

# the garden

-A monthly newsletter for moms who desire to blossom into all God created them to be-  
"For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign Lord will make righteousness and praise spring up before all nations." Isaiah 61:11



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

*Remember this—a farmer who plants only a few seeds will get a small crop. But the one who plants generously will get a generous crop. 2 Corinthians 9:6 (NLT)*

The cool nip in the air means that Thanksgiving is fast approaching. Despite our economy's problems, we do as Americans have much to be thankful for. Money may be tighter, but look around at all the blessings in your life. Especially all the non-material blessings. I know I am abundantly blessed with my family and friends. They give me much joy. Right now I'm blessed to be in my favorite season: fall, and surrounded by changing leaves and pumpkins, and enjoying favorite foods like warm cider and soups. We can find pure joy in the simplest of things. What blessings do you enjoy? God is good... even when things seem to be out of control. I admit

to having some anxieties at times, but God keeps reminding me that He will provide. He always has. He again reminded me with a bookmark from Joyce Meyer that says, "*When you have a need, go in-*



*.....your generosity will result in thanksgiving to God. 2 Corinthians 9:11*

*vest in someone else. God will meet your needs when you get your mind off of yourself and decide to go be a blessing."* Over the years I have found this to be true. God

has shown me over and over that I can either worry about my needs being met, or I can give to and meet someone else's needs while He takes care of mine. I keep finding that it's a daily choice to trust Him. Trust Him and experience a peace that transcends all understanding, or worry and be miserable, and then find out He was at work providing! When put like that, the choice becomes clear. What will you choose? Thanksgiving is a wonderful time to express our thankfulness for the gifts God has abundantly given us by investing gifts of our time, talents, and treasures to others.

**Have a blessed Thanksgiving! -WL**

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### Supplement to Devotional:



Read 2 Corinthians 9:7-12...  
*Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. As it is written: "He has scattered abroad his gifts to the poor; his righteousness endures forever." Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God.*



## Here's To Your Health: "Winter Squashes"

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

Each fall we see winter squashes at the market: like acorn, butternut, and spaghetti squash, but do you know much about them? They have thick skins yet soft flesh when baked, are delicious and versatile, and packed with nutrients, like Vitamin C, potassium, magnesium, calcium, beta carotene, antioxidants, fiber. Acorn and butternut squashes are sweet, easy to prepare, and wonderful when cut in half and baked with butter and even a little brown sugar. Spaghetti squash is mild in flavor (Recipe on page 2). They are great comfort foods in cooler weather. For more info., just Google "winter squashes." Try one soon... you'll be pleasantly surprised! -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?

I love to watch our vegetable garden. A few weeks ago, I spent a long time watching a bee pollinating my green beans. The beans were full of purplish-white blossoms and this bee went diligently from one to the next. I started thinking what it would be like to "be the bee" the rate he was flying it would take forever I didn't have to pollinate those beans! As I think about how fun it would be to fly among on a blossom, and zipping off again. I think of the sun, and that wonderful damp earth



garden, I love even more how God uses it to showed me how a simple shift in perspective can change how I approach my work and life. I don't know what the bee was thinking as it was pollinating my beans, but I do know that if I approach my work as drudgery, I will reap tedium. What a better harvest I will have if I adopt a "bee-attitude" and view my life as an adventure with potential blossoms around every bend! -Sue Fisher, Cincinnati, Ohio

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**Kitchen Connection: Squash**  
Got a recipe you love? Share it here!

**Spaghetti Squash with Marinara and Meatballs** - WL  
Try this low-carb alternative to pasta which makes a delicious fall meal. Serve with a salad for a great, healthy meal.

1 medium to large spaghetti squash  
1 jar of your favorite marinara/pasta sauce  
Meatballs -I use Trader Joe's Meatless Meatballs (soy sub.)

Preheat oven to 350 degrees. Wash spaghetti squash and cut length-wise in half. Scoop out seeds and turn upside down on a baking sheet with a rim. Bake for about 1 hour.  
Warm up meatballs and sauce.  
When the squash is tender, use a fork to loosen the "spaghetti" strings and plate it up with the sauce. Enjoy!



**Family Traditions:** "Touch a Life in a Real Way With 'Operation Christmas Child'"

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" Galatians 6:9*

A cherished family holiday tradition of ours has become packing shoe boxes with little gifts to delight children born into poverty around the world that are delivered through "Operation Christmas Child." I actually find a deeper level of excitement in purchasing these gifts than the ones for my own children as I realize the harsh fact that these gifts may be the first they have EVER received. It's also a "win-win" as it instills within my children thinking about and giving to others... even people we don't



Last year my children had fun decorating their boxes with artwork, writing notes, and sending a picture of themselves to personalize them...

**Your Tip "Pick" : Just "Bag" It!**  
Everyday tips to simplify life...



**De-clutter and Prepare to Simplify Christmas** -WL

Every year at this time, I clean out my children's rooms a bit and make space for new Christmas toys. Perhaps you do too. A great technique is to go room by room with 4 bags: 1 for things to move to another room -to avoid "hopping" between rooms like a rabbit, creating messes in many rooms, 1 for things to give away or sell, 1 for things to recycle, and 1 for garbage. As I've cleaned, I've noticed all that my children already have. This year with our economy, it's a good time to consider skimming back and simplifying our buying. We can focus on all we *do* have and what we can do for others with far less. This can be a positive experience and a wonderful opportunity to help our families focus on and celebrate the heart of what Christmas is *truly* about: Jesus' birth!