

Women's Ministry Resources



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org

Education Programs



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



Education Programs

October 2020 – Just Be In Good Health

October 1, 2020 By Major Betsy Cox



||

“Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers”

(3 John 1:2) NASB.

Centerpiece

Use a bowl or basket of fresh fruits or vegetables as a centerpiece. These can be served as a part of the refreshments.

Refreshments

Invite the women to bring healthy snacks to share.

Game – Which Is Best?

Spend time looking at the calories, fats and cholesterol content of the various snacks. Make a game of this by showing two snacks and ask the women to identify which one is the best choice.

Calorie Counting

Using a calorie counter found on the Internet, help the women explore the number of calories they need each day to maintain, lose, or gain weight.

Following are a few sites:

<https://www.calculator.net/calorie-calculator.html>

<https://www.cancer.org/healthy/eat-healthy-get.../calorie-counter-calculator.html>

Discuss the number of calories found in food. You can find this information on the Internet.

Speakers

Invite a nurse or nutritionist to speak to the group about healthy eating, exercise plans, information on diabetes or other health issues. Ask an aerobics teacher to share exercises suitable for women of all ages.

Song

Sing the song #521, "Dare to be a Daniel" *The Salvation Army Song Book*.

What to Eat

I was preparing supper when my four-year-old granddaughter pulled a bench up to the counter. She spied the pretty cupcakes that were for dessert. Remembering her mom's teaching she said, "Grandma, I would like to eat my cupcake first, but I know I have to eat the good food first." She did wait, ate her dinner and then enjoyed her cupcake. There is a lesson in this for us. We need to follow God's directions in all things, including taking care of our

bodies. Scripture reminds us that we are the temple of God and we need to keep it clean. (See 2 Cor. 6:16)

Daniel is probably best known as the prophet who survived a night in the lion's den. I love the story of Daniel. It speaks of God using him because he was faithful in the little things. Daniel trusted God from his early years. We read in Daniel 1:20, "And as for every matter of wisdom and understanding about which the king consulted them, he [the King] found them [Daniel and his friends] ten times better than all the magicians and conjurers who were in all his realm."

After being captured and exiled to Babylon, Daniel was placed in the royal court to be groomed to serve the king for the rest of his life. While there, he asked to be given vegetables and water instead of the king's delicacies and wine (Daniel 1:8). This was probably because the menu would have included food that was forbidden by Jewish law. Although he was in a culture that did not honor God, he still obeyed God's laws. We often can be pressured to compromise our standards and live more like the world around us. We read, "Daniel resolved not to defile himself with the royal food and wine." It is easier to resist temptation if we have thought through our convictions before the temptation arises and rely on God's help in every situation. After ten days on this diet, Daniel looked healthier than the other men. Through the next three years he was faithful to God, and the king found favor with him.

Following a healthy life style is not always easy. We know what we should do, but we can easily be tempted to eat foods that are not good for us. It is during those times that we need to be reminded of 1 Corinthians 6:19.



"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own?"

Ask God to help you as you battle those things that tempt you, remembering that your body is the temple of the Holy Spirit.

Prayer

Heavenly Father, help me to keep my life in balance as I live and serve You. Guide me to make good choices in regard to food, exercise and rest. Amen.

About author

Major Betsy Cox

USA Central Territory





[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

November 2020 – Just Be Thankful

November 1, 2020 By [Major Melissa Viquez](#)



//

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” (Colossians 3:17 NIV)

Introduction

Follow our steps on creating a low-budget Thanksgiving feast.

Soon we will celebrate Thanksgiving. Families will gather to thank God for His faithfulness. Fall colors transform the trees as though they are dressing up. So we should prepare our hearts to show our Creator our gratitude for every blessing and kindness received during the past year.

Many times during this season of Thanksgiving, we only focus on what we are going to cook for our family or the decorating of our home. We are worried about what our guests will think of us, which unfortunately distracts from the true meaning of this beautiful celebration. Today, we are going to put into practice a simple plan so that this day is special and we do not lose focus of its true meaning.

Two Weeks Before Thanksgiving Day

- Make a list and contact your guests. Don't forget to include a RSVP.
- Make a grocery list and prepare a menu. Make sure to ask guests for dietary restrictions.
- To save money and time, consider asking each guest to bring a dish or beverage. This allows more time for everyone to enjoy a wonderful day with family and friends.
- Make sure you have the necessary kitchen equipment. If not, check with your guests to see if they have what you need.
- Look for coupons in the newspaper and online to help defray the cost.
- Select a turkey keeping in mind the number of people you need to serve. Also determine how long it will need to cook.

The Week of Thanksgiving Day

- Clean the refrigerator
- Locate slow cookers for side dishes
- Clean coolers for beverages
- Clean oven
- Do a thorough house cleaning
- Plan the table setting
- Decorate according to the season. It is not necessary to spend a lot of money on this. Visit the local Dollar Store; be creative and have fun. Consider making it a family project involving your children. Check the website [todayscreativelife.com](https://www.todayscreativelife.com) for suggestions.

The Day Before Thanksgiving

- Bake the pies or other desserts
- Prepare side dishes
- Set the table
- Plan for soft music and candle light

Craft Ideas

Project #1: Personalize Plates

Materials Needed:

- White porcelain plates
- Permanent markers or ceramic paint markers
- Oven
- Alcohol Pads

Directions:

Wipe the plates with an alcohol pad. Plan the design. You could add a Psalm of Thanksgiving such as: Psalm 69:30; Psalm 100:4; Psalm 106:1; Psalm 75:1; Psalm 44:8 and Psalm 86:12. Decorate the rim of the plate only. If you make a mistake, it can be wiped off with an alcohol pad. Place the plates in the oven on cookie sheets.

Set the oven for 350 F and let it heat up with the plates inside.

Bake for 45 minutes.

Let the plates completely cool down before removing from oven. Only wash them by hand.

Alternate idea: Visit a local pottery painting shop and use under glazes for ceramics. Your keepsake plate will last a lifetime.

Project #2: Create a Kraft Paper Table Runner

Check the website *Dawn Nicole Designs* in *Pinterest* or visit www.bydawnnicole.com. Search "paper table runner."

Materials Needed:

Roll of 2.5 ft. wide Kraft paper, a pencil, a black fine point marker and an eraser.

Directions:

Cut a piece of Kraft paper approximately two feet longer than the table. Set the table so you will know where to write each person's name.

Move the plate up 1–2 inches higher and trace the edge to create an arc. This is the guideline on which to write the names. Write each name in cursive in pencil, and then trace the names in marker. Watch [Kelly Creates](#) videos in YouTube to learn simple calligraphy steps. Erase any pencil lines and brush away the eraser residue.

Project #3: Plan to have a moment where the whole family has an opportunity to thank the Lord for His blessings over the past year. Make it special and fun; include the kids as well. Pass around a bowl of candy corn and invite the children to take some from the bowl. Ask them to share a blessing for each candy corn they took. *(This project could be demonstrated in the women's ministries meeting.)*

Just Be Thankful

Read Luke 17: 11–19. This scripture records the story of ten men with leprosy who came to Jesus to be healed. After healing all ten, He instructed the men to show themselves to the priest. However, only one of the ten returned to Jesus to thank Him. "One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked Him—and he was a Samaritan" (verses 15, 16).

An important question to consider is our level of gratitude. Are we like the one man who returned to Jesus to thank Him for healing? Or are we like the nine who immediately forgot who had healed them? Gratitude is an attitude that enables us to remember that all we have is a gift from God. Gratitude is a sign of maturity and a way of life.

There are three things that we need to remember:

- 1** Always recognize where our blessings come from. "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts" (Col. 3:16).
- 2** We should express our gratitude constantly. "One of them, when he saw he was healed, came back, praising God in a loud voice" (Luke 17:15).
- 3** We need to give thanks to the Lord for everything. "He threw himself at Jesus' feet and thanked Him—and he was a Samaritan" (Luke 17:16). "Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess His name" (Heb. 13:15, NIV). When we stop praising God, we begin to forget about Him and all He has done for us. Each day we must pause to intentionally recognize and consider the goodness of God.

Some Practical Tips to Remember:

- 1 Start your day by giving thanks to God
- 2 Thank God consistently
- 3 Remember the grace of God will always be manifested in favor of those who humble themselves before Him.

Verse to Memorize:**//**

“And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.” (Colossians 3:17 NIV)

About author



Major Melissa Viquez

USA Central Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

December 2020 – Christmas Traditions Celebrated Around the World

December 1, 2020 By Major Kris Augenstein



Ice Breaker Questions

- 1 What are your favorite Christmas traditions?
- 2 How many of these traditions have been handed down from one generation to the next?

- 3 Like Mary, what kind of things do you reflect on at Christmas?
- 4 Do you decorate your home? If so, when and how?
- 5 When do you exchange gifts—Christmas Eve or Christmas Day?
- 6 Do you go to church on Christmas Eve?
- 7 Do you have a favorite Christmas song?

Introduction

There are many things to reflect on and ponder at Christmas. Also, many Christmas traditions are celebrated around the world. Consider how many different traditions we discovered in our group. Let's look at some other traditions around the world.

Philippines

The Giant Lantern Festival is held each year on the Saturday before Christmas Eve in the city of San Fernando, which is known as the "Christmas Capital of the Philippines." Filipinos place significance on the symbolism of light. The lantern reminds us of the Star in the East and is a sign of hope. Eleven villages take part in the festival that attracts spectators from all over the country and across the globe.

Iceland

Icelanders observe the 13 days leading up to Christmas. Thirteen troll-like characters, known as Yule Lads, come out to play. They visit children across the country over the 13 nights leading up to Christmas. For each night of Yuletide, children place their best shoes by the window, and a different Yule Lad visits leaving gifts for nice girls and boys and rotting potatoes for the naughty ones.

Germany

Nikolaus (not to be confused with Father Christmas) travels by donkey in the middle of the night on December 6 and leaves little treats like coins, chocolate, oranges and toys in the shoes of good children all over Germany.

Australia

Here Christmas comes towards the beginning of the summer holidays, which occur from mid-December to early February. As the weather is warm, some families might be camping at Christmas. Australians hang wreaths on their front doors and decorate their houses and gardens with Christmas trees and lights, much as we do in America.

United States of America

Because of its multi-cultural nature, the United States has many different traditions to celebrate Christmas. Often the traditional meal for Western European families is turkey or ham with cranberry sauce. Families with Eastern European origins favor turkey with trimmings, kielbasa, cabbage dishes and soups, while some Italian families prefer lasagna. Tamales are a favorite in the homes of those of Mexican heritage. Some Americans use popcorn threaded on string to decorate their Christmas tree. Making gingerbread houses is also popular. Christians will go to church to celebrate the birth of Jesus. Many have special carol services and events where the story of Christmas is sung and celebrated.

These are just a few traditions from around the world. For more information check the website: <https://www.momondo.com/discover/article/christmas-traditions-around-the-world>.

Ponder These Things

“And Mary kept all these things, reflecting on them in her heart” (Luke 2:19, NAB).

We have many rich traditions around the world associated with Christmas and the birth of Jesus. But on that day so long ago in a stable, what was Mary thinking? For her there were no bright lights and celebrations, only a promise from an angel and the prospect of a difficult life. Can you imagine how a young teenage girl like Mary could grasp that she was to be the mother of the Messiah?

Ponder this: He was God’s Son, the Messiah, but He was also human. He would need diapers. He needed to be fed, burped and clothed. Can you imagine Mary trying to come to terms with the fact that this little baby was the Son of God? She had to ponder and understand that she was in the presence of a miracle. She must have reflected back to the day nine months earlier when she was visited by an angel. On that day she learned that she, a virgin, would become pregnant by the Holy Spirit, and that the child in her womb would be the very Son of God

Mary held and nursed this little helpless baby, who could not even hold up His head. But she had to come to terms with the fact that this was God in the flesh come to make us whole. One day this very real human being would choose to give His body over to be crucified. And Mary would be there to ponder that too.

Watch the music video “Mary Did You Know?” which can be found at: <https://youtu.be/ijCWN5pJGIE>

How much do you think Mary knew and understood? Put yourself in her shoes. So much of what happened to her must have felt like a dream.

As I look back on our Christmas as a family, I think about our traditions. I love reliving the memories. Can you imagine being Mary and receiving the news that she was going to give birth to the Savior of the world? During the time leading up to His birth and even after, I don’t think Mary could have known the full implications of what was going to happen in the future.

This Christmas season take some time to ponder and reflect on the miraculous gift of Jesus and on God's work in your own life.

About author



Major Kris Augenstein

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

January 2021 – Just Be Spontaneous

January 1, 2021 By [Abby Johnson](#)



Introduction

This program explores how being spontaneous benefits our mental and emotional state.

Icebreaker Game

This family game, combining Pictionary and Telephone, is fun with a group of people. Check this website for the instructions on how to play. Although not necessary, a game template that you can print is available.

<https://www.theredheadedhostess.com/blog/home-and-family/fun-home-and-family/fun-family-game-2-sentence-game/>

Getting To Know

Ask the women to write on a post-it note 4 or 5 words to describe themselves. Place the words on the wall and have everyone guess which words describe each woman.

Have You Ever?

Encourage the women to be involved in a program at the corps that they've never participated in before. Maybe they've never packed bags in the food pantry or attended a Bible study at someone's home.

Community Care Notes

Everyone loves getting a card in the mail. On slips of paper print the names of people who no longer come to the corps or of Salvationists who are serving overseas. Invite the women to pick a name from the bowl and then write a card to that person, reminding them that someone was thinking of them and decided to let them know.

Food Idea

Plan a potluck and encourage the women to prepare a food dish that is unique to their heritage or perhaps something they think is different from the norm. The goal is to serve food dishes that the women may never have tried before.

We've Always Done It This Way

Scripture: John 21:4-6

If you've ever been employed somewhere for a long time or attended a church for more than a decade, chances are you've heard someone say, "But we've always done it this way!" In fact, maybe you're the person who said it. I know I have. The bottom line is that change is hard. We all get into a familiar pattern. Things are going well, and when life is good, why change? You may even have said, "If it ain't broke, don't fix it."

The picture we're given of the disciples in the four gospels really makes me think that we're not too different from them. At the end of the book of John, Jesus appears face to face to the disciples in the upper room after resurrection. Thomas famously has trouble believing that it's Jesus until he feels the nail scars in His hands.

After Jesus meets the disciples in the upper room, He appears to them again—this time while they were fishing in the Sea of Galilee. Simon Peter decides to go fishing and the rest of the disciples join him. After an entire night of labor, their nets come up empty. Early the next morning, Jesus calls out from the shore and asks them if they've caught anything. They tell Him "no," without realizing that it's Jesus. He then tells them to cast their nets on the other side of the boat. When they do, they have trouble pulling their nets into the boat because of the large number of fish. Almost immediately, John realizes that the man on the shore is Jesus. Just like the disciples' experience, sometimes it takes a big sign from God to get our attention.

I think there are two main lessons to learn from the disciples and this miraculous story recorded in the book of John.

When we try to do things in our own strength, we often come up short. We can work hard and put all our energy into something, even spend a sleepless night or two, but if we think that we are strong enough to accomplish everything on our own, we're mistaken. The apostle Paul speaks to this in 2 Corinthians. He writes: "But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong" (2 Cor. 2:19 NIV).

The disciples spent all night trying, but they didn't catch a single fish. If it had been me in that boat, no one would have been surprised at the lack of success—but the disciples? Before Jesus called them to follow Him, several were fishermen. They spent years catching fish every single day, so to come up empty handed was a big deal. When Jesus stepped in and told them to try casting their nets on the other side, we see by the result that His power is made perfect in their weakness. When we feel defeated or when we're tempted to think more highly of ourselves than we should, may we remember this lesson.

I don't pretend to know what the disciples were thinking when Jesus told them to cast their nets on the other side of the boat. In that situation, I would probably be skeptical. I might ask myself, "Is this actually going to work? I've been trying to catch fish all night and it's just not working. How is putting the net on the other side of the boat going to help?" I think that we can learn from the disciples that responding to the Lord quickly is always a good idea.

Sometimes the ways in which God asks us to be obedient may seem a little strange. Sometimes it's hard to hear God calling us to obedience because we're stuck doing things the way we think they should be done—the way we've always done them. Maybe God is calling us to something new and we need to cast our nets, so to speak, on the other side of the boat.

In our walk with the Lord, let's remember that trusting Him is the best thing we can do with our lives. He may call us to things that seem simple or scary or even don't seem to make sense, but He is loving and good and we can trust Him.

About author



Abby Johnson

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

February 2021 – Black History Awareness

February 1, 2021 By [Major Judy Tekautz](#)



Featured Image Above Credit:

Smithsonian National Museum of African American History & Culture – Washington, DC

Photo Credit – Alan Karchmer

Introduction

The month of February tends to be all about hearts and love because of Valentine's Day. However, it is also a great time to focus on love and healing. The Black History Month idea began almost half a century ago after the Thirteenth Amendment abolished slavery in the United States. Historian, Carter G. Woodson and prominent minister, Jesse E. Moorland established the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent. Today it is known as the Association for the Study of African American Life and History (ASALH). The group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and [Frederick Douglass](#). Douglass was an escaped slave who became a prominent activist, author and public speaker. He became a leader in the abolitionist movement, which sought to end the practice of slavery, before and during the Civil War.



“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

(John 13:34, 35 NIV)

Program Ideas

- 1 Invite a speaker from a Black History group or from a church with a black congregation to speak to the women.
- 2 Visit a local museum that has a Black History display.
- 3 Ask some of the women to research an individual of influence from black history and share this information with the group.
- 4 Plan an extended meeting time and watch the movie [“Harriet”](#) followed by a discussion.
- 5 Visit the [Smithsonian National Museum of African American History & Culture](#).



National Museum of African American History and Culture – Photo Credit: Alan Karchmer

Who Am I?

Format these women in history into a matching game.

- 1 Her refusal to leave her seat for a white passenger on a segregated bus in Montgomery, Alabama, sparked a citywide boycott of buses that led to a law desegregating buses across the nation. **(Rosa Parks)**
- 2 She received five patents in her lifetime for household items including the sanitary belt (maxi pads), the bathroom tissue holder, a back washer that mounted on the wall of the shower and the carrier attachment on walkers for disabled people. **(Mary Kenner)**
- 3 She was the inventor of the toaster, sheathed scissors, the stapler, a staple remover and many multi-purpose office supplies. **(Ruane Jeter)**
- 4 She founded Bethune–Cookman College, one of the few places in the 1900s where African–Americans could get a college degree. She also worked with the National Association of Colored Women and eventually became its leader in 1924. She aided

several presidents and offered advice on child welfare and minority affairs. **(Mary McLeod Bethune)**

- 5 She became the world's first elected black female President and Africa's first female Head of State as the president of Liberia. **(Ellen Johnson-Sirleaf)**
- 6 While known as the wife of a famous activist, she was prominent in the civil rights movement herself. She founded the Center for Non-Violent Social Change. She was a talented singer and violinist with multiple degrees. **(Coretta Scott King)**
- 7 She was the first black woman to serve as the US National Security Adviser and Secretary of State. She was also the first black female to hold the position of Provost at Stanford University. **(Condoleezza Rice)**
- 8 She was a true warrior in the battle against slavery. She risked her own freedom to help hundreds of people escape the cruel clutches of involuntary labor using the Underground Railroad. **(Harriet Tubman)**
- 9 She was the first black woman to win an Oscar in 1940 for her role in "Gone with the Wind." She was also one of the first black women on the radio. **(Hattie McDaniel)**
- 10 She was the first black congresswoman and the first major-party black candidate to run for President in 1972. **(Shirley Chisholm)**

Just Be Loving

As we consider the words of Jesus in John 13:34, 35, we should be deeply challenged regarding how we show love to others. Is it easy to "just be loving" especially if we qualify it with Jesus' command "as I have loved you, so you must love one another?" This is a commandment Jesus gave near the end of His earthly life. It wasn't a command just for the disciples around Him at that time; it is a commandment for us as well. "This is how the **world** will know you are My disciples, **if** you love **one another**."

If the media these days is correct, we still haven't progressed very far in loving those of different cultures or ethnicity. We have been commanded to love each other as Jesus loved. So how did He love? He loved all people the same. Whether they were Jew or Greek, sinner or disciple, loving in return or judgmental and harsh. He served and ministered to all. Jesus is the only person to whom we should be comparing our way of loving. Are we being humble servants of all, no matter the response? We can do our part in bringing unity and hope to all people by following the command and example of Christ.

About author



Major Judy Tekautz

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

March 2021 – Bible Study – Proverbs 31 Woman

March 1, 2021 By [Major Charlotte Hall](#)



What Does it Take to Be a Wise Woman in 2021?

This program is a Bible Study that connects the Proverbs 31 woman to verses in James 3 which talk about real wisdom and what it means to “live well, live wisely, and live humbly” in God’s world. True wisdom begins with the fear of the Lord and is demonstrated through holy

living. The women will learn the meaning of biblical wisdom and how they can apply that wisdom to their lives.

Prior to the meeting

Get familiar with the word *khokhmah*. In Hebrew, חֲכָמָה, or *khokhmah* means wisdom. This noun is feminine, and the phonetic spelling is: khok-maw'. In English this word is translated as knowledge, but it goes much deeper than just knowing things or intelligence.

Khokhmah is the same word used to describe artisans—or, to be more exact, the craft of an artisan. The word *khokhmah* refers to the honing of one's God given talents and skills.

To gain deeper *khokhmah* regarding *khokhmah* (that word is just fun to say) check out these videos:

<https://www.youtube.com/watch?v=AzmYV8GNAIM>

https://www.youtube.com/watch?v=Gab04dPs_uA

Craft

To reinforce the artisan meaning of *khokhmah* gather odds and ends of craft materials you have on hand that women can use to create a new art project. You can find crafts using left over fabric or tiles on the Internet. The women can either do this while they are discussing the Bible lesson or as a pre-lesson activity.

Bible Study

Read Proverbs 31: 10–30 and James 3: 13–18 from *The Message*.

I'm about to talk about a woman among women. She is so successful, so good, and so fruitful that other women from across centuries and borders and cultures have tried to imitate her. Women want to be her and men want to be married to her. She's a master of finance, a procurer of fine home items, poised under pressure, the belle of the ball, mother of the year, and incredibly intelligent. And to top it all off, for many years the theme verse for women's ministries was all about her! "She looketh well to the ways of her household..." Proverbs 31:27 (KJV) You've probably guessed it; yes, I'm talking about the Proverbs 31 woman. Is there a woman in your life who seems to have it all together? What makes her seem that way? Were you ever led to believe that the woman in Proverbs 31 is who you as a woman are expected to emulate?

Being a woman in the year 2021 is both exciting and challenging. We get messages from many different sources, which seem to reinforce the predisposed gender bias of a nursery rhyme that says ...

What are little girls made of?

Sugar and spice and all things nice ...

That's what little girls are made of.

What are some traits that the media and other influences assign to women?

As a woman, do you ever feel like you just don't seem to "fit the mold?"

If we try to live up to the literal description of the woman in Proverbs 31 most of us fall miserably short. What most people don't understand, however, is that we were never meant to. The book of Proverbs is a collection of short, clever sayings, which help us to answer two questions:

- 1 What kind of world are we living in?
- 2 What does it look like to live well in that world?

According to the book of Proverbs, "The fear of the Lord is the beginning of wisdom and the knowledge of the Holy One is understanding" (Prov. 9:10). Jon Collins and Tim Mackie of The Bible Project say it this way, "Fear of the Lord means understanding that I am not God and I don't get to make up my own definitions of good and evil, and right and wrong. But rather I need to humble myself before God and embrace God's definition of right and wrong even when that's inconvenient for me."

The book of Proverbs is a collection of accumulated insight, from multiple generations, which serves to help us gain understanding of God, the way we should react to God, and the way we should interact with one another because of our relationship with God. Proverbs is not a book of prophecies or promises, but it is a book of probabilities.

Look at these two verses from Proverbs: "The fear of the Lord prolongs your life, but the years of the wicked are cut short" (Pro, 10:27). It is true that if we lead pure, moral, happy, healthy, and upright lives the probability that we will live a long life increases, but this is not always the case.

"Train up a child in the way they should go, and when they are old they won't turn from it" (Prov. 22:6). If we teach our children what it looks like to live well in God's world, the probability is that when they are old they won't depart from that teaching. However, there are exceptions. Can you think of a time when one or both of these Proverbs were proven true? Can you think of a time when one or both of these Proverbs were not proven true?

In the case of the Proverbs 31 woman we are not looking at promise, prophecy or probability. We are looking at a poem. Lemuel was a non-Israelite king who loved his momma! In fact, he loved her so much that he created an acrostic poem in honor of the concepts she taught and

instilled in him. Each line of the poem begins with a letter of the Hebrew alphabet and describes the woman of noble character.

The poem is meant to reinforce the belief that a woman of noble character and wisdom filters all her decisions through the lens of wisdom. She displays the characteristics of wisdom through her generosity, sexual integrity, stewardship of resources, genuine personal relationships and deep love of God.

The author of the book of James would have known all about the woman of noble character and perhaps references her when he asks, "Do you want to be counted wise, to build a reputation for wisdom?" (James 3:13 MSG). According to James 3:13–18 what qualities are not associated with someone who is wise? (*The way you talk, mean spirited ambition, boasting, twisting the truth, trying to look better than others, situational ethics, two-faced interactions*)

According to those same verses in James, what qualities are associated with someone who is wise? (*The way you live, getting along with others, overflowing with mercy and blessing, genuine personal interactions, resolute, hard worker, treats others with dignity, honors others, kind and truthful.*)

Conclusion

If we try to live up to the literal description of the woman in Proverbs 31 we will fall miserably short. It takes wisdom for us to see and understand that God doesn't expect that of us. God does expect us, however, to filter our lives, our decisions, our relationships and our interactions with one another through the lens of His wisdom, which is demonstrated through holy living.

Do you want to be counted wise? Do you want a reputation for wisdom? Then, what might you need to change about the way you live in order to live well in God's world?

Featured Photo by [Christina @ wocintechchat.com](https://www.wocintechchat.com) on [Unsplash](https://www.unsplash.com)

About author



Major Charlotte Hall

USA Central Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

April 2021 – Just be Original

April 1, 2021 By [Major Janelle Gonzalez](#)



||

“Yet you, Lord, are our Father. We are the clay, You are the Potter; we are all the work of Your hand.” (Isaiah 64:8 NIV)

Introduction

Using the potter and the clay, the women will learn about the various types and uses of clay. They will learn about its age-old importance and its significance for them as Christian women and clay in the potter's hand. They will have the opportunity to embrace their own creativity as they enjoy time working with clay.

Program Ideas

- Take a field trip to an organization or company that demonstrates working with clay and its multiple uses.
- Visit a local art gallery to appreciate various forms of art work, focusing on clay-related types of art.
- Take a trip to a pottery store and observe the process of working with clay. If possible, make arrangements for the women to work with the clay and the pottery wheel.
- Invite the women to bring artwork from home and ask them to share why it is special to them. Focus on what makes each art piece
- Purchase Mexican pottery self-hardening clay from a craft store and allow the women to make their own piece of art.
- Purchase some clay pots and clay paint. Invite the women to paint the pots to display in their homes or to give to someone.

You Are One of a Kind

As a young child I always loved to color and paint. I remember "painting" a wall of our bedroom and accidentally covering over my sister's *New Kids on the Block* (Boys Band) poster. She was very upset, to say the least. There's something about painting and observing other art pieces that helps me relax. It inspires me to wonder what went through the mind and heart as they created their masterpiece.

We read in Isaiah 64:8, "And yet, O Lord, You are our Father. We are the clay, and You are the Potter. We all are formed by Your hand." God, our heavenly Father, is our maker. He is the Potter and we are the clay. He made us all unique. We are not replicas. We are all original masterpieces.

A Google search on the word "original" comes up with this: "Created directly and personally by a particular artist; not a copy or imitation." Some synonyms of original are: authentic, genuine, actual, real, true, bona fide, veritable, not copied, archetypal, prototypical and master. I often ask myself, do we truly believe that we are originals? Do we understand that there is no one exactly like us?

I have noticed that even though we are one of kind, we tend to try to change who we are so that we look like others in magazines, soap operas, or even like the girl next door. Too often,

we try to be something that we are not. This means altering a masterpiece in ways its Creator didn't intend.

In our society we welcome people who look like us. There is nothing wrong with gravitating toward people who look like us or with whom we share similar interests or have things in common. However, it can become a problem when we mistreat, push away or bully people based on what we think about them. Our heavenly Father chose our unique and precious design. Unfortunately, people are often treated differently or ridiculed because of their skin color, hair texture, shape of their eyes, age, accent or authenticity.

As followers of Christ we are called to love one another and celebrate the uniqueness that the Potter placed in each and every one of us. This means that we each have the privilege and responsibility to be welcoming to all, loving, caring and accepting of others. Our challenge is to celebrate our differences and originality. We are all original masterpieces—with no exceptions. We were not made to look the same or be the same as someone else. John 13:34, 35 (NIV) states: "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are My disciples, if you love one another."

Discussion Questions:

- 1 How do you appreciate God's creation? How do you love God's creation?
- 2 How do you care for God's creation?
- 3 How do you consider yourself a masterpiece in God's creation?
- 4 How do you admire or appreciate God's artwork? How do you celebrate it?
- 5 How does knowing that each one of us is an original, artistic masterpiece change our mindset about how we treat, look at, care and love one another?



"Yet you, Lord, are our Father. We are the clay, you are the Potter; we are all the work of Your hand"

(Isaiah 64:8, NIV).

Close in prayer.

About author

Major Janelle Gonzalez



USA Central Territory



WOMEN'S MINISTRIES RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

May 2021 – Just be Prepared

May 1, 2021 By [Sarah Micula](#)



Activities

Always Be Prepared! Assemble Female Hygiene Bag*

A month before this meeting, ask the women to sign up to provide the following items and bring them the day of the meeting. On the day of the program provide quart plastic zip-

baggies. Create an assembly line and fill bags that can be given to social service clients or for the women to hand out on their own as needed.

- 1 – Plastic brush
- 1 – Hand and body lotion (travel-size)
- 1 – Toothbrush (travel-size)
- 1 – Toothpaste (travel-size)
- 1 – Deodorant (travel-size)
- 2 – Anti-Bacterial Soap (travel-size)
- 1 – Hand Sanitizer (travel-size)
- 1 – Pocket Tissue
- 3 – Moist Towelettes
- 4 – Tampons
- 4 – Panty liners
- 2 – Maxi Pads
- 1 – Pack of mint gum
- 1 – Razor

*Male versions of these kits could also be assembled.

5 Ingredient Freezer Meals

Have meals prepared in advance so when life surprises you, you'll still be ready for dinner. There are a few ways to plan this activity, which will take some advanced prep time. Follow this link to read how to plan <https://www.mommypotamus.com/freezer-meal-party/>. In advance, have women check out these 5 ingredient freezer meal recipes and select a recipe that they would be interested in preparing: <https://thefamilyfreezer.com/2015/11/16/25-crockpot-freezer-meals-with-five-ingredients-or-less/>. Ask each woman to bring enough ingredients for 3 meals. For example: If the recipe calls for 1 cup, bring 3 cups. Have the women choose which meals they want (knowing they won't go home with every meal brought – unless of course the group agrees to bring enough ingredients for each person attending). Then everyone goes home with three freezer meals.

Be Wise, Be Prepared

The corps I attend is intentional about stepping in and providing meals when a baby has been born, when someone has had surgery, or when a family has lost a loved one. Recently I signed up to provide a meal on a weeknight. I intended to use the bone broth I had just made to cook a yummy soup for this family. About 24 hours before, while on my commute, I started taking a mental inventory of the ingredients I had on hand at home. I wanted to treat this family but I also wanted to save money in the process and use what I already had. I realized I was short a few items and ran through the activities of the next 24 hours to see when I had time to run to the grocery store. Twenty-four hours turned into 4 hours to go and I had not been to the grocery store and really had no time to cook. I was unprepared. My mental planning was not enough to bring this dinner to reality. I ended up buying a family meal for \$25 at Boston Market. Spending about \$20 more that I had hoped.

We read in Proverbs 6:6–8, “Go to the ant, you lazybones; consider its ways, and be wise. Without having any chief or officer or ruler, it prepares its food in summer, and gathers its sustenance in harvest.” I was not wise in my planning, maybe a bit lazy in my effort and generally just not prepared and it cost me. When we are intentional, prepared and proactive, not just in preparing food but in ministry as a whole, we will bear fruit through a plentiful harvest that will grow the kingdom of God. Anytime we approach ministry opportunities unprepared and without prayer we are entering in without wisdom and all people involved miss out on a blessing.

Discussion

The scripture says, *considers its ways and be wise*. Who in your life is an “ant” prepared and full of wisdom? Describe them. What is God asking you to prepare for right now?

About author



Sarah Micula

USA Central Territory

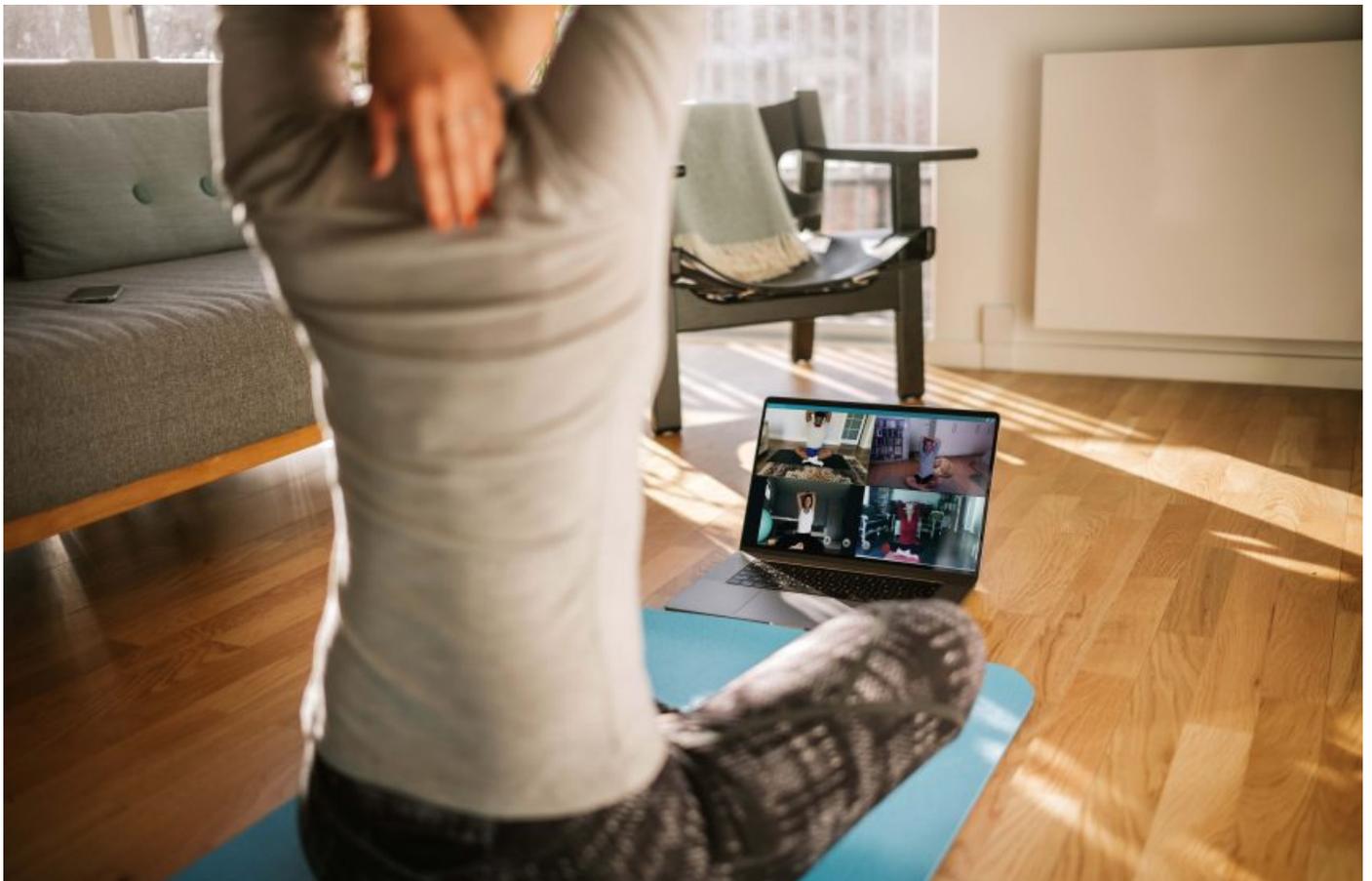


[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

June 2021 – Just Be Different!

June 1, 2021 By [Major Donna Miller](#)



Scripture: 2 Corinthians 5:17

Introduction

Today we are going to explore ways to make improvements in our lives: physically, emotionally and spiritually. We will learn how and why we need to be willing to make a difference in our lives through change. **Most important**, be gentle and kind to yourself!

Program Idea

From Pinterest find charts, recipes and programs to promote clean healthy eating (Whole 30, Paleo, Weight Watchers). Following are some Internet sites:

http://www.purewow.com/food/clean-eating-week-recipe-list?utm_source=pinterest&utm_medium=social&utm_campaign=camp.m2S8tcuQQEDJ

Physical exercise: <http://happygirlsaretheprettiest.me/workout-wednesday-beginner-at-home-workout/>

Emotional wellness: <http://moderndayms.com/2014/12/eight-dimensions-wellness/>

Spiritual wellness: <http://arabahjoy.com/promises/>

Speakers

Nutritionists

- Invite a speaker from a nutrition program to discuss healthy eating.
- Share the importance of exercise
- Teach some simple exercises that everyone can do, including armchair exercise. Check the Internet for suggestions. You can also find videos on YouTube with easy instructions.

Refreshments

Serve a veggie tray, fresh fruit tray, hummus and “healthy” dip options. Check Pinterest for other healthy snacks. Drinking sufficient water is essential for your health and weight loss. Serve water with cucumbers or citrus.

Decorations

Decorate using encouraging words and ideas. You can find suitable sayings, including Scripture verses on Pinterest.

Craft Idea

Make encouraging word frames. Purchase 8×10 frames with glass from a dollar store. Replace the picture with scrapbook paper. Dry erase markers can be used to write words that will encourage the woman as they adjust to needed changes in their lives.



Music

<https://youtu.be/xUT4trsrBCw> Micah Tyler "I Wanna Be Different"

<https://youtu.be/sQTnREEtUk> Zach Williams "Fear is a Liar"

https://youtu.be/kzI_NpWnaLI Francesca Battistella "Breakup Song"

<https://youtu.be/oZvKJl1kK8g> Lauren Daigle "You Say"

Be Different

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2 Cor. 5:17, NLT).

Micah Tyler came out with a new song in 2018 called "Different." You can find a video of this song on YouTube. The chorus says:

I wanna be different

I wanna be changed

'Til all of me is gone

And all that remains

Is a fire so bright

The whole world can see

That there's something different

So come and be different in me

When I played this song one Sunday, I discovered many people perceived it was a battle cry. They were stuck! Life had become more of the same old stuff every day; they had no idea how to start a process of change.

Change is hard. It's scary and sometimes very challenging. There is a whole rash of songs basically saying just that: "The Breakup Song," "Fear is a Liar," "You Say" and "Different." Consider also General John Gowan's song, "Dare to Be Different." When Paul speaks in 2 Corinthians 5:17 he's stating a fact. We are new! With the newness comes possibility. Who does God want me to be? What does He want me to change? What do I need to change to be a better witness for Him? When we step out in faith, knowing He will lead us, things get interesting. Suddenly, we don't realize it but we've changed. What if we made the decision to change on purpose?

The most important part of change is to start! You can't just decide, this is it and change everything all at once. If it is to change your physical body through exercise or eating healthy—just start. Take a walk after lunch; change one thing in your diet. You may have joined the gym and you've decided that you're going to go every single day. But then life happens and you don't do it. Yeah, you've just set yourself up for failure. Instead, start by going just one day or simply taking a walk around your neighborhood. You want to grow spiritually, so you decide you are going to memorize the entire New Testament starting with Matthew. However, when you try to muddle through the genealogy of Jesus—you know you're done. Instead, look at your favorite book of the Bible (mine is Philippians) and start with short passages. Memorize it, but at the same time dig deep—study to find what lesson God wants to teach

you. Do as King David says in Psalms 119, “Your Word I have hidden in my heart that I might not sin against you” (verse 11).

Maybe the change you need is to learn something new. Take a class from a local college. Sign up for something fun, possibly ballroom dancing. Maybe you will discover that you don't have two left feet. What have you always wanted to do and yet have let something stop you? Make positive changes so that you can claim “through Christ I have become a new creature.” Today is the day—go for it!

About author



Major Donna Miller

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Education Programs

July 2021 – Just Be Free ... Walking Though The Constitution
Español

July 1, 2021 By [Captain Telinda Wilson](#)



Introduction

“We the people ...” begins one of the most important documents in the United States. Show the video clip from PBS on why the constitution is important. It can be found at:

<https://www.pbs.org/video/constitution-usa-peter-sagal-importance-constitution/>

How Well Do You Know the Constitution?

Use the following website to print out a “Constitution Quiz” to test the women’s knowledge.

Website: <https://www.constitutionfacts.com/content/funZone/files/TreasureHunt1.pdf>

Answers:

<https://www.constitutionfacts.com/content/funZone/files/TreasureHuntAnswers1.pdf>

For further information visit the government website for the Constitution:

<https://archives.gov/founding-docs/constitution>

Decorations

Purchase a copy of the constitution at a bookstore or order online. Display it in the meeting area. Use a color theme of red, white and blue tablecloths, balloons and flags.

Refreshments

Enjoy some red, white and blue desserts or finger foods. Check online or on Pinterest for easy-to-make US flag cakes. There are also instructions on making a flag using cupcakes.

Women’s Ministries Preamble

Create your own Women’s Ministries preamble document to display in your meeting area: We the people...

Craft Idea

Create a patriotic candleholder. Check Pinterest for idea using red, white and blue canning jar with tissue paper and mod podge. Other ideas include red, white and blue rice or paper American flags.

Freedom

Read John 8:31–36.

The constitution of the United States outlines the people’s freedoms within the country we live. But as followers of Christ, the Bible is our guide to our ultimate freedom. A major part of finding our freedom in Christ is learning to submit to Him. In the above Scripture Christ tells His Jewish followers that they must remain faithful and submit to His teachings in order to find true freedom—freedom from sin, freedom from a condemned life, freedom from the old self.

Read Mark 14:32–36.

We know that submitting to God's will is not always easy. Christ Himself questioned God's will in the garden. "Father," He said, "everything is possible for You. Take this cup from Me. Yet not what I will, but what You will." The most important part of this Scripture is Christ's declaration: "Yet I want your will to be done, not mine." We will all experience moments when submitting to the will of God is difficult, but it is only in submitting that we can find true freedom, when we, like Jesus, say, "I want Your will to be done, not Mine." Jesus was aware of what doing the Father's will would cost Him. Anything worth having costs something. What does our commitment to God cost us? Are we willing to pay the price to gain something worthwhile in the end?

Discussion Questions

- 1 What are some areas of your life that you find difficult to submit to God?
- 2 From what things in your life do you seek freedom? *(Answers can include selfishness, pornography, overworking, perfectionism, drugs/alcohol and anything else that can lead to sinfulness.)*
- 3 What steps are you going to take today so that you are in God's will?

Prayer

Invite the women to take time to pray for each other, asking Jesus to help them find the freedom that only He can bring.

About author



Captain Telinda Wilson

USA Central Territory



[Home](#)

[About Us](#)

[Programs](#)

[Spiritual Formation](#)

[Life & Ministry](#)

Education Programs

August 2021 – Just Be Organized

[Español](#)

August 1, 2021 By [Major Stephanie Sawka](#)



Note

The program ideas in this material could be shared over several weeks. Before beginning, ask the women what program areas they would like to cover.

Decorations

Use various organizational tools as centerpieces. These could also be used as door prizes.

Introduction

Every aspect of our lives needs some level of organization. Our thoughts and ideas can be organized in to-do-lists, daily journals and bullet journals. Our time can be organized by using calendars, day planners and journals.

Program Ideas

- 1** Speaker—Invite someone to share organizing tips on how to make the most of small spaces.
- 2** Show a segment of the program “Tidying Up” with Marie Kondo, which is available on Netflix. Or show the 10-minute presentation, “Ten Amazing Tips from Tidying Up with Marie Kondo,” which is on YouTube.
- 3** Dealing with all the stuff—Ask the women if this is or has been a problem for them in the past. Invite them to share any solutions that have worked for them. Following the discussion, offer further suggestions. For example: Many professionals suggest making three piles—keep, donate and trash. Information on this subject is available on the Internet.
- 4** Focus on just one area of clutter that the women may experience and share ways to deal with this problem. For example: Kitchens and bathrooms can be organized by using baskets and shelves (show examples). Clothes closets are another challenging area for many people. Share ideas for dealing with this problem.

Brain Dump or Bullet Journal

This type of journaling helps organize thoughts, ideas and activities so that they no longer distract us from the desired focus. For example: A writer may write down thoughts to flesh out at another time. A corps officer may write down a program idea to develop later or even capture statistics so they don't forget to report them. Our minds were not created to store data for long periods. These journals free us to focus on what is before us.

For further information check the Internet. Following are a couple of sites:

<https://littlecoffeefox.com/brain-dump/>

<https://www.lifehack.org/articles/productivity/how-to-do-the-ultimate-brain-dump.html>

For videos on YouTube:

<https://youtu.be/nsC8qjAgoi4>,

<https://youtu.be/BdCYG-hfGA8>

Game

Place 20 items that might be found in a junk drawer on a tray. Give each woman several seconds to view the tray. Once everyone has had a chance, cover it with a towel. Ask the women to write down what they remember. Set a time limit of two to three minutes.

This is the Stuff

Play the song "This is the stuff" by Francesca Battistelli, which is available on YouTube. The first line says, "I've lost my keys in the great unknown, and call me please, 'cause I can't find my phone." This song has been my life for many years. In my chaotic life, I drop one uncompleted project, just to pick up the next and rush off adding to my chaos.

Can you relate to the following: You are working diligently on a project and realize you are late picking the kids up from school. You can't find your car keys and you just remembered that it's your turn to bring refreshments to women's ministries tonight. I am a 21st century working woman, a woman of chaos and confusion, trying to be all things to all people, while pretending to have my act together. But I'm discovering that it doesn't have to be this way. We read in 1 Corinthians 14:33, "For God is not a God of disorder, but of peace ..."

The creation story further confirms this truth. We read that when the earth was created it was "formless and void." (*Read the creation story in Genesis 1.*) Each day God ordered the chaos and created an amazing world for His people. He designed each day of creation to be the foundation and life source for another one of His creation. Birds cannot live without trees and foliage. Trees and foliage cannot exist without land and water. Land would not exist if the waters weren't parted, and to do that, God had to separate the atmosphere. God had a plan in the creation process and He worked the plan to the benefit of His creation. He created human beings only after everything was ready for us, and we are the only creation made in His likeness.

When I am in the middle of a project, whether it is a craft or the Christmas toyshop, I tend to get sidetracked. I have been known to lay down my scissors, markers and files, only to find them hours or days later. In those times, I spend more time dealing with what I've neglected, and as a consequence, I lose time to work on a project that would benefit His Kingdom. God did not create us in chaos, but in order.

If we take the time to organize our minds, homes, workplaces and calendars, we will be more likely to find peace amidst the chaos. We will lower our anxiety level because we will know where we left our keys and purses. We will save money because we will not buy groceries and supplies that are already on our shelves. We will save time, because we will be able to prioritize our tasks. Also, we will know where the tools and supplies are to complete a project if we took the time to put them away.

We read in 1 Corinthians 14:10, "But all things should be done decently and in order." Take the time next week to put to use some of the lessons that we learned today. Come next week and be ready to share your successes and also your failures, and what you could have done in a better way.

Close in prayer.

About author



Major Stephanie Sawka

USA Central Territory



Education Programs

September 2021 – "Just Be Ready" Emergency Preparedness Español

September 1, 2021 By [Major Michele Heaver](#)



Introduction

History has shown us that a disaster can significantly impact our lives with little or no notice. Emergency preparedness is vitally important. There are many resources to help women get their homes ready for a disaster, whether it is a tornado, major snowstorm, flood, earthquake or other crisis event.

History

The history of disaster preparedness and response in the United States can be traced back to the early days of our country. During the 20th century, we have seen it take on a more organizational approach. The Salvation Army began its work in disaster response during the great Galveston Hurricane of 1900. The Army's first service was performed by individuals who walked the streets, carrying water and coffee, hoping to give just a bit more energy to the suffering and those who arrived to help the city recover from tragedy. There were no sophisticated mobile kitchens at that time but rather people helping people doing God's work.

Speaker

- Invite the local Emergency Management Director to provide a presentation on emergency preparedness.
- Invite the Divisional Emergency Disaster Services Director to provide a program on emergency preparedness.

Refreshments

If possible, request the Divisional Emergency Disaster Services Director to bring a canteen and demonstrate service. If the corps has a canteen, invite a local team to serve from the canteen.

Menu:

- Hot dogs
- Chips
- Cookies
- Cold beverage and coffee

Exercise

- The Department of Homeland Security recommends that each household have a basic disaster supply kit. Ask the women to break up into groups and put together a kit (on paper). Provide the women with a list of recommended items from the following website: <https://www.ready.gov/build-a-kit>.
- The Department of Homeland Security also recommends that each household have a disaster emergency plan. Ask the women to break up into groups and put together a plan for their household. Additional guidance can be found from the following website: <https://www.ready.gov/make-a-plan>.

Video

Have the women watch the following video – <https://ready.gov> “Six Things You Should Know Before a Disaster.”

Service Project

Plan a fundraiser. The proceeds could be used to purchase disaster cleanup kits to be utilized at your corps or donated to the Divisional EDS Department. The kits can be purchased from Precise Kit Promotions, Inc. for a cost of \$20.00 per kit.

“Be Ready”

Read Matthew 25:1-13.

In September of 2018, Hurricane Florence approached the Carolinas as a category four hurricane. Predictions were that the impact would be catastrophic. The Salvation Army began to mobilize its response. The Hurricane Florence Incident Management Team/Area Command assembled at Divisional Headquarters in Charlotte, North Carolina, Mobile Feeding units from Charlotte, Hickory, Greensboro, North Carolina as well as mobile feeding units from Greenville and Anderson South Carolina were deployed to provide support to those affected along the coast. The South Carolina Baptist Disaster Relief organization came alongside the Charleston Salvation Army to assist in providing hot meals. Multiple staging and logistical centers were established in North and South Carolina and Virginia. An additional 27 mobile units from Alabama, Louisiana, Mississippi, Florida, Georgia, Kentucky and Tennessee were deployed to Charlotte, North Carolina and Roanoke, VA. After the storm passed, they were deployed to affected areas as needed. The Salvation Army also provided mass feeding in shelters, Emergency Operation Centers and wherever local emergency management requested services. The Salvation Army was prepared when the storm hit.

In Matthew 25:1-13, we read about The Parable of the Ten Virgins. In this parable, Jesus teaches believers about the importance of vigilance in an uncertain time and about endurance. He tells about 10 virgins who took their lamps and went out to meet the bridegroom. Five of the virgins were considered wise and five were considered foolish. The wise virgins took extra oil with them and the foolish virgins did not. The bridegroom was delayed and they all fell asleep. The bridegroom finally arrived at midnight. The virgins woke up and trimmed their lamps. At this point in time, the foolish virgins were in need of more oil. They asked the wise virgins to give them some from their supply. The wise virgins refused, stating that they would not have enough for their lamps as well as for the foolish virgins. The wise virgins told the foolish virgins to go buy some oil. Unfortunately, while they were out buying oil, the bridegroom arrived. The wise virgins who were ready went with him to the wedding banquet. When the foolish virgins arrived at the banquet door, they were not granted entrance. The bridegroom stated, “I tell you the truth, I don’t know you, therefore keep watch, because you do not know the day or hour.”

The parable is summed up in verse 13. “Therefore, keep watch, because you do not know the day or hour.” As believers, we must be vigilant. We must continually tend to our spiritual lives,

be reading and studying His Word. We must be growing in our spiritual lives and in our relationship with our Lord and Savior, Jesus Christ. We must not let our spiritual lives go dry. Unlike the virgins who needed to refill their lamps, we must continually feed our spiritual lives and continually prepare for His return.

A life of vigilance is evident in the following ways according to Matthew's Gospel:

- 1 Bearing witness to God's kingdom by welcoming the stranger, feeding the hungry, visiting the sick and imprisoned (25:1-46).
- 2 Making disciples in all the world (28:19-20).

When we are vigilant in seeking an abundant spiritual life in full anticipation of Christ's return, He will be waiting with open arms to receive us into His kingdom, saying, "Well done, good and faithful servant!"

Resources:

www.disaster.salvationarmyusa.org

<https://www.ready.gov>

<https://blog.storagecraft.com/disaster-preparedness-long-history-united-states/>

<https://www.biblestudytools.com/commentaries/jamieson-fausset-brown/matthew/matthew-25.html>

https://www.workingpreacher.org/preaching.aspx?commentary_id=1017



About author

Major Michele Heaver



USA Central Territory

Fellowship Programs



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

October 2020 – Pumpkin Spice and Everything Nice

October 1, 2020 By [Captain Angela Shaffer](#)



Decorations

Use fall colors: orange, red, yellow and brown. Place cinnamon pinecones or small pumpkins on the tables. For an inexpensive colorful centerpiece cut fall colored tissue paper into 16 x 16-inch squares (approximate). Layer the four colors and place in mason jars, then fill the jar with scented pinecones. Small battery operated tea lights could be placed in the bottom of the jars for added affect.

Family Night Ideas

- Visit a local pumpkin patch and enjoy apple cider and everything pumpkin.
- Have a pumpkin themed fall festival including a time of pumpkin painting (or carving). If possible, bring in a special guest to carve a large pumpkin.

Activities

- To promote good conversations, print table talk cards and place them on the tables. Ask the women to choose one and share. <https://womensministrytoolbox.com/fall-table-talk-cards/>
- Pumpkin Bowling—you will need 6-inch pumpkins, child's plastic bowling pins or paper towel or toilet paper rolls. Each person/team will need a pumpkin and 10 pins. Set up an alley of about 12 feet. An easy way to keep score is to have a bowl of small wrapped candy available. Everyone who gets a strike gets two pieces, spares gets one. The one with the most candy is declared the winner.
- Pumpkin Spice potpourri – <https://www.cleanandscentsible.com/fall-simmering-potpourri-recipes/>
- Check this website for a pumpkin craft – <https://www.juliabettencourt.com/blog/diy-bandana-pumpkins/>

Refreshment Ideas

- As a group, make two ingredient pumpkin spice muffins. Check the following website for the directions: <https://momcrieff.com/pumpkin-muffins-two-ingredients>. Place a muffin in a goodie bag, attach a scripture verse and invite the women to give it to a friend who needs a word of encouragement.
- Pumpkin Spice Hot Chocolate (Make at least 3 hours before in a slow cooker) <https://www.themagicalslowcooker.com/slow-cooker-pumpkin-spice-hot-chocolate/>

Taste and See

Fall is my favorite season with the beautiful colors, special aromas and flavors, especially the famous pumpkin spice. If you are a pumpkin spice lover, savoring all things pumpkin spice seems like a little slice of heaven.

Why has pumpkin spice become so appealing? Let's look at the origins. Pumpkins are symbolic in American culture. They're the oldest domesticated plant in the New World. When the crops the colonist brought from Europe failed, pumpkin helped sustain them. As people moved into larger cities, pumpkins remained a welcoming memory of home. But it's not the

pumpkin itself; it's about the spice, the extra kick. McCormick came out with the pumpkin pie spice in 1934, a unique combination of cinnamon, ginger, nutmeg and allspice. Put them together and we enjoy the infamous pumpkin spice season. The other appealing factor is that this is a seasonal item. Anything that lasts only for a season is savored even more.

As much as pumpkin spice may tantalize our taste buds and warm our hearts, the Word of God is what we must savor the most. *Read Psalm 34:1-14.* We read in verse 8, "Taste and see that the Lord is good; blessed is the one who takes refuge in Him" (NIV). *The Message* paraphrase puts it this way, "Open your mouth and taste, open your eyes and see—how good God is. Blessed are you who run to Him." This text involves our senses. Taste requires us to take part by taking the first step so we can enjoy and even savor it. Consider 1 Peter 2:2-3 (NLT) "Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness."

Some people crave pumpkin spice so much that they taste multiple pumpkin spice beverages and have their homes filled with the scent of pumpkin spice from the first day of fall. How much more should we desire to "cry out for nourishment" from His Holy Word. When we choose to taste the Word of God regularly, savoring and enjoying it, taking it in as nourishment for our souls, we can clearly see His blessings and goodness. We cling to the realization that He is our source of refuge, our hope. Amidst trials and frustrations of the day, when we read the Word in any season, taste it and enjoy it, we see more of God's goodness and blessing each day. The difference between savoring pumpkin spice and savoring the Word is that the Word is not for a season; the Word is eternal and never changes.

The pumpkin spice muffins that we made earlier contained two simple two ingredients with easy to follow instructions and a tasty outcome to enjoy. Psalm 34 is a kind of ingredient listing for us "taste and see," so we can more clearly enjoy the blessings God has given us. All things pumpkin spice will fade away, but not the Word of God and not the joy that comes from fully tasting all the good things He has given us to enjoy daily.

Play either of these songs from YouTube and invite the women to reflect on the goodness of God.

"Holy & Anointed One" by John Barnett https://www.youtube.com/watch?v=bkW_PhFw0zM

"Taste and See" by Brian & Jenn Johnson <https://www.youtube.com/watch?v=ULzd85NbWpQ>

About author

Captain Angela Shaffer

USA Eastern Territory





[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

November 2020 – Just Have Grateful Hearts

November 1, 2020 By [Major Kim D'Amaro](#)



Decorations

Create a fall-like atmosphere using autumn leaves, pumpkins, fall colored tablecloths, napkins and plates. Place the tables in a circle with different activities at each table so the women can interact with each other and have fun with the activities.

Activity Tables

Grateful Jar Craft

Check the following websites for instructions on how to make the jar.

[Gratitude Jar](#)

<https://becrumbled.co.uk/gratitude-jar/>

<https://lazycrafting.com/gratitude-jar/>

Throughout the year family members take a minute to write down what they are thankful for and place them in the jar. At Thanksgiving 3 or 4 slips are chosen and read. This can open the door to good conversation with family members, especially those who may not attend church or declare a faith in God. An alternate idea is to read some of the slips of paper on a more regular basis.

Scripture Writing Table

There's something inspiring and renewing about writing the Word of God. Download a copy of the Scripture writing plan for November that is available on the following websites:

<https://www.thescribesportion.com/30-beautiful-verses-about-gratitude/>

[Writing Scripture: Why it Helps to Grow Your Faith](#)

<https://rachaelwalkup.wordpress.com/2015/11/03/30-day-scripture-writing-plan-for-november/>

The Gratitude Challenge

There is much to be thankful for. The following website gives directions on how to be thankful each day. This can be done individually or as a group.

<https://womanofnoblecharacter.com/the-gratitude-challenge/>

Refreshment Ideas

Serve leaf-shaped cookies. Provide small frosting tubes and invite the women to write something that they are thankful for on their cookie. Examples: family, friends, God, church. For a fall slant, serve a fruit tray with a [pumpkin dip](#).

Serve this 3-ingredient Thanksgiving punch. The recipe can be found at:

<https://www.iheartnaptime.net/thanksgiving-punch/>

Group Games—Just for Fun

Pinterest is loaded with good ideas for fun. Check the following link for some simple and fun minute-to-win-it games: <https://www.birthdaypartyideas4kids.com/fall-minute-to-win-it-games.html>

Grateful Hearts

Read Psalm 103:1-5 from The Message.

My little cousin Jerad was five years old and had just started kindergarten. We were having thanksgiving dinner and he asked if he could pray for our meal. Of course we said, "yes." He started out with:

"God is good, God is great and we thank Him for our food."

There was a slight pause ... then he launched into:

"I pledge Allegiance to the Flag of the United States of America and to the republic by which it stands..."

We all started laughing. However, he wanted to pray and that was all he could think of to pray. It's not so important what we say when we pray, it's the fact that we come before the Lord and share our hearts with Him. Sometimes all we can muster up is our scripted prayers and formal approaches when we come before our Lord. The bottom line is that we just need to come. Come and thank Him. Come and bless Him. Come and worship Him. Just come and be reminded that you are His child.

Sharing: Ask the women what some of their thanksgiving traditions are and what they are grateful for.

Read the beautiful reminders in Psalm 103:1-5 of how the Lord has blessed us beyond measure. He forgives us, heals us and renews us when we are weak.

Closing Activities

Place some long twigs in a tall vase or Mason jar. Prepare a basket of paper leaves with twist ties to attach to the twigs. After a time of prayer and reflection, invite the women to write on a leaf why they have grateful hearts and to thank God for what He has done for them. Invite them to hang their leaves on the tree as a symbol and reminder of their collective gratefulness.

In closing, invite the women to write a note to the person on their left. It can be a simple word or phrase about why they are grateful for their sister in Christ.

Close in prayer.

About author



Major Kim D'Amaro

USA Eastern Territory



WOMEN'S MINISTRIES RESOURCES

[Home](#)[About Us](#)[Programs](#)[Spiritual Formation](#)[Life & Ministry](#)

Fellowship Programs

December 2020 – Deck the Halls

December 1, 2020 By [Major Hollie Leonardi](#)



Program Ideas

Deck the Halls Craft Night

Create a craft table using any of the easy craft ideas from the following website: <http://awesomejelly.com/on-a-budget-30-dollar-store-christmas-decor-ideas>. The craft ideas include snowflake wreaths, upside down goblet snow globes and glass ornament jars.

Professional Decorator

Invite a professional decorator to give a presentation entitled, "Deck the Halls." Ask her to give tips and ideas for holiday decorating on a budget. Ask ahead of time if she would be willing to decorate one of the rooms of the corps.

Gingerbread House

Buy gingerbread house kits and invite the women to decorate them in small groups of 3-4. Invite a corps member who doesn't attend the women's ministry to act as a judge to determine the best gingerbread houses using different categories such as: most creative, prettiest, most over-the-top and most candy used.

Deck the Hall Party

Include the following elements in the party: Christmas Carol sing-a-long, Pictionary game (using only words that pertain to holiday decorations such as Christmas tree—Christmas lights, candles, mistletoe, wreath), Christmas wreath-making activity, devotional thought and time of refreshments.

Game Night

Have a game night playing Christmas themed games such as: Decorate a human Christmas tree using green garlands, ornaments and Christmas lights. (Two women are the decorators and the third is the tree.) Hold a Candy Cane Relay: The women place one candy cane in their mouths. They must hook another candy cane and pass it to the next woman, moving from one end of the table to the other. Finish the time together with the devotional thought and refreshments.

Refreshment Suggestions

Ask the women to bake one dozen Christmas cookies and have a cookie exchange. For drinks, serve coffee, hot cocoa, eggnog, hot tea, punch and water. Create a Christmas wreath using crackers, cheese and rolled up deli-meat, or use veggies or fruit. Ask the women bring a food item they grew up enjoying during the Christmas season. An alternate idea would be to ask them to create a dessert using the "deck the halls" for inspiration.

Decorating for Christmas

Even the dreariest room can look like a million dollars once it has received some Christmas decorations. There is something special about a well-lit Christmas tree, candles in the windows and a cheerful wreath on the front door. In a matter of minutes a space can go from ordinary to glitzy, creating an atmosphere of holiday warmth. I liken this to the change in the

dark hills of Bethlehem, where the weary shepherds are working their regular late night shift. What begins as an evening like any other soon becomes a night they will never forget.

Scripture tells us that the shadowy hills suddenly came alive with the radiance of an angel of the Lord. The angel is soon joined by a vast host of other heavenly beings, all praising God. How they must have lit up the sky. How their presence must have enlivened those hills with glorious light and sound. Listen to the words of Luke 2:8-14, from the New Living Translation. *Read this portion of Scripture.*

Can you imagine being there? We are not surprised to hear that the shepherds are initially terrified as I'm sure any of us would be at the sight of an angelic being. As is the pattern, God's representative is quick to put their fears to rest, telling them of the great news of the Savior's birth. The shepherds have a front row seat in the fulfillment of Old Testament scripture. The shepherds hear about the miraculous birth happening in their neighborhood, are invited to witness it for themselves and tell how to find the Messiah.

This story reminds me that God can light up our lives on even the dreariest of days. Like the shepherds, we may be going through the motions of an ordinary day. We may be completing the regular, humdrum tasks required of us, and He could just choose to show up in our thoughts. When we make our lives available to God, and go about our responsibilities with an attitude of gratitude, God can and will speak to us when we least expect it. One of the most exciting messages of this story is that God loves us so much that He wants to light up our lives by making Himself known to us. God loves you dearly and wants you to be on the lookout for His activity in your life. So, listen to your life and be ready at any moment for God to show up and reveal His love for you.

About author



Major Hollie Leonardi

USA Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

January 2021 – Flapjacks and Flannels – Family Night

January 1, 2021 By [Colonel Paula Johnson](#)



Elements of Family Night

This is a fun family night activity centered on the lumberjack theme. The theme fits men, women, young and old and is easily carried out in decorations, games and food. It's a great way to involve all members of the corps and community in a fun interactive event.

Invitations and Decorations

The site below offers free printable invitations and decorations for the event.

http://www.papertraildesign.com/lumberjack-party-free-printables/#_a5y_p=5427342

Suggested wording:

Lumberjack Flapjacks and Flannels

The Women's Ministries group invites you
to bring your friends and family to enjoy a night of fun.

Wear your favorite flannels and bring your appetite!

Date, Time and Location

Decorations should be red and black plaid items. Strips of black, red and plaid material can be tied to a piece of string and hung banner style on the wall.

Refreshment Ideas

<https://www.pinterest.com/pin/816207132439751742/> (Trail Mix Bar)

<https://karaspartyideas.com/wp-content/uploads/2016/12/Lumberjack-Birthday-Party-via-Karas-Party-Ideas-KarasPartyIdeas.com40.jpg> (Pancake Kebabs)

Activities

Fun family game suggestions can be found at the following websites:

Axe Toss Game (for all ages)

<http://craftmeetsworld.blogspot.com/2016/01/diy-no-sew-axes-for-ax-toss-game.html>

This might be a good activity for the women's ministries group to teach the character building groups (Guards, Sunbeams, Club 316) to make before the party.

Pin the Axe on the Target (for all ages)

https://www.etsy.com/ca/listing/480897849/lumberjack-party-pin-the-axe-game-axe?ga_search_query=lumberjack&ref=shop_items_search_22

This cute game is available for download for \$4.99 at Etsy.com

Nail Driving Competition

Ask the Men's Club or the men in your corps to set-up a nail driving station. Competitions can be held with different age groups to see who can drive nails into boards the quickest. Offer small rewards for winners.

Flapjack Flipping

Make a few extra pancakes for this game. Ask the adults to gather and provide spatulas to each participant. Place a pancake on each spatula and see who can flip the pancake the highest and still catch it upon landing.

Flapjack Eating Contest

This contest should be held by age groups. Serve up a large plate of mini pancakes and see who can eat the most.

Devotions

Use elements of this story to talk about Paul Bunyan and his tall tales:

https://www.sps186.org/downloads/basic/558345/paul_bunyan.pdf

Paul Bunyan was a legend—a man bigger than life itself. There are great stories about Paul and his adventures with his ox, Blue. They are fun stories filled with exaggeration, tales just too big to believe.

Stories about Paul Bunyan help us to consider the wonders of nature. We read about pine forests and great rivers and lakes. We hear stories of planting and seasons, reminding us of the truth we find in God's Word about the majesty of nature.

Psalm 8 reminds us of the handiwork of God and how even through all the grandeur, God still thinks of us.

Psalm 8:1–9, Living Bible (TLB)

O Lord our God, the majesty and glory of Your name fills all the earth and overflows the heavens. You have taught the little children to praise You perfectly. May their example shame and silence your enemies. When I look up into the night skies and see the work of your fingers—the moon and the stars you have made—I cannot understand how You can bother with mere puny man, to pay any attention to him! And yet you have made him only a little lower than the angels and placed a crown of glory and honor upon his head. You have put him in charge of everything You made; everything is put under his authority: all sheep and oxen, and wild animals too, the birds and fish, and all the life in the sea. O Jehovah, our Lord, the majesty and glory of Your name fills the earth.

Tonight, we invite you to join together as friends and family and to spend a few moments in small groups sharing with each other how you experience God in nature. Once we've spent a

few minutes considering the handiwork of God, we will close together in prayer.

About author



Colonel Paula Johnson

National Secretary for Women's Ministries, USA National Headquarters



WOMEN'S MINISTRIES RESOURCES

[Home](#)[About Us](#)[Programs](#)[Spiritual Formation](#)[Life & Ministry](#)

Fellowship Programs

February 2021 – Just Share Love

February 1, 2021 By Major Kathleen Stoops



Decorations

Use Valentine's Day colors: red/white/pink tablecloths, balloons, cupid arrows and heart-shaped confetti scattered on the tables.

Games

Use the following website to print a Valentine word search:

https://www.morningmotivatedmom.com/wp-content/uploads/2017/01/Valentines-Day-Word-Search_Hard.pdf

For additional games check these websites:

<https://www.cupcakediariesblog.com/2018/01/valentines-day-candy-dice-game.html>

<http://funcheaporfree.com/the-bowl-game-the-best-party-game-youve-ever-played/>

Refreshment Ideas

A float made with three ingredients is fun and simple. Pour cherry soda over vanilla ice cream and use red licorice for a straw. Check Pinterest for other refreshment ideas.

Heart Popcorn Balls

Check the following website for the directions to make heart popcorn balls with printable tags: <https://www.iheartnaptime.net/heart-pop-recipe-and-printable/>

God Is Love

A quick glance.

A shy smile.

Sweaty palms.

Hearts a-flutter.

Nervous introductions.

Aaaaaah ... all the characteristics of young love.

Sometimes those characteristics cause us to behave in a manner that is unusual or foreign to us, and we can even be referred to as lovesick! A little song from many years ago blames Cupid for causing the behavior that has him acting like a lovesick fool.

I'm in love and it's a crying shame

And I know that you're the one to blame

Hey, Hey, set me free

Stupid Cupid stop picking on me!

Do you remember your first love? What do you remember most? Did you act like a lovesick fool? Do you remember wanting to look your best? Did you look for unique ways to make your loved one feel special?

We have anniversaries of special events in our lives and we are intentional about doing things that will show our loved ones how special they are to us. During the month of February we are especially mindful of expressing our love and focusing on appreciating those little things that are sometimes taken for granted.

Often we allow ourselves to get so busy that we miss opportunities to love and be loved. That is why we sometimes go to extremes when Valentine's Day arrives. We may overcompensate for those times when we've taken our loved ones for granted. In doing this, we can get so wrapped up in celebration of love for each other that we lose sight of where love comes from.



“We love because He first loved us” (1 John 4:19 NIV).

I think it is safe to say that everyone has a need to love and be loved. We are created in the image of God, and Scripture tells us, “God is love” (1 John 4:8). The beginning of that verse says, “Whoever does not love does not know God.” We know that there are many in this world who do not yet know God. Unfortunately, there are those who find it hard to love others because they have not had very good earthly examples of true and pure love that is an expression of being in relationship with the God who *is* love.

We must allow ourselves to love and be loved by the One who “first loved us” (1 John 4:19). We should not take this love for granted but cultivate our relationship with God and be intentional about showing Him how much we value that relationship, much as we make the effort to show our earthly loved ones how special they are to us.

Because God is love, His love overflows in us, and a natural expression of that love is that we then love one another. Scripture tells us many times to love each other. “Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God” (1 John 4:7). Furthermore, Jesus Himself, when asked “which is the greatest commandment in the Law” said, “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the prophets hang on these two commandments” (Matthew 22:36-40).

A few more phrases from our songwriter friend:

You mixed me up for good right from the very start

Hey now, go play Robin Hood with somebody else's heart

You got me jumping like a crazy clown

And I don't feature what you're putting down ...

Hey, Hey, set me free

Cupid stop picking on me"

The image of this lovesick songwriter may not exactly be the ideal we're looking for. The love that comes from the one who will "never leave you nor forsake you" goes much deeper (See Deut. 31:6). As already mentioned, exhibiting the true and pure love that is an expression of being in relationship with the God who is love, makes all the difference. We can be eloquent speakers, extremely knowledgeable on many subjects, very generous with our possessions, hard-working to the point of exhaustion, but if we do not have love, we are nothing. 1 Corinthians 13 outlines this very clearly. This chapter of scripture is commonly referred to as the Love Chapter because it outlines those characteristics that are evidenced by a life overflowing with a true, pure love that comes from God. While these characteristics seem very basic and straightforward, they can be among the hardest to achieve, given our human nature.

Meditate on the words from 1 Corinthians 13 as we pray that our lives evidence a love that is rooted in relationship with God.

About author



Major Kathleen Stoops

USA Eastern Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

March 2021 – Just a Few of My Favorite Things

March 1, 2021 By [Lt. Cristina Spencer](#)



Favorite Things Party

Scripture: Psalm 118:1

Introduction

Just as we did in grade school, we are going to ask you to bring an item for show and tell. This should be a favorite thing that you would like to share with the group. It could be something to give away or just to show—food, a sentimental item, a childhood game or a song.

Program

Welcome

Opening Prayer

Song—Count Your Blessings #909

The Salvation Army Songbook

Ice Breaker

Devotional

Activity

Closing Prayer

Ice Breaker

The M&M Icebreaker Game

Invite the women to take as many M&Ms as they like from a bowl. For each color chosen they are to name one of their favorite things.

RED – Favorite food

GREEN – Favorite book

YELLOW – Favorite movie

BLUE – Favorite animal

ORANGE – Favorite song

BROWN – Favorite hobby

Refreshments

Invite the women to bring one of their favorite snacks to share with the group. This could include favorite drinks, cookies, dips or candy.

Activity Ideas

Craft

Ask two or three women to lead everyone in making a craft or an activity that involves their favorite things. For example, jewelry.

Show and Tell

Invite the women to share one of the favorite items they brought from home and explain why it is important to them.

Pass the Gift

Ask the women to bring a small gift item. Everyone picks a gift and takes a turn rolling the dice. The number on the dice will determine what they must do. For example: 1. steal the gift, 2. pass the gift to the left or to the right, keep the gift). You can find a link for this game at the following website: <https://www.mamacheaps.com/2017/11/pass-the-presents-white-elephant-gift-exchange-game.html>

His Love Endures Forever

What are some of your favorite things? I have a long list. I love food, making earrings, spending time with family, Christmas (yes, even Kettles!), the Bible, and so much more. But one of my favorite things to do is spending time with God through devotions and worshipping Him through music.

When I think about God, I think about how much He favors each of us. While we could be doing other things, we chose to be here today in fellowship and in worship. God has the ability to choose as well and He chose to love us because He is love. The Bible says, "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" (1 John 3:1, NIV). God has chosen us to be His children. He favors you and He favors me because we are His creation. Think about it: He provides for our every need, He protects us day by day, He has given us another day of life and a family to worship with.

We read in Psalm 118:1(NIV), "Give thanks to the Lord, for He is good; His love endures forever." This is a familiar verse that you probably have heard many times. Sometimes, when we say or read it, it can feel very routine and we don't stop to fully consider it's meaning. But if we dig deep into that verse, we see so much history. This psalm was used as an entrance to the Temple and also at the festival of Passover. It was used to proclaim the deliverance of the Israelites from Egypt and later from the Exile. It was a joyful chant as they marched around. Even when they thought about the dark times they had gone through this Psalm was on their lips.

How great is it to know that God's love endures forever. No matter how far we may go, how many mountains we climb and valleys we walk through, God favors us and will show us His love forever. Take this Scripture and hold it close to your heart and remember that God will keep you, will favor you and will hold you close always.

About author



Lt. Cristina Spencer

USA Eastern Territory



WOMEN'S MINISTRIES RESOURCES

[Home](#)[About Us](#)[Programs](#)[Spiritual Formation](#)[Life & Ministry](#)

Fellowship Programs

April 2021 – Freezer Meal Party

April 1, 2021 By Major Francisca Robinson



Freezer Meal Party

The point of a freezer meal party is to diversify your meals, share costs and spend time together. There are a number of ways to accomplish this:

- 1 One woman plans the recipes and does the shopping. This yields the best opportunity for cost savings, since the planner can optimize the recipes around bulk shopping. The

women pay a certain amount to participate. Everyone shows up and cooks.

- 2 A committee decides on the recipes and assigns various women to purchase the ingredients. Everyone shows up and cooks and contributes to the cost of the ingredients.
- 3 Don't cook—just swap! Ahead of time, determine the number of women who want to participate and what they will bring to exchange—burritos, frozen chili, lasagna, baked goods. Ask them to include a list of the ingredients (because of possible allergies) and instructions for heating the meal.

A Checklist for a Freezer Meal Party

In the regular meeting decide how many people are interested in participating and which method of preparation interests them. Method number three, "Just swap," could be handled in a regular meeting and there is no limit on the number that can participate. However, decide ahead of time the rules for swapping. The other two suggestions require additional time and preparation space. Decide on the recipes, who will handle the shopping and the estimated time needed to prepare the recipes.

The kitchen and prep space available will determine the size of the group that can participate. In addition to the end product of delicious meals, cooking together is a chance to spend time together. As the food needs to be refrigerated or frozen fairly quickly, you will need an empty refrigerator/freezer. Create workstations with cutting boards, bowls, knives and preparation instructions.

Planning the Recipes

Look for recipes that freeze well and have common ingredients. Also consider making recipes that take little prep time, but just need to be assembled. Check the following websites for recipes:

thegirlonbloor.com

<https://pinchofyum.com>

southernliving.com

Supplies Needed

- Bowls
- Cooking pots
- Disposable pans for the completed recipes
- Freezer bags

- Paper towels
- Labels for the completed dishes
- *Ask the women to bring:*
- Cutting boards
- Knives
- Aprons
- Dishtowels
- Cooler with ice packs

Safety First

Be mindful of food safety when cooking in big batches:

- 1 Wash hands before and after handling ingredients.
- 2 Keep ingredients cold until needed.
- 3 Cool cooked food quickly in the fridge or freezer.
- 4 Freeze finished food promptly.

Games

Mystery Taste Test

The object is to identify a variety of foods by taste only. Allow each blindfolded player to take a predetermined number of turns. Award one point for each correct guess. Some suggestions: peanut butter, cheese, olives, pickles, applesauce, diced fruit or vegetables, olive oil, vinegar, sugar, flour, cornstarch. A variation would be to allow the players to touch and smell the food, but not taste it.

Food Themed Musical Chairs

Place the chairs in a circle with one less chair than the number of players. Assign each player a type of food from a certain category (fruits, vegetables, baked goods). When the person in the center calls out the name of a food, all the players designated with that name must change seats. Each time a chair is removed. The last person remaining wins this game.

Recipe Mix Up

Divide the women into teams. Give them the same recipe with all the ingredients and directions on separate slips of paper. The goal is to arrange all the ingredients and directions in the correct order. If you wish, provide the ingredients and let the teams make the recipe, which could be a part of the refreshments.

Satisfaction Guaranteed

Read Genesis 1:29–31, Psalm 107:9.

For many years people's diets depended on the food available where they lived. Today in America we have an abundance of choices and our diets have changed according to likes and dislikes.

Scripture tells us that on the sixth day of creation God, in His long-term plan for His ultimate creation, provided plants and trees that would produce all the food mankind would need to survive. We have more than we could ever imagine needing to the point of immense waste. In the United States alone 30 to 40 percent of food is wasted, equaling approximately 133 billion pounds and nearly \$161 billion dollars. I don't think that this meets with God's approval.

Working together to prepare and share healthy meals has many benefits. These days we are always looking for a way to spend less and still have nutritious meals. In a meal swap we can save money and time with less waste. We also share the benefits of ready-to-go meals that last longer and are easily available to prepare at the end of a long busy day.

What does the Bible say about food? God made provision for the nutrition needs of mankind. He created plants and trees to produce fruits and vegetables and grains. After the flood (Genesis 9:1–3) meats became a part of man's diet. There were restrictions and religious regulations concerning foods considered unclean and not to be consumed. God knows what is best for us, and yet so often we ignore what has been proven to be His best way.

The Bible tells us that our bodies are the Temple of God (1 Cor, 6:19). We are not our own. We must take care of our bodies and keep in step with God's perfect plan for us even in the way we eat. In the Bible we can find what kind of food we should have—a healthy diet with fresh food, not adulterated and processed. And there is no need to hoard or purchase more than we need. In Exodus we see that God forbade the people to store the manna and when they disobeyed, it rotted and was inedible. Let's not be a part of those waste percentages. "If therefore, you eat or drink, or do otherwise, do everything for the glory of God" (1 Cor. 10:31). The nutrition directions given by God are the best. Following them guarantees long life and better health.

Consider the food experiences you have had in your lifetime. Some have been good, others so bad we try to forget them. (*Have a time of sharing.*) Ultimately, when we eat healthy meals, we honor God (1 Cor. 6:20).

About author



Major Francisca Robinson

USA Eastern Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#)

[About Us](#)

[Programs](#)

[Spiritual Formation](#)

[Life & Ministry](#)

Fellowship Programs

May 2021 – Flower Power

May 1, 2021 By [Captain Erin Brand](#)



Scripture Verse: Luke 12:27

Set the Mood

Encourage the women to dress in their best vintage hippie flower power clothes—tie-dye shirts, leather vests and jeans. Make a play list of artists from the 70's like Keith Green, Carly Simon and the Beatles. See how many of their songs the women can identify.

Decorations

Use colors often associated with the 70's: neons, orange, yellow, tie-dye, purple and green. Set up the refreshment table with a Lava Lamp, candles and Beatles pictures—anything reflecting the 70's era.

Craft Ideas

Tie-dye Shirts

Invite the women to bring an old white shirt that can be tie-dyed. Kits can be purchased at most craft stores or check Pinterest for instructions.

Psychedelic Decoupage Lanterns

Supplies Needed:

Tissue paper in assorted colors, glue, warm water, mason jars, sponge paint brushes.

Instructions:

Fill a small container with 1 part glue and 1 part hot water

Brush a thin layer of the glue mixture on the jar

Tear off pieces of tissue paper and stick on the jar

Apply a thin layer of glue mixture over the tissue paper

Let dry and place a battery operated votive candle in the jar

Name that TV Show from the 1960's and 1970's

- These days are ours

Happy Days

- Orange car and Daisy Duke

Dukes of Hazard

- That's the way we became the ____ ____

The Brady Bunch

- You could find love on this magic getaway

The Love Boat

- They're creepy and they're kooky, mysterious and spooky

The Addams Family

- The millionaire and his wife

Gilligan's Island

- To boldly go where no man has gone before

Star Trek

- They call him _____. Faster than lightening, King of the sea

Flipper

Flower Power Word List

Using the words "Flower Power," invite the women to come up with as many different words as they can.

Favorite Products of the 60's and 70's

Check the Internet for products from the 60's and 70's. How many are still around today? Show pictures of the products and see how many the women used.

Consider the Wild Flowers

Luke 12:27: "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these."

Everyone has heard the popular phrase, "April showers bring May flowers." It seems to be such a silly phrase when most of us just long for warm sunny days with no snow or rain. But the phrase proves true: As the rain comes down the flowers start to bloom. All of a sudden the land becomes a glorious panorama of color, the world turns bright and the chill of winter is lifted.

Flowers are empowering; they bring comfort to those who mourn at a gravesite, cheerfulness at the bedside of the sick, and romance to Valentine sweethearts. God paints the world every

spring with colors that blend in unique beauty, constant reminders of God's provision. Seeds that have been planted rise from the dark earth. A bulb that has lain dormant all year emerges. I'm often intrigued with the tulips I plant after Easter. In April the tiny buds faithfully pierce the frosty ground, blooming despite harsh conditions surrounding them.

We have had a lot of fun with the whole idea of flower power. The time period of the 1960's and 1970's brought a lot of uncertainty. War, peace, changes in thinking brought on the famous four-day festival in Bethel New York on August 15 – 18, 1969 called Woodstock. The Flower Power movement was born. Flowers became a huge fashion statement, the more the better. For most of the era, bold dark browns, oranges and greens with geometric shapes were the most sought after designs for family décor. By the end of the 60's going into the early 70's the Hippie movement inspired bold electric blues, purples and psychedelic colors.

People were emboldened. Flowers made a statement distracting attention from all the changes the world was enduring. There were massive ground breaking events like the Civil Rights movement and man walking on the moon. Perhaps flowers provided a welcome, fun distraction.

Think about our own lives today. What is going on in the world around us? People experience a lot of worry and stress. What causes you stress? Maybe you have a child in college not making the right choices; maybe you are still without a job after many interviews. Circumstances in life can cause us to worry. This is when our faith in Jesus must come into the equation.

Jesus addressed the subject of worry as people gathered around Him. He pointed to the flowers of the field and said, "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these" (Luke 12:27). Solomon was a very wealthy king whose story is recorded in the Old Testament. He was so wealthy that he could dress in the richest, most exotic style of the day. Jesus compared him with the flowers and suggests that we too consider how they simply exist and reflect His beauty. Jesus wants us to know that when we trust in Him, He will keep us rooted and help us flourish. We will be just like the tulips under the cold ground that spring up through the snow. Rooted in good soil, no hard work is required on its part. As we live in the soil of God's love and grace, we will thrive and reflect His beauty.

Closing

In closing sing the song: "Something Beautiful, Something Good."

About author



Captain Erin Brand

USA Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

June 2021 – Just Enjoy An Unforgettable Day

June 1, 2021 By [Lt. F. Noemi Tripari](#)



Introduction

While the world we live in tells us that marriage is no longer necessary, many still hold on to what Scripture teaches about this sacred union. The wedding day will be the most unforgettable day of the bride's life, the beginning of a new life together with her husband. She thinks about and sometimes even obsesses over every detail, from her jewelry to the dress she will wear. The outfit will be beautiful and bright with perfect decorative details. No

spot or imperfection will be tolerated. As the details are being planned, she awaits that great day with excitement and joy.

Preparation

Ask the women to come dressed for a wedding. Invite them to bring something that they had or wore at their wedding. This could be flowers, fabrics or jewelry. Let the women share what they brought.

Games

Divide the women into groups who will work together to prepare the various aspects of a wedding. Set up four stations with the different materials necessary for each project. Each group should create a theme that ties each aspect together. Wedding sites such as withjoy.com, weddingwire.com, and even a simple web search can inspire a group with an idea. Either print some examples (framing them to use as decorations), or just make the sites available for the women to search on their phones for ideas. Give each group an allotted amount of time to prepare and create at each station.

If you do not have enough supplies at each station for each group to make their centerpiece or bouquet, ask each group to take a photo of their finished product and then disassemble their creation so that the next group will have access to the same supplies. You do not want the last group to be at a disadvantage because they did not have enough materials.

Station 1 – Prepare the invitation for the ceremony

Using cardstock or blank invitation paper, have the women design an invitation for their wedding. Metallic markers and pens will be needed for the wording of the invitation. A pencil and ruler may be beneficial. They can use their phones to access websites and help with proper wording, or you could have printed samples to help in their planning.

Station 2 – Prepare the Table Centerpieces

Using decorative silk flowers, vases, strands of pearls, candles and any other items that you may have at the corps, ask each group to create a centerpiece for the reception table.

Station 3 – Prepare the flower bouquet

Invite each group to make a bridal bouquet for the big day using silk flowers, tissue paper flowers, baby's breath or other inexpensive filler flowers.

Station 4 – Decorate the cake

Give each group a small cake and decorating supplies to create their wedding cake.

Decorations

Decorate the meeting room with tiaras, tulle, pearls, flowers, photos of mini brides and grooms.

Wedding Reception

After playing the games, have a wedding reception. Serve punch, lemonade, small sandwiches and the cakes from the fourth game station. Use white or silver paper plates. Wedding dance music could be a great option to enhance the celebration.

Here Come The Brides

When we are invited to attend a wedding ceremony, we always go with the expectation of seeing the couple at their best. All eyes are focused on the moment when the bride parades dazzlingly towards her beloved. The bride walks steadily, perhaps nervous or excited until she reaches the side of the one whom will be her life partner and her eternal love. To make this day an unforgettable one takes time, effort and dedication, but it is all worth it to make the dreams of the bride come true.

Marriage is a celebration of love between two who are joined together as one. This love will be tested and must overcome obstacles, challenges and misfortunes. True love will be the flame that maintains the hope of enjoying a life together. We prepare and dedicate so much time and effort to achieve an unforgettable wedding, but how much more should we be preparing ourselves for the great day when we will face our beloved, Jesus Christ.

Isaiah 61:10 says: "I delight greatly in the Lord; my soul rejoices in my God. For He has clothed me with garments of salvation and arrayed me in a robe of His righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels." Jesus Christ waits for His church—His wife and His beloved—to enjoy the great wedding celebration when the church is finally united together with God. At this wedding the Lamb will receive His wife, the church that has been kept clean and without stain to enjoy life with Him for all eternity. The Lord offers His people beautiful clothing to wear in preparation for His coming. These garments, more splendid than any wedding dress that we could choose for ourselves, are garments of salvation and righteousness—pure white, spotless, dazzlingly beautiful. Let us put on these garments and keep them pure by living for the true love of our lives, Jesus, until the day He returns and we will be united with Him forever.

Prayer

Dear Heavenly Father:

Thank you God for your great love. You are the beloved One who protects our lives and shows us how special we are. Your love teaches us to seek Your presence and to give You our heart, mind and soul. Help us day by day to focus our thoughts towards Your Presence, and

to not allow anything or anyone interrupt our relationship with You or our search for You. The day will come when we will hear Your voice and contemplate Your beauty face to face. Come Lord Jesus, Your church, Your princess, Your wife awaits You. Amen.

About author



Lt. F. Noemi Tripari

USA Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

July 2021 – Just Have Fun – Three Cheers for the Red, White and Blue

July 1, 2021 By [Sarah De Leon](#)



Introduction

In the 1800's there was no TV, computers, or i-Pads. Take the women back to a simpler time by playing some games from that era.

Board Games

Board games of all types were played in the front pallor. Many of these games are still popular today. Set up tables throughout the room with some of these games—Chess, Monopoly, UNO, Scrabble.

Game of Graces

This was a popular activity for young girls during the early 1800's. It was considered a proper game benefiting young ladies and, supposedly, tailored to make them more graceful.

How to Play

This game is played with two people, with each person using two dowel rods. One of the players takes a wooden hoop and, pushing apart the two rods, sends the hoop into the air for the other player to try to catch. The winner is the player who is first to catch the hoop ten times. You can find a video on YouTube showing how to play the game.

Materials Needed to Make the Hoops

- 9" Wooden embroidery hoop (1 per group)
- 3/8" dowel rods (2 for each participant)
- Assortment of colored ribbons
- Glue gun
- Glue sticks

- 1 Have each group member pick out 2–3 color ribbons and share a special thought, person, or memory those specific colors represent.
- 2 Wrap ribbons around the embroidery hoop, crisscrossing the colors.
- 3 Hot glue the ends of the ribbons to the embroidery hoop.
- 4 Using the same colors, make two small sets of streamers and attach them to opposite ends of the hoop.

Cardstock Quilting

Materials Needed:

- Scrapbook squares/cardstock (cut into assorted sized squares)
- Markers/pencils/crayons
- Hole punchers
- Yarn

- Scissors

Instructions:

- Provide each woman with a couple of squares. Ask them to decorate their pages to represent something about themselves:
 - Their name in calligraphy
 - A picture
 - A favorite scripture.
 - Or just make an abstract pattern.
- Combine the squares as a group.
- Punch holes along edges.
- Tie the squares together with yarn.

Check the following website for additional help: <http://www.allpeoplequilt.com/quilt-patterns/tablerunners/free-table-runner-patterns?page=24>

Three Cheers for the Red, White and Blue

"I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all." For centuries, these words have been proclaimed through the voices of Americans. As children, we remember taking a stand beside our desks, right hand over heart and clearly declaring this promise to ourselves, our country, our God.

This declaration, recited each morning in schools all across America, has stood as a proclamation of our steadfast allegiance to our country and our God. Ever since that momentous day on July 4, 1776, our country has become an independent entity committed to purity, justice and loyalty. Just as King Solomon established and dedicated the temple, so too was our beautiful country prayed over and dedicated back to the Lord.

Read 2 Chronicles 7:11-16 (NIV)

God made three very important promises in 2 Chronicles 7:14. He promised to hear us from heaven, to forgive us of our sin and to heal our land. We know that God's promises are always good, and we can be assured of His mercy, grace and love. There is never any question of this. However, just as we can count on God to hear, forgive and heal, we must be willing to do our part. We must humble ourselves, pray, seek Him and turn from our wicked ways. Only by doing this can we expect blessings to come to us.

Some question if we can believe that God will hear us. Can our country be healed or are we beyond forgiveness? It almost seems fantastic to imagine a utopia in America without drastic measures being taken. The truth is that the things we question for the future, God has already planned out. Our country must be like a temple: anointed and dedicated to God. We must be what we were born to be: God's chosen people. Although we as people and as a country may fail, if we rely on the Lord, He will certainly pick us back up again. We need to focus on doing our part to ensure that we are giving Christ our all.

Let us pray.

Lord, we are your people. We have fallen so far, but we know that only You can pick us back up again. Hear our prayer. Forgive us. Heal us. So that we may, once again, become a chosen nation for You. Help us to guide others to You and to remember to spread the love, grace and mercy that you have always shown us. We ask all these things in Your name. Amen.

Check the following websites for additional ideas:

Party Decoration Ideas Page:

<https://www.evermine.com/blog/4th-of-july-candy-favors-diy-twist-ties/>

<http://partyhosthelper.com/tips-and-news/page/8/>

<http://www.njfamily.com/Patriotic-Party-Time/>

<https://shewearsmanyhats.com/easy-diy-red-white-and-blue-party-decoration/>

Party Food Ideas Page:

<https://www.sixcleversisters.com/red-white-and-blue-treats/>

<http://www.cutefoodforkids.com/2012/05/4th-of-july-party-food-ideas.html>

<https://www.bigbearswife.com/independence-punch/>

<https://www.nobiggie.net/25-patriotic-treats/>

<https://www.realmomkitchen.com/7351/red-white-n-blue-jello-salad/>

<https://www.marthastewart.com/275196/red-white-and-blue-desserts>

<https://www.homemadeinterest.com/red-white-and-blue-food-crafts/>

<https://www.pinterest.com/pin/88805423881433840/?lp=true>

<http://blog.oubly.com/easy-party-food-ideas-labor-day-bbq/easy-party-food-ideas-red-white-and-blue-fruit-kabobs/>

<http://sugarmamacooks.com/red-white-blue-marshmallow-pops/>

About author



Sarah De Leon

USA Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Fellowship Programs

August 2021 – Just Be Creative – Painting Class Night
Español

August 1, 2021 By [Lt. Allison Hinzman](#)



Painting Class Night



“Create in me a pure heart, O God, and renew a steadfast spirit within me.” (Psalm 51:10)

Supplies needed

- Canvas (size is up to you, quantity based on class)
- Table top easels (nice, but not necessary)
- Various size paintbrushes
- Acrylic paints
- Paint trays or cups
- Cups of water
- Tablecloths (so you don't get paint on the tables)
- Smocks (old men's shirts work well)
- Paint markers/permanent markers
- Bibles
- Pencils
- Rulers
- Speaker for background music

Set Up

Set up tables and chairs, making sure that everyone has an adequate amount of space. Try to place the tables in such a way that everyone can see the leader. Place an easel, smock, canvas, paint tray, cups of water, paint and brushes at each chair.

Refreshments

Set up a separate table for the refreshments. Make them simple like pretzels, cookies, juice, coffee and tea.

Instructions

A paint night is a perfect way for women to express their creativity. It's a means of worship and a great time of fellowship. Pick a simple painting such as a flower, tree, cross, or the sun (see the sample). Have a finished picture or canvas of the painting chosen for the class to see.

It's easiest to do if you have someone leading the class. You can also find step-by-step instructions on Pinterest for various projects. Show the video and then lead the women in each step so that no one falls behind.

Once the women have their paint colors, start with the background of the painting. It's easiest to have a solid background, like on the sample. They can add swirls or have brushstrokes in different directions to make it their own but stay away from detailed and tricky backgrounds.

Once the background color is completed you can use a blow dryer on low heat to help the background dry faster. Encourage the women not to rush, but just enjoy the experience.

The women may want to write something on their painting. It could be one word (breathe, peace, love) or a scripture verse. Once they picked it, invite them to write it out, using a pencil, the way they'd like it to appear on the painting. Once they are satisfied with the placement, have them go over it with either a paint marker or permanent marker. Trying to paint lettering can be very difficult and stressful; therefore, it is easier to use a paint or permanent marker.

Further instructions and samples of a simple heart design can be found [here](#).

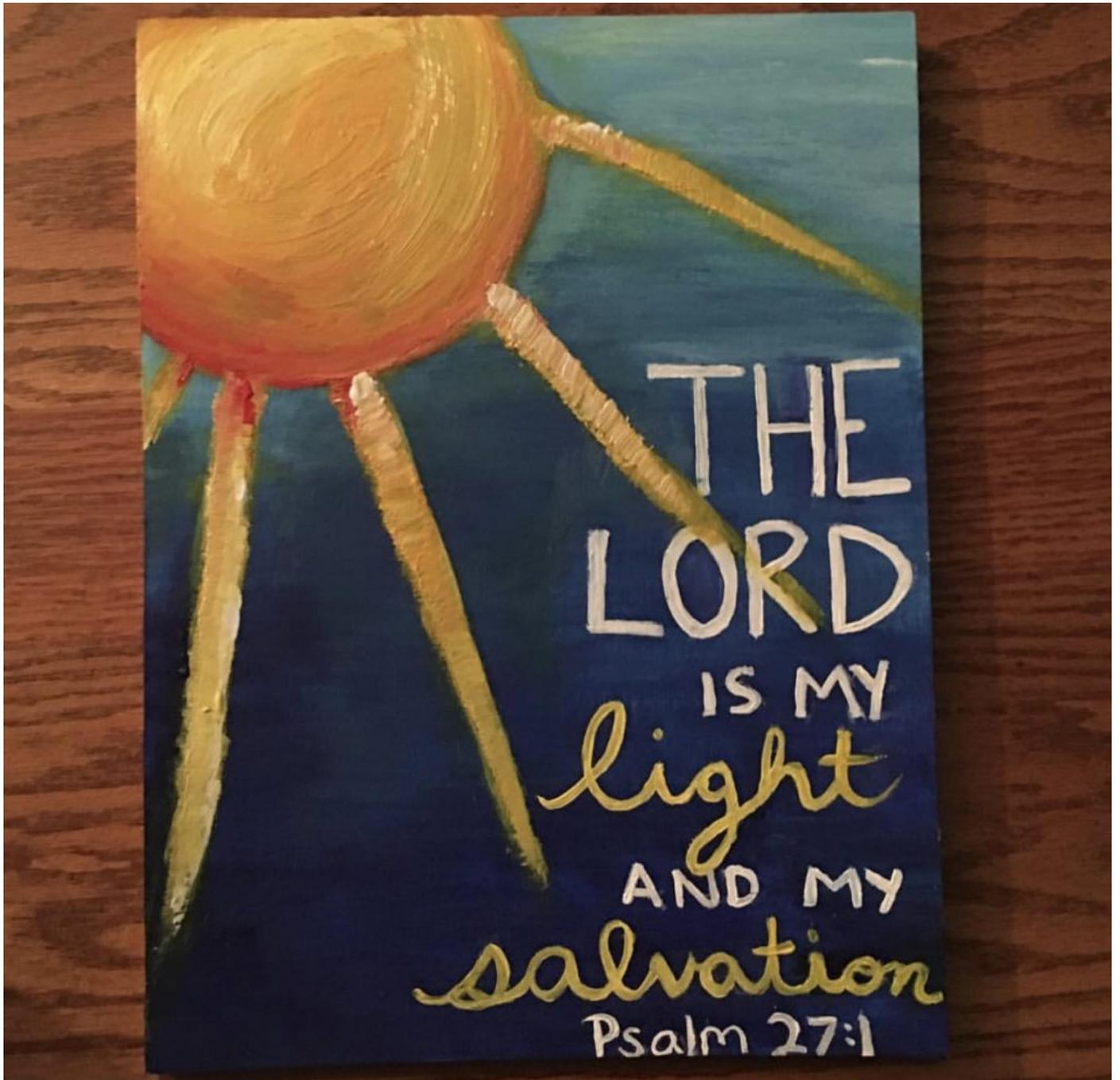
What Me? Creative!

Did you ever say you're not a creative person? I've heard so many people say, "I'm not creative. I can't do this; I can't do that." I always get sad when I hear that. Why? Because God of the universe, the most creative being in the world, created you. You are creative. You are the artistry of Christ. Ephesians 2:10 reminds us that "We are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." God is the artist and He is creating you, molding you into His beautiful masterpiece.

Think about the time and effort that went into the painting you created tonight—every brushstroke, every smear of paint. And your painting only took an hour. You're proud of it. Your hard work has paid off. Consider how much more time and effort Christ has put into making us, His masterpiece. He's constantly working on us, removing the parts that aren't quite right, painting over the blemishes and mistakes and creating something so beautiful that He delights and takes joy and pride in. We are a constant work in progress, but we are beautiful.

Let's take the next few minutes to reflect on our lives. Where are we? Are we letting Christ be the artist? Is He in control? Or are we taking things into our own hands, maybe not doing what we know Christ wants us to do. Let's ask Christ to once again create in us a pure heart, to remove those blemishes and restore us, His masterpiece.

Close in prayer.



About author



Lt. Allison Hinzman

USA Eastern Territory



Fellowship Programs

September 2021 – Just Dance with the Stars

[Español](#)

September 1, 2021 By [Lt. Tabitha Swires](#)



Scripture Focus: “The young women will dance for joy, and the men—old and young—will join in the celebration. I will turn their mourning into joy. I will comfort them and exchange their sorrow for rejoicing” (Jer. 31:13 NLT).

This program contains all the elements of the four-fold purpose: worship, education, fellowship and service. You can use them all or be inspired to create your own program using

just a few of the ideas. It can be done with a large group of women or with just a few of your favorite gals.

Table Set up (large group)

Go Hollywood using black and gold, or silver and gold, with sparkles to create glam! Use Pinterest and look up, *Dancing with the Stars Party Centerpieces or Décor*. You can never go wrong with twinkle lights, mason jars dusted in glitter, glass votives filled with star confetti, or simply cover the center of the table with silver and gold glittering star cut outs.

Table Set up (small group)

With a small group of women you can keep it simple! Just use a colorful tablecloth, some tea lights, and silver and gold glittering stars.

Snacks

Set up a buffet style snack line so that as soon as the women arrive they can pick up their refreshments. The table can have the same tablecloth as the other tables with simple star confetti or just a gold shimmery table runner. Provide healthy option snacking because tonight we are dancers and need to eat healthy for energy. Serve carrots, celery, pepper strips, cherry tomatoes and pretzels along with health dips (hummus, almond butter, ranch dressing). Also have whole grain crackers, apple slices, grapes and berries for desert.

Welcome

Welcome to our dancing with the stars night. Tonight you are the stars! God spreads stars across the world to shine brightly for the purpose of His glory. Jeremiah 31:13 states, "The young women will dance for joy, and the men—old and young—will join in the celebration. I will turn their mourning into joy. I will comfort them and exchange their sorrow for rejoicing."

Get Moving

At this point in the program we invite you to get up and move. You will find easy to follow instructions on a video that the writer recorded on YouTube at:

<https://www.youtube.com/watch?v=yNOkM7TCi7s>

Invite the women to follow this video for as many times as they like. The most important thing is to have fun. Not the best dancer? Don't worry, just laugh together, leave all your troubles and anxieties at the dance floor, but really at Jesus' feet. Smile, move, get up and praise God and see the atmosphere of the room shift as you move together.

Designate 2 to 3 people to be the judges. Put little number stickers on circles and glue the circle to a popsicle stick so the judges can hold up their scores. Give prizes for the most creative, funniest and most energetic.

Water Break

Catch your breath! Hand out bottles of water for your star dancers. It's important to stay hydrated.

Dance, Dance, Dance

How are you feeling? That was fun! Do you ever think about the power there is in having fun together? The amount of power the joy of the Lord has over our hearts? When we enjoy one another, when we get up and move and laugh and just relax in God's presence together, what a difference it makes on everything else going on around us.

Some of you might have come in carrying some heavy burdens. Some of you may be finding yourselves wondering and questioning and dealing with some really hard situations that you cannot seem to shake. These feelings are legitimate. They are real fears, real concerns, real worries. Maybe you are wondering how God can take care of these things. How will you get out of this mess? Does God really see all that you are going through?

Remember you are His star, created in His likeness to shine brightly for Him so that all the world can come to know what a beautiful, loving Savior we have. Of course, He sees you, His stars, His promised people spread throughout the land. He sees you and He knows. Sometimes, turning a situation around can be as easy as getting up and dancing. Sometimes, all you have to do is meet with God, make a move towards Him, co-operate with His Spirit. Partner with Him in this dance of life, get up and do something. Change direction, make a change and don't look back. Do something that either represents where you wish you were or where you see God taking you.

Jeremiah 31 records a time of restoration for Israel. Verse 10 states, "He who scattered Israel will gather them and will watch over His flock like a shepherd." Hope was being restored; God was turning their mourning, their sadness, their sorrows, all they had suffered and grieved over into joy, comfort and rejoicing. God does that. And what did the people do? They danced! They joined in.

Sometimes we are waiting for the Lord to turn a situation around, and He is just waiting for us to join in. God desires that we take all of our concerns to Him in prayer. He is longing for us to pour our hearts out to Him waiting for Him to hear our cries. He is waiting for us to get up and do something, move toward the direction of the desires of our hearts, to move towards freedom, healing and deliverance. When the wait is over, it's time for us to join in and see the joy of the Lord. He wants to turn our mourning into gladness. He is already moving. Join Him and ask Him, what is my part, Father, in this dance?

Closing Prayer

At this point simply pray over the women, or break up into groups and invite them to pray for one another. Give them time to respond to what God might be saying to them.

Closing

In closing play the song “Born to Praise” by Planetshakers, which can be found on YouTube. The women may want to praise and dance together again or just listen to the music to remind them of the joy that came when they danced.

About author



Lt. Tabitha Swires

USA Eastern Territory

Service Programs



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



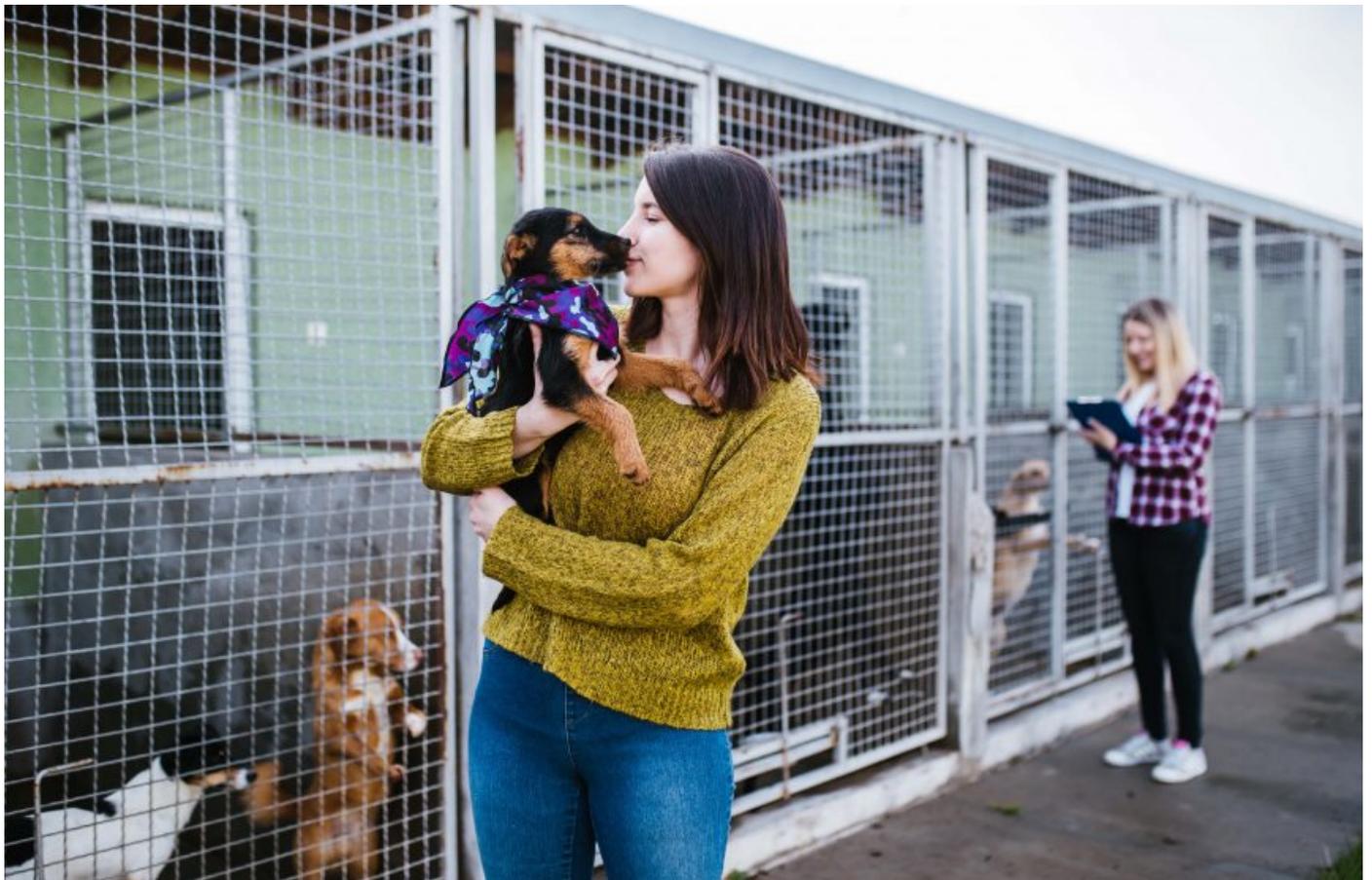
WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

October 2020 – Just Be Kind to Animals

October 1, 2020 By [Major Ruth New](#)



October is National Animal Safety and Protection Month.

Program Overview

October is National Animal Safety and Protection Month. This observance helps not only pet owners but also all of us as guardians of God's creation to keep domesticated animals safe. This program will serve to raise awareness and provide ideas for keeping pets safe, such as

serving at a local shelter, or showing any struggling pet owner how to care for their animal. For more information on this month-long observance, please visit:

<https://nationaldaycalendar.com/national-animal-safety-and-protection-month-october/>.

Introduction

In October 1981, the PALS Foundation launched the “National Animal Safety and Protection Month” to encourage people to care for and handle animals in a safe and respectful manner. Since then, pet lovers in the United States have been encouraged to raise awareness about treatment of both domestic and wild animals (dog.com). Even those who do not own pets can be part of this campaign.

What Is Our Responsibility?

God’s people should lead the way in caring for all animals. Even if we don’t own a pet or are able to adopt, there are ways to assure their well being. (Adapted from dog.com):

- Volunteer at your local animal shelter.
- Foster a pet until it finds its new forever home.
- Donate money or needed supplies to your local animal shelter.
- Plan a trip to the zoo.
- Educate children about animal care so that they gain a healthy appreciation of animals.
- Spread the word about National Animal Safety and Prevention Month. Call your local public radio station and ask them to feature this topic.

Service Projects

Discuss with group leaders which one of the following projects best fits your group. If the group is large enough, they may want to do all the suggestions:

- 1 Collect and deliver items to a local animal shelter. During the month of September, contact the local animal shelter and ask about their specific needs and if they accept in-kind donations. Make a list of these items and pass it out a month in advance. These items could be delivered as a group during a visit or tour of the facility.
- 2 Invite a shelter representative to meet with the group to accept the gifts and share about the facility.
- 3 Check to see if a member of the women’s ministries group is having difficulties caring for their pet. Ask the women to bring items—food (beforehand, check what brand the pet is used to), toys, non-prescription meds such as heart-worm preventive, flea/tick prevention.

Refreshments

If you have any bakers in the group, ask them to make cookies in the shape of dog treats or cakes. There are ideas on Pinterest. This could be a contest with small prizes for the winners.

Decorations (Optional)

Invite the women to bring pictures of their pets to be displayed around the room. [Oriental Trading](#) sells plastic paw print tablecloths, plates and napkins.

Program Ideas

Discussion

- 1 Did you have a pet as a child?
- 2 What is the most unusual pet you had?
- 3 Share with the group an interesting story about a pet.

Pet Trivia Games

Check the following websites for trivia pet games:

<https://www.petful.com/misc/dog-trivia-questions/>

<https://blog.connectionsacademy.com/wp-content/uploads/quiz-bowl-pets-questions.pdf>

<https://www.bissell.com/blog/pet-trivia-test-your-knowledge>

Safety Tips For Animals

Check the website: <https://www.americanhumane.org/fact-sheet/general-safety-rules/> for safety tips.

Song

“He’s Got the Whole World” (with a little variation)

“He’s got the dogs and the cats in His hands.”

The Godly Take Care of Their Animals

When my son was little, he watched the movie, *All Dogs Go to Heaven*. This is an animated movie in which a “dog angel,” Charlie, sneaks back to earth and befriends a little orphan who

can speak to animals. When the movie ended, my son asked the question that I knew was coming, "Do dogs go to heaven for real?" I answered in the best way I could by saying that although I did not remember any Bible verses that talked about the subject, in my heart I believed that yes, our pets go to heaven.

Many years ago, while serving in Clearwater, Florida, a large group gathered together one evening to watch the movie *Left Behind*. As the scene of the rapture ensued, we watched in horror to see that among the left behind were the dogs of those taken to heaven. As the scene changed, a lady next to me said, "That cannot be true. I would like to believe that my pet will one day be in heaven."

Why do we feel this way about our dogs and cats and turtles and bunnies? Because God cares for His creation, and since we were made by Him, we too share that love for all of God's creatures. Well, almost all. I'm not too sure about alligators!

At the beginning the book of Genesis, after God finished His creation, Adam was given this command: "Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground." At first glance, we do not see any commandment to take care of creation, but if we look a little bit closer we can discover a great truth. The first word in the command is "reign." Reign means "to govern, to lead." God reigns over us. He is our King, and He lovingly cares for us. In the same way, we are encouraged to govern over creation by protecting and providing for it. Human reign over creation was not meant to be a rule of senseless, selfish power, but a deliberate and coordinated effort among all peoples to care for one another and all of God's creation. And this, of course, includes animals.

Remember the writer of the Proverbs reminds us, "The godly care for their animals" (Prov. 12:10). Let's make this our goal this month and forever.

About author



Major Ruth New

USA Southern Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

November 2020 – Just Be Kind to Caregivers

November 1, 2020 By [Major Susie Erickson](#)



Program Overview

November is National Family Caregivers Month. It is a time to recognize and honor family caregivers across the country. This year's theme is "Caregiving Around the Clock."

Challenges

What challenges do family caregivers face, and how do they manage them day and night?

- **Morning:** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what is needed for the day, and then getting out the door for work.
- **Throughout the Day:** Up to 70 percent of the time, the family caregiver manages the medications. The more serious the condition, the more likely this is true. This means ensuring their loved one is taking medication correctly and maintaining an up-to-date medication list.
- **During the Workday:** Six out of ten family caregivers work full or part-time in addition to juggling their caregiving responsibilities at home. Most say they have to cut back on working hours, take a leave of absence, or quit their job entirely.
- **Evening:** Evenings are for family time and mealtime. Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude.
- **Late at Night:** This might be the only time that family caregivers get a few minutes for themselves to rest and recharge. The chance to take a breather and re-energize is vital so they can be as good a caregiver tomorrow as they were today.
- **Middle of the Night:** If loved ones need to go to the emergency room in the middle of the night, family caregivers should be prepared ahead of time with what they need to know and what they need to have with them. It is also advisable to know the hours of a local urgent care facility.

Practical Ways To Support a Caregiver

- **Be informed:** Invite a guest speaker to educate the group on the challenges of being an around-the-clock caregiver and ways that they can help. The Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers, from the parents of children with special needs, the families of wounded soldiers, to a young couple dealing with a diagnosis of MS and adult children caring for parents with Alzheimer's disease. The nonprofit organization provides education, peer support and resources to family caregivers across the country free of charge.
- **Provide Healthy Meals:** Caregiving is hard on the mind and the body. Caregivers need to keep their body and mind healthy by replenishing their strength with nutritious meals. Host a meal prep party and assemble some healthy meals that can be eaten now or stored in the freezer. Be sure to include lots of fruits and vegetables, which will provide antioxidants to protect their health.

- **Create an Exercise Basket:** Exercise is incredibly important for caregivers. It helps relieve stress and keeps the caregiver healthy. Include items such as a yoga mat, light hand weights, stretch bands, exercise videos, and self-care magazines.
- **Create a Soul-Care Basket:** It is important for caregivers to nurture their soul and know that they do not walk the journey alone. Include inspirational reading material, journal, candle, and tea or coffee-themed
- **Give the Gift of Time:** Caregivers need to give themselves permission to take some time away from the bedside of a loved one, especially when they are feeling overwhelmed or exhausted. Although they might be a little reluctant, rest and relaxation can help relieve stress and renew energy. Be available to help in any way needed to enable the caregiver to take the time needed to be renewed.

Lazarus Come Forth

I love the stories of Martha, Mary and Lazarus. Jesus loved this family and often stayed with them in their home. He enjoyed the fellowship and perhaps Martha's home cooked meals also.

In John 11:1-45 we read that this joyful home turned to sadness when Lazarus became very sick and Mary and Martha became his caregivers. As their brother grew sicker, Mary and Martha turned to Jesus for help. They believed in His ability to help because they had seen His miracles.

Jesus had been preaching in the villages beyond the Jordan when He received the news that Lazarus was sick. He knew that Mary and Martha were facing their greatest fear as caregivers, but He did not respond right away. He waited two days before returning to Judea. When he finally arrived, their brother had died. His delay had a specific purpose. He knew Lazarus would be dead when He arrived in Bethany but He was going to do a great miracle. Lazarus died so that Jesus' power over death could be shown to His disciples and others.

God's timing, especially His delays, may make us think that we are alone as caregivers. But, He will meet all our needs according to His perfect schedule and purpose (Philippians 4:19). When we need extraordinary help, Jesus offers extraordinary resources. Patiently await His timing.

Resources

<https://www.nextavenue.org/reduce-caregiver-stress-get-free-time/>

<https://caregiveraction.org/resources/caregiver-statistics>

About author



Major Susie Erickson
USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

December 2020 – Be Kind to Your Sweet Tooth

December 1, 2020 By [Lt. Rachel Pruitt](#)



Authors: This program was co-written by Lt. Rachel Pruitt and Lt. Lindsey Galabeas

Decoration Ideas

- Cookie jars of different sizes and shapes
- Gingerbread houses and gingerbread people

- Create cookie jars out of plain glass mason jars or vases and fill them with Cookie Crisp cereal or animal crackers and place a homemade label on the jar
- For more décor ideas visit <https://www.pinterest.com/lindseygalabeas/be-kind-to-your-sweet-tooth-decorations/>

Program and Service Ideas

- **Host a "Cookie Off":** Encourage the woman to bake or buy at least two dozen cookies for the Number each plate of cookies. Invite the women to taste the cookies and vote on their favorite using a silent ballot. Leftover cookies could be given out in the social service office, a shelter, during canteen ministry, or at the next community care visit.
- **Cookie Decorating:** Buy or bake sugar or gingerbread Provide cookie decorating supplies (icing, sprinkles) for the women to use. When they are finished, package up a cookie and give out as outlined above.
- Fill small bags with cookies and give two to each Staple a card to the top of the bag with the words of Psalm 139:14. This is to remind them of how God created each of them in a unique way. The second bag is for them to share with a friend.
- **Treat Decorating:** Giving out homemade goodies is becoming increasingly difficult because of food safety An alternative idea is to decorate the packaged treats using white and metallic paint pens or permanent markers, buttons, ribbons and other non-food supplies.
- **History of the Cookie:** Research and present historical facts on the origin and progression of the modern Test the women on these facts at the end of the program.
 - Cookie History Resources:
 - <https://nationaldaycalendar.com/national-cookie-day-december-4/>
 - <https://whatscookingamerica.net/History/CookieHistory.htm>

Fearfully and Wonderfully Made

Ask one of the women to read Psalm 139:14 to the group.

Have the ingredients for chocolate chip cookies displayed on a table before the devotion. Mix the ingredients together as the devotion is given. Allow the women to respond to the questions.

Object Lesson – fearfully and wonderfully made.

- Flour is the basic ingredient in cookies without it they would fall apart and wouldn't taste As we think about how God created us, let's think about our personalities. Without each of

our unique personalities, we would all be the same, and that would be very boring. What is one quality of your personality that is unique to you? (add flour to mixing bowl)

- Sugar (brown and white) is what makes cookies so sweet and Sugar is the reason desserts are so favored. What has God gifted you with? What are your strengths? (add brown and white sugar to mixing bowl)
- Butter makes cookies taste great but can be messy and overpowering if not used. Sometimes we can make decisions or not-so-great choices that end up being messy. What are your weaknesses? Remember that when we allow God to use our weakness, it becomes His strength. Just like butter in the cookie recipe. (add butter to mixing bowl)
- Chocolate chips give the chocolate chip cookie their delicious flavor. Laughter adds flavor to our lives. Humor is like the sweetness of a cookie.
- Tell a friend around your table a joke or funny one. Let's celebrate the sense of humor in all of us. (add chocolate chips and remaining ingredients to mixing bowl)

We are so carefully and intentionally created by our Father. It is amazing when we think about the detail contained inside us, even down to our DNA. When we make a batch of cookies, it's important that every ingredient is present and that we carefully measure and mix them so that the cookies taste delicious. When God created us, He put so much thought and care into making us just as beautiful and complex as we are.

Today I made chocolate chip cookies, but there are so many different kinds of cookies and sweets. The great thing about having so many options is that they're all unique. It reminds me of how unique God has crafted each of us. I'm so glad that we can celebrate our differences and recognize that our individuality is our strength. God uses each of us just as He created us to be part of this community.

Discussion Groups

Place half sheets of paper on the tables with the following questions.

- How does it make you feel to read that you are fearfully and wonderfully made?
- What quality of your personality are you most proud of?
- What is one weakness about yourself that makes you feel insecure?
- In what ways are you unique?
- What is one way you can encourage someone to know that they are fearfully and wonderfully made?

Close In Prayer

About author



Lt. Rachel Pruitt

USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

January 2021 – National Human Trafficking Awareness Month

January 1, 2021 By [Hillary DeJarnett, MNPO](#)



Program Overview

January is National Human Trafficking Awareness Month. This program is designed to raise awareness regarding anti-human trafficking and encourage your community to get involved in the #FightforFreedom initiatives of The Salvation Army.

Human trafficking is a form of modern slavery, a multi-billion-dollar criminal industry that denies freedom to 40.3 million people around the world. And no matter where you live, chances are it's happening nearby. From the girl forced into prostitution in a hotel room, to a man discovered in a restaurant kitchen, stripped of his passport and held against his will. All trafficking victims share one essential experience—the loss of freedom.

In The Salvation Army there are 28 programs across the United States dedicated to serving survivors of trafficking. Fighting trafficking is part of our heritage in The Salvation Army and we are continuing that legacy today.

Service Idea

- Identify a Salvation Army Anti-Trafficking program (or if you don't have one nearby, contact a local anti-trafficking organization) that you want to encourage and once you get in touch with the program director, determine what would be the best way for your group to serve. Examples: Collecting toiletry items, collecting items for babies, offering to cook a meal or desserts – find out what would bless the survivors that they are serving in their programs. Check the map of all TSA programs: <https://sajustice.us/fight-for-freedom/#current-initiatives>
- Invite a staff member from the program to share with your group about trafficking and learn about how their program is serving. If they are unavailable, you can show a video clip or documentary. Visit www.sajustice.us for free video resources.
- After the speaker or video clip, share more about the service project and how your corps will be supporting the local anti-trafficking. Ask the women's group to bring in items to donate. If the corps is purchasing the supplies, have the group help put together care packages. Invite the women to write encouraging notes with scripture verses, prayers or encouraging quotes to share with those coming out of trafficking. Provide these to the local program you have identified.

Rahab the Harlot

Read Joshua 2:1–24

Some people are defined by their occupations. That is clearly the case with Rahab, who was a prostitute in the city of Jericho. Her job title was practically her last name—Rahab the Harlot. Her house was built into the city wall, providing both lodging and favors for travelers. It was a natural place for the Israelite spies to stay, as they would be mistaken for Rahab's customers.

Rahab knew her position was dangerous. She could have been killed if she had been caught harboring the Israelite spies. But she took the risk because she sensed that the Israelites relied on a God worthy of trust. And God rewarded her by promising safety for her and her family.

Rahab is remembered not for her harlotry but for her bravery. Not for loving men but for trusting God. God works through people like Rahab, whom we are inclined to reject. God remembered her because of her faith, not her profession.

Our past does not determine our future. Rahab rose above her situation through her trust in God. She was blessed with a good husband and she is listed in the genealogy of Jesus. If God can turn a harlot into a holy vessel, entrusting her with the very genes that would one day produce the King of Kings, surely there is hope for anyone with a past.

Human Trafficking is a heavy topic and it is difficult to know how to respond. In The Salvation Army, we are committed to fighting this injustice and know that this is something close to the Lord's heart. If your corps wants to find more ways to fight trafficking and support the Fight for Freedom initiatives, contact your Territorial Anti-Trafficking Coordinator.

Close your time together in prayer. You can utilize guided prayer and scripture from the worship resource at www.sajustice.us.

Isaiah 61:1-3



“The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the Lord's favor has come and with it, the day of God's anger against their enemies. To all who mourn in Israel, He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for His own glory.”

Resources

[The Fight for Freedom](#)

[Annual Day of Prayer For Victims of Human Trafficking – September 22, 2019](#)

[January 2020 – Human Trafficking Awareness Month](#)

<https://sajustice.us/fight-for-freedom/>

<https://www.facebook.com/sajusticeus/>

About author



Hillary DeJarnett, MNPO

Territorial Services Coordinator Against Human and Sex Trafficking
The Salvation Army
USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

February 2021 – Be Kind to Your Heart

February 1, 2021 By [Major Crystal Pruitt](#)



Decoration

Use medical charts, 3-D pictures of the human heart, posters showing healthy eating and healthy habits.

Refreshment Ideas

Healthy snacks—carrot and celery sticks, hummus, low sodium crackers, Crystal Light[®], bottled water and apple slices with cheese.

Service Project Ideas

Ask the women to assist in a Sunbeam class for their “Physical Fitness” emblem. Share information about having a healthy heart and the importance of exercise and eating the right foods. Serve healthy refreshments. Take them on a field trip to go hiking. The requirements for the girls to earn this emblem can be found at: <https://www.ministrytoolkit.org>

Look at the American Heart Association website for several interesting service opportunities for individuals and/or groups. <https://www.heart.org/>.

Get involved in “wear red day.” Information can be found at <https://www.goredforwomen.org>.

Host a healthy cooking demonstration. This would be a good time to encourage the women to invite a guest. Check with the local community for people who could help with these demonstrations—health department, local chefs.

Don't Worry About Anything

Read Philippians 4:6–7 (NLT)

We would all agree that not worrying about anything is a good attitude to have, but most of us know that it is easier said than done. As women, we are constantly trying to find the perfect balance between our personal lives, our family responsibilities, our jobs and church. If we did not experience some stress, we would not be able to function at all. Some types of stress are actually beneficial to us. We can feel stressed for a short period of time and it's nothing to worry about. For example when you need to hand in a project, or you have to talk in front of a group of people. You may feel “butterflies” in your stomach and the palms of your hands get sweaty.

These types of positive stressors are short lived and are your body's way of helping you get through what could be a tough situation. However, it is the stress that stays with us that constantly keeps us worrying about how to handle everything that will affect us negatively in the long run. Those in the health profession warn that stress can cause many dangerous heart related issues, such as high blood pressure, panic attacks and cardio-vascular problems.

Consider the scripture found in Philippians 4:6–7. Don't worry about anything ... pray about everything ... thank God for all He has done! Then, and only then, will we experience His peace. That peace will guard our hearts and minds.” We desperately need this protection offered by Jesus who is the guardian of our hearts.

While we are working towards keeping our physical hearts healthy, let's practice praying and experiencing God's peace to keep our spiritual life healthy also.

Resources

[Women and Heart Disease](#)

<https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

About author



Major Crystal Pruitt

USA Southern Territory



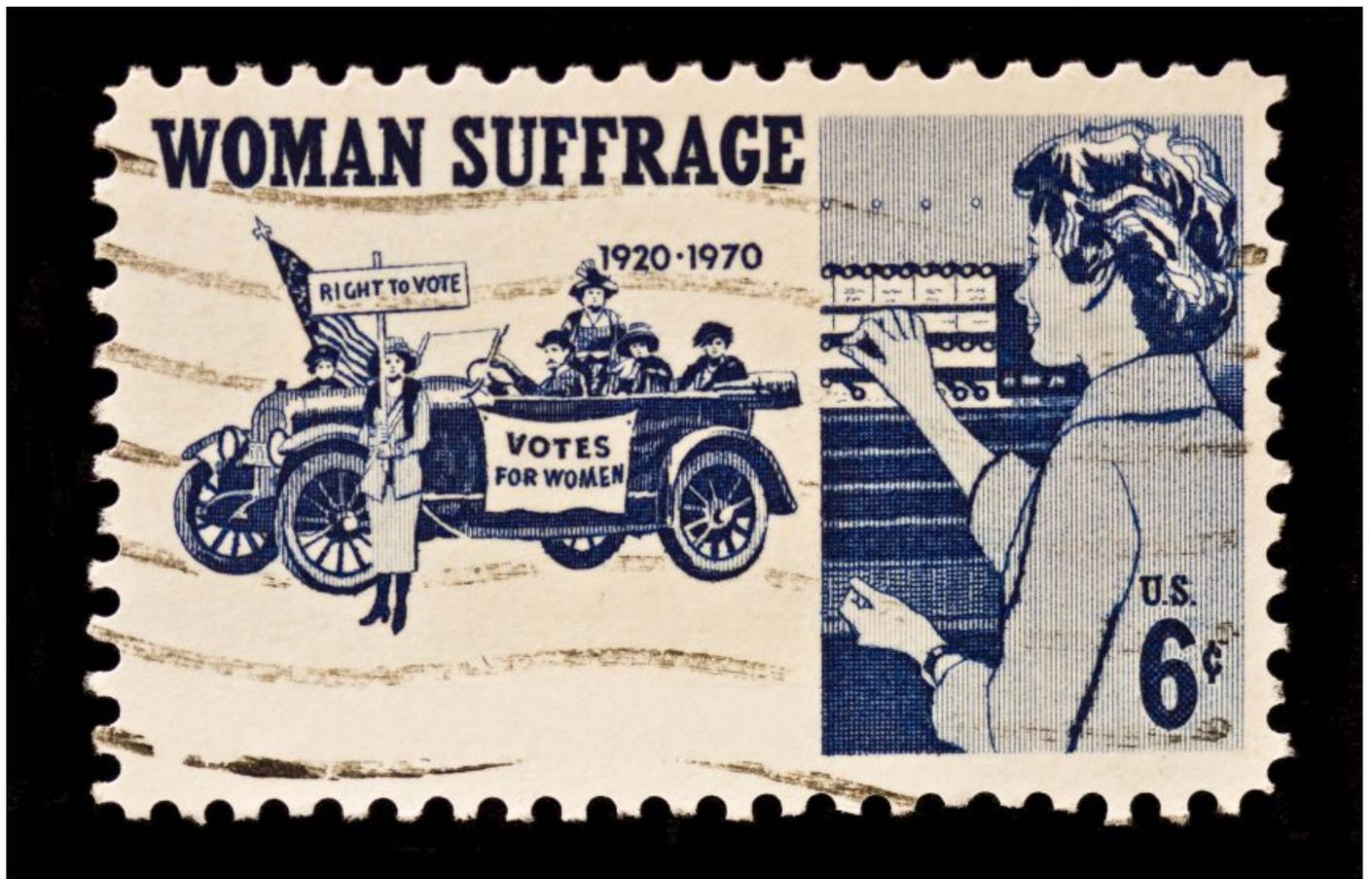
WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

March 2021 – You Have a Voice

March 1, 2021 By [Major Stacie McWilliams](#)



Decorations

Decorate using quotes describing unity and kindness. These can be found on Pinterest at: <https://pin.it/qmd37augso75iz>. Also include Proverbs 31:30.



Charm is deceptive, and beauty is fleeting;
but a woman who fears the Lord is to be praised.

(Proverbs 31:30 NIV)

Service Ideas

- Put together spa kits that can be donated to a women's shelter.
- Collect gently used purses and fill with hygiene products to be given to homeless women or those in shelters.
- Clean the home of an elderly or homebound member.
- Host a Prom Prep Night for the high school girls in the corps.
 - Take them to the thrift store or dress shop to find dresses.
 - Share pictures of members' proms.
- Take a meal to a widow, homebound member, single mom, or recent divorcee.
- Create Blessing Bags

Filler Ideas:

- Coffee mug, coffee, a devotional book
- Pasta, spaghetti sauce, oven mitt and cooking utensils
- Fuzzy socks, bubble bath, lotions
- Devotional/journal and a pen
- Cookies, a small loaf of bread, or chocolates
- Small flowerpot, seeds and gardening gloves
- Candle, bookmark, book

Directions:

- Decide on a recipient
- Decorate a bag specifically for her.
- Attach a tag.
- Include a personal note.

Sister Suffragette

Play the “Sister Suffragette” clip from the Mary Poppins movie, which can be found on YouTube.

This movie shares many life lessons. Some were intentional and some may have been accidental. The song “Sister Suffragette” gives a somewhat humorous picture of a suffragette, but the real suffragettes were very serious.

As you sang along and saw the lyrics, were you surprised? It wasn't until I was older that I actually considered the words to the song. It calls the listener to unity in being “shoulder to shoulder.” Unity is a good thing—that's what we've been talking about today. But where the authors of the song got it wrong were the lines:

“Though we adore men individually, we agree that as a group they're rather stupid.” This is not a day for man-bashing. Our Lord calls us to be unified with all—women and men. The intent in looking at this clip was to introduce the topic of a woman's right to vote. March is Women's History Month. How did it come about? Who initiated the emphasis?

The meaning of suffrage is simply the right to vote. A suffragette is a woman advocate of female suffrage. Today, women in the United States have the right to vote but that wasn't always the case. Share information on the 19th amendment from the website:

<https://www.history.com/topics/womens-history/19th-amendment-1>

You Have a Voice

Supply each woman with a notecard and a pen or pencil. Ask them to write down a question that they would like to discuss. These should be related to the topics of women's roles in society, in The Salvation Army, in relationships or concerning the right to vote. They do not need to sign the question. The facilitator will read them and allow time for dialog.

Sample questions:

- Would you rather have a man or woman supervisor?
- How do you see female roles within The Salvation Army?
- When you compare yourself with others, is there an area where you feel insecure?
- What situation or circumstance regarding another woman makes it hard for you to rejoice?
- What is the best/worst thing about being a woman in leadership?
- How do you feel about your right to vote?
- What do you feel is most important to share with the next generation of women?

- What do we need to teach our sons about women?
- What is one thing you can do to keep this conversation going?

Crown-Fixers

Look at the quotes displayed around the room. This one (show quote) inspired our time together today. It says, "Be the woman who fixes another woman's crown without telling the world it was crooked." I don't know who to attribute that quote to, but I thank them. What a wonderful encapsulation to show us one of the attributes of a "Proverbs 31" woman.

If I were to mention the reality TV shows "Kardashian" or "Housewives of Orange County," what comes to mind? You may think of their wealth or physical beauty or even their popularity. The women in these shows are sometimes portrayed as catty, petty and self-absorbed, definitely the opposite of kind. These women are involved in each other's lives, know each other fairly well, but often "drama" separates them relationally. Does this happen in real life as well? Unfortunately, it sometimes does.

Sometimes you will find yourself surrounded by "frenemies." A frenemie is an oxymoron and a portmanteau of "friend" and "enemy" that refers to "a person with whom one is friendly, despite a fundamental dislike or rivalry" or "a person who combines the characteristics of a friend and an enemy." What pours forth from these individuals is most definitely the opposite of kindness. Does this sometimes happen among those who call themselves followers of Jesus? Unfortunately, it sometimes does. I've witnessed it among women. One can put on an "all is well between me and you" face, but when the first imagined offense comes, the façade comes off and the real feelings come out. It's as if all that is known about being in true Christian fellowship is wiped from memory and we listen to any whisper that the enemy of our soul sends our way and we react.

Paul faced this problem and wrote to the Philippian church. In chapter 2 he singled out two women who were separated relationally: "Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life" (Phil 4:2-3).

These women belonged to the Lord. They were Christians—followers of Jesus. They worked hard telling others the Good News. If alive today, they would be very active member of the women's ministries. And yet, they had a disagreement, a falling out. Paul was pleading for them to settle their differences. They were busy working for the Lord and it almost seems like their effectiveness for Him ground to a halt because of their disjointed relationship. Paul knew, and we know, that we can only make a positive difference when we work together. United we stand, divided we fall.

Let's be kind to all women, women who fear the Lord, who are worthy to be praised. Let's be women who will forgive swiftly and encourage faithfully, and only share words of reproof in love ... thus fixing another's crown.

If anyone here today is at odds with someone, I plead with you to put these things aside so that we can be united in sharing the Good News with others.

Close with a time of prayer.

About author



Major Stacie McWilliams

USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

April 2021 – Be Kind to the Environment

April 1, 2021 By [Captain Sheena Marquis](#)



Refreshments

Serve snacks that can be purchased without plastic packaging—fruits, vegetables, bakery goods and deli items. Most grocery store delis will allow you to use your own food storage containers to bring home sliced meats and cheeses to create a beautiful charcuterie board. Include baked items made using ingredients purchased in the bulk section of the store. Use eggs and milk that come in recyclable or compostable cartons. Beverages can include fresh

squeezed lemonade, iced loose-leaf tea (since most brands of tea bags are made of polypropylene plastic) and fruit or cucumber infused the water.

Decorations

Decorate with plants from a local nursery. Use mason jars as vases for floral arrangements.

Activities

Guest Speaker

Invite someone to speak about the importance of recycling, practical changes we can make to reduce waste or other related topics that the women may be interested in. Some cities have zero waste shops with owners who are passionate about this subject and would gladly make a presentation.

Reusable Bags

Purchase a variety of reusable bags suitable for fruits and vegetables to show the women what is available. Many varieties are available on Amazon.

Service

Create "Zero Waste" starter kits for family and friends. These make perfect gifts. Items to include stainless steel straws, bamboo silverware, reusable grocery bags, reusable water bottle or tumbler, bamboo toothbrush, cloth napkins and mason jars.

Plant a Tree for Earth Day (April 22)

Invite the women to contribute to the purchase of a tree that can be planted on the corps grounds or at a nearby park. Be sure to check in with the local Parks Department beforehand.

Local Beach/Park Clean Up

Schedule a day and time for the group to clean up a local park or beach. Provide gloves, trash bags and reach grabbers for easier pickup. Don't forget your reusable water bottles to hydrate while you work.



Resources

Video: "20 Ways to Reduce Waster | Easy Sustainable Lifestyle Hacks"

<https://www.youtube.com/watch?v=kXgELGBuMfA>

Video: "More Ocean Less Plastic" | Lia Colabello | TEDxCharleston

<https://www.youtube.com/watch?v=6DQjRVnnUHo>

Video: "DIY Zero Waste Kit" | Minimalist Life

https://www.youtube.com/watch?v=p_nF8GgKNkM

Blog: My Plastic Free Life

<https://myplasticfreelife.com/plasticfreeguide/>

Website: Less Plastic

<https://lessplastic.co.uk/>

Instagram:

@lifewithoutplastic

@zerowastehome

@packagefreeshop

@trashisfortossers

@zerowasteinspo

Watch Over It



“The Lord God placed the man in the Garden of Eden to tend and watch over it.” (Genesis 2:15)

In the beginning, God spoke the world into existence. His word created life and order. He established holy relationships between all living things; God with man, man with creation and creation with God. Yet as a result of the Fall, each of these relationships suffered with no hope for reparation (Gen 3:14–19). That is until “The Word [Jesus] became flesh and made His dwelling among us” (John 1: 14).

With Him, Christ the Living Word, brings life (John 10:10) to all those who receive Him. As those who have received the abundant life He came to give, we have been given the ministry of reconciling the world to God (2 Cor. 5:17–19). And as daughters and heirs with Christ we have the privilege of partnering with the Father, Son and Holy Spirit in the re-creation as He seeks to restore the relationships broken by the Fall (Col. 1:20, Eph. 1:10).

The idea of “going green” has been a hot topic for the last several years. But we should be careful not to treat it as a passing trend or a hobby for those with an affinity for nature. Creation care is God’s original design for us as humans, to “tend and watch over” the garden. It is the active part we play in seeing Christ’s Kingdom, the New Heaven come to fruition. It is an act of worshipful obedience to our Creator who has made a way for us to be in a relationship with Him once again, restoring our relationship with one another, and with creation itself.

When we make the conscious choice to ditch the plastic for a sustainable alternative, we are participating in God’s mission to restore the earth to its original “very good” status. We take up our heavenly identity as good stewards of creation when we choose to recycle instead of risking our waste taking up space in a landfill or polluting our oceans and harming the creatures that make their home in them. We honor God when do our part to see the earth healed by taking small, but intentional steps toward a more sustainable lifestyle.

In what ways can you incorporate “Creation Care” into your everyday living? Perhaps it’s brewing coffee at home or taking your reusable tumbler to get your morning cup instead of using a paper cup with a plastic lid from the drive-thru coffee line. Or it might be keeping reusable grocery bags in the trunk of your car so that there is never an excuse to take the plastic ones at the checkout line. Or it may be simply asking for paper instead of plastic. You can educate your family on the importance of recycling and make commitments to be more intentional about processing your waste in a sustainable way. Whatever your personal steps look like, consider it your commitment to doing your part to reconciling the world to our awesome Creator God, giving Him all the honor and glory in the process (Col. 3:16–17).

About author



Captain Sheena Marquis

USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

May 2021 – Be Kind to the Military

May 1, 2021 By [Captain Kelsey Bridges](#)



Introduction

The month of May abounds with opportunities to show our gratitude and appreciation to the men and women of the military who serve our country selflessly year-round to protect our freedom. A unique way of honoring those individuals is to acknowledge the sacrifice that their spouses have made in their commitment and support of those who help keep our country

safe. This year let's recognize the silent heroes of the military who serve our country in their strength and commitment to the mission.

Refreshments

Easy Flag Dessert

Memorial Day means picnic tables filled with summer fruits like juicy red strawberries, ripe raspberries, blushing cherries and plump blueberries. Use these fruits to create a flag dessert. White pretzels can be used to represent the stripes. Check the Internet for other easy flag desserts.

Parents' Day Out

Military spouses who are also parents carry double the load on the home front. To show gratitude to these parents offer a two to three-hour block of childcare at no cost for a parent to run a few errands without the company of the children, or to simply take some time to recharge. Ensure that everyone volunteering has been properly trained in childcare and Safe from Harm. Include these details in the invitation. If your group does not have connections with a wide pool of military spouse parents, reach out to the nearest military base. You can be put in contact with a Family Readiness officer who can easily spread the word and post a flyer on base.

Spouse Spa Spectacular!

Many times you can find local hair, beauty, or nail salons who are willing to donate their services to groups of military spouses at no cost for a "Military Spouse Appreciation Spa Day." Host the spa day at your nearest military base. Provide coffee and light pastries for the participants.

Caring Cards

In the day of social media overload, a handwritten note is more valued than ever, especially to a military spouse whose family is working far from home, or whose spouse has died as they served our country. Provide assorted styles of blank thank-you notes and a variety of pens and stamps. Ask the women to write a note of gratitude or of encouragement to a military spouse and mail the batch of finished notes to:

Support Military Spouses

1100 Commons Boulevard, Unit 907

Myrtle Beach, SC 29572

Love

While most of us would describe love as an emotion, the Bible defines it by sacrificial actions. We read in John 15:13, "Greater love has no one than this: to lay down one's life for one's friends." I'm not sure there is any other group of people who grasp this more fully than the family of a loved one who has served in the military. These men and women are the silent heroes who watch as their spouses leave their families to be deployed around the world, not knowing when or if they will return. Members of the military do not sacrifice themselves in this way for the paycheck or for the adventure, but they do so out of love for their country and the safety of its citizens. Theirs is a selfless, unconditional love that we can be challenged to model here at home.

However, Jesus raised the bar even higher in that the kind of love He extends to us is one that puts the needs of others above every one of our own. Jesus gave us the sweetest gesture of love when He gave Himself completely in death, so that we may live. He did this so that we could have freedom from death, although we are all deserving of it. Without this great, sacrificial love of Christ that is exactly where we would find ourselves.

This month as we observe Memorial Day and take time to recognize the military families who have given of themselves in so many ways. Let us remember above everything else, the sacrifice that our Lord and Savior made for each of us and the greatest act of love that was given on the cross.

About author



Captain Kelsey Bridges

USA Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Service Programs

June 2021 – Be Kind to Others Through The Salvation Army

June 1, 2021 By [Tameka Douglas](#)



Theme Verse: Matthew 10:42 (NLT)

“And if you give even a cup of cold water to one of the least of My followers, you will surely be rewarded.”

Service Project

Life isn't easy for anyone. There are countless ways it can knock a person down. But if we follow our Lord's example and lift one another up, we can make this world a kinder, better place. Today, we may be the ones standing strong and doing the heavy lifting. Tomorrow, we may be the ones who need the lift and those we once lifted will lift us. This program is designed so that the group will have the opportunity to do the "heavy lifting" by going into the community and offering donuts, prayer and encouragement to the homeless population.

Refreshments

Set up a hot chocolate/coffee bar from which to serve a variety of donuts, assorted K-Cups, creamers, hot chocolate, marshmallows and peppermint sticks.

Game

Dangling Donuts

Attach long bits of string to a donut. Hang the donuts from a clothesline, so they reach chin level. The players must bite the dangling donut. The one who consumes it in the quickest time is the winner. Award prizes of small donut related items.

Activity

Notes of Encouragement

Provide note cards, assorted stickers, colored pens and markers. Ask the women to write notes of encouragement, including scripture verses. These will be handed out with the donuts.

Activity

Packaging Donuts

Invite the women to package the donuts that will be handed out to the homeless. Include Salvation Army contact stickers on each box.

A Fresh Relationship With Jesus

Have you seen donuts in the grocery store that have been marked down because they are coming near their expiration date or because the package is slightly damaged? Although they have been marked down, we tend to bypass them and head for the aisle with the fresh donuts that are not damaged, or the expiration date is a long way off. I think about how we tend to bypass spending time with Jesus, and how our relationship with Him can sometimes not be as "fresh" as it should be. There are so many things that happen in our lives that

demand our time and attention that sometimes our relationship with Jesus is the last thing that we think about during a long day.

We find ourselves going about our daily routine and we forget all about the quality time that we should be spending with Jesus. We don't take time to pick up our Bibles. We don't take the time to pray. We don't take time to rest in the assurance of Jesus' love. Keeping a fresh relationship with Jesus is so important, because it powers us up for daily living. Our daily routines can drain us, but our relationship with Jesus will strengthen us so that we can live a full life every day. When we place a higher priority on other things, we give away all that we have, including our time, attention and energy. When we keep our relationship with Jesus fresh, we receive more than we can ever give to Him.

So the next time you are in the grocery store and you bypass the donuts that are marked down, stop and ask yourself if you have spent some quality time with Jesus. Is your relationship fresh? Are you allowing other things to compete for your attention? Like any relationship, our relationship with Jesus requires work. In order to feel close to Him, we have to know Him. In order to know Jesus, we must spend time with Him.

Prayer

Heavenly Father, I pray today that my spirit may be yielded to You completely and that throughout the day my focus will remain on You. Thank you that in You I have the strength I need to face the day, the wisdom I need to make the right decisions, and the grace I need to live a godly life, no matter what difficulties or problems may arise. Lord, I know that without You I can do nothing, but I praise Your name and I thank You that I can do all things through Christ, who gives me the strength. Lord, I desire to grow in grace and mature in the faith. Help me not to lose heart or to grow weary. Thank You, Father, for sending Jesus to be my Savior. May I never lose focus of the amazing grace that caused Christ to die for my sins on the cross. Heavenly Father, may I never get tired of sharing this beautiful truth with whomever You place in my path. This I ask in Jesus' name. Amen

About author



Tameka Douglas

USA Southern Territory



[Home](#)

[About Us](#)

[Programs](#)

[Spiritual Formation](#)

[Life & Ministry](#)

Service Programs

July 2021 – Be Kind to Your Inner Child

Español

July 1, 2021 By [Major Jayne May](#).



Service Ideas

This month's service program calls us to be kind to our inner child. How do we serve others while thinking about becoming childlike? There are several options: a quarterly birthday party, a family night, organizing a program for the youth of the corps or hosting a meeting for the women in a homeless shelter. Whatever we do, it is a good reminder for all of us to obey Christ's command to become like little children in coming to Him.

Program Ideas

Games

Organize games that will be fun for all. What games you choose will depend on your participants and whether you hold the event inside or outside. Check the Internet for suggestions and instructions: ring toss, horseshoes, relay games, balloon games are a few suggestions.

Ice Cream in a Bag

Everyone enjoys ice cream, even more so when they get to make it themselves. If you are doing this for a large crowds or younger children, place the filled baggies in a cooler to keep cold until ready to start shaking. There are several recipes on the Internet for making ice cream in a bag. Following is a basic one:

- ½ cup milk or heavy cream
- 1 tbs. of sugar
- ½ tsp. vanilla
- ½ cup rock salt
- Ice
- 2 Ziplock baggies—one gallon size, one quart size
- Spoons

Instructions

Put the milk, sugar and vanilla in the quart size baggie. (You can prepare this portion in advance.) Fill the gallon size baggie halfway with ice and then add ½ cup of rock salt. Put the smaller baggie into the larger baggie. Make sure the smaller baggie is sealed. Seal the larger baggie and shake for 10 minutes or longer. The longer you shake, the firmer your ice cream will get. Have available a variety of toppings. No need for bowls, they can eat their ice cream right out of the bag.

Ice Cream

“Scream, You Scream, We all Scream for Ice Cream!” might be the first thing that comes to mind when you think of an ice cream party. It is the title of a song written in 1925 by Howard Johnson, Billy Moll and Robert King. The song is written about the fictional college *Ogiwawa* and the college’s cheer. The song is fun and childlike. Check YouTube for a video recording of this song.

As we grow and mature, we're expected to put away childish things. However, Christ also commands us to become like little children. Matthew 19:14 says, "But Jesus said, 'Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children.'"

Every now and then it's fun to forget about being an adult and just have some good, old-fashioned, kid-like fun—like eating ice cream on a hot day. However, we also must grow up and put away childish things (1 Cor. 13:11). So how do we mature while still being childlike? We all desire to be a part of the kingdom of heaven and it would seem that the answer to this question can be found in this scripture.

Jesus commands that the children be brought to Him. As we've matured, we're able to make our own decisions and don't need someone to bring us to the Lord. Matthew 6:33 reminds us that we are to be kingdom seekers, always searching to spend eternity with the King. Children are curious and eager to learn; they are natural born seekers. Are we still seeking the Savior with a childlike faith? Let's seek Him in scripture, in others and in ourselves. May our actions reflect His glory.

Jesus commands that we don't stop children from coming to Him. Have we distracted or hindered others in their search for the Lord? We shouldn't get in the way of another's journey with Jesus. We must encourage and not tear down. We must not gossip or speak ill of others. Hebrews 3:13 (NIV) encourages us to daily exhort one another. "But encourage one another daily, as long as it is called 'Today,' so that none of you may be hardened by sin's deceitfulness."

Jesus also commands us to be like little children. We don't need to emulate the negative behaviors of children, like temper tantrums and selfishness. We're called to emulate the humility and simple faith of a little child. "Therefore if you have any encouragement from being united with Christ, if any comfort from His love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others" (Phil. 2:1-4, NIV).

We must become kingdom seekers who will bring others along to follow, learn, worship, and fellowship with Jesus, just like the children did long ago.

About author



Major Jayne May

USA Southern Territory



Service Programs

August 2021 – Be Kind to Students

[Español](#)

August 1, 2021 By [Captain Lorraina Crawford](#)



Introduction

Across America students will soon be returning to school. Many children and teens dread school, and not just because it means giving up their summer freedom. For many kids, school is a source of anxiety and fear, especially in the first few days. Starting the school year off without the needed supplies, clothes and support can set students off on the wrong path for the year. Let's be kind to our students and help set them on the right track. Besides collecting

school supplies in backpacks and distributing them to the community and your corps youth, here are some other ways you can be kind to students this month.

Service Project Ideas

First Day Clothes

If your corps has leftover clothing items from Christmas, don't store them away for the moths to eat. Organize any items that could be used for a first-day clothing shop. If you don't have enough, check your thrift store for good quality kids' items that you could add. Invite families with kids to come and select items for the first day of school.

First Day Bags

Every kid should start the first day of school feeling loved and supported. Prepare first day bags for all the kids in the corps youth programs. A first-day bag can contain little items just to build excitement and give an extra special bit of encouragement. Give the bags with a note that says, "Do Not Open Until the First Day of School."

Some examples are:

- Decorative Pencils
- Small pencil sharpener
- Fun shaped erasers
- Stickers
- Easy to read scripture verse and note of encouragement
- Small treat to begin the day (muffin, breakfast bar, nutrition bar)
- Juice Box

Back to School Supply Tree

Middle and High School students often have some very specific school supplies based on the classes they are taking. Put up a back-to-school tree and allow parents or students to place their name and request on the tree for items they need for school. As a group, select the items, go back-to-school shopping and deliver these items to the students. This is similar to the Christmas Angel Tree.

College Care Packages

Prepare care packages for students who have attended the corps but moved from home for college. Snacks, laundry supplies and toiletries are often items last to be included in the

budget when a family struggles to afford college. Most college students are willing to take anything you care enough to send. Make sure to write a scripture encouragement card and drop it in the package too.

Point Your Kids in the Right Direction

Point your kids in the right direction, and when they're old they won't be lost" (Prov. 22:6 *The Message*).

Not only do we want our kids to be physically ready for the new school year, we want them to be spiritually ready for what they will face. As a body of believers, it is our duty to invest in the lives of the children in our corps, which means showing them by example the right way to live. If we want our kids to encourage others, we must encourage them. If we want our youth to be kind to others, we must be kind to them. Kids can be disruptive, disrespectful and sassy at times, but our job is to care enough to love them through this stage of their lives and direct them on the right path. We do this with love and kindness, not nagging and yelling.

You may have heard of the quote, "It takes a village to raise a child." It is an African proverb and came from the idea that all villagers were looking after the welfare of the child. Well, it takes the whole church village to raise a believer. As a church, we celebrate milestones with kids like the first day of school. We attend their games and ask how their classes are going. We talk to them about life and Jesus. We show them how to live and stand firm in this culture, and we direct them to the path of righteousness again and again until they get it. Above all, we pray for them even when they don't know we do.

Service of Prayer

On small cards, list the names of all the students in the corps and the children/grandchildren of women's ministry members. Also include the names of the local schools in the corps community. Invite each woman to draw a card and spend time praying for the person whose name is on that card. Ask them to keep the card and pray for the individual throughout the school year.

Prayer

Lord, we pray for our students in this corps that they will keep their feet on Your path of doing what is right. Help them to focus and enjoy learning. Surround them with caring teachers and kind friends. Give us the words to say and the things to do to encourage them and direct them in Your path.

About author

Captain Lorraina Crawford



USA Southern Territory



Service Programs

September 2021 – Five Dimensions of Self-Care

[Español](#)

September 1, 2021 By [Major Melody Coulson](#)



//

Be Kind to Yourself

Introduction

This program focuses on the five dimensions of self-care:

Mental

Mental self-care is about finding the balance between energizing your mind and giving it a break. To contribute positively, try to learn new ideas and increase your knowledge or do a familiar activity in a different way.

Examples:

- Do puzzles or other mind games.
- Take a break from all electronics for a short while.
- Learn a new language.
- Brush your teeth with a different hand.
- Take a different route to work or the corps.

Physical

The physical dimension of self-care includes safety, health, nutrition, movement and physical touch. When you practice activities for your physical well-being, you can increase your energy levels and boost your self-esteem.

Examples:

- Play a sport.
- Laugh out loud.
- Get extra sleep.
- Learn a new exercise workout.

Spiritual

The spiritual dimension of self-care is not a work we do ourselves. God does the work in us. However, we must make the time for it to happen. We need to participate by taking hold of the various ways God has supplied sustenance to our minds, bodies and souls. "He who began a good work in you will bring it to completion at the day of Jesus Christ" (Phil. 1:6, ESV).

Pursue life-giving and healing habits to honor the gift we've been given in our Christian journey.

Examples:

- Start every day in prayer and scripture reading to set your mind on the things of God.

- Forgive yourself and others.
- Share your testimony.
- Surrender all your worries to the Lord. Accept what is inevitable and trust God to help you handle your concerns.

Social

Even though most people associate self-care with themselves personally, it is an important dimension. Social connection helps us create a sense of belonging and acceptance. It allows us to create and share a common bond with others. It might look different depending on your personality (an introvert or extrovert). Social self-care isn't about doing things with others for the fun of it, but about choosing to do things with people who really make you feel good about who you are.

Examples:

- Make a lunch date with a friend.
- Reach out to someone you like but haven't seen in a while.
- Sign up for a class to learn something new and meet new people.

Emotional

Learning about emotional self-care helps us understand ourselves better, cope with challenges, and develop and nourish healthy relationships. When we manage our emotional needs, we promote a greater sense of compassion, kindness and love for others and ourselves.

Examples:

- Organize a special family/friends dinner.
- Be a cheerleader to your friends and let them be your cheerleader when you need one.
- Be an encourager.
- Don't be afraid to have a good cry as it releases tension and stress.

Service Idea

Be Kind to Yourself Project

Send out invitations to women who have little time to take care of themselves, inviting them to participate in a nail spa evening. This could include moms of children participating in youth activities, those women whose children are involved in after school programs and those moms who sought assistance through the corps social service department.

This could be a joint project between the women's ministries group and the girl guards. Pair up each woman with one of girls to give manicures and hand massages to the invited guests.

Ask the women's ministries members to contribute some of the following items that will be used during the evening: bottles of nail polish, hand lotion, emery boards, and cuticle cream. For health reasons it may be advisable to have enough nail clippers so that each guest will have her own. Check the Internet for sources. One site is:

<https://www.vitalitymedical.com/thumb-squeeze-lever-fingernail-clippers.html>. Purchase toiletries bags (or ask some of the women who sew to make simple cloth drawstring bags) so that each guest will be able to take home the various items that were used for her manicure.

Decorations

Set up a table for the desserts and another for sharing information on self-care. Each couple manning a nail booth could be encouraged to decorate their booth. This could include a name for the booth and smocks for the "attendants." Play calming music so that everyone can still talk and listen comfortably.

You Can't Pour Out an Empty Cup

Read – Mark 6:31 and John 10:10

When I looked at my assignment to write a program titled, "Service Project—Be Kind to Yourself," I chuckled. Really, now I'm a service project? But as I researched this topic, I realized that often I am trying to pour from an empty cup. In this context, it's a metaphor for making sure we take care of ourselves. We need to recognize self-care as a necessity, rather than an indulgence.

As Christian women, we are taught to put others' needs before our own. However, it's important that we learn to recognize when we are going overboard caring for others and forget to care about ourselves. When we forget to care for ourselves our "cups" begin to run low, slowly depleting our energy and finally empty. This usually happens when some drama is added to a situation. So whatever, wherever, whenever, and however you can make time for yourself, do so and don't feel guilty. You are doing yourself and others a favor in the long run.

Rest and self-care are vital. When you take time to replenish your spirit, it allows you to serve others from the overflow. It's acceptable to give yourself the required attention. You are important too.

Do you know the easiest way to avoid burnout and exhaustion in life? Stop pouring from an empty cup. Mark 6:31 reads, "Then Jesus said, 'Let's go off by ourselves to a quiet place and rest awhile.'" He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat." Does that sound like one of your days? You are exhausted, irritable and just faking it all to care for others in your ministry. We have all been there and it would do us good to just cease all things and concentrate on ourselves and our needs. Jesus set the example for us and now we must follow.

There is a thin line between being caring and being careless. Don't cross it. It is only when you are "full" that you can overflow to others. When you take time to replenish yourself, it allows you to serve others joyfully. Stop short-circuiting yourself to grow others. Jesus put it beautifully, in John 10:10 (KJV), "I am come that they might have life, and that they might have it more abundantly." So now, it's time to fill your cup and relax.

About author



Major Melody Coulson

USA Southern Territory

Worship Programs



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

October 2020 – Just Be Still ... God is Our Great Provider

October 1, 2020 By [Lt. Kailah Kim](#)



Introduction

As we celebrate fall and the abundance that harvest brings, we focus on God's bountiful provision for us.

Decorations

Set chairs around the tables. In the center of each table place a ceramic bowl with a small amount of flour and another bowl of oil. This is to represent the widow's meager supply of food. At each seat place a mini-mason jar (salt and pepper shaker size), post-its and a pen.

Refreshments

Serve a variety of breads (cupcakes/ banana bread/ pastries) and drinks.

Meeting Outline

Opening Prayer

Praise and Worship

Suggested Music For Worship

"Desert Song" by Hillsong

"More Than Enough" by Chris Tomlin

"Jehovah Jireh, My Provider" by Merla Watson

"God Provides" by Tamela Mann (to be played during activity)

God is Our Great Provider

Read 1 Kings 17:7-24.

We tend to view our lives and all things that make up life as limited. There's even a popular slang word YOLO (which means "You Only Live Once") that encourages people to indulge in life because their days are numbered. We hurry to the market when there is a sale because those items may run out. Wars have been fought over limited space. There is always competition for who has the best (fill in the blank), and that (fill in the blank) can only be the best because it is exclusive and in limited supply. We have a fear that we are going to miss out. Unfortunately, we can place God in that same limited perspective. We limit Him in various ways depending on our relationship with Him.

In 1 Kings we read about a widow who has a similar life-limiting perspective. God tells His prophet Elijah to go to the town of Zarephath because a widow will be ready to give Elijah some food. Any normal person in her situation can understand why she had this perspective. Her life was filled with limitations. She was a widow (vs.9), and because of that she probably had very little means to provide for herself and her family. She had very little flour and oil left,

just enough to make one last meal (vs.12). There had been no rain in the land, making her already difficult life even more dire (vs.7).

Aside from her physical situation, the widow had placed limitations on God and her hopes for life. When Elijah first saw her, she was preparing to die after eating her last meal with her son (vs. 12). Later, when her son becomes ill and stops breathing, the widow believes it is because God was punishing her for her sins (vs. 18). For this widow, God was someone with limited forgiveness and limited grace.

God begins to change her perspective as the passage goes on. He first provides for her immediate needs by assuring that the flour and oil would not run dry (vs. 14). Not only was there enough food for herself and her son, but for Elijah as well. God also promised to provide rain (vs. 14). He provided health and life for the widow's son (vs. 23). But above all these physical needs, God showed the widow that He is a generous and merciful God. He showed her Himself.

God provided His word and instruction through Elijah. His presence was evident through the daily provision of bread and the power to bring life. God did not spare any of this for the widow.

Our God is an unchanging God. He continues to provide generously for His people. He did not withhold the most precious gift of all and gave us Jesus. God did not withhold anything so that we may be with Him and know Him as He knows us. Our God is eternal and infinite. Nothing can limit Him. And if our lives are made new through Christ, there is no limit for us either. We can be as generous as He is (John 14:12).

In the beginning of the story, the widow was asked to give her last morsel of food to Elijah. She was asked to place herself in a position of faith, to give what she held most dear so that God could show her His complete provision. He asks us to do the same today—to put our limited perspective in His limitless and generous hands and to see the life He brings to it.

Small group discussion around the tables

Discussion Questions

- Why is it important for us to identify God as the source of all our needs?
- What advantages and responsibilities did Elijah have in comparison to this widow?
- What advantages and responsibilities do Christians have in comparison to non-Christians?
- What area in your life is God asking you to give to Him that requires faith?

Activity

After the devotion and praise period, allow time for the women to meditate quietly upon what they've learned and how they will apply it to their lives.

Invite them to record areas in their lives where they have limited God's power, or where they cannot see with God's infinite perspective. Ask the women to write a post-it note asking God to give them an opportunity to practice the spirit of generosity in faith. When finished ask them to put their notes in a mason jar. This will be a keepsake to take home and remind them of what they wish to accomplish.

Close in prayer.

About author



Lt. Kailah Kim

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

November 2020 – Just Be Still ... God Is the Bread of Life

November 1, 2020 By [Captain Joy Groenleer](#)



Scripture: John 6:35

Introduction

Thanksgiving is a day of great celebration and great sustenance. It is a day filled with family, fun and feasting. Just the mention of the word “Thanksgiving” instantly brings our minds to the many appetizing meal items on our dinner tables. You can find the traditional roasted

turkey surrounded by stuffing, gravy, mashed potatoes, corn, candied yams, cranberry sauce, salad, pumpkin pie and a bread item or two.

However, today's worship program won't focus on the traditional Thanksgiving turkey. Instead, we will consider Thanksgiving bread and study John 6 as we share about Jesus, the Bread of Life.

Bread Making Demonstration

If someone in the group enjoys bread making, ask her do a short demonstration on making a loaf of her favorite bread. Or find a simple bread recipe that would be easy to make during the meeting. There are many websites that list a variety of Thanksgiving Bread recipes, including one containing over 140 of these recipes:

<https://www.allrecipes.com/recipes/2014/holidays-and-events/thanksgiving/bread/>. An alternate idea is to bake bread in a bread machine so that the aroma permeates throughout the meeting.

Refreshments

Supply a variety of bread items in baskets along with spreads—jams and jellies, peanut butter, almond butter, margarine, butter, and cream cheese. Provide a variety of cheese options and luncheon and deli meats. Complete your bread feast with a variety of tea.

Songs For Worship

Song #610—"My Life Must Be Christ's Broken Bread"*

Song #802—"Break Thou the Bread of Life"*

Song #204—"Thank You, O My Father"*

**The Salvation Army Song Book*

Thankful for God's Spiritual Satisfaction

Opening discussion: What is your favorite type of bread?

Scholars believe that bread has been around for at least 30,000 years. It is mentioned over 400 times throughout the Old and New Testaments. Can you think of some of these references?

Many of us are familiar with the story of God sending bread from heaven to the Israelites during their journey to the Holy Land. This manna sustained them as God met their needs and provided for their nourishment. We also remember Jesus mentioning bread when tempted in the wilderness, reciting the Scripture passage from Deuteronomy 8:3. In addition,

bread is mentioned in the Lord's Prayer in Matthew 6. Later in Matthew 26, Jesus takes bread and breaks it, saying, "Take and eat; this is my body."

There are many more references to bread in the Bible, but for today's study, we will focus on the John 6: 5-13. It begins with the story of Jesus feeding the multitude. This miracle event is found in all four Gospels. You probably remember hearing about it in Sunday school. A large crowd followed Jesus and when it was time to eat, Jesus asked, "Where shall we buy bread for these people to eat?" A boy comes to the rescue with two small fish and five small loaves of bread. Jesus gives thanks and with these meagre items miraculously provides more than enough for everyone present.

Discussion questions: What can we learn from this passage? What are the "fish and loaves" that you give to Jesus? How has Christ multiplied your offering? How has God provided for your needs?

Read John 6:32-35. Here Jesus mentions Moses and the manna from Heaven, which God provided. He also describes the Bread of God, which gives life to the world. Jesus identifies Himself as the Bread of Life and states that whoever comes to Him will never go hungry.

Discussion questions: What are some things we can learn from this passage? Did the crowd understand what Jesus meant when He talked about the Bread of God giving life to the world? What kind of hunger is Jesus referring to? Why would Jesus call Himself the "Bread of Life?"

Read John 6:47-51. Jesus continues to identify Himself as the Bread of Life. He states that those who eat this bread will not die but instead live forever.

Discussion questions: What are some things we can learn from this passage? According to verse 47, what must we do to have eternal life? The Israelites were the recipients of manna from Heaven; who are the recipients of the Living Bread? Jesus stated, "Whoever eats this bread will live forever." What did He mean by this?

As we celebrate Thanksgiving this month, may we be thankful for God's spiritual provision, the Bread of Life for the whole world. May we experience life in Him now and have the hope of life eternal. Partake of the Bread of Life today, and enjoy some Thanksgiving bread, too!

About author



Captain Joy Groenleer

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

December 2020 – Just Be Still ... God is Emmanuel

December 1, 2020 By [Lt. Jennifer Larson](#)



Introduction

No matter what we are going through, we can celebrate the fact that God is Emmanuel—God with us.

Refreshments

Serve cookies and milk, hot chocolate with candy canes, or a fruit and veggie tray.

Fellowship

Discuss how each season of our lives strengthens, tests and grows our faith in God.

Scripture: Psalm 143:6, Psalm 63:1, Isaiah 7:14, Luke 2:10

Meeting Outline

If possible, meet in the chapel for the worship service.

Opening Prayer

Play the video "Wisemen Still Seek Him"

<https://www.youtube.com/watch?v=NMxEiCjiglo>

Wise women still seek after God. It is in our seeking, through an intentional and committed relationship with Jesus, that we truly come to know God our Father. As we explore three different seasons of life—longing/seeking, hope and joy—be thinking how you may want to share what God has done for you through these seasons of your life.

God is Emmanuel in the Season of Longing and Seeking

Devotional thought Psalm 143:6, Psalm 63:1

Have you ever gone crazy searching for something you just cannot seem to find? Maybe it is the perfect gift for someone, a poem of encouragement, or a song that provides comfort in a current situation. It is frustrating and nerve-wracking, yet God offers a solution to our seeking. His word teaches us, "But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you" (Matt. 6:33).

When we intentionally turn our minds to God in whatever situation we are facing, His grace and peace are sufficient to cover us. Often we long for such things as better behaved children, a smaller waistline, or a cleaner house. Whatever those material longings might be, the grass is not always greener on the other side. Sometimes our longings may include a stronger relationship with our children, families, or spouse. We might desire to be a mother, or a grandmother, or to just feel like someone hears and sees us in a world that moves so fast. Earthly desires may cloud our real needs. We can lose sight of the Savior and His longing for us to be in a deeper relationship with Him.

We read in Psalm 143:6, "I thirst for You as parched land thirsts for rain." And in Psalm 63:1, "O God, You are my God, I earnestly search for You. My soul thirsts for You; my whole-body longs for You in this parched and weary land where there is no water."

It is no coincidence that longing and seeking often go hand in hand in the seasons of life. When we seek after the Lord, we will find Him waiting for us. In those moments when we long for Him, He is faithful to meet us. After all, He is our Father and loves us. He desires what is best for us. We will find it when we long and seek after Him.

Share in a short two or three sentence testimony regarding what you have longed for or sought after that the Lord has provided.

"Hope for Everyone" Matt Maher

<https://www.youtube.com/watch?v=gEvl1-5zUWQ>

Devotional thought Isaiah 7:14

"God is Emmanuel in the Season of Hope"

"The world waits for a miracle, the heart longs for a little bit of hope, O come, O come Emmanuel." This song by Lauren Daigle is one of my favorite Christmas songs. Hope was born on Christmas day, a child was born, God in human form, a baby born to die. In a world covered in darkness and lacking the hope of something more, we as women of Christ are God's hands and feet here on earth. We have the opportunity to share the hope of Christmas, the greatest love story ever written. The love story that began with a precious baby laid in a manger.

Isaiah 7:14 reads: "All right then, the Lord Himself will give you the sign. Look! The virgin will conceive a child! She will give birth to a Son and will call Him Immanuel (which means 'God is with us')." Our hope is not found in the world, but in God's promise that as believers we will spend eternity in Heaven with Him. Where is your hope found this Christmas season?

Share in two or three sentences about a time when God gave you hope in a dark situation.

Song#113/87 "Joy to the World"

Devotional thought Luke 2:10

"God is Emmanuel in the Season of Joy"

"But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people'" (Luke 2:10).

Joy to the world, the Savior's born! Hallelujah, and amen. Joy is both a feeling and a choice. Every day we must choose love; we must choose joy. In the season of longing and seeking, we can become hurt, lost and troubled. In those times of despair and fear we need to intentionally choose joy. By choosing joy, we let go of the worry, hurt, anger and frustration.

We release whatever baggage is holding us down and speak words of affirmation, praise and thanksgiving about our Father in Heaven.

One of my favorite analogies is of the mountain top. On the mountain top you can see for miles and miles. On the mountain top we feel closer to God; we feel empowered and strengthened. But, look around the mountain top. You will notice very little greenery grows; very little is alive. But, when we look down into the valley, we see lush green plants and wildlife. While we labor in the valley, we can feel alone, lost, and even angry towards God. Yet, while in the valley, we grow. No growth happens on the mountain top. It is when we are in the valley, going through low seasons of life, that we are molded, shaped, refined and made pure. In the valley, we need to choose joy. When the way is dark and we see no end, choose joy.

Share in two to three sentences about a time God has helped you choose joy.

Closing Song

Choose to embrace the hope that was born on Christmas. A baby was born to save the souls of men. What will you choose this season? Will you allow God to be the God of the hills and valleys of your life? Will you choose to embrace Him in every season of life?

Song "Hills and Valley" Tauren Wells

<https://www.youtube.com/watch?v=p4rRCjrAyCs>

Offer a time of reflection and closing prayer.

About author



Lt. Jennifer Larson

USA Western Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

January 2021 – God Is ...The Author – Create a Book Club

January 1, 2021 By [Captain Stephanie Dennis](#)



“

“Just be ... still.” “Be still, be calm, see, and understand I am the True God. I am honored among all the nations. I am honored over all the earth.”

(Psalm 46:10, *The Voice*)

Subject

He writes our new story that is yet to be written each New Year.

Related Scripture

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Looking unto Jesus the author and finisher of our faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God." (Heb. 12:1,2. KJV)

Worship Table

Set up the worship table with a variety of books (different versions of the Bible and books written by Christian authors). Be sure to place the Bible in the center.

Give Away

Purchase journals from the dollar store along with a bookmark. Encourage the women to use their journal to record the books that they read along with any comments about the main theme of the book and any lessons learned.

Book Club Sign-Up

Ask the women if they would be interested in starting a book club. Display the first book to be read and have a sign-up sheet with all the pertinent information regarding the club—beginning date, time and location.

Craft

[Make bookmarks.](#)



Word Search

Create a word search puzzle on the theme "God the Author." You can find applications for creating a word search on the Internet.

Meeting Outline

Welcome

Call to Worship—Psalm 119:9–16 (NLT)

Opening Prayer

Scripture Sword Drill—Hebrews 12:2, Genesis 5:1, Exodus 24:12, Exodus 31:18, Exodus 32:6, Matthew 4:4, John 20:31, Romans 4:24, Romans 15:4, 1 Peter 1:6

Song #803 "Holy Bible, Book Divine" (to the tune of Jesus Loves Me)*

Devotion

Song #152, "Tell Me the Stories of Jesus"*

Closing Prayer

**The Salvation Army Song Book*

New Year's Resolutions

Have you made any New Year's resolutions? Maybe you want to get more organized or perhaps return to college and get a degree. You may have decided to be kinder or to spend less money. Or perhaps you have resolved to read more books. Has anyone resolved to write a book?

What kind of books do you like to read? Mysteries? Biographies? Fantasies? Love Stories? Do you have a favorite author? I have resolved on many a new year to read more books ... but never to write one.

God has many titles—Father, Provider, Sustainer, Counselor and Author. We read in Hebrews 12:1, 2 that God is, "The author and finisher of our faith." Webster's dictionary defines an "author" as one who is "the writer of a literary work (such as a book)." Or "one who originates or creates something." We acknowledge that God is the Author of the most read book in the world—the Bible. But have you acknowledged that He is the Author of your life? He has written our existence into being. Each of us is a unique story ... a story of love and grace. He has written our talents, our passions, our convictions and our personalities. None of us is the same. Even twins are not exactly alike; each one has a different story.



In 2 Corinthians 3:2-3 Paul writes, "You yourselves are our letter. You are written on our hearts. Everyone knows you and reads you. You make it clear that you are a letter from Christ. You are the result of our work for God. You are a letter written not with ink but with the Spirit of the living God. You are a letter written not on tablets made out of stone but on human hearts." (NIRV)

Though God is writing the story, we often try to "edit" our story by inserting our own thoughts and ideas, making our own choices. Sometimes God allows it to stand and other times He rewrites or edits and changes the outcome of the story. When we allow God to do this, we receive His greatest blessings. Throughout your life, God has been creating you ... authoring your identity. He has been shaping your life through challenges and accomplishments. He fashions us to be more and more Christ like. The less we "edit" the more we become the woman God intended us to be.

Your story will not be complete until the day you stand in His presence. How will your story end? I pray that mine will end by hearing Him say the words, "Well done, thou good and faithful servant."

About author



Captain Stephanie Dennis

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

February 2021 – Just Be Still ... God Wants to Be Loved

February 1, 2021 By [Lieutenant Stephanie Pavlakis](#)



Introduction

As we celebrate Valentine's Day, what a fitting time to rejoice in the Lord, who is love, who loves us, and who wants to be loved in return. During this program, take the opportunity to practice the greatest commandment by loving one another through fun and fellowship and loving the Lord through the activity and devotion.

Decorations

It's all about love. Decorate with red tablecloths, hearts and chocolates. Place inexpensive flowers such as carnations or daisies in small vases and set one at each place. Invite the women to take the flowers home at the end of the program.

Praying Together

Open in prayer and allow the women to praise the Lord in one-word responses. Say, "Lord, we praise You because You are ..." The response could be "merciful," "kind," "compassionate." The leader will close this time in prayer.

Game - Pass the Sweetness

Supplies: Two or three wrapped candies per person.

Ask the women to sit in a circle within easy reach of each other. Give them two or three candies. Read a series of questions. If their answer is "yes," they take one of their candies and pass it to the left. If you have a competitive group of women, have a prize for the woman with the most candies at the end.

For question suggestions, go to: <https://womensministrytoolbox.com/valentine-candy-pass/>

Activity

"I Love God Because ..."

Supplies:

- 4x6 and/or 5x7 picture frames
- Dry erase markers
- Scrapbooking paper
- Sharpies

Directions:

- 1 Cut a piece of scrapbooking paper to fit inside the picture frame
- 2 On the paper, write in sharpie "I love God because ..."
- 3 The women can decorate the paper or leave it as is with just the statement.
- 4 Place the completed scrapbook paper inside the picture frame with the glass on top.
- 5 Give each woman a dry erase marker to take home with her.

- 6 Each day she can write on the glass a reason why she loves God.
- 7 After finishing the craft, invite the women to share their response with the group.

God Wants to be Loved

The theme this year is “Just be ... still,” but when read in context of Psalm 46:10, “Be still and know that I am God,” the question is who is God? 1 John 4:8 tells us in the most simple, beautiful and profound way—God is love. Such a simple and deep statement—God is love. As believers, it is naturally our desire to please God. Just as we want to bring joy to those we care about—our parents, children, spouses, siblings, friends—so we want to bring joy to our heavenly Father. Knowing who He is, it makes sense that the best way to please the God who is love, is by loving Him.

Read Matthew 22:37–39

It can be tempting to break down this verse and compartmentalize it into loving God with all your heart, then loving God with all your soul and so on. In doing this it can be easy to lose sight of the true intention of the verse. It's not about loving God with every part, but loving God with the whole, just as I am not sometimes a mother, sometimes an officer, sometimes a wife and sometimes me. I am always all those things at all times. In the same way, we should always be loving God in all ways at all times. This might sound overwhelming, but the more we develop our personal relationship with God, the more natural it becomes.

Read 1 John 5:2

The best way to love God is through obedience. His commands are not burdensome. They are not heavy or oppressing. They are simply to put Him first above all else (see Deuteronomy 5:6–15) and love others in kind and practical ways. When we love others, we are being obedient to God and He is loved through that response. When we do these things, we are loving God.

Make it happen:

- Each day this week, find at least one way to love God and to love others.
- Start and end each day praising the Lord.
- Pray and seek the Spirit's guidance in what God is calling you to, then respond with obedience.
- Find at least one way to show love to someone each day.
- Tell someone why you love the Lord.

Close in prayer.

About author



Lieutenant Stephanie Pavlakis

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

March 2021 – Just Be Still ... God Is Our Anchor

March 1, 2021 By [Captain Katie Breazeale](#)



Introduction

The storms of life prove the strength of our anchor. With God as our anchor, we need not fear any storms that come our way.

Decorations

Display a ship with an anchor and a sign with the words from Hebrews 6:19: "We have this hope as an anchor for the soul, firm and secure."

Program Ideas

- 1 Invite the women to share a time when God was their anchor and they relied fully on Him.
- 2 Paint or color precut anchors. Write Hebrews 6:19 on them.
- 3 Ahead of time make anchor cookies. Invite the women to decorate them.

Meeting Outline

Welcome

Call to worship

No one is exempt from the storms of life. Like the disciples, who initially feared the storm and later came to rely on Christ, we can face the storms, which bring us to a deeper knowledge of God.

Song

"With Jesus in the Boat"

<https://www.youtube.com/watch?v=RpkQ-Bb78sU>

Scripture Reading

Mark 6:45-51

God is Our Anchor

In the scripture just read we see the account of Jesus feeding the multitude with two small fish and five loaves. Following this miracle, Jesus instructs His disciples to take a boat and go ahead of Him to Bethsaida. While on the way a storm came up and the disciples were left to face it alone. However, the greatest storm that night was actually in the disciples' hearts. The greatest fear was not the storm and the driving waves; it was the sense that Jesus had left them to face the night alone with only questions as companions. It was the storm the disciples faced that night.

They must have thought that Jesus would surely help them. They'd seen Him quiet storms like this before. On this same sea, they had awakened Him and He had commanded the skies to be silent. They saw Him quiet the wind and soothe the waves. Surely He would come off the mountain and once again rescue them. But He didn't. Their arms began to ache from rowing.

But, still there was no sign of Jesus. The hours went by and the wind continued to rage. The boat rocked from side to side and still Jesus was nowhere to be found.

Maybe you're like the disciples were that night, riding a storm, searching the coastline for a light, a glimmer of hope. You know that Jesus knows what you are going through. You know that He's aware of your storm. But as hard as you look to find Him, you can't see Him.

What storm are you going through in your life right now?

- Is it a storm of addiction?
- Is it a storm of sickness?
- Is it a storm of financial pressures?
- Is it a storm of relationship challenges?
- Is it a storm of doubt and hopelessness?
- How can you hope to survive the storm?
- Who is your anchor today?
- Have you given God complete control over your life?

But Jesus didn't just leave them. We read in verse 50 and 51, "Immediately He spoke to them and said, Take courage! It is I, don't be afraid.' Then He climbed into the boat with them, and the wind died down." Jesus came back for them. He won't leave us either. It may seem like it sometimes, but He is always there. When we call to Him, He will answer.

We will continue to go through storms in our lives; but it's who's holding our anchor that matters. Let God take hold of your anchor today. Allow Him to guide you.

Time of Reflection

Closing Prayer

About author



Captain Katie Breazeale

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

April 2021 – Just Be Still ... God is Still Our Miracle Working God

April 1, 2021 By [Captain Cheryl Kistan](#)



Introduction

God is a God of miracles. The greatest miracle was His complete defeat of death. He died on the cross and three days later rose from the grave. Jesus is the Resurrection and the Life.

Program Ideas

Dye Easter Eggs

Supplies: Boiled eggs, hosiery, onionskins, cabbage, flowers, leaves and dill

Preparations:

- Slice the cabbage in small pieces.
- Cut the hosiery widthwise into five-inch pieces.

Directions:

- 1 Place a flower, leaf, or dill sprig over an egg.
- 2 Wrap the hosiery over the egg; pull and tie tightly to hold in place.
- 3 Repeat the steps for the rest of the eggs.
- 4 Transfer the onionskins and cabbage to separate pots.
- 5 Place the eggs deep into the cabbage leaves (for blue) or onion skins (for golden).
- 6 Fill up the pot with water.
- 7 Bring the pots to a boil over medium heat.
- 8 Turn off the heat, cover the pots with a lid and allow to cool.
- 9 Keep the pots in the refrigerator for five hours or overnight.
- 10 Remove the pots. Cut the hosieries off and clean the eggs with a napkin.

Beaded Eggs

Supplies: Styrofoam eggs, ½ inch straight pins and sequins.

Directions:

- 1 Push the first sequin pin on the top of the egg.
- 2 Work around this pin, adding more sequins around the first sequin in a ring. For this project, I added pins that were just threaded with a seed bead around the top sequin.
- 3 Continue this way, changing colors of the sequins for each band you make.

World Services

Rather than purchasing eggs as a gift, have you thought of making a [SA Justice gift](#)? Purchase chickens through SA Justice and make a difference in the lives of people experiencing extreme

poverty in many nations across the world. Check the website www.sajustice.us for further information. A chicken provides people with food to eat but also a product to sell (eggs). What better way to celebrate new life, by giving life?

Suggested Songs for Worship

Miracles—Jesus Culture

“Is There a Heart O’erbound by Sorrow?” #246*

“Christ The Lord is Risen Today,” #143*

“How Sweet the Name of Jesus Sounds,” #58*

**The Salvation Army Song Book*

I Am the Resurrection and the Life

John 11:25

Everybody loves a comeback. It’s like the game you think is lost, then all of a sudden the tide begins to shift, and before you know it the underdog has been victorious. There are lots of stories of individuals who’ve had major setbacks but were able to turn their lives around. Jesus performed many miracles during His ministry, but the most outstanding involved those He raised to life. These are the ultimate stories of comeback.

Mary and Martha knew Jesus well. They were close friends. They were very worried about their brother Lazarus and sent word to Jesus that he was sick. They obviously hoped that Jesus would come and heal their brother, but Jesus made the decision to stay where he was for two days longer. While Jesus delayed, Lazarus died. Finally, Martha heard that He was on the outskirts of town. She rushed out to meet Him. Jesus told her that her brother would rise from the dead and boldly declared, “I am the Resurrection and the Life.” In this circumstance we see Martha’s faith grow. So how can we grow in our faith in troubling times and come to know our miracle-working God more deeply?

State your troubles (verses 20–21)

Martha was filled with grief when Lazarus died, and she boldly told Jesus what was wrong. In our lives, troubles come in all shapes and sizes—broken relationships, sin you can’t let go of, addiction you can’t break, and deep difficulties at work. We may experience an action that causes deep embarrassment and shame. We may be overwhelmed by debt, inconsolable grief or loneliness. Our first step in faith must be to state our troubles like Martha did. Jesus can turn them around.

Get close to Jesus (verse 20)

You have a choice to make. You can stay where you are or you can take a step towards Jesus. Martha could have stayed in her house or run the other way. Instead, we see that when, **"Martha heard that Jesus was coming, she went and met Him ..."** Even before Jesus entered the city, Martha went out to meet Him. Wherever we are right now, we need to take a step toward Jesus.

Tell Him your hurts (verse 21)

When Martha met Jesus, she told Him her hurts. **"Lord if you had been here my brother would not have died ..."** We too use the phrase "If only." If only I'd done this, if so-and-so hadn't done this to me, if only, if only. Sometimes we even blame God. Jesus knows our pain and feels it too. Verse 33 tells us that when Jesus saw Mary and the others weeping He was deeply moved in His spirit and greatly troubled. And then the shortest verse in the Bible—"Jesus wept." You are not alone—Jesus loves you.

Learn who Jesus is

We should never be afraid of being real with God. He can handle our honesty, our attacks, the rawness of our emotions and He will speak truth into our situations: **"Your brother will rise again"** (verse 23). Once we see who Jesus is, it isn't difficult to believe what He can do. It's what happens when our knowledge of Jesus is turned into a personal relationship, when knowledge becomes experience, when we meet Jesus.

Martha had the knowledge, but Jesus interrupted: **"I am the resurrection and the life (v. 25)."** The literal translation is "I, even I, and only I, am the resurrection and the life. Whoever believes in Me will live, even though they die; and whoever lives by believing in Me will never die. Do you believe this?" The resurrection is not just an event, it is a personal experience. Jesus doesn't just give life; He is life. There is no hope apart from Him.

Bible Study questions for John 11—I am the Resurrection and the Life

- Who were Mary, Martha and Lazarus? *Siblings who were close friends of Jesus*
- Where did they live? *Bethany, about 2 miles from Jerusalem*
- Why didn't the disciples want Jesus to return to Judea? (v 7) *The Jews wanted to stone Him, and kill Him*
- How long did Jesus wait before heading for Bethany? *2 days*
- How do you think Mary and Martha felt about Jesus' delay?
- Has there been a time in your life when you felt that God did not respond as quickly as you felt He should? Did He later answer your prayers?
- How long had Lazarus been dead when Jesus arrived in Bethany? *4 days*

- Why do you think that Jesus wept when He spoke with Mary about her brother's death, even though He knew He was about to bring him back to life (resurrect him)? (John 11:32–36, 38) *Scripture doesn't tell us. Possible He felt compassion for Mary and Martha's sorrow.*
- How do the Pharisees respond to Jesus raising Lazarus from the dead? *Anger and fear, He must die. They were afraid of losing their dominant position in society*

Close in prayer.

About author



Captain Cheryl Kistan

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

May 2021 – Just Be Still ... God Remembers Us

May 1, 2021 By Captain Megan Trimmer



Subject: God knows all about us, and won't forget us (Memorial Day).

Related Scripture: Isaiah 49:15, 16.

Activities

Elephant Craft

Check Pinterest for elephant crafts that are easy to make. Or visit the website:

<https://artscraftsymom.com/20-enormously-cute-elephant-crafts-for-kids>.

If you don't want to do a craft, you can find little elephant toys, or print pictures of elephants and display them around the room with the saying "An elephant never forgets." This is to remind the women that the Lord will never forget them.

Game

Play the game "Two Truths and a Lie." Ask the women to write two truths and a lie on a sheet of paper. The statements can be anything from what they like/don't like, places they have been, or weird talents they might have. The group tries to figure out which statement is a lie. Points are earned by guessing the lie.

For another game, have everyone write one thing about themselves that they don't think anyone else knows. Points are earned by guessing who wrote what fun fact.

These games showed us what we know about one another and that often there were many things that we didn't know, but God knows everything about us. He remembers every little detail of our lives.

Song

Song #10, "Someone Cares" from *The Salvation Army Song Book*, could be read as a poem or used during a time of reflection.

Do You Remember?

Memorial Day is a day to remember those who have died serving in the US armed forces. There are many families who go to cemeteries all over the country to place flags and other memorabilia on the graves of those who have lost their lives in service of our country.

In Arlington, Virginia there is a tomb of a soldier whose remains were unidentifiable in 1921. He was an unknown soldier who fought for his country and died. The family that he left behind never knew what happened to him. Thankfully, in 1998 the body was exhumed and because science and technology had advanced, the unknown soldier was identified. But what about those men and women whose bodies were never found—those who went Missing in Action and never were found? Those soldiers are unknown, and to many of us, forgotten.

Can you remember a time when you thought you were lost as a child? It can be one of the most frightening things we experience. One moment your mom or dad is right there with you, and the next, you cannot find them. You search all over, calling out, "Mommy!" or "Daddy!" with no success. Then your little young mind starts to think that maybe they forgot about you. Maybe they left, and you are all on your own.

Has there ever been a time when you looked in the mirror and asked, "Who is that?" Have you ever felt like you were unknown to yourself, your family or friends, maybe even to God? I know I have. I remember being accepted into training college in October of 2009 and just a few short month later, my mentor passed away. It didn't take long for me to become someone I didn't know. My actions and words were those of a young woman who felt alone and forgotten. Feelings of abandonment rose up and blanketed every aspect of my life. Maybe you can relate.

Read Isaiah 49:15-16 (NIV).

"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands." How amazing to know that our Father in Heaven never forgets us. It doesn't matter what we go through, what sins we have committed or how far we have turned from Him, He will not forget us. He will always be able to identify us because He has engraved us on the palm of His hands ... us— not our name, age, rank, sins, parents ... no, He has engraved YOU. I like to picture my face being engraved on His hand. He loves you and me so much that it's as if He has a tattoo of us on His hands, one that He and everyone else can see always.

The soldiers in those graves who are unidentifiable to us, He knows. Those men, women and children who go missing and slowly fade from the minds of others, He knows. To each woman sitting here today, He knows. Not only does He know you, but He loves you so much that He engraved you on His hands.

Matthew 10:29-31 says that He takes care of the birds of the air but that you are worth more than they are. On top of that, it says that He knows how many hairs are on your head. Psalm 139:13-16 says that He made you just the way you are in your mother's womb.

You may feel like you are unknown to the people in this group. You may feel like you are unknown to your family. If there are people around you who don't know who you are, remember this: God knows you. He knows you today and always. He knows each of your hurts and what makes you dance for joy. Turn to Him when you feel alone and remember: God will never forget you.

Prayer

Father, we thank you for knowing us, for loving us so much that you engraved us on the palm of Your hand. How special we are to You, Father. May we be reminded of this every day. May our lives reflect Your amazing love for us. Help each of us to show Your love to those around us.

[Elephant Template](#)

About author



Captain Megan Trimmer

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

June 2021 – Be Still ... God is the Alpha and Omega

June 1, 2021 By [Major Beth Desplancke](#)



Introduction

June marks a season of endings and beginnings. It is the end of the school year and the beginning of summer. For graduates, it may also signify the end of school and the beginning of a new adventure with the start of their career. For officers in The Salvation Army, June is often a time to end an appointment and begin a new one. Endings and beginnings can elicit a number of different emotions—sadness to be leaving the familiar, fear of the unknown

future, but also anticipation and excitement for the start of a new adventure. No matter what beginnings and endings we face in life, we can *"Be still because God is the Alpha and the Omega"* and can be trusted to be with us in all circumstances.

Decorations

Decorate the meeting room for a graduation party. Use the colors of the local high school or college as the color scheme.

Program Ideas

Recognizing Graduates

If you have young people (or older folks) who are graduating from high school or college, invite them to this program. If there are individuals who are graduating from the ARC program in your city, they could also be invited. Take time to recognize each graduate. This could be done in the form of an interview by asking: the name of their school; are they graduating from high school/college/ARC/other, and what are their plans for the future. Plan to recognize each graduate with a small gift. Close this section of the program by praying specifically for each of the graduates asking God to be with them and guide them as they start their new adventure.

Encouragement/Prayer Cards

If the graduates from the corps are unable to attend this program, ask the women to write notes of encouragement assuring them that they will be praying for them. If your corps has no graduates, send the cards to those individuals who are ending one season and beginning a new one. For examples: those recently widowed or divorced; a new mom who is struggling; an empty nester whose children have just left; those individuals who have received a health diagnosis that will affect them in a negative way; someone who has just moved out of the area; or someone who has had to move from living in their own home to a nursing home and is struggling to adapt to this new living situation. The notes could also be sent to all the corps kids congratulating them on finishing another school year. An alternate idea is to send cards to the officers and/or their children who are under farewell orders assuring them of your prayers during this time of transition. Explain that June moves can be an especially stressful time for officer families.

Include verses about God's eternal nature as encouragement such as Psalm 90:2, Isaiah 40:28, 29, Hebrews 13:8, Revelation 1:8. Spend time praying for each individual person who will be receiving a card.

Fun and Games

Invite the women to play *The Game of Life* board game. This game focuses on some of the beginnings and endings of life as well as some of the joys and struggles. Another option is to

play *Chutes and Ladders*, which also emphasizes the ups and downs of life.

Suggested Songs for Worship:

From *The Salvation Army Song Book*

"Eternal God, Unchanging" (Song #12)

"Now Thank We All Our God" (Song #45)

"O God, Our Help In Ages Past" (Song #47)

"Leaning on the Everlasting Arms" (Song #906)

Praise and Worship Choruses:

(Links are included for videos with lyrics)

"How Great is our God," Chris Tomlin <https://www.youtube.com/watch?v=wDgmJFw6F64>

"Everlasting God," Chris Tomlin <https://www.youtube.com/watch?v=yubLGTOcm8c>

"Sovereign," Chris Tomlin <https://www.youtube.com/watch?v=JMTG13qVY3g>

"Through it All," Hillsong Worship <https://www.youtube.com/watch?v=RrKbu6OwJv0>

The Beginning and the End

I love books and am an avid reader. When I start reading a new novel, the beginning of the story had better grab my attention quickly or I might stop reading it. However, if the story is exciting, I have a hard time putting it down. I also admit that sometimes, if the story gets intense and I am concerned about one of the characters, I skip to the end to make sure it has a happy ending. Sometimes if the ending isn't the way I hope, I even stop reading it.

Life is about endings and beginnings. What are some beginnings that we experience in our lifetime? (*Examples: graduating from school, beginning a new job, moving to a new home, making a new friend*). What are some endings we experience? (*Health changes that impact the quality of life or living arrangements, death of a family member or friend, becoming an empty nester or downsizing to a smaller home*). Some beginnings and endings are good and some are not. However no matter what beginning or ending we are facing, we can *be still* and relax knowing that God is the God of all beginnings and all endings. If you open the Bible to the beginning, the first verse that you read is Genesis 1:1, which states, "In the beginning God created the heavens and the earth." Before anything else there was God, He has always been. When He created the heavens and the earth, He began everything.

Near the middle of the Bible, in Isaiah 44:6, God says, "This is what the Lord says—Israel's King and Redeemer, the Lord Almighty: I am the first and I am the last; apart from Me there is no God." In Revelation 1:8, the last book of the Bible, we see the same thing, "'I Am the Alpha and the Omega,' says the Lord God, 'who is, and who was, and who is to come, the Almighty.'" Alpha and Omega are the first and last letters of the Greek alphabet. For God to call Himself the Alpha and Omega is saying He is God from A–Z—from first to last, from top to bottom, from start to finish, from beginning to end.

As God was there in the beginning, He'll be there at the end. He is the same God through our entire story: the good, the bad, the ugly, the scary, the exciting, and the mundane. Whatever plays out in the future, God already knows—the plot twists and cliffhangers. He has already prepared for them all. Although parts of our story can be real nail-biters, God is never caught unaware or off guard. Often we forget that God is the Alpha and the Omega, the beginning and the end, and our lives are consumed with worry, fear, panic, doubt and despair. When we do remember, we can then *be still* in the knowledge that God is God

What in your life is causing you not to *be still* and is keeping you from resting in the fact that God is over all your beginnings and endings and that there is nothing that God can't handle? I have read to the end of God's story and guess what? For those who receive Him as their savior, there is a happy ending!

Time of Commitment

Supplies: cardstock paper shaped like graduation caps printed with the letters A–Z.

Instructions: On the graduation cap card write things, people or situations that you are concerned about for each letter of the alphabet. (*Encourage the women to pray over their lists as the song "Jesus, Lover of My Soul (It's All About You) by Paul Oakley plays. For a lyric video for this song go to: <https://www.youtube.com/watch?v=c9pYTGoX2Ro>*). You have prayed over each item on your card, now write, "God is Alpha and Omega" over the list with a permanent marker. As graduates toss their caps in the air as an indication they are finished with school, toss your cap with your lists of concerns and worries into the air, as an indication that you are done worrying over them and are going to let our Alpha and Omega do His job.

Benediction

Sing or read song #1041, "*This, This Is the God We Adore*," from *The Salvation Army Song Book*.

About author

Major Beth Desplancke

USA Western Territory





WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

July 2021 – Just Be Still ... God is Our Freedom

[Español](#)

July 1, 2021 By [Captain Kelly Cain](#)



Scripture: Galatians 5:1

Introduction

As we approach the Fourth of July, we celebrate the freedoms we have as Americans. Let us also focus on the greatest freedom we experience through God. He set us free from the slavery of sin.

Decorations

Decorate the room in red, white and blue with tablecloths in the same colors. Use American flag napkins and small American flags as centerpieces.

Activity

Give each woman a small printed-paper flag and explain the meaning of the 13 folds as they fold their flag. Use the following link to print out a guide for the women to follow as they fold their flag. <https://i.pinimg.com/736x/d2/6e/9e/d26e9ef392cbf514cf74ab24b0f5186f.jpg>

- 1** The first fold of our flag is a symbol of life.
- 2** The second fold signifies our belief in eternal life.
- 3** The third fold is made in honor and pays tribute to the veteran departing our ranks or who gave a portion of his or her life for the defense of our country to attain peace.
- 4** The fourth fold exemplifies our weaker nature as citizens trusting in God. It is to Him we turn for divine guidance.
- 5** The fifth fold is an acknowledgment of our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but remember it is still our country, right or wrong."
- 6** The sixth fold reminds us where our hearts lie. It is with our hearts that we "pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."
- 7** The seventh fold is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.
- 8** The eighth fold is a tribute to the one who entered into the valley of the shadow of death that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.
- 9** The ninth fold is in honor of womanhood. Their faith, love, loyalty, and devotion that have molded the character of the men and women who have made this country great.
- 10** The 10th fold is a tribute to father, for he, too, has given his sons and daughters for the defense of our country.
- 11** The 11th fold represents the lower portion of the seal of King David and King Solomon and, according to Hebrew citizens, glorifies the God of Abraham, Isaac, and Jacob.
- 12** The 12th fold represents an emblem of eternity and glorifies, in the eyes of Christian citizens, God the Father, the Son, and Holy Ghost.

13 The last fold reminds us of our national motto, "In God We Trust." When the flag is completely folded, the stars are uppermost,

Freedom In Christ

I have always loved the Fourth of July. It is celebrated across the country with parades, fireworks, picnics, and family gatherings. It is one of my favorite holidays, partly because my birthday is on the third. When I was a child I thought that the Fourth of July was an extension of my birthday, just another excuse to gather with family and celebrate, and boy does my family celebrate!

As I grew older, I learned the true meaning of the Fourth of July and what we were actually celebrating—our freedom and independence as a country—freedom from oppression, from unfair taxation and from a monarchical rule. It is estimated that 6,800 Americans were killed in action during the Revolutionary War, 6,100 were wounded and upwards of 20,000 were taken prisoner. Historians believe that at least an additional 17,000 deaths were the result of disease, including about 8,000–12,000 who died while prisoners of war. The total death toll of Americans during this War is listed as ranging between 25,000–70,000 in the 8 years, 4 months and 15 days that the war lasted. Freedom came at a great price.

Our founding fathers signed the Declaration of Independence claiming our autonomy as a nation just over a year into the war. Today the Declaration is housed in the National Archives in Washington, D.C. July 4th has been declared a national holiday to commemorate the day the United States laid down its claim to be a free and independent nation. Today we still enjoy that freedom, and many of our family members or even some of us, have or are fighting to defend that freedom today. We have parents, siblings, children, spouses, friends, and neighbors who have served in the military defending our country's freedom. That is why we celebrate this day with fireworks, parades, and family gatherings to remember the freedom we enjoy and the price that was paid and is still being paid for us to enjoy that freedom.

Long before the Revolutionary War, Christ hung on a cross and died for the sins of mankind so that we, as God's children, could enjoy the freedom that comes from a relationship with Him. When we are living in the fullness of Christ, we enjoy freedom from sin, freedom from guilt, freedom from shame, freedom from oppression, freedom from the old way of life. Many of us can remember how we felt when we were new believers, when we first experienced that freedom and new life. Do we celebrate it like we celebrate July 4th? Do we regard it with as much importance? Or do we allow ourselves to become slaves once again, slaves to rules, to expectations, to legalism, and to old habits?

The cost of our freedom was paid in full by the blood of Jesus. Christ died so that we could be free from the yoke of sin. He died so that we could enjoy fellowship with God. Our freedom came at a great price. What do we do to celebrate that freedom and to remember the price that was paid?

Paul warned the Galatians:

//

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1 NIV)

I am proud to be an American, and I still love the 4th of July. I love celebrating our freedom and independence as a country. I love to wear red, white and blue with pride and march in the parades and watch fireworks with my family in celebration of our freedom and all of those who have paid a great price for us to enjoy it. I am even prouder to be a child of God. I am proud to be redeemed by the blood of Jesus. I love to celebrate my freedom from sin. I love to remember what Christ did for me personally and for all of mankind on that cross. He did what we could not do for ourselves. Every day we should be celebrating what Christ did for us. Let our witness be like a great fireworks display for all to see. God is our freedom, let us celebrate and remember that freedom today and every day.

About author



Captain Kelly Cain

USA Western Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

August 2021 – Just Be Still ... God is Our Radiance

Español

August 1, 2021 By [Captain Lisa Davey](#).



Decorate

Use bright colors, making sure to include yellow. Hang rainbow posters, drawings or pictures in a prominent place where everyone is sure to see them.

Refreshments

Serve a variety of colorful fruits and vegetables with dip.

Crafts

Review the following sites for suggestions for crafts having to do with light:

Easy Mason Jar Luminaries – <https://momspark.net/diy-easy-mason-jar-luminaries/>.

Mondrian-inspired Mason Jar crafts – <https://masonjarcraftslove.com/mondrian-mason-jars/>.

DIY Faux Stained Glass: <https://abeautifulmess.com/2015/02/diy-faux-stained-glass.html>.

There are other interesting crafts from justpaintitblog.com.

Smart Phone Trivia

If the women have smart phones, ask them the following questions that can be answered with the help of their phones. For a bigger challenge, see how many questions they can answer without using their phone.

- 1 What is Earth's main source of light? **The Sun**
- 2 What is the speed of light? **300 million meters per second or 186,282 miles per second**
- 3 What are the small energy particles that move in waves making light? **Photons**
- 4 Why do we see lightning before we hear thunder? **Light travels faster than sound**
- 5 Does anything travel faster than the speed of light? **No**
- 6 How long does it take light to travel from the Sun to the Earth? **Just over 8 minutes**
- 7 How far does light have to travel from the Sun to the Earth? **93 million miles**
- 8 Is the white light we see from the sun made up of only white colors? **No**
- 9 What colors of the spectrum make up the white light we see from the Sun? **Red, Orange, Yellow, Green, Blue, Indigo and Violet**
- 10 What "p" word allows us to see that white light is a mixture of all the colors? **Prism**
- 11 What is formed when objects block the pathway of bright light? **Shadows**
- 12 What are the uses of light (all light, including light from the Sun)? **Energy, Warmth (Heat), Illumination (Light), to help things grow (Photosynthesis)**

Light

Our theme today is God's radiant light. When I think of light the first thing that comes to my mind is the sun. I love bright light and warm weather. I live in Arizona where the sun shines

more days than not, and I really enjoy it. I grew up in areas of frequent rainfall. I longed for days when I could open the curtains and be greeted by beautiful blue sky and a sun riding high in the atmosphere.

We read in James 1:17, "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (NIV). This verse is a part of the greeting written in the first chapter of James to fellow believers to encourage them to keep their focus on Christ and what really matters. It reminds us that our Heavenly Father is the eternal light in our life. Let's think about what light does for us. It illumines our work area. Light from the sun gives us vitamin D, which is necessary to our health. It helps us see in the dark. When coming from a flashlight, it enables us to see small objects more easily. Can you think of any other things light does for us?

Summer is a time when light is abundant. Eventually the season will change and light from the sun will diminish, especially as the winter season approaches. As believers in Christ, we have a special privilege to experience the light and brightness that comes from our Savior. He is our source of joy and contentment no matter what season it is or what the sky looks like. Christ is not someone who changes or disappears like light eventually does every day. He doesn't hide in shadows or change as time goes by. We have the amazing gift of Christ to light up our lives. We can share all the gifts and blessings we receive from Christ. We can have steady and unwavering faith that Christ will always be the light of our souls and the reason for our smiles.

As darkness in the Bible is closely associated with fear, evil, the evil one and separation from God, James chose to include this in his greeting because he wanted people to remember to stay in the light and out of the shadows. We use the Sun to illuminate the dark, and James reminds us that we need God's Son to illuminate the darkness and get rid of the shadows in this world. It can be so confusing navigating life here on earth. There are so many things pulling us in so many different directions. But, if we rely on God's Word, have faith in Jesus and trust the Holy Spirit, He will be "a lamp unto our feet and a light unto our path" (Psalm 119). He will banish the darkness, because it cannot survive in the light.

Just as sunlight is used for energy, the light that comes from God gives us the energy we need to keep going and not to give up even when it seems like there is no hope. In the most humble or dire circumstances there is always hope. There is hope because we have a source of never-ending light. This constant light, much like the sun's light provides us with warmth as we bask in the glow of Jesus' love. When I realized for the first time just how much Jesus loved me, I can't explain the feeling that emanated from my head to toes. I can only describe it as warmth and joy, which only comes from true love.

Lastly, we need the Sun's light to grow plants, which we need to breathe and to eat. Like the plants, we also need God's light to grow. In Arizona summers, if we don't water our grass, it can go from vibrant green to a depressing brown in just a day or two. It needs water, daily, to survive the harsh heat. We are not much different. I'll never forget the Sunday School song "Fishers of Men," which states that if we read our Bibles and pray every day, we will grow, grow, grow. The second verse stated, on the flip side, that if we don't read our Bibles and

pray, we will shrink. We need God's light to grow in this dark, dry and dangerous world. Without Him and His light, we will shrink; we will be parched, and we won't survive.

We have a gift that never grows old, never leaves us and will be constant and steady. We have the gift of light that comes from our Savior and Lord, Jesus Christ. As summer slowly fades and the light seeps into the shadows with a new season, remember the light from Christ is always there to light our way in the darkness. It gives us energy to persevere, provides warm love and enables us to grow into the people He wants us to be. We are radiant and beautiful because of the light and life we have in Christ Jesus.

About author



Captain Lisa Davey

USA Western Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Worship Programs

September 2021 – Just Be Still ... God Cares For You

Español

September 1, 2021 By [Major Beth Paugh](#)



Scripture

“Cast all your anxiety on Him because He cares for you” (1 Peter 5:7 NIV).

Decorations

Use fall colored tablecloths. Scatter fall leaves of various sizes on the tables. These can be real or artificial.

Refreshments

Serve warm, spiced apple cider with pumpkin or apple breads.

Craft Project

Prayer Jars

These are very easy to make and will take about an hour to dry. Most of the supplies can be purchased at a Dollar Store.

Supplies Needed

- Silk Fall Leaves
- Mod Podge
- Mason Jars
- Sponge Brush
- Raffia or Ribbon

Directions

Make sure the outside of the jar is clean. Paint a thin layer of Mod Podge on a section of the jar. Once that layer becomes sticky (check by dabbing your finger on it), place a leaf on the jar. Paint more Mod Podge on top of the leaf in thin layers, making sure to smooth out the edges. Start in the center of the leaf, and push it to the edges with your fingers. It may take a few layers, but the leaf should stick to the jar. Don't be afraid to use your fingers to smooth out the leaf so that it is fully secure. Layer more leaves on top, covering the jar with as many as you desire. Finish off the top of the jar with raffia or ribbon to complete the look. For pictures or more information go to: www.sparkandchemistry.com/blog/leaf-mason-jar-candle-holder.

Encourage the women to use these jars as a place for their prayers, burdens and cares. The leaves will serve as a reminder to "leave" all their cares with Him. Invite the women from time to time to read one of the requests and see how God has answered their prayers.

In his article "Five Ways God Answers Prayer" Luis Palau shares the following possible answers to prayer God gives us. Check the website www.Christianitytoday.com for further information.

- 1 No, I love you too much.
- 2 Yes, but you'll have to wait.

- 3 Yes, but not in the way you expected.
- 4 Yes, and here's more!
- 5 Yes, I thought you'd never ask.

As the women make their prayer jars, have them share a time when God answered one of their prayers and how He answered it. Perhaps the answer they received is not one they were expecting but became a huge blessing instead.

The Wonder of Fall

I think fall is my favorite time of the year. I love the changing colors and the wonderful smells and aromas. When we lived in Washington State we loved to drive around and look at all the changing colors or walk through the park to collect leaves. Unfortunately, those beautiful colors don't last very long and soon the trees begin to release the stubborn hold they have on the heavy, dead leaves.

As I consider the leaves and this process, I am reminded of my own Christian walk. What heavy, dead leaves do I carry around that I just need to let go? As a mom and grandma, I worry a lot about my children and grandchildren. It is not always easy for me to leave them in God's hands. However, I keep reminding myself that they were placed in God's hands when they were born and they are still there. But that doesn't mean that I should stop praying for them!

First Peter 5:7 from the NLT states: "Give all your worries and cares to God, for He cares about you." "Peter writes that we should take our fear and cast it—throw it—onto our Father God. In fact, he tells us to take all our anxieties, everything that worries us and give it to the God who cares so deeply for us. This is not a promise that God will fix everything that worries us. God is not obligated to follow a script we write for Him. Our mighty God promises that He will receive our worries and care about them. He will carry them for us. He is trustworthy to handle them in the way that is best.

Peter's words are a command. It is not God's will for His children to continue to live under those burdens. Believing that God is mighty and cares for us should result in our regularly handing over our worries to Him."

Just like the trees, we need to be willing to let our leaves, our burdens and cares, fall. The trees get rid of their leaves so that they can flourish in the Spring. In order to flourish when the new season comes, we need to get rid of those things that are weighing us down. As we give God those things, He will prepare our hearts so we too can flourish.

What are you holding onto that prevents you from flourishing? Could it be that the heavy, dead leaves are piling up and your heart needs to let go of them for good? If so, why not reach out to the Lord in prayer? He longs to hear from you. Ask Him to shine light on any

thoughts, circumstances, habits or other “heavy, dead leaves” you might be clinging to. As you watch the leaves fall this season, be reminded to let go of anything that would hinder your relationship with God.

Frank Graeff penned the words to this hymn many years ago. May these words encourage you today.

Does Jesus care when my heart is pained?

Too deeply for mirth or song,

As the burdens press,

And the cares distress

And the way grows wear and long?

O yes, He cares, I know He cares,

His heart is touched with my grief;

When the days are weary,

The long night dreary,

I know my Savior cares.

About author



Major Beth Paugh

USA Western Territory

Community Outreach



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



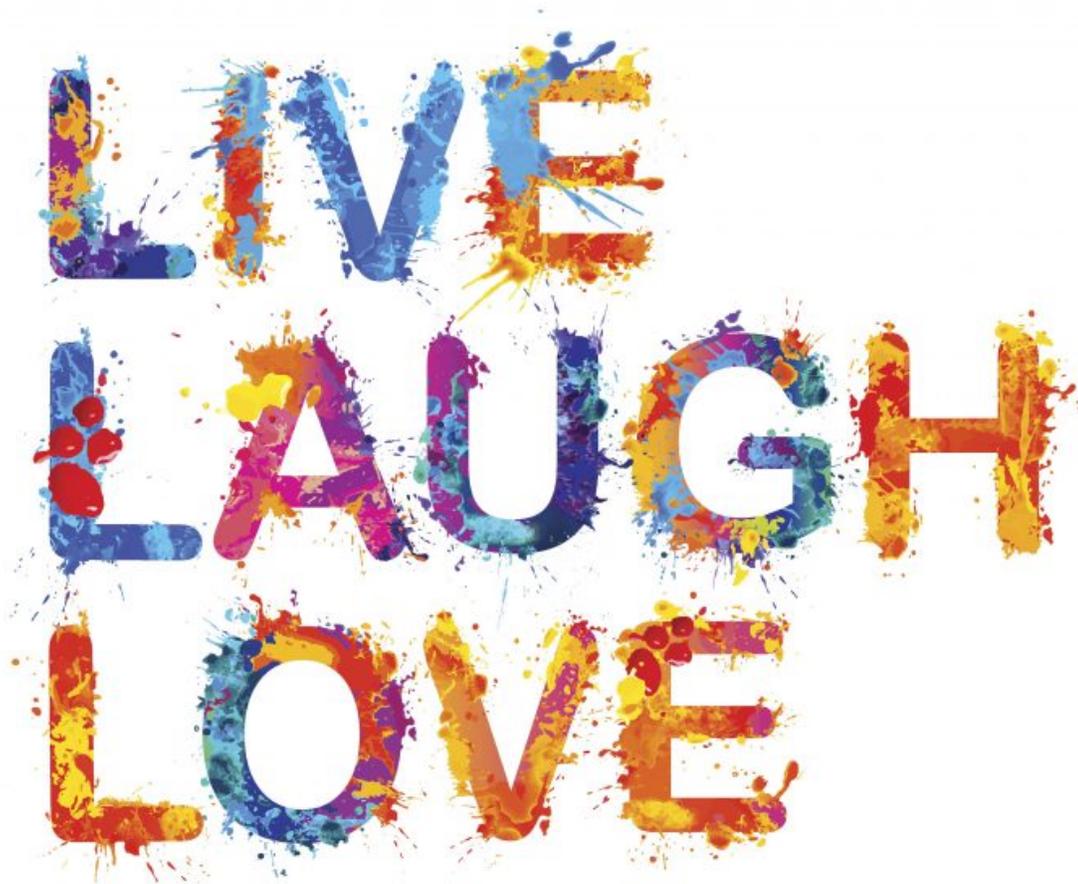
[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group – Simplicity Sisters

[Español](#)

October 1, 2019 By [Major Jennifer Melton](#)



Simplicity Sisters is a small group that focuses on accountability and encouragement for following the simple adage: “Live. Laugh. Love.”

Each group consists of five to seven members. The women rotate meeting in their respective homes and hold each other accountable to what’s most important in life. Often, this group shares tips on simple living such as:

- Recipes with 5 ingredients or less
- 10 ways to de-clutter your home one room at a time
- Memorizing one scripture per month
- Creating a daily planner that doesn't cost a fortune
- Comfy home decorating without all the "stuff"
- Positive things to say to your children

The ultimate goal is to encourage one another in living life simply in appreciation for others and seeking God's influence in all things. Their formation was based on Bessie Anderson Stanley's 1904 poem, "Success." Many may recognize it from its marketed popularity using the words: Live. Laugh. Love. This verse is inscribed on her gravestone:

He achieved success who has lived well, laughed often, and loved much;

Who has enjoyed the trust of pure women, the respect of intelligent men and the love of little children;

Who has filled his niche and accomplished his task.

Who has never lacked appreciation of earth's beauty or failed to express it.

Who has left the world better than he found it.

Whether an improved poppy, a perfect poem, or a rescued soul;

Who has always looked for the best in others and given them the best he had.

Whose life was an inspiration;

Whose memory a benediction.

About author

Major Jennifer Melton

USA Southern Territory





WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group – Moms of Toddlers

[Español](#)

October 1, 2019 By [Lt. Colonel Michele Lescano](#)



If we don't teach our children to follow Christ, the world will teach them not to.

This focus group idea will take between eight to ten weeks. Set up a time to meet with mothers of toddlers to demonstrate how to follow a pattern to make a Bible busy book. Check [Pinterest](#) for patterns.

Objectives

- 1 To demonstrate the importance of sharing the Scriptures with children, even when they are young.
- 2 Women learn various stitches for sewing and the use of patterns.
- 3 Children develop motor skills. The older toddlers learn about buttons, snaps, zippers as they learn their favorite Bible stories
- 4 Women experience fellowship while learning and discussing parenting their toddler.

Resources:

<https://mothersniche.com/printable-quiet-book/>

[5 Scripture Memory Verses for Toddlers](#)

About author



Lt. Colonel Michele Lescano

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Idea – Bible Read-through For Small Groups
Español

October 1, 2019 By [Major Lolita Sanchez](#)



The easiest and maybe most powerful small group you could have is a Bible read-through group. Groups can be assigned by area to meet at each other's homes. They come only with their Bible and the idea of reading through it together. As they read together, they allow the Spirit to move and share how God is speaking to them.

The Salvation Army Eastern Territory's Spiritual Life Development Department offers a free resource in English and Spanish that leads reading through the Bible in a year. This can be

downloaded for use within a group. The link is: <http://saconnects.org/the-one-year-bible-reading-plan>.

A scripture-writing plan could also be incorporated. [www.Swtblessings.com](http://www.swt blessings.com) has themed scripture writing plans (in English and Spanish) that are downloadable and printable. The premise is that Satan doesn't want us in the Word of God and will attack by any means necessary. We need to hide God's Word in our hearts. Individuals commit to writing a section of scripture each day. It will take ten minutes or less to copy a portion of scripture from the Bible.

Another scripture writing resource (with a small charge) can be found at: <https://shop.cultivatewhatmatters.com/collections/journals/products/write-the-word-journal-cultivate-gratitude>

About author



Major Lolita Sanchez

Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group – Communal Worship to Build the Body of Christ Español

October 1, 2019 By [Karen Ulrich](#)



The children are crying. The house is a mess. There are bills to pay, but not enough money to pay them. There are schedules to keep, school, work, activities and appointments. This is a small sampling of everyday existence that allows little time for meditation upon scripture and time with the Lord. When we feel depleted and alone we begin to doubt. That is when Satan steps in to whisper lies—"It is too much, there is an easier way, God is not good, He does not love you." Step away. It is during our quiet time with the Lord that He grows and strengthens

us. The power of prayer transforms us from this is impossible to “I can do everything through Christ, who gives me strength” (Phil. 4:13).

Women are created for communal worship. Your corps is a perfect location to live out Colossians 3:16, 17 (NLT): “Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom He gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through Him to God the Father.”

Schedule a time for communal worship bringing together officers, staff and the community to share in a time of teaching, prayer, and counsel with one another to strengthen and refresh. Consider providing childcare. Depending on the time of the meeting the teen groups may be able to provide babysitting service while women gather.

Time together in prayer and conversation not only fuels the soul but creates important connections that each of us need in the body of Christ. Teens gain satisfaction from service and feel valued, mothers may connect to share babysitting exchange services to get that needed break when they feel overwhelmed, and friendships blossom. Corps members are able to share information about services provided to meet the needs of those attending.

God created each of us with unique gifts to serve Him. Psalm 139:14 says, “I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.” When we are so busy and our tanks are running on empty, it is easy to become overwhelmed with our daily existence and underwhelmed by our value. Coming together points us back to what is important and shines a light on the gifts God has given us to use for His kingdom and to strengthen the body of Christ.

About author



Karen Ulrich

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group – Explore the Community

[Español](#)

October 1, 2019 By [Major Tricia Taube](#)



How many times have you heard someone say, "I've lived in this area my whole life and never been to ..."? Invite the women to explore their community. This is a six-week program to explore famous historical sites, restaurants that have been featured on the Food Network, Botanical Gardens, museums or attractions that others come from miles away to see and experience but that locals pass by thinking "someday".

Budget and Planning

Determine the cost of each stop. Develop a budget based on admission fees, transportation and refreshments. If the places are beyond some of the women's personal budgets, hold a fundraiser to help or defray the cost. If possible, the leader should visit each site before the group goes, so that they are informed and ready to point out interesting features and pitfalls. Choose a historian to take pictures, capture fun quotes for a memory book or PowerPoint® presentation that could be shown at the last meeting. Create a trivia game or use a game show format of questions about various locations visited for the last meeting.

Weeks 1—5

For the first five weeks visit the locations previously decided upon. Traveling together is always fun and builds community, but meeting at the site may sometimes be more practical. Depending on the timing and venue, finish up the exploration with an appropriate treat. Good food, coffee and conversation around sharing the "best things" are memory making and relationship building.

Week 6

Hold a fun and meaningful wrap-up as outlined above. Bring this time of getting to know your community and each other as an opportunity to challenge the group into a deeper understanding of God's love and presence.

Devotional Focus for Wrap-Up Meeting

Psalm 46:1–11: "God is our strong refuge He is truly our helper in times of trouble" (vs 1).

The Lord is always close. He is *El Roi*—the God who sees me. In our busyness, in the midst of challenges, difficulties, hurts and distractions of life, we can miss the blessing of a daily and constant relationship with our heavenly Father. The God who sees all is always mindful of you, always aware of you. In Isaiah 65:24, God reminds Isaiah that He is so aware of His people that even in their rebellion and disobedience He anticipates their calling out to Him. Even before they whisper the prayer, while they are still talking about their situation and their needs, He hears and answers. The Psalmist reminds us that God is very present, a safe place for us to go in times of trouble. We are challenged in verse 10 of the passage to be still, and in that stillness, know that God is God, powerful, present and ready to protect and act on your behalf. In *Confessions*, Saint Augustine writes, "You have made us for Yourself, O Lord, and our heart is restless until it rests in You." For each of us today, Home Sweet Home is only truly found when we yield our hearts to our Father God, who knows us best and loves us most.

About author

Major Tricia Taube



USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group — Good Grief ... Steps in the Grief Process
Español

October 1, 2018 By [Commissioner Debi Bell](#)



Grief is a frequent visitor to everyone because we all experience loss and change. Sometimes changes in our lives are caused by marriage, birth of a baby, or a new job or location. All change means loss of something even if it is also a gain. It is important to understand the healthy steps of grieving so that we can flourish in life.

Traumatic loss through disaster, divorce or death of a loved one is more acute. It is easily recognized and more likely to trap us in one of its stages. Here are the seven stages:

shock/disbelief, denial, bargaining, guilt, anger, depression and acceptance/hope.

Invite a speaker to cover this topic or develop a support group around a book study on this subject. You may want to offer the study on a regular basis, especially if your corps or community has experienced disaster.

About author



Commissioner Debi Bell

Southern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Focus Group — Encouragement

[Español](#)

October 1, 2018 By [Major Janelle Gonzalez](#)



This focus group idea is to encourage the women who are not part of the Corps Community Care Ministries, or who volunteer in different areas of the corps, to get involved in a program to encourage and minister to those seniors who are lonely and would appreciate a visit. This ministry might not be limited to just nursing homes, but also senior centers, adult with disabilities centers, individuals who are house bound, cancer center groups, or any location where the occupants could use some encouragement.

The leader of the group would be responsible to contact women who would be interested in being a part of this ministry. Once it is determined the number of women who wish to participate, the group will need to decide how many individuals/groups they will be able to visit. This will also determine whether one person or a small group will visit a location. Even if they decide to visit in a small group to one location, they may want to focus on one-on-one visitation with individual residents in the home.

The members would agree to meet on a regular basis (weekly, biweekly, or monthly) to plan the logistics of the visits. Their responsibilities could include contact with the center coordinator/social worker to determine the time, date and number of people that would be able to participate in any planned activities. At their meetings they could also discuss what activities they would share with the larger group of residents and what they would share with an individual client. The groups' focus would be on seniors whose families don't visit them on a regular basis because of their location, or those who have no family and few visitors.

While this focus group is primarily a ministry of visitation, an additional goal could be that the members would enjoy times of fellowship together. This could lead to activities other than planning the visitation to "fun" times that the group would enjoy (dinner, a movie or play, shopping).

Following are some suggestions of visitation activities. Some could be used with individual residents while others could be with a larger group.

Week one: Manicure and hand massage

Week two: Craft to decorate client's room (Pinterest has great, affordable ideas)

Week three: Board games

Week four: Dance party

Week five: Karaoke and talent show (Get the individual's songs choices the week before in order to prepare the Karaoke play list.)

Week six: Scrapbooking and sharing stories of the good old days.

About author



Major Janelle Gonzalez

USA Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach – Sports Fellowship

[Español](#)

October 1, 2019 By [Major Lolita Sanchez](#)



How many times have you had to drop your child off at a sport practice or music rehearsal that only lasted an hour? So you decided to sit in your car or read a book while waiting. Instead of waiting alone, organize a get together with the other moms and share your gifts and talents with each other. The group won't necessarily be faith-focused. If you are the only Christian in the group, you can preach with your life. Your words and your actions will speak loudly to a group of non-believers. You never know what gifts each mom will bring. One may

be able to teach sewing or quilting. Another may lead a health-conscious series about food, exercise and eliminating toxins from your families' diet.

About author



Major Lolita Sanchez

Eastern Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach – Love At The Laundromat

[Español](#)

October 1, 2019 By [Captain Maureen Diffley](#)



Love At The Laundromat

Evangelism In Your Neighborhood

Several years ago during the "I'll Fight" day, accepted candidate Amanda Cain was part of a Christmas outreach at a local Laundromat. The occasion stayed lodged in her heart. When her area commander received a donor donation, it spurred them on to hold a day to show love to

folks doing their laundry around Oklahoma City. Over 96 households received laundry soap, dryer sheets, Bibles, a copy of *The War Cry*, contact information, a light canteen-style lunch and took part in conversations and prayer.

Saturday is the busiest day for Laundromats. During the morning and afternoon volunteer teams visited five locations, which varied in number of customers. Since most customers are able to do all their laundry in about an hour and a half, visiting during peak times is essential.

The visits were designed to encourage people at the laundromat. Customers were quite surprised by the attention. Cain states, "Many people asked, 'Why are you doing this?'" We told them because Jesus loves us all, we just want to show His love to others. People were amazed and overall, accepting of it. Many people told us that we made their day and it was very encouraging." About 200 people, representing 96 households, had a lunch of hot dogs, chips, soda or water.

Roxie Cain, a soldier at the corps, was able to provide a Spanish Bible and have a conversation with a Spanish-speaking mother, whose son translated their conversation. The woman began to cry. Her son explained that she was crying because she was so happy to have a Bible in her own language, something she had never had before. In the past, her children read from an English Bible and translated it into Spanish for her.

A married couple met a woman who was trying to avoid eye contact with them. Eventually they were able to engage her in conversation. She related her fears that she would not be able to stay sober. She was 40 days clean and was trying to stay away from people and temptations. The husband had just graduated from the Adult Rehabilitation Center and was able to tell his story of overcoming a meth addiction. Their conversation and prayer time emphasized that she was not alone. They also invited her to the corps.

"The focus of our outreach was just to be generous and share love," Cain said. "Every corps has a way to reach out, we just have to find it."

About author



Captain Maureen Diffley

USA Southern Territory



WOMEN'S MINISTRIES
RESOURCES

Home About Us Programs Spiritual Formation Life & Ministry

Community

Outreach – Mugs and Muffins

Español

October 1, 2019 By Major Lolita Sanchez



Invite women in the community, corps, apartment building, work group or exercise club to join in a time of fellowship. This will focus on forming strong bonds between women. Women often don't find the time or energy to take time for themselves. They are always caring for family members or others in the church.

Develop a simple invitation, which can be distributed via email, text or flyer. Include the date, day and time. Ask the women to bring their own mug to share coffee or tea together. The

corps could provide a snack. This should not be an over programmed time, but rather a time to hear the Word of God and pray together for their individual needs.

About author



Major Lolita Sanchez

Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach – S.A.M.S. Salvation Army Meals for Students
Español

October 1, 2019 By [Lt. Colonel Michele Lescano](#)



Schools provide children in the lower income status with free meals during the school week, Monday through Friday. However, on the weekends many of these children don't receive a decent meal and are undernourished.

Program Idea

Ahead of time contact the school(s) near the corps to obtain permission to provide backpacks that contain two full meals for needy students on the weekends. The school faculty representative will discreetly hand out the backpacks on Friday, and then the empty packs will be returned on Monday. Invite the women to conduct a food drive focused on what would be needed to provide these meals. They could present the specific plans, sponsored by the women's ministries, corps members, Advisory Board members and other community groups such as Kiwanis, Rotary, Boy Scouts, Fire and Police Departments.

Volunteers Needed

The women can be involved in collecting the food items, filling the backpacks, taking them to the designated schools on a Friday and picking up the empty backpacks on a Monday.

About author



Lt. Colonel Michele Lescano

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach – Block-busters

[Español](#)

October 1, 2019 By [Lt. Colonel Michele Lescano](#)



Divide the women into groups of two or three and use Google Maps on a cell phone for directions. The groups should spend time praying for God's guidance and blessing on their endeavor. Using a specially printed door hanger and a rose in a water tube, the women head to their designated areas with invitations to come to the corps. The flower tubes are available online and roses can be purchased inexpensively from big box stores.

The invitations can be for a special event, holiday, Sunday at the corps or simply a general welcome. The corps could also hold an open house with a BBQ lunch during which corps programs and times of the services could be featured.

About author



Lt. Colonel Michele Lescano

USA Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach — Gathering

[Español](#)

October 1, 2018 By [Major Lolita Sanchez](#)



The following material is a part of a small group program designed to bring women together to encourage purposeful conversations about life and Jesus. Its aim is to build friendship and sisterhood within the body of Christ.

The intended format may include sharing a meal, refreshments or coffee together and then engaging in guided discussion with provided questions/challenges to help open the doors of sharing and vulnerability.

This is a good group activity for women to use in their homes with friends or neighbors who may not be part of the regular women's ministries groups in a corps setting.

We often hear God's Word being compared to the taste of honey. Historically, honey held multiple purposes. It was used to add flavor to everyday foods and to enhance family traditions such as wedding celebrations. Because of its antibacterial properties, it was often used medicinally. Similarly, we can apply scripture to sweeten our day-to-day living, to heal wounds, or simply to sit back and savor each word.

The topic this month is 'His Word is Sweet.' This gives participants an opportunity to discuss where they are in their regular scripture reading, to discern how God's Word has impacted them, and to encourage deeper study, incorporating what they learn into every facet of their lives. After sharing the scripture, pose at least three of the questions below with the group:

- When was the first time you heard God speak through scripture?
- Has scripture ever helped you in a difficult time? Share an example.
- Do you experience any difficulty in spending daily time reading your Bible? Why?
- How is scripture incorporated into your family, work, school, or social circle?

After a time of sharing, you may wish to discuss how as a group accountability can foster deeper exploration of scripture. A fun challenge might be memorizing a new verse each week. Be sure to hand out the Monthly Scripture Card and Take-Home Sheet.

[Image 1](#)

[Image 2](#)

[Image 3](#)

For further information check the following websites:

<http://uscwomensministries.com/embrace/>

<http://saconnects.org/gathering/>

<https://ministrytoolkit.org> (Keyword embrace)

About author

Major Lolita Sanchez



Eastern Territory



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach — Spring Fling

[Español](#)

October 1, 2018 By [Major Tammy Larson](#)



Spring Fling (or Christmas in July) is a Women's Rally Day with the goal of connecting new women to the ministry of The Salvation Army. The women currently involved in women's programs are encouraged to invite several women to this event. It makes it even more special if surrounding corps can join together. The women love getting together and fellowshiping with one another. However, the goal is to invite women who are not yet connected, so offer prizes for those who bring a guest as well as for the guests themselves.

The website <https://www.ctainc.com> offers many themed items for women's ministry programs that can be purchased and used for table settings, table favors and thank-you gifts.

As part of the day, offer workshops based on a theme. Usually craft or food workshops work well. Also, set up a prayer room as one of the workshops for those who feel they are not "crafty." DHQ leaders, women from the programs, and Women's Auxiliary members are all good candidates to teach workshops. Charge a small fee to help cover the cost of supplies. We charged \$15, which covered the lunch and the two workshops.

Below is a sample schedule:

9:30-10:00 am

Registration, Refreshments, Bake and Craft Sale

10:00-11:30 am—Workshop 1

Beaded Vine Bracelet (Chapel Lobby)

Vegetable Bouquet (Fellowship Hall)

Easter Candy Bouquet (Portable)

God's Promises—Prayer Room (Fireside Room)

11:45 am—Lunch and Program (Gym)

1:00-2:30 pm—Workshop 2 (see above)

2:45 pm—Dessert Program (Gym)

3:30 pm—*Homeward Bound*

Don't forget to have registration cards available so you can gather the guests' information. Also, have printed materials with your Home League and Women's Ministry Calendar for distribution. A picture slide show of your events over the past year will spark guests' interest in becoming involved.

About author



Major Tammy Larson

Western Territory



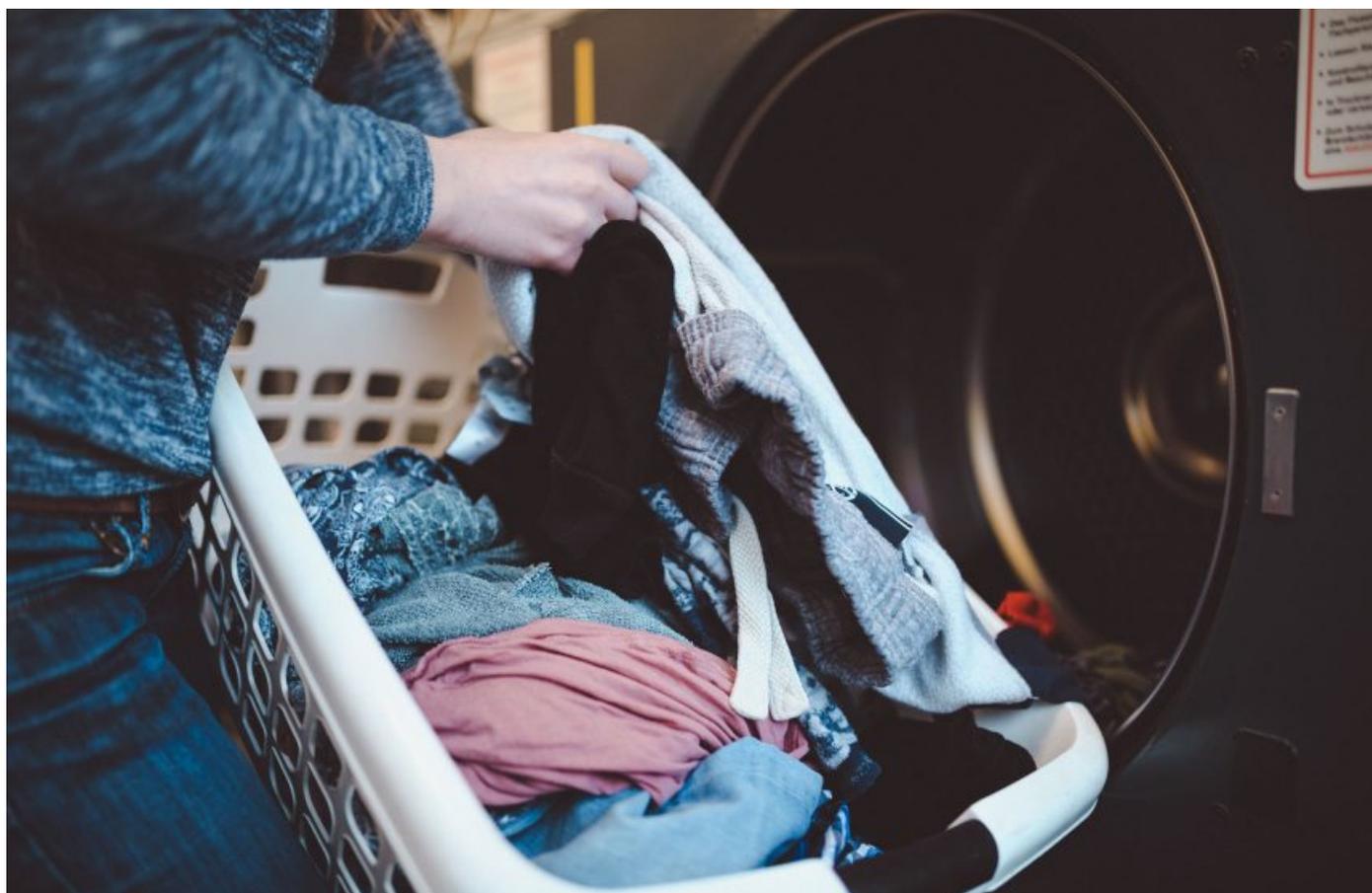
[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach — Celebrating Clean Clothes

[Español](#)

October 1, 2018 By [Colonel Janice Howard](#)



Not every family has the luxury of clean clothes. Without access to a washer and dryer, or the funds for detergent, they cannot afford to do laundry. Reach out to these families and offer both practical and spiritual help by assuring them that they are valued and loved by God and The Salvation Army.

Option 1—Contact a laundromat that is in close proximity to the corps and inquire if they would be willing to donate laundry service for a pre-determined number of customers. The

women's ministries women could provide detergent and fabric sheets. This free service would be offered only during specified times. If this isn't possible, make arrangements for the women at the information table to have a supply of tokens or coins in the denomination needed to operate the machines. Make this "service ministry" available to anyone who comes to the laundry.

Ask permission to set up a small snack and informational table that would be manned by a couple of the women's ministries members. They could answer any questions the families may have concerning The Salvation Army and offer spiritual counseling by sharing the love of Jesus. Have printed information about corps and up-coming women's ministries' activities available.

Option 2—Ask the women's ministries group to hold a fundraiser or ask for donations to purchase gift cards for clients to use at the laundromat. Detergent and softener sheets could be given at the same time as the cards. This option allows the recipients to go to the laundromat at their convenience. Informational brochures about Sunday services, youth and women's ministries programs could be given to each person who receives a gift card.

About author



Colonel Janice Howard

Central Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach — At the End of the Monthly Resources

[Español](#)

October 1, 2018 By [Major Nancy Ball](#)



The women of our corps decided to reach out to the single women in the transitional living program on our corps campus. We collected packages of Top Ramen® and rolls of toilet paper. On the last Thursday of the month, when people are at the end of their resources, we divided into teams of two and went door to door. We gave the gift of Top Ramen® and toilet paper and asked each woman how we could pray for them. Month after month, not a single person turned us down for prayer—even the woman who declared she was an atheist.

After we finished knocking on doors, we sat down and wrote personal notes to each resident and then put them in the mail. It gave us the opportunity to invite them to church services and to reinforce our desire to make a real connection with them. It was a joy to be present in our transitional living program and to speak the name of Jesus to people.

About author



Major Nancy Ball

Western Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Community

Outreach — A Joyful Celebration of Art and Artists

Español

October 1, 2018 By [Major Mary Satterlee](#)



In 2015, when the Asheville, North Carolina Corps was doing fundraisers for the Boundless Congress, they held a big yard sale in which they rented spaces to the community. One of their vendors was a member of the West Asheville Arts Council with a company called Ya-Ya. She takes old clothes and accessories and recycles them into new fashions. When the West Asheville community was planning a big arts festival, they asked if The Salvation Army would be interested in opening their corps building for artists to show their work. They agreed,

making sure the items placed in their corps building would be suitable to be shown in the corps building.

On the day of the festival, a lot of people came through the corps building. Uniformed Salvationists were present to show people around. They set up tables in the foyer for copies of the *War Cry* and promotional material to educate the community regarding The Salvation Army and to extend an invitation to attend church services.

The West Asheville corps building is located in a very eclectic neighborhood containing a lot of coffee shops, quaint little boutiques and restaurants. People walk up and down the street all hours of the day and night. Ya-Ya has asked to use the sidewalk in front of the Army building for an Art Exhibit.

The friendship with Ya-Ya has grown through the months. She has come to do a women's ministry program on recycling old clothes into new and fresh apparel. She has planned another art walk utilizing the corps' back parking lot to provide additional space.

The Asheville Corps is in the beginning stages of planning another big community yard sale to raise funds for Commissioning. They are sure that Ya-Ya and many of her Art Walk friends will be a part of that also.

[The Salvation Army Asheville](#)

About author



Major Mary Satterlee

Southern Territory

Women's Sunday



**"Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth."**

PSALM 46:10 (VOICE)



www.wmresources.org



WOMEN'S MINISTRIES
RESOURCES

[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Women's Sunday

Just Be ...

[Español](#)

October 3, 2020 By [Captain Michelle Jones](#)



[Women's Sunday Posters](#)

Program Outline



Scripture: “Be still, be calm, see, and understand I am the True God. I am honored among all the nations. I am honored over all the earth.” Psalm 46:10 (The Voice)

Welcome and Announcements

Call to Worship

The earth shakes, the mountains quake—tempting our hearts to fear.

God is our refuge and strength, a very present help in trouble.

Storms rage, winds swirl—destroying schools, hospitals, homes.

Still, God is our refuge and strength, a very present help in trouble.

Violence comes to light in our communities and violence continues around the world—causing us to wonder if our prayers for peace are futile.

Yet God is our refuge and strength, a very present help in trouble.

For those mourning and rebuilding after the storms.

God is their refuge.

For those living in fear of their neighbors.

God is their strength.

For those dreading the hiss of a drone-fired missile.

God is present.

For the distraught and displaced and dismembered in Syria, Palestine, Iraq, Afghanistan and elsewhere.

God is a very present help in trouble.

Therefore, we will not fear.

Therefore, we will lay down our weapons and worship our God.

Special Selection

This could be a vocal selection, dance, or online video that can be included as part of congregational worship.

Video

"Every Giant Will Fall" by Rend Collective <https://www.youtube.com/watch?v=glUIIbCTtG4>

Praise and Worship

All of these songs are available on YouTube.

- "Our God" by Chris Tomlin
- "Tell the World" by Joel Houston, Jonathon Douglass, and Marty Sampson
- "10,000 Reasons" by Jonas Myrin, Matt Redman
- "King of My Heart" by John Mark McMillan

Prayer Time

Include prayer for your community, the ministry of The Salvation Army, and the soldiers of the corps who bear the name of Christ wherever they go.

Giving of Tithes and Offerings

"Cornerstone" by Reuben Morgan (YouTube)

Scripture Reading

Psalm 46:1–11

Message

"Just Be ..."

Time of Reflection

Song #836* "He is Able, More than Able"

Closing Song

Song #1* "A Mighty Fortress is our God"

**The Salvation Army Song Book*

Prayer and Benediction

Holiness Meeting Message

Scripture Reading: Psalm 46:1–11.

Introduction

Today there is a lot of talk about discovering our true identity. When difficult circumstances take over our lives, who we really are is most evident. Trials reveal our character and our instincts. We notice it, and those around us do as well. Who we are and the way we respond to difficulties as God's children is different from the rest of the world because *we* are different. We have been transformed by the power of God. Sometimes we don't know who we really are or what we're capable of until we're pressed on every side. When we face difficulties, our most natural response should be one to which God would give His approval. During our best and worst moments, who should we be and how should we respond? Who should we be while we are living in this imperfect and difficult world?

The only place where we can look for true answers to these questions is in God's Word. In Psalm 46 we see a world marked by chaos and trouble. Natural disasters and wars between the nations brought chaos and uncertainty to people, and these events can still shake our world today. But there is no fear in this Psalm, and neither is there despair. Let's look at this Psalm to answer the question of who we should be when our world is filled with trouble.

Just Be Confident—God is Known to Us (v. 1, 7, 11)

From verse 1 of the Psalm, we see that we can just be confident because we know the unchanging character of God and understand our relationship with Him. The same message is repeated in verses 7 and 11. God is our refuge, our strength and our fortress.

Our refuge—He is the one who hides us and keeps us safe when there is danger or trouble. If someone pursues us, we can hide behind the Almighty.

Our strength—He is powerful enough to fight every enemy that opposes us. Nothing can win in a battle against God. He fights for us, and He gives us strength to press on and continue in the fight.

Our fortress—He is our protection. Nothing outside the fortress can get in. There is no crack in the wall or secret tunnel through which the enemy can get to us. We can be confident that God will keep us safe in His care.

Looking back at Psalm 46, we see the personification of confidence in the imagery from nature. Instead of feeling like the chaotic river or quaking mountains of verse 3, we are the glad river in verse 4 and the one who will not fall in verse 5. Because of the deep understanding we have about God as the one who fights our battles and who protects us

during our storms, we can trust Him and have confidence in the One who will never let us down.

Illustration

YouTube Video: CEO stands behind his bulletproof technology

Play the video clip from <https://www.youtube.com/watch?v=fxzjYqUiXS0>, stopping at 0:37 to show the face of Peter Fabian.

The CEO, Peter Fabian, demonstrates complete confidence in his product. He shows us exactly what it looks like. He believes in his bulletproof technology. It has withstood testing. He is sure that if he is standing behind the glass, the bullet will not harm him. Consequently, he does not even flinch when a gun is fired in his direction. That is confidence.

In a spiritual sense, this is right where we are; standing behind a bulletproof glass, completely confident that God will protect us. We can withstand anything that Satan can throw at us because we are within a fortress that cannot be penetrated. He gives us strength and protection. We can just be confident when we are standing behind our God.

Just Be Comforted—God is With Us (v. 7)

It is important to note that even though God is our fortress and we can be confident He will protect us, that does not make us invulnerable to attacks. Even with God fighting for us, we will surely face all kinds of dangers and trials. Just as we can be confident in Him, we can also be comforted by His presence.

When we are going through times of great difficulty or chaos, we can't always see the end of the battle. A sense of despair and weariness doesn't mean we lack confidence in God. It does, however, acknowledge the reality that fighting is draining physically, emotionally and spiritually. But the great truth from Psalm 46 is that none of these metaphors about God—He is our strength, our fortress, our refuge—would exist if God's people never had a need for Him to be those things. Until the day of His return, God's people will always need someone to run to who will be able to give them respite and strength.

This Psalm describes all kinds of troubles that can shake a person and destroy everything that would normally be a source of stability—earthquakes, rough waters, and wars with enemy nations. But hear this word in verse 7, and let its truth become your reality, as it was the reality for the Psalmist: "The Lord Almighty is with us; the God of Jacob is our fortress." He is the Lord Almighty, sovereign over all the earth. He is the God of Jacob, who is faithful to keep His covenant of love with His people. This is the God who is with us, for us, on our side, bringing peace and comfort despite the circumstances. In verse 9, God is further described as the one who makes wars cease. He is the God of peace and of hope, and He will bring an end to every battle. There is great comfort in knowing this all-sovereign God of faithfulness, love and hope is the God who is with us.

Illustration: Presence brings great comfort.

Most of us can remember feeling afraid or incredibly sad as a child. Maybe thunderstorms terrified you, or you were saddened over the death of a pet, or worried about a sick grandparent. In those moments of trouble, the first thing children usually do is call out for mommy or daddy. They want to be held by their parent and to know that their parent is close to them. In the arms of their parent, the child calms down almost instantly because just their presence brings great comfort.

As children, we are quick to cry out to be comforted, but we should understand that even as adults it is ok to need comfort sometimes. We still need people with us when we're going through difficulties. Sometimes we can still reach out to our parents, sometimes to our spouses or close friends. Having someone there, even if they don't know what to say and can't fix the problem, makes the situation a little better because we know we're not alone. Their presence brings great comfort.

In our darkest moments, we can know for certain that, "The Lord Almighty is with us" (verse 7). There is nothing like the presence of God to bring us peace, hope, and a sense of calm. In any circumstance, He can just comfort us.

Just Be Expectant—He will be exalted! (verse 10).

When we look at the big picture of God's Word, taking all Scripture together, we see a similar picture as is represented in this Psalm. We see everything working together to bring about God's plan of salvation. In this Psalm His people are invited to "come and see" what God has done, and then the psalmist gives specific examples. We see His judgment on evil ("the desolations He has brought on the earth" in verse 8) and we see His peace and redemption ("making wars cease to the ends of the earth" in verse 9). Over and over we see these themes because God always has the final word on judgment and on salvation. We see the evidence of it throughout Scripture and in the testimonies of our lives. Because we have all this evidence, we can just be expectant about how the end of our story will turn out.

Through most of this Psalm the writer is speaking, but in verse 10, God interjects. He says, "Be still, and know that I am God. I will be exalted among the nations. I will be exalted in the earth." In reading this I ask, "To whom is He speaking?" He is speaking to the quaking mountains and the raging waves—be still! He will be exalted in the earth by silencing them and bringing calm to the chaos. He is speaking to the nations who are at war with one another—be still! He will be exalted among the nations when He lifts His voice and ends their fighting. He is speaking to His people—be still! When we are in a time of trouble or chaos, it is tempting to look elsewhere for victory. However, God has broken down every weapon and shield that we think might protect us. Persevere to the end, fully expecting that God will bring salvation to His people.

God will be exalted, just as He promises here. And so, God's people can be expectant that even when evil appears to be winning, God will be exalted, and He will be sovereign over all the nations.

Illustration: 1 Kings 18 (Elijah at Mt. Carmel)

Take a look at Elijah's story in 1 Kings 18. The circumstances were dark and oppressive. People struggled to find enough food for themselves and their livestock during a severe famine. The ruler of the nation, King Ahab, had led them into following false gods. His wife, Jezebel, killed the prophets of the Lord. Many of God's prophets were hiding in caves, living in fear of the king and his wicked wife.

Elijah, however, knew God was sovereign even over these godless rulers. He challenged the 450 prophets of Baal and 400 prophets of Asherah to a duel. Elijah and the prophets each prepared an altar with sacrifices, and Elijah said to them; "You call on the name of your god, and I will call on the name of the Lord. The god who answers by fire—he is God." The false prophets prayed, danced, and did everything they could to summon their god to respond with fire, to no avail."

Elijah, expecting these gods to fail, and expecting God to demonstrate His sovereignty, taunts the prophets. "Shout louder!" he said. "Surely he is a god! Perhaps he is deep in thought, or busy or traveling. Maybe he is sleeping and must be awakened."

When no one answered these prophets, Elijah took his turn. Again, demonstrating what he expected God to do, he poured water on the altar and the sacrifice until everything was soaked. Unlike the prophets of Baal, he did not strain to get the attention of God. Instead, he expectantly prayed a simple prayer and God responded with a fire that consumed the sacrifice, altar, water and everything around it.

Elijah expected God to be sovereign. He knew what danger could befall him for opposing the king, and yet he chose to stand on the side of the Lord. He expected God to be victorious and that, through this event, the people who saw His demonstration of power would exalt God. Elijah was not disappointed.

Conclusion

Martin Luther, famous for bringing spiritual reformation to the church in the 1500s, experienced both great inner turmoil and outward persecution for his opposition to the corruption in the church. In the darkest moments of his life, Luther would say to his friends, "Come, let us sing Psalm 46." As he reflected upon its truths, Luther drew strength from the words and was inspired to write his great hymn, "A Mighty Fortress is our God."

No matter our circumstance, this Psalm can be an encouragement and a strength for us as it was for Luther. We are reminded that we can:

Be confident in what God can do for you now during times of great difficulty. God is your rock, your strength, your fortress.

Be comforted when you are weary from the battle and there is no end in sight. God is with you.

Be expectant about how this time will end—God will say, “be still,” and He will be your peace and your victory. He will be exalted as the sovereign Lord.

Invitation and response

About author



Captain Michelle Jones

USA Eastern Territory



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Women's Sunday

Enrollment Ceremony

[Español](#)

October 1, 2020 By [Captain Michelle Jones](#)



Theme: Just Be... Filled

The Home League is distinguished among The Salvation Army Women's Ministries by its international membership and organization. Founded in 1907, with the fourfold aim of Worship, Education, Fellowship and Service, it is one of the largest Christian women's organizations in the world. Today we will be celebrating as we add the newest members to this international women's group.

(Call the enrollees to join you on the platform.)



“Be still, be calm, see, and understand that I am the True God. I am honored among all the nations. I am honored over all the earth.” Psalm 46:10 (The Voice)

All over the earth, every Home League in the world is united in this purpose: to know that our Lord is the true God, and to bring Him honor. We know God and honor Him by meeting together and upholding the fourfold purpose of Education, Fellowship, Service and Worship. Each of these reminds us that Christ is the center of our homes and of our Home League program.

(Turn attention to display of four different cups, each filled with a different beverage – coffee, tea, lemonade and cocoa.)

You see in front of you four cups. Each is filled with a drink representing the different ways that we are filled through the fourfold program of the Home League. Today we will see how each element of this program enables us to know God and to honor Him.

Education

First, a cup of coffee. Many of us cannot get our day started without it. This cup of coffee represents education. Like coffee, education energizes us and gives us focus. Our ambition is to promote a purposeful Christian life through what we learn together.

Fellowship

Second, we have a cup of tea. In many cultures, people gather to sit with a cup of tea and a sweet treat, taking a break in the day to fellowship with one another. Fellowship is such an important part of Home League. We develop meaningful friendships, depend on one another, and through opportunities of fellowship we bring others into the larger family of believers.

Service

Next, we have an icy cup of lemonade. After working hard on a project, nothing is more refreshing. This cup of lemonade represents the service projects we do to work toward bettering our homes, community, nation and world.

Worship

And finally, a cup of cocoa. This cup is so sweet and fills us with warmth and joy. This represents our worship together. Through this cup we know the goodness and sweetness of God, and it fills us with joyful testimonies of life with Him.

(Addressing the women to be enrolled)

Through the fourfold program of Education, Fellowship, Service and Worship, we know and honor God with the good things He has given us. These cups are filled with good things to drink. We are filled in a different way as we take part in each element of the fourfold program. In our meetings, we share these blessings with one another. We use this opportunity to extend these drinks to someone else as an invitation to join us.

Now I invite you to recognize your own personal responsibility in the Home League of The Salvation Army, and in its fourfold program of Education, Fellowship, Service and Worship. By becoming a member of this international fellowship of women, you are making a commitment to join in the efforts of this group to...

- Win women for Christ, encourage spiritual growth and provide Christian fellowship,
- Promote a purposeful Christian life,
- Work toward a betterment of the home, the community, the nation, and the world, and
- Recruit soldiers and link families to the fellowship of believers

As a member of the Home League, will you do your best to uphold these purposes and work toward their fulfillment? If this is your desire, please indicate your willingness to unite with us in purpose and effort by saying, "I Will."

Prayer of Dedication

Presentation of Membership Cards and Pins (you may want to have a mug or small gift to present along with the cards and pins.

Will you please join me in welcoming the newest members of the *(insert Corps name)* Home League!

Women's Sunday Posters

About author



Captain Michelle Jones

USA Eastern Territory

Women's Sunday

2020-2021



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org

2020-2021



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org

Women's Sunday 2020



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org

Women's Sunday 2020



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



DATE	:	TIME
-------------	---	-------------



www.wmresources.org



[Home](#) [About Us](#) [Programs](#) [Spiritual Formation](#) [Life & Ministry](#)

Women's Sunday

Leader's Recognition Event

[Español](#)

October 2, 2020 By [Captain Michelle Jones](#)



Just Be.... A Servant.

Supplies Needed:

Present a small gift to each leader to recognize their service. This could be a flower, a devotional book for leaders, a certificate, or some other token of appreciation.

Introduction

We have come together today with thankful hearts, and happy memories of the past year. With joy we have served God, each other and our community. Psalm 46:10, from *The Voice* translation says, "Be still, be calm, see, and understand I am the True God. I am honored among all the nations. I am honored over all the earth."

Through this verse, we are reminded that we need to be still, to take the opportunity to reflect on the truth that He is our God. He is above all and He should be honored through all we do. This verse also reminds us that through His great work, the people around us take notice. Our job as His servants is to be willing participants in His work, to serve those around us to a better understanding of who God is through all we do.

There are a few people among us who have worked to help us in this way, who are servants of our great God, and who have pointed us toward Christ. Today we want to take a few minutes to acknowledge their leadership and service, and to say thanks in a special way.

Recognition of Leaders

Call each person to come up individually and present them with their gifts. Use the following as a guide, but be sure to personalize this recognition, giving specific examples of ways each leader has demonstrated her service to Christ and the body of believers.

Women's Ministries Secretary

First, we say thank you to our Women's Ministries Secretary. You encourage the growth of our Women's Ministries programs by bringing us all together to be unified in our purpose of serving Christ. You help to plan and coordinate events, and you lead us by your example of service. Thank you for your passion for the growth of the women in our corps and community.

Treasurer

And now, a less visible, but no less important role—we say thank you to our Treasurer. Thank you for your service to us by keeping our records organized and helping us to be good stewards of God's funds. Thank you for spurring us on to use our funds and our gifts to bless and serve others.

Membership Chairperson

An important part of Women's Ministries is to bring others in, to share with others the same benefit we receive by being a part of this fellowship. We say thank you to our Membership Chairperson. You are someone who demonstrates the love of Christ when you notice others who could be a part of this group and you encourage them to join in this fellowship and ministry. Thank you for your example of hospitality and welcoming attitude of love.

Chaplain

It is obvious that you have a passion for our spiritual growth. Thank you for interceding on our behalf, for remembering us in prayer, for your encouraging and uplifting words from the devotions you have prepared. Thank you for your spiritual leadership and sensitivity and guiding us toward a better understanding of who Christ is.

Program Chairperson

Next, we'd like to say a big thank you to our Program Chairperson. You have done an amazing job coming up with creative ways to keep us growing and learning. Thank you for your vision and leadership; thank you for serving us by helping with the various needs of the Women's Ministry programs.

Focus Group Leader

The next leader we would like to recognize has been responsible for the ____ group. She has brought others alongside her to run this group, and she has brought others into Women's Ministries through their participation. Thank you for seeing this need, and for helping others by leading this group.

Outreach Leader—Gifts of Love and Evangelism

For our Outreach Leader, we want to say thanks for creating these special programs to attract women from the community into our corps fellowship. Thank you for helping women to find spiritual comfort, fellowship, and purpose in The Salvation Army.

All Other Local Officers

For the other leaders who have taken on tasks of service, help, encouragement and hard work, we say a big "Thank you!" This group could not be what it is without the role you play in helping us grow together.

Conclusion

Thank you all for your love, support and friendship. We honor God and know Him better when we meet together and serve one another. Thank you for honoring Him through your dedicated service. Let us pray together to dedicate all we have done to God's glory, and for His blessing on this upcoming year.

Prayer of Dedication

Food Event

Theme: "Just Be... Overflowing!"

This dessert event could be used as a celebration following either the enrollment ceremony or the leadership recognition.

Decorations

Display coffee mugs or teacups, which could also be given as favors. Use centerpieces of flowers, along with quotes on chalkboards, stacks of books and candles. A jar of conversation starters is a good way to encourage conversations and the sharing of funny stories.

Refreshments

Chocolate fondue fountain with sweet treats that could be dipped into the chocolate, such as:

- Pound cake
- Fruits
- Pretzels
- Brownie bites
- Cookies

Coffee, tea and water.

Entertainment

Have an acoustic group play worship music in the background. A livelier alternative would be to have an open mic event, where the women could be the entertainment. They could sing, dance, recite a poem or favorite Scripture, or showcase a hidden talent.

Devotional: Psalm 23

I have been told that the way you play a song can really change its meaning. You can play a song more slowly and it becomes prayerful and peaceful. If you play it a little quicker, it can become more of a declaration of assurance and celebration. So often when we read through Psalm 23, we read it for comfort, hope, and inspiration during a difficult time. We read it slowly, reflecting on its promises and internalizing the peace it brings. I challenge you today to read through this Psalm again with me from a new perspective—one of joy! Think about the joy and even excitement that fills and even overflows in your soul when you acknowledge the truth in each statement. We see it right from the very beginning ...

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul.

He guides me along the right paths for His name's sake.

Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely Your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

When we read this Psalm, we are reminded that we lack nothing. Instead we are overflowing with constant provision from God. From our everyday needs of sustenance and rest, to peace within the midst of the chaos; we have the power of the Lord fighting for us.

We are reminded that we have nothing to fear. We are overflowing with His peace and comfort. We can sit down a meal with our enemies present and not be afraid of what might happen. We know that the Lord, our rock and our defender, will raise us up out of our battles.

We can walk with an overflowing sense of confidence because we "dwell in the house of the Lord forever." He lifts up our heads with dignity and honor because we are His children.

To be sure, this is a Psalm of comfort, but it is also one of strength and assurance, of joy and excitement because our Lord has given us so much that our cup is not just filled, but it's overflowing! His goodness and love follow us around. We don't have to search for it; it is a consistent and certain part of our daily life.

What an amazing life of joyful triumph we have in our Lord. Today we have much to celebrate. Our cup overflows because of the goodness our God has brought to us. In response, let us worship Him with praise and thanksgiving today.

End in prayer.

[Women's Sunday Posters](#)

About author



Captain Michelle Jones

USA Eastern Territory

Women's Ministry Resources



**“Be still, be calm, see, and understand I am the True God.
I am honored among all the nations. I am honored over all the earth.”**

PSALM 46:10 (VOICE)



www.wmresources.org



Women's Ministry

**Resources
2020-2021**



www.wmresources.org