

# Women on the Hill



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

Volume XII, Issue 1  
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Worry is a conversation you  
have with yourself about things  
you cannot change.

Prayer is a conversation you  
have with God about things He  
can change!



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# The Recipe Corner

Something New

## **Arkansas Green Beans**

- 5 cans green beans
- 12 slices bacon
- $\frac{2}{3}$  c. brown sugar
- $\frac{1}{4}$  c. butter, melted
- 7 tsp. soy sauce
- 1  $\frac{1}{2}$  tsp. garlic powder

Drain green beans and place in 9X13" pan. Cook and crumble bacon on top of green beans. Mix brown sugar, melted butter, soy sauce, and garlic powder until smooth. Pour over beans and bake at 350° for 40 min.

## **Chili**

- 1 lb. hamburger
- 3 large onions
- 2 tsp. salt
- 1 qt. fresh tomatoes
- 1 can whole kernel corn
- 1 can red kidney beans
- 1 tsp. chili powder
- 1 c. diced potatoes

Dice onions, potatoes and tomatoes. Brown meat. Add onions & mix. Add remaining ingredients. Cook slowly 1 hr.

## **Corn Casserole**

- $\frac{1}{2}$  onion, chopped
  - $\frac{1}{4}$  c. butter, melted
  - 2 eggs beaten
  - 1 can whole kernel corn
  - 1 can cream style corn
  - 1 c. sour cream
  - 1 can Ro Tel
  - 1 jalapeno, seeded & chopped
  - 1  $\frac{1}{2}$  c. cheddar cheese
  - 1 box Jiffy Corn Muffin Mix
- Stir together all ingredients and place in large baking dish.. Bake at 350° for 45 min.

## **Roasted Asparagus**

- $\frac{1}{2}$  c. Extra Virgin Olive Oil
  - 8 cloves garlic, minced
  - 1 tsp. onion powder
  - 2 Tbsp. fresh parsley, chopped
  - 2 lb. asparagus
  - Coarse sea salt
  - Black pepper
- Heat oil, garlic onion powder & parsley; cook 3 min. Spread asparagus in large jelly roll pan lined with parchment paper. Drizzle with oil mixture. Sprinkle with salt & pepper. Roast in oven at 425° 8-10 min.

I don't feel like I'm getting older. It's more like my warranty has expired and my parts are wearing out!



## ***Chicken Chili (Crockpot)***

- 2 large chicken breasts
- 1 can Kidney Beans
- 1 can Black Beans
- 1 can Ro Tel
- 1 can Chili Beans
- 1 can diced tomatoes
- 1 pkg. Taco Seasoning
- 1 pkg. Ranch Dressing Mix
- 1 can Whole Kernel Corn

Place chicken breasts in bottom of crockpot. Add remaining ingredients on top of chicken. Stir to mix. Cook on high for 2 hours. Remove chicken breasts, shred, and return to cooked mixture. Serve with grated cheese and corn chips.

## ***Pineapple Sunshine Cake***

- 1 box yellow cake mix
- 4 eggs
- $\frac{1}{2}$  c. vegetable oil
- 1 (8 oz.) can crushed pineapple with juice

Preheat oven to 350°. Spray 9X13" pan with cooking spray. Combine above ingredients and pour into prepared pan. Bake 25-30 min.

### **Icing**

- 1 (8 oz.) container Cool Whip
- 1 small box instant vanilla Pudding mix
- 1 (8 oz.) can crushed pineapple.

Combine all ingredients and spread over cooled cake.

## ***Cattle Drive Casserole***

- 1  $\frac{1}{2}$  lb. ground beef
- $\frac{1}{2}$  yellow onion, chopped
- 1 red bell pepper, chopped
- 1 pkg. Taco Seasoning mix
- Salt & pepper to taste
- $\frac{1}{2}$  c. Mayonnaise
- $\frac{1}{2}$  c. sour cream
- 1  $\frac{3}{4}$  c. grated cheddar cheese, divided
- 1 tsp. garlic powder
- 1 small can green chilies
- 2  $\frac{1}{2}$  c. Bisquick
- 1 c. water
- 1 can Ro Tel

Cook ground beef, onion & pepper in skillet until meat loses redness. Add Taco seasoning, salt & Pepper. Set aside

Mix together mayonnaise, sour cream, 1 c. cheddar cheese, garlic powder and green chilies. Set aside.

Mix together Bisquick and water until it forms a ball. Press into bottom of greased 8 X 11' pan. Bake 350° 5-7 min. Remove from oven.

Layer meat mixture, Ro Tel, mayonnaise mixture &  $\frac{3}{4}$  c. cheddar cheese on top of crust. Bake at 350° for 30 min.

## ***German Cucumber Salad***

- 1 cucumber, sliced
- 1 large tomato, cut into wedges
- 2 slices large red onion, divided into rings
- $\frac{1}{2}$  c. sour cream or plain yogurt
- 2-4 tsp. lemon juice
- $\frac{1}{2}$ - $\frac{3}{4}$  tsp. dill
- Pinch salt

Place cucumber, tomato and onion in med. Bowl. Mix sour cream, lemon juice, dill and salt together. Pour over vegetables.

# Women's Health

## Aim to Get Healthy in 2019?

Here are the numbers that matter, and the ones that don't.

Health often seems like a numbers game. What's your blood-sugar level? How many calories are you eating? And are you getting the right percentage of macros (or macronutrients)? The problem is that sometimes we track, count and obsess over numbers that don't matter very much for our overall health. Or worse, we ignore numbers that do matter. The following data was collected from 20 clinical dietitians who work in either hospitals or private practice.

### Numbers that matter

#### **½ your plate**

Instead of counting every calorie, dietitians recommend that clients simplify food decisions by using a plate model, where you choose the right proportions of each food. That means filling half your plate with vegetables and some fruit; one quarter with protein-rich foods such as fish, poultry or beans; and the final quarter with whole grains such as quinoa or brown rice.

#### **25 to 35 grams**

That's how much fiber a day we need for optimal health, but most Americans get just 16 grams per day. Getting enough fiber helps lower cholesterol and blood sugar levels, prevents certain cancers, eases constipation and keeps you feeling full for longer, which is helpful for weight management. Get more fiber from vegetables,



fruit, beans, nuts, seeds and whole grains.

#### **7 to 8 hours**

Are you getting that much sleep every night? Lack of sleep has short-term consequences, such as poor judgement, increased risk of accidents, bad moods and less ability to retain information. Poor sleep over the long term has been linked to an increased risk of obesity. Type 2 diabetes and heart disease. So, turn off the TV, power down your devices and get the rest your body needs.

#### **150 MINUTES**

That's the recommendation for how much physical activity (equivalent to 2.5 hours) you should get each week, preferably spread through the week in increments of a least 10 minutes. This level of activity helps combat heart disease, stroke, type 2 diabetes, obesity, dementia and cancer.

#### **100 mg/dl**

Your doctor can test your fasting plasma glucose level to check for type 2 diabetes (a normal reading is less than 100 mg/dl). Often called a "lifestyle" disease, it is largely

preventable by eating well and getting enough exercise. If you have diabetes, lifestyle changes can actually help you reverse the diagnosis – but first you need to know your number. A diagnosis of pre-diabetes is 100-125 mg/dl, and a diagnosis of diabetes is 126 mg/dl or higher.

#### **120/80**

High blood pressure is known as the silent killer because it often has no obvious symptoms. Left untreated, high blood pressure is a risk factor for having a heart attack or stroke. That's why you need to get your blood pressure checked and know whether you are at risk. Normal BP is 120/80 mm/Hg (millimeters of mercury) or less. Elevated BP is 121 to 129 over 80. High BP is 130 to 139 over 80 to 89.

### Numbers that matter little

#### **Size 8**

Too many people have a diet goal to be a specific size, but the numbers on clothes are inconsistent and arbitrary. A size 4 at one store may fit like a size 8 at a different store, which makes shopping frustrating – and makes your pants or shirt size a very poor measure of your health. If you don't like the number on your pants, cut the label out. Focus on how you feel, not the number on the clothing tag.

#### **50 years old**

Or 86, Or 31, Or 75, Or 27. Age is just a number. You are never too young to need to take care of yourself, or too old to start an exercise program or change what

you eat. A healthy lifestyle is important at every age.

### 1,800 calories

Or whatever number you choose. You don't need to count every calorie you eat - it's tedious, often flawed, and it doesn't help you choose nutrient-dense foods. If you had the choice between 100 calories of broccoli or fries, you'd probably choose the fries, right? But that wouldn't provide much nourishment and oversimplifies eating into one silly number. If you are a calorie-counter, there's no need to stop, but remember that it's not the most vital number for your health.

### 40 – 30 - 30

Or any other ration of macronutrients, the umbrella term for carbs, protein and fat. Keeping track of macros is a popular diet, and if it works for you, fantastic! But some dietitians warn that it's so difficult to know the precise macro content of every food you eat, which leads to obsessive use of food diaries and macro-counting apps. This promotes a dieting mentality, rather the concept of enjoying food from a balanced plate. There's nothing magical about counting macros. It's just a diet.

### Below 25

The body mass index (BMI) is a clinical tool that groups people in categories of normal weight, overweight or obese depending on their height and weight. But BMI doesn't take age, gender or bone structure into account, and athletes are often classified as overweight because BMI doesn't distinguish between muscle and fat! So, don't rely on this number as your primary measure of health.

(This was such a good article printed in the Huntsville Times 12/30/18, I thought we could benefit from reading it again.)

# GOD SAID, NO!!

I asked God to take away my habit. God said, No. It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole, God said, No. His spirit is whole, his body is only temporary.

I asked God to grant me patience. God said, No. Patience is a by-product of tribulations; it isn't granted, it is learned.

I asked God to give me happiness. God said, No. I give you blessings; happiness is up to you.

I asked God to spare me pain. God said, No. Suffering draws you apart from worldly cares and brings you closer to Me.

I asked God to make my spirit grow. God said,



No. You must grow on your own, but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life. God said, No. I will give you life, so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me. God said . . . Ahhh, finally you have the idea.

**THIS DAY IS YOURS. DON'T THROW IT AWAY . . .**

**May God Bless You.**



## WMU Calendar of Events

### January – March 2019

**January 13** – Bread Banks for **Global Hunger** will be available.

**January 19** --- **Women's Winter Luncheon & Prayer Sister Reveal**, 12 PM - Fellowship Hall

**January 20** – **Sanctity of Human Life Sunday**. WoM will begin collecting baby items for **Choose Life**.

**January 23** --- WMU Book Study, **Unshakable Pursuit\***, led by Grace Thornton, author, 5:30 in room 326.

**February 6** --- WoM will host guest speaker, **Rob Peavy**.

**February 10-16** --- **WMU Focus Week**

**February 15** --- UBC annual **Birthday Party**. 6 PM

**February 17** --- **Global Hunger Sunday** and Bread Banks returned.

**February 23** --- **RENEW** in Trussville. Cost is \$35.

**February 27** --- WMU Book Study, **Unshakable Pursuit\***, led by Grace Thornton, 5:30 in Room 326

**March 3** --- WMU will sponsor **First Sunday Night Fellowship**.

**March 3-9** --- North American Missions Emphasis **Week of Prayer**.

**March 6** --- **Choose Life Baby Shower**

**January – February** --- We will be collecting baby items for **Choose Life**. (Please leave donations in a box outside the church office or give to any WoM member.)

Children have an opportunity to learn about and participate in missions each Wednesday at 5:30 by attending **Children in Action** or **Mission Friends**.

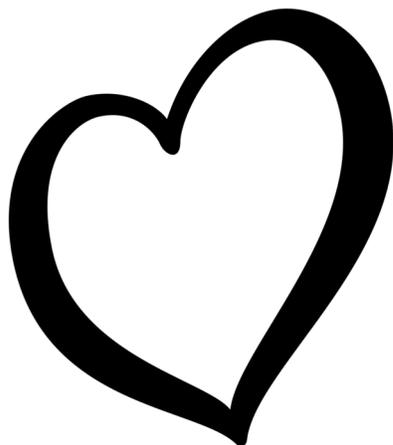
**Debbie Pugh Women on Mission** meets each Wednesday at 5:30 on the 3<sup>rd</sup> floor. We will be preparing

plastic sleeping mats for children in KY, hosting a baby shower for **Choose Life**, feeding lunch to **CWJC**, planning for the church **Birthday Party**, etc. Please join us as we study, pray, and plan for missions—**FOR HIS GLORY!!**

**Coming Soon (April)**! A trip to Birmingham to tour the **Alabama Baptist Historical Society** on the campus of **Samford University** is being planned. More information to follow.

\*The book, **Unshakable Pursuit**, will be available to purchase for \$5.00 in January. Please see Karen Butler, Paula Bowen, or Linda Whiteley for your copy.

*Linda Whiteley, Director  
UBC WoM*



*GOD, please hear my  
PRAYER  
Even when my heart is at a loss  
for words.*

## MEET SARAH

**S**arah was sixty-five, the age many of us retire, when she and her husband Abraham left their homeland and moved hundreds of miles south to Canaan, a land fertile with the promises of God. God had promised the land to Abraham and his offspring. From him would come an entire nation, a people who would belong to God.

After a famine forced Abraham and Sarah to move to Egypt, Abraham deceived Pharaoh into thinking Sarah was his sister so he would not be harmed. Upon taking Sarah into his harem, Pharaoh rewarded Abraham with sheep, cattle, donkeys,

camels & servants. When Pharaoh learned that God had sent diseases to his household because of Abraham, he allowed both Sarah & Abraham to leave, taking with them all the riches they had been given. So the couple moved home again.

Several years passed without Sarah having a child, so she took matters into her own hands and gave her handmaid to Abraham. Hagar gave birth to Ishmael.

One day the Lord appeared to Abraham saying that by this time next year Sarah would have a son. Upon hearing this Sarah laughed because she was ninety years old.

As the Lord had promised, Sarah gave birth to a son whom she named Isaac which means laughter. Sarah exclaimed,

“God has brought me laughter and everyone who hears about this will laugh with me.”

Animosity flared between Hagar and Sarah, and Sarah forced Hagar & Ismael from Abraham’s household, leaving them to wander in the harsh desert. God provided for the two outcasts, but it was through Isaac that God would keep his promise to Abraham.

Sarah died at the age of 127 and was buried in Hebron. Sarah’s attempts to help God keep His promise caused plenty of anguish. Even in our own day, the struggle between Israel and her Arab neighbors stems from the ancient strife between two women and the children they bore.

# Ladies' Winter Luncheon

Saturday, January 19, 2019

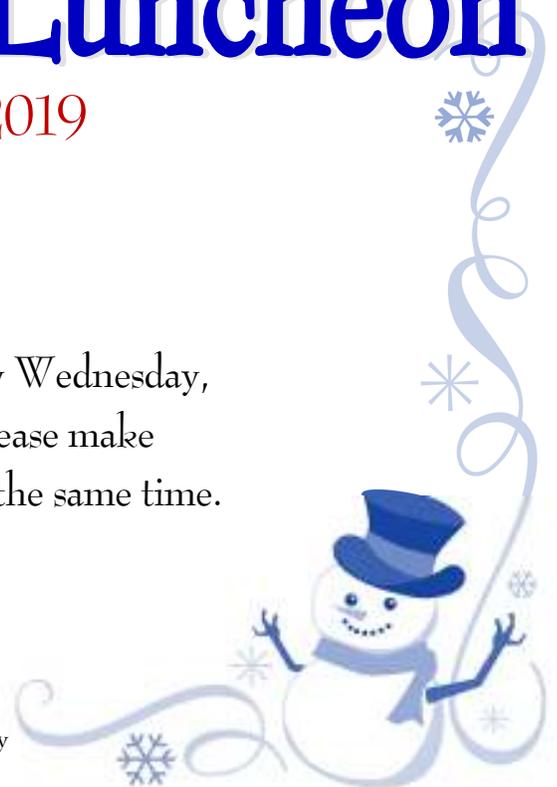
12:00 noon

Fellowship Hall

Call the church office for reservations by Wednesday, January 16. If you need childcare, please make reservations for your child or children at the same time.

If you participated in the 2018 Prayer Sisters, please bring a reveal gift.

Sponsored by Women’s Ministry



# What can I do?

- ☞ Save plastic bottle caps (soft drink, bottled water, milk, etc.) for schools. Deposit in designated bin outside the church office.
- ☞ Save aluminum pull tabs for the Ronald McDonald House Charities. Container outside church office.
- ☞ Donate non-perishable items to HAP (bin outside the church office)
- ☞ Save Box Tops for Education on General Mills products for Cynthia Harmon
- ☞ Provide snacks for CDC: Goldfish, animal crackers, veggie sticks, etc. (must be in individual packages).
- ☞ Continue to pray for The Well (reaching college students) .
- ☞ Send notes of encouragement to staff members.
- ☞ Pray for our partnership with Foster Academy to service children grades 5-12 who are affected by Autism and Asperger's syndrome.
- ☞ Pray for Gospel Center Church.
- ☞ Fosters Academy needs assistance in helping students stay on task. Contact Diane at the Fosters Academy office to volunteer.
- ☞ Donate baby items for Choose Life



*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.



March 10, 2019

Spring Ahead

WMU Director: Linda Whiteley  
Women's Ministry Coordinator: Gerry Bledsoe  
Women's Ministry Committee:

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

We're on the Web.

[www.ubc-huntsville.org/women\\_on\\_the\\_hill.pdf](http://www.ubc-huntsville.org/women_on_the_hill.pdf)

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