

March 2020 – Susan B. Anthony

BY MAJOR KATHLEEN KNICKERBOCKER

Introduction

Susan B. Anthony spent her life fighting for the rights of women. She refused to let women be known only as housewives and child bearers. She fought against men who said that women did not belong in the business world nor should they have a voice in politics. During the era in which Anthony lived and campaigned, women were looked down upon for speaking up. She fought to give them a voice.

Some areas of the world today continue to view women as inferior and treat them poorly. Even in the USA, some women are told when they can speak or eat, how to dress and what to do. That is why battered women shelters are necessary.

Susan B. Anthony succeeded in making sure that we as women have the right not only to vote but to be viewed as equals. *Ask one of the women to share further information about Anthony with the group. For information on her life, visit the local library or the following websites:*

<https://www.history.com/topics/womens-history/susan-b-anthony>

<https://www.biography.com> (Search under her name for videos.)

<https://susanb.org/>



Trivia Questions

1. Susan B. Anthony's parents didn't want her to play with toys or games because _____
2. How old was Susan when she learned to read and write? _____
3. The Temperance movement wanted to help people with _____
4. What was the name of Susan's weekly newspaper? _____
5. How was Susan B. Anthony honored in 1979? _____
6. Susan was born on February 15, _____
7. Susan's first occupation was a _____
8. Susan B. Anthony and Fredrick Douglass were _____
9. She joined the teacher's union to fight for _____
10. Susan was arrested in 1872 for _____

* **ANSWERS:** 1. They didn't want her distracted by unimportant things. 2. 3 years old
3. Drinking problems 4. "The Revolution" 5. They put her picture on one-dollar coin. 6. 1820
7. Teacher 8. Abolitionists 9. Equal pay for men and women 10. Voting

Memento

Find a memento of a woman who has impacted you or helped you to be who you are today. Share with a friend the memento and tell her about that woman.

Speak Up

We read in Proverbs 31:8-9, "Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless and see that they get justice." King Lemuel, who wrote Proverbs 31, indicates that this is a message his mother taught him. His mother was like all other mothers. She wanted to give her son some good advice that would help him throughout his life. My mother loves to give advice, and I find myself giving my own daughters advice that I believe will help them.

The words of Proverbs 31:8-9 applies to us all today. It's easy to sit back and say that we don't want to get involved. However, God tells us to get involved and to help when needed. We read in 1 John 3:18, "Dear children, let's not merely say that we love each other; let us show the truth by our actions." We are asked to share with others the talents and gifts that God has given us.

Susan B. Anthony lived out the verses of Proverbs 31:8-9 throughout her life. She did everything she could to be heard and to change things. She gave countless speeches, traveled to many cities and was even arrested, but she never strayed from her mission. Even after all that Susan had gone through for her cause, she said, "I have given my life and all I am to it, and now I want my last act to be to give it all I have."

We all have the ability to help others and change the world around us. Susan B. Anthony said it this way: "The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled the more I gain." Our faith and experience helps us to grow and become a resource to help others through trials we may have gone through ourselves. Are we willing to commit our lives to the mission God has planned for us and never be deterred? Are we willing to do whatever we need to do to help those in need and to give a voice to those who feel lost and alone? Psalm 22 talks about how we might be surrounded on all sides, but God will be right there beside us in everything we go through if we are willing to trust Him.

Susan said, "Oh, if I could but live another century and see the fruition of all the work for women! There is so much yet to be done." Even now, there is so much to be done for God's Kingdom. Are we willing to be used by God to help get it done?

Article co-written by Major Kathleen Knickerbocker and Major Martha R. Wheeler

April 2020 – Come to the Garden

BY [CAPTAIN SHERRY CZANDERNA](#)



The Garden of Eden

At creation God fashioned a glorious dwelling place in the Garden of Eden. This haven of peace was equipped with all the necessary elements needed for each seed-bearing plant to reproduce a harvest. The realm of God's power and glory flourished there because He was that peace and glory in the garden.

God created man in this marvelous habitation and established a relationship between Himself and Adam. Then as a companion for Adam, God fashioned Eve

from Adam rib. Both individually enjoyed a personal relationship with God and with each other. Loneliness did not exist in the garden.

That same relationship invitation is available to us today. God, who created this invitation, is the same today as He was yesterday and as He will be forever. He is unchanging. He reveals Himself through His Word. In prayer and Bible study, we can experience His home in our hearts. In His presence is a harvest of peace, joy and love. As He did with Adam and Eve, God reveals Himself as Creator, Redeemer, Sustainer and Governor of all that exists.

From our garden experience with God, we can learn three lessons. The first is that God's Word is our source of faith. The second is that community living necessitates Christlikeness. The third is that seed bears seed in its own likeness.

The first lesson teaches that God is our perpetual source for life sustenance (2 Peter 1:3). Like a branch that draws nourishment from the vine planted by the streams of water, so we receive faith and spiritual maturity from God's Word (John 15:1 and 5). Equally so, we wither and perish under trials without deep roots in His Word (Psalm 1:1-3).

The Word of God directs our thoughts, words and actions out of temptation's way and empowers us to overcome difficulties. By reading, memorizing, talking about and applying His Word, the Holy Spirit has an opportunity to work in our inner being like no other power. He imparts wisdom, convicting us of personal sin, His righteousness and the judgment to come.

The second lesson teaches about Christ on the cross. The vertical piece of wood on the cross depicts God's original relationship in the garden with Adam and Eve. The horizontal piece of wood symbolizes our relationship with others. Before Adam and Eve fell prey to temptation, fellowship with God in the Garden of Eden was divine. After their disobedience, they were barred from the garden. In response, Christ intervened for the sin of mankind. In the Garden of Gethsemane, Christ accepted blame for the sins of the world. His obedience unto death nailed Him to the cross (Romans 5:6). Galatians 3:13 (NIV) describes it this way: "Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: 'Cursed is everyone who is hung on a pole.'" Christ experienced the

wrath of God. He felt abandonment when He took the place of sinful mankind. His selfless choice exchanged eternal death with eternal life, renewing the broken covenant between God and man that had been spoiled by selfish disobedience (Heb. 5:8, 9).

Now out of our renewed vertical relationship with God, overflows His unconditional love that influences our horizontal relationships with others (1 John 4:19–21). An example of this is when we hurt others by our greed, pride or lustful nature. If we have been in prayer, fellowship and Bible study, we will more readily recognize that we have carelessly hurt others with our words or actions. Our spirit will more likely submit to the Holy Spirit's nudge to seek God's forgiveness. A desire to intercede and apologize will rise within our heart.

If we choose to hold on to grudges and remember the details of offenses, bitterness will cause us to disregard our lifeline. If we allow the Holy Spirit to convict us of our sin nature and convince us of His forgiveness, He will enable us with a right spirit to forgive and to live God-pleasing lives. Through His work in us, we will bear the fruits of righteousness and peace (Eph. 4:32). Keep in mind, however, that sometimes our apologies may not be met with acceptance. In those times, we can yet intercede for the healing of the one we've hurt.

The third lesson teaches that seed bears seed. In the Bible, the Gospel is referred to as seed that is scattered on the soil of a hearer's heart and springs up as faith (John 5:24, 25). Personal testimony is one meaningful way to introduce others to Christ. Sharing about our faith experiences often inspires others to seek God. This is not always the result, however, as it is the hearer's choice to receive or reject.

Those who do receive the seed of faith further root their faith in Christ by studying the Bible, memorizing Scripture, journaling, praying, fellowshiping and sharing their testimony with others (1 Tim. 4:16). Such discipleship strengthens and matures their faith until it becomes their soul's conviction. This is fruit that remains from a seedling.

Martyrs are one example of Christians who have such conviction. They refuse to deny their faith in Christ often resulting in torture and death. A theologian from the early church once said, "The blood of the martyrs is the seed of the church." He explained that they were willing to sacrifice their life rather than deny their identity with Christ (John 12:24). God abides in the garden of their hearts. Believers live in expectation of a glorious future with Christ at His return (Romans 8:22). They are confident that, where He is, they will also be (John 14:2). Faith roots, grows and bears fruit in God's Word. In His presence abides the fullness of life. It is home sweet home for the soul. So, why not come to the garden?

April 2020 – Family Challenge

BY [CAPTAIN MICHELLE LYLES](#)

Introduction

“A glad heart makes a happy face” (Prov. 15:13).” This program will focus on having fun with our families when we are at home for long periods of time.

Activities

Saran® Wrap Ball Game

This game involves a massive Saran wrap ball and a pair of dice. The ball consists of Saran wrap wrapped tightly with candies layered throughout. Place a grand prize in the very center of the wrap—a rolled-up t-shirt, a water bottle, gift card or a key chain.

Instructions

Ask the participants to sit around a table. The first person starts unwrapping the ball while the person on their right rolls a pair of dice, attempting to roll doubles. The person with the ball unwraps it until this is achieved. Once doubles are rolled, the ball and dice are passed to the right and the sequence begins again. If any treasures fall out while the person is unwrapping the ball, they keep them. To make the unwrapping more challenging, have the person wear mittens or blindfold them. When making the ball, if using individual pieces, change directions in wrapping to make it more challenging to unravel.

Spoons

Check the Internet for this easy game that involves spoons and playing cards. Google the words “game spoons.”

The Burden of Competition

One of the ways in which my family relaxes and unwinds is to play games. We order pizza and play a rousing game of Monopoly®. My daughter especially loves to play any kind of game. However, if you play a game with her, the rules only apply to you, not to her. My husband calls this “Calvin’s Ball” after the cartoon strip *Calvin and Hobbes*. When Calvin plays a game, the rules don’t apply to him. He makes them up as he goes, often changing them on a whim. When you play a game with a child, they do not want to lose. They think they are supposed to win every game. It’s up to us to teach them that in life things don’t always go our way. Life is going to be competitive and challenging. There will be moments when we feel absolutely overwhelmed. We are not going to win every game.

There are times when even a much anticipated family game night can go sour. This happens when we become increasingly competitive and our hearts begin to harden towards our competitors. We get angry and bitter until eventually ... BOOM! “You want me to trade you Boardwalk for \$10,000 and all your Green Properties? Forget-about-it!” Competition is a normal part of life, but it can very easily lead to out-of-control emotions.

As a wife, a mother, a sister and a daughter, I often find it hard to find balance between the various sides of my life. There will always be competition in the search for perfect balance in our lives. I constantly try and more often than not fail to arrange my life in such a way that each of these areas is in balance. Each is important, yet seldom do we find enough time and energy to devote ourselves equally to them.

I often find myself looking in the mirror and wondering: Did you see how amazing that woman is as a Godly wife? Am I as supportive as she seems to be? That young mother is simply sensational! Am I as attentive as a parent? Am I as uplifting to my sisters? Am I as respectful as this daughter? Am I? Am I? Am I? Once we begin comparing ourselves to others, the "Am I's" never seem to end. We get stuck in a cycle of "AM I's" and the competition seems unending. When this happens to me, I easily become distressed in a never-ending cycle of comparing myself to others. Consequently, all the roles I have in my life fall out of balance and I find myself circling the drain spiritually. Burnout and pessimism follow shortly thereafter.

In these moments of desperation God's Word can come to life and speak directly to our hearts. Proverbs 15:13 states, "A glad heart makes a happy face." Our loving God never intends for us to feel distressed or overwhelmed. God doesn't want us to live in the valley of lowliness. He intends for us to seek Him out in these heavy moments and find peace and comfort in the fact that we are intentionally created by Him to be exactly who we are. The Psalmist wrote, "Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it" (Ps. 139:14). When we are faithful to God, we can be assured that we are exactly who He has created us to be. Then we can have "a glad heart" and make a "happy face." It's in these moments that we see God's goodness and beauty in all things and the need for competition stops. When we take in the fullness of God's grace, competition doesn't seem important.

Imagine that our spirit is a water bottle. Each day we fill our bottles with many different objects. When we speak with God, and live faithful, holy lives, we fill our bottles with the Living Water. When we ignore God, walk our own way, and do things to please only ourselves, we are not living according to God's Word. We are sinning. In these moments, we are filling ourselves up with worldly things, temporary things.

If we squeeze a water bottle hard enough, its contents will eventually come pouring out from the top. As things start to press in on us from all sides and the pressures of life come crashing in, what we have poured into us will come out. If we are filling ourselves with God, when life gets stressful or unbearable, we will push out God's spirit. If we have only lived for ourselves or for the thrill of competition, then we will stand exposed.

Do you find contentment in God? Can you put on a smile no matter the circumstance because you know that the King of the universe is in your corner and has uniquely equipped you to be you? Then smile, for you, too, are "marvelous."

April 2020 – An Example to Follow

BY [CAPTAIN JANELLE GONZALEZ](#)

Introduction

The practice of foot washing can be found in the hospitality customs of ancient civilizations, especially where sandals were the chief footwear. A typical Eastern host might bow, greet, and kiss his guest, then offer water to allow the guest to wash his feet or have servants do it or even serve the guests by washing their feet himself. This is mentioned in several places in the Old Testament—[Genesis 18:4](#); [19:2](#); [24:32](#); [43:24](#); [1 Samuel 25:41](#). It is also recorded in other religious and historical documents. Though the wearing of sandals might necessitate washing the feet, the water was also offered as a courtesy even when shoes were worn. For further information on foot washing check the following website: http://www.newworldencyclopedia.org/entry/Foot_Washing.

Think About the Following:

1. What practices do you follow to show hospitality to guests who visit your home?
2. Do you have any hospitality practices that were learned from your parents/grandparents?
3. Have you experienced any hospitality practices that are totally different from yours? Did you like or dislike them?

Wash My Feet

Read John 13:1-17

In some cultures, having a guest in the home is the most prestigious and happy event possible. Good hosts often spend all day cleaning and making sure the home looks and feels its best for the guest. They will offer the best seat in their home even if they don't have a place to sit themselves. Gracious hosts will even offer their own bed to guests if they are spending the night. They will go out of their way to make sure guests have the best experience in their home.

In some homes, the host shows hospitality by receiving their guests by serving fancy appetizers, by carefully storing their coats and offering new house shoes or pretty socks to wear inside the home. I have a niece who loves having guests visit her home. When she was younger she would get super excited whenever her family had guests. She would offer them drinks, sit and chat, show them her dolls and tea set. Her excitement was such that she was always finding ways to make her



guests feel comfortable and at home, so that they would want to come back again.

When I was a child I loved having people over to our home as well. Having guests meant that we would use the pretty china kept in the special china cabinet.

My family always tried to serve the best savory food and special treats. I have always loved beautiful and glitzy items and being able to eat on good china that made me feel very special too. Having guests over also meant that we would have yummy desserts and sweet cakes at the end of our meal. We splurged to make sure our guests enjoyed extra special treats.

In Jesus' time on earth, the way to show hospitality was by washing the feet of guests as they entered the home. Sandals were the footwear of choice and people walked everywhere. They didn't have cars, buses, trains or airplanes to get from one place to another. The roads were dusty and dirty and feet became soiled and tired. A good foot washing was very important for people after traveling to visit friends.

The passage in John tells us that Jesus was with His disciples at what we now know as the Last Supper, the traditional Passover meal. Jesus knew that the time was near when He would be betrayed by one of His own disciples and go to the cross. But that did not stop Him from extending hospitality to His guests and making them feel loved and welcomed.

Although the washing of feet was considered to be a servant's job, Jesus, though He was the king of Kings and the Lord of Lords, showed us a great example to follow. He took off His robe and washed the feet of all the disciples. Later He asked them to do the same for others. By performing a simple kind act for His guests, Jesus provided an example for us of humility in action and taught us how to serve while showing pure love to others.

Today the leaders of this group showed love by washing your feet. Others prepared some of your favorite snacks. With these simple acts of humility, service and love they were following Jesus' example.

This month as we reflect on Jesus and the sacrifice He made on the cross, I invite you to follow His example of pure love, humility and service with others—especially to those who share your home. Our prayer is to be like Jesus in every step of our lives.

Chorus #328 in *The Salvation Army Song Book* addresses our desire to be like Jesus. Sing this chorus in closing.

April 2020 – National Stress Awareness Month

BY [LT. ALLISON BETHEL](#)

Introduction

April is [National Stress Awareness month](#), which began in 1992 to draw attention to the health risks associated with stress and strategies for coping with it. Think of all the roles that women play in an average day. We are mothers, daughters, wives, friends, cooks, maids, chauffeurs, doctors and negotiators. No matter where we turn—home, the job, church—there is work to be done. As busy, multi-tasking women, our lives can be filled with stress.

Program

Take a stress test and consider your main stressors. The Holmes–Rahe Life Stress Inventory can be found at: <https://www.stress.org/holmes-rahe-stress-inventory/>

Some effects of stress are listed below. More information is available at mayoclinic.org or stress.org.

- Stress affects one's body, emotions and behavior.
- Physical signs of stress include headache, muscle tension, chest pain, tiredness, digestive issues and insomnia. If stress continues for a long period of time, it can lead to high blood pressure, heart disease and diabetes.
- Emotional signs of stress include anxiety, irritability, feeling overwhelmed, a lack of motivation and depression.
- Behavioral signs of stress include over or under-eating, responding to situations rashly, withdrawing from friends and family and a decrease in activity level.
- Get healthy: A healthy diet, regular exercise and a good night's sleep prepare your body for stress and help reduce it. 1 Corinthians 6:19, 20.
- Live in the present: Don't dwell on the past or fret about the future. Focus on the present. Matthew 6:34.
- Stay connected to God: Throughout the day, whether you're doing dishes, folding laundry, handling a crisis at work, or leading children's church, keep your heart and mind focused on God. Colossians 3:17.
- Take some time out: Take a few minutes each day to meditate on the Lord and listen to Him. Take some time each week to do something you enjoy. Psalm 46:10.
- Brainstorm ways to reduce or relieve stress in your own life. What works for you? Make sure to keep it practical and fun. For example: a coffee date with Jesus, hiking, journaling, painting, or playing music. Challenge the women to make time this week to do at least one of the stress-relievers they listed.

Reinforcement Activity: Create a prayer or quiet time journal

- Supplies Needed: 1 sketchpad, 1 piece of cardstock, glue sticks, markers, colored pencils.
- Directions: 1. Select a sketchpad. 2. Glue a piece of cardstock onto the cover of the sketchpad. 3. Design your cover, using the colored pencils and markers. 4. Decorate the inside pages as desired. 5. After your journal is finished, spend a few minutes with the Lord and make your first entry.

Be Still

“Be still and know that I am God!” (Psalm 46:10)

Women are the ultimate marathoners. From the time we wake up in the morning until the time we go to sleep, we are running. We are constantly concerned with not just our own needs, but also those of our spouses, children, grandchildren, parents and even friends. We may feel as if we carry the weight of the world on our shoulders. Amid the busyness and stress of our lives, how can we possibly find time to be still before God?

I used to imagine a perfect time and place where I could have my perfect quiet time with God. I found myself frustrated because that fantasy was not reality; my perfect time and place were interrupted by work obligations, other people’s personal crises and my own family’s needs. I found myself again asking, “How can I be still amid the chaos of my everyday life?”

We can learn a lot from the familiar story of Martha and Mary. When Jesus came to their house Martha was busy with all the preparations and work to do for the visit. Mary, on the other hand, sat at Jesus feet, listening intently. Martha, frustrated with her sister said, “Lord, tell her to help me.” Jesus said to her, “There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her” (Luke 10:42).

There is no perfect time or perfect place for our perfect quiet time with God. The work will never end, but we can choose what is best. Despite the chaos, we can choose to sit at Jesus’ feet. We can choose to spend time with the Lord first. Then the dinner will get cooked, the bills will get paid and the house will get cleaned. The perfect time is now. The perfect place is here. Be still and know that He is God!

The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

LIFE EVENT	MEAN VALUE
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e. ... birth, adoption, older adult moving in, etc.)	39
15. Major business readjustment	39
16. Major change in financial state (i.e. ... a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e. ... either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc. ...)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. ... a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, freezer, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Now, add up all the points you have to find your score

TOTAL

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.
 150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.
 300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

Verses to Meditate on During Times of Stress & Uncertainty

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.” Isaiah 43:2

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:31

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

“Many are saying of me, “God will not deliver him.” But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side.” Psalm 3:2-6

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.” Matthew 6:31-33

“My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father’s hand.” John 10:27-29

“You will be secure, because there is hope; you will look about you and take your rest in safety.” Joshua 11:18

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” James 1:2-3