

HBC Women's  
**Friendship for the Heart**



1 Peter 1:22

SEPTEMBER 2017



**Cindy Forster**

In

the first portion of my life, God built in me a strong foundation. I was raised in a Christian home where we regularly attended a well-grounded Southern Baptist Church. I have one older brother. We lived in St. Louis County. Later I attended Southwest Baptist University. I have been privileged to know the Lord most of my life.

Bob and I got married in 1984. After 5 years of marriage, we City Slickers turned Country. We moved to Winfield and eventually Troy, MO. We have 5 children: Rob, Drew, Kayla, Jenna, and Christopher. All are married now. Three of them married into families of the church! That puts us related now to the Breisches, Hulls, and Russells. How fun! Thank you to Jim and Relda Ferguson for inviting us to Hope back in 1993.

While the kids were growing up, this would be the time that God was there for me. He gave me strength for whatever came my way. He also provided many great blessings. We have lived next to Jim and Relda Ferguson since 1996, which allowed our families to have plenty of wild and crazy times together. And now Jim is my step-brother. Figure that one out!! LOL!

Our family home-schooled for 12 years. Those were special years that I cherish.

In 2009, Bob left his place of employment and began his own business. He owns a machine shop in Moscow Mills. I currently work there full-time in the office. Rob and Drew both work with us.

I guess my two main hobbies are sewing and gardening, although I love to try anything new. I have thanked my mother (Jean Ferguson) so many times for teaching me to sew at a young age. And thank you to the Haiti guys who built me a shade house. I can now garden year-round! Having salad fresh from the garden in February is pretty cool.

There are so many great verses, but I will choose from the book of Philippians- my favorite book of the Bible. Phil 4:4- Rejoice in the Lord always, and again I will say Rejoice.

A special memory for me was when I was 19 years old. My dad took a 6 month work assignment in Italy. I took off a semester in college and joined my parents. The little town we lived in was right on the Mediterranean Sea. Living there brought the Bible to life for me. Although we never were able to find an English-speaking church service to attend, I saw the Scriptures everywhere. Olive groves. Fishermen mending their nets. Hillsides along the Mediterranean. Vineyards. Rome.

I now see just how faithful God has always been!

Favorite Hymn: Great is thy Faithfulness.

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**LADIES LUNCHEON**

We are planning our Ladies Luncheon on Thursday, September 7th at noon.

We will be meeting at:

Cecil Whittaker's Pizzeria

2968 Hwy K - (near Madison's)

O'Fallon, MO

They have a buffet,  
also gluten free pizza.

Hope all can come,

Contact Sharon Petrov or Evie Smith

if you have any questions

**City Museum**

**September 4th**

Meet at the museum at 8:45 am

Cost is \$5.00 per person  
(paid to Nancy Chulka)

There will be a room to eat lunch,  
so everyone bring food/snacks/drinks.

Cost of parking in the lot is \$10.00

Parking on the street outside of the  
museum is free because it is Labor  
Day as long as you get there early  
enough to get a spot

**September 6 Awana Year Begins**

There are several positions of leadership that need to be filled and many helpers are needed. If you desire to work within the Awana Program please see the sign up sheet in the foyer or talk to Jerry Lowe [jlowewv@gmail.com](mailto:jlowewv@gmail.com) or call 636-244-0627.

**PLEASE CONSIDER HELPING.**



**October 6,7,8**

**Missionary**

**Conference Weekend and**

**Fall Outing**

(at Jeff & Jackie Russells ☺). This is always a great time of reacquainting with missionary friends and meeting new missionaries and a lot of fun at the Fall Outing. If you have never attended a conference or an HBC Fall Outing please set aside this weekend now and plan to come.

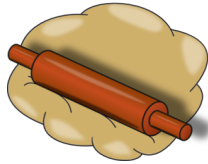
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Kitchen



Klatter

From the Kitchen of Cindy Forster

## Pumpkin Bread

$\frac{3}{4}$  - cup white sugar  
 $\frac{3}{4}$  - cup brown sugar  
 $\frac{1}{2}$  - cup vegetable oil  
2 - eggs  
2  $\frac{1}{2}$  - tsp. cinnamon  
2 - tsp. cloves  
 $\frac{1}{2}$  - tsp. nutmeg  
 $\frac{1}{2}$  - tsp. salt  
1  $\frac{1}{2}$  - tsp. baking soda  
1  $\frac{1}{2}$  - cups flour  
 $\frac{1}{3}$  - cup water  
1 - cup canned pumpkin

Combine ingredients in order listed.

Bake at 350 degrees for 45 minutes

Makes 1 loaf

## Play Dough

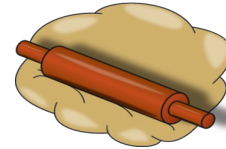
$\frac{1}{2}$  cup water  
 $\frac{1}{4}$  cup salt  
1 tsp. cream of tartar  
 $\frac{1}{2}$  cup flour  
1  $\frac{1}{2}$  tsp. vegetable oil

Mix all ingredients. Add a few drops of food coloring. Cook on stove over medium heat. Stir constantly and quickly.

Stir until all the way thick. Turn on wax paper. Knead to mix color thoroughly.

**FUN RECIPE THAT I DO WITH THE GRANDKIDS!**

Kitchen



Klatter

From the Kitchen of Kim Derrington

## Broccoli-Cheese Soup

4 - cups water  
2 - cups potatoes, peeled and diced  
2 - chicken bouillon cubes  
1 - cup diced onions  
2- 10 oz pkg frozen chopped broccoli, or one bunch of fresh broccoli, chopped  
2 - 10.75 oz of cream of chicken soup  
1 - pound Velveeta cheese, chopped

Combine the water, potatoes, and bouillon cubes, onion, and broccoli in a large heavy saucepan. Cook over medium heat for 20 minutes or until the potatoes and broccoli are tender.

Add the canned soup and the cheese, stirring until the cheese is melted and smooth. Simmer for 15 minutes. The soup should thicken.

## Yummy Fruit Dip

*Recipe from co-worker  
it was her Grandmother's recipe.*

1 medium tub of cool whip  
1 cup of powdered sugar  
16 oz sour cream  
1 small box of vanilla instant pudding mix

Combine all ingredients, mix really well and store in fridge overnight to firm up.

***Super easy and super yummy!***

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## WALK FOR FREEDOM

SHINING A LIGHT ON HUMAN TRAFFICKING **ST LOUIS**

Date: Saturday, October 7th, 2017  
Start Time: 8:00am

Location: Quail Ridge Park  
5501 Quail Ridge Trail  
Wentzville, MO 63385

All participants will receive a swag bag that includes: t-shirt (sizes S - 2XL), vendor coupons and other goodies.

No guarantee of a shirt after 9/25

Registration Fees:  
\$25 | until 08/01  
\$30 | 8/02 - 09/15  
\$35 | 9/16 - race day

Packet Pickup and Late Registration  
10/03 4:00-8:00pm  
Fleet Feet St Charles  
10/04 | 5:00-8:00pm  
O'Fallon Christian Church

[fleetfeetstlouis.com/racing/calendar](http://fleetfeetstlouis.com/racing/calendar)



SEPTEMBER

9/6/17 KICKOFF NIGHT  
registration/orientation

9/13/17 PARENTS PICNIC NIGHT  
parents invited

9/20/17 BIG SPLASH  
Be prepared to get wet!

9/27/17 CAMO "HILLBILLY" NIGHT

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Attention Awana Leaders:

9-23-17 Awana Ministry Conference  
Hazelwood Baptist Church  
9:00 am to 3:00 pm

### Women's Ministry Team

Newsletter Compiled by:  
Jill Johnson and Kim Derrington  
Shower Committee Coordinator: NEEDED  
Food Ministry Coordinator: Teresa Frey  
Hope Bible Church: 636-240-8626  
*Friendship of the Heart can be viewed on  
HBC website: hopebiblechurch.com*

## JESUS

it isn't much...



...but it is  
all I've got.