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Central Territory
WOMEN'S MINISTRIES

WEBSITE: www.uscwomensministries.com

FACEBOOK: Central Territory—Salvation Army Women's
Ministries

PINTEREST: Centralwomenmin

INSTAGRAM: salvationarmywomen

TWITTER: TSACentralWomen

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The word flourish, when used as a verb means to grow or develop in a healthy or vigorous way. When used as a noun, flourish can be interpreted as a bold or extravagant gesture or action, made especially to attract the attention of others. **Flourish: to thrive, to prosper, to bloom, to blossom, or to wave with great fanfare.** There are many ways we want to see the women of God flourish, especially when they gather in fellowship, worship, service, or times of education.

Flourish is our women's ministries theme and inspiration during the 2015 – 2016 program year. Below we have identified four objectives that can help guide your ministry goals and dreams this year.

THE GOALS:

Discipleship

- o Bible Study
- o Mentor relationships
- o Prayer focus
- Community
 - o Embrace groups
 - o Fellowship opportunities
 - o Worship events
- Evangelism
 - o Helping women develop personal testimonies
 - o Outreach focus
 - Neighbor relationship emphasis

THE OUTCOME OF THE GOALS:

Growth

- o New women
- o New groups
- o New events

On the pages that follow we'll offer ideas and methods to help you reach these goals and dreams in 2015-2016.

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In this document you'll find ideas, suggestions, tips and programs such as:

- Devotions and Bible Studies
- Tips and how-to's for leading small group
 - Evangelism tools—*film festivals!*
 - Prayer Resources
- How to be a good neighbor guide
 - Mentorship how-to's
- Planning a women's worship night
- Women's Ministries partnering with the Pathway of Hope Program

Use them, get inspired by them creating your own visions programs on how to help the women in your community truly *flourish*.

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Through Discipleship

Free Bible Study recommendations :

- <http://uscwomensministries.com/resource/880/>
- <http://uscwomensministries.com/resource/loved-2014-international-womens-ministries-bible-study/>
- <http://uscwomensministries.com/resource/study-jesus-poverty-women/>
- <http://uscwomensministries.com/resource/scripture-study-s-o-p-method/>
- <http://uscwomensministries.com/2015/01/12-free-bible-studies-women/>
- <http://uscwomensministries.com/resource/bible-study-consumerism/>

Devotions:

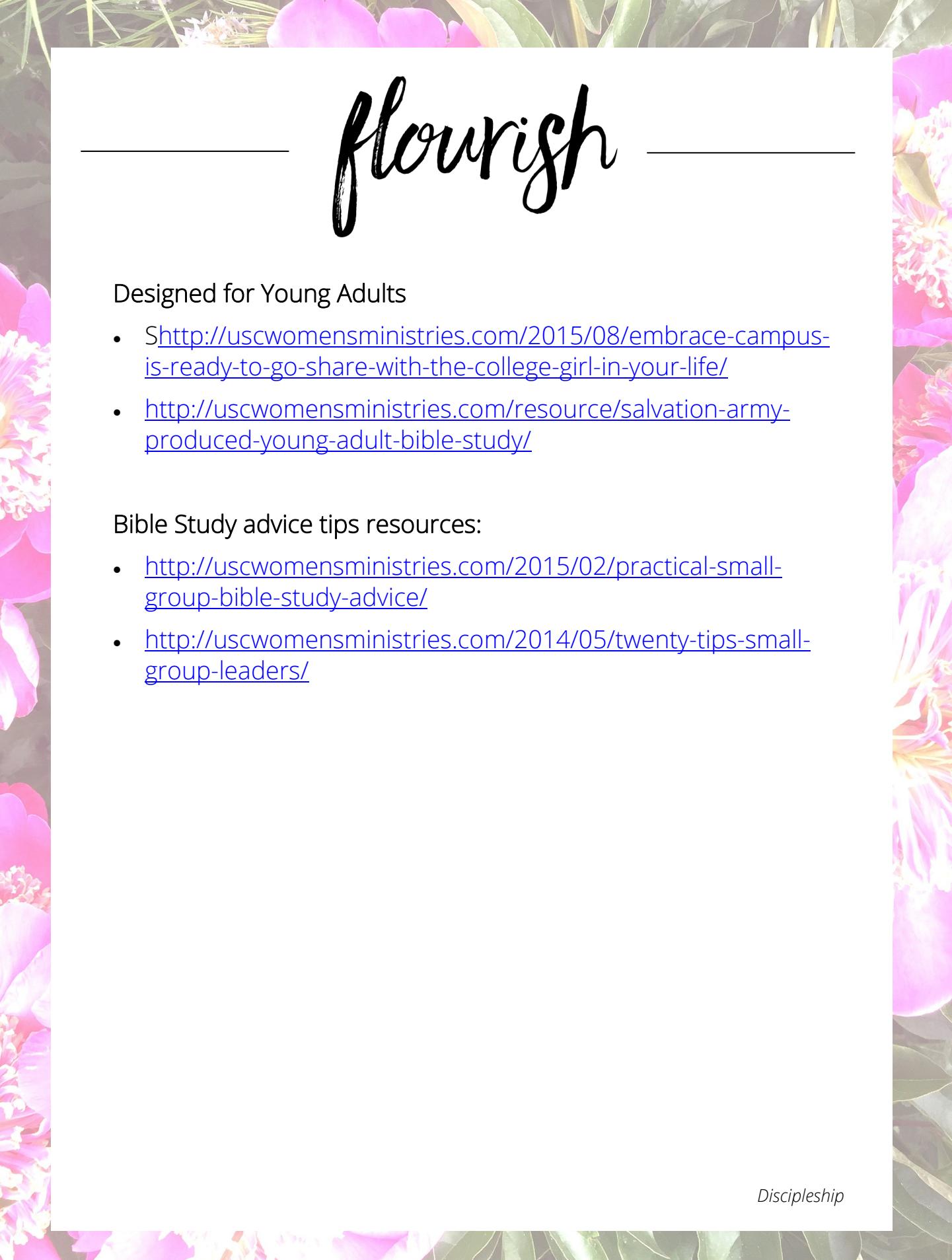
Devotionals with scripture, personal story and questions would be entry level. We have ten devotions with questions at the end on our website about Embracing, written by women in our territory.

- <http://uscwomensministries.com/2015/09/all-saembracedevos-in-one-place/>

Same for Everyday Offering

- <http://uscwomensministries.com/2015/09/all-everydayofferingdevos-in-one-place/>

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Designed for Young Adults

- <http://uscwomensministries.com/2015/08/brace-campus-is-ready-to-go-share-with-the-college-girl-in-your-life/>
- <http://uscwomensministries.com/resource/salvation-army-produced-young-adult-bible-study/>

Bible Study advice tips resources:

- <http://uscwomensministries.com/2015/02/practical-small-group-bible-study-advice/>
- <http://uscwomensministries.com/2014/05/twenty-tips-small-group-leaders/>

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Flourish in Generosity & Giving

"Through Sponsorship, children overseas are given a chance to overcome poverty, illness, and many other factors that first brought them into the Sponsorship Program. Every year, thousands of disabled, abandoned and impoverished children are given the gift of health, learning, activity and love. The Sponsorship Program coordinates funds and relationships between donors in the mid-west and Salvation Army children's homes, schools and centers around the world."

Sponsorship promotion—\$300/year*
<http://centralmissions.org/sponsorship/>

There are a number of ways to collect funds for this effort:

- Multiple scheduled, offerings at women's events throughout the year
- Bake sale
- Rummage sale
- Craft sale
- Clothing swap event with cover charge
- Hot cocoa mix sale around the holidays
- Vendor Event (*charge vendors a fee to have a table selling their product as an event*)



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*Or increase your World Services Goal by \$300

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Tips For Leading Small Groups

Over the years I have found the following guidelines and tips to be helpful in creating intimacy and comfort in the small group setting.

Be in prayer. Don't try to do this on your own. Bring your people, your preparations and you fears before the Lord.

Be prepared. If you're leading a group that is doing a study together, have it done ahead of time. Know the material well enough to have some supplement questions prepared in case conversation falls flat. If you're leading an [Embrace](#) group have your questions printed out, cut and on the table ready to go before your group arrives.

Demonstrate vulnerability. If you as the leader are not willing to show some growing pains and weaknesses in your life no one in your group will either. Set the standard.

Learn the art of silence as you lead – Don't occupy the time with your voice. Give the group a chance to process the questions, and the open quiet space to get brave enough to speak up. After reading a question, I challenge you to slowly count (in your head) to 10 -15 seconds before speaking. Scary I know! But if you rush into the silent moment with commentary or answers doing so may deliver a message to group members that this isn't their time to share, and it's just for the leader to teach. Typically small groups aren't supposed to be that way. Leaders should truly facilitate, create the environment and guide the group through the time, not teach the entire time.

Be faithful and honoring to who does show up. Sometimes we want to cancel when we know many group members can't come. But canceling should be avoided as it may deliver a message to those that are available, a message that says meeting together is only worth it if so-and-so is there. Honor those that are available, demonstrating that you value your time with them. Also remember, that not everyone will be able to be there every time, but it's still important to meet.

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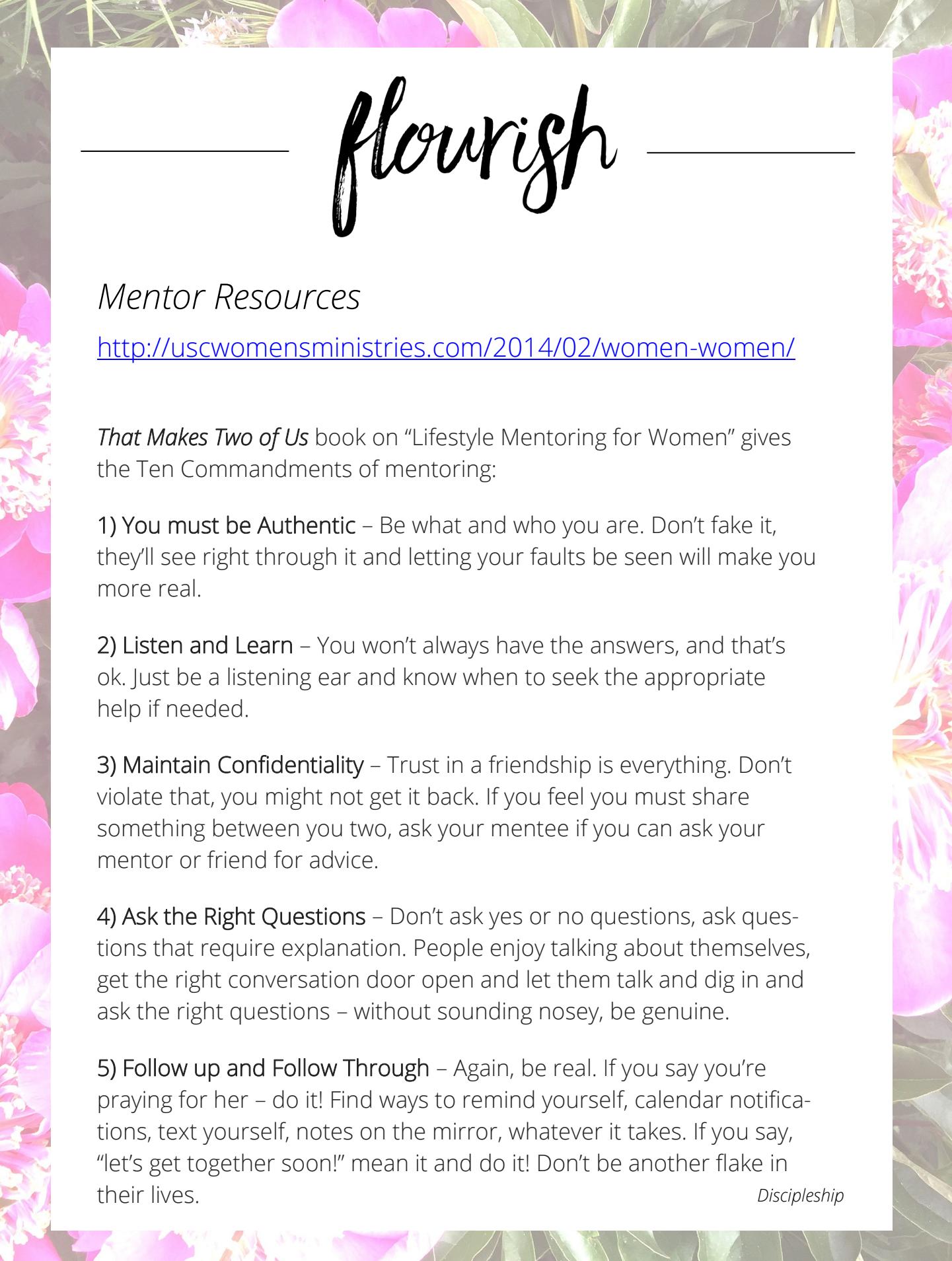
Tips For Leading Small Groups continued

Don't force it. If the conversation is just not taking off, don't push it and don't insist everyone answers every question. When things just aren't working that day, just casually say, "well let's move onto something else." This is where being prepared comes into play. This could be an opportunity to try another community creating activity. One I suggest is using our [prayers of intercession](#) resource. Again, just casually say, "well let's move onto something else. I've been wanting to share this unique prayer technique with your guys." Hand out the forms and give instructions. See the link above for instructions and the print out (print out ahead of time just in case!). After everyone gets their original form back, invite anyone to share about their request. Again, practice the art of silence and give space for someone to share. Count to 15! One brave soul may be the one that leads your group into a special and tender time of sharing.

A few minor but significant things to keep in mind!

- Keep the group no larger than 8, any larger people will get lost in the group.
- Sit in a way where everyone is facing each other, whether in a circle or around a table. If there is a 'second row' because there are so many people it's probably time to split and create two groups.
- Don't become discouraged when there aren't any 'wow' moments that day. Sometimes there will be awkward moments or days when it's just two or three of you, or days when you didn't feel the group connecting – but don't give up, that is not a reason to declare '**this isn't working.**'
- Keep trying, praying and trusting. If you're pursuing Him and acting in obedience, He's got you right where He wants you. *"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."* Philippians 1:6

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Mentor Resources

<http://uscwomensministries.com/2014/02/women-women/>

That Makes Two of Us book on “Lifestyle Mentoring for Women” gives the Ten Commandments of mentoring:

- 1) You must be Authentic – Be what and who you are. Don’t fake it, they’ll see right through it and letting your faults be seen will make you more real.
- 2) Listen and Learn – You won’t always have the answers, and that’s ok. Just be a listening ear and know when to seek the appropriate help if needed.
- 3) Maintain Confidentiality – Trust in a friendship is everything. Don’t violate that, you might not get it back. If you feel you must share something between you two, ask your mentee if you can ask your mentor or friend for advice.
- 4) Ask the Right Questions – Don’t ask yes or no questions, ask questions that require explanation. People enjoy talking about themselves, get the right conversation door open and let them talk and dig in and ask the right questions – without sounding nosy, be genuine.
- 5) Follow up and Follow Through – Again, be real. If you say you’re praying for her – do it! Find ways to remind yourself, calendar notifications, text yourself, notes on the mirror, whatever it takes. If you say, “let’s get together soon!” mean it and do it! Don’t be another flake in their lives.

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- 6) Encouragement is Key – “Don’t judge her. love her. You can disapprove of what she does without disapproving her. So love her through it all...good and bad.”
- 7) Pick Your Battles – By being genuine, following up, listening and knowing her; you’ve invested in her life. You have earned the right to speak into her life. Pick your battles, know when it’s worth risking things for.
- 8) Look for the God Moments – If you’re living life together you’ll laugh, cry, shop, and study together. Know when you testify and acknowledge God. When you screw up in front of her acknowledge it and talk about it.
- 9) Be the Initiator – Watch for who God puts in your path, don’t wait for someone to come to you, take them under your wing, approach them. Isaiah 38:19 *“Only the living can praise you as I do today. Each generation tells of your faithfulness to the next.”*
- 10) Keep Your Own Walk Fresh – Have your own quiet time, be in a Bible Study. Your mentee will mentor you but make sure you are also being mentored or lead by the generation before you.

You don’t need a bunch of tools to enter into a mentorship, but they can certainly help! You just need to practice these commandments and be genuine, loving and make time.

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Mentor Resources

www.moretobe.com is a great mentoring site with resources to help understand mentor relationships and how to start a mentorship program.

More free downloadable resources on mentoring groups:

Www.moretobe.com/etc



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Prayer Resources

Prayer Journaling— This prayer resource can be used during a four-fold worship program. Print out enough journals and calendars for all attending take time in the meeting to put them together. Read scriptures on prayer, watch videos on prayer, use the “Prayers of Intercession” form on page 13. Make enough copies for everyone so they are able to record the prayer requests of those who are willing to share.

<http://uscwomensministries.com/2015/05/start-our-free-month-prayer-journal-today/>

Prayer calendar—<http://uscwomensministries.com/2015/05/free-prayer-calendar-now-available/>

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prayers of intercession

name

request/concern

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Community Resources



Embrace is a small group movement for intentional and deep fellowship. The program design is simple and flexible. It is appropriate for women's groups, but may suit your mixed gender or men's groups just as well.

Participants will be encouraged to:

Embrace: change

Embrace: gratitude

Embrace: gifts

Embrace: newness

Embrace: age

Embrace: planting

Embrace: friendship

Embrace: freedom

Embrace: family

Embrace members agree to meet at a home once a month for a meal and a guided conversation facilitated by a leader, who has the four discussion questions for the month. When 6-8 members have signed up, a group is ready to start. The groups should not exceed 8. Each gathering will take about two hours.

Community



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Community Resources

embrace

COMMUNITY•SISTERHOOD•JESUS

Continued

The format is intended to foster fellowship on a deeper level. By meeting once a month, members are not burdened with a new program to attend, but can look forward to a once-a-month time of sharing. They can naturally develop relationships outside scheduled program time. The structure encourages sharing and sisterhood.

Learn more and to sign up to be a registered leader at:

Www.uscwomensministries.com/embrace/

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Embrace: Worship

Take your Ladies Night Out events to the next level by incorporating worship nights, monthly or quarterly.

A night of praise and worship just for women.

Include:

- Praise and worship (*does your division have a praise team from the music department?*)
- Prayer time
- Testimonies—arranged or random
- teaching (*invite another corps officer from the division*)
- discussion time via Embrace session style

Invite all women in the sphere of influence of the corps.



Community

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A few fellowship ideas which builds community from around the territory...

- | | |
|---------------------------------|---|
| Trips to IKEA | Scrappin' @ The Captain's |
| Mystery Dinner | College Town Student Outreach |
| DIY Laundry Soap | STOP: Start Taking Off Pounds – weight loss group |
| Dertoit Riverwalk | Beth Moore Bible Study & Videos |
| Archery Group | Pajama party |
| Women Community Prayer Meeting | Salvation Army Sistas Group: S.A.S.S. |
| Hawaiian Party | Apple Picking |
| Fashion Show | Weekly Rummage Sale |
| Group trip to Sault Ste. Marie | Karaokee Night |
| Junior Home League | Cookies for the Troops |
| | Nutrition Class and Exercise Center Tour |
| | Christmas Stockings to Soldiers |
| Dinner and fellowship | Book Club |
| Monthly Women's Sundays | Monday Morning Coffee Club |
| Paint Parties | Meal Support to Grieving Families |
| Freezer Meal Outreach Program | Menu Planning on a Budget |
| Mad hatter Tea and Garden party | A meal in 30 minutes for \$5.00 |
| Pumpkins Deocrating | Crock Pot Party |
| Picnic in the Park | Walking Group |
| | Garden Retreat |

Community

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Evangelism Resources

The social services program, *Pathway of Hope* is designed to bring together the resources of our community, our social services, and the corps congregations to help families walk the pathway from Crisis toward sufficiency.

Women's Ministries is a perfect way to introduce POH families to the benefits of a supportive corps community. As women get to know women, we offer a natural connection to pastoral care, worship and activities for the whole family.

Watch the videos on the website to get ideas and instruction on how to begin this partnership.



Evangelism

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Pathway of Hope

Involvement example

Provide Family Incentives

Week 1 – Laundry Items Basket

Week 5 –
Home
Beautification
Basket



Week 2 – Family
book & DVD
Basket



Week 4 – Family
game night Basket



Week 3– Home
improvement Basket

To encourage attendance at appointments or celebrate reaching goals: your women's and men's ministries could provide items for "incentive gifts" – fun but practical items arranged in an attractive gift bag, basket or box.

These baskets are unlimited: But we've listed Here are a few ideas to get you started

- Laundry basket – non fragrance laundry soap, dryer sheets, stain remover
- Family Reading/ Video Basket: age appropriate videos, and books; Children Bible stories, adult Bible or devotionals, age appropriate work books
- Home Improvement Basket: Swiffer, paper towels, garbage bags, liquid hand soaps, scented "plug ins"
- Family Activities basket: games, crafting items – children's scissors, glue, crayons, coloring books
- Home beautification basket: "Welcome" sign; centerpiece for table; recipe for a casserole with items included,

Be creative – just checking with the caseworker as to appropriateness of the items you'd like to include.

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Pathway of Hope *Involvement example*

How can Women's Ministries get involved?

- Awareness: is the first step – invite the caseworker and corps officers to educate the women on Pathway of Hope Program; the needs of the program, and how women might assist as a resource for women, families and caseworker.
- Strategize: With the corps officer and caseworker, women's ministries can strategize as to how they as a group can
 - (1) minister to the women in the program. What can they offer that would assist them in taking action to improve their stability? Does this involve special programming in addition to regular programming?
 - (2) What resources can they supply to the Pathway of Hope local program?
 - (3) What relationships can they foster with the women and their families?
- Publicize: Publicize the programs they can offer to the participants as part of the Pathway of Hope Orientation; Encourage inclusion in goals; follow up by caseworkers, corps officer as part of the pastoral care team – or “Pathway of Hope corps-care committee.”

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Pathway of Hope *Involvement example*

How can Women's Ministries get involved?

- Craft Night
- Spa Night – hand massages, manicures, facials, health and hygiene information
- Beautiful hair night – local beauty school or technical class demonstrate easy-care haircuts
- Movie Night – current Christian movies: " Soul Surfer, etc." with popcorn and soda or other healthy treats
- Mom's Night Out – for mom's to have a break – with children cared for at the Corps
- “Bunco Nights” – fellowship night that meets monthly
- “Baby Song” program for women with infants
- Sponsor Seasonal Family Activities: Easter Egg Hunt, Christmas activities, Mother/DaughterTea, 4th of July picnics, etc.

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Pathway of Hope Involvement example

Opportunities For All

- Take prayer requests and congregation prays for requests on Sundays
- If Pathway of Hope families also reside in shelter or transitional housing, the pastoral care team can interact with families during meals
- Soldier with a chauffeurs license provided transportation to appointments at another agency
- Coordinating women's ministries outreach events or specialty classes for parents during Corps youth activities increases participation in both areas by POH families.
- “Banana Bread Club” visitation team from corps who visit those who were first time guests in worship service and filled out a visitor card. The visit team deliver the banana bread (baked by team members) and offer to pray with the visitors, inviting them back the following Sunday.
- Corps members are encouraged to meet people who attend church and learn their names – so they can address them by name the next time.

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Pathway of Hope Involvement example

Share Expertise

- Corps members help tutor and teach an English Literacy class
- Corps member – a Human Resources profession helps clients write resumes and gives job interview advice
- Corps members have given gift cards as incentives for POH families to reach their goals
- Corps members help clients move into new housing
- Interest classes taught weekly for 4-6 weeks by volunteers including:
 - “Planning, Shopping and Cooking on a Small Budget” for a group of people by a soldier who is a chef. This includes group shopping for food items (made possible by donated grocery store gift cards), preparing the meal at the corps and sampling it together, but then allowing the clients to take the meal home
 - Budgeting classes to help manage mortgage payments, and large debts
 - Small group Bible study

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Learning your own story and testimony

It's difficult to tell your story and testimony when you're not even sure you could tell yourself.

We've found a few resources that a women's group could do together to help become more comfortable sharing their life and faith experience.



Contact sarah_micula@usc.salvationarmy.org for
more information

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Learning your own story and testimony

Pages 26-30 is an worksheet that helps Christians at any stage describe their testimony. This could be adapted into sessions for a focus group or fourfold program

Before I Accepted Christ (or gave Him complete control)

1. What was my life like that will relate most to the non-Christian?
2. What did my life revolve around the most? What did I get my security or happiness from? (The non-Christian is relying on something external to give him happiness)
3. How did those areas begin to let me down?

How I Received Christ (or gave Him complete control)

1. When was the first time I heard the gospel? (Or when was I exposed to dynamic Christianity)
2. What were my initial reactions?
3. When did my attitude begin to turn around? Why?
4. What were the final struggles that went through my mind just before I accepted Christ?

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Learning your own story and testimony

2. What were my initial reactions?

3. When did my attitude begin to turn around? Why?

4. What were the final struggles that went through my mind just before I accepted Christ?

5. Why did I go ahead and accept Christ?

After I Accepted Christ (or gave Him complete control)

1. Specific changes and illustrations about the changes Christ has made:

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Learning your own story and testimony

2. Why am I motivated differently?

Helpful Hints

1. Write the way you speak; make the testimony yours.
2. Practice this over and over until it becomes natural.
3. Shoot for short -- 3 minutes. At that length, it's easily something you can put into a conversation without it becoming a monologue.

An example: Look at Paul's testimony as you consider how to tell your story.

His life before (Acts 22:1-5)

- Paul describes what he thought and did before he became a believer.
- Be careful not to use clichés and church language. Talk in terms they'll understand.

After (Acts 22:12-21)

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Learning your own story and testimony

- Your goal: to give specific, yet appropriate, examples of what your life was like (attitudes, needs, problems) before Christ.
- Remember that examples you give will establish you as a credible witness in the minds of non-Christians. However, avoid a religious focus. (You want to make it about Jesus and your need for Him.) Don't spend a great amount of time talking about church activities or denominations before your life began to change. Likewise, avoid being explicit and sensational in speaking of drugs, immorality, crime or drunkenness.

How (Acts 22:6-11)

- Paul explained how he became a believer.
- Your goal: to allow the listener to walk away with a clear understanding of how you became a Christian and how he or she can trust Christ as the payment for their sins.
- Be careful not to use clichés and church language. Talk in terms they'll understand.

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Learning your own story and testimony

- Paul explained how becoming a believer changed his life.
- Your goal: to explain specific ways Christ has changed your life -- to show that having Christ in your life really does make a difference!

Avoid using general statements such as "I have so much peace now." Be specific. It is the Holy Spirit's responsibility to draw someone to Christ, but you want to communicate your story in such a way to show the listener that your life is different and more meaningful with Christ.

This resource is from:

<http://www.cru.org/train-and-grow/how-to-tell-your-story-worksheet.html>

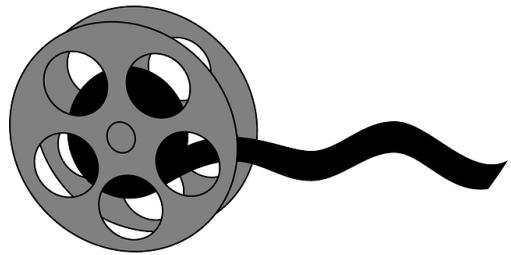
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Evangelism Resources

Outreach event ideas:

- Movie in the Park(ing lot)
- Find out when the community is having an outdoor event and ask to have a booth
- Parenting Classes
- Film Fest Night—Use www.globalshortfilmnetwork.com—watch short films with discussion questions after
- Film Fest Night—videos of testimonies Www.iamsecond.com Have discussion after each video with provided PDF of questions



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Evangelism Resources

"I tell you, open your eyes and look at the fields! They are ripe for harvest." John 4:35

Incarnational Living

Encourage the women in your sphere of influence to **flourish**; growing and loving right where God has planted them. This means being invested in the place and space that you live, growing in your community and developing relationships with your neighbors. The incarnational aspect, bringing the Good News of Jesus. This has little to do directly with the corps, this isn't about bringing in more people. The goal is to teach corps members to be relational with their neighbors—a great outcome would be new corps members.

But again it's not the goal.

- First, prayer for your neighbors!
- Pray that you'll be lead by the Spirit.
- Backyard outdoor movie night
- Block Party
- Backyard BBQ
- Organize a Neighborhood Garage Sale Day
- Ask for a cup of sugar, or can opener, something to connect and break the ice

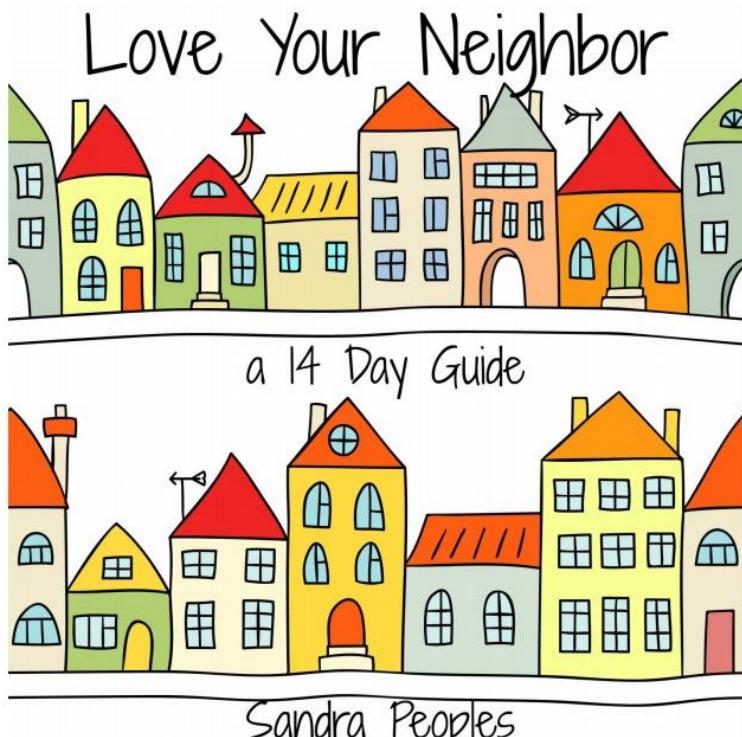
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Evangelism Resources

"I tell you, open your eyes and look at the fields! They are ripe for harvest." John 4:35

Try this resource, a 14 Day Guide to Love Your Neighbor



<http://www.sandrapeoples.com/wp-content/uploads/2013/01/Love-Your-Neighbor-by-Sandra-Peoples.pdf>

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