

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

## 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**

