit perturbed by what I feel is a "commercial in the middle of a conference".

However, this year I responded differently. I know it is because of the Monday night Bible study on Daniel that I did last winter. The study was about recognizing the "Babylon mentality" that we are surrounded by in the United States. This mentality is that that says, INDULGE, live in

EXCESS, every man for HIMSELF.

Since the study, I have a heightened awareness of the greed that bombards us every day. This year, my husband was out of work for the first time in 20 years. Although I would not sign up for that again, it was a great lesson in separating a need from a want.

I've learned that I have so much more than I need and yet, I was acting like these "things" were necessary in my life. When I listened to the World Vision speaker, and saw the videos of the children around the world, this time, Jesus had prepared my heart and it touched me.

### High Hopes

By Lisa Pattison

I attended the Women of Faith conference in September 2009. I have attended this event two times prior. This year I invited my mom to go along and enjoy some special time with her. In the past I have been blown away with the testimonies of the women speakers. After the events I went home and wanted to proclaim my faith in our God, our Father, our Lord with such enthusiasm.

So this year I was so excited to show my mom the journey I have taken in the past. I always boasted about how these women put me on my knees. All I wanted my mom to hear is how great our God is and how powerful our God is.

Well, by Saturday afternoon I was so disappointed. I thought the weekend was a commercial for World Vision. I went home unfulfilled and unhappy.

But as you read this, count how many times I used the word "I". On Monday after the conference I was speaking to a good friend of mine who walks close to the Lord. I expressed my disappointment and she pointed out that things aren't done in our time or for our glory but in His time and for His glory.

The expectations I had were for me. I need to give my mom's salvation over to Him and allow Him to do what needs to be done in her heart. I wanted it to be done on MY terms not His. Now all I can do is pray, pray and pray that in the end her journey HOME is the same as mine.

### Gardens of Forgiveness

By Tish Jacoby

This conference came at a time in my life when I needed to hear God's word clearly, and he spoke to me through Sheila Walsh on forgiveness. God has forgiven me but still I have a hard time forgiving others.

It was a lovely time to bond with other Christian women and deepen our friendships. I'm always so busy that I never put the time into my spiritual growth. How can I expect to grow when I don't take the time to water the garden God has given me?

This week enabled me to see how God wants my whole bouquet and not just the seeds I



## ONGOING GROUPS

### Moms in Touch Sunday am Prayer Group

(lifting up children in prayer)  
Call Mary Marotta, 408-5965  
Meeting at 9:00am, Elem #2

### Monday Night Bible Study

"Jesus the One and Only"  
written by Beth Moore  
Led by Ronna Pomykacz  
Call 861-3777 for details  
Meeting at 6:30PM, at the home of Sandra Novick, 10 Avalon Woods, CMCH

### Wednesday Morning Bible Study

(meeting at 10am)  
Meeting at Debbie Sbraga's  
27 Harbor Cove, Cape May  
For additional info contact  
Carol Bergstrom - 463-5992

### Wednesday Bridge Women's Bible Study

(runs September-November)  
"One in a Million"  
Led by Terri Sheptock  
Meeting at Elem. #2, 6:30PM  
Children's activities provided (infant to 8th grade).

### Home Matters

(2<sup>nd</sup> Thursday of the month)  
9:30am  
Meeting at Jill Nichol's Home  
56 Easy Street, South Dennis  
861-1321

### Caring Communities

A small group committed to meeting regularly to practically build loving community. Contact the church office for more info, 465-6690.

## Children's Ministry Worker: Amy Lord by Terri Sheptock

### Why are you involved with Children's Ministry?

"In my heart, I know this is what I am supposed to do. I feel that I can connect with the kids. It is a way to be involved with my own kids. When you are a member of an organization, you should give back—it's my way of giving back."

### How would you encourage someone else to get involved with Children's ministry?

"If God calls you to do something...He places that desire within you....and you have to follow it.

If you follow the call, you give, but you get back. That giving fuels your tank. The Children's Choir is my passion. There is nothing like seeing those kids sing out for God. You see them on Sundays when we 'perform', but I see them in practice and when they are singing their hearts out and raising their hands, it melts me....Their innocence and 'realness' just melts me!"

Amy Lord is the mother of Elise and Summer and the wife of Steve. She is a music teacher in Upper Township Elementary

School. She leads the Children's Choir, which meets Sundays at 10:15am, and was involved with Kid's Club.

In my interview, the most awesome thing Amy said, which can be applied to any of our walks with God is: "**He completes my effort.** I may not be the best teacher or the most talented musician, but God honors what I put forth and He completes the job He has called me to."

Allow God to complete your effort...get involved! Follow the call to whatever He has put in your heart! He will complete it!

## Biblical Parenting: Three Ideas for Good Communication

### Learn How to Start

The way you present an issue often determines the response. Sometimes it's best to address a problem immediately, while other times waiting a few hours is more appropriate.

Wisely choose a time, place, and approach with the goal of not just rebuking, but correcting, and finding resolution. "Lisa, I'd like to talk about the way you treated me earlier. Is now a good time or should we talk after dinner?"

### Learn When to Stop

Once a dialogue has developed, have discernment to know when to stop. Some parents feel like they must win an argument or come to resolution by the end of the conversation so they end up pushing too hard.

Other times emotions get too involved. Still other parents end a simple correction with preaching, bringing up the past, or making exaggerated statements about the offense.

In any case, it's important for parents to know when to take a break or simply stop the

conversation. "I think we better stop here. Things are getting pretty tense. We need to continue this conversation, but let's take a break for now. Maybe we'll think of some other ideas in the meantime to help resolve this problem." Learning when to stop during conflict is a very important skill.

### Learn How to Listen

Conflict represents opportunity. Children watch parents handle conflict and observe how they resolve differences. Listening and affirming a young person's thinking is an honoring step in conflict management.

"I understand you'd discipline your sister differently. Your ideas make sense. At this point, I have to make the decision and I'm going to emphasize something different, but I appreciate your ideas." Affirming or validating a child's thinking or reasoning is helpful for their development.

As you dialogue with your kids, you must learn to tolerate criticism. Many discussions you

have will open the door for your teen to criticize you. Don't feel threatened or take these jabs personally. Use them to discuss issues and explain your decisions.

If you can be transparent enough to use yourself as an example, your children will learn much more about life.



*This parenting tip is taken from the book, [Say Goodbye to Whining, Complaining, and Bad Attitudes, In You and Your Kids](#) by Dr Scott Turansky and Joanne Miller, RN, BSN. It's a book about honor and talks about how we treat one another inside and outside the family.*

*If you'd like to continue to receive tips yourself, you can sign*

## Hands in Service Opportunities

A new group is forming this Fall whose purpose is to bless, help, and educate those less fortunate than ourselves. This Hands in Service ministry is carried out through our missionary outreach.

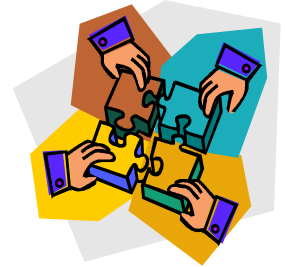
Hands in Service can be done through various ways, all of which will be decided by you as

you join our team. The only boundary is the type of talents and skills people have to offer. Some ideas will be presented at the groups first meeting, but the door is wide open for many more.

If you have a heart for missions, time and hands to share in serving this way, please contact Doreen Verity. You can

reach her at 465-4136 and find out further information.

The first meeting was held Friday morning, October 2nd, at the home of Barb Crouthamel. If you missed this meeting, please let Doreen know. She will follow up individually and let you know about future meetings of the



## Clothing Exchange—Held on Sunday, October 4

Thanks to all who donated fall and winter children's clothing for sizes infant to youth 14/16. We also appreciate those who helped to sort and prepare the clothes for the exchange.

Because of the building program, the Clothing Exchange could not take place September 21-25 at the annex. Instead, these clothing items were available for free at Elementary #2 on Sunday,

October 4. It was truly a blessing to all who came. We're delighted to be able to serve so many as we re-cycle clothing that is clean and in good condition. Watch for a Spring clothing exchange.

## New Ministry to the Deaf

The Lighthouse Church would like to start a ministry to the deaf and hearing-impaired in our community. The current vision is to have an American Sign Language (ASL) interpreter for at least one church service per

week.

Depending on the demand for, and availability of qualified interpreters, the ministry may expand to any other areas such as Bible Studies. If you think that you are an ASL interpreter and

would like to willfully service for the honor and glory of the Lord, then maybe this unique opportunity to reach and serve this sector of our community is the right ministry for you. Contact Mike Pomykacz, 425-

## Revolve Teen Conference—November 6 & 7

The first weekend in November, 16 teen girls and mothers are venturing to Philadelphia for the Revolve Conference held in the Liacouras Center at Temple University. This overnight event, sponsored by Women of Faith, focuses on the spiritual needs of teen girls,

11-18. During the sessions, girls will worship together with award-winning bands. They'll be inspired by speakers young and old who give real, relevant messages about living the Christian life.

It's a wonderful retreat from everyday life in order to

reconnect with God and recommit to living for Him. The theme "4 Real" means that God loves you—the real you—for real!

Visit [www.revolveour.com](http://www.revolveour.com) for more info or contact Ann Whipple, 465-0047 if you would like information about next year's group. Please pray for the teens

## Moms In Touch: Lifting Up Children in Prayer

Our children are in desperate need of prayers. Each Sunday morning at 9 am, you can join with other women to pray for our schools and for our church.

This group splits their time between a book study, *Igniting a*

*Passion for Prayer*, and praying using the Moms In Touch format. Please contact Mary Marotta at 408-5965 for more information.

All women, whether a part of the regular group or not, are invited to "Arise! Cry Out!" on

November 14 at the Calvary Chapel in Ocean City, 9am—1pm. This is a worldwide day of extraordinary prayer for children and schools as part of the Moms In Touch celebration of 25 years of ministry. Call Mary for details.

## OUTREACH NEWS FROM PASTOR RUDY

Lord, please create an atmosphere of expectancy and excitement among your people here at The Lighthouse Church. Set us free so that we may desire to be radical followers of Jesus.

Our mission is not the new building that we are about to move into. That building is a gift from God to house the many wonderful ministry opportunities. TLC was founded on the vision to "take the treasure to Cape May County." We believe that Jesus planted us here so that he can use us to win people to faith in him!

As we prepare for our new home, we want to provide avenues for those who are presently lost to find their way back home to the Father's arms.

This fall, we can shine our lights bright in Cape May County:

- 10/24 Middle Twp Harvest Fest, 9am-5pm
- 10/28 Middle Twp Halloween Parade, 6:30
- 11/1 TLC Fall Harvest Party at Elem #2, 10am

Lord, could we as a church family catch the contagious faith that would be expressed with less talk and with more action?

## Church Website: [www.tlccma.org](http://www.tlccma.org)

Visit often to find out what has been happening at The Lighthouse Church:

- See the building construction photos
- Check out the church calendar
- Catch up on a sermon you missed
- Read up on ministries for women, men, youth & children

## Living Stones Ministry of the Lighthouse Church

At the church website, [www.tlccma.org](http://www.tlccma.org), you can read inspiring stories about what God is doing in and through His people in the Lighthouse Church family:

Judi Salasin

Tanya Hunter

Kristy Kern

Tony Gallo

Kim Leathers

Denise Haywood

Cal & Linda Sampson

Contact Robin Hetherington with your God-made moments:  
[rahbirthbay@comcast.net](mailto:rahbirthbay@comcast.net) or 609-889-0063

**There is one theme woven throughout...and that theme is the amazing love and grace of God who has rescued them, delivered them, healed them and given them a passion for Jesus.**



## *Becoming Women of Faith: continued*

### My “Light Bulb” Moment

*By Sandi Gallo*

I wasn’t sure what I had to say about the Women of Faith Conference. This year prior to the conference had been very trying. I was tired and I needed refreshing. It would be my fourth time to attend the conference and I looked forward to going. I needed God to meet me there, and I was oh SO ready!

There is nothing like standing in an arena of with tens of thousands of women singing and worshipping the Lord. Their voices echoing throughout the Wachovia Center, it’s like a cleansing for your soul. It just gives me goose bumps.

Steven Curtis Chapman was one of the guest singers this year. He spoke about his family and the recent tragic event that took the life of his adopted daughter Maria last May. Just hearing his story and meeting his two sons that were in his band, your heart breaks for them.

They will always have the pain from their loss, but I also find myself admiring them for their strength and faith in God who has gotten them this far. I don’t know if I could get out of bed in the morning if anything happened to any of my children.

Steven Curtis Chapman’s song “Cinderella” was written about his two youngest daughters, Stevie Joy and Maria. He explained about the night he wrote the song, he was having

one of those nights and his daughters just wanted to play and not get ready for bed. He explained that he wasn’t in the “playing” mood and he needed them to get ready for bed.

After rushing through the nighttime routines, he found himself regretting his impatience and realizing that these two little girls, will not always be two little girls. They are going to grow up in a blink of an eye and have lives and families of their own.

What a lesson for all of us. We need to STOP and enjoy the moment. Thanking God that we still have today with our kids and our loved ones and that we are living today and tomorrow the way God would want us to. Sometimes we get caught up with life, with working, with errands, with paying the bill, with trying to “keep up with the Jones”.

The biggest “Light bulb” moment for me at this year’s conference is to stop the runaway train we are on. Stop and enjoy the “Bath times” in our life. Enjoy our kids while they are still young. Forget about the dirty balled up socks in the living room and take the time to have fun. They won’t be little for long, and as Steven Curtis Chapman sang that night, “Cause’ all too soon the clock will strike midnight and she’ll be gone.”

Let’s not wait until they are gone to think about what we should have done or how we should of handled things. Let’s

live today and with God’s help, enjoy the time we have been given with our family and friends.

### An Amazing Love

*By Carol Bergstrom*

There is one theme that is woven throughout all the speakers who share their lives and the musicians, Mandisa and Steven Curtis Chapman. And that theme is the amazing love and grace of God who has rescued them, delivered them, healed them, and given them a passion for Jesus.

It’s all about what God is doing in every heart, in every corner of the world, in this very moment.

Every time I attend, God speaks to me about His great love for me and His plans for my life. He persistently tells me, “Be still and know I am God.” Ps. 46:10. This verse has been my comfort for a long time and especially this past year which has been the most difficult road I have traveled so far.

But through this journey I have come to learn that He not only tells me to trust Him this moment, but to sit still and be quiet before Him and let Him speak to my heart and mind as He reveals His heart to me.

It is a slow journey for me, but the farther I travel in stillness the more I know His awesome Person. May we all continue to practice His Presence until we are truly trophies of His grace.