

Strong Families Make A Strong America

(Changing Lives One Mom At A Time)



April-May 2010 Front Door News

ARE YOU IN A HEALTHY RELATIONSHIP?

By Lynda K. Powell, Founder, Bethel Foundation

Years ago as I was getting into a relationship I really didn't think about whether it was a healthy relationship but more for the feeling of the moment. Does that sound familiar to anyone? Because I wasn't pursuing God during that time of my life "I" thought "I" was in control of my life. Oh yes, "I" was not in control but "I" certainly was doing it the way "I" wanted and because of that I went thru unhealthy dating relationships and two failed marriages before "I" realized something was very wrong with my decisions about relationships. The pain that a broken relationship brings, even in a bad relationship, is hurtful not only to you but to many that are in your life. I realized immediately that I didn't have the Lord in my life to allow Him to operate in my life the way that He wanted. After I fully surrendered my life to Him then He was able to start healing my heart and rebuild my life.

After my second failed marriage, I was confiding in a very dear friend of mine and told her "I WAS DONE WITH MEN". I also told her that unless God sent him knocking on my front door or calling me on the phone I was just going to try to be the best Mom I could to my children. We both laughed about that statement because we just knew that would never happen.

I realize thru what I said that "God really does have a sense of humor about life". The man that God sent to me, who is my husband now of 11 years, actually called me on the phone and said he wanted to marry me. I had known him for many years but had not really communicated with him. The only reason I listened to him was because I remembered what I had told my friend. We took it slow because he had never been married and I had been married twice with children from each marriage. We dated for a year and prayed and sought God's direction for our life before we actually made that commitment to the Lord and to each other.

I started thinking about what makes a Healthy Relationship that can endure all of life's struggles and temptations that will come your way.

- * You have to make a commitment to the Lord first and foremost and keep him in the relationship. My husband and I always come together in prayer at the end of the day and resolve any issues that we have been plagued with during the day.
- * Love the Lord with all your heart and love your spouse the same. It's not always easy to do that but love is a commitment to treat that person with respect and honor. Like is a feeling and Love is a commitment.
- * Communication is extremely important because it is a way for us to verbalize what we are feeling and going thru and able to connect with that other person.
- * Have a serving heart. Stop to consider others and how you can help another person so that you can help them get what they need in life so that you can get what you need in life as well. This goes back to reaping and sowing.
- * Make time for fun and being together to create family memories as this can be the glue to your memories together and make life sweeter.

There are many key ingredients to making and maintaining a great, long-lasting relationship and I have only touched on a few. Try to put some of these principles into action and see how God works in your life.

Be careful in
Everything
That you do and
Help
Everyone you can by
Loving them unconditionally
like Jesus Christ does!

Acronym for Bethel provided by Tee Brown

MAY COOKING CLASSES

"CRAZY FOR CHICKEN" - Thursday, May 6th - 10:00am-Noon

Learn how to use Baked and Rotisserie Chicken to make a Fruity Chicken Salad and Chicken Nachos

"SPACED OUT SPAGHETTI" - Thursday - May 20th - 5-7pm

Learn how to make Spaghetti using squash and whole grain noodles for a yummy wholesome dish.



Annie Lillard
Bethel Foundation's
Mother of the Year

Annie Lillard was chosen as the Single Mother of The Year Award from Bethel Foundation and recognized at the T.E.A. Educational Spring Conference. Annie received a special plaque, along with some beautiful flowers and a huge basket of goodies which included a mu mu designer purse. Many wonderful applicants were nominated and the JR Hospitality Club made the final decision. The JRH Club said it was a difficult task as so many were deserving but some of the things that set Annie apart was she raises her daughter by herself, attends college, works full time and still finds time to volunteer and always looks for ways to help others.

Congratulations Annie!

THE FIGHT

By Linda Ranson Jacobs (www.hlp4.com)

"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds..." 2 Corinthians 10:3-5

This scripture came alive and active for me when I was single mom raising my kids. I hope you come to realize, as I did, that as single parents we have many wars to fight. It may seem like you are fighting these wars alone but you are not. You have an intercessor that gives you amazing weapons to fight these wars. The weapons that are given to you have divine power. Imagine that – DIVINE POWER! How much better can it get than having "divine power" on your side?

I think the biggest stronghold is in our thought processes. When the evil one plants thoughts of doubt and despair, call on the name of Jesus. Ask Him to destroy anything that harms His will for your life and that of your children. These thoughts can be about your ability to raise your children alone. It might be doubts about your competence at work. It might be misgivings about decisions you have made in the past. Sometimes the thoughts are your past that haunts you. Perhaps you go over and over in your mind past mistakes or arguments. I fought thoughts in my mind about conversations I had had with the ex spouse.

Arm yourself with God's word by posting scriptures all around you. Write scriptures and post them on the bathroom mirror and on the windshield of your car. Some of my favorite scriptures are in the book of the Psalm. It's hard for a single parent to find time with the Lord, but this is only for a season. One day you will have more time on your hands. You will be able to spend time in the Lord without distractions. (Ever think of complete exhaustion as a distraction?)

The rest of that scripture in 2nd Corinthians 10:3-5, reads, *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."* When a negative thought crosses your mind, take it captive immediately. In other words don't let it fester and grow bigger and bigger. Grab hold of that thought and fling it to Christ.

If all you can do is quote the scripture in 2nd Corinthians ten, then do that. I memorized this scripture and have quoted it thousands of times over the past many years. Use the power and let the Holy Spirit take over for you so you don't have to fight. You can make every single thought obedient to Christ. Every thought!

GRACE SCHOLARSHIP FUND ESTABLISHED

A local family contacted me about creating an on-going scholarship fund to help our Single Mothers. Naturally I was very excited about this as I always say **"THE KEY TO INDEPENDENCE IS EDUCATION."**

Since this family made the commitment I asked them to name the scholarship fund. They chose "GRACE." Naturally I asked if that was a family name, and their response was "because God's Grace allowed them to obtain wealth" and they believe the same as I do about education and how that will help mothers become independent of our system. This is one of the ways that this family generously wanted to give back to the community.

There is an application process, along with reference letters and interviews. If you are a Single Mother that is needing help with your education, then we would WELCOME you to call the office at 286-3700 and request an application. Please ask for Lynda.



T. E. A. SPRING EDUCATIONAL CONFERENCE A SUCCESS!

Teaching, Educating and Attainment was the theme for this year's Spring Conference with 80 mothers in attendance. Each mother received valuable knowledge about Budgeting, Savings with Coupons, Praising with Character, and Setting Yourself Apart with interviewing.

Each mother was given a conference book packed full of supplies, along with a tea cup and saucer, and of course chocolate truffles as well as new Christian Books for some late night reading.



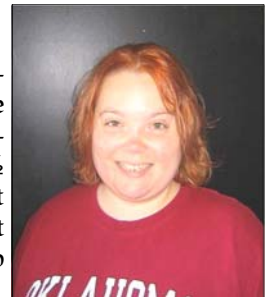
Jujua Stevenson received a door prize of \$174 in groceries from the presenter of "Savvy Savings with Coupons".



Many moms received door prizes at the conference.

THANK YOU DONORS!!!

Corrie Perry came to us desperately seeking help and guidance. Corrie was an at-home mom raising her two children when her husband abandoned her and the kids after 10½ years of marriage. Corrie never dreamed that her life would change suddenly and hadn't thought about going back to school prior to this disaster in her life.



Corrie lost her home shortly afterwards and was forced to move from a 3,000 sq ft home into an efficiency apartment with her two children. She placed everything into storage believing that she would be able to find a job and support her children and start over. Thru her efforts she realized that she was going to have to get some education in order to get work. Corrie is working on completing her GED next month and has plans of going to Moore-Norman Vo-Tech in the fall for training as a Ultrasound Technician which will allow her to get back on her feet.

When Corrie moved into the efficiency apartment she did not have a refrigerator. Through our program of providing household appliances, furniture and other items that mothers need we were able to provide her with a refrigerator. Previously she was having to put her daily food in an ice chest. She also was able to get help getting her storage unit rent brought current due to donors responding to a need, and will not have to lose her personal belongings.

Donors Rock at Bethel Foundation by helping with the mission of "One Mom At a Time"!



RAB'S RAB'S CHILDREN'S BIRTHDAY CLUB

HAPPY BIRTHDAY BOYS & GIRLS!

If you are a Single Mother and you would like to register your child for the Rab Rab's Children's Birthday Club, then please call Courtney at 286-3700 to get your Membership Form to complete. The Birthday Club will have available for your child on their birthday or as close to it as possible the following: *A New Gift, Balloons and a choice of Vanilla, Chocolate or Chocolate Chip Cookie Cake.*



Tristian also celebrated his birthday this month.

Jules High had a birthday in April.



KIDS ROCK CAMP

JUNE 21-25 & JULY 26-30, 2010

Kids Rock Camp is open to children going into the 3rd, 4th, 5th grade. There will be only 30 children per camp.

This is a Healthy Lifestyle Camp where the children turn into little chefs for a week and learn how to make good food choices on a budget and hands-on experience at learning how to prepare these meals.

- A registered dietitian from the OSU Extension will be there everyday to teach about the importance of "Eat Right, Exercise, Have Fun."
- The Fire Department will come out and talk about Fire Safety while the OKC Police Department will come out and talk about being Home Alone.
- Kids Fit and the YMCA will help to incorporate exercise.
- The OKC Zoo will be out for a fun time.
- Additional fun things include a Clown making special balloons, Face Painting and Moon Bounce

Every day each child will take home groceries of what they learned how to prepare for that day as well as the recipes that were used. At the end of the week each child will receive a recipe book, a backpack full of school supplies and other fun things.

Volunteers are needed to help set up, decorate, and for kitchen prep and clean up. We are also in need of board games, puzzles, and art supplies. Contact the Office if you would like to volunteer or can provide any of these items.

OUTDOOR CAMP FOR BOYS AGES 6-16

Dates of Camps:

June 4th-6th & July 16th-18th, 2010

This outdoor camp is an excellent introduction to outdoor skills. It packs the most experience into the least amount of time. This outdoor adventure is a primary method of helping boys to experience God.

The information and registration form needs to be completed and returned as soon as possible, so that we can make room for everyone who wants to attend camp.

“CONTEST” FOR NAMING OUR OUTDOOR CAMP FOR BOYS

We are in need of a name for the outdoor camps for boys that we will be having on the grounds this year. These camps are an excellent introduction to outdoor skills. They pack the most experience into the least amount of time.

This is an outdoor adventure as a primary method of helping boys to experience God.

Mail in the form below with your suggestion for the name of the camp to Bethel Foundation, 13003 N. Western Avenue, Oklahoma City, Ok 73114.

The winner will receive a “MOVIE BASKET” with a value of \$100.00 to include the following:

- 1) \$25.00 Gas Gift Card to go to the movies
- 2) Movie Gift Card to AMC Theater
- 3) DVD's movies for at home pleasure
- 4) Chocolate Candy, Popcorn and Pop

Name for Outdoor Camp _____

Name of Person Nominating _____

Mailing Address _____

City _____ State _____ Zip _____

Phone Contact _____

***MUST BE RECEIVED BACK INTO OFFICE NO LATER THAN THURSDAY, MAY 27, 2010



Bethel Foundation
13003 N. Western Ave.
Oklahoma City, OK 73114

NON-PROFIT ORG.
U.S. POSTAGE PAID
OKLAHOMA CITY, OK
PERMIT #972

Address Service Requested

Character:

Creativity

Approaching a need, a task, or an idea
from a new perspective.

Discretion

Recognizing and avoiding words, actions,
and attitudes that could bring
undesirable consequences.

www.reachingforcharacter.com

Nonprofit Organization Helping Single Mothers
Temporary Housing • Spiritual Mentoring • Parenting Services

Bethel Foundation
Presents the
Front Door News

OUR MISSION STATEMENT:

Strong Families

Make A Strong America

(Changing Lives One Mom At A Time)

April-May 2010



www.bethelfoundationusa.com
Phone: (405) 286-3700
Toll Free: 1-866-442-1431