



Women on the Hill



University Baptist Church
The Church on the Hill Showing God's Love

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How to Have a Great 2018?

1. Be careful the way you live. Quit blaming others for your problems. Accept the fact that life is not fair but remember you choose how you respond to life.
2. Be Thoughtful. Put others first. The person who is always thinking about himself/herself is never satisfied or content, but the person who put others first, will find true contentment.
3. Be Thankful.
4. Put Christ first in everything in your life. Put Christ first in how you spend your money, how you spend your time, what you post on social media, what you read and listen to, etc. That is being a disciple and it will change your life on a daily basis. Have a great New Year!

Quoted from: Dr. Bobby Burt & Dr. Dan Summerlin



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The Recipe Corner

Pecan Pie Bars

- 2 c. all-purpose flour
- $\frac{1}{2}$ c. sugar
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ c. butter, cut up
- 1 c. firmly packed brown sugar
- 1 c. light corn syrup
- $\frac{1}{2}$ c. butter
- 4 large eggs, lightly beaten
- $2\frac{1}{2}$ c. finely chopped pecans
- 1 tsp. vanilla

REQUESTED RECIPE

1. Combine flour, sugar, and salt in large bowl; cut in $\frac{3}{4}$ c. butter thoroughly with a pastry blender until mixture resembles very fine crumbs. Press mixture evenly into a greased 13" x 9" pan, using a piece of plastic wrap to press crumb mixture firmly in pan. Bake at 350° for 17-20 min. or until lightly browned.
2. Combine brown sugar, corn syrup, and $\frac{1}{2}$ c. butter in saucepan; bring to a boil over medium heat, stirring gently. Remove from heat. Stir $\frac{1}{4}$ hot mixture into beaten eggs; add to remaining hot mixture. Stir in pecans & vanilla. Pour filling over crust. Bake at 350° 34-35 min or until set. Cool completely in pan on a wire rack. Cut into bars.
Yield: 16 large bars.

8-Can Chicken Soup

- 1 (15 oz.) can pinto beans, rinsed and drained
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (15 oz.) can sweet corn kernels, drained
- 1 (14.5 oz.) can diced tomatoes
- 1 (12.5 oz.) can chicken breast, drained and shredded
- $\frac{1}{2}$ (15 oz.) can green enchilada sauce (or 1, 10 oz. can)
- 1 (4 oz.) can diced green chiles
- 1 (14 oz.) can low-sodium chicken broth
- 1 (1 oz.) packet taco seasoning
- $\frac{1}{2}$ teaspoon cumin, optional
- $\frac{1}{2}$ teaspoon chili powder, optional
- $\frac{1}{2}$ teaspoon garlic powder, optional
- $\frac{1}{2}$ teaspoon onion powder, optional
- Kosher salt and freshly ground pepper, to taste
- Garnish options: sour cream, tortilla chips, avocado

1. Place pinto beans, black beans, corn, tomatoes, chicken, enchilada sauce, green chiles and chicken broth in a large stock pot over medium-high.
2. Stir in taco seasoning, cumin, chili powder, garlic powder and onion powder, then add salt and pepper, if desired. Taste and adjust seasoning, if necessary.
3. Bring mixture to a boil, then reduce heat to low and let simmer for 20-30 minutes, or until desired thickness is reached.
4. Serve hot, garnished with sour cream, tortilla strips and avocado.

French Breakfast Muffins

- 1 $\frac{1}{2}$ c. all-purpose flour
- $\frac{1}{2}$ c. sugar
- 1 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp ground nutmeg
- $1\frac{1}{8}$ tsp salt
- 1 egg
- $\frac{1}{2}$ c. milk
- $\frac{1}{3}$ c. butter, melted
- $\frac{1}{4}$ c. sugar

1. In a mixing bowl combine flour, $\frac{1}{2}$ c. sugar, baking powder, nutmeg & salt. Make a well in center of dry ingredients.
2. In another bowl beat egg slightly; stir in milk and $\frac{1}{3}$ c. melted butter. Add egg mixture to flour mixture. Stir just until moistened (batter may be lumpy). Lightly grease muffin cups. Fill cups about $\frac{2}{3}$ full with batter. Bake at 350° for 20-25 min. or until muffins are golden.
3. Meanwhile, in shallow bowl combine the $\frac{1}{4}$ c. sugar and cinnamon. Immediately dip tops of hot muffins into the $\frac{1}{4}$ c. melted butter, then into the cinnamon sugar mixture until coated. Serve warm. Makes 12 muffins.



Grilled Hawaiian Barbecue Chicken in Foil

Serves: 4

- 4 boneless skinless chicken breasts
 - 1 cup bbq sauce
 - 1 15-ounce can pineapple slices (including juice)
 - 2 teaspoons soy sauce
 - 1 teaspoon garlic
 - 1 red bell pepper, cut into cubes
 - 2 medium zucchini, sliced
 - green onions, for garnish
1. Heat grill to medium heat. Cut 4 sheets, enough to wrap the chicken and veggies, of heavy duty foil. Place chicken on center of aluminum foil and divide the veggies and add 2-3 pineapple slices into each packet.
 2. In a bowl, whisk together bbq sauce, juice from the can of pineapple slices, soy sauce, and garlic. Spread about 2 Tablespoons of the sauce on the chicken and make sure to reserve about $\frac{1}{4}$ cup.
 3. Place chicken packets onto grill and grill for 13-15 minutes flipping at about 7 minutes. To serve carefully open packets, baste with reserve sauce and garnish with green onions.

White Chicken Chili

- 4 cups chicken broth
 - 4 15.5 oz. cans Great Northern Beans drained and rinsed
 - 2 cups shredded chicken
 - 1 small can diced green chilies
 - 1 tsp. cumin
 - $\frac{1}{2}$ tsp. garlic powder
 - $\frac{1}{2}$ tsp. oregano
 - dash of pepper
 - 1 cup sour cream
 - 2 cups shredded cheese Monterrey Jack or Mexican Blend
1. In a large pot, add broth, beans, chicken, green chilies, cumin, garlic powder, oregano and pepper. Simmer on low-medium heat for 20-30 minutes, or until it is heated through.
 2. Right before serving, stir in sour cream and cheese until it is all blended and melted.

Coconut Cheesecake No Bake Dessert

- 3 cups shredded sweetened coconut, divided
 - 1 box (3.9 ounces) instant coconut pudding mix (may substitute vanilla)
 - 1 $\frac{3}{4}$ cups milk
 - 2 boxes (5.3 ounces each) Walkers Shortbread Fingers
 - 4 tablespoons unsalted butter, melted
 - 8 ounces cream cheese, softened
 - 1 tub (8 ounces) Cool Whip (may substitute about 3 cups fresh whipped cream)
 - $\frac{1}{4}$ teaspoon coconut extract, optional
1. Toast 1 cup of coconut in a medium skillet over low heat. Stir almost constantly until the coconut begins to brown. Remove from heat to a plate or bowl and let cool.
 2. Whisk pudding and milk in a medium bowl for about 2 minutes. (There may still be some lumps from the coconut in the mix.) Set aside to firm up.
 3. Make the crust: place the shortbread cookies in a large gallon size resealable bag. Seal the bag except for 1" (to allow air to escape) and roll the bag with a rolling pin to crush the cookies. There is no need to get them to a super fine crumb, some chunks may remain. Reserve $\frac{1}{4}$ cup of the crumbs for garnish, then pour the melted butter into the bag, squeezing it to work it through the crumbs. Press the crust into a 9x9 pan.
 4. Place cream cheese in a large bowl. Beat it with a hand mixer for 1 minute, until it's smooth. Add the set pudding and mix until mostly no lumps remain.
 5. Stir the coconut extract, if using, into the tub of Cool Whip. Mix half the tub of Cool Whip into the pudding mixture, along with 2 cups of coconut. Spread over crust. Top with remaining whipped topping and sprinkle with reserved crushed cookies and toasted coconut.
 6. Cover and chill for at least 4 hours before serving. This will last in the refrigerator for up to 3 days.



Women's Health

WHAT IS INSULIN RESISTANCE

Insulin is an important hormone that controls many processes in the body. However, problems with this hormone are at the heart of many modern health conditions.

Sometimes our cells stop responding to insulin like they are supposed to. This condition is termed insulin resistance, and is incredibly common. In fact, a 2002 study showed that 32.2% of the US population may be insulin resistant. This number rises to 70% in obese adult women and over 80% in some patient groups. About a third of obese children and teenagers may also have insulin resistance. These numbers are concerning but the good news is that insulin resistance can be dramatically improved with simple lifestyle measures.

Insulin and Insulin Resistance Explained

Insulin is a hormone secreted by an organ called the pancreas. Its main role is to regulate the amount of nutrients circulating in the bloodstream. Although insulin is mostly implicated in blood sugar management, it also affects fat and protein metabolism.

When we eat a meal that contains carbohydrates, the amount of blood sugar in the bloodstream increases. This is sensed by the cells in the pancreas, which then release insulin into the blood. Then insulin travels around the bloodstream, telling the body's cells that they should pick up sugar from the blood. This leads to reduced amounts of sugar in the blood, and puts it where it is intended to go, into the cells for use or storage. This is important, because high amounts of sugar in

the blood can have a toxic effect.

However, due to various reasons sometimes the cells stop responding to the insulin like they are supposed to. In other words, they become "resistant" to the insulin. When this happens, the pancreas starts producing even more insulin to bring the blood sugar levels down. This leads to high insulin levels in the blood.

This may continue to develop for a long time. The cells become increasingly more insulin resistant, and both insulin and blood sugar levels go up. Eventually, the pancreas may not be able to keep up anymore and the cells in the pancreas may become damaged. This leads to decreased insulin production, so now there are low amounts of insulin and cells that don't respond to the little insulin that is available. This can lead to skyrocketing blood sugar levels.

When blood sugar levels exceed a certain threshold, a diagnosis of type 2 diabetes is made.

What Causes Insulin Resistance?

There are many potential causes and contributors to insulin resistance. One of the main ones is believed to be increased amount of fats in the blood. Numerous studies show that high amounts of free fatty acids in the blood cause cells, such as muscle cells, to stop responding properly to insulin. This may be partly caused by fats and fatty acid metabolites building up inside muscle cells.

The main cause of elevated free fatty acids is eating too many calories and carrying excess body

fat. In fact, overeating, weight gain and obesity are all strongly associated with insulin resistance.

Having increased visceral fat, the dangerous belly fat that builds up around the organs, seems to be very important. This type of fat may release lots of free fatty acids into the blood, and can even release inflammatory hormones that drive insulin resistance. However, normal weight or thin people can also be insulin resistant, it is just much more common among those who are overweight.

Ways to Reduce Insulin Resistance (Improve Insulin Sensitivity)

The good thing about insulin resistance, is that it is very easy to influence it. In fact, you can often completely reverse insulin resistance by changing your lifestyle.

Here are several evidence-based ways to reduce insulin resistance:

Exercise, Lose belly fat, Stop smoking, Reduce sugar intake, Eat healthy, Eat foods rich in Omega-3 acids, Improve sleep quality, and Reduce Stress.

Insulin resistance may be one of the key drivers of many (if not most) of today's chronic diseases. The good news is that it can be significantly improved with simple lifestyle measures, such as losing fat, eating healthy food and exercising. Preventing insulin resistance may be among the single most powerful things you can do to live a longer, healthier and happier life.



Extraordinary Uses for Ordinary Things

A **luminum foil scrubs pots clean.** No scrub pad? Use aluminum foil as a temporary replacement. Crumple a handful and scour to polish stainless steel pots (foil may damage nonstick pots)

⇒ **Alka-Seltzer cleans coffeemakers.** Fill the chamber of a drip coffeemaker with water. Drop in four Alka-Seltzer tablets. Once they dissolve, run a brew cycle to wash the machine's tubes. Rinse the chamber two or three times, then run another brew cycle with plain water. The sodium bicarbonate (baking soda) and citric acid in the effervescent heartburn aid make it a powerhouse cleaner.

⇒ **Cooking spray removes shower soap scum.** Conventional cleaners don't dissolve stubborn soap buildup on shower doors. Spray the glass with cooking spray and leave for 30 minutes. The oil slides between the glass and the soap scum, making it easy to wash. Wipe off with soapy water (use a wet sponge with a drop of dishwashing liquid).

⇒ **Sponges remove pet hair.** Fido leaving your furniture furry? Lightly dampen a sponge, and rub it across upholstery. It will easily lift pet hair from the surface.

⇒ **Ammonia cleans the oven.** For almost effortless oven cleaning, fill a bowl with ammonia and set it in an unheated oven overnight;

remove the bowl the next day. The ammonia's fumes will have loosened the gunk so you can wipe it off with a wet sponge or paper towel.

⇒ **Sponges preserve soap.** To help a bar of soap last longer, leave it on a sponge next to the sink or in the shower. The sponge will prevent slime and drips by helping soap dry faster.

⇒ **Dryer sheets dust.** Television and PC screens are electrically charged, which causes them to attract dust. Since the sheets are designed to reduce static cling, they'll remove dust and prevent it from resettling for several days. Polish glass screens with the sheets after they've been in the dryer, for a softer texture.

CALLING ALL LADIES . . .

Winter Brunch

Sponsored by the Women's Ministry

Saturday, January 20, 2018

10:30 a.m.

UBC Fellowship Hall



If you need childcare, please call church office by Wednesday, January 17. Prayer Sisters 2017, bring small gift or card to reveal your identity to your sister. Forms for Prayer Sisters 2018 will be available.



WMU Calendar of Events
January – March 2018

January 17 --- WoM will begin collecting baby items for **Choose Life**

January 20 --- **Women’s Winter Coffee & Prayer Sister Reveal**, 10:30 AM

January 24 --- WMU Book Study, *The Care Effect* by David Crosby, led by Sue McWhorter.

February 11-17 --- WMU Focus Week

February 16 --- Church Birthday Party

February 17 – Children’s Missions Day

February 28 --- WMU Book Study, *The Care Effect* by David Crosby, led by Sue McWhorter

February 24 --- **RENEW** in Montgomery

March 4 – WMU sponsored First Sunday Night Fellowship

March 4-11 --- North American Missions Emphasis **Week of Prayer**

March 28 – WMU Book Study, *The Care Effect* by David Crosby, led by Sue McWhorter.

January – February --- We will be collecting baby items for **Choose Life** (Please leave donations in a box outside the church office or give to any WoM member)

Debbie Pugh Women on Mission meets each Wednesday at 5:30 on the 3rd floor. We will continue to work on sleeping mats for the homeless, hosting a baby shower for **Choose Life**, feeding lunch to **CWJC**, planning for the church **Birthday Party**, etc. Please join us as we study, pray, and plan for missions—FOR HIS GLORY!!

*Linda Whiteley, Director
UBC WMU*

i before e

Except when your foreign neighbor Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters.

Weird.



Hear my Prayer

The holidays are over. The Christmas decorations are packed away. The weather outside is cold and gloomy. This is when many of us feel down. So here is a prayer that may help:

Dear Heavenly Father,
 I don't know why I'm feeling this way.
 I feel down and low. Where are you?
 I feel worthless, all life seems to lose its meaning and joy.
 I have no reason to feel this, no reason to be sad;
 I just am.
 Come back to me, o Lord. come back to me now.
 Let me feel the soft caress of your mercy once again.
 Let not the enemy fool me into thinking I'm not forgiven;
 Into thinking I'm not loved.
 I am God's child.
 My identity is indestructible as God's love is invincible.
 Yes, I can feel down sometimes, but I can always return
 To what I know:
 Jesus died for me. He Rose again.
And He is coming back!
 Come soon, sweet Lord.
 Hurry back.
 Let Your Day come to us soon.
 you are my true hope; You alone are my glory.
 In Jesus name,
 Amen.



What can I do?

- ☞ Save plastic bottle caps (soft drink, bottled water, milk, etc.) for schools. Deposit in designated container in UBC kitchen.
- ☞ Bring plastic shopping bags (Wal Mart, Target, etc.) to WoM to be used to make sleeping mats for the homeless.
- ☞ Save aluminum pull tabs for the Ronald McDonald House Charities. Container outside church office.
- ☞ **CRITICAL NEED! Volunteer to work in children's area Sunday mornings. Contact Eddie.**
- ☞ Donate non-perishable items to HAP (box outside the church office)
- ☞ Save Box Tops for Education on General Mills products for Cynthia Harmon
- ☞ Pray for Gospel Center Church meeting in UBC Youth Center.
- ☞ Provide snacks for CDC: Goldfish, animal crackers, cheerios, veggie sticks.
- ☞ Pray for The Well (reaching college students) now meeting in UBC Fellowship Hall.
- ☞ Send notes of encouragement to staff members.
- ☞ Pray for our new partnership with Foster Academy to service children grades 5-12 who are affected by Autism and Asperger's syndrome.



Let your prayer sister know that you are praying for her.

If you would like to contribute to this newsletter, please contact the church office or any Women's Ministry committee member.



March 11, 2018

Women's Ministry Director: Kay Taylor
WMU Director: Linda Whiteley
Women's Ministry Committee:

Ann Adams, Gerry Bledsoe, Peggy Brewer, Rana Burt, Ruby Collins, Janice Corlew, Rose Evans, Bertha Everett, Patricia Gilchrist, Elaine Grimes, Linda Hargrove, Joan Hilton, Gloria Lee, Mildred Maroney, Sue McWhorter, Ruth Moon, Maureen Searcy, Barbara Smith, Kay Taylor, Dainie Tidwell, & Margaret Wisecarver

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