

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

Everything is possible for him who believes. -Jesus Mark 9:23

As we enter into my favorite season –fall– I can't help but ponder "change" as God's beautiful artwork in our trees reveals a change of color that I so enjoy. I bet you enjoy it as well. Why is it then that even though we witness God's incredible ability to change things that we can fail to believe that He is more than capable to bring about the transforming change in our lives that we may so desperately desire? Do you believe God can change you? I hope you do, because He CAN! He has the power to transform any area of your life: your attitudes, heart, sin patterns, addictions, bad habits, finances, etc. Above, He clearly tells us that we just need to *believe*. We

can try and try on our own to change things in our lives, but true success can only come with God's help. Don't feel guilty for asking for big things in your life. If they are in line with God's Will and His



Do you believe God can change you?

good plans for you, then He will release His incredible transforming power your way. The devil wants us to believe we can never change — that it's too difficult or that it's just

the way we are. Maybe we don't even think we deserve better. We must identify these as deceptive lies and renew our minds with the transforming power of the truth (Romans 12:2). God has good plans for us, and being the best version of our self is part of the plan. We can best live out the life He intends for us when we get closer to who He created us to be. He wants us to strive for positive changes, and He wants to help that happen. So as you gaze at and soak in the beauty around us this fall, ponder for yourself what change you *and* God want for you. Be open to it and know that you're not alone. God's a master transformer. -WL

Enjoy the fall!

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Supplement to Devotional:

Do you feel God urging you to make any changes in your life? What are they?

**Take a step TODAY to initiate positive changes. Just take it one step at a time. ALL things are possible with God!*

Guided Prayer: Lord, thank You for the beautiful change of colors outside. Please help me to make the changes You desire for me on the inside. Together with Your help, I can move closer to my full potential of all You created me to be. Be my Guide! Amen.



Here's To Your Health: Pumpkin Seeds!

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

Each year my family loves picking out pumpkins and carving them. But what do you do with all those slimy pumpkin seeds? Roast and eat them! They are some of the most nutritious and flavorful seeds around. Now's the time to give them a try while they're in season. They are also available in markets all year -raw or roasted. These tasty treats provide healthy unsaturated fats (like omega 3's), protein, fiber, iron, zinc, essential amino acids, and more. They contain phytosterols that when present in the diet in sufficient amounts, are believed to reduce blood levels of cholesterol, enhance immune response and decrease risk of certain cancers. Enjoy! -WL, R.D.

How Does Your Garden Grow?... Have a Garden? Share it & Your Story Here!

God has lessons to teach everyday if we're looking. What lessons have you learned in your garden?

If you know me, you know that we are approaching my favorite time of the year. I've been planning my outdoor fall decorating since June. One thing God has revealed to me in the last few years, is that I thrive and take pride in making my surroundings beautiful for myself, my family and others passing by. God has provided my family with a nice home and yard, and for that I am very blessed and grateful. It is now up to me to be a worthy steward. We have added to the yard many trees, bushes, and perennials. Just this week I have enjoyed planting many of the annuals God has made for us for this most colorful time of year. They include asters, cabbage, kale, dwarf rheudabekia, pansies, and of course, mums. As I plant the last flowers that I'll plant this year, and think back over the whole year: the spring, summer and fall, I think how the flowers have changed. It reminds me of how my Creator has worked so hard to change my life and my heart. God plants the seed in us all, and He works daily to mold our lives... to make us more like Him. He doesn't give up on us...He doesn't plant the seed and walk away. This helps push me to take care of what God has so graciously given my family. -Stacey Berg, Morrow, OH (The picture behind "the garden" on page 1 is her front porch.)



October's Featured Garden



Kitchen Connection

Got a recipe you love? Share it here!

Sweet & Spicy Toasted Pumpkin Seeds- WL (from "Today's Diet and Nutrition" magazine Sept./Oct. 2007) Sweet with a kick!

1 egg white	1 tsp. ground cinnamon
1 TBLS water	1 tsp. course sea salt
2 cups fresh pumpkin seeds	1/2 tsp. ground ginger
1/3 cup sugar	1/4 tsp. cayenne

Preheat oven to 250 degrees. In medium bowl, whisk egg white and water until frothy. Add pumpkin seeds and stir to coat. Transfer seeds to a strainer or sieve and allow them to drain for about 5 min. Combine sugar, cinnamon, salt, ginger, and cayenne in a large zippered plastic bag and shake vigorously to blend. Add half the seeds to the bag and shake to coat thoroughly. Remove seeds and place on a baking pan with shallow sides. Repeat with remaining seeds. Arrange them in a single layer on baking pan. Bake for 15 min., then gently stir, and smooth back to a single layer. Lower oven temp. to 200 & bake until caramelized and crisp: 30-40 min. Midway through, rotate pan for even browning. Allow to cool. Makes 2 cups. *Delicious!*

Tip "Pick": Homemadesimple.com

Everyday tips to simplify life...



We continue to strive together toward living more simplified lives. I know for me it proves to be a tad challenging with so many things vying for my attention. Being a mom and wife, I love tips and tricks that encourage and help me move closer to my goal of a more simplified way of living so there is more time to really live life to its fullest -with God, family, and friends as the focus.

For lots of tips to help, check out www.homemadesimple.com. This website, provided by Proctor and Gamble, offers a free monthly newsletter that offers ideas under the following headings: organized life, celebrate living, easy décor, clever kitchen, and outside pleasures. It's ideas are fun and can inspire us in the realm of home. Log on and check it out. You can sign up for the newsletter quickly and easily.

-idea from Joyce Nunns

Craft Corner "Make Your Own Bird Feeder Out of a Pumpkin!"

Your place to share fun, seasonal crafts. Got a great Thanksgiving craft? Email it to Wendy!

Last fall my children enjoyed making this craft with family friends from out-of-town. It was a fun activity to do with pumpkins which we all love. My family loves watching the birds' activity at our bird feeder throughout the year and it was fun to make a seasonal (and temporary) one that looks so cute. This takes some adult help, but I think you'll find it fun as well. -WL



Directions: Cut a 3- to 5-pound pumpkin in half, scoop out, leaving a 1/2-inch thick wall. Cut a 1/2-inch-deep groove in the rim for pumpkin seeds. For perches, poke holes and insert twigs. To hang, knot two lengths of twine together in center; tack knot to feeder bottom. Fill with birdseed and hang. Watch to see who visits!

-Idea from Martha Stewart's "Kids" magazine.