

SPRING 2014

Pennsylvania-Delaware
District Council Assemblies of God
4651 Westport Drive
Mechanicsburg, PA 17055-4887

NONPROFIT ORG
US POSTAGE PAID
MECHANICSBURG, PA
PERMIT NO. 310

Return Service Requested



Get Ruth's Reflexion on-line www.pennelwomenofpurpose.org
or an e-letter by sending your email address
carissa@pennelwomenofpurpose.org



RUTH'S REFLEXIONS

Spring 2014



JENNIE MACDONALD is a mother, Registered Nurse, freelance writer and speaker. She obtained 18 years of ministry experience growing up as a pastor's kid and another 13 years of experience ministering in 2 local churches, at which her husband was a staff pastor. She is currently living in Atlanta, Georgia with her beautiful daughter, Natalia.

Jennie can be reached at jennie@pennelwomenofpurpose.org

COLLEGE SCHOLARSHIPS

Thank you to everyone who purchased water bottles at the Women of Purpose Conference this year. The money raised made these scholarships possible.

AG Central Bible College, India



Gracy Titus
Biblical Theology, 2nd year



Gouri Raju
Biblical Theology, 2nd year



Rachel Wickard
Church Music, Junior



Stacie Celender
Youth Ministry, Senior

VFCC.EDU
Pennsylvania

Welcome to our New Rep in the South West Suburban Section



Elaine Giacalone was born and raised in Bethel Park, PA. At the age of seventeen she dedicated her life to Christ, and began attending South Hills Assembly of God. After high school Elaine felt a strong leading of the Lord to pursue a Christian college education. In 1974 she was accepted at Central Bible College. While at CBC she met her husband Peter and two years later they were married. Shortly after marriage, Elaine and Peter were hired on staff at Bethel Assembly of God, Pittsburgh as youth pastors. About two years later, they were invited to be on staff at South Hills Assembly of God as young adult pastors. In 1981 Elaine and her husband planted Walnut Grove Assembly of God in West Mifflin. Elaine has been in the ministry for over thirty seven years. She has three grown children and nine energetic grandchildren.

Welcome to the team, Elaine.

It's taken heart-wrenching circumstances- losing everything from my husband to my church family to my home. It's taken abandonment, rejection and betrayal by the man I vowed to love, honor and cherish all the days of my life and suddenly raising and supporting my daughter alone. It's taken brokenness and emptiness to bring me to the resolve that I know absolutely NOTHING!

In this uncertainty and complete inability to do anything on my own strength and mental fortitude, God was able to take His rightful place and do SOMETHING.

I can't offer any 5 step "How To" plans on being a single mom or navigating a divorce. I, myself, am receiving on the job training everyday, simply by being willing to take direction from the One who knows what I need and when. It's a daily choice of surrendering my normal reactions to the Lord and

acting solely on the direction that I get from Him.

I had always been the girl that had it all figured out. I had 5 year and 10 year goals and plans. I could look at any situation and come up with an immediate plan of action to work toward a resolve and quick fix. And I was quite good at it. Though over the past 10 years God has slowly been working in me a deeper dependency on him, but it was never complete.

It wasn't until I faced something too broken to fix on my own, did I let go of what I thought I knew to truly listen to what God had to say on the matter. Suddenly, I didn't need to have my tomorrows figured out. I just needed to know what to do in my today. I offered him my broken dreams and my finite plans and was willing to obey His direction.

Acknowledging I know nothing has brought about so many amazing 'somethings' in my life this year. It freed me from the bondage of having to have it all figured out — a weight I'd been carrying for far too long without even realizing it. It has enabled me to find a true place of rest in Christ when everything around me is messy and undone (a true miracle for this type A personality perfectionist). And lastly, allowing me to trust in the steady hand of God's provision while no other stable resource was available.

"Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him."

Psalms 91:1, 2

Visit www.pennelwomenofpurpose.org/daretodream for information about the Single Moms' Day Out and a list of great resources for single mothers.

2014 women of purpose CONFERENCE

believe

"Everything is possible for one who believes."
Mark 9:23 NIV

NOV 14 & 15 2014

HERSHEY LODGE
HERSHEY PA



BELIEVE Conference Guests



STORMIE OMARTIAN

Main Conference Sessions - Friday 7 PM and Saturday 10 AM

Stormie Omartian is an award-winning, bestselling author and speaker who personally connects with readers and listeners by sharing her experiences. Her amazing life story and biblical knowledge illustrate how God transforms lives when we learn to live His way and communicate with Him in prayer. Her strength and transparency is seen in her books: *The Power of Praying* series, *Lead Me*, *Holy Spirit* and *Prayer Warrior*.
www.stormieomartian.com

VALORIE BURTON

Main Conference Session - Friday 1 PM

Valorie Burton is a best selling speaker, author, and life coach dedicated to helping people get unstuck and be unstoppable in every area of life. Valorie knows what it feels like to endure the pain of divorce, family health challenges, and dreams deferred, and understands the power of being resilient and tenacious in the face of such disappointments. Her books include: *Successful Women Think Differently*, *Your 5-Minute Personal Coach*, *What's Really Holding You Back?*, and *Why Not You?* Her new book, *Happy Women Live Better: 13 Ways to Trigger Your Happiness Every Day*, helps women make intentional choices right now to increase their happiness on a daily basis. www.valorieburton.com



Worship with CHRISTY NOCKELS

Main Conference Sessions - Friday 1 & 7 PM and Saturday 10 AM

As a worship leader for many years, Christy has been a part of Passion Conferences since 1997. Christy's prayer for her new release, *Into the Glorious*, is to further explore biblical truths that elevate our worship and bind our hearts even closer to our Creator. She serves on the worship team with Chris Tomlin and Kristian Stanfill at the Passion City Church in Atlanta. A pastor's kid, who was born in Fort Worth and raised in Oklahoma, she grew up singing in church. She met her husband Nathan in 1993 at the Christian Artists Seminar in Estes Park, CO. They have recorded many great hits together and travel as a team nationwide. www.christynockels.com



COST (all sales are final)

Women of Purpose Conference

- \$50 Weekend Pass (3 main sessions) on-site \$55
- \$25 One Session Pass on-site \$30
- \$30 Student & Senior Discount on-site \$35
- *On-site registration required after **October 20**
- *Student (16 - 22) and Senior (age 65+)
- ***ONE FREE** registration per church with 10+
- *Reserved seating for groups of 30+ (per church)

Pre-Conference Workshops

- \$20 (select one) on-site \$25
- *On-site registration required after **October 20**

Hershey Lodge

- \$176.49 per night (includes tax) *Price is subject to change
- Occupancy of 1 to 4 per room
- Conference rates for November 13-16, 2014

PROJECT OFFERING



For on-line registration and forms:
pennelwomenofpurpose.org
717.795.5921

SCHEDULE

Evening of Prayer

Thursday 7 - 9 pm

Pre-Conference Workshops

Friday 9 - 11 am (select one)

- Valorie Burton - Happy Women Live Better**
Practical ways to trigger your happiness every day
- Dr. Linda Mintle - I Love My Mom, But...**
Navigating the mother/daughter relationship
- Sue Willis - Taking Out the Trash**
Letting go of unforgiveness and embracing the abundant life
- Simon Arkley - Family Firewall**
Protecting your kids from digital dangers

Conference Sessions

- | | | |
|----------|---------|---|
| Friday | 1 pm | <i>Get Unstuck. Be Unstoppable.</i> - Valorie |
| Friday | 7 pm | <i>The Power of Prayer to Transform Your Life</i> - Stormie |
| Saturday | 9:30 am | <i>Sister Act II Talk Show</i> |
| Saturday | 10 am | <i>Trusting God in Difficult Times</i> - Stormie |

Worship for 3 Main Sessions by Christy Nockels

Lost wristbands will cost \$5.00 each to replace.



Believe Conference T-Shirt

Get our email newsletters!
Just text the message
WOMENOFPURPOSE to
the number 22828 to join
our list.



Prayer Bowl Update

God moved in amazing ways through the 2014 PRAYER Bowl! Visit our website to read the testimonies:

www.pennelwomenofpurpose.org/prayer-bowl

CANDIDA... A Hidden Culprit?

Irritability, mood swings, anxiety, depression, feeling tired & worn down, suffering from chronic fatigue, fibromyalgia, skin & nail fungal infections, digestive issues (bloating, constipation, diarrhea), autoimmune disease, difficulty concentrating, poor memory, lack of focus, ADD, ADHD and brain fog, skin issues (eczema, psoriasis, hives, rashes), UTI's, chronic nasal congestion, strong sugar & carbohydrate cravings, antibiotic treatment... Any of these sound familiar? This may be a good reason to address potential underlying candida overgrowth in your system. Candida albicans: a yeast normally found in small amounts in the human body. However, with the use of certain medications (antibiotics & oral contraceptives) and other medical issues, an overgrowth can occur causing a myriad of other symptoms and health complications.

Simple Candida Busters

Caprylic Acid Supplement: comes from coconut oil and basically "pokes holes" in the yeast cell wall, causing it to die. **Probiotics:** taking anywhere from 25 to 100 billion units of probiotics should help to reduce the candida levels and restore your levels of good bacteria. **Healing Your Gut:** a good template to follow is the Candida Diet to limit foods that aid in yeast over growth and eat those that keep it in check.

HEALTH INSIGHTS with Nurse Jen



CONNECT with us on social media!

Facebook | www.facebook.com/pennelwomenofpurpose Instagram | www.instagram.com/pennelwomen Pinterest | www.pinterest.com/pennelwomen