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THEME: "My Cup Runneth Over"

Psalms 23:5

My Cup Runneth Over

By Bethany Eggenberger

This topic of "my cup runneth over", was not a topic I wished to write on. I had really hoped that someone else would pipe up and say "yes! I have the perfect testimony to share on that."...but no one did...and I hadn't shared much recently in testimonies or writings, so when asked to share, I gladly...but reservedly, said yes, I would be willing to share on this topic.

I have been going through a very difficult trial recently and sharing on joy was not something I really wanted to draw out of myself. I really did not want to have to look through all of the pain of the trial I am going through right now, to find the joy that makes my/our cup run over. But God knew and knows that it's in the times of our deepest woes, our most painful trials that He can and does reach down and just hold us. He is BIG enough to carry the burden which we have. And sometimes it's just in those moments we realize how AWESOME our God truly is, how Merciful; Charitable; Patient; Kind; Tender; how Loving He really



is, and that He has a plan for each of us that is greater than anything we could even imagine.

I thought about, what makes my cup full? When have I felt like it was running over? Everything that I have thought of was always how Jesus Christ interceded in my life, or God's amazing creation, or the innocence of a child and the pure JOY that comes from their heart and smile. I would feel full when listening to someone in great humility singing unto the Lord, or when I was serving others, and reaching out to those that are hurting and hearing from them later, how the words God gave me to share with them, impacted them so greatly. So, when I think about how or when my cup runs over, I think of my God and how amazing and powerful, unconditionally loving and merciful He is. I think of the sacrifice of Jesus Christ dying for me, for the entire world. Christ reconciling me/us to God the Father, something I could never do…but He did, and went through the worst imaginable pain of being separated from His Father, our Father. I can't help but be overwhelmed with joy, humility, and compassion when I think of what Christ did for me...and that is the greatest feeling of joy, when my cup is running over, meditating on the sacrifice and love Jesus Christ showed on the cross, in the garden, through His entire life, to being obedient to the Father, even for our sake. (con't on next page)

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I am reminded of these scriptures:

Alma 15:17-18: "Now the joy of Ammon was so great, even that he was full, yea, he was swallowed up in the joy of his Lord, even to the exhausting of his strength; and he fell again to the earth. Now was not this exceeding joy? Behold, this is joy which none receiveth save it be the truly penitent and humble seeker of happiness."

Alma 15:61: "Yea, and this is my glory, that perhaps I may be an instrument in the hands of God, to bring some soul to repentance; and this is my joy."

Luke 15:4-7: "What man of you having a hundred sheep, if he lose one of them, doth not leave the ninety and nine, and go into the wilderness after that which is lost, until he finds it? And when he hath found it, he layeth it on his shoulders, rejoicing. And when he cometh home, he calleth together his friends and neighbors, and saith unto them, Rejoice with me; for I found my sheep which was lost. I say unto you, that likewise joy shall be in heaven over one sinner the repenteth, more than over ninety and nine just persons, who need no repentance."

What joy is spilling over your cup? Do you recognize pure joy, where does it comes from; what causes your cup to be so filled that it is pouring out? Search out the word of God, and ask Him, where is my joy found? Meditate on the goodness and kindness of our Lord God and Savior, especially in those times when you don't feel like giving praise, especially in those times you find it the hardest to thank Him and be hopeful. Give thanks in ALL things...praise Him through the storm, keep your eyes upon Jesus, and He will guide you, lift you up, and fill your cup even to the overflowing of His blessings that He has for you. Pure JOY!

Psalms 23:1-6: "The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death I will fear no evil; for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever."

Book Report

You Were Made for This Moment: Courage for Today and Hope for Tomorrow

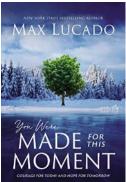
by Max Lucado and reviewed by Angie Goff

This is a book that I have been wanting to read for quite a while, ever since it has been shared on Max Lucado's website and Facebook page! Pastor Max Lucado is a wonderful author and teacher of the Bible and has such great insight to share about the stories that are in there. He unpacks the book of Esther's promise and invitation: Relief will come...Will you be a part of it?

In You Were Made for This Moment, Max will help you

- reclaim your eternal identity as a citizen of heaven,
- put your hope in the God of grand reversals,
- cultivate courage for your challenging times, and
- discover your role in God's story.

If you feel worn out and ill-equipped to weather your storm, find comfort that today's crisis and confusion will be tomorrow's conquest. God's way will triumph. Are you ready to play a part in the victory?



Testimonies

Promptings of the Spirit

By: Margaret Fountain

When I got married to Joe Fountain, I was 19 years old and he was 20. Since we were still kids, money was tight, so when I found out that I wouldn't have a job for much longer, we panicked. Joe's company offered him a position in Oklahoma City that would help us financially, and we knew it was the best opportunity. We agreed to move the very next day! It was a very stressful weekend to say the least! I had only moved once before in my life, and never out of state. Joe had to leave immediately to start work, so I was left to pack up our home in a snowstorm. I was scared and anxious, feeling very alone. As a piano player, I've always found great comfort in playing and singing. Unfortunately, I didn't have a piano, and knew that trying to buy one at this point was "silly". I didn't voice my sadness to anyone because it felt like something that I shouldn't be complaining about. The more I thought about being away from my family and friends without the comfort of a piano to play, I started shedding many tears while packing.



While this was going on, I got a phone call from Joe's grandma Pattie Brooks. She told me that she and her husband Dave had been praying for us and our move. While praying, Dave felt a distinct prompt from the Holy Spirit that he and Pattie should give me their electric piano. It was small enough that it could move with us to our new apartment, but was also a very nice keyboard that they knew would serve me well. When she told me that, I felt so much joy and relief! Knowing that God loved me enough to hear my concerns that I hadn't spoken out loud and knowing that Dave and Pattie were willing to listen to the guiding Spirit, and express that

love meant the world to me. I felt so much love and comfort in that moment, that my fears were calmed, and I was able to finish packing without the anxiety from before. I still have that piano to this day, and it has allowed me to grow in my talents and practice for countless church services. Praise God for his love and provisions. And praise God for grandparents that listen to His promptings!

Matthew 6:8 "... your Father knoweth what things ye have need of, before ye ask him."

Our House

By: Monica Rush

We were told by our real estate agent three things we needed to be willing to accept in the current house market if we wanted to buy a home. 1. This process could take a long time and could put up to a dozen offers or more and still not have an offer accepted. 2. You will not only pay over asking price, but above market value. 3. There would be no

home warranty offered. Well, we weren't willing to overpay. It didn't seem wise or good stewardship to pay more than something is worth. So, since we had been praying about this, we weren't going to stop, especially now. Our agent assured us he was praying also, and that was a comfort. He put us on an email list that showed us houses that fit our criteria as soon as they were listed. We had made only two offers when we found this house and one other. We decided to offer on the other one. This one sold in about the time we made our offer. Our offer fell through. I was disappointed, but knew this could be a long process and this was obviously not where the Lord wanted us. A week later this house came up on the listing as "back on the market". We asked our agent about it, and he said there were any number of reasons it was back on the (con't)



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market. Most likely, the offer fell through for whatever reason. He also mentioned that people tended to shy away from those because it was assumed the seller was difficult or there was a major problem with the house. So, we drove by it again and said we wanted to see it.

On the day of the showing, we were told the reason why the original offer fell through. An investment company made an offer and then backed out. Our agent said this was a blessing. I thought the house was decent, but not my style. My husband, on the other hand, really liked the house. I told him I was willing to make an offer like he wanted to knowing that we had only just started the process and had only a few offers made. This one would follow that same fate, or so I thought. In reality, I knew this is where God wanted us, but I was hoping I misunderstood. I didn't want a house with a garage in the basement. Remember, we were all still praying the Lord would bring us to where He wanted us to be. Our agent talked to the seller's agent and told them how much better a family would be verses an investment company. The agent agreed. The house was nice, but with the issues that needed to be fixed the house was priced higher than we were willing to pay. So, we put in what we thought was fair considering the needs of the house. Remember those conditions our agent told us to expect. Well.... 1. This process only took 3 weeks. 2. We paid less than the asking price. 3. They offered a home warranty for a year. That was impressive. Our agent was shocked, as were we. When we told our friends what had happened, most of them said this was God answering your prayers and opening doors. We agree. When you pray, remember, the answer may not look like you thought or even hoped it would. It will be better.

God's ways are not our ways. {and His ways are so much better than ours!}

Introductions

Meet Michelle!

Michelle Turner is our newest member of the Restoration Women's Council



My name is Michelle Turner. I joined the woman's council because I had a desire to bring woman together from all branches. I feel blessed to be a part of this family of woman who try to serve the Lord. Shaun and I moved here August 2018. We have four wonderful children Derrick 25, Brandon 23, Chad 20, and Emma 16. Derrick and Emma moved with us, and Brandon and Chad are attending college in Michigan. Besides working with the Restoration Woman's council, I enjoy working with the youth and doing Crafts. Looking forward to working with these women and getting to know more of my sisters in Christ.

Gatherings

Women's Fall Retreat

By: Dawn Beacham

Psalms 133:1 'Behold, how good and how pleasant it is for brethren to dwell together in unity!"

Unity has been in my heart and prayers lately and unity is exactly what I found at the women's retreat. I have wanted to attend this event for the last few years and this year I was fortunate enough to finally make the trip from Omaha. I'm so thankful I did! I met a wonderful group of ladies that I can now call friends. They were all so welcoming and thoughtful.



The two classes were taught by two fantastic speakers, Claire Lloyd and April Smith. It was evident that their hearts were truly in their lessons which made them so easy to listen to. The chalk story was such a unique way to convey a message. The image remains clear in my mind and reminds me to find the peace in the storm. The second class opened a new perspective for me on the age-old problem, "anxiety and negative thinking". I now have new go to statements to help me "capture my thoughts" and have God take them away. I will have God be the master of my thoughts and feelings. I walked away from both classes with a new list of books to read.

The weekend was full of classes, crafts, opportunity for service, scriptural talks to even a special dinner to help us feel spoiled. The ladies who put this together did a great job and it was so nice to see them come together from different areas and congregations for one purpose; to draw closer to God and on that path draw closer to one another. I came away from the retreat restored and ready to go.

Ephesians 4:3-6 'Endeavoring to keep the unity of the Spirit in the bond of peace, in one body, and one Spirit, even as ye are called in one hope of your calling; One Lord, one faith, one baptism, One God and Father of all, who is above all, and through all, and in you all."



Hymn History

Fill My Cup Lord – Gold Hymnal #92

Song written by Richard Blanchard



"As if you could kill time without injuring eternity," wrote Thoreau in *Walden*. But sometimes God takes the time we sought to kill and by a kind of quiet miracle turns it into something that will live forever. In 1953 the Rev. Richard Blanchard (1925-2004) was waiting for a couple to arrive for pre-marital counseling at Wesley Church in Coral Gables, Florida. They were late, and he was annoyed. He told his secretary he would wait thirty minutes, then he would leave. Instead of fuming, he went to a Sunday school classroom and began to doodle on the piano to kill time. "Quite often I will play around with a song idea in my mind," he said in a newspaper interview for the *Miami Herald*. "All of a sudden it will gel.

A few of my songs have been given to me by the Lord. It took only six minutes to think up the words of 'Fill my Cup, Lord.' I was finished with the music in another 20 minutes. There have been a few moments in my life when things have come from God. There is no other way to explain them." (**richardblanchardmusic.com**). Blanchard's method of composition was to write the words to his pieces after developing a thought or reading Scripture, and then to write the music "by ear" to fit the words rather than composing the melody on paper. His music combines the chords and harmonies of the Big Band era with the Christian message of southern gospel music.

Published in 1959 (1964 according to **the Richard Blanchard Music site**), "Fill My Cup, Lord" quickly became a gospel music hit across the country. It is Blanchard's most famous composition. *The United Methodist Hymnal* of 1989 includes only the hymn's refrain. This always disappointed Blanchard. But the refrain became enormously popular as a choral response for Communion. After Blanchard's death in 2004, Blanchard's wife and others petitioned for the complete hymn's inclusion, and all three stanzas were eventually published along with the familiar chorus in *Worship & Song* in 2011 (McIntyre, "Fill My Cup").

The first stanza takes the image of the filled cup to a very specific biblical story, Jesus' encounter with the Samaritan woman at Jacob's well in Sychar (John 4:5-42). In the context of this story, what was published as a refrain in *The United Methodist Hymnal* takes on a deeper meaning, reminding us of the woman's history, her questions, her perplexity, and her conversion. She had been seeking lasting joy, but like many, her search had taken her to all the wrong places. Using the image of the well's water, Jesus promises something more: "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life" (John 4:14-15, NRSV).

The second stanza expands the focus from the woman at the well to "millions in this world who are craving / The pleasure earthy things afford"; the final stanza directly addresses the individual still hungry even after all the things the world can give.

Blanchard's parents were Methodist missionaries in China, where he was born in 1925. When the family returned to the United States, he grew up in Depression-era Indiana, then came south to North Carolina, where his father was an Army chaplain during World War II. Blanchard attended Davidson College and graduated from Mercer University. He met his wife, Anne, who was a student at Wesleyan College in Macon. He then went to seminary at the Candler School of Theology. Ordained an elder in 1950, he transferred from the North Georgia Conference to the Florida Conference, serving United Methodist congregations there until his retirement in 1988.

Blanchard's own cup was not filled with sweetness. A lung condition required two surgeries and left him with one-third of normal lung capacity. His son, Richard, was left a quadriplegic at seventeen after an accident. And after Blanchard and his wife moved to North Carolina in 2000 to be near their three grown children, they experienced their son's death and the fatal illness of one of their daughters. Nevertheless, during his forty-year ministry, Blanchard composed dozens of gospel hymns, wrote a musical about Francis of Assisi, produced a regular newspaper column, wrote a biography of Bishop John Branscomb, and launched a popular television ministry in the Miami area.



Resource: https://www.umcdiscipleship.org/resources/history-of-hymns-fill-my-cup-lord



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Please feel free to reach out to us if you have any questions.



Restoration Women's Council Conference of Restoration Elders P.O. Box 4085 Independence, MO 64051

Winter Gathering – "My Vessel is His" February 5, 2022 @ Missionary Restoration

Spring Gathering – "His Blessings Abound" April 30, 2022 @ Living Hope Restoration

Fall Retreat – "I Will Help You Fill Your Cup 2nd weekend of September @ Odessa Hills Campgrounds



