



Women on the Hill



University Baptist Church
The Church on the Hill Showing God's Love

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How to Pray Like Jesus



#1 Praise God - *Our Father who art in Heaven, Hallowed be Thy name* - In the prayer Jesus taught us, He started with praising God. You should too!

#2 Seek God's Will - *Thy kingdom come, Thy will be done* - Do you know what God's purpose for your life is? Whether you answer yes or no, you should continually seek God's plan for your life.

#3 Seek God's Favor - *Give us this day our daily bread* - What is it that you are in need of? Strength? Healing? Deliverance? Abundance? God has all those things and is just waiting on you to ask Him for them.

#4 Seek and Give Forgiveness - *Forgive us our debts as we forgive our debtors* - If you want your prayers heard and answered, you must profess and seek forgiveness for your sins. You must also forgive those who have hurt you. God knows what they did to you. Let! It! Go!

#5 Seek His Protection - *lead us not into temptation but deliver us from evil* - Whatever is your weakness, seek God's protection from it.

#6 Acknowledge God - *for Thine is the kingdom, and the power, and the glory* - Let God know that you know He is the one in complete control.

#7 Thank God - In every recorded prayer that Jesus spoke, He gave God thanks. If Jesus thought it was important to give God thanks, you should too!



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The Recipe Corner

Blueberries . . .



LEMON BLUEBERRY BREAD

- 1/3 c butter melted
- 1 c. sugar
- 3 Tbsp. lemon juice
- 2 eggs at room temperature
- 1 1/2 c. all-purpose flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1/2 c. Greek yogurt
- 2 Tbsp. lemon zest
- 1 c. blueberries

Glaze: 3/4 c. powdered sugar, 2 Tbsp. lemon juice

Preheat oven to 375°. In med mixing bowl, whisk melted butter, sugar, lemon juice & eggs. In separate bowl, mix together flour, baking powder & salt. Add flour mixture to butter mixture alternately with yogurt. Stirring gently. Fold in blueberries & lemon zest. Pour into well-greased 8"X 4" loaf pan. Bake for 20 minutes. Turn oven to 350° & bake 30-40 min. Let cool & drizzle with glaze. (Better second day.)

BLUEBERRY CINNAMON CAKE

- 2 packages (12 oz. each) frozen blueberries, thawed & drained (may use fresh blueberries)
- 1/2 c. sugar
- 3/4 tsp. ground cinnamon, divided
- 1 package (about 15 oz.) yellow cake mix
- 3/4 c. (1 1/2 sticks) butter, cut into thin slice

Preheat oven to 350°. Spray 13 X 9" baking pan with nonstick cooking spray. spread blueberries in prepared pan. Sprinkle with sugar and 1/2 tsp. cinnamon; toss to coat. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible. Sprinkle with remaining 1/4 tsp. cinnamon Bake 50-60 min or until toothpick inserted into center of cake comes out clean. Cool at least 15 min. before serving.

VANILLA BLUEBERRY MUFFINS

- 2 c. all-purpose flour
- 1 Tbsp. baking powder
- 1/2 tsp baking soda
- 1/4 tsp. salt
- 2 tsp. vanilla
- 3/4 c. sugar
- 4 Tbsp. melted butter
- 1 1/2 c. buttermilk
- 1 egg
- 1 1/2 c. blueberries

Preheat oven to 350°; grease muffin tins. In large mixing bowl whisk egg, sugar, melted butter, & buttermilk. Stir in flour, salt, baking powder & soda. Whisk together until smooth. Whisk in vanilla. Fold in blueberries. Fill muffin cups 3/4 full & bake 30-35 min.

BLUEBERRY SOUR CREAM PANCAKES

- 2 c. all-purpose flour
- 1/4 c. sugar
- 4 tsp. baking powder
- 1 tsp salt
- 2 eggs
- 1 1/2 c. milk
- 1 c. (8oz.) sour cream
- 1/3 c. butter, melted
- 1 tsp. vanilla
- 1 c. fresh or frozen blueberries

Combine dry ingredients in a bowl. In another bowl, beat the eggs; add milk, sour cream, vanilla & butter and mix well. Stir into dry ingredients just until blended. Fold in blueberries. Pour batter by 1/4 cupful onto a greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown



A Toddler's Rules of Possession



1. If I like it, it's mine.
2. If it's in my hand, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm doing or building something, all the pieces are mine.
7. If it looks just like mine, it is mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.



Women's Health How to Pick Walking Shoes When You Have Knee Pain



You'd never go for a walk wearing high heels or flip flops, right? You might be surprised to learn that wearing the wrong walking shoes could be just as bad for your knees.

"Your shoes affect the amount of impact your knee takes with every step," says Matt Minard, DPT, a physical therapist and orthopedic specialist. "The right shoes are the first line of defense in dealing with knee pain.

All walking shoes aren't the same. They can vary in how much cushioning and support they offer. The design also affects how the shoe feels and whether it creates pressure points on the foot, which can affect your walk and, in turn, worsen knee pain.

What Works? While some shoes claim their extra cushioning and special insoles can ease knee pain, research shows these "enhanced" shoes might not be effective. A 2016 study published in the *Annals of Internal Medicine* studied 164

adults with knee osteoarthritis and found that there was no difference in knee pain between those who walked in enhanced shoes and those who wore regular walking shoes. "There is no one brand that is best," Minard says. "It's all about how your foot fits in a particular shoe and how it affects your stride."

A walking shoe might not always be the best option, says Bryan Heiderscheit, PhD, professor of orthopedics and rehabilitation at the University of Wisconsin-Madison.

"Walking shoes can be more rigid and stiff, and that can interfere with your normal stride pattern and change the load on your knee, making pain worse," Heiderscheit says. "A running shoe might offer more cushion and flexibility. If you have knee pain, you need to think beyond a stereotypical stiff leather walking shoe."

How to Choose Minard suggests shopping for walking shoes at a specialty retail shop where the staff will look at the structure of your foot, watch you walk, and make recommendations based on your specific needs. The right shoe for someone with flat feet is different from the right shoe for someone with high arches, for example. In general, look for shoes that are flexible.

Heiderscheit recommends that you pick up a shoe and flex the toe toward the laces. A good walking shoe should flex easily. A shoe that's hard to bend will restrict your foot, change your stride and worsen knee pain. Also check the soles for changes in height from the toe to heel. The shift should be subtle. "A shoe that is higher heel affects the bend of the knee and puts extra pressure on the joint," Minard says.

Sole width and flexibility aside, the most important thing to focus on when choosing a walking shoe is comfort. Buy the shoe that fits best and feels best. All of us have certain styles and brands that fit us better.





Meet Hagar

A lone. A fugitive. Hagar, tired from running through the desert, rested beside a spring of water in the wilderness, her head filled with confused thoughts about her confused life.

Hagar was pregnant with Abram’s child, as arranged by Sarai, her mistress and Abram’s wife. The three-way arrangement--agreed on by all partners--had backfired. Hagar was prideful in her pregnancy; Sarai was jealous and angry; and Abram basically withdrew. Sarai dealt very harshly with Hagar, mistreating her so badly that she ran away.

Hagar flew across wilderness territory to escape her difficult home life.

“Now what?” Hagar cried out in bewilderment, helplessness. . . and hopelessness. When she was at the end of all human hope, “the Angel of the Lord found her.” “Then she called the name of the Lord who spoke to her, You-Are-the God Who Sees; for she said, “Have I also here seen Him who sees me!” The Lord heard her affliction and inclined His ear to her. In fact, when her baby was born, Hagar called her little boy *Ishmael*, meaning “God hears”!

Prayer is the answer to every problem there is because God always hears!



Mark your calendar!
Friday, October 22, 2017

Seventh Annual Hoedown

Sponsored by The Women’s Ministry



WMU Calendar of Events

July – September 2017

July 21-22 – EQUIP at Shocco Springs. Cost will be \$80.50 per person. WMU has paid the \$25 registration fee and already has rooms reserved. We will have the opportunity to meet the new **National WMU Executive Director, Sandy Wisdom-Martin**, and attend conferences led by missionaries.

July 26 – Jonathan and Tanya Parks, missionaries in Slovakia, will speak at our regular Wednesday night Prayer meeting. WoM will be collecting money to help send a Roma child to summer

camp. (\$100/child)

August – 1. Christmas in August (see Bertha Everett)

2. Back packs for Appalachian Regional Ministry (ARM)

August 16 – All Mission organizations will resume regular meetings – Mission Friends, CiA’s, and WoM

August 16, 23, 30 – WoM will work on Summer Project— Mats for the Homeless

September 10 - 17 – Week of Prayer for State Missions and Myers-Mallory Offering

July, August, and September is the perfect time to start

collecting items to fill the **backpacks for the Mississippi River Ministry**. We challenge Sunday School Departments, other groups, and individuals to fill a backpack. Last year UBC filled 35 backpacks. We hope to exceed that number in 2017.

WMU -- MISSIONS FOR LIFE!

*Linda Whiteley, Director
UBC WMU*



On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature’s most awe inspiring sights - a total solar eclipse. This path, where the moon will completely cover the sun and the sun’s tenuous atmosphere - the corona - can be seen, will stretch from Salem, Oregon to Charleston, South Carolina. Observers outside this path will still see a partial solar eclipse where the moon covers part of the sun’s disk.

Nashville, Tennessee - Duration: 2 hours 55 minutes

11:58 a.m. - Partial eclipse begins

1:27 p.m.- full eclipse begins

1:28 p.m. - Maximum eclipse

1:29 p.m. - full eclipse ends

DON'T MISS THE TOTAL ECLIPSE OF THE SUN!



English is Hard

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We much polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.

What can I do?

- ☞ Save plastic bottle caps (soft drink, bottled water, milk, etc.) for schools. Deposit in designated container in UBC kitchen.
- ☞ Bring plastic shopping bags (Wal Mart, Target, etc.) to WoM to be used to make sleeping mats for the homeless.
- ☞ Save aluminum pull tabs for the Ronald McDonald House Charities. Container outside church office.
- ☞ **CRITICAL NEED! Volunteer to work in children's area Sunday mornings. Contact Eddie.**
- ☞ Donate non-perishable items to HAP (box outside the church office)
- ☞ Save Box Tops for Education on General Mills products for Cynthia Harmon
- ☞ Pray for Gospel Center Church meeting in UBC Youth Center.
- ☞ Provide snacks for CDC: Goldfish, animal crackers, cheerios, veggie sticks.
- ☞ Pray for The Well (reaching college students) now meeting on the UAH campus.
- ☞ Send notes of encouragement to staff members.
- ☞ Pray for our new partnership with Foster Academy to service children grades 5-12 who are affected by Autism and Asperger's syndrome.



Psalm 145:18
Let your prayer sister know that you are praying for her.

If you would like to contribute to this newsletter, please contact the church office or any Women's Ministry committee member.



Sunday, July 30, 2017



2:00 p.m.-3:30 p.m.

UBC Fellowship Hall

Reception honoring Hilderbrand family to celebrate Bro. Eddie's 20 years of service at UBC.

We're on the Web.

www.ubc-huntsville.org/women_on_the_hill.pdf

Women's Ministry Director: Kay Taylor

WMU Director: Linda Whiteley

Women's Ministry Committee:

Ann Adams, Gerry Bledsoe, Peggy Brewer, Rana Burt, Ruby Collins, Janice Corlew, Rose Evans, Bertha Everett, Patricia Gilchrist, Elaine Grimes, Linda Hargrove, Joan Hilton, Gloria Lee, Mildred Maroney, Sue McWhorter, Ruth Moon, Maureen Searcy, Barbara Smith, Kay Taylor, Dainie Tidwell, & Margaret Wisecarver

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