

the garden

-A monthly newsletter for moms who desire to blossom into all God created them to be-



Sowing the 'Seed of the Word' in Our Daily Lives Practical, Biblical Encouragement for Moms

There is a time for everything, and a season for every activity under heaven... Eccles. 3:1

With all the crazy things going on in our country right now, people perhaps more than ever, are more open to trying something new and different; trying something we've always wanted to do... whether it be a job or hobby. For me, this summer I am venturing into one of my life goals: organic gardening. It's always seemed overwhelming to me, with SO much to know. Recently a friend invited me to a class, and it didn't take much to excite and empower me! I CAN do this. I am! We can do those things we desire. I truly believe that "if God leads you to it, He'll get you

through it." If we have a desire to do something, even if it's outside our comfort zone, I believe God gave us that desire



"That everyone may eat and drink, and find satisfaction in all his toil—this is the gift of God." Eccles. 3:13

and He'll help us achieve our goals, according to His purpose. If you need confidence to get some training or schooling for a new ca-

reer, start a business, or learn a new skill or hobby, simply ask God to help you. If He wants you to do something, He'll guide you in it, in His perfect timing. And if you don't feel led to pursue a desire right now, don't feel like a failure, maybe it's not the right time yet. I have a ton of interests... my issue is figuring out which one to focus on first! So, as I ponder my options, I'm going to little by little learn and explore vegetable and fruit gardening. What will you explore? What exciting plans does God have for you... -WL

Have a GREAT summer!

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e-newsletter of:



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Ecclesiastes 3:2-14

"...a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

What does the worker gain from his toil? I have seen the burden

God has laid on men. He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. I know that there is nothing better for men than to be happy and do good while they live. That everyone may eat and drink, and find satisfaction in all his toil—this is the gift of God. I know that everything God does will endure forever; nothing can be added to it and nothing taken from it. God does it so that men will revere him."



To Your Health: "Enjoy Lemons on Summer Days!"

To be all we need to be as moms, we need healthy bodies.

When I think of hot summer days, I think of cold, refreshing lemonade. It's thirst quenching! The sugar doesn't provide health benefits, but the lemons do. They are an excellent source of Vitamin C and unique flavonoid compounds that have antioxidant and anti-cancer properties. The Vitamin C, a very important antioxidant, travels through the body neutralizing any free radicals with which it comes into contact, therefore helping to reduce our risk of cancer. Lemons are also good for digestion, heart diseases, arthritis, boosting immune system, diabetes, liver disorders, infections, dental care, hair care, skin care, and urinary tract infections. I even read that a little lemon juice mixed with a little water, applied to blemishes can help them diminish quicker and reduce redness. For a refreshing and healthy salad dressing, combine lemon juice with olive or flax oil, freshly crushed garlic and pepper. Also, you can place thinly sliced lemons, with the peel (for more health benefits!), underneath and around fish before cooking. After being baked or broiled, they will soften so they can be eaten as well. So this summer, enjoy the refreshing taste of lemons in new ways and be healthy! -WL, R.D., L.D.



Nourishment For the 'Soil': "Simple Summer Moments... With God" "As you do not know the path of the wind... so you cannot understand the work of God, the Maker of all things." - Eccles. 11:5

Some of my most enjoyable summer moments are getting up early, while it's still tranquil and the day is fresh, grabbing some coffee and my Bible or devotional book, and heading out to the deck to spend some quiet time with God and nature. I love gazing up from reading to catch a glimpse of a yellow finch or red cardinal on the bird feeder, or to see a butterfly land on a coneflower for breakfast. As the summer advances, I savor the colors that emerge in my flower gardens — I can barely keep my eyes off their glory! All these things do not



distract me from my time with God; they enhance and deepen our intimacy. As I soak it all in, I am admiring God's own hand-crafted creations, in all their creativity. As I examine closely the inner parts of flowers, I am in awe of the awesomeness of the miracle of their details and intricacies. They are treasures given to us from God to enjoy. I hope you make time this summer to soak up some time with God as you soak in the rays, and admire the summer gifts God has for us... both time with Him and His creation. -WL



Kitchen Connection:
"Black Bean Salsa" -Stacey Berg

- 15 oz. black beans, rinsed and drained
- 11 oz. white shoe peg corn
- 4 oz. green chilies
- 1 tomato, chopped
- 1/4 cup chopped red onion (I use dehydrated)
- 1/8 cup chopped fresh cilantro
- 3 Tbsp. lime juice
- 3 Tbsp. olive oil
- 3/4 tsp. ground cumin
- 1/4 tsp. salt

Combine. If you make it early in the day or the day before the flavors blend so well. Enjoy this fresh summer treat!



Craft Corner: "Crazy Crayons"
Recycle old crayons for some fun!

My daughter received a multi-colored heart-shaped crayon at a school party, and I love the idea! What a fun craft and way to use old stubby crayons to create new fun ones!



What You'll Need:

Knife, old crayons, and mini-cake tins

1. Parents can use the knife to chop crayons into pea-size pieces, keeping colors separate so kids can combine them as they like.
2. Preheat oven to 150 degrees while children fill the tin with crayon pieces, arranging them in interesting designs.
3. Bake just until the waxes have melted, 15 to 20 minutes.
4. Remove the shapes after they have cooled. If they stick, place tray in the freezer for an hour, and the crayons will pop out. Have fun creating... -From marthastewart.com.

Your Tip "Pick": "School's Out!"
Some tips for a simply super summer...



1. Try to keep a routine -to some degree. Kids love routines and like to know what to expect. This can help the days flow better.
2. Limit t.v. and video games. Summer is a great time to be physically active and explore. Consider setting clear limits.
3. Hit the trails in local parks and explore nature. Exercise!
4. Enjoy summer-fresh fruits and veggies. Maybe try gardening.
5. "Google" up some fun local activities (search for freebies!).
6. Have the kids plan for, pack, & then take a picnic together.
7. Help keep up school aged children's skills. Purchase and have them work through a workbook for the next school level.
8. READ! Participate in your local library's summer reading program. Keep books in the car for trips and running errands.
9. Discuss/memorize a weekly Bible verse. Make it fun!
10. Teach responsibilities with age-appropriate daily chores.
11. Do those crafts you've been wanting to! ...Have FUN!!!

"American Heritage Girls"
A Great Opportunity for Girls



Are you looking for a great Christian-based opportunity for your daughter (s) to help build their character, confidence, and their relationship with God... while having fun? If so, check out American Heritage Girls (AHG)! AHG is a non-profit scouting organization dedicated to the mission of building women of integrity through service to God, family, community, and country. My first grade daughter started AHG last fall through a friend, and has enjoyed the experience. There are bi-weekly meetings, service projects that instill a giving spirit, and fun and well-run activities like earning badges, camping, a Father-Daughter Dance, camping, a formal tea party with moms, and so much more. I love the emphasis on having older girls plan and run meetings/activities. It's so wonderful to see them grow in leadership! For details, to locate a troop near you, and a promotional video, visit www.ahgonline.org. Check it out! -WL