

# MARCH

women's newsletter



## Upcoming Events

### Pulp & Pine

Thursday, March 5th | 6-9 PM

Pulp & Pine | Downtown Pendleton

Sign up and choose your project in the church center app. The deadline to choose your project is Tuesday, March 3.

### Devotions with Amy

Saturday - March 7<sup>th</sup> - 10-11 AM

at Amy's home (address can be found in the event notes on the Church Center app)

## The Women of Catalyst

### Meet Heather Beaty!

Hi! I'm Heather Beaty, wife to Jon and mom to Miles (11), Max (9) and Owen (6). We live in Pendleton and have been attending Catalyst for around 3 years. I serve on the Women's Ministry team, Kid's Check-In team, and the Medical team. Occasionally, you can catch my husband Jon drumming or playing the keyboard and singing on stage. We love outside activities and anything sports related. Most of our free time involves driving our kids around to various practices and games. If you see me around, I'd love to meet you, so come say hello!



## Reminders

### Spring Bible Study

As For Me by Adrienne Camp

February 11 - Apr 2

Wednesday Mornings 9:30-11:00 AM or

Thursday Mornings 9:00-10:30 AM

## This Month's Recipe

### Creamy White Chicken Chili

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (optional)
- 3 cups cooked chicken, shredded
- 2 cans (15 oz each) white beans, drained and rinsed
- 1 can (4 oz) diced green chilies
- 4 cups chicken broth
- 1 cup frozen corn kernels
- 1/2 cup heavy cream or sour cream
- Salt and pepper to taste
- Fresh cilantro, for garnish (optional)



1. Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic, sautéing for 3-4 minutes until softened and fragrant.
2. Stir in ground cumin, chili powder, paprika, and cayenne pepper if using. Cook for about 30 seconds to release the spices' aromas.
3. Add shredded cooked chicken, white beans, diced green chilies, and chicken broth to the pot. Bring the mixture to a simmer.
4. Let the chili simmer gently for 15-20 minutes to allow flavors to meld and the broth to thicken slightly.
5. Stir in frozen corn kernels and heavy cream or sour cream. Continue simmering for an additional 5 minutes to heat through and create a creamy texture.
6. Season the chili with salt and pepper to taste. Garnish with fresh cilantro if desired.
7. Serve the chili hot with tortilla chips or cornbread on the side.