



From the pen of Mary Windham

Guard your heart above all else, for it is the source of life. Proverbs 4:23

We are special to God. He loves us so much more than we can imagine. He wants the best for us. He wants us to guard our hearts according to Prov. 4:23 because it will keep us safe and happy.

We are faced with choices every day. We can choose right or wrong. I often think at times W.W.J.D? Sometimes I choose right and sometimes I don't.

Just this past week I was driving in to work and noticed a car coming up very fast behind me. Since I have been rear ended twice, I decided to put on my brakes, to let the driver behind me know that the car in front of me was slowing down. He pulled up very close and then went into the other lane beside me. The person decided to pull in front of me. I had to put on my brakes because there was not enough room for this car to pull between me and the vehicle in front of me. This scared me so much that I stated blowing my horn at the person. And I did this for several seconds. The person put on their brakes and came almost to a stop and drove about 20 mph. After driving like this for several yards at the last minute they turn at a median and drive back in the opposite direction. I will have to admit I did not do what Jesus would have done.

We all have times like this. So let our prayer be: Dear Lord, in every aspect of my life, let me labor for you. Let my words and deeds honor you, and let my relationships with others be a reflection of the love that you have for me and the love that I have in my heart for you.

Kim's Swap Shop

Bring a gently used item listed for:

Feb 15: Accessory, such as a scarf or jewelry

FYI from Women's Day

Stubborn lipstick stain? Put the item facedown on a paper towel, sponge with a prewash stain remover (replacing the towel as needed) and rinse when the stain's gone. Then clean the outline with a light duty liquid detergent and launder. Presto!

Health Tips by Kathy

This Valentine's Day eat some dark chocolate. Not only does it taste good but it also is healthy for you. Some benefits of dark chocolate are it contains antioxidants, it lowers blood pressure. So indulge yourself this Valentines!

Upcoming Events

- Feb 15: Sunday 6:00 pm "Friends and Chocolate" An evening of friendship and chocolate! Yummy refreshments and childcare provided.
- Feb 15: Swap Shop- an accessory to exchange
- March 15: Sunday 6:00 pm "Take me Away" Spa theme. Focus: "Be still and know I am God."

Ministry Update

- Sunday Feb 1: Children's church appreciation Sunday
- Sunday Feb 22: Sound ministry appreciation Sunday



Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World



Caption describing picture or graphic.

publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial.

You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the



Caption describing picture or graphic.

caption of the image near the image.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find

“filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web

site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.



Organization

WESTWOOD HILLS CHURCH OF GOD WOMEN'S MINISTRY

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.microsoft.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to

any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the

month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.