

WELCOME TO OUR OCTOBER NEWSLETTER

October 2026

Ladies, we made it—the “BER” months are finally here! You know what that means... pumpkin spice is everywhere, Hobby Lobby thinks it's already Christmas, and those of us in Southern California are wearing sweaters in 85-degree weather because the calendar says FALL!

October brings cooler mornings (we hope!), pumpkin patches, apple cider, cozy evenings, and the annual debate over whether pumpkin spice belongs in absolutely everything. Some of us say yes. The rest of you—we're praying for you.

But beyond all the fall fun, October is also a beautiful reminder that God is always working through changing seasons. Sometimes He asks us to let go, sometimes to grow, and sometimes to simply trust Him with what comes next.

There's plenty happening in Women's Ministry this month, so grab your coffee, find your calendar, and check it all out. Come connect, laugh, serve, grow, and bring a girlfriend along for the fun!

Happy October, ladies! Now go light that fall candle like it's actually 62 degrees outside. 🍁

*Women's Ministry
Leadership Team*





Ronaele's Corner

Director of Women's Ministry

Whatever season life brings, we can trust that God is with us, holding us and carrying us through.



Friends,

Seasons come and go. Sometimes it's obvious when one ends and a new one begins; other times, it's so subtle you barely notice something has changed. In CA, we don't really see the drastic differences from spring to summer. Most of the time it looks about the same. When fall blows into winter, we are fortunate if we see rain. But in other parts of the country, the changes are dramatic. Beautiful fall colors turn into bare trees and white snow covering. Spring brings melting, mud, and blooms that are spectacular as green landscapes take center stage again.

Our lives reflect seasons too. Some are so busy we can barely catch our breath, while others are so slow and quiet we wonder if the world has passed us by. And then there's everything in between. No matter what season you are in, God is with you. He has plans for every season, and He promises that He will sustain you through it all.

• ***Isaiah 41:10: "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you; I will uphold you with My righteous right hand."***

• ***Isaiah 46:4 "Even to your old age I will be the same, and even to your graying years I will bear you! I have done it, and I will carry you; and I will bear you, and I will deliver you."***

These are promises! Isaiah tells us that God is there through every season of life; we do not need to be anxious. He will use HIS hand to uphold us, right up until He delivers us into His presence. He doesn't promise it's going to be spectacular like the fall leaves changing in Wisconsin; He just says that He's always there! Sometimes we might not recognize it because it can be subtle, but He's there! You can trust Him to carry you through whatever season you are in.

Friends, we are headed into the Holiday Season. This might be a spectacular, vibrant season for you. Or it might be a gray-skies, bare-trees kind of season. God is with you, sustaining you. He sees your season, and He is holding you with His righteous right hand. He Loves you!

Ronaele

★ Follow us on Instagram and stay connected with Women's Ministry!

Instagram

WHAT'S COMING UP?

- Pop-Up Gathering - October 10
- Leadership Pathway - October 24
- Harvest Festival - October 25
- Ladies' Christmas Luncheon - Dec. 5
- Ladies' Paint Night - March 6
- Renewed One Day Conference - May 1



Explore our website for the latest news and upcoming events.

Women's Ministry





Get to Know Our Leadership Team

Ruby Rowden



I'm 32 years old, born and raised in SoCal. I graduated from California Baptist University (CBU) with two bachelor's degrees in Sociology and Psychology, and I currently work as an Analyst in the Administration Department at Caltrans. I've been married to my husband, Mark Rowden, for seven and a half years, after meeting in college 14 years ago. We have one dog, Blue, our crazy seven-year-old Boxer, Pit Bull, Labrador mutt mix. If you asked my friends or family for three words to describe me, they would probably say loyal, supportive, and short!

Mark and I have been attending CrossWinds for a little over five years. When we got married, we struggled to find a church that felt like home for both of us. Mark attended a mega church, and I attended a small local church, so finding that comfortable middle ground was hard. After attending CrossWinds for the first time, the people were so welcoming, and we felt seen from our very first day. Our search for a home church ended.

When I have free time, I'm a huge homebody. I love spending time with Mark curled up on the couch with a cozy blanket, our dog, and a great show or movie on TV. I also enjoy coloring, light baking, and traveling all over the world! Something most people at church probably don't know about me is that I've traveled to 13 countries across Central America, Europe, Asia, and the Caribbean. Some of those trips were during my college days, but most of my travels have been with my favorite person in the world, Mark! Our favorite place we've traveled to is Japan—so much so that we've been there three times.

When I think about who has had the greatest influence on my walk with Christ, several people come to mind. My youth pastor growing up was a great example of a godly man who showed me what it meant to love others without judgment. I also had a couple of great mentors at CBU who challenged me and helped me grow in my walk with Christ. My husband, Mark, has also been a big influence in my life. He has challenged my views and the way I think through things, and he has taught me a lot about how to defend my faith.

A Scripture that has been especially meaningful in my life is Romans 3:23: "For all have sinned and fall short of the glory of God." It's been so crucial for me to continually remember that my salvation is not dependent on anything I do, but is all about the grace God has shown me throughout my life. We take good things and screw them up, but God takes screwed-up things and makes them good. That's a beautiful truth I hold onto.

When it comes to the gifts, strengths, and experiences God has given me, my top spiritual gifts are administration and helps. I've always been the type of person who enjoys serving others. Ever since I was about 15 years old, I've served in different ministries where I've learned and grown so much throughout the years. Some of my most impactful experiences have been serving in Kids Ministry, taking mission trips with CBU to Chicago, Bangladesh, China, and Vietnam, and serving in Youth Ministry for seven years with my husband. I've learned so much about what it means to serve and love others in different walks of life. I've also had challenging and humbling experiences, both as a leader and under different types of leadership, that have taught me a lot about what it means—and what it looks like—to be a good, and sometimes not-so-good, leader.

The area I'm most passionate about in ministry is the family. That includes family as a structure, family dynamics, and all the pieces that are included—mothers, fathers, husbands, wives, men, women, children, and youth. I think it's so important for us, and for society as a whole, to have a strong family structure and healthy family dynamics. Through my time serving in Kids Ministry and Youth Ministry, I've seen areas of the family structure that could be better. I would love to make a difference by helping women understand the important role they play in creating healthy family dynamics and building strong, healthy younger generations.

As part of Women's Ministry leadership, I would love to encourage and support women in the same way others have done for me. I want to be a good example of someone with a servant's heart who loves others, shows Jesus' love well through her actions, and challenges the people around me to do the same. I hope to encourage the ladies at CrossWinds, through both my words and my actions, to love Jesus, show Jesus, and point others to Him constantly. I also hope to help women feel welcome, encouraged, and uplifted through the events we plan. Life is hard, and we as women can have a lot to carry, so I hope our events give women a place to connect, be encouraged, and leave feeling genuinely renewed.

And just for fun—coffee, definitely! I'm a night owl, mountains 100%, and a sneaker girl who still enjoys a chance to dress up. My favorite dessert is picarones, a delicious Peruvian dessert, and my favorite holiday is Halloween. It's the one holiday Mark and I have been able to create our own family traditions around, which has been super fun and given us a lot of good memories.

Love in Action

DEVELOPING MINISTRIES

Contact Ronaele Wolf if you're interested (951) 452-3461

Care Ministry

Every season of life brings moments when we need a loving community to come alongside us with a little extra care and encouragement.

We are developing a ministry dedicated to caring for women who are homebound, sick, hospitalized, recovering, or welcoming a new baby. Whether it's organizing a Meal Train, helping with light housekeeping, offering practical support, or simply checking in, we want our sisters to know they are seen, loved, and cared for.

If you have a heart for serving and encouraging others, we would love for you to be part of this growing ministry. Sign up and help us put God's love into action—one sister at a time.



Meal Train

Sometimes a simple meal can be a beautiful way to show someone they are loved and cared for. Sign up to be part of our Meal Train team and help provide meals when a sister or family in our church is going through a time of need. There's no regular commitment—we'll simply reach out when a need arises, and you can help whenever you're available!

Meal Train



Missions & Outreach

Life Choice – Moreno Valley

The new pregnancy center is being established on Frederick Street. Would you pray about how we can encourage and partner with them? Would you consider volunteering as they express their needs?



Ladies' Bible Study

Looking for a place to grow in God's Word and connect with other women? Ladies' Bible Study runs September through May and is a place to be encouraged, build meaningful friendships, and grow together in faith. Come be part of a community where we can support and pray for one another through every season of life. Sign up today using the link below—we'd love to have you join us!

Ladies' Bible Study

Lord,
I want to be
like Mary today,
but can
you please invite
Martha over
to clean my house?



Women's Prayer

NEED PRAYER? WE'RE HERE FOR YOU.

NEED PRAYER? WE'RE HERE FOR YOU.

As we step into October and the busy months ahead, remember—you don't have to carry life's burdens alone. Whether you need encouragement, direction, healing, or simply someone to stand with you, we invite you to come and pray with us. ❤️

Beginning in October, prayer is available Sunday mornings before church in the lobby and after service at the front of the sanctuary. Look for the ladies wearing "PRAYER" badges and don't hesitate to approach them. Whatever is on your heart—big or small—bring it to the Lord and let someone stand beside you in prayer. You don't have to pray alone.



Harvest Festival Cake Walk Share Something Sweet!



Join us for the Harvest Festival on Sunday, October 25, from 4:00–7:00 PM! Ladies' we are running the Cake Walk, and we'd love your help making it extra sweet! Would you bless our Cake Walk with a favorite dessert? Cakes, cookies, brownies, cupcakes, pies, or any special treat are welcome—homemade or store-bought! Bring your donation to the church October 19–24 or Sunday morning, October 25. Please contact Ronaele at 951-452-3461 and let her know you'd love to contribute!



Helpful Hint



LAUGHING PLACE 🤔😂

The pastor announced, "Ladies, please remember to label your dishes for the potluck."

So I did. "Casserole — Made with Love."

My church bestie crossed out Made with Love and wrote: "Made at 7:42 this morning because she forgot."

I said, "You know lying is a sin!"

She said, "Exactly. That's why I corrected the label."

Fall: Because Sweating Is Overrated

Women's Ministry "PoP-Up Gatherings"

Grab a Friend & Join the Fun!

It's simple—just a little time set aside to connect, laugh, build friendships, and have some fun! Our Pop-Up Gathering is a relaxed evening where you can bring a friend, meet other ladies, try something new, and enjoy great fellowship together.

Saturday, October 10, 2026

6:30 PM – 8:30 PM | At the Church

Cost: \$5

You choose your rooms and your fun!

You get to choose 2 rooms!

🔥 **Room #1 – Wood Burning**

Get creative and learn the basics of wood burning while making something fun to take home.

✉️ **Room #2 – Stamp It Up! Card Making**

Create beautiful handmade cards while enjoying conversation and a little creative fun.

🍕 **Room #3 – In the Kitchen**

Roll up your sleeves and join us in the kitchen for pizza making and cheesecakes! Come ready to create, taste, and laugh.

🧶 **Room #4 – Learn to Knit**

Never knitted before? No problem! Come learn the basics and discover a fun new hobby.

Grab a girlfriend—or two—and come join us!

You don't have to be crafty, creative, or know anyone to attend. Just come ready to have fun and enjoy an evening with other women.

Sign up Sunday in the foyer or register online using the link below. Space in each room is limited, so choose your favorite and sign up early!

Come for the activity. Stay for the fellowship. Leave with a new memory—and maybe a new friend!

Fall Pop-Up



Faith Grows best
With friends by your side





RENEWED HEARTS AT CHRISTMAS



Ladies' Christmas Luncheon

"Create in me a clean heart, O God, and renew a steadfast spirit within me."

Psalm 51:10

The Christmas season is upon us, and we would love to celebrate it with YOU! Enjoy a beautiful afternoon filled with delicious food, Christmas cheer, laughter, sweet fellowship, a Christ-centered message, and the joy of simply being together.

Saturday, December 5th | Noon – 2:00 PM

CrossWinds Church | 29263 Ironwood Ave. | Moreno Valley

Donation Only

Wear your favorite holiday attire and make Christmas memories with us! Bring family and friends, or come on your own—there's a seat at the table waiting for you.

Amid the hustle and bustle of the season, take a moment to slow down and enjoy faith, friendship, laughter, and a little Christmas sparkle as we celebrate the One who renews our hearts.

We can't wait to share Renewed Hearts at Christmas with you!

Sign-ups will begin soon! Space is limited, so reserve your seat early. Watch for registration information on the church website or simply click the link below.

[Christmas Luncheon](#)



Life Choice Pregnancy Center

Let's Fill the Table with Love!

This year, our Christmas Luncheon's local community outreach is *Life Choice Pregnancy Center*, right here in Moreno Valley. Together, we have an opportunity to bless local moms and babies with practical, much-needed items.

We're asking every lady attending to bring at least one item to donate—although the more, the merrier! Each item you bring earns you one raffle ticket for a chance to win one of two fabulous raffle prizes! So come ready to give generously, fill our collection with love, and make a meaningful difference in our community this Christmas.

Look for the November Women's Ministry Newsletter for the complete wish list and all the details!



"May your heart be renewed by the hope, peace, and joy of Christmas."



Inspirational Message

Martha

FAITH IN ACTION • LOVE IN SERVICE

Believe boldly. Serve joyfully. Love faithfully.

“Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”

John 11:27

Martha of Bethany had a heart to serve. In Luke 10:38–42, she welcomed Jesus into her home and immediately became busy caring for everyone. Her desire to serve was good, but she became distracted and overwhelmed. Jesus gently reminded her that while service matters, our relationship with Him must come first. Our service for Jesus should always flow from time spent with Jesus.

In John 11:1–44, we see Martha’s faith put into action after the death of her brother Lazarus. When she heard Jesus was coming, she ran out to meet Him. Even in her grief, she boldly declared, “I believe that you are the Messiah, the Son of God.” Before Lazarus walked out of the tomb, Martha chose to believe. Faith in action means trusting who Jesus is—even before we see what He will do.

Then in John 12:1–2, we find Martha doing something very familiar: “Martha served.” But this time there is no mention of worry, frustration, or comparison—she simply served. Martha had grown. God didn’t take away her servant’s heart; He taught her to serve with faith and devotion. Love in service isn’t about doing everything—it’s about faithfully doing what God has called us to do.

Martha reminds us that we don’t have to serve perfectly. We can learn from correction, trust Jesus through difficult seasons, and continue using our gifts for His glory. May we be women who believe boldly, serve joyfully, love faithfully, and keep Jesus at the center of it all.

Scripture: Luke 10:38-44; John 11:1-44; John 12:1-2



Prayer

Lord, thank You for Martha’s example of faith, growth, and service. Help us not become so busy serving You that we forget to spend time with You. When life is difficult and we cannot see what You are doing, strengthen our faith to trust who You are.

Give us willing hands, loving hearts, and joyful spirits as we serve others. Help us notice the needs around us and respond with compassion, remembering that even the smallest act of kindness can reflect Your love.

May our faith be seen in our actions and our love be demonstrated through our service. Teach us to believe boldly, serve joyfully, and keep You at the center of everything we do. In Jesus’ name, Amen.

Recipe

Crock Pot Honey Lime Chicken

- ½ cup honey
- ¼ cup chicken stock (or water)
- 2 limes (juiced)
- 6 cloves garlic (minced)
- ½ teaspoon salt
- 2 lbs boneless, skinless chicken breasts (roughly 4–5 chicken breasts)

delicious!

- Whisk together honey, stock, limes, garlic, and salt in the bottom of a 4–6 quart slow cooker.
- Add the chicken breasts and turn to coat in the sauce.
- Cook on low for 3–4 hours, until the chicken reaches an internal temperature of 165°F.
- Remove chicken from slow cooker and transfer to a bowl. Shred with two forks or an electric hand mixer.
- Toss with cooking liquid and enjoy.



Reflection

by Koleen Medina

ARE YOU A MARY OR A MARTHA?

I had a thought on one Sunday while Pastor Willie was preaching about Mary and Martha. As he talked about Mary sitting at the feet of Jesus while Martha was busy serving, I found myself wondering, “Which one am I?” Women are often asked, “Are you a Mary or a Martha?”—almost as though being a Martha is a bad thing. But some of us simply have a lot going on in our brains! We’re the doers, the organizers, the ones making sure everything gets done. We’d love to sit quietly at the feet of Jesus...if the whole world didn’t seem to be waiting for us to “get ’er done!”

I love Martha because when you really read her story, you discover a woman who truly loved Jesus. Yes, she became distracted by everything that needed to be done, and Jesus lovingly reminded her that Mary had chosen what was better in that moment (Luke 10:38–42). But that wasn’t the end of Martha’s story. Later, after her brother Lazarus died, Martha was the one who ran out to meet Jesus and boldly declared, “I believe that you are the Messiah, the Son of God” (John 11:20–27). Martha wasn’t just a woman who served—Martha was a woman of faith.

Every one of us is unique, and we each bring something different to the table. There are Marys and Marthas, some Mary Magdalenes, and even a few Rahabs! These women had very different stories. They had different personalities, backgrounds, struggles, and scars, yet Jesus met them where they were. Mary Magdalene had a painful past but became a devoted follower of Christ (Luke 8:2). Rahab had a past that could have defined her, yet through faith she became part of God’s story of redemption and is even named in the lineage of Jesus (Joshua 2; Matthew 1:5; Hebrews 11:31). God has never been limited by a woman’s past when He has plans for her future.

Sometimes, as Christian women, we can be too quick to look at another woman and wonder, “Is she really a Christian?” We see how she talks, how she dresses, how she reacts, or how she handles life—but we don’t know her whole story. Not everyone grew up in a beautiful, loving Christian home. Some women came into this world under circumstances they never asked for.

Some had to fight their way through childhood, survive difficult homes, experience foster care, endure rejection, or live through things they never imagined they would escape. Yet here they are. Still standing. Still growing. Still learning to follow Jesus.

Most people looking at us today would never know everything we’ve walked through because we’ve learned how to hide our scars. Sometimes they’re tucked underneath a smile, a joke, a strong personality, or an “I’m fine.” Maybe we don’t always use the perfect Christian words. Maybe we don’t drip sugar from our tongues. Maybe we’re still figuring out exactly what “speaking the truth in love” looks like (Ephesians 4:15).

Does that make us less valuable to God? Absolutely not. Scripture reminds us, “People look at the outward appearance, but the LORD looks at the heart” (1 Samuel 16:7). He knows every part of our story—the beautiful chapters and the messy ones—and nothing about us is hidden from Him (Psalm 139:1–4).

Ladies, whether you identify with Mary sitting at Jesus’ feet, Martha getting things done, Mary Magdalene carrying a redeemed past, or Rahab discovering that your past doesn’t get the final word, remember this: God isn’t asking you to become somebody else. He’s asking you to give your heart, your story, your gifts, your scars, and your future to Him. We are all works in progress, being transformed by His grace (2 Corinthians 5:17).

So maybe the question isn’t, “Am I a Mary or a Martha?” Maybe the better question is, “Am I allowing Jesus to use the woman He created me to be?”

Sit at His feet when you need to sit.

Serve when He calls you to serve.

Speak when He asks you to speak.

And don’t be ashamed of the scars that remind you of where He’s brought you from.

There is room at the feet of Jesus for every kind of woman—with every kind of story. And when we get up from His feet, there is a place for each of us to serve.

Your past may be part of your story, but Jesus gets to write the ending.