

THE SPICE

A taste of what's happening for women.

Chocolate Love

"Chocolate is God's apology for broccoli." — Richard Paul Evans

Your taste buds will tell you...chocolate has to be a gift from God! Even botanists recognized the wonder of chocolate when they named the cacao tree (from which chocolate comes) *Theobroma cacao*. *Theobroma* means "food of the gods." Broccoli, on the other hand, is from the plant family called *Cruciferae*, which means "cross-bearing." Now there's a metaphor to chew on...

Broccoli—a "should eat." Chocolate? A sweet treat! Decadent and delicious, chocolate is more than just an indulgence...it's a gift of love. Let's face it, nobody wraps up broccoli in a heart-shaped box with a bow. No, it's chocolate that speaks the language of love to us. Special dark or creamy milk, chocolate imparts its richness without expecting any "goodness" from us in return.

Just like God's love for us. Extravagant, indulgent, rich, and overflowing with goodness. Yet, as women, we may sometimes struggle with feeling unworthy of God's love. Perhaps we've lost our temper, done something we knew we shouldn't, or not done something we knew we should. It can be difficult to receive that gift of love when we feel we've fallen short of expectations. Ours or God's.

Here's the good news...God's not keeping score. He's not a parent who says to us "If you're good, I'll give you a candy bar." Whether we've been "good" and eaten our vegetables or not, God lavishes his love—without portion control or calorie counting!

His love for us is extravagant, the finest to be found, wrapped up with a bow and ready to be poured into our hearts in abundance all day long. And it never melts away because God's love endures forever. So let's taste and see that the Lord is good!



THE WORD

"Let them praise the Lord for his great love and for the wonderful things he has done for them. For he satisfies the thirsty and fills the hungry with good things."

Psalm 107:8-9

THINK ABOUT IT

- **What's your favorite chocolate treat? Your favorite treat from God's Word? Enjoy them together!**
- **How is receiving God's love indulgent?**

Did you know...

- Until recent history, chocolate was consumed as a drink, not a food. And in most of the world, only the rich and elite could afford this luxurious beverage!
- Contrary to warnings about stimulants present in chocolate, cacao contains such a small amount of caffeine that one ounce of milk chocolate contains about the same amount of caffeine as one cup of decaffeinated coffee.
- Chocolate really does make some of us feel better! The carbohydrates in chocolate raise serotonin levels in the brain, which can lead to a feeling of well-being.
- White chocolate isn't even considered a chocolate by many chocolate purists. Why? Simply because it has no chocolate liqueur in it. It's usually made of cocoa butter, sugar, and other ingredients.



Friendship Fudge

This is called Friendship Fudge because anyone will be your friend if you give them some!

Ingredients:

- 1½ cups sugar
- 1 can (5 ounce) evaporated milk
- 2 tablespoons butter
- ¼ teaspoon salt
- 2 cups miniature marshmallows
- 1½ cups semisweet chocolate chips
- ½ cup chopped nuts (optional)
- 1 teaspoon vanilla

Directions:

Mix the sugar, evaporated milk, butter, and salt in a pan. Bring to a boil over medium heat, stirring constantly. Continue stirring, and allow to gently boil for 5 minutes. (Set a timer!)

Remove from the heat, and stir in the marshmallows, chocolate chips, nuts, and vanilla. Stir until the marshmallows have completely melted.

Spread mixture in a greased 8 x 8 pan. Refrigerate for 2-3 hours until firm. Cut into small squares. Eat a few, and share the rest!

Tip: To make minty chocolate fudge, stir in 2 or 3 York Peppermint Patties when you remove the pan from the heat. Yum!



Chocolate Bits

"I have this theory that chocolate slows down the aging process...It may not be true, but do I dare take the chance?"—Unknown

"Strength is the capacity to break a chocolate bar in four pieces with your bare hands—and then eat just one of those pieces."—Judith Viorst

"Research tells us fourteen out of any ten individuals like chocolate."—Sandra Boynton

"Life is like a box of chocolates ...You never know what you're gonna get."—Forrest Gump

"God gave the angels wings, and he gave humans chocolate."—Anonymous

"I could give up chocolate, but I'm not a quitter."—Unknown

Media Morsels



Book Review

God So Loved The World... That He Created Chocolate

What could be better than nibbling a little chocolate and delving into a lot of God's love?

Grab a comfy chair, and dig into the pages of this delightful book filled with delectable devotions, delicious Bible insights, "God loves girlfriends" get-togethers, and yummy chocolate recipes. Taste and see the godness of God through women's true-life experiences with God's sweet love.

Share a little chocolate and a lot of love with a girlfriend! This fun devotional book makes a perfect gift for chocolate-loving girls of any age.

Find *God So Loved The World... That He Created Chocolate!* online at Amazon or from group.com.



Chocolate World

Move over, Disney World—Chocolate World is here!

Hershey's, the all-American chocolate company, has created a little bit of heaven on earth for chocolate lovers at their headquarters in the rolling hills of Hershey, Pennsylvania. Make your own candy bar, take the Great American Chocolate Tour, go on a chocolate-tasting adventure, become a chocolate factory worker for a day, or sit back and enjoy Hershey's Really Big 3D musical show...and more!



Can't make the trip? Visit Chocolate World and Hershey's online for fun videos, Hershey's history, delicious recipes, sweet game night ideas, contests, and a taste of the newest chocolate creations. Start your journey to Chocolate World at www.Hersheys.com. Or join their over 2.3 million fans on Facebook!

October

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
			Inspirational Girls Nite @7pm			
16	17	18	19	20	21	22
Leadership Roundtable @12:30			Inspirational Girls Nite @7pm			
23	24	25	26	27	28	29
			Inspirational Girls Nite @7pm			
30	31					
	Hallelujah Night	<p>Contact for more information Name: Debbs Farthing website: Livingway.net Phone: 678-859-8421 E-mail: crosstrainerministries@yahoo.com</p>				