

✧ SenseSational Homes ✧

Jayne Rarrick describes how a beautiful house can become a beautiful home, a haven of happiness and love

*By wisdom
a house is built,
and through
understanding
it is established;
through knowledge
its rooms are filled
with rare and
beautiful
treasures.*

Proverbs 24:3,4

Autumn. Thanksgiving. Christmas. It's the season when decorating our homes becomes a higher priority than at other times of the year. When we think of decorating, we often focus only on making our homes visually pleasant. However, in her book "Creating a SenseSational Home" author Terry Willits encourages us to decorate in a manner appealing to all our senses.

Our sense of sight provides the brain with the most stimuli of all our senses. A cluttered room distracts from the beauty of the room. So the first step to an attractive home is orderliness. Baskets are a good way to keep objects together and put clutter away in a hurry without distracting from the décor of your room. Another way to enhance the visual effect is to create a color palette for your home that flows from room to room. By carrying a few colors from one room into an adjoining room, the eye moves more smoothly between the two. The choice of colors used sets a mood as

well. Blue is soothing, peaceful and cool. Yellow is cheerful and energizing. Red is passionate and intense. Green is natural and calming. Black is sophisticated. White is airy and clean.

Next to sight, sound provides the brain the most information about our surroundings. Sounds can soothe or stimulate us to action. Soothing sounds calm us, encourage a restful spirit and lower our stress levels. Other sounds summon action whether it be motivating (timer on the oven), lifesaving (fire alarm) or irritating (squeaky door). The harder the surfaces in your home, the louder it will be. To quiet your home, use carpet, area rugs, upholstered furniture and drapes to absorb noise. Introduce pleasing sounds and eliminate as many annoying sounds as possible to enhance the appeal of your home.

Rachel Carson said, "For the sense of smell, almost more than any other, has the power to recall memories and

it is a pity that we use it so little." The olfactory nerves go to the part of the brain dealing with emotions, instincts and urges. Our sense of smell triggers many memories and floods our mind with images we associate with the aroma. Here are some stated effects of certain smells: Vanilla reduces stress, lemon livens a mood, peppermint enhances concentration, pine and cedar soothe, rose creates a romantic environment and lavender and chamomile are restful and induce sleep. Start filling your home with fragrances today that will fill your mind with memories later.

Taste is linked closely to our other senses. We see, smell, feel and sometimes hear the food we're about to eat. Fresh food is nutritionally better than processed, so think of in-season fruits and vegetables for health and variety. Make eating more interesting by changing the types of food you prepare, the places where you eat and. (go to pg 4)

**NOVEMBER 26
CHRISTMAS DECORATING**

See page 3 for details.

**DECEMBER 4
HOLIDAY TABLES**

See insert for details.

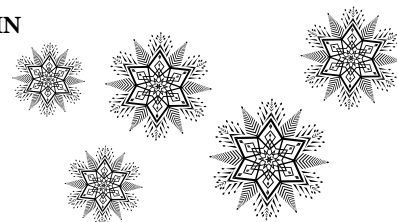
**DECEMBER 10, 17, & JAN. 7
WINTER BIBLE STUDY REGISTRATION**

Visit the Welcome Center for details

**JANUARY 17
WINTER BIBLE STUDIES BEGIN**

**FEBRUARY 16-17
SPRING RETREAT**

See page 3 for more information.



(cont. from page 1) inviting others to share meals with you.

Positive touch is reassuring and gives a sense of security. Studies have shown how important it is to a baby's development to be held. When we feel safe in our homes, we are more secure when we're outside our homes. Human touch is important, but we can gain great satisfaction by touching comfortable things as well. Fill your home with items that are pleasing to touch or feel instead of just pleasing to the eye.

While incorporating decorating stimuli for our senses is very appealing, on its own this can only create a SenseSational house, not necessarily a home. Webster defines a home as a haven of shelter of happiness and love. This is dependant on the people, not the things inside our houses.

Proverbs 24:3 & 4 says "By wisdom a house (home) is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures." Proverbs 1:7 tells us "The fear of the Lord is the beginning of knowledge", so we need to follow God's instructions in order to establish a beautiful home. Here are some instructions that will help build an appealing home.

What do people see when they look at us? Proverbs 15:30a says "A cheerful look brings joy to the heart." We should be sharing the joy of the Lord with others in our lives.

In Philippians 4:18, Paul says "I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an

acceptable sacrifice, pleasing to God". Are we using the gifts God has given us to bless those around us? This is a sweet smelling gift to our mighty King

Proverbs 15:17 and 17:1 tells us "Better is a dinner of herbs with peace and quiet than a house full of feasting, with strife." What's dinner time like at your house? Is it a time of relaxation and enjoyment or is it full of tension and strife?

What are the words coming from your mouth? Does Proverbs 10:20 & 21 describe your speech? "The tongue of the righteous is choice silver,...The lips of the righteous nourish many."

We receive a promise from God in Isaiah 41:13, "For I am the Lord, your God, who takes hold of

your right hand and says to you, Do not fear; I will help you." A woman who has put her hand in the hand of God can live a calm, fearless life as she trusts the Almighty One as her source of strength.

As we decorate our homes this fall and winter, I encourage each of us to also spend time making ourselves beautiful in the way I Peter 3:3-5 teaches, "Your beauty should not come from outward adornment, ... Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. For this is the way the holy women of the past who put their hope in God used to make themselves beautiful." Becoming goldy women is the first step in creating truly SenseSational homes."

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✠ Surviving Singleness ✠

Heather Beyer, single young woman, shares her insight on how to not only survive being single, but how to enjoy it in the process.

Singleness. For some of us, it is the only state we have ever known. For others, it is a place we never thought we would revisit.

The majority of single women desire to be married. We want the security of knowing there is someone there to support, encourage, and love us. But is it truly possible to enjoy singleness when surrounded by happy husbands and wives at church? We watch as they share secret smiles, cuddle their newborn babies, and chuckle at the small children running around with doughnuts larger than their sticky hands? Is it truly possible to enjoy singleness when we are asked the same questions as often as we change bags to coordinate with our outfits? “Are you dating anyone?” “Why aren’t you married?” Is it truly possible to enjoy singleness? The answer is YES!

Being single is a unique time in life. God has you there for a reason. You desire to date, but your phone remains eerily quiet. You long to be married and to have your own children, but there are few quality prospects on the horizon. What do you do in the meantime between the single life and the married life?

Get to know God. Spend time in His Word. Focus on learning more about God and developing intimacy with Him. God knows you so much better than a husband ever will. He created you. You are his bride. He finds you captivating and beautiful. Believe that He has a plan and truly desires the best for you. His plan is for you to be joyful and content in Him, not lonely and miserable in yourself.

Become a better you. We as a society are overindulgent in regards to food, spending, and

thoughts of self. It is so easy to want to fill the void in our hearts with something other than God. We may use food, shopping, smoking, gossip, romance novels, or sex to fill the void. I’m sure we have all tried to fill it with something, even subconsciously. I know I have. But, to fill the void with something other than God is not trusting Him to sustain our hearts.

Are you honoring God by exhibiting self-control regarding food, shopping, and sexual purity? Are you making healthy choices that glorify God? Take the time to beautify your temple. There is no need to eat the whole carton of Ben and Jerry’s when just a scoop will do. Instead of overindulging, call up a friend you haven’t seen for awhile and go for a walk. Or, take up a new hobby you have wanted to try.

Are you happy with the woman you have become? If not, work through past hurts. Unload the baggage now. Offer or ask for forgiveness if needed. Think about how much better dating and marriage will be if you walk into it knowing you have already dealt with the issues of your past.

Get connected. It is a little hard to be content in your singleness if every night you are at home watching another episode of Grey’s Anatomy. Get out of the house and get involved! Check out one of the young adult/singles’ ministries such as The Cup, 8:18, or ALIVE. Go with the intent of learning about God and making new friends, NOT just finding a mate. Attend a women’s Bible study. There is SO much to be learned from other women, regardless of their stage of life. I have personally received so much encourage-

ment, wisdom, and support from the women I have met through Bible study.

Find an area of ministry. Serving God and others will teach you more about yourself than you probably want to know. A year ago, I *never* would have imagined that I would be so involved in ministry. God has taught me so much through my willingness to be involved in ministry. Where do your passions lie? Do you love children, teenagers, college students, single moms? Who could benefit from your life experiences? Putting others first will put your life into perspective.

Pray. During this time of waiting, pray for your future husband and the other single men in your life. Pray that God would strengthen and prepare them to be leaders. And pray that God would protect them from compromising situations. Pursue honoring relationships, whether it is in a friendship or dating context.

Married women, listen up. I urge you to look around and come up alongside a single woman. Give her a realistic perspective of marriage by sharing with her the joys and challenges of married life. Prepare her how to react when she receives a blender for her birthday when she really wanted jewelry. Or, what to do when her husband announces that he just lost his job. Spend time with her. Share your favorite recipes. Teach her how to cook and how to entertain. Share with her how to balance a busy schedule of God, husband, and family. Be honest about mistakes you have made, so she can learn from you. Help prepare her to become a woman of God who will honor and respect her husband. (go to pg 3)

* For Women Only *

Kelly Verge explains why every TBC woman, young and old, single or married, won't want to miss out on a study offered this winter.

For Women Only—is it the answer to figuring out what men are thinking? Jayne Rarrick, a class facilitator, said the class explains what women don't understand about guys' thinking while presenting totally new ideas as well.

"It's great for all ages," Rarrick said. "It's been amazing to see how the study has impacted women who have been married 20 to 30 years. Women are asking why didn't we know this earlier?—how much easier our marriage relationships would have been."

The seven-week study is based on Shaunti Feldhahn's book *For Women Only: What You Need to Know about the Inner Lives of Men*. According to Rarrick, Feldhahn started writing a fictional book with a male main character. She realized after speaking with male friends that she didn't know what men would be thinking in the situations her fictional character faced. This led to national research with shocking discoveries for women. The study focuses specifically on men, but can lead to changes in the attitudes of the women who participate.

"It's amazing," Kristina Kuebler said. "It really changed my view of how I look at some things." Kuebler said her marriage was struggling when she started the class this fall. "As a result of the class I think, all in

all, I've changed which has then benefited our marriage very much. I realized I had to change first. It's not a substitute for

"Every woman should take this study."

Jayne Rarrick



"Regardless of whether you're single or married, in the work place or not; this...really affects you."

Kristina Kuebler



"I wish I had taken this class as a young bride, and I encourage every young married woman to take this class."

Patti Cazier

counseling, but it really helps."

According to Rarrick the husbands she has spoken to are glad their wives have taken the class. "The men are liking what results they see!" Rarrick said.

The excitement surrounding the two fall sessions of *For Women Only*, has prompted the women's ministry council to offer the class in January as well. It is structured like many studies

with a 20-minute video followed by discussion time and a five-day schedule for homework.

"I loved our group discussions," Kuebler said. "I really got to bond with the women in there." Kuebler said that even though the class is over her discussion group is considering forming an on-going accountability group.

Covering topics from physical intimacy and "mental rolodexes" to provision and more, the author uses light bulb, spotlight and searchlight graphics to encourage women to think in different ways. Mona Benteman, a class facilitator, said, she liked how the study had women put themselves in men's shoes and look at issues from their perspective.

"It opened my eyes personally to the inner lives of men and how they are wired differently than women," Benteman said. "It revealed to me how much our words can affect men, or sometimes our lack of words. Our words can really build them up into the men God wants them to be."

The class is described as being immediately applicable for every woman whether she is relating to a husband, a son, a co-worker or a dad.

"Women ask themselves 'what should my response as a Godly woman be?'" Rarrick said. "Every woman in the church should take this study."

(cont. from page 2) Every time I see my grandfather, he asks me the same question, "You ain't found a man yet?" I always respond the same way. "No, Grandpa, I haven't. I'm just waiting for a good one like you." I have answered that question countless times, but I know that without a doubt, God has a plan for me, and for each one of us. Regardless of our marital status, He has a reason for putting us exactly where we are. God's desire is that we fulfill all of our needs in Him! When we make ourselves available to Him, He does great things! Let Him use you and refine you to become the person He wants you to be!

SAVE THE DATE



Image is Everything...or is it? is the theme for the Women's Retreat which will take place February 16 & 17 at the Spring Hill Suites in Lawrence. Keynote speakers, worship, skits and, of course, food will round out this great retreat. You won't want to miss what is sure to be a one of a kind retreat.

Deck the Halls

We will be decorating the sanctuary for the Christmas season on November 26, following the 11:00 service. Everyone is invited to stay a while and lend a hand!

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