

DUPAGE AME CHURCH SISTER CIRCLE WOMEN'S MINISTRY  
PRESENTS

# HEALTHY FOOD RECIPES SHARING & TASTING

MONDAY, FEBRUARY 15<sup>TH</sup>  
7 PM

THE SISTER CIRCLE WOMEN'S MINISTRY WILL HOST THEIR FIRST EVENT OF THE YEAR, SHARING AND TASTING HEALTHY FOOD RECIPES. ALL WOMEN ARE INVITED TO PREPARE & SHARE THEIR FAVORITE HEALTHY FOOD RECIPE. ALL RECIPES WILL BE TYPED ON CARDS TO TAKEAWAY AT THE EVENT. COME ENJOY SOME DELICIOUS RECIPES AND FOOD AS WE PREPARE FOR THE LENTEN SEASON 40-DAY FAST.

FOR MORE INFORMATION & TO SUBMIT RECIPES  
CONTACT YVONNE ROGERS AT  
630-853-0114 OR [VONNE.ROGERS@GMAIL.COM](mailto:VONNE.ROGERS@GMAIL.COM)

## DUPAGE AME CHURCH

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REV. DR. JAMES F. MILLER, SENIOR PASTOR † REV. LANA PARKS MILLER, EXECUTIVE PASTOR



# Sister Circle

Women's Ministry



## 2010 Sister Circle Calendar

Date	Discussion Topic
<b>FEBRUARY</b>	
Feb 1	SC Open Forum
Feb 15	SC Kick-Off Event! Sharing & Tasting Healthy Food Recipes
<b>MARCH</b>	
March 1	Being a Christian Woman (Single/Married/Widowed) <i>In the workplace, family, etc.</i>
March 15	Stress
<b>APRIL</b>	
April 5	SC Open Forum
April 19	Time Management / How To Say, "No"
<b>MAY</b>	
May 3	SC Open Forum
May 17	Spa and Relaxation Experience
<b>JUNE</b>	
June 7	Book Discussion ( <i>Book title TBD</i> )
June 21	Women & Heart Disease
<b>AUGUST</b>	
August 2	Professional Networking
August 16	SC Open Forum
<b>SEPTEMBER</b>	
September 6	Depression
September 20	SC Open Forum
<b>OCTOBER</b>	
October 4	Breast Cancer Awareness
October 18	Menopause
<b>NOVEMBER</b>	
November 1	SC Open Forum
November 15	Planning for Your Financial Future
<b>DECEMBER</b>	
December 6	SC Open Forum
December 20	Christmas Potluck

*Sister Circle Women's Ministry meets 1<sup>st</sup> & 3<sup>rd</sup> Mondays 7pm in the Fellowship Hall  
All women of DuPage are welcome to join us!*

**"Treat older women as mothers and younger women as sisters, with absolute purity."  
I Timothy 5:2**

