November

women's newsletter

Upcoming Events

HopeAnchor & Crew Bracelet Making

Friday, November 13th - 6 to 8:30 PM
At HopeAnchor & Crew Bracelet Making

Devotions with Amy

Saturday, November 15th - 10-11 AM at Amy's home

Annual Ornament Exchange

Friday - December 4th - 6:30 PM
At Catalyst: A-M (last name) bring savory dish. N-Z bring a sweet treat. PJ's/Comfy Holiday Wear.

The Women of Catalyst

Meet Bre Bertram!

Hi! My name is Bre Bertram, and I currently serve as the Children's Ministry Coordinator. I am married to my husband, Rob, and we have three wonderful boys: Jack, Max, and Jesse. I have a passion for working with children and helping them grow in their faith. In my free time, I enjoy running, putting together jigsaw puzzles, and getting lost in a good thriller novel. I am excited to be part of this ministry and look forward to helping children discover and grow in their love for Jesus!



This Month's Recipe

Stove Top Chili

- 1 lb ground beef
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) red kidney beans, drained and rinsed
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (6 oz) tomato paste
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- Salt and pepper: To taste.
- 2 cups beef broth
- Olive oil: For sautéing.

1. Heat the olive oil: Start by heating up the olive oil in a large pot over medium-high heat. Once the oil is shimmering, add the diced onion. Cook it for 3-4 minutes until it becomes soft and translucent.
2. Cook the garlic: Add the minced garlic to the pot and cook for an additional 1-2 minutes, until fragrant.
3. Brown the ground beef. Drain off any excess fat if needed.
4. Add the seasonings: Sprinkle in the chili powder, cumin, smoked paprika, and cayenne pepper (if using). Stir everything well so the beef and onions are coated with the spices. Let the spices cook for 1-2 minutes to bloom their flavors.
5. Add the tomato paste: Stir in the tomato paste, making sure to mix it well with the beef and spices. This will thicken the chili and deepen the tomato flavor. Cook for another 2-3 minutes.



6. Add the tomatoes and broth. Bring the mixture to a simmer, then lower the heat and let it cook for 20-25 minutes.
7. Add the beans. Let the chili simmer for another 10-15 minutes.
8. Adjust the seasoning: Taste the chili and adjust the seasoning as needed.
9. Serve: Once the chili is cooked and perfectly seasoned, it's time to serve! Ladle it into bowls and top with your favorite chili toppings.

Join the Women's Group on the Church Center App to stay up to date on all things Women's Ministry!