

Contents



Contents	A-1
Women's Ministries Mission Statement	A-3
Prayer to Receive Christ	A-3
Message from The World President	A-4
Message from Territorial President	A-5
Territorial Project 2005	A-7

Outreach Initiatives

Celebration 2005	B-13
Making a World of Difference Through Prayer	B-15
Great Canadian Coffee Party	B-16
With Love at Christmas	B-17
Community Kitchen	B-19
Growing Relationships	B-20
The Living Room	B-21
Look Beneath the Surface	B-23
The Knitting Kraze	B-26

Focus Groups

Spiritual Growth	The Prayer Path	C-15
	Contemplative Prayer	C-17
	Prayer Walk	C-21
	Mentoring.com	C-25
Fellowship	The Lost Chord	D-9
	Laughter is the Best Medicine	D-12
	Love Me Tender	D-15
	Blending Families	D-18
	Momtime	D-20
Healthy Lifestyle	Stress Management	E-6
	Careforce Lifekeys	E-11
	Your Children and the Internet	E-14
	First Place: Bible based Weight Loss Plan	E-15
	Ladies Coffee Group	E-16
Pre-School	Hot Ideas for Summer	F-7
	Thanks Not Spanks	F-7
	Baby Einstein	F-8
	Babysong	F-9
	First Steps Ministry	F-11

Program Aids for Home League

Elephants on Parade	G-29
Bottle Auction	G-32
The Princess Series	G-34
Beauty and the Beast	G-35
Cinderella	G-37
Sleeping Beauty	G-41
Shut the Door	G-44
Rejoice in the Ordinary	G-47
Living Life and Loving it	G-49
Stitch and Chatter	G-51
Sixteen Going on Seventeen	G-53
Outspoken Love	G-55

Special Occasions

Women's Sunday	H-15
Angel Parties	H-24
Baby Shower by Mail	H-29

Resources

From the Best Selling List	I-15
Healing Waters	I-18
Daughters of Islam	I-18
Money Raising ideas	I-19
Really Living - Drama	I-21
Archangel Gabriel	I-23
Pot Pourri Pretties	I-24
Flower Pot Centrepiece	I-25

Promotion Week and Sunday

Introduction	J-1
Daughter Arise - 7 Day Scripture & Prayer	J-2
Two Daughters who Need Jesus - Bible Study	J-7
A Call to Action	J-11
But Jesus Called the Children - Sermon Outline	J-16
Cherished Memories - Mother & Daughter Evening	J-17
Created for Noble Purposes - Mid week Program	J-20
Girl's Club	J-24
A Gift from God - Monologue	J-25

Cumulative Index

K-1



What is Celebration 2005 celebrating?

The answer is *Jesus!* It is a partnership of the Evangelical Fellowship of Canada with churches and ministry organizations working, praying and serving together to put our churches back in the heart of the community during a three-week window from **May 21 - June 12, 2005**, alongside millions of other believers.

How?

- By building bridges of service, love and kindness to communities across Canada. Each ministry decides what activity best suits its own community and local fellowship. In many cases, congregations will be doing what they would have been doing in any case; the difference is that they will be doing so **alongside other believers**, thus creating a national awareness of Jesus and the impact of His love.
- By scheduling the activities for **May 21 - June 12, 2005**. Partnership with others in your neighbourhood can enrich the Body of Christ and can set off a chain reaction of God's love. The culmination of this celebration is a **national simulcast event** from Peterborough Ontario on June 12, 2005, following which churches will evaluate the impact of the entire effort and continue building on what God has done during the celebration.

The Celebration2005.ca website is a great place to discover the resources and partnering opportunities that are being provided by many ministry organizations. Congregations can register on the website to receive a resource package and password to avail of all the benefits of partnership with the Evangelical Fellowship of Canada in this national venture.

In addition to the website ideas, this section of Cedar Springs contains information on initiatives that match the purpose and goals of Celebration 2005.

Contact your Divisional Headquarters for further information and planning assistance for Celebration 2005

Here is a menu of ideas:

- Concert in the park
- Collect food for a food bank
- Remove graffiti
- Random acts of kindness
- Block parties
- Basketball tournaments
- Advertise your unity by preaching the same sermon series
- Become involved in a mission
- Have a City wide picnic
- Paint the women's shelter or community centre
- Do a kids fest or youth event
- Run an Arts and Crafts festival
- Hold a single parents day
- Visit shut-ins

Featured in this edition of Cedar Springs of Inspiration:

- Making a World of Difference Through Prayer (B-15)
- Great Canadian Coffee Party (B-16)
- With Love at Christmas (B-17)
- Community Kitchen (B-19)
- Growing Relationships (B-20)
- The Living Room (B-21)
- Look Beneath the Surface (B-23)
- The Knitting Kraze (B-26)
- Outspoken Love (G-27)
- Babysong (F-9)
- Momtime (D-18)

A Celebration 2005 Prayer Event

Visit online

www.celebration2005.ca

Celebration 2005 is an Evangelical Fellowship of Canada project

HEAL OUR LAND National Women's Prayer Wave 2005

Saturday May 14, 2005

1 pm - 5 pm

Purpose

An interdenominational prayer event for women to glorify God and seek His healing touch for our nation, providing an opportunity to transform the spiritual landscape of Canada.

Objective

For at least one Heal Our Land prayer event to be held in each province, the NWT, Nunavut, Yukon and in our Capital City Ottawa on May 14, 2005
from sea to sea, like a giant prayer wave!

Making a World of Difference through Prayer

In support of Celebration 2005



Job 12:8 teaches us to *Look to the earth and it shall teach you.* Here are some topics to enlarge the scope of prayer for a group that meets regularly. The ideas may also be used for a short term commitment Focus Group specially convened to pray during the week.

- Pray for our planet, Psalms 93 to 96 from The Message are especially rich.
- Pray for the ecologists who challenge us to be more mindful of how we can creatively care for our planet.
- Using a globe or world map pray for each continent in turn, as you move around the earth.
- Pray for Salvation Army Officers who serve in countries on that continent.
- Pray for world news of national and international newscasts and newspapers.
- Ask God to develop a global vision in you and your Corps.
- Pray for relief workers extending care in the name of Jesus Christ to those suffering from recent disasters.
- Pray for countries at war. Pray for the uprooting of governments, which oppress their citizens and withhold justice from them.
- Pray for the persecuted Christians of our world.
- Pray that the power of racism in our society will be broken and that Christians will lead the way in this.
- Pray that the Gospel may reach, touch and renew the hearts and minds of people without hope in our world today so that there may be a great harvest of souls brought into the Church.
- Pray that God may help you be a good earth keeper and caretaker, loving your neighbour, tending the creation and using your skills in the unfolding and well being of His world!
- Pray for World leaders. Pray for our International leaders in the Salvation Army. Pray for Ambassadors to other countries.



- Pray for an officer or lay person you know serving in another country.
- Pray for people of other nationalities living in your town. Extend the hand of friendship.

Great Canadian Coffee Party

Pamela Stanger, Elliot Lake Corps



Give your community a helping hand, take part in the Great Canadian Coffee Party. Support this initiative from the Women's Inter-Church Council of Canada to overcome **violence against women**.

When

A weekend in the fall. Decide on a time and place.

Who

Invite your church group, book club, sewing circle, or faithful friends to meet together over a cup of coffee and talk about how you are affected by violence in your community, in Canada and around the world. By asking those who attend to make a donation of the price of a cup of coffee (or more!), you can use this event to raise money for a local women's shelter or national initiative addressing violence against women, or organize your own community activity.



You don't have to drink coffee to take part in this Canada-wide event. You could have a tea party, host a visitors' reception after church or get together for snacks after bowling. Create your own ideas to suit your setting. You could raise \$2 or \$200 - it doesn't matter how much money you raise, as long as you find a way to make a difference.

And while you're gathered together, take the time to learn more about the issue of violence against women. You might like to invite someone from the group you're raising money for to talk about their organization, or spend some time researching possible choices and make a decision at your party. Most organizations working on issues of violence have brochures or information sheets for the public, or you can also find a wide range of information on the internet, from Canadian statistics on violence (such as those compiled by the FREDa Centre for Research on Violence against Women and Children at www.harbour.sfu.ca/freda/articles/statsw.htm) to an international perspective from organizations such as Amnesty International (www.amnesty.ca/women).

Why

One of the priorities for the Women's Inter-Church Council of Canada is to work on issues of violence against women. One way to do this is by supporting the efforts of church and community groups, creating resources and helping to connect people who are working on similar issues. The World Council of Churches has declared 2001-2010 the Decade to Overcome Violence. We encourage you to help overcome violence against women by taking part in the Great Canadian Coffee Party. Visit website www.wicc.org.

With Love at Christmas

USA Territory



Giving the Gift of Time

Create a meeting where the focus is on the fellowship we have as the family of God. Emphasize the gift of time and how our giving to each can enrich that fellowship.

Family Customs and Traditions

Learn how others in your group celebrate Christmas. Have the women share a favourite family tradition or custom and its origin. Take individual Polaroid pictures of the women. Have them make the photographs into decorations and put them on the Christmas tree. Close by sharing a devotional based on John 1:1-18, Jesus, the Light of the world. For refreshments serve a variety of international holiday desserts.

Christmas Craft Night

Simple crafts can be found on the Internet or at a craft store. Some suggestions are: ornaments made from salt dough, stars, stained glass windows, cotton snow flakes. Check these websites for ideas and instructions on how to make some of these items:



- www.christmas-activities.com
- www.rdchristmas.com
- www.imagitek.com/xmas/crafts
- www.makestuff.com/holiday/christmas/html
- www.crafttown.com/xmas.html

Christmas Missionary Dinner

This project needs to be planned several months in advance of Christmas. Select one of your Territorial missionaries whom you will feature as a part of this project. Share their names, names of their children, address and email address with the women. Encourage them to correspond with the individuals to find out about Christmas traditions in the country where they are serving.

As a part of the dinner, use Christmas decorations and foods common to that country. Incorporate any pictures or letters received from the those serving overseas. For a speaker, contact someone who has served overseas, the Territorial World Missions Department or Missionary Fellowship. At the end of the meeting, take up a free-will offering to be sent to the missionaries you have been corresponding with as a Christmas gift.

Jesus, the Great I AM

Decorate the Christmas tree with symbols that represent who Christ said He was. Use songs about Christ such as Twila Paris' song, *We Will Glorify the King of Kings*. Following are some Scripture references for who Jesus said He was:

- I AM the Bread of Life, John 6:48
- I AM the True Vine, John 15:1
- I AM the Light of the World, John 9:5
- I AM the Great Physician, John 5
- I AM the Door to Eternal Life, John 10:7
- I AM the King of Kings, John 12:12-15
- I AM the Alpha and Omega, Rev. 1:8
- I AM the Word, John 1 and Rev. 19:13
- I AM the Good Shepherd, John 10

Prayer Partners

A person's given name is significant and probably has a special meaning. In advance of the meeting, prepare a personalized ornament for each woman with her name and its meaning decoratively painted on it. Check the following websites for the meaning of names:

- www.behindthename.com
- www.popularbabynames.com
- www.ebusinessrevolution.com/babynames

Between the singing of Christmas carols have each person select an ornament from the tree, then read the name and its meaning. The person whose name is chosen becomes the prayer partner of the person making the choice.

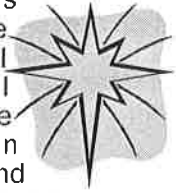
For those members not present at the meeting, ask some of the women to deliver their specially designed ornament using this as an opportunity to let them know they



were missed. If this is not possible, the ornaments could be mailed with a personal message.

For God So Loved the World

During the Christmas season many large churches hold special Christmas musical programs. In some metropolitan communities you may find a planetarium that features a program on the Bethlehem Star. Plan for the women's ministries group to attend one of these programs. Dinner before the program, or dessert after, would make it a special event.



Christmas Theatre

It may be possible to have members of your group host a neighbourhood dinner theatre, or a local church or neighbouring corps has a drama team that could present a program.

Christmas Annual Meeting

Hold your annual meeting in conjunction with a special Christmas program, as mentioned above. You could serve a full meal or a dessert buffet. Before the final act or session, give the annual report and recognize the leaders.

Christmas Costume Party

Invite the participants to come dressed as a Bible character from the Christmas story or things associated with Christmas.



Community Kitchen



What is a Community Kitchen?

A Community Kitchen is a group of individuals who meet regularly to cook healthy, nutritious meals. Everyone is expected to participate in the preparation, and the cooking.

Good nutrition will play a key role. Participants will learn to cook a balanced meal on a low income, and in some cases, with limited equipment. Community Kitchen is also a way to address literacy issues in a non-threatening environment. Members share nutritional knowledge as they cook and everyone gains from each other's enthusiasm. Participants will develop support networks as they make new friends in the relaxed *kitchen* atmosphere. Each participant gets involved for various reasons and all share in the benefits.

The Community Kitchen is also a way to serve literacy needs in the community. The intention of the kitchen is to have actual literacy-based instruction as an integral part of the class. Instruction occurs both formally and informally. The make-up of each class is not determined by the participant's literacy level, but by his own perceived need for Community Kitchen. Therefore, though the group is need-based, it is based on the person's need for food or food-related instruction, not a need for a higher level of literacy. The group by its nature is diverse concerning individual literacy levels.



What does it cost?

There is no charge for the opportunity to participate in the Community Kitchen.

What happens to the food that is cooked?

Each participant takes home the meal he/she has prepared.



For complete course outline and recipes, contact Women's Ministries, THQ.

Sample Day Plan

- Introduction to Community Kitchen
 - working together
 - new friends and fellowship
 - sharing new ideas
 - how the kitchen operates
- Introduction to One Dish Dinners
- Safety Tips
 - hand washing
 - wash cutting boards
- Today's recipe
- Food Preparation
- Let's Cook!

Growing Relationships

Lois Dueck



Name of Group:	Growing Relationships
Type of Group:	Bringing people together who are not connected in a mutually caring relationship in small groups throughout the community
Aim(s) of Group:	To help participants develop skills in caring relationships
Target Group:	To include marginalized people of all ages in the community
Main focus of Group:	Fellowship, Education, Service
Duration of Program:	Determined locally
Outline of Program:	Coffee, conversation, relationship building
Cost for Participants:	No cost
Leadership:	One facilitator or shared facilitator among group members
Support Personnel:	A christian who believes in the program and has a vision for helping marginalized people.
Equipment:	None
Resources:	People themselves, their experience, their strength, their homes, crafts, coffee shop
Possible related Activities:	To encourage similar relationship building in other Salvation Army units and centres in the Salvation Army in Canada and Bermuda
Anticipated Results:	<p>The church/Corps improving its focus on people, where they live, labour, and share in recreation in the community.</p> <p>People experience Christ and his healing in brokenness.</p> <p>Integration and unity between ministry units, corps and social.</p>

Look Beneath the Surface

Addressing Sexual Trafficking in Canada


Dianna Bussey, Executive Director of Salvation Army Corrections and Justice Service, Winnipeg

Canadian Perspective on Global Human Trafficking

When we hear the word trafficking most of us immediately associate it with drugs, as in drug trafficking. But there is such a thing as trafficking human beings. Human trafficking is modern day slavery. Each year millions of women and children are coerced, tricked, drugged, kidnapped and sold into this multi-billion dollar sex trade. It is one of the largest and most destructive forms of slavery in the world today. For all those caught in the clutches of commercial sexual exploitation, it is all too often a death sentence.


All through the years the Salvation Army has confronted the evils of society as far back as the late 1800's under the leadership of Bramwell Booth and his wife Florence and others commenced a campaign to halt the trafficking of women and children in Great Britain. This horror trade was exposed and Parliament was forced to take action.

Now we stand once again for human dignity and decency in a world where injustice and pain seem to prevail. But we serve a powerful God who can bring restoration and hope to a despairing world.



Marika was the perfect dupe. She was desperate for work. Her mother was sick and her father was an unemployed, miserable drunkard. Her two younger sisters were wasting away. The job offer was her only chance to make things better. It was a risk, she felt it in every fibre of her body. It was one she knew she just had to take. The unsettling twist in the job offer was the unusual travel arrangement ... a serpentine route that bore the earmarks of an espionage novel! For the first time that day, Marika spoke up. "I said I wanted to go back home," she recalled. The Russian pig hit me across the face very hard and told me to shut up. My mouth was bleeding and I began to weep. ... "I felt what it must have been like for slaves in Bible times" Marika said, "With every step I thought I was being punished by God for my past sins." That night, totally spent and dehydrated, the women collapsed under the open sky near the outskirts of a village. The next afternoon, two thuggish men showed up and ordered the girls to disrobe. "We were told to take off all our cloths so they could look at us. It was so humiliating" Marika said. The women were purchased for \$10,000 US each and would be property until they paid off a \$20,000 US debt. That night, I felt for the first time what it was to be a whore. I had to service eight men. I felt so terrible and ashamed.

(The Natashas by Victor Malarek 2003)



Marika does find her way out, otherwise we would not have been able to hear from her. She is nineteen and one of hundreds of thousands of women and children trafficked out of Eastern and Central Europe. This tragedy is likely atopic we here in Canada have heard about, particularly lately, where I seem to be encountering it at every turn, even in TV sitcoms. The publicity that Global Trafficking is receiving is a very positive step forward since most of the world has turned a blind eye for decades. I am concerned with complacency, as there is the danger that we in Canada do not realize that this issue is in our own backyard. On the contrary, it is very much so. I would challenge everyone living in a major city such as Montreal, Toronto, or Vancouver to pick up one of their free local papers and search for ads that include *Russian Girls*. The *Russian Girls* are the Marikas and they are as imprisoned, brutalized, and exploited as though they were sold to someone in Spain, Germany, Austria, Italy, the United Arab Emirates, or the United States.

The Salvation Army in Canada and Bermuda has joined The Army's International Task Force Against Human Trafficking last spring. An extensive Canadian network has been formed consisting of Officers, Salvationists, lay personnel, and other community agencies in every division in the Territory. The Salvation Army has been working

on the front lines with women and children since the issue arose. We are now taking a very organized and informed look as to how we can best address these horrors in Canada, and globally through the International Task Force. Two major areas that the network will concentrate on will be informing Salvationists and the public as well as making recommendations for changes in legislation that will make trafficking more difficult for criminals and Canadians who travel abroad on *Sex Tours* to exploit victims.

What can we do? I hope to continue to hear this question. There are things we can all do to eliminate this evil. Talk about trafficking in Canada with friends, family and anyone who is interested. Get behind those who are fighting for the victims on all levels, from front line agencies building positive relationships through to government legislation. Find out what is happening in your area both within The Salvation Army and without and, if you have the time, volunteer. Pray for those who are suffering in every way, daily. Pray for the policy makers, for those who are on the front lines fighting to save as many as they can and who have to witness unspeakable horror and trauma.

Finding the Road to God

Sarah's Story Submitted by Gloria Savage, Ottawa

I was born in England. When I was five years old my parents divorced. Shortly after this my father moved to Canada and I went to a boarding school. I never experienced a warm family life. Between the ages of 5 to 10 years old, when I came home for school holidays I was sexually abused by a family member.

At age fourteen I moved to Canada to live with my father and stepmother. Being in a new environment, I was determined to make friends and become popular. To do this I started drinking, first on weekends and then it became necessary to continue every day of the week.

Between sixteen and seventeen, a boyfriend convinced me to move in with him, so I left home. I wanted to *do my own thing*. At first everything went well. Then I discovered he was a drug addict, soon I became one.

Problems arose. He insisted that I go to work on the street to finance our addiction. He started to physically abuse me. I got deeper and deeper in trouble, and soon we parted.

During the next ten years I tried many times to get my life turned around. I moved from one abusive relationship to another and started committing criminal acts to get more money. I experienced a lot of violence on the streets. On one occasion a client stabbed me with a screwdriver as I was riding in his car. I have been beaten up by johns, thrown out of cars and slept on the street. At one point I gave birth to a baby boy. I made up my mind to stay clean and keep my son. This only lasted about six months. Then back on the streets. I loved my son enough to send him to live with my Dad where I knew he would be cared for in a way that I was unable to do.

I was not committed to working as a prostitute to feed my drug habit but could see no way out. Arrested a number of times for communication for the

purposes of prostitution, I spent considerable time in prison, then it led to robbing stores, resulting in more time in prison. Eventually I was found guilty of armed robbery and sentenced eight years. During this time in the prison for women I came in contact with some people who really wanted to help me. I woke up one morning determined to change.

Nine years ago I walked out of prison and have not used drugs or alcohol, nor worked the streets since.

Nine years ago I walked out of prison and have not used drugs or alcohol, nor worked the streets since.

I felt so disgusted with what I was doing the alcohol and drugs helped me forget.

I am still unable to trust men. For ten years many clients would tell me about their problems at home while they were out using the services of prostitutes. How could I be sure that if I committed myself to a man the same

thing would not happen to me?

I pursued high school/college. I now have a full time job as an outreach worker for those on the street as I was. I have my own home and have a good relationship with my son.

Things are not always easy. I still receive counselling for abuse and to develop trust in others.

I am telling my story in the hope that it might prevent others from making the same mistakes and wrong decisions as I did. Also to let people know that no matter how bad the situation, it is possible to get help in turning your life around.



The Knitting Craze

Based on a recent section of the Toronto Star, Saturday, October 23, 2004

With trendy patterns and a wide variety of knitting fabrics and wools, a new generation of women has taken up knitting. Riding on this wave, knitting shops are opening such as *Lettuce Knit* and the *Knit Café* which offer chairs, table space and sometimes refreshments. Women, young and old, gather to simply knit and chat with experienced knitters available to help those who run into difficulty. With ponchos and scarves at the top of the fashion list, and people eager to learn, the *knitting craze* could be a delightful way to reach out into our communities, build relationships and create opportunities to share God's love.

Resources: Magazines and Websites:

Interweave Magazine and www.interweave.com

Vogue Magazine and www.vogueknitting.com

Rebecca Magazine and www.rebecca-online.com



A recent book by Amy R. Singer, *Knit Wit: 30 Easy and Hip Projects*

See Cedar Springs 2003, Page B-3, *Passionknit Club*

Note: Opening a store is not necessary to use this concept. It could be "The Knitting Room" or some other creative name that can operate out of a corps building, a family services facility or thrift store.

The Prayer Path

A Christ Centred Labyrinth Experience.



What is a Labyrinth?

Labyrinths were a feature of many medieval cathedrals. They are marked out on a floor, unlike a maze that has only one path, there are no dead ends. Participants walk the labyrinth slowly, as an aid to contemplative prayer and reflection.

The labyrinth includes music, meditation, art and activities at stations along the way.

We are all *journeying* in our relationships. The labyrinth gives us the space to explore the highs and lows of our journeys and to commit ourselves to continue.

Many of us live lives that are stressful. The labyrinth is an opportunity to symbolically *let go* of the busyness that may spoil our relationships.

The journey around the labyrinth can symbolize a desire on our part to center and focus our lives on God. At the center, we are free to meet God and sit and rest for a while.

In the incarnation, God came as Christ to share our experience of human existence. As we journey back out of the labyrinth, carrying something of our encounter with God, we are encouraged to be God's *incarnation* in our own lives and the world.

How To Walk The Labyrinth

A CD is available to give direction to the Labyrinth walk. The following stations give space and time for spiritual reflection.

Inward Journey

The labyrinth gives us the space to explore the high's and lows of our journey and to commit ourselves to journey onward.

Noise

At this station the participant takes time to identify surrounding noises. As you recognize each one, savour it, and then place it to one side. Then there is time to ask what are the noises on the inside?

Letting Go

The labyrinth is an opportunity to symbolically **Let Go** of busyness.

Hurts

The world is broken in many ways as well as our relationships with others, God, the planet, and ourselves. Experience healing here.

Distractions

A time to reflect on what is distracting your focus away from God.

Holy Space

This is your space to be with God. A Holy place.

Outward Journey

As you journey out of the labyrinth, take your encounter with God with you. Reflect on how this encounter might affect or change you.

Self

Time to ask God to show you the real you within, the you that God sees.

The Planet

This earth we call home is a gift from God. How can we better care for it?

Others

One of the oldest ways of praying is lighting a candle. Light a candle at this station and pray for people whom we connect with in life.

Impression

If there is something you would like to say to God as a result of your journey through the labyrinth, you can write it in the Visitor's Book as you exit.

How God Met Me

(Thoughts, Feelings, Musings, Dreams, Pictures, Ideas...)

For the Prayer Path Retreat Package to build a complete retreat around the life-changing experience of The Prayer Path!
call 1-888-GROUP55 (888-476-8755), or email group@RGM.ca

Contact Women's Ministries at THQ.

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<http://www.groupcanada.ca/prayerpathCA/description.htm>

Contemplative Prayer

Linda Bradbury

There are many ways to approach prayer. This is a series of spiritual exercises to try with a group. It can also be used during personal prayer time.



It is important to relax in God's presence, to focus on him.

Contemplative prayer is a response to God's longing that we spend time with him. Ask for grace to listen to what He has to say.

Achieving Quietness

The first step in practising contemplative prayer is in quietness.

Relax and settle into God's presence. Become quiet in body mind and soul.

Carlyle said:

Silence (quietness) is the element in which great things fashion themselves. Quietness helps us to collect our wits and keep them.

The power that gives real motivation to our lives begins in solitude.

The second step to create the mood of quietness is to slowly, very slowly read aloud Psalm 23 and bring out its deepest meaning.

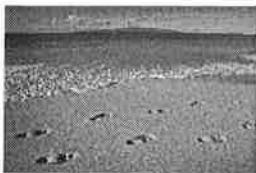
Next practice physical relaxation.

- To do this sit loosely on a chair.
- Let both hands rest limply upon your knees, palms up, fingers curled slightly.
- Let your whole body sag.
- Close your eyes to shut out the world.

Imagine Jesus standing behind your chair and placing His hands on your head and saying to you:

My peace I give to you, let not your heart be troubled
John 14:24.

Say these words aloud. Try using the tone you think Jesus would have used.



While you sit there with eyes closed, think about a couple of the most beautiful places you have ever seen. The sea shore, the mountains, a stream. Hear the sea, the wind, feel the beach.

Let go of every worry, every irritation.

Then think generously, gratefully, peacefully.

Just be still. Allow the Holy Spirit to show you what to be thankful for. Respond to what is shown.

In contemplation there is peacefulness, rest and power.

In quietness and confidence shall be your strength
Isaiah 30:15

Sense God's Presence

The importance of feeling God's presence cannot be overemphasised.

As Jesus stands behind you think of His wonderful goodness and mercy enveloping you. Acknowledge His presence.



Read Psalm 91

Sit quietly. Believe what you have heard and that it applies to you.

Prayer

O God I thank you for who you are. The great God who is with me and fills my life with peace. Help me to show love and joy and more acts of love to others. Through Jesus Christ, Amen.

Receive God's Guidance

In contemplative prayer God draws near to us and we draw near to Him; He draws near to sustain and to give insights and spiritual guidance.

Thoughtfully say

Be still and know that I am God

Psalm 40:10

These words will make you aware of His presence. Only with the spirit of humility can we become teachable and willing to learn, then guidance comes.

Think of God's goodness toward you and repeat the following:

Throw all your anxiety upon Him for He cares for you

1 Peter 5:7

Be willing to be led by God.

Be willing to be changed by God.

Offer up every specific problem you might have of your own desires and wishes, your obsessions, your fixed opinions and intentionally let them go and say, *Lord I want only to do your will.* Ask the Holy Spirit to show you where God is inviting you to trust. Perhaps you need to trust yourself, others and Him more.

Prayer

Dear Lord, I want to live and think and act only as you would have me do. Fill my mind to overflowing with fresh spiritual insights and true wisdom. Help me to think as you think. Help me to know I can never go wrong doing right. Amen.



Forgiving

This is a hard exercise, but extremely important in spiritual growth. Resentment, ill-will, grudges, hate, cause soul sickness. Let go of them all, now.

It is important to stay relaxed. While you do bring up one by one in your thoughts all the people you dearly love and thank God for them.

Next shift to those whom you do not love, against whom you may have resentment. Try to think with fairness and kindness toward them.

Slowly and thoughtfully repeat the following verses:

***But I tell you: Love your enemies and pray for those
who persecute you.
Matthew 5:44***

Name the person or persons against whom you have the most dislike or greatest resentment and bless them.

Hold them firmly in your mind NOW and ask God to bless them with peace and protection and good will. A new spirit of goodwill and forgiveness will be achieved.

***And when you stand praying, if you hold anything against
anyone, forgive him, so that your Father in heaven may
forgive you, your sins.
Mark 11:25***

Spiritual power cannot come from a mind that holds grudges and ill-will. Mentally go around your world forgiving everyone and experience healing and freedom yourself. Be intentional. Allow your new-found freedom and healing to produce loving actions toward those who have caused you hurt and pain.

Let us share together the greatest prayer ever spoken:

Luke 11:1-4 The Lord's Prayer

Chorus

He is here, Hallelujah
He is here, Amen
He is here, Holy, Holy
I will praise his name again.
He is here, listen closely
Hear Him calling out your name
He is here, you can touch Him
You will never be the same.



Prayer Walk

Jude Gotrich

Sometimes our prayers to God are not quiet.

Sometimes our hearts are so full that our expression to God requires greater volume – a type of boldness before the throne even in our tone of voice.

Sometimes it is because of urgency. Sometimes it is because we desire to cry out to Him in rejoicing.

Here are ten prayer stations to enrich your relationship with God.

Station 1. Tongsung Kido

Tongsung in Korean means *praying aloud*. In Korean congregations around the world, tongsung is an important part of the prayer life of the worshipping community.

Tongsung kido is *structured spontaneity*. You may discover that your own earnest prayers will give you a degree of keen concentration and lead you toward a longing and waiting for the empowerment of the Holy Spirit.

Station 2. The Names of God

Often times in our worship and praise, we need more information about the Godhead, Father, Son and Holy Spirit.

We need to spend time on just the characteristics of each one and as we pour over the many facets, the Holy Spirit will provide additional information about the Godhead. It could be that the information He shares with you is just for you, a characteristic about God to meet your prayers for this day.

This is a time of pure praise to the Father, the Son and the Holy Spirit.

Station 3. Song: Give Me Jesus

Listen to the CD *Give me Jesus* and have it's single focus impact you.

Jehovah

Adonai

Jehovah-Rapha

Yahweh

Jehovah-Jireh

El Shaddai

Jehovah-Shalom

Articulate and list in your journal the **concerns and burdens** of your personal life.

After you have made your list, you may either take a red pen and write over each item **Jesus** or *stamp* the symbol of Jesus with the red ink pad.



Station 4. Reflection



A mirror will be at this location

- Go over to check yourself out? Looking good? Still too tired? Not a morning person?
- Or did you avoid being seen in the mirror for fear of what it would reveal?

For this time please consider the *metaphor of the mirror*.

A mirror is simply a piece of clear glass which would otherwise be transparent like a window. But a *reflective element* (in the old days, the element *mercury*) forms the foundation of the mirror. That element reflects the true picture and faithfully reveals the image before it.

In the life of a believer, scripture could be that reflective element that helps to reveal to us, who we are and what we look like to others. James 1:23-24. We are challenged to live a life that reflects Jesus so much that when they get to know us they will want to know Christ.

Station 5. Creative Narrative

Jesus told stories. If He wanted to make a strong point that would reach the majority of those listening, He would illustrate the divine Truth with a story.



We know these stories well and many times just take them at face value.

But now I want you to really enter into the scene of one of these narratives or parables.

Some things to think about

- What is the setting?
- What are the different actions not spelled out in the narrative?
- What are the sounds?
- What are the sights? Aromas?
- Who else is there and what do their faces tell you?

Station 6. Confession

Confession is different from burdens. Confession has to do with rebellion – **anything** that does not align with God is rebellion.

The Lord is a gentleman and he gradually reveals to us, little by little, the things in our life that cause hindrances/blockages to the greater freedom we are to have in Christ.

We need help from the Holy Spirit to pinpoint the things in our life that form a wall, even a slight detour, standing between the Father and us.



We often **do not allow** ourselves to show any weaknesses or imperfections. Because we are asked to present *excellence*, we often protect areas of our lives that require vulnerability to the Father.

If we say we have not sinned, we make Him a liar, and His Word is not in us. 1 John 1:10 (RSV)

Station 7. Intercession

The range of our intercessory thoughts is as wide as our experiences. Of course, you should think first of your own sphere of influence. Consider the people and circumstances where you are directly involved and write those specific requests out on the paper before you.

Intercession is **important and imperative** in the Body of Christ.

It is not because we have the capacity to change God's mind about something but we are sharing in the passion of the Body, we are expressing our deepest feelings on behalf of another believer or non-believer. It is in this intimate conversation with the Lord that we experience another side of our love relationship with God and the people God loves.

The Lord, Himself, encourages us to be persistent in our prayers.

He calls us to *stand in the gap* for another since we might be the only ones who make the difference.

Station 8. Thanksgiving

When we give thanks it is a celebration and recognition of God's authorship and sovereignty in all things.



We often think of thanksgiving when things *go our way* and we should give thanks when God has made the impossible occur and the outcome is one we easily celebrate.

But thanks also has many forms.

Sometimes the way is hard. We plead with God to answer our prayers in a certain way, He allows things to occur that seem to devastate us. It is during those times that we draw nearer to Him than we would have normally and we learn lessons that are forever etched on our heart.

Station 9. Inheritance

As a child of the King you have an inheritance – the obvious one being a home in heaven.

But since there isn't a great deal of information about the details of heaven, our inheritance as we experience it on earth seems intangible.

Before you are several objects. They are just *things* to you but to help you generate your own list just read the background of these objects for further insight.

- Jewelled purse
- Amethyst necklace
- The Bible



- The Songbook
- Clay Sculpture

Your inheritance is unique to you. Your *reward* will reflect the Kingdom work done during your lifetime.

Station 10. Sovereignty

This can sometimes be the most difficult concept in our Christian walk.

It's good to say that He is Sovereign, He is King.

But we like to be in control. We like to be the author of our lives.

Many times in working with children and adults in this post-modern age where only *me* matters, the last thing they think about is someone else having the authority. In fact, it often infuriates them and us!

But Sovereignty needs to be our beginning and our end.
He is Sovereign and He is King!
How is He sovereign in your life?



Contact Women's Ministries, THQ for full script.



I was new on the women's ministry staff when I began to ask myself, *What exactly should we be doing in women's ministries?*

As I prayed, the answer came from Titus 2:3-5. *Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.*

All of our past efforts to create a mentoring structure for women's ministries had assumed the need for one-on-one relationships between older and younger women. I knew our young women did not have time for another *deep* relationship, but I also knew that they wanted and needed direction from older, wiser women who could be spiritual mothers. About that time, I saw an article detailing the numbers of young North Americans who are online daily, and a mentoring idea began to form in my mind. I realized that a small number of mature women could influence the young women by using the computer.

That is how Wise Web Women was born.

Every congregation has women who can be mentors. Women who know how to drink in the freshness of God's presence in both the good times and the hard places of life. They need to be convinced that their life experiences are relevant to the young women around them.

The qualifications for the older women I sought are spelled out in the Titus passage. I made a list of mature women in the church and invited them to a meeting where I challenged them to offer themselves to be mentors for six months. Many of these women used computers, and in a short time, five mentors committed to writing a weekly devotional message to younger women.

A surprise side benefit has resulted for the families of these mentors. The messages they are sharing with others have become a written spiritual legacy their own families cherish.

Young women today experience their greatest needs around relationships. They want to know how to handle the challenges of marriage and child-rearing. Women in the workplace need to know how to be sexually pure in our culture. One young woman anonymously asked specific questions

about an entanglement at work with a married man. Some women ask for prayer while others need resources in the church or community.

An important part of this mentoring model revolves around creative promotion. Surprisingly, the women's restrooms are a great place for distributing information. The Wise Web Women promotional piece is displayed near a floral arrangement just inside the door of each women's restroom in the church.

The logo for the ministry is printed on both sides of card stock for this promotion piece. It also includes a brief description of the ministry with a picture and Email address for each writer. Women may log on and join the group at no cost. Those who join the online group receive a fresh message each weekday from a mentoring writer.

Unity Tools provides the template I have used to create the Wise Web Women group. We have paid only a minimal cost, and this idea can be implemented at no cost by using the bigger Internet providers, such as Yahoo or MSN groups. It could even be done by Email with a manager using a distribution list. The most important factor is the leader's desire and commitment.

Use the internet to help your younger and older women connect. You'll enjoy the results!

Marion Lorence lives in Minnetonka, Minnesota.



Action Steps for an Internet Mentoring Model

- Pray for the connections that will need to come together as you begin.
- Get the approval required from your church leadership.
- Commit yourself to management or find someone else who will closely monitor the project from the start.
- Chose a name for your ministry and consider purchasing the name as a domain. It's like owning your own cyberspace address. (A domain name can be purchased and stored for a minimal cost at godaddy.com.)
- Familiarize yourself with the template you will use to develop the mentoring group online. I used unity-tools.com, but Yahoo groups, MSN groups, or Email distribution lists are also workable options.
- List the mature role models in your church, invite them to a meeting, and explain the idea in detail.
- Develop your promotional plan, make a logo, and create a handout inviting women in the church to join the online group.
- Continue to pray as you manage the group. Consider having a get-together periodically for the mentoring writers and those receiving the messages.

The Lost Chord

Miriam Gorton, U.S.A.

Decoration

Place old radios, 8-track tapes, cassettes, albums or CDs with sheet music and a sprig of ivy in the center of each table. Use white paper tablecloths and place black strips of construction paper on them to represent a keyboard. Hang music notes and old 45 records from the ceiling.

Program Ideas

Karaoke Night



Provide a stage and spotlight for this event. You can rent karaoke equipment or use a CD or tape player with an overhead projector for the words. Karaoke tapes can be ordered online or the *Hallelujah Chorus* CDs, available through Supplies and Purchasing St Johns or Toronto, will work quite well.

Plan the evening, by theme - love songs old and new, Broadway show tunes, oldies, country, Christian or pop. Enlist the help of two or three women who would be willing to start the evening. Their participation will encourage others to give it a try and get involved. If they are reluctant to sing by themselves, encourage duets and trios.

Give awards to the participants. Some suggested categories are most tuneful, least tuneful, loudest or the one getting the biggest laugh. Present a *golden microphone* award. Spray a toy

microphone, which can be found in dollar or toy stores, with gold paint.



Lip-Synch Contest

If your women don't sing or claim shyness, have them participate in a lip-synch contest. Provide a box of props to complement the songs.



For example, use a baseball hat, bat, peanuts and Cracker Jacks for the song *Take Me Out to The Ballgame*.

Poems of Praise

Break into groups of five or six women. Have them read Psalm 34, which is an acrostic poem with each verse beginning with the successive letter of the Hebrew alphabet, and then create their own poem of praise. Similar to Psalm 34, each line should begin with the successive letter of the alphabet and must contain a song title or a line from a song. For example:

- A** - *A wonderful Savior is Jesus My Lord, and I ask that you will ...*
- B** - *Be near me Lord Jesus, and then we can all ...*
- C** - *Come, let us all unite to sing, God is love.*
- D** - *Do you sometimes feel that no one really knows you? Remember that ...*
- E** - *Every day with Jesus is sweeter than the day before. And that is why we sing ...*
- F** - *Fairest, Lord Jesus, and we will always ...*
- G** - *Give to Jesus Glory.*

You can allow the women to use the Salvation Army Song Book if you

feel that they need some extra help. Have each group read their completed poem and award a prize to the most original.

Video

Watch a Christian video of praise music. Provide the words so that the women can sing along. (The Gaithers have many to choose from, which are available in most Bible book stores or check their website at www.gaithermusic.com.) Visit a Christian book store and select a music video that will connect with your group.



Creation, is only loud enough to wake the church mice.

From the beginning of time, singing has been a part of Christian worship. It was, and is natural, ordinary thoughts and feelings, governed by the Spirit, flowing freely and without inhibition. The Apostle Paul says that those who are full of the Spirit should *Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your hearts to the Lord* (Eph. 5:19). Making music comes from the affections found within the heart. The rhythm, the melody come from the depths of one's being.

Sing and Make Music in Your Heart

Have you ever found yourself just bursting into song-right out loud? On many occasions (too numerous to count) without notice, I find that this eruption happens within me. I just feel so full of God's presence. It's a feeling so strong that I just can't hold it any longer. It doesn't matter where I am, the time of the day or the circumstances - washing dishes, walking the dog, the joy of seeing autumn leaves or even during a test at the hospital - that urgency to sing God's praise happens. The melody and the words just come spilling out, *Oh God, You are my God and I will ever praise You.*

Now I suppose most people are closet or shower singers. Only the dog and our immediate family have ever heard our audible singing voices. Our Sunday-go-to-meeting voices singing, *Praise to the Lord, the Almighty, the King of*

Worship is an everyday experience that just flows, happens, erupts. This outflow is like an artesian well - our heart's response to Christ. It's motivated by God's words that dwell within us. *Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God* (Col 3:16). When the apostle speaks of spiritual songs, he's challenging us to sing those songs that erupt in our souls as we walk throughout our days in communion with God. Even those of us who think we can't sing, can sing in our hearts.

I challenge you to learn the psalms of the Old Testament. We need to memorize them so that we can sing them in praise to Him. Sing the great hymns of the church so that we wake every living creature with our joy. Sing praises to your Lord and Savior!



Laughter is the Best Medicine

Jan Laws



Decor:

For this meeting, the venue needs to have bright and happy surroundings. You may like to use tablecloths and balloons with happy faces. These are usually available at the larger stores in the party section. Also you can use streamers, clown pictures or ornaments etc.



Preparation:

The week prior to the meeting, invite the ladies to make a funny hat and wear it on the day. Give a humorous prize for the hat voted the funniest.

Introduction:

It is becoming an accepted belief that *Laughter is the Best Medicine*. It is actually therapeutic and can have an important contribution to the healing and coping with a person's illness. Several hospitals in North America now have *laughter rooms* in which patients can read funny books and watch comedy films. In some cities there is an Organization called the *Humour Foundation* and several hospitals have *clown doctors*.

Song:

If you're Happy and you know it Clap your Hands (Have ladies join in the singing and actions to create a happy atmosphere.)

Other Suggested Songs/Choruses:

S/S 40 *This is the Day*

S/S 81 *Rejoice in the Lord Always*

How Laughing Controls Pain:

In her book *Splashes of Joy* Barbara Johnson says *The experts say that laughter helps control pain in four ways: 1) by distracting attention, 2) by reducing tension, 3) by changing expectations, and 4) by increasing the production of endorphins, the body's natural pain killers. When you laugh, it takes your mind off the pain actually creating a degree of anaesthesia. You don't feel the pain as much because your mind is concentrating elsewhere.*

An article from the Humour Foundation

When the clowns do their rounds, young hospital patients have the chance to return to their child's world of play and fantasy rather than the adult's world of technology, procedures and seriousness. Clown Doctors spread fun in the hospital wards and corridors. Wearing white medical coats with colourful appliques, and lots of large pockets spilling over with props, the Clown Doctors perform red-nose transplants, funny-bone checks and 'cat' scans. They use magic, balloon sculpting, story telling and other clowning skills to treat children with doses of fun to help them deal with the range of emotions they may experience such as fear, anxiety, loneliness and boredom.



Read Verse

An Anonymous Clown's Prayer

*As I stumble through this life,
help me to create more laughter
than tears. Never let me
become so indifferent that I will
fail to see the wonder in the
eyes of a child. Never let me
forget that my total effort is to
cheer people, make them
forget, at least momentarily, the
unpleasantness in their lives.
And in my final moment, may I
hear you whisper: When you
made my people smile, you
made me smile.*

More Benefits Of Laughing:

Physiologically, laughing consists of taking quick, deep breaths, which are exhaled through partially, closed vocal cords.

As a result:

- Blood circulation is stimulated
- Blood pressure is reduced
- Muscles are toned up
- Tissue and healing are increased
- The body relaxes
- Relieves stress



Laughing has a similar effect to exercise; it is likened to *stationary jogging*. Someone has suggested that *one minute of laughing is equivalent to forty five minutes of relaxation.*

Sharing: Ask the ladies at each table to share *what makes them laugh.*

Show: A short video of a humorous cartoon or make up some humorous overheads.

Throughout The Meeting: Invite ladies to tell a joke or share something funny that has happened to them. Read or recite a humorous poem or story.

Devotions:



The daughter of a minister asked her mother: *Why does daddy pray before he preaches?* Her mother replied *He asks God to help him.* A cloud came

over the little girl's face and she said *Why doesn't He then?*

A lady describing the small attendance at her church said *When the vicar says 'Dearly Beloved', I blush.*

Laugh and the World Laughs with you ...Cry and you simply get wet! A good sense of humour is not only good for the body but is also good for the soul. God means for us, as Christians to be happy and joyful. There is a difference between being serious and being solemn. God wants us to be serious but not continually *down in the mouth* and a wet blanket to any happiness that is around. We need to learn the art of *laughing at ourself.* Someone has said: *There is hope for anyone who can look in a mirror and laugh at what he sees.*

Proverbs 15:13 *A happy heart makes the face look sunny*

Proverbs 17:22 *A cheerful heart makes a good cure.*

The Scripture speaks of joy on many occasions. And we can associate joy with laughter. In Luke chapter 15 we read of several occasions that give us a picture of much joy and even partying and we can imagine the laughter that occurred during those times. God means for us to be happy. He even commanded it.

Phil 4:4 *Rejoice in the Lord always and again I say rejoice.*

John 15:11 *That my joy may be in you, and that your joy may be full.*

Psalm 32:11 *You that are righteous, be glad and rejoice because of what the Lord has done. You that obey Him shout for joy.*

A joy that enables us to laugh and sometimes to laugh in awful situations comes from a heart resting in God - this is reflected on our face and in our attitude. There are many experiences that come our way in life, things that discourage us; disappoint us, that hurt us; heavy burdens that we have to carry. All of these things can rob us of our joy and laughter. And sometimes they do! Proverbs 15:15 says *A miserable heart means a miserable life; a cheerful heart fills the day with song.*

When circumstances would have us feel that there is nothing to laugh about, the knowledge of God's love *puts gladness in my heart* (Psalm 4:7). Joy and happiness is the birthright of the Christian but so often we lose our joy.

To retain our joy in the Lord we need to ensure that there is no unconfessed sin in our life, that we give the Lord our obedience, that we are faithful and constant in prayer and that we study His Word. These are our source of strength, especially for when difficult times come to us.



Let us pray this prayer:

Give me the gift of laughter, O I pray,
Though tears should hover near,
Give me the gift of laughter for
each day,
Laughter to cast out fear.
With hope to greet the coming of
each dawn,
And faith that never dies,
Give me the gift of Laughter,
O I pray Laughter instead of sighs.

Author unknown

Conclude With Song And Prayer

Love Me Tender

Mary Kay Hearne, USA



Decorations

As this program features Elvis Presley, use Elvis memorabilia, books, albums and posters, to decorate the room.



Refreshments

Serve some of Elvis' favourites foods - peanut butter sandwiches, potato chips and ice cream. A banana split was his favourite breakfast food.

Famous Lovers

Match the lover with their partner.
The answers are in bold.

- | | |
|-----------------------|---------------------------|
| 1. Adam | Eve |
| 2. Mark Antony | Cleopatra |
| 3. Archie Bunker | Edith |
| 4. Aquila | Priscilla |
| 5. Sir Lancelot | Lady Guinevere |
| 6. King David | Bathsheba |
| 7. Rhett Butler | Scarlett O'Hara |
| 8. John Kennedy | Jacqueline Bouvier |
| 9. Henry VIII | Anne Boleyn |
| 10. Hamlet | Ophelia |
| 11. Romeo | Juliet |
| 12. John Lennon | Yoko Ono |
| 13. George Burns | Gracie Allen |
| 14. Samson | Delilah |
| 15. Desi Arnaz | Lucille Ball |
| 16. Joseph | Mary |
| 17. Humphrey Bogart | Lauren Bacall |
| 18. Louis XVI | Marie Antoinette |
| 19. Roy Rogers | Dale Evans |
| 20. Dagwood | Blondie |
| 21. Paul Newman | Joanne Woodward |
| 22. Duke of Edinburgh | Queen Elizabeth II |
| 23. Abraham | Sarah |
| 24. Prince Rainier | Grace Kelly |

Games

Name That Tune

Use Elvis' songs such as: *Don't Be Cruel, It's Now or Never, Teddy Bear, Heartbreak Hotel, You Ain't Nothing But a Hound Dog.*

On the Road

When Elvis was on the road, he would frequently have packed a suitcase. Form two relay teams. Divide each team into two groups. Place the second group on the opposite side of the room from the start. The first person in each group must pack a suitcase with items for a weekend trip, close the suitcase and take it across the room to her team member. The receiving team member must unpack and then repack the suitcase before taking it back across the room to the next team member.



Websites

You will find a great variety of information regarding Elvis on the Internet, photos, games, music, virtual tours of Graceland. Check the following sites:

www.elvis.com

www.fiftiesweb.com/elvis.htm

www.elvisnumberones.com



Friendship

Read John 15:9-13

The theme for this program is centered around the personality of Elvis Presley. Friends were very important to him. In fact, it was a common practice for him to spend large amounts of money on his friends as a way of showing his appreciation and affection for them. Although this gesture may be nice, it doesn't always bring true friendship, as Elvis found out. There is much more to friendship than what can we get out of it.

When the First World War ended, the King and Queen of Belgium wanted to honour President Herbert Hoover for the aid they had received from the United States during the war. After considering the various available honours, the monarch offered Hoover his choice of three decorations. He rejected them all stating, *You have stood at the gateway of civilization and held back the tide of aggression, while we have only shared with you what we had to give. For that one does not ask for honours.* Desiring to adequately express their

appreciation for his efforts, the King and Queen created a new order, to which Hoover alone belonged, called *Friend of the Belgian People.*

Friendship is one of the sweetest joys of life. Our friends should bring balance into our lives. A true friend who is fashioned after God would protect you, help in time of trouble, be loyal, bring out the best in you and be interested in your spiritual well-being.

We read in John 15:13 that, *Greater love has no one than this, that he lay down his life for his friends.* This speaks of a strong, deep friendship that can stand any event life may bring us. This kind of friendship accepts us for who we are, yet desires to help us become the best we can be. This is not the kind of relationship that wants from another, but rather looks for ways to give.

Sometimes human friends fail us. But we have a true friend in Jesus, who showed us a self-sacrificing love. He paid the highest price He could by giving His life as a sacrifice for our sins so that we could have eternal life (John 3:16). We need to follow His example of selfless love in being willing to give up our own desires so that others will be able to see His love shining through us.



Blending Families

Blending Families Can Work
by Andrew Stonhouse

I was divorced! How could I allow this to happen? My family was shattered.



Now, too much was at stake: my daughters' and my heart. I would protect them with everything I had.

But then God, the Lord of restoration and new beginnings, had a different journey in store. I reconnected with a former co-worker who had been a good friend and associate. Now, 10 years later, we were both single parents and fell in love while attending church together. How could this possibly work? How were we going to blend our families (her 12-year-old daughter, my 12 and 14-year-old girls) and make it work?

With God it could work. He helped us discover how to combine our two homes. We found that a smooth blend requires five conditions.

1. Common ground

Families who converge from different paths must find a deep common origin in Jesus Christ. He is the source of life for all of us, especially when blending families. The Lord sustains us independently when we feel isolated, and He sustains us as a family when we are united in a struggle. Sure, it is possible for blending families to survive without the Lord, but the premium-blended family has, at its core, the Lord.

2. Quality brew

While independent prayer and Scripture reading are important, family devotions are critical. Each night that the girls are with us, we read *Devotions for Girls*. Each segment ends with a call to action, *How about you?* in which they get to focus on their own hearts. Sometimes the concluding prayer is merely a hurdle so we can get to bed. Other times, though, it is a sincere time of personal reflection, like Lindsay's prayer from the other night: *Lord, help me be patient with others, especially my stepsisters*. Little is said after prayers like that - just hugs, kisses, *goodnight*, and *I love you*.

3. Free of residue

Past pain, anger and heartache can leak into blended families. Add it to the daily build-up of sin, and forgiveness becomes paramount.

Forgiveness is conscious and continual. We forgive because we love. We forgive because



we have been forgiven. It frees us from the residue of the past.

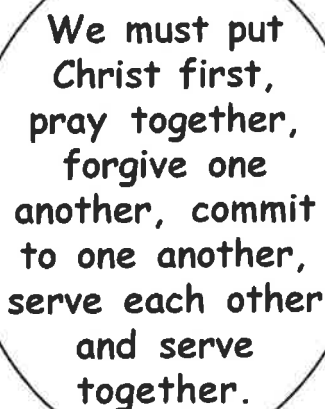
4. Refined by fire

Consider the most critical component of good coffee: roasting. Without the roasting process, coffee would be bitter and intolerable. We are no different. When things heat up, we must not give up. Instead, we must remember that we are growing

stronger as a family. Families who experience tough times together become stronger if they turn to one another rather than against each other.

5. Poured for others

A few months ago, my daughters and I went to see a friend of mine who was going through a divorce. He and I were visiting in the living room while our kids were hanging out in the kitchen. When I went in for more coffee, I overheard my daughter Taryn talking to my friend's kids. *Oh, I know, she genuinely empathized. I was confused too. I didn't know what was happening. But it gets better, really.*



**We must put
Christ first,
pray together,
forgive one
another, commit
to one another,
serve each other
and serve
together.**

As I quietly slipped back into the living room, my heart ached yet rejoiced. I was so sorry that my daughter had experienced such pain but so grateful that she was able to minister to someone else because of it. She went on to console her friend as only a fellow struggler can. She was kind, understanding and compassionate. She was empathetic and wise. She was 14.

As families desiring a premium blend, we must put Christ first, pray together, forgive one another, commit to one another, serve each other and serve together.

Did You Know?

Focus on the Family magazine has a special edition just for single parents. To request a complimentary subscription for you or a single parent you know, go to www.family.org or call (800) A-FAMILY (232-6459):

Visit www.troubledwith.com for other articles and tips on blending families.

Grounded in God's Word

To request a copy of *The Blended Marriage* Bible study guide, phone Focus on the Family, 1800 661 9800 or send mail order to PO Box 9800 Stn. Terminal, Vancouver, BC V6B4G3, and write BL291 on the envelope. (Cost: \$10.99.)

Momtime

Visit website www.creativecorrection.com/momtime.html

Momtime is a group of moms who meet weekly in a home to encourage one another, learn from each other's challenges, and most of all, be refreshed through laughter. The four key elements of a MomTime meeting are **F**riends, **F**ood, **F**aith and **F**un. These four f's are the ingredients for a happy mommy.

Friendships with other women can strengthen us to be better wives and mothers. As any mom can attest, we tend to get so focused on others that we neglect ourselves. And that's not good for anyone. We need to be with other adults - especially other mothers - for that occasional grown-up conversation. Moms need a time to call their own, and not feel guilty about it. This key element of friendship is accomplished by having a regular time each week that is set aside to nurture the woman in mommy - and a handful of moms looking for a good time.

Food is from God! There's just something about a get-together with food that nourishes a mother's heart as well as her body. God made us body, soul, and spirit. While friends, faith, and fun minister to soul and spirit, we can't forget the importance of food to bless the body. Whether it's a fabulous salad accompanied by a homemade muffin and followed up with something chocolate, or simply a pot of tea and a plate of scones,



food is the second key element of MomTime.



Faith comes by hearing, and hearing, by the Word of God *Romans 10:17*. A short time of reviewing what God has to say about issues closest to a mother's heart can do wonders to fill up an exhausted mom. When it comes to refueling the weary mother, it's hard to find anything more faith building than a good round-table discussion among fellow moms. It's amazing what God can do in the area of faith when a woman's natural *gift of gab* is set on a godly course.

Fun is the final, and in my opinion, most important element. Proverbs 17:22 in the God's Word translation says, *a joyful heart is good medicine, but depression drains one's strength*. Moms struggle with depression occasionally, and we feel drained much of the time. The Bible seems to suggest that laughter is a good antidote for the blues. That's why I take fun so seriously. Therefore, a good game of some kind is a critical component for a successful MomTime gathering.

I've hosted a moms' group in my home for almost ten years. We've named ourselves *The Good Medicine Club* because although most Fridays we are drained from the week, after we spend two hours together eating, talking, playing, and laughing, we return home feeling better. Now, that's what I call the perfect house call!

Stress Management

Catherine McFarlane



The best stress management techniques are those that are easy to use, quick to learn and quick to implement.

Simple techniques help control stress and make a healthy, happier person.

Many of the stresses in our lives can come from our relationships, however it is important to remember that every relationship we form has the potential of enriching our lives. It will not be easy but there are practical things we can do to handle the stresses of our relationships and to follow God's greatest commandment given in John 13:34 *Love one another as I have loved you.*

There are four objects that may help us to remember what to do.

- A large pencil
- Inflatable hammer
- Balloon, one can be given to each person present
- Large Clown Glasses

The **PENCIL**. I am not talking about a little pencil but a big one. We need to express our feelings, fears and hopes. A good way to do it is to write them down. Journaling is a safe and therapeutic way to express ones feelings. Later when the journal is re-read people may discover that their feelings have become crystallized and are better able to understand their relationships. One hint, in Journaling don't ask the question why, rather put down your thoughts and ideas of how to get through the day and what can be done to improve a relationship.



The **HAMMER**. It is great and there are only two rules. Don't hit people, or something that will break. Just the movement of swinging feels good. We must put motion into our emotion. Emotions will destroy us if we sit still. We need to get out and walk, exercise, garden, vacuum, do something physical. It is surprising how after a physical activity, like swinging a hammer our emotions will be calmer and we will feel more in control.



The **BALLOON**. Please take one and listen carefully to what you must do. Blow up the balloon with your negative thoughts: I am real angry at you, *blow hard*, how dare you say that about me, *blow harder*. You have no right to treat me like that, *harder still*. When the balloon is filled with your hot air just let it go.



We cannot afford to keep things bottled up inside of us. Many times there is nothing we can do about an unpleasant situation in a relationship but by physically blowing our thoughts into the balloon and then physically and emotionally letting it go, we are able to positively get on with life.

Don't get me wrong, I am not ignoring prayer nor the important role the Holy Spirit plays in our lives. But, could the Holy Spirit be saying to us; write your thoughts in your journal, then get out there and do something physical, swing that hammer. And today, to keep your sanity I think you had better blow up a balloon, and I will help you let it go. That is important you know. We cannot hold on to our balloons once they are blown up.



Finally to help us handle the stresses in our relationships we need to put on a pair of **GLASSES**. These rose coloured glasses, are not too expensive you can buy them any place.

It is highly unlikely that our situations will change, but with the Holy Spirit's help we can re-frame our attitude and change our perspective. We may never change the people around us or the stresses they bring, but when we put the glasses on we change the way in which we see them.

Some days we might need awfully big ones to be able to see the good in people. Not everyone is good and kind, but it is not a matter of who is good, or right or wrong. It comes down to what we will do. What happens to us, what people say and do to us is not as important as what happens in us. We must take control of how we handle our stresses, and we must be accountable for our own thoughts and actions.

With God's help, and by using the pencil, the hammer, the balloon and the glasses we will magnificently handle all the stresses in our lives.



Careforce Lifekeys



Life can be better. We invite you to take a closer look.

Ten opportunities for positive change.

With Careforce Lifekeys 10 week courses you can offer to people of all ages the chance to:

- Build better self-esteem
- Enhance relationships
- Find hope
- Explore spirituality

Through:

- Insightful teaching
- Supportive atmosphere
- Small group experience
- Trained group facilitators
- Confidentiality

For:

- Men
- Women
- Couples
- Singles
- Children



It is recommended that everyone participate in a Search for Life course. Following this, Corps can run facilitator training.

Search for Life

People need to feel valued, accepted and have a sense of belonging. Without it individuals resort to inadequate and destructive patterns of behaviour to address feelings of low self

esteem, inadequacy and anxiety. This program identifies the cause of so many human tensions and introduces participants to the healing power of love, acceptance and peer support.

Sessions include:

- The Arena of Healing
- Knowing Yourself by Creation
- Knowing Yourself by the Fall
- The Cycle of Addiction
- The Performance Trap
- The Approval Addict
- The Blame Game
- The Shame Game
- Spiritual and Emotional Healing
- Rebuilding Our Thinking and Behaviour

Additional courses available:

Facilitator Training

This training offers key insights into why people struggle and how to bring hope and help in a supportive group setting. It covers core issues in the emotional, cognitive, behavioural and spiritual domains. The group skills include strategies for leadership, intervention and other aspects of group dynamics. Developed by the Board of Management whose qualifications include teaching, theology, psychology, social work and medical fields.

Man to Man

Men today need help with hassles and hurts and an opportunity to find hope. This program explores past and present relationships and examines the effects of family background on the way men think, feel and behave. Participants will gain personal insight, support from other men and skills for living a successful life.

Woman to Woman

Encourages women to take a close look at their relationships and their world. Every woman carries the strengths and weaknesses of her background into family, work and friendships. This program is designed to give insight into family dynamics, personal attributes, beliefs and values and provides strategies for change. It encourages her to embrace life and invest in a better future.

Making Marriage Better

Making Marriage Better is an opportunity to enhance or rebuild your marriage.

- How to build a great marriage
- How to keep love fresh
- How to handle boredom, conflict and stress

Couples will learn what it takes to keep passion alive, build a more loving relationship and discover more about the uniqueness of their partner.

Door of Hope

An encouraging and supportive program for women survivors of sexual abuse. In an environment of love, acceptance and confidentiality, participants will begin to develop new strategies for living, and find healing from the struggles of life.

New Beginnings

A program for assisting individuals struggle with chemical dependency to freedom. The group setting provides encouragement, hope and support.

Chemically Speaking

Chemically speaking is a single session video suitable for parents, school and the chemically dependent person. It provides practical information to assist the individual and their family. It identifies the journey into addictions and outlines the steps to healing and change.

Youth Search for Life

What do I have to do to be loved, accepted and valued? Is a question in the heart of every young person. This is addressed through practical strategies for change and growth, learning to handle peer pressure, staying healthy in the game of life, managing negative behaviour and thinking and identifying spiritual keys for healthy self-esteem. The



course uses a strengths based approach with small group interaction and support. A must for every young person who is serious about being the best they were created to be.

Search for Intimacy

Sex is a part of life. Managed rightly, it is a profound gift. Managed poorly, it is a source of pain and distress. People need more than rules about sex; they need a theology of sex that empowers them to live successfully in a highly sexualised world. This course is directed at the needs of young singles, the parents trying to raise them and those who find themselves "single again".

Thousands have benefited from attending Careforce Programs.

Here is what they have to say:

"We were taught skills in understanding each other and communicating what was on our minds. There was a sense of hope from the first night." *From a couple in Making Marriage Better facing separation.*

"I finally understand the way I act the way that I do." *From a participant in Search for Life.*

"I was absolutely astounded that a course could and did provide so much relief, understanding and insight to not only my past, but me, where I am going and how I am going to get there." *From a participant in Door of Hope.*

For further information, contact THQ.



Your Children and the Internet



There is an old joke in which one person says to another *It's so easy, a 5 year old could do it.* The second person replies *Yeah? Then get me the 5 year old!*

Of course, in the '90's version of the joke, the two people are talking about computers! Do you have a computing child? Do you feel as if your child can load, run, fix and do everything on the computer faster, better and easier than you? Is your child racing ahead of you: surfing the Internet, learning new words and phrases, visiting sites, and exchanging E-mail with people around the world? Are you concerned? You needn't be. With a little care and common sense, you can use your Internet access to safely enrich your child. The following tips will help you and your child get the most out of the internet.

- Internet-proof your children. Tell them they should never give out their address, telephone number or any other personal information. Insist they never agree to meet alone and in person with an Internet acquaintance.
- Prepare your children for a potential encounter with pornography, hate literature, discrimination, powerful marketing tactics or any other inappropriate influences by discussing these topics in advance. And be ready to answer questions if your children should encounter any confusing or disturbing images or data.
- Consider securing your computer. Many ISPs (Internet service providers), for example, allow you to prohibit access to adult forums.

Make internet time family time. Surf with your children. Discuss the sites they are visiting. And help them understand what they are encountering.

- If your children are chatting on the Internet, be aware of which IRC (Internet relay chat) rooms they are visiting, and in which forums they are participating. Know who your children's email friends are. And be aware of the email messages they are exchanging.
- Monitor the games your children are playing. You may wish to discuss the violence and sexism rampant in many online and purchased games.
- Ensure your children are enjoying a well-rounded childhood. Periodically chase them off the computer. Tell them they need to go to the big room for some face to face time!
- And remember, the Internet can be a wonderful passport to the world. Surf with your children. And enjoy the experience.





First Place: Bible-Based Weight Loss Plan

Jano Sheasby, Westminster Park

Here's a weight-loss program that's about gaining ... a life-changing relationship with God! Participants in the 13 week program follow a fitness and Bible study plan that includes regular meetings, prayer, Scripture reading and memorization, healthy eating, accountability, fellowship, and exercise. Learn to be victorious over old eating habits and commit your spirit, heart and mind and body to God.

Name of Group: **First Place**
Type of Group: Total health - physical, spiritual, weekly program
Aim(s) of Group: Healthy weight loss and spiritual growth
Target Group: Any age female
Main focus of Group: Discuss Bible study homework and weight loss
Secondary Focus: Memory verses, exercise, encouragement
Duration of Program: Weekly for 1 ½ hours
Outline of Program: The First Place program has nine commitments that help in establishing a solid, consistent and healthy Christian life.



- Attendance
- Encouragement
- Prayer
- Bible reading
- Scripture memory verse
- Bible study
- Live-It plan
- Commitment record
- Exercise

Cost for Participants: Initial start up kit \$150.00. Bible study book for each new session (approx 12 weeks) for \$30.00.

Leadership: One of the ladies of the Corps and an assistant if possible. Also Corps Officer as support personnel.

Equipment: Scales, First Place kit and Bible Study, video machine

Resources: Resource material including teaching videos available from First Place web: www.firstplace.org

Possible related Activities: Exercise program, men's group or mixed group with same program, material could be used just as Bible Study material.

Anticipated Results: Participants will begin an exercise program for themselves, be blessed by daily Bible study, memorize scripture and find a general sense of well-being through healthy eating and a growing walk with the Lord.

Meeting outline: Weigh-in followed by discussion about the Bible study, food program, prayer requests and assigned encouragement for the week.

For further information and details for ordering materials, visit First Place website at www.firstplace.org.

Ladies Coffee Break

Dobbie Grosse, The Pas Corps



Name of Group:	Ladies Coffee Break
Type of Group:	Tole Painting or Folk Art Painting Therapy Group
Aim(s) of Group:	To give ladies a time of escape from life stresses to paint and fellowship with other ladies.
Target Group:	Women of all ages.
Main Focus of Group:	To present a gospel message associated with the painting project, and to allow the women a morning of escape from the cares of life.
Secondary Focus:	To give the women a chance to meet new people and become acquainted with other Christian ladies.
Outline of Program:	<ul style="list-style-type: none">• We begin with an object lesson associated with the painting project.• Prayer• Painting Session• Clean Up• Depart <p>(Coffee and Tea are available during the duration of the program.)</p>
Cost of Participants:	Between \$2.00 and \$10.00 depending upon the project.
Leadership:	Presently done by Corps Officer. The goal is to eventually transfer responsibility.
Equipment:	Paint Brushes, water containers, paint and what ever object used for the project, (ie: wood, terra cotta pots, paper canvas etc.)
Resources:	Painting magazines, internet etc.
Possible Related Activities:	Some ladies come to this session with other crafts that they prefer to do, such as cross stitch, scrap-booking etc.
Anticipated Results:	Women will receive the gospel while escaping the cares of life. They will develop friendships with other women as well as have an opportunity to find salvation.

Hot Ideas for Summer



Ideas to share with parents/caregivers whose children attend a pre-school group

- Surprise your children with a trip to a waterpark, a big municipal pool, nearby beach or lake.
- Serve animal pancakes to the kids for a special breakfast.
- Make stamps out of potato halves. Let them make postcards for their grandparents with their special *stamps*.
- Buy finger paints and let the kids finger paint to their heart's content.
- Make water balloons. participate in a water balloon fight with them
- Make a video with your children, complete with plot, actors and actresses, and lines to learn.
- Find that pet you've always talked about getting.
- Buy or make a bird feeder and watch the birds fly in for regular visits.
- Take the family to a sports event.

Thanks Not Spanks - Book Review



Practical ways you can make child raising easier and parenting more rewarding

Mary Cornford

Designed for parents, caregivers, counsellors, teachers, and everyone involved in child care. This book contains practical, supportive explanations and suggestions to encourage responsible behaviour from children. It teaches skills that deal with anger, conflict, stress and family hassles.



Thanks not Spanks:

- lists 50 alternative methods for dealing with behavioural problems.
- teaches skills to deal with anger and stress.
- emphasises the importance of getting along with others.
- lists suggestions for replacing *put-downs* into *help-ups*.
- provides encouragement for parents trying to establish a happy family environment with suggestions for talking together, getting organized, dealing with misbehaviour, reinforcing good behaviour.
- contains a section on common behaviour problems; arguing back, bedtime delays, lying, tantrums, whining and ways to deal with them.
- contains a comprehensive listing of other places to get help such as organizations to contact or join, books, courses and other resources

Packed with practical suggestions and attractively presented with cartoons and diagrams, this book could be used as a resource for a parenting course or purchased by Corps library.

Email peace@fps.pl.net for purchase, The Peace Foundation

Baby Einstein



Language Nursery

Visual and multilingual experiences to stimulate and delight little ones age 1-18 months.

The Baby Einstein Digital Board Books™

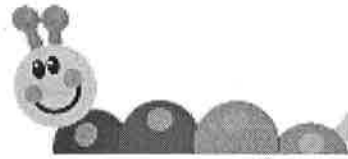
The Baby Einstein Digital Board Books utilize the unique features of DVD to create a multisensory learning resource for parents, infants and toddlers. Each Digital Board Book features three activity centers, The Baby Einstein Home Theatre, The Baby Einstein Concert Hall and The Baby Einstein Language Lab.

An award-winning Video Board Book is presented in the Home Theatre of each DVD. Chapter cues are encoded throughout the video, allowing parents to repeat or skip particular parts of the program. A Repeat Play option is also included on the Home Theatre menu.

Charming listening experiences await in the Concert Hall. You and your child will be treated to a music and spoken-word recital, Baby Einstein or several Concerts for Little Ears™ Baby Mozart and Baby Bach.

Baby's Age and Stage

- **Infant/Shower Gift**
- **Young Toddler**
- **Older Toddler**
- **All Ages**



A big, beautiful picture book is a wonderful gift for any child and perfect for reading together.

Website: www.babyeinstein.com

Babysong

Purpose:

For children and families, based in the words of Matthew 18:4-5

Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven. And whoever welcomes a little child like this in my name welcomes me.



As follows:

- establish prayer activity
- get in touch with families with children in the neighbourhood
- break down prejudice
- build up confidence
- show that the corps is an open fellowship where everyone is welcome
- be *ordinary people*
- create an open atmosphere for people to bring their questions and thoughts about life.

Goal:

To care for the whole person

To meet the need of pre-schoolers today: spiritually, socially and emotionally.

Social, pedagogical and musical goals:

- give the opportunity for a social fellowship for the parents/adults, for children and adults and among the children.
- stimulate the linguistic, musical and mobile development of the child
- stimulate the development of the child's perception of time and space, to contribute to a positive contact child-grown-up by stimulating the parents to sing together with their children. *To your child your voice is the most beautiful voice in the entire world.*
- give the family a treasury of songs that includes traditional songs, rhymes and riddles, modern songs and songs that mediate a positive understanding of God.



Courses:

To create these groups as courses for a child/baby with a parent/grown up, makes the activity more attractive.

The suggestion is to have approximately 10 gatherings plus two gatherings for the adults in each semester or quarterly, depending on whether the activity is based on a weekly or bi-weekly gatherings.

WHAT CAN HAPPEN TO THE CORPS?

A corps focused on wholeness:

It is most important that the whole corps work together to make the newcomers feel welcomed.

We can no longer afford to think of the adult-corps separated from the young people's corps. We should be ONE church for the whole family, from the great-grandchild to the great-grandparents and "extra" uncles and aunts.

Everyone must contribute, and everyone can participate - if not by presence, then by prayer.

The attitude of the corps

The corps council, a soldiers meeting and other groups such as the home league, seniors group, men's group, prayer support group should be presented with the program as a natural part of starting this activity. It should be presented as an opportunity for the whole corps, and as a long-term kind of work. It should be viewed as a responsibility of the whole corps to start a group of Babysong.

What kind of Human Resources?

Musical leadership and practical organisation are the need of a baby-toddler's song groups. The participants should meet people that care about them. It is recommended that at least two leaders are present in each group, one who leads the program and one who is hosting. How to organize the two of them has to be agreed upon.



Facilities for Little Children?

These new group participants have needs most corps have not planned for. They lie on the floor, crawl, use diapers, scream and laugh loudly and are curious about everything. An exciting invasion of the corps! Their parents can bring strollers, extra clothing, diapers and food.

Economy and Marketing

These groups are courses and there is a course fee. We do not want to be expensive, so people can take part without a high income! While we should keep costs as low as possible there is value in paying ones own way. A small fee for 10-12 gatherings is possible for most parents and is also something most gladly do.

Baby Song promotional video available from Women's Ministries, THQ.



Why First Steps?

Submitted by Tracey Tidd, THQ

The first four years of a child's life are filled with firsts; there's the first smile, the first word, the first tooth and also, the **first steps**.

First Steps Ministry represents a child's "first steps" into the Christian community through the ministry of The Salvation Army.

First Steps Ministry may also be, for many parents, an avenue through which they will make their own "first steps" into the fellowship of the Christian church and a personal relationship with Jesus Christ.

First Steps Vision Statement

A ministry where every child between 0-4 years of age is valued and nurtured in a loving and caring Christian community (corps)

First Steps Purpose

To see whole families making a commitment to Christ and worshipping with the Christian Community (corps).

First Steps Ministry has the potential to be one of the most influential ministries within a corps; touching not only those families already within the corps ministry, but also reaching out into the neighbouring community.

This unique ministry provides **First Steps Caregivers** an opportunity to touch the lives of very young children and their families. It will also allow them the joy and privilege of being a positive Christian influence upon those they care for.

How to Include First Steps Ministry in Your Preschool Groups:

First Steps Ministry is all about planting seeds of faith into the lives of 0-4 year olds. It is Jesus' desire that not one of His little ones be lost.

It is our mission and our privilege to make them aware of Jesus, a forever friend. It cannot be enough to run a preschool morning to build relationships with the adults and share faith with them. One does not come without the other. We must be influencing God's little people as well.



How vital it is as God's people that we do not miss the opportunity that is ours with God's little ones.

Prayer: Keep everything that you do covered in prayer.

Advertising: Use the First Steps Ministry posters; they are bright, colorful and eye-catching. Place them out in the community - thrift stores, infant health centres, family services, or anywhere parents of young children might be drawn to them.

First Steps Ministry Resources:

- Handbook helps and suggestions for First Steps Ministry Coordinators
- Certificate of Welcome is presented to all children of First Steps Ministry
- First Steps Poster for corps to use for their own individual children's ministries
- Dedication/Thanksgiving Certificates (for Salvationists and non Salvationists.)
- Stickers which can be used for mailouts, etc.
- Patches to be sewn on bibs, blankets, hats etc.
- Dedication/Thanksgiving Promise Cards (for Salvationists/non Salvationists)
- Placemats which could be given out during dedication to younger sibling (0-4yrs)

Resources available from Supplies and Purchasing, 2 Overlea Blvd Toronto or orderdesk@can.salvationarmy.org

Elephants on Parade

Deborah Coles, Ottawa Citadel

Ask your group to bring elephant *stuff*. Plush toys, bookends, ornaments and to wear anything *elephant-y* that they have; earrings, pins, T-shirts.

Video Clip: *Elephants on Parade* Disney's Jungle Book

Song

Tell me the old, old story SASB 98 (note vs. 2)

This is my Father's World SASB 48 (note vs. 3)

Elephant Jokes

- What time is it when an elephant goes to the dentist?
Tooth-hurty
- What time is it when an elephant sits on your fence?
Time to get a new fence!
- How do you know when an elephant has been in your kitchen?
Footprints in the peanut butter!
- How can you tell when there is an elephant under your bed?
Ceiling is very close!

Famous Elephants:

- Dumbo - he learned to fly with his oversized ears
- Elmer - he taught children to *look both ways before you cross the street; use your eyes and ears before you use your feet.*

Elephant facts:

- The *white elephant* was a gift with a twist. It could not be returned. It had to be kept and treated with honour. If it died young, it was considered an insult to the giver. Yet you could lose your whole income trying to feed the thing! Hence, the *white elephant* table at church sales.
- Elephants are AMAZING creatures. On an internet search on elephants, there is a lot of information to help with programs. The one I printed only says: *How to cite this article - then 1993-2003 Microsoft Corporation. All rights reserved.*)



Songs:

From ev'ry stormy wind SASB 573

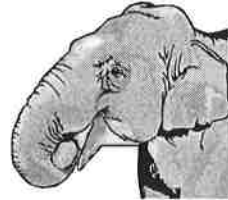
God is still on the throne SASB chorus 22

Hark my soul! SASB 110

The 6 Blind Men Describe an Elephant as:

- a wall
- a piece of rope, knotted on the end
- a pointed horn
- a large leaf
- a wrinkly snake
- a tree trunk

It really depends on your perspective!



Elephants are big, but work for peanuts!

Question: are elephants really afraid of mice?

How come Hallmark missed Elephant Appreciation Day on September 22.

Make two large semi-circles out of grey or tan construction paper for elephant ears.

They say that elephants never forget, but a more wonderful truth is that our God never forgets US! *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.* Isaiah 49:15

Devotion



I want to be an elephant Christian:

- **FAITHFUL** to my community. Example: perhaps someone in your group always remembers others' birthdays, or always brings the milk for tea, etc.
- **THICK-SKINNED.** *Love is not easily offended.* 1 Cor. 13:5
- **STRONG.** *Blessed are those whose strength is in You, who have set their hearts on pilgrimage ... they go from strength to strength.* Psalm 84:5,7
- **USEFUL.** *Using my gifts. Now to each one the manifestation of the Spirit is given for the common good.* 1 Cor. 12:7

- **REMEMBERING** what's important. *On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings.* Psalm 63:6,7
- a **GOOD LISTENER** - big ears! *Be quick to listen, slow to speak and slow to become angry....* James 1:19b

I am grateful to serve a God who:

- Is a **GOOD LISTENER** and hears our prayers.
- **DOES NOT FORGET ME** even though a mother might forget her child (Isaiah 49:15)
- Is **GREAT** in **FAITHFULNESS**.

Song: Great is thy Faithfulness SASB 983

Eletelephony

Once there was an elephant,
Who tried to use the telephant -
No! no! I mean an elephone
Who tried to use the telephone -
Dear me! I am not certain quite
That even now I've got it right.

Howe'er it was, he got his trunk
Entangled in the telephunk;
The more he tried to get it free,
The louder buzzed the telephee -
I fear I'd better drop the song
Of elephop and telephong!

Laura E. Richards



Have a great day.

Website for more elephant information:

http://elephant.elehost.com/About_Elephants/about_elephants.htm



Bottle Auction

Adapted from outline supplied by Edith Dunshae, Australia



Preparation:

Collect a sufficient number of empty two litre soft drink bottles so that each member of your group will have the opportunity of bidding on a bottle during the auction.

Cut the tapered top off each bottle. Into each empty drink bottle place another bottle that is filled with *something* inexpensive, approximately \$2.00 in value, suitable to be auctioned e.g. sauce, bath salts, coloured pebbles. Wrap each drink bottle in decorative paper and advise the auctioneer of the approximate purchase cost of each item.

Begin the bidding a little below the purchase cost. Bidding can become lots of fun if done in small amounts, such as ten cents. The auctioneer needs to *speak up* the items when there is no idea of what is contained in the bottles.

Song: There is a Message SASB 270



Prayer

Scripture: 2 Kings 4:17

Chorus: Let the beauty of Jesus be seen in me. SASB Chorus 77

Bottle auction: The proceeds could be put towards the missionary project or Territorial Project.

Competition:

Smell the bottles. Fill at least one dozen unlabelled bottles with various liquids. Ask your ladies to smell the content of each and write down what they think the content is. Some samples you may add your own.

1. Eucalyptus
2. Methylated spirits
3. Acetic acid
4. Almond essence
5. Orange flower water



A suitable prize for the competition is a packet of lollypops.

Did you know?

The tallest plastic bottle was 3.11 metres (10 feet 2 inches) high and was filled with 2250 litres (495 gallons) of Schweppes Lemonade. This was recorded in Melbourne in 1994.

The largest bottle collection consists of 31,804 miniature bottles and it was owned by George E. Terren of the USA.

In the Dandenong Ranges, Melbourne, Australia there is a house made of bottles.

The internet is a rich source of information on all kinds of bottles.



Bottles are mentioned in the Bible.

Song: There is sunshine in my soul. SASB 387

Devotional

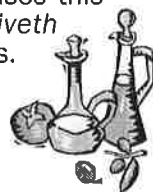
In the Bible there are a number of references to the word *bottle*. One New Testament reference concerns the woman who came to Jesus when He was having a meal in the house of Simon the Pharisee Luke 7:37. You will remember how she dared to approach the Master and kneeling down she wet his travel-stained feet with her tears. She wiped them with her long hair and then proceeded to pour over His precious feet, so soon to be ripped by nails, a small alabaster bottle full of precious ointment. It was expensive, but she gladly anointed those dear feet with her precious gift. This was done with so much love for her Lord. I pray that we too will have that same love in our hearts for him.

One old Testament story of a bottle revolves around the widow that we read of in the Scriptures. She really did have a problem didn't she? All her money was gone, she had probably sold most of the contents of her humble home to appease the debt collectors, and now it would seem that her two sons, and possibly herself were to be sold into slavery.

What a predicament to be in. But you all heard, when the Scripture was read, what a marvellous miracle God worked through His prophet to bring security to the widow and her two sons. Her supply of household oil never ceased. God gave them an abundant supply.

We all have problems arise from time to time, but if we could only learn to hand them over to God and trust Him for the outcome, for God's giving is far more than we can ask or expect. So often God performs a miracle and our situation changes. Our final song emphasises this fact in the last verse through the words *He giveth and giveth and giveth again*. May that be the experience of each of us.

Song: He giveth more grace. SASB 579



Prayer & Benediction

The Princess Series

Deborah Cole, Ottawa

The Disney princesses are everywhere! In fact, the *princess* theme is all around us. Christian bookstores have pens, bookmarks and other accessories for girls proclaiming, *I am a princess, my Father is the King of Kings*. Many teens wear clothing with the word *princess* embroidered on the front.

I always loved the idea of being a princess; it was one of my Dad's pet names for me. I was not so much interested in what I call the *Barbie* variety (the kind of princess who only needed to be rescued by a prince), but the kind who would be brave, intelligent and kind. And the kind of princess who would get to wear long flowing gowns. And a crown.

This is a series of meetings designed to explore *princesses* in general, their Biblical counterparts, and the symbols which are meaningful to their stories. You can then also *take off* with related themes.

For example, *Belle* loves to read, you could have people bring in favourite books, or discuss literacy. She is courageous - like Abigail. You might spend some time thinking about what kind of courage it takes for women these days just to live. Then take a moment to pray for Christian women in countries where they are



Favourite princess stories:

- The Light Princess, George MacDonald.
- The Princess and Curdie, George MacDonald.
- The Paper Bag Princess, Munsch - short enough to read in a meeting, and fun!
- The Swan Princess
- The Little Princess, Frances Hodgson - suddenly orphaned, little Sarah chooses to act like a princess, with dignity and generosity, despite her lonely and impoverished circumstances.
- Snow White and the 7 Dwarves, the grace under pressure theme but she made some unwise choices (e.g., to eat an apple from a stranger - wise as serpents, innocent as doves)
- *Fiona* in *Shrek*, not your average beautiful but needy princess, this girl has some unusual life skills!
- The Princess and the Pea, the value of a good night's sleep! And of being true to oneself.
- The Little Mermaid, Ariel, Disney changed a tragic tale by Hans Christian Anderson into a jolly romp.
- The Beauty Who Would Not Spin. Another girl who doesn't fit the stereotypes of her community, but who does use her gifts to serve others - eventually as Princess.



persecuted. Belle also doesn't judge a book by its cover- she learns to love and respect the Beast despite his ferocious appearance.

With Cinderella, you could have the meeting in October and tie it into a pumpkin theme. Or you could talk about dreams, since that is a theme song in Disney's Cinderella. Or you could introduce a mentoring program, older women with younger, and kick it off with the fairy godmother.

For Sleeping Beauty, you could talk about how to get a good night's sleep. The theme of roses is found here as well as in Beauty and the Beast. It would be interesting to compare the grace (serving) of Tabitha with the grace (dancing) of Sleeping Beauty.

All ladies should be encouraged to bring decorative items and related books as well as clothes that fit the theme.

Some of these ideas could be adapted to a Moms-and-Tots meeting, or a Ladies' Night Out.

The Series:

1. Beauty and the Beast (Abigail)
2. Cinderella (Esther): From Maiden to Monarch
3. Sleeping Beauty (Tabitha)



Beauty and the Beast

Set up: Variety of Beauty and the Beast storybooks, posters, teapots, mirrors and roses.

Sing:
Let the beauty of Jesus be seen in me. SASB Chorus 77
Something Beautiful Something Good

Create Word search quiz on famous *beauties*: Helen of Troy, Bathsheba, Rachel, Salome, Grace Kelly, Princess Diana, Donna Mills, Audrey Hepburn, Abigail, Beauty, Belle, Bonnie, Comely, Fair, Gorgeous, Lovely, Pretty, Rose.

What I like about Belle: she is smart, loves books, doesn't try to fit in, loyal to her father, feisty, not a *victim*, kind, wants roses more than riches.



Here read from a shortened version of the book.



Add here something about roses, especially one named for William Booth

Contest: Matching the princesses
PRIZE: a rose would be nice!!

Sing:
To be like Jesus SASB Chorus 107

Can You Name that Princess?

A. made queen at the age of 25	Elizabeth
B. choked on an apple	Snow White
C. her name means <i>princess</i>	Sarah
D. not afraid of mice	Cinderella
E. hardest working modern royal	Anne
F. the <i>people's princess</i>	Diana
G. not a <i>spinster</i>	Sleeping Beauty
H. Weight-Watchers spokesperson	Sarah

Sweet Rose of Sharon SASB Chorus 54

Devotions:

Bible Beauty

The Story of Abigail: 1 Samuel 25:1-42 - briefly recount story.

Finish the quote:

- *beauty is in the eye of the beholder*
- *she walks in beauty like the night*
- *beauty is as beauty does*
- other *beauty* quotes.

We sometimes feel *invisible* when we are working in the background. Yet, in serving, we are doing our part for the love story that is unfolding.

Jesus is the *beauty* to my *Beast* - He loves me for myself. He sees past my wild tantrums, my rough manners, my selfish ugliness. He brings out the princess in me, just as Belle brings out the prince in her *Beast*. *People look on the outward appearance, but the Lord looks on the heart.* 1 Samuel 16:7



Cinderella

Esther: Maiden 2 Monarch - a Cinderella Story



Set Up: Display *glass slippers*, tiara, pearls, pumpkins, cute stuffed mice (Toys r Us or the Dollar Store); books (library), posters.

Sing:

Bibbity-bobbity-boo
A dream is a wish (then try the variation: A prayer is a hope)

Bibbidi-Bobbidi-Boo

Fairy Godmother

Salagadoola mechicka boola
bibbidi-bobbidi-boo
Put 'em together and what have you got
bibbidi-bobbidi-boo

Sallagadoola mechica boola
bibbidi-bobbidi-boo
It'll do magic believe it or not
bibbidi-bobbidi-boo



Salagadoola means mechicka booleroo
But the thingmabob that does the job is
bibbidi-bobbidi-boo

Salagadoola mechicka boola
bibbidi-bobbidi-boo
Put 'em together and what have you got
bibbidi-bobbidi bibbidi-bobbidi
bibbidi-bobbidi-boo

A Dream is a Wish Your Heart Makes

Cinderella

A dream is a wish your heart makes
When you're fast asleep
In dreams you lose your heartaches
Whatever you wish for, you keep.

Have faith in your dreams and
someday

Your rainbow will come smiling thru
No matter how your heart is
grieving

If you keep on beleiving
the dream that you wish will come
true.

To the tune *A dream is a wish your heart makes* (with apologies
to Disney)

A prayer is a hope within you,
It's how you choose to live.
Walking in grace and kindness,
Forgiven, you choose to forgive.
So nurture that hope within you
and live a life of constant prayer
You know your Father, King of Kings,
Will help you in all things
And best of all, he's always there!

Devotions: The Tale of Cinder- Deb (or insert name)

If I am Cinder-Deb, and Jesus is my
handsome prince:

He chooses me even though I am
not beautiful. Well, according to my
ugly step-sisters, *Media* and
Compare, I am not beautiful, but
he seems to think I am something
special! Song of Songs 4:1 *How
beautiful you are, my darling! O how
beautiful!*

He chooses me while I am still
covered with cinders and soot; he
doesn't wait till I am *cleaned up* for
the ball (He takes me as I am)

(Romans 5:8 *But God demonstrates his love for us in this: While we were still sinners, Christ died for us.*)

He clothes me in my gown - he, and not a fairy godmother. And it is truly a Designer Original! It fits perfectly. Obviously, it is made with *princess* seams - because he makes me a princess, a daughter of a king. Rev. 3:5a *She who overcomes will ... be dressed in white.*

He provides me with shoes - as unique and wonderful as slippers made of glass, these ones make my size eight's *beautiful upon the mountains*, because I bring good news. (Isaiah 52:7). In fact, my beautiful feet are specifically equipped for readiness with the gospel of peace. (Ephesians 6: 18).



He is the creator of the wonderful pumpkin and the amazing mouse, but these don't have to figure in my story!! Which is great, because Cinder-Deb is not all that fond of either!

He is building me a castle. (John 14:2b *I am going there to prepare a place for you.*)

He COULD give me a wonderful coach to ride in, but he knows that it is better for me to walk in faith. And since my shoes are custom-designed for me, and intended for walking in faith - Cinder-Deb gets no coach. Besides, once I slip into these shoes - I don't find walking

exhausting. (Isaiah 40: 31 *I will walk and not be faint*).

In the Presence of the King! A Hurting Word ...

Ever see royalty? The cat did! Hear his tale - *cat, cat, where have you been? I've been to London to see the queen! cat, cat, what did you there? I caught a mouse from*



under her chair! Chance of a lifetime - and he missed it - menacing mice!

We became children of the King, members of His royal family, when we accepted Christ as Saviour and Lord. What an awesome privilege; what an adoptive right! And yet sometimes, we forget who we are, what we're doing, and why we're here and we fail to appropriate the wonderful relationship we have with the King of Kings and Lord of Lords. Come with me to the well - the King - AND a lovely queen - are waiting for us there!

A Helping Word, or Two!

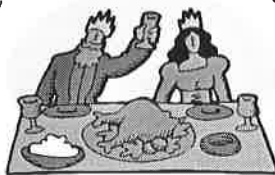
UnBurden - in the Presence of the King!

And the story continues. Esther had a problem. Her people had a problem. They were about to be annihilated by a wicked powerful man, Haman by name. Something

had to be done - and quickly. But there was another *hitch* - for the king had no idea that Esther, his beloved queen, was a Jewess, and also on the *hit list* for a country-wide tragedy. Esther could not reveal the entire story at once - she waited in wisdom - and with a plan. The plot twists and the tables turn. For, with the skill of a supreme schemer (and watched over by a Supreme God!), Queen Esther plans two mysterious banquets for herself, Haman and the king. She finally unburdens her heavy heart to the king, reveals her Jewish heritage and beseeches the King for help from the hands of this wicked man. The appalled king asks, *Who IS he and where IS he?* AHA - this is HER moment! Queen Esther points ... and before we hasten on, hang on, for... ah ... What about me? Dare I unburden MY heart to the King of Kings? Do I have the right to *let it all hang out* as I tell Him my frustrations, my fears, my heartsick woes I can tell no one else? Indeed I do - Jesus Christ has opened up the way. The veil has been removed and I can come boldly into His throne room to present my petition and to know He will give attentive ear to my heart's cry and need. And so I go, day or night, in storm or calm, in sunshine or rain, in sickness or in health, in poverty or wealth - for I'm safe, sanctified and secure - and there I unburden my heart - in the presence of the King!

Blessings - in the Presence of the King!

A grand conclusion awaits us - for Esther's story did not end with the burden! It ended with blessing, for the King looked with love and compassion on his queen. Her people's fear was turned into favour - and Haman's glory was turned into gore as he was hanged in public view, never to threaten God's people again. Once again, God showed His mighty deliverance to His people and to Esther, the queen of His heart! The story is a well-loved Sunday School story - and it's no nursery rhyme! For a King far greater than Queen Esther's king came to her rescue and saved her and the people of His heart with His mighty hand! "Hang on" just one more time, for...



What about me? Dare I hope and pray and seek the King's blessings in MY life? DO I have the right to come before Him and receive bountiful blessings from His is almighty hand? Indeed I do - for once again Jesus has opened up the way. The veil has been removed, I am grafted into the vine, and I too can receive abundant blessing - love, joy, peace - from His loving Hand. I'm safe, sanctified and secure - and I am blessed - in the presence of the King!

The choice is mine - will I be the nursery rhyme cat and see only earthly mice in the presence of the King - or will I see HIM, the



King of Kings and Lord of Lords? Will I chase mice - or find the perfect place of peace where I can bow, unburden my heart, and be blessed by His Hand? Forget the mice - I choose to be in His presence, at full attention, with full faculties of mind, spirit and soul, and with a heart ready to surrender myself and receive HIM - in all His fullness, glory and power - I want to LIVE in the presence of the King, how about you!

His Healing Words

Splendour and Majesty



May His healing touch fill your heart with song!

Read the story from God's Word! - Esther - in the Presence of the King!

Let us, therefore, come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. (Hebrews 4:16).

Lord, why do I look in so many other places to solve my problems; why do I search futilely everywhere else for answers to my needs - when I can come into the presence of the King, there to present my petitions, there to receive grace and help in my time of need! Lord, help me remember that I am a child of the KING - that I can come - anytime, anywhere, and for any reason, into your presence, there to receive from the KING of my life. I come - I humbly bow, unburden my heart, and receive from Your blessed Hand, In Jesus' Name, Amen.

Sleeping Beauty and Tabitha



Setup: A doll bed with a beautiful doll *sleeping*; roses, some with thorns, books from the library on Sleeping Beauty; Disney posters, etc. consider also: pillows, body pillows, throws and decorative cushions. Background music: Christian lullabies or *relaxation* music.

Verse 3 - is a Tabitha-style testimony: *filled with his goodness, lost in his love.*

Sing: A prayer is a hope within you

Introduction:



One of the names given to Sleeping Beauty is *Aurora* which means dawn or morning. It implies hope. *Joy comes in the morning.* Another name for her is *Briar Rose*. The theme of roses is recurrent in fairy tales. Give a prize, a rose, for anyone present named Aurora, Rose, Hope, or Dawn.

Sing: Blessed Assurance SASB 310. Use the tune *Beautiful Dreamer*, found in the Songs of Faith, #84, to go with the sleeping theme.

Verse 1 - Tabitha had a very real *foretaste of glory divine* when she died and went to heaven!

The chorus reminds us that we are all part of a Story (princesses, actually). And our role in the story of our life is to bring praise to our Saviour.

Verse 2 - speaks of visions of rapture and angels descending. I believe that was Tabitha's experience of death!

Bible Beauty: Tabitha



Tabitha is also known as *Dorcas* which means, the gazelle. When we think of a gazelle, we picture a graceful animal. Tabitha lived a life full of grace. Remember, *grace* is one of the gifts given to Princess Aurora by the good fairies.

The story of Tabitha is found in Acts 9:36-43. It seems she is a woman with a reputation! She is well known and well loved for her good works. When she dies, she is sadly mourned. Tabitha is effective for the kingdom. She is well known for her crafts ability, which she uses to sew for the poor. Did you know that ability in crafts is a gift given by God for the accomplishing of his work? See Exodus 31:3,4,6b.

I notice that she is not famed for her decorative sewing abilities, or for outfitting her own little grandchildren as cute as buttons. Tabitha is honoured because she gave to the widows and orphans. Enjoy your gifts of crafting, but keep some of your pretty fabric for the

poor. Everything beautiful and creative is from our beauty-creating God.



When this well-loved and gracious woman dies, her friends are overcome with grief. Can nothing be done? They wonder. They send for Peter. When he arrives, they show him the robes and other clothing she had made while she was with them. They take him to see her body, lovingly washed and carefully laid in an upstairs room.

Peter sends them away. He kneels to pray and then turns to her, *Tabitha, get up.* She opens her eyes and sees Peter. I wonder if she has a flash of disappointment at being back here on earth? Smiling, the big fisherman gently takes her hand and helps her to her feet.

Before she knows it, he has called out in his booming voice – summoning everyone to see her again. It's party time in Joppa!

We can only imagine the rest of Tabitha's life. We assume she simply picked up her sewing where the needle had been pushed in, and continued to live a life filled with grace and goodness.

The point of the story is not the miracle itself. The point of the story is that many people believed in the Lord. This wonderful event, the raising from the



dead of Tabitha, better and truer than any fairy tale, resulted in more people coming to know Jesus as Saviour. That is the *happily ever after* of Tabitha's life.

Live a *fully awakened* life. Maybe you are a sleeping beauty, alive, but not really experiencing all God has for you. Maybe you need a *grace awakening*. Once you are awake to the grace of God at work in your life, what difference does it make?

Ephesians 5:8,14b: *For you were once darkness, but now you are light in the Lord. Live as children of light. Wake you, O Sleeper, rise from the dead, and Christ will shine on you. Make the most of every opportunity.*

Remember the poor, the widow, and the orphan. Remember each other.

Many in our own corps have needs. There is a mom who could use some diapers for her new baby, a shut-in who would love to be visited, someone who missed Sunday's meeting and needs a caring call, a single mom who would benefit from a night of free baby-sitting.

What is your gift? Tabitha used her gift of sewing/crafting to bless the poor. Serving and helping ministries are vital to the health of the Body of Christ. *There will always be poor in the land. Therefore I command you to be open-handed toward your brothers and toward the poor and needy in your land.* Deut. 15:11. Be

encouraged to continue in the good works you do.



Live in hope. Our hope as Christians is a sure one. Bad things happen. People die; most are not raised to life as Tabitha was. But even when we lose someone we cherish, if that person is in Christ, we know we will meet again in heaven. Joy comes in the morning. People suffer. This is a normal though difficult part of living in a fallen world. But in heaven, *there will be no more death or mourning or crying or pain, for the old order of things has passed away* (Rev. 21:4b). This is the hope that anchors our soul.

God grants sleep to those he loves. Psalm 127:2

Bits and Pieces

Craft idea:
lavender or
rose scented
sachets to
put under the
pillow for sleeping.



Prayer: Prayer in the Night

Was I wakened from
sleep to call upon you?

For my children, dear
Lord, for your mercy I
plead.

Wherever they are,
whatever their care,
O Lord, let them sense
your presence right
there.

Do they need your rod or
your staff this night?

Or your power to put the
devil to flight?

I leave them with you, my
Lord and my God

Trusting them fully to your
holy love.

The Spirit is lifting the
darkness so deep;

Thank you for watching
while I go to sleep.

Unknown

Song:

A prayer is a hope within you,

It's how you choose to live.

Walking in grace and kindness,

Forgiven, you choose to forgive.

So nurture that hope within you

And live a life of constant prayer

You know your Father, King of Kings,

Will help you in all things

And best of all, he's always there!

Tune: A dream is a wish your heart makes

Shut the Door

Jan Fryer-Knowles, New Zealand, Fiji & Tonga Territory

SHUT THE DOOR is a command we hear from an early age. Some folk make it a polite request, others a firm command, still others a shouted order.

Could you begin to count the number of times you have said shut the door?

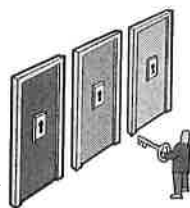
What did you want to shut the door against? Perhaps you wanted the door shut against a draught. Maybe you saw, coming up the drive, someone you did not want to talk with. If so, your request to shut the door would be uttered in a different way. Sometimes, in the heat of summer we want to shut out flies and mosquitoes. Screen doors are handy as they can be kept shut while the other door is open for the fresh air.

The DOOR signifies the entrance to the house. Can we take this in the metaphorical sense and think of some of the things against which we ought to use the command, *shut the door*?

Shut the door against:

- SELF-PITY
- GOSSIP
- DIS-EASE. This is not physical disease but rather dis-ease within which causes us to get up-tight.
- NEGATIVITY

Shut the Door!!



When we shut the door against something we must keep that door closed. If we open it a crack it will not be long before those things will return with full force into our lives, bringing us back to the place we were before - or to something worse.

Below are some Bible references using *shut the door*. Old Testament.

- In 2 Kings, chapter 4 we read of the woman with a small amount of oil and a large debt. She came to the man of God for help. He told her to send her sons around the town to collect all the empty jars (verses 4-5) *then go inside and shut the door behind you and your sons. Pour oil into all the jars, and as each is filled, put to one side. She left him and afterward shut the door behind her and her sons. They brought the jars to her and she kept pouring.*

She not only shut the door to her house, she shut the door to a negative response; she could have said *What's the use? All the oil I have won't do any good with so many empty jars.* By obedience to the command to shut the door she opened the door to blessings beyond measure.

- In 2 Kings chapter 4 we read of another shut the door experience. The Shuamite woman's son had died (verse 21) *she took him into the prophet's room, laid him on the bed and shut the door.* We then read that when the man of God arrived (verse 33) *he went in, shut the door on the two of them and prayed to the Lord.*



The door was shut to give privacy. He needed to shut the door so he could concentrate on the task at hand and we know the result. Blessings beyond measure.

What doors do you and I need to shut? Unhappy memories? *What if* situations? Self accusations? *If only I had,* or *If only I had not,* regrets? Shut the door firmly on them.

New Testament

- In Matthew chapter 6, Jesus is teaching the disciples some of the rudiments of communion with God. *But when you pray, go into your room, shut the door.*

As we shut the door on some things we need to be ready to open other doors.

- Open the door to HAPPINESS. If we are shutting out self-pity we need to open up to happiness.

- Open the door to ENCOURAGEMENT. Someone may give you an encouraging word, but you have the ability to pass on that which will lift the spirits of another.

- Open the door to PEACE and SERENITY. This will be one of the results of closing the door to dis-ease.

- Open the door to POSITIVE THINKING. As we shut the door on negativity it is important to open up to positive thinking. This is one door we do not find easy to open. The blessings from it are beyond counting.



Bible Verses relating to *open the door* from the Old Testament:

- In 2 Chronicles 29:3 we read, *In the first month of the first year of his reign, he (Hezekiah) opened the doors of the temple of the Lord and repaired them.* He put God first.
- How did Job cope with this one? Job 31:32 *but no stranger had to spend the night in the street, for my door was always open to the stranger.*

New Testament references:

- In Acts 5:19 we read of prison doors being mysteriously opened.

- The book of Revelation is our final verse for opening of doors today. Revelation 3:20: *Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with Me.*

and blessings will follow. Obedience will bring His special blessing into your life.

SASB Chorus of Song 227
Swing Wide the Door of your Heart.

When we open our lives to Christ he opens doors of opportunity for us, doors that no one can shut. He helps us shut the door on all things we should not have in our lives. He opens the door that brings the encouragement we need to live a positive, peaceful, serene, and Holy Spirit filled life.

Have you shut the door that God wants shut?

Have you opened the door of your life to Him?

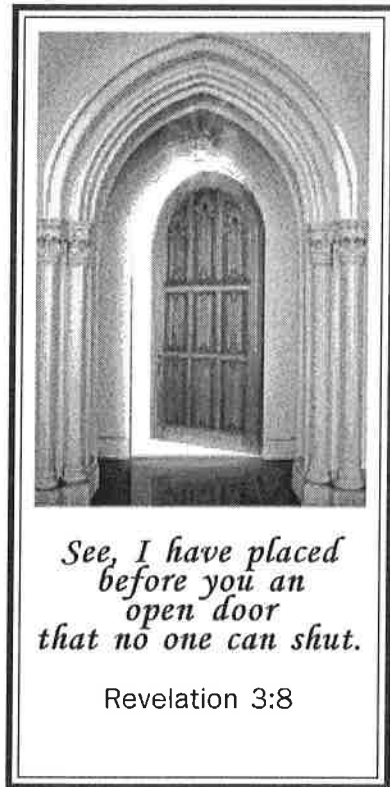
Is God making the request of you to shut the door to something today?

Is God making the request of you to open the door to Him today?

Revelation 3:8 *See I have placed before you an open door that no one can shut.*

What are we doing with the doors in our lives? Are we shutting all the doors that lead in wrong directions and opening those directed by God?

Next time you request or command *shut the door* think of the spiritual doors in your life. Respond to God



Rejoice in the Ordinary

JoAnn Markham, U.S.A.



Questionnaire

As the women arrive, have them complete the following questions that will be used during program:

- #1 Add up the number of days that you have lived.
- #2 What do you consider the greatest accomplishment in your life?
- #3 What will be the hardest thing for you to get through today?
- #4 What is it about this day that has made you rejoice?

Worship Centre

On a table-top easel place a sign with the words *The Days of Our Lives*. Around the sign arrange items that represent the days of our lives, such as a calendar, clocks, egg timer, birth certificate, diploma, wedding cake topper and a Bible.



Program Suggestions

Activity

Ask the women to bring an *old ordinary* thing from home to share - a potato peeler, drawer knob or a clothes hanger. Help them to see the importance of the ordinary things in life.

This is the *Ordinary* day that the Lord has made. The holidays are over. We have packed away the last twinkling lights and choked

Program Outline

Call to Worship

Praise Chorus: **This is the Day**

Share the answer to the question #1:
Today the _____ day of my life.

Rejoicing in This Day

Morning Has Broken SASB 35

Share the answers to question #2:
By God's grace I have _____.

Prayers of Thanksgiving

Scripture Reading: Psalm 118:19-29

Song of Encouragement

Great Is thy Faithfulness SASB 983

Prayers of Petition

Each person will have opportunity to bring before the Lord the item expressed in question #3 corporately or individually.

Song of Joy

Joyful, Joyful SASB 10

Meditation

This is the Ordinary day that the Lord has made.

Words of Praise

Question #4 will be the basis for the testimonies. *This is the day that the Lord has made. I rejoice because _____.*

Rejoicing in the Lord

Be Glad in the Lord SASB 537

Benediction

down several *creative* recipes for leftover turkey. We have celebrated the New Year and we find ourselves settling into the common ordinary days of living. While the majority would prefer lives that are filled with mountaintop experiences, the truth is that most of our days are spent somewhere between Mt Everest and the Dead Sea.

Whether you are standing in long lines at the grocery store, caught in traffic jams, buried in an avalanche of laundry or deciding which bill to pay, I think you would agree that most days are at best boring and tough to get through. In fact, it would seem that God is distant and unaware of our day-to-day mundane living. Then read the words of the Psalmist telling us to put on a happy face. He says, *This is the day the Lord has made; let us rejoice and be glad in it.* (Psalm 118:24)

God wants us to find joy in the ordinary days of our living. He knows how important they are in the nurturing and strengthening of our faith. Jesus was a carpenter's son with calluses on his hands to prove it. He spent his days in the wood shop and swept sawdust from the floor before going home. His feet were dirty most of his life. He nursed splinters, experienced hunger and fatigue, wiped sweat from his brow and for thirty years he waited. He waited and obeyed. He was

faithful in the mundane, routine of life.

God was preparing Him to walk the dusty road to Calvary and take upon himself the sins of the world.

God has a plan for the *dust and troubles* in our daily living. Our days are days of purpose. We are reminded in Psalm 139:16 (TLB), *You saw me before I was born and scheduled each day of my life before I began to breathe. Every day was recorded in your book!* When you woke up this morning, did you rejoice in the gift of another day that God has planned just for you?

If we are honest, there are days when the last thing we want to do is rejoice. Our mood is down, our situation is out of hand, our sorrow or guilt is overwhelming. We can relate to the writers of the Psalms who often felt this way. But no matter how low the psalmist sank, they were always honest with God about how they felt. And as they talked to God, their prayers ended in praise. When you don't feel like rejoicing, tell God how you truly feel. It won't take long before He'll give you a reason to rejoice and you will discover glimpses of his glory in what seemed like a plain ordinary day.

Today is the day the Lord has made just for you - Rejoice!



Living Life and Loving It

Rowena Smith

Some of the following ideas and suggestions may be helpful in planning a meeting based on this theme. There would not be time to include all these ideas into one meeting, so select the ones that appeal to you.



Suggested Decor:

White/cream cloth on large table with smaller cloth on top in rose fabric. Vase of roses on table - real or artificial.

Theme Chorus:

Stop and Smell the Roses
Stop and smell the roses
As you walk along
Treasure every moment
Make your life a song
Live Your Life And Love It
Christ abides in you
Life in all its fullness
He has promised you.

(Words by Rowena Smith - sung to chorus of song 866 *Soldiers of the Army*SASB)

Suggested Songs/Choruses SASB

Songs: Life is Great (544),
I'm drinking at the Fountain (320),
Chorus:
I'm Living my life for Jesus (173)
Life is a song (215)

Sharing Time: On strips of paper, print the following questions for use in a sharing time later in the meeting. Fold the strips of paper into smaller sizes and place in a bowl of rose pot pourri. Pass the bowl around at the start of the meeting for ladies to select one



folded strip. Ask the ladies to look at their question and share their response later in the sharing time if they wish. Make as many copies as needed so each person feels involved. Depending on the size of your group, you may need to have more than one sharing time.

Note: Be aware that some people can have a reaction to STRONG pot pourri.



- What has been the most thrilling experience of your lifetime?
- Can you recall an experience when you were made to realise how precious life is?
- Recall a time (perhaps in your childhood) when you thought you were having the time of your life.
- Think of something that makes you feel glad to be alive when you cast your eyes on it.
- What particular activity gives you the feeling that Life is Good?
- Is there a particular activity you would like to experience in your lifetime?
- Recall a time when you think you were particularly adventurous.
- Thinking of our theme *Living Life and Loving It ...* if you could be an animal, which one would you be and why?



Humour: Introduce this segment by saying ...



Medical research indicates that a good 10 minutes of belly laughter each day helps release endorphins in the body which creates a sense of well-being. An Arthritis Support Group is using laughter as therapy and those attending have noticed reduced pain and some have been able to come off their medication.

In this segment, organise someone to tell some jokes or even organise a skit.

Skit: *Really Living* by Captain Lyn Cathcart (Casino) (Resources I-)

Trivia: The Salvation Army now has its own rose.

Responsive Reading: John 10

Testimony: Invite someone to share their testimony on how a decision for Christ changed their life, or ask someone who could testify how God has given them another chance to *Live Life* after having overcome serious health concerns. If you

cannot arrange someone to testify in person, the War Cry normally has inspiring testimonies to share.

Devotions: Use a devotional reading based on John 10.

Video Segment:

Play a clip from the video Sister Act 2 where the newly formed choir sang *O Happy Day*. Emphasise the words *he taught me how to live rejoicing everyday* which reinforce the theme *Living Life and Loving It*. As Christians, we should enjoy living since Jesus washed our sins away.

Craft Idea: Demonstrate something to do with potpourri. (Be aware that an overpowering fragrance can upset some people)

Musical Item: Ask a confident singer to bring a solo or maybe a group could perform.

Suggest Song: 274 SASB *He came to give us life* or Song 400 SASB *Why should life a weary journey seem?*

Competition: Unjumble the following words. Activities that people enjoy.

- | | | |
|---------------------|----------------|-------------|
| 1. kagniwI | 2. tercikc | 3. kechyO |
| 4. gmismwin | 5. galdipangir | 6. yhrearc |
| 7. nnsite | 8. agoy | 9. pciagmn |
| 10. hitaci(2 words) | 11. gnacdin | 12. gricnlu |

Answers:

- | | | |
|-------------|----------------|-------------|
| 1. walking | 2. cricket | 3. hockey |
| 4. swimming | 5. paragliding | 6. archery |
| 7. tennis | 8. yoga | 9. camping |
| 10. tai chi | 11. dancing | 12. curling |



Prize suggestions: Chocolates, sachet of pot pourri.

Stitch and Chatter

Goal: Junior high girls and the older women in the church will have an opportunity to become friends and share or learn a handicraft skill.

Basic Idea: Women with needlework and other craft skills will share them with young girls from their church. They will work together through the evening to teach and learn the basics in that area.

Invite each girl personally and explain in detail what you have in mind and what your goals for the evening are.

Then send out invitations, get the support of all the older women in your church who are willing to be part of this togetherness activity, and so you'll know what crafts you'll be offering.

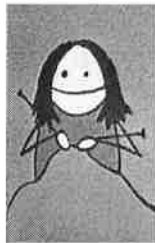
Structuring The Evening

Display

Consider having a little exhibition of the women's work on display when guests arrive. Be sure to place the names of the people beside their handicrafts. In communities where there are fairs, some women may have won ribbons. If so, display them with the crafts.

Preparation

It will make things easier for you if you ask each woman to supply all the materials one girl will need. This would include the correct needles, yarn, thread, anything that the junior high will need to practice.



This doesn't mean that the older guests are to bring enough materials for the girl to complete a whole project. Just enough for her to learn on. If you have more junior highs than older women, some will have to teach two or more girls and should bring supplies for them all.

When Guests Arrive

Have magic markers or crayons and nametags. Each person should write her name in large, clear letters. She should choose a color that tells something about herself. She should then talk to several people she doesn't know and find out why they chose the colors they did. In these early moments, you want to establish communication between the older and younger group.

Tour Through the Crafts (Optional)

I like this option because it gives each girl three minutes with every woman at the party and exposes the girl to all the crafts represented.

Position the teachers at different spots throughout the house where they will be working for the evening. Give each teacher a number which she sets by her station. Then ask all the girls to go to different spots so there will be at least one girl with each teacher. (If you have more teens than teachers, two girls may have to go to the same spot.)

Each girl spends three minutes with the first woman. When you blow a



whistle, she will move on to the next woman. So the girl at number 1 will go to number 2. The girl who started at number 4 will move on to number 5. The girls move to number 1 after they have been to the last number.



they will show what they have completed - obviously not much, but it will allow for group cheering, clapping, and a sense of achievement on the parts of the teacher and student.

During the three minutes people should find out a little about each other - names, where they live. The teacher might have time to show what she does and tell how she got started.

This is optional. If you have a large group of teachers and junior highs, it would take too long to do this. Simply go from the coloured name activity to the actual teaching experience.

Learning a Craft

Each girl should go to the woman to whom she has been assigned. You may want to tell each girl before the party which woman she will be working with. Some women will be more popular and outgoing than others and the girls who get the women who seem less exciting might groan out loud if they don't know who their teacher will be. That would definitely dampen the evening. Also if decisions are made ahead of time, the girls may have some choice in what they will be studying.

As the couples work around the house, visit the little groups. Give encouragement. If necessary, sit for awhile and enter into the conversation. Tell the workers that

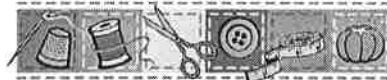
Prayer Time

No matter which refreshment direction you go, plan a prayer time before the food. Ask two older women and two younger ones to pray. The older ones should thank God for the girls and the girls should thank God for what the older Christians in their church can teach them. The prayers might go something like this:

Woman Teacher: It's been an exciting evening, Lord. I'm extremely happy with the young women who are part of our church. Thank you for them, and especially thank you for (girl she worked with), and her potential for serving you. It was fun working with her. I believe I speak for all the women here when I say, Thank you, Lord, for our young women.



Junior High Girl: Dear Heavenly Father, I learned a lot tonight and perhaps most important, I gained an appreciation for some of the older women in our church. Thank you for their trust in you. I want to grow toward you as they have. Thank you for giving them to me as examples and as friends.



Sixteen Going on Seventeen

Whazzup with my Kid?

USA Western Territory



Decorations

For centerpieces take two quart containers of milk and glue photocopied black and white pictures of teenagers to two sides of the carton. Add the phrase under each picture, *Have you seen this child?* Use this same idea to create posters.



Refreshment

Amazing Fruit Salad.

Each woman should bring two cups of pre-cut fruit. Pre-make the dressing so that it and the fruit can just be quickly mixed together. The fruit salad serves as an illustration of how different we are. Our

Dressing recipe enough for 10 women
3/4 c. frozen orange juice concentrate
3/4 cup sugar
3/4 tsp. cinnamon
4 cups mini-marshmallows

differences are staggering and yet when we come together like the many fruits and ingredients in our salad to create one masterpiece.

Program Ideas

Speakers

Contact your police department for suggestions for speakers within your community to make a presentation on what teenagers are facing in their lives. Police departments often have programs

which reach out to troubled teenagers and can provide brochures on this subject. High school counsellors may also be available to speak on dealing with teens. Contact your DYS.

What Can We Do?

Pray for those within your group who are raising teenagers.

Brainstorm practical ways to help parents of teenagers. Some suggestions: fast food certificates for a family in crisis; watch younger siblings while their parents spend time with teenagers; listen and work with the teenagers in your corps. Establish a deadline to accomplish these projects.

Game

Divide a beginner's puzzle into as many envelopes as you have tables. Give the women five minutes to complete the puzzle indicating that the first group to finish will win a prize. Someone will figure out the concept that all of the tables must bring their pieces together to see the completion of the puzzle. This game is a very visual picture of how we must work and support one another in the raising of our children.



The Running Father - Luke

15:11-31

There is such a powerful mental image of the running father seeing his son from a long way off. What is it about this picture that burns in our hearts? The father doesn't just acknowledge this wayward son's return. His heart is racing, there's a lump in his throat. There are tears of joy running down his weary, weathered face and he can't help himself. It's as though the weight of the world has been lifted off his shoulders. He leaps to his feet and runs toward his son.

How far does he run? A long way. Into the distance where he had been watching, praying for his son's return.

For months. Maybe for years.

And at the edge of the horizon

he makes out the familiar

silhouette. Not a proud

silhouette anymore, head

down, unsure steps, a spirit

broken. In an instant, the

father's own sorrow, that *punched in the*

stomach kind of pain so familiar to the

parent of a prodigal, vanishes and is

replaced by an inexplicable hope. He

runs to his son to throw his arms around

him, holding on so tightly that time stands

still. The son sinks into the father's chest.

Tears and sobs communicate the silent

cry, *I'm sorry. I'm so sorry. I love you.* There

is no *I told you so's*. Not, *After all the pain*

you've brought us, how could you even

show your face here?



I know the *running father's* heart. I know it for it echoes my own. It may echo yours too. It seems like only

yesterday that my husband and I wept so bitterly on the streets of Hollywood, saying good-bye to our oldest daughter.

We were broken in a way we had never known, united in a most hideous, unspeakable situation.

Though in full time service to the Lord bringing our children up in the knowledge of grace, we were unprepared for the two long years that followed. Teenage rebelliousness and the punk culture had robbed us of the brilliant and precious child we had dedicated to the Lord, nurtured, and encouraged in growth. It seemed as if the world kept on spinning faster and faster, almost out of control, while we were frozen in our private pain.

There was no one that we could go to who really understood. We believed the

We learned that families don't have problems like this. We feared some horrible parenting must've gone on in our family for such a thing as this to happen. We

He understood.

we had to turn our daughter over completely to God.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

He understood.

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He understood.

He understood.

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He understood.

He understood.

had to turn our daughter over completely to God. He understood.

Time has passed. I would like to tell you that our daughter came back to Christ; but the story's incomplete ... God is still working.

Be encouraged parents. You are not alone. Keep the running father in mind when you walk through deep waters and know that God is God even in the darkest moments of our lives. Women, I pray that you may never have to walk the same path I did, but your duty as Christians is to not shrink back from others' situations which are uncomfortable, but rather to step forward. You don't have to have the answers. Just listen, pray and cry with one another. Bear one another's burdens.

Outspoken Love

USA



Worship Center

Provide a basin, pitcher and towel as the focus on the worship table.

Refreshments

Serve a variety of fresh veggies and fruit with a combination of different types of dip. (You know, Naaman *dipped* seven times in the Jordan River.)

Outspoken for God

Becoming outspoken for God in our workplace will not just happen. Pray for opportunities to share what you know in an effective, compassionate and consistent manner. As there are laws regarding workplace harassment, witnessing in the workplace must also be done with caution. Begin by understanding your workplace, the attitude of its workers and your boss. Listen for opportunities to witness to what God has done in your own life. Listen to real problems of co-workers. Offer to pray for those who are struggling. Have your Bible in a visible place to refer to for helpful verses. However, be sure that the time given to witness or to sharing God's Word does not take time from your work duties.

People are watching, so practice the presence of Christ in all of your work situations.

A Christian worker will gain credibility and influence when it is observed by all that integrity is important. Follow the rules and refrain from

stretching them to meet your personal needs.

Show concern for others in a genuine way, without expecting anything in return. People are watching, so practice the presence of Christ in all of your work situations. Let your everyday routine tell others you are a Christian.

Invite co-workers to activities at the corps or to opportunities that will encourage their faith. Practice the fruit of the Spirit in your work duties and in this way you will be outspoken in your love for God.

Program Suggestions

Speakers

- Invite someone in to speak about how to witness in the workplace.
- Invite a speaker to share how to lead others to Christ.
- Ask someone to share their personal testimony of how they were led to the Lord.

Witness Cards

- Hand out four 3 x 5 index cards.
- Ask the women to write one name on each card of someone they see every day: the mail man, a store clerk, the baby-sitter. (This should not be just family members.)
- Begin praying for these individuals.
- Ask the Lord to reveal ways to talk to them about Him.
- Record prayer requests for that person.
- Record opportunities experienced.
- Be prepared to share your experiences in a future meeting.



Outspoken Love

Read 2 Kings 5:1-14



The story of how Naaman was cured of leprosy revolves around a captive maid from Israel. All we know of her is what we find tucked away in 2 Kings 5:2,3. Her only recorded words involved telling what she believed to her boss; yet we can surmise a few things about her from these verses. She was a believer in God.

In Israel she had probably been brought up in a godly Hebrew home, she was familiar with the prophet Elisha and knew the true God.

She was a slave. A young girl who was taken captive would be considered a spoil of war. She would have experienced fear, doubt, anxiety, and sorrow by the time she came to Naaman's house, where she was given to his wife to be her slave. She must have served in a humble and significant way, as she had the respect of Naaman's wife who listened to her.

She became a witness in her workplace. When it became apparent that Naaman had leprosy, this young girl offered help and hope. She told her mistress *If only my master would see the prophet who is in Samaria! He would cure him of his leprosy* (2 Kings 5:3). Naaman's wife believed what her maid told her, and shared it with her

husband. Naaman used this young slave's testimony to appeal to the king of Aram and requested that he be allowed to visit the prophet.

When Naaman went to Elisha, he was given instructions to immerse himself seven times in the River Jordan. At first he refused, feeling that it was beneath him, but his servant persuaded him to do as Elisha had said. Besides experiencing healing from the leprosy, Naaman became a believer in the true God. The witness of the little slave girl, the message from another servant, the obedience of all involved and the mighty power of God makes this a remarkable story. Naaman not only went home with a clean body, but a cleansed heart.

While this story of a servant girl speaks of faithfulness to God, it also sets an example of one who was outspoken for the Lord. The girl's love for God and for the household of Naaman caused her to speak up. She didn't let her situation, circumstances or fear keep her silent.

In the same way, we are challenged to be a witness where we are, showing concern when a co-worker is sick; being sensitive to the cares of others and showing integrity in your work ethics will open many doors for witnessing about God's love and work your life.

Resources

- *Four Spiritual Laws*-www.campus-crusade.com/four_laws_online.htm
- Book: *5 Steps, Sharing Your Faith*, Bill Bright, also study guide. Order from www.nlpdirect.com
- www.gospelcom.net. Article, search on *Who Witnesses at Work?*
- JesusJournal.com Christian Witness
- *Heart for the Harvest*, a seminar on lifestyle evangelism available from Corps Ministries Department, THQ

Women's Sunday

Journey to the Heart of God

Arvilla Hostetler, U.S.A.

Meeting Outline

Call to Worship

Leader: Jesus said, *I am the Way*

Response: Lead us, Lord.

Leader: Jesus said, *I am the Truth*

Response: Instruct us, Lord.

Leader: Jesus said, *I am the Life*

Response: Fill us, Lord.

Chorus #101, *Spirit of God, O Hear Us Pray* (SASB)

Opening Prayer

The Journey Begins

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. Psalm 32:8

A Time of Praise

Life Is a Song Chorus #215 (SASB)

There's Joy in Following Chorus #206 (SASB)

Scripture - Luke 24:13-35

The Journey

You will know the truth, and the truth will set you free. John 8:32

How Wonderful it Is to Walk With God Song 583/519 (SASB)

Choral Reading - The Road Home



The Journey's End

Whoever believes in Him shall not perish but have eternal life. John 3:16

Special Music *The Road to Zion* (words and music by Mike Hudson, published by The Group Songbook, 1982 by Straight Way Music, Adm. by Gaither Copyright Management)

Message

Journey to the Heart of God

Closing Song *Near to the Heart of God* Song 973 (SASB)

United Benediction

Almighty God, thank You for showing us the Way. Thank You for the Truth that has been proclaimed and thank You for life eternal. Thank You for generously pouring out Your Holy Spirit on our lives. You are the God who gives the Spirit without limit. By Your grace and Your power, we will follow You on our journey home. Amen.

Holiness Meeting Message
**Journey to the Heart of
God**

Scripture: Luke 24:13-35

It's been one of those days. In fact, it's been one of those weeks! Nothing has gone as planned. It seems as if you've gone from one crisis to another. To top it all off, you're coming down with something. Sound familiar? We've all been there. And that's probably the frame of mind that the two men were in as they traveled to Emmaus.

Imagine all that they had seen, heard and experienced. They were on sensory overload! The week that had begun with such promise was now just a distant memory amid the grief that now engulfed their hearts. Then Jesus drew near and walked with them, and they didn't even recognize Him. Again, we can identify with them. We've been where they were. We've traveled along feeling alone and abandoned, when in fact we were neither alone nor abandoned.

Our theme today is about our journey through life and how it should be traveled. This is important for us to understand for our final destination is an awesome one - the heart of God. We don't want to get lost or take any misguided detours. So let's look at the two men who were traveling on the Emmaus Road to see what God wants us to learn through their experience.

Consider where they had been

They were coming from Jerusalem. In all probability they had experienced Jesus' final week and may have heard something about His resurrection from fellow disciples. That's a lot to take in and understand. They decide to return home. With that decision their journey to the heart of God began.

Luke tells us that on the same day that the tomb where Jesus had been laid was discovered to be empty, these two individuals headed for Emmaus. They had begun their 7½ mile journey west in mid-afternoon. As they walked along, I can imagine them talking to each other and trying to make sense out of the events that they had just experienced. While they were walking, Jesus drew near and began walking with them, but they did not realize who He was.



But Jesus knew them. He began to help them sort out their confusion by questioning them and helping them to think through recent events. With the simple question, *What are you discussing together as you walk along?* (Luke 24:17). He begins to bring things into focus. We can relate to this. When we find ourselves feeling confused and upset, Jesus draws near and begins to bring clarity into our thinking and helps us to make sense of our experiences.

These followers of Jesus had been so full of hope when they had gone to Jerusalem for the Passover. *We had hoped that He was the one who was going to redeem Israel* (Luke 24: 21). Instead, they witnessed a mock trial, a cruel scourging and a shameful death. Their hopes had been dashed. Then Jesus drew near.

We begin our Christian journey full of hope, but often that hope is dashed on the rocks of disappointment. We stumble, in the despair of sorrow when we lose someone precious to us, and hope seems almost gone when we suffer the slings and arrows that Satan throws our way. Then Jesus draws near.

Consider where they are

They are retreating. Going back to the familiar. They still love Jesus. They still believed in Him as a great prophet. He was still the theme of their conversation. But they were talking about what had happened (Luke 24:14), not what was to be. They lacked true understanding of Jesus and His mission. The result of that misunderstanding was retreat.

Is that not our own experience in a nutshell? Our faith becomes weak because we fail to understand the purpose Jesus has for our lives. We assume that we have failed if things don't turn out as we plan and then blame God for the failure. The truth is that God has a plan and a path for us to follow. Jesus

knew what His mission was. He knew that He was to suffer the shame and indignities of the mock trial and scourging so that He could die and then rise again. No failure here. But in the eyes of those two on the road to Emmaus, it was failure. Imagine though, if they had stayed in Jerusalem with the other disciples, what would have been their experience? Nonetheless, God did not abandon them to their own despair.



God lovingly plans a journey for us that is rich in experience and abundant in blessing, but too often we are blinded by our own stubborn desire to have things our own way. Where then do we find ourselves?

Retreating to the familiar, rather than trusting God to lead us on the unknown path that lies ahead.

Consider where they are going

They were going the wrong direction when Jesus found them on the road. He listened to all they had to say and then He began to clear up their misunderstandings and confusions.

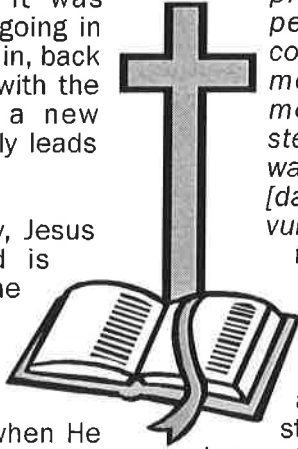
Then He said to them, How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter His glory? And beginning with Moses and all the prophets, He explained to them what was said in all the Scriptures concerning Himself. Luke 24:25-27

As Jesus walked and talked with them, their hearts began to *burn within them* Luke 24:32. The clouds of doubt and despair were slow to lift. Not until Jesus broke bread and gave thanks for it did they fully realize who He was. When recognition came, it was enough to get them going in the right direction again, back to Jerusalem to join with the disciples to begin a new journey that ultimately leads to the heart of God.

While on this journey, Jesus walks with us and is always near. That's the promise of the risen Lord, *I am with you always, to the end of the age* Matt. 28:20. Yet there are times when He draws near and our hearts begin to burn within us as we become conscious of His presence. Very

often this happens at our point of great need.

Dinsdale Young has written: *Will Jesus talk to us 'in the way?' ... Assuredly so! In the common ways of life He joins us ... He floods prosaic streets with His peerless glory. His companionship destroys the monotony of the most monotonous way, and the steepness of the most uphill way, and the peril of the most [dangerous] way. He causes a vulgar road to be crowded with the angels of God.*



What a journey is ours! We have a guide who clearly marks our path. We have a friend who walks each step of the way with us. We have a Savior who paid the fare for this journey, and we have a God who desires that we enjoy eternal fellowship with Him.

Additional Songs

Salvation Army Song Book
Lead On, O King Eternal #977
Walk in the Light #465
Life Is a Journey #351
The Way of the Cross Leads Home #972

When We Walk With the Lord #397
 Hallelujah Choruses
He Is Able
Great Is the Lord



Choral Reading

The Road Home

- All Return to the Lord your God, for He is gracious and compassionate, slow to anger and abounding in love (Joel 2:13).
- Solo The first step on the road home is a word.
- All If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).
- Solo The word is spoken and we find newness of life.

- Voices 1 & 2 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! (2 Cor. 5:17).
- Voices 3 & 4 I will live with them and walk among them, and I will be their God, and they shall be My people. (2 Cor: 6:16).
- Solo The Holy Spirit leads the way.
- All I will instruct you and teach you in the way you should go; I will counsel you and watch over you (Psalm 32:8).
- Solo The Holy Spirit shows us the way.
- All He will teach us His ways, so that we may walk in His paths (Micah 4:2).
- Voices 3 & 4 Teach me to do Your will, for You are my God; may Your good Spirit lead me on level ground, (Psalm 143:10).
- Solo The journey on the road home does not come without cost.
- Voices 1 & 2 Whatever you do, work at it with all your heart, as working for the Lord, not for men (Col: 3:23).
- All Whatever your hand finds to do, do it with your might (Eccles. 9:10).
- Voices 1 & 2 Whatever you do, do it all for the glory of God (1 Cor. 10:31).
- Solo The road home leads us through difficult places.
- Voices 3 & 4 He will not let your foot slip. He who watches over you will not slumber (Psalm 121:3).
- All God is our refuge and strength, an ever-present help in trouble (Psalm 46:1).
- Trio Your Father knows what you need before you ask Him. (Matt: 6:8).
- Voices 1 & 2 In this world you will have trouble. But take heart! I have overcome the world (John 16:33).
- Solo The road home leads through quiet pastures.
- All The Lord replied, *My Presence will go with you, and I will give you rest.* (Exod. 33:14).
- Voices 3 & 4 And my God will meet all your need according to His glorious riches in Christ Jesus (Phil. 4:19).
- Solo The journey on the road home teaches confidence and brings assurance.



If anyone is in Christ he is a new creation

- Voices 3 & 4 For the Lord God is a sun and shield, the Lord bestows favor and honor; no good thing does He withhold from those whose walk is blameless (Psalm 84:11).
- All For God has not given us a spirit of timidity, but a spirit of power, of love and of self-discipline (2 Tim. 1:7).
- Voices 1& 2 He who fears the Lord has a secure fortress, and for His children it will be a refuge (Proverbs 14:26).
- Solo The journey's end brings us home into the very presence of our God.
- All You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand (Psalm 16:11).

Sunday Evening Outline

Call to Worship

Jesus answered, 'I am the way, the truth, and the life. No one comes to the Father except through Me' (John 14:6).

He Leadeth Me Song 725/21 (SASB)

A Season of Prayer

The Way

Without the Way there is no going.

I. Directions

A Time of Praise and Testimony

Travel Along in the Sunshine Chorus #26 (SASB)

All Through the Years Chorus #147 (SASB)

On the Road to Happiness Chorus #195 (SASB)

The Truth

Without the Truth there is no knowing.

Home League Local Officers Recognition

Pathway of Duty Song 462/448 (SASB)

II Knowledge

The Life

Without the Life there, is no growing.

Mime or Special Music, *Follow Me* by Chonda Pierce from her tape/ CD, *Follow Me*

III. Experience

O For a Closer Walk With God Song 442/126 (SASB)

United Benediction Song 957 (SASB)

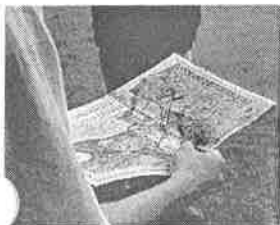
Lord of all glory and of grace;
Lord of all nations, worlds and space,
Lord God o'er all eternity,
Reign Thou - O reign Thou over me.

Sunday Evening Message

I. Directions

I will instruct you and teach you in the way you should go; I will counsel you and watch over you (Psalm 32:8).

Have you ever been lost? Do you remember the sense of relief when someone came to your rescue and either gave you directions or showed you the way? It's such a comfort to know how to get to your destination.



God has given us a map - His Word, that clearly marks the road that He wants us to travel. It's a road that leads us directly

home to Him, filled with adventure that takes us through sunshine and shadow; whose path is sometimes rough and sometimes smooth. It's a road that climbs mountains and descends into valleys. If we don't follow our map carefully, we could get lost. But what a comfort to know that we don't have to go in our own strength. We can go in the strength of the Lord.

Song #734 in the Salvation Army Song Book says:

*I'll go in the strength of the Lord,
In paths He has marked for my feet;
I'll follow the light of His Word,
Nor shrink from the dangers I meet,*

His presence my steps shall attend,

His fullness my wants shall supply;

*On Him, till my journey shall end,
My unwavering faith shall rely.*

The path has been marked for our feet. We need only follow His directions.

II. Knowledge

Then you will know the truth, and the truth will set you free (John 8:32).

In the world of business, it's not what you know but who you know. The same is true in the life of the believer. Jesus is the Truth. So that if we know Jesus, we know the Truth and He brings knowledge that sets us free from sin. We know that sin's debt has been paid and we can live a life blameless in the sight of God. Truth gives us knowledge that brings to us fellowship with the Divine. This knowledge sets us free from the bondage of sin's power. No longer do we need to be enslaved to behaviors that bring us despair and destruction. Jesus has broken sin's hold over us. He leads us in the paths of righteousness.

Jesus brings to us knowledge that satisfies our hunger and thirst for God. No longer are we frustrated in trying to find depth and meaning for our lives, for He deepens our understanding



of life in the Spirit. And only life in the Spirit brings true meaning and purpose in our daily living. Jesus, the Truth, is our all in all.

III. Experience

Whoever believes in Him shall not perish but have eternal life (John 3:16).

To believe in Jesus means that we believe that He is God - God the Son, the second person in the Trinity, and is therefore worthy of our obedience. Knowing that, we can trust what Jesus says.



What does it mean to have eternal life? We know that God is eternal and that being eternal is a part of who He is. But what does it mean to us to possess eternal life? First, we know that when the body dies the spirit lives in the eternal presence of God. But eternal life means more than that. It is not something that we will possess one day. We possess it now. The first day of eternity for us begins with our new birth.

Second, eternal life affects every relationship we have and it envelopes every relationship with peace, peace with God, peace with

our neighbors, friends and peace with ourselves.

To possess eternal life means that we have peace with God in that we feel at ease in His presence. We have been forgiven, and through this forgiveness we have a loving relationship with our Heavenly Father and an earnest desire to please Him. It means that we have peace with our friends and neighbors. It helps us to see individuals as God sees them. If we have been forgiven, we must be forgiving.

Whoever believes in Him shall not perish but have eternal life

To possess eternal life means that we now have peace with ourselves. We know our weaknesses. We know the tasks that lie before us and the demands of life. We now have the assurance that we don't have to face any of this alone. God is with us and in us. We sing *It is no longer I who liveth, but Christ that liveth in me* (chorus 177 Salvation Army Song Book.) He gives the grace, strength and endurance to live the life given us and to walk the path set before us.

To believe in Jesus means that we will not perish but will have a whole and lasting life. We have this assurance because Jesus told us so. John 3:16 states, *Whoever believes in Him shall not perish but have eternal life*. We have the assurance of a life full of wonder here and now and yet a glorious hope that the best is yet to come.

Women's Sunday

He who walks in a perfect way
He shall serve me
Psalm 101:6 (NKJV)

Women's Ministries Local Officers Recognition Service



Each of us has in her closet shoes of varying shapes and sizes for a variety of uses. We might have sandals for the hot days of summer, sneakers for sports, dress shoes for special occasions, work shoes and slippers for relaxing at home. This variety of shoes helps us to be comfortable in our daily tasks and routine.

Shod for Service

Purchase small shoe ornaments to present as thank you gifts to the local officers. For each woman in attendance make a bookmark decorated with shoes or feet and printed with the Scripture verse, *He who walks in a perfect way, He shall serve Me* (Ps. 101:6 NKJV).



Have you ever gone hiking? If you have, you'll know how important it is to have the right footwear. Without it walking can be difficult, blisters can form and it can be pure agony. But the right footwear makes walking and climbing much easier, more comfortable and enjoyable.

It is important to have the right shoes for the right task. You would never think of wearing heels on the beach or cleats with a wedding dress. It is important to be properly shod.

Call the leaders to the platform.

The women you see before you allow our women's ministries groups to be properly shod for the tasks that we encounter from week to week. Whether it is the work shoes for our service projects, the sneakers for our fellowship programs, the hiking boots for our education programs or the dress shoes for our times of worship, our Women's Ministries are properly shod, thanks to the faithful service of our leaders.

Introduce women individually, mentioning their position and what their responsibilities are for the Women's Ministries. As each woman is mentioned, present her with a thank you gift.



Gift Suggestion Bookmark Sample

You can use either card stock or a lighter weight paper and then laminate it. A tassel could be added at the bottom of the bookmark.

Angel Parties

Stephen & Sheryl Jarvis, New Zealand, Fiji & Tonga



An alternative to Halloween

Almost everyone is familiar with Halloween, that annual event on the calendar when people go to parties dressed up as ghosts and ghouls and children knock on neighbours' doors asking for *treats* and threatening with mischievous *tricks* if they don't get them, all in innocent fun. Or is it?

Halloween is celebrated on 31 October, Halloween which is linked to All Saints' Day and All Souls' Day. In reality, this western festival is rooted in paganism.

Halloween festivities have definitely taken on a more negative character in some parts of the world, especially with regard to *trick or treating*, and concerned Christians have been looking for alternative, creative forms of celebration to draw the youth of their community away from unhealthy, even destructive Halloween practices.

The following program comes from New Zealand. Three hundred people from the community attended the second one in 2002. Feedback on a chat program of a local radio station the following day reflected the great appreciation for the event.



How the party came about

Corps leaders offered the children of the community a positive alternative to Halloween.

It was geared to 5-12 year olds, but anyone outside of that age range was still welcome.



Preparation

The party was advertised on a large billboard in the community park and the local newspaper. Leaflets were also sent to all schools and Thrift stores.

Everyone was encouraged to dress as angels.



Two men dressed as *warrior angels* and posed as bouncers at the door. This helped to send a message to the boys that it was cool to be an angel. The hall was decorated with hired props which set the scene with special lighting effects.

Program

- The first half hour was taken up with games, face painting and craft work. All games were based on an angel theme; throw the halo, pass the heavenly parcel. Children

were free to move from one game to another, have an angel painted on their faces or do an angel craft.

- This was followed by a light-hearted drama presentation about an angel who is assigned to help a boy called Nick stay out of trouble. Part of this presentation included a dance routine to a popular version of the song *Angels watching over me*.
- The final period was devoted to an angel disco and refreshments. The young people danced to many of their

favourite songs. All the lyrics were checked to make sure that they contained reasonably positive messages. The snacks included items of food that were white or light in appearance.



At the end of the evening, each person was given a chocolate angel and a card with a Scripture verse to take home, as well as a printed copy of the corps programme.

Angel Watching Over Me

A script by Captains Stephen and Sheryl Jarvis.

Cast - (Girls can be cast instead of boys if preferred)

God	Angel 1
Nick (schoolboy)	Angel 2
Bully 1	Bully 2
Bully 3	Nick's mother
Mr Fisher (Fish Face) - schoolteacher	



Important point to remember, at no point of the sketch is Angel 1 supposed to be visible to any of the other players. They should try and avoid looking directly at him.

For the uninitiated, the *hi-five* greeting is when two people slap each other's right palm.



Scene 1

Angel 1 is onstage asleep in a bed of clouds, alarm clock next to him. Soft music should be playing in the background. Angel wakes up, gets dressed, puts his wings on, looks in the mirror and brushes his teeth. Gives himself a big smile. After a few seconds, his mobile phone rings. Music fades.

Angel 1: Oh, that'll be the Boss. *Answers phone.* Hello, God. What can I do for you?

God: I've got a great job for you today. I need you to keep an eye on Nick.

Angel 1: Sure! But why Nick? Is he OK?

God: He's OK but he's going through a bit of a rough patch, peer pressure, you know. It's not easy to make the right decisions sometimes. He just needs a bit of help today.

Angel 1: No problem, I'm on my way. I love my job! *Rushes out excitedly and gives another angel a 'hi-five' greeting as he passes him.*

Angel 1: How was the night shift?

Angel 2: Not bad, thanks. Can't wait to get to bed though. *Angels exit at opposite ends of the stage.*



Scene 2

School bell rings and Nick, dressed in school uniform, runs onstage looking at his watch. He sounds panic-stricken.

Nick: Oh no! Late again, old Fish Face is going to kill me!

Two bullies appear from backstage behind Nick, pointing at him and feigning laughter. Nick turns around, spots them and turns to face audience again.

Nick: Oh no! Not these guys again. Please God, I need some help!

Everyone freezes. Background music plays while Angel 1 enters and takes up a position behind Nick. When music has faded bullies jump forward and Bully 1 shoves Nick roughly.

Bully 1: What's for lunch today, Nick?

Bully 2: Yeah! *Grabs Nick's lunch bag from him. Bully 3 snatches an opaque plastic bottle from the bag.*



Bully 3: Hope this is Coke, Nick, or I'll do what I did last time. *Takes a sip from the bottle. Ugh! Orange juice! I hate orange juice! Steps towards Nick as though to tip the drink over his head. Angel 1 intercepts Bully 3, removes bottle from his grasp and tips contents over him. Bully 3 looks suitably shocked.*

Angel 1 *to audience, grinning:* I love my job!

Other bullies take threatening steps towards Nick. Angel 1 puckers lips and, with exaggerated movement, blows at them. Bullies stagger backwards accordingly.

Bully 1 *terrified:* What was that?

Bully 2: Yeah?

Bully 3: I'm getting out of here!

Bullies run offstage. Nick looks around and up in amazement, for a few seconds. Then he looks at his watch in alarm and runs offstage.



Scene 3

Angel 1's mobile phone rings.

Angel 1: Hello there, God! What can I do for you?

God: Good work there! You gave those bullies something to think about! Don't forget the math test this afternoon. Nick's got a calculator in his pocket.

Angel 1: Don't worry. I'll take care of it. See you later.

Scene 4

Classroom scene with Nick and at least two other children sitting at desks or small tables side-on to the audience. Each pupil has a school bag. Nick has his at the side of his desk facing the audience. Teacher stands facing the children, arms folded, and looking around as if watching a room full of students about to write an exam.

Mr Fisher *In a loud voice and looking fierce:* Right! Are we all ready? You've got 30 minutes - and not a second more! And, remember, no cheating and no calculators! I'll be watching! *Nick takes his calculator from his pocket, looks at it, shakes his head sadly and slides it into the school bag at his side.*

Nick: *looking upwards at the ceiling:* Oh my! Am I going to need your help now!

Mr Fisher *to class:* You can start!



Children start writing furiously, but after a few seconds Nick looks worried. He scratches his head, looks around the classroom distractedly, chews his pencil and shifts about on his chair uneasily. Angel 1 enters from behind him and stands behind his chair. After a

few seconds of Nick's fussing, Mr Fisher turns his back on the class as if to study something on a wall and Nick reaches down for his calculator without taking his eyes off Mr Fisher. While he is groping around with his hand, Angel 1 leans forward and neatly yanks the school bag out of his reach. Nick nearly falls off his chair. Angel deposits school bag about three metres away from Nick's chair, behind him.

Voice of God: Think about it, Nick. This isn't worth cheating over. Just concentrate - and do your best!

Mr Fisher turns around again and Nick bows his head and begins to write as though having sudden inspiration.

The bell rings and the students hand in their papers, retrieve their bags and exit. Nick hands his paper in, walks over to his chair to get his bag before spotting it a few metres away. He looks from the chair to the school bag a few times, scratches his head in puzzlement and exits backwards, shaking his head and still looking at the spot where he found it.

Scene 5

Nick's Mother: Hi, Nick. How was your day?

Nick: I've had a strange day. Do you believe in angels, Mum?

Nick's Mother: I do, Nick. The Bible shows us that God often uses angels to protect and strengthen people. That doesn't mean that life will always be a bed of roses, but when we call on him in our distress, he hears us.



Scene 6

Angel 1 saunters onstage, hands behind his back, chuckling as if amused about the day's happenings. His mobile phone rings.

Angel 1: Hello there, God. How're you doing?

God: You did a great job there. Nick learned some valuable lessons about trusting me.

Angel 1: Thanks, God. I love my job.

Baby Shower by Mail



Surprise a mom-to-be who lives far away with a box of wonderful gifts, beautifully wrapped.

One of life's happiest occasions is a baby shower, a gathering of dear friends and family members to bestow blankets, booties, toys, sweaters and tiny sweaters on an expectant mother so she'll be prepared when her little one arrives. But what if she doesn't live nearby? You can still help her celebrate by instilling the spirit of a shower into a thoughtful care package.

The idea is even more delightful when there's a theme. On this page you'll find one suggestion, plus ideas for gifts and packaging. If you like, invite other would-be shower guests to participate. With all the supplies on hand - colourful tissue paper, gift tags and so on - have a wrapping party Pack everything in a sturdy cardboard carton (we used a 14 by 14 by 4½ inch box for all three), and include a note explaining the premise. Then ship it off with lots of love.

When the box arrives (it's best if it's a surprise), the mom-to-be can open each present and savour the affection with which the collection was assembled.

Tip: Pack the box as snugly as possible, soft gifts next to breakable ones; this will pad the contents and keep them from moving during shipping.

Cheerful Colour Box

Any expectant mom will enjoy this package almost as much for the colours - exuberant yellows, oranges, magentas, and pinks - as for the gifts themselves. Hot pink and yellow tissue lines the carton and wraps something luxurious for baby - a coloured sweater trimmed in blue.



Baby will feel pampered in hot pink and soft yellow pyjamas, perfect for a cosy night's sleep. And mom will feel comforted by the yellow and green covered book of *Wisdom for Moms*. We also included a pacifier in a pretty pink case. A soft cuddle yellow dog and a warm pink dress and precious moments boots for later on. We found a precious moments picture frame for the month of baby's birthday. A mixed colour soft bracelet is for mom to put on her arm to catch baby's attention.



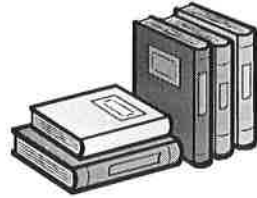
Stationery is wrapped in floral tissue; it can be used for thank-you notes. A rose-scented candle is presented inside its pink box. We included a few felt items just for fun, a lion finger puppet, darling baby shoes, and for Mom, a bracelet with felt flowers (since it's soft, she won't have to remove it when holding the baby). We found candy bars with wrappers that happen to match the colour scheme, and followed through with it in the ribbons, the tag, and other decorations that adorn the gifts.

More Box Themes

- Baby's First Bath: hooded towels, washcloths, baby soap, lotion, rubber duck.
- Decorate the Nursery: artwork in frames, a crib mobile, and pretty quilt for hanging.
- Pampering Mom: a robe, bubble bath, facial mask, body lotion, scented candle, loofah, and a nursing shirt.
- Baby Keepsakes: a scrapbook, disposable camera, picture frames, a blank journal, and a handprint kit.
- Baby's First Outing: canvass tote bag, baby sweater or jacket, blanket, changing pad, diapers, travel-size baby wipes, and other supplies.



From the Best Selling List



Spiritual Growth

The following books can be used in a Bible study or in a book club setting.

Spiritual Formation, James Bryan Smith and Lynda Graybeal

Listening for the Soul, Jean Stairs

The Search for Significance, Robert S. McGee

A Fragile Stone, Michael Card

Connecting (Mentoring), Paul D. Stanley and J. Robert Slinton

Called and Accountable, Henry T. Blackaby and Kerry L. Skinner

Jesus Life Coach, Laurie Beth Jones

Into the Depths of God, Calvin Miller

Soul Keeping, Howard Baker

Believing God, Beth Moore.

Falling In Love With Jesus - Dee Brestin & Kathy Troccoli.

Forever in Love with Jesus Bible Study Workbook, Dee Brestin & Kathy Troccoli

Lord I Want to Know You, Kay Arthur

God's Promises for Women, Jack Countryman

What's So Spiritual About Your Gifts?, Henry & Mel Blackaby

Holiness, Henry Blackaby

Prayers of a Godly Woman, Jim Gallery

Becoming a Woman Who Listens to God, Sharon Jaynes

When Women Walk Alone: Finding Strength and Hope through Seasons of Life, Cindi McMenamini.

Different Kind of Strength: Rediscovering the Power of Being a Woman, Beverly LaHaye and Janice Crouse.

Fresh-Brewed Life, Nicole Johnson

Girls Gotta Have Fun, Sue Buchanan.

Gentle Ways Of the Beautiful Woman, Anne Ortlund.

Six Stress Points in a Woman's Life, Kevin Leman

A Wife after God's Own Heart, Elizabeth George

The Heartache No One Sees, Sheila Walsh

The Power of a Praying Wife, Stormie Omartian

I Grew Up Little, Patsy Clairmont

Lies Women Believe, Nancy Leigh De Moss

The Power of A Praying Parent, Stormie Omartian

Books by Cynthia Heald

A Woman of Prayer

Becoming a Woman of Grace.

Becoming A Woman of Faith

Becoming A Woman of Freedom

Becoming A Woman of Purpose

Becoming A Woman Who Loves: A Bible Study



Parenting

You Have What it Takes: What Every Father Needs to Hear, John Eldredge

Shepherding a Child's Heart, Tedd Tripp

Homes of Honour, Dr Gary Smalley

Parenting Workshop video series with sessions covering:

- Discovering Your Parenting Style
- Discovering Your Child's Personality Type
- Overcoming the major Destroyer of Families - A Closed Spirit
- Providing Loving Support
- Contracts - Setting Limits In A Loving Way
- Developing A Close-Knit Family
- Powerful Ways to Motivate Your Children
- Salting The Conversation

Relationships

Getting Through the Tough Stuff, Charles Swindoll

Bringing Up Boys, Dr James Dobson

Every Heart Restored: A Wife's Guide to Healing in the Wake of a Husband's Sexual Sin, Fred and Brenda Stoeker.

In Every Pew Sits a Broken Heart, Ruth Graham and Stacy Mattingly



The Truth About Same-Sex Marriage: 6 Things You Need to Know About What's Really at Stake, Erwin W Lutzer

Total Forgiveness, R.T. Kendall

Honey, I don't have a Headache Tonight, Sheila Wray Gregoire

Resources

Responding to Domestic Violence:
A Resource for Church Leaders

Available through Faith Alive Christian Resources,

www.FaithAliveResources.org

Healing Waters, Churches Working to End Violence Against Women available through Women's Interchurch Council (see book review page I-4)

Fiction



And the Shofar Blew, Francine Rivers

Redeeming Love, Francine Rivers

Every Storm, Lori Wick

Videos

A Vow to Cherish

When John's wife, Ellen, received a devastating medical diagnosis, the question was could this family weather the storm?



Music CD's

Hymns of Faith ... Songs of Inspiration, Sandi Patty
Combination of traditional and contemporary tunes.

Piano Prophet, Ben Tankard
Instrumental contemporary gospel with some elements of rhythm, blues and jazz mixed in.

The Call, Damaris Carbaugh
Praise and worship style.

A Tribute to Howard and Vestal Goodman
Traditional gospel music.

The Unchanging Story, Ray Boltz
Contemporary praise and worship.

Fight the Tide, Sanctus Real
Christian rock.

Rachel Lampa, Rachel Lampa
Blend of pop, rock, R&B, and funk.

Healing Waters

Churches Working to End Violence Against Women.

As Christians we are part of God's healing river that is bringing love and justice to our world. We want to end the reality of women being abused by their partners. We want women and children to live without fear of being sexually assaulted. We want to create a society where women can live in peace and security.

Healing Waters explores the pervasive violence that is part of the context of women's lives. It provides theological background and reflection, as well as practical tools for dealing with a woman's experience of abuse. We believe it will be helpful in churches' work of compassion, in worship, pastoral counselling, support groups, legislative action, and sanctuary. It contains both study materials and ideas for action.

Healing Waters is a practical guide to education and action. Its contents include:

- An historical overview of violence against women and the role of the church.
- Practical advice for recognizing and responding to a woman who has been abused.
- Helpful handouts on abuse, myths, shelters and needs of specific groups of women.
- Information on creating safe spaces in the church.
- Biblical and theological background, sermon guides and other practical resources for planning worship.
- Workshop outlines and Bible studies to use in your congregation.
- Community action ideas.

May possibly be borrowed from your DDWM.

Available from Women's Inter-Church Council of Canada, 47 Queens Park Crescent East, Toronto, ON M5S 2C3. \$25 per copy.



Daughters of Islam

Building bridges with Muslim Women

Miriam Adeney

We are surrounded by facts and figures that tell us of how multi-cultural Canada has become in recent years. And we have only to look around to verify the accuracy of those statements.

In our heart of hearts we know we should reach out to the women whose lives touch ours at work, in the shopping mall, on the subway. But how?

We may discover that it is easier than we think if only we will take the time to educate ourselves about women from other cultures. May I recommend an excellent book entitled *Daughters of Islam - Building Bridges with Muslim Women* by Miriam Adeney which is hot off the press? She introduces readers to women such as Ladan, Khadija and Fatma. We learn about their lives, questions and hopes and how to relate to Muslim women in our own neighbourhood and workplace.

Inter Varsity Press ISBN 0-8308-2345-X

The Giving Ministry is a Growing Ministry!

Money Raising Ideas

Purse Auction

Ontario South West Camp



A smash hit with the ladies. Each corps was asked to bring a purse (preferably new) filled with items such as toiletries, perfumes, makeup, jewellery, trinkets etc.

No one knew what was in the purse other than the corps that brought it and the auctioneer. These purses were then auctioned off. Some purses went for \$40.00 and \$45.00 and one even sold for \$75.00 – It was so much fun for all of us.

Silent Auction: This is an interesting variant of the auction idea that might appeal particularly to women. Members donate articles for sale. Instead of bidding aloud, they place their names and bids on a piece of paper and put it underneath the item they are bidding on. The article goes to the highest written bid. *These articles can be visible, such as fresh cakes, cookies, salads, towels, aprons, etc., or they can be wrapped.*



Do Something About the Weather



Do something about the weather for a change - follow these simple directions:

- Peek at a thermometer - in or out of your house or apartment. If none is at hand, refer to the newspaper, radio or TV for present temperature reading.
- Then, a nickel or dime for each degree above zero, PAY UP! Put in a little brown envelope attached.
- Hum a happy little tune as you drop in the coins, remember - your gift will bring happiness to someone in need in the mission field.
- Where ever you are, we hope it is real, real hot! Hot enough to send the temperature soaring - and our Self Denial Fund. Add your own name.

We can't change the weather, but we can change the outcome of the Self Denial by *doing something about the weather!*

Thank you, and God bless you!

NAME:

GROUP:

Name of Corps Group

Tea with Lemons: With yellow invitations in the shape of lemons, invite your members to 'A Tea with Lemons'; - ask them to bring for sale at the tea any lemons (articles they own which are still in good condition, but which they no longer want).

Follow this up with yellow decorations for your meeting, refreshments, of course, tea with lemon, lemon wafers or cake, lemon drops and so on.

Display the sale articles for all to see before the tea, and ask members to write their bids on small folded pieces of paper which are slipped under the article.

After refreshments (have someone tally the bids), the article goes to the highest bidder. What may have been a lemon in some home, has become lemon-aid to your women's ministries' treasury.

Tithing

Don't overlook the importance of teaching your Women's Group to tithe. Perhaps during Lent each would practice self denial and place 10% of their house-keeping money, using less expensive dishes of food to stretch the dollar. You would be amazed at what this kind of self denial would do for your treasury.



Parcel Post Sale: Articles are sent to your Corps - each article to sell for one dollar. Packages should be marked for man, woman, boy or girl. Write to friends asking them to send you a dollar gift for the money-raising project. A clever rhyme, printed on a plain post card, can be hastily addressed to friends and sent out by the hundreds.



You may use a grab bag idea, with all the women's gifts in one bag, etc, or display them all on counters for selections. The postmarks are intriguing, especially if the group has friends around the world. The parcel post sale is a good money-making scheme. *One women's group made over \$40.00 in less than 20 minutes.*

Station Wagon Sale: A corps parking lot makes a good place for this sale. Bring in second-hand items to be sold - ask friends, club members, etc., for donations for the sale. Clear profit. Have items in back of station wagon and sell from station wagon.

Mile of Pennies: Ask for donations of pennies to make a mile and keep announcing how much of the mile has been gained and how much remains to go.

Fourteen pennies placed side by side cover a foot, and there are 5,280' to a mile. When the goal has been reached, you have \$739.20. A glass jar with a slit in the top can be passed at meetings for members to donate their pennies.



Really Living - Drama

Lyn Cathcart



This skit involves four women.

Norma is a worn out, depressed older woman.

Sally is an energetic sporty person, full of bounce and style.

Gloria is a younger very harassed mum, she needs to be relatively good at acting as if she is surrounded by clamouring children.

Edna is calm and serene.

The only necessary props are three chairs and a big bunch of roses, artificial or real. The scene opens with an empty stage.

Norma: *(slowly enters, she has barely enough energy to drag herself into a chair)* Gosh I feel so tired! I had almost no energy to get out of bed this morning! The captain expected me to attend the Bible study at ten but she doesn't realise how tiring it is to have grown up children that one has to worry over! I can't really concentrate on anything else these days! I am not sure why I am here. I just can't get motivated to do anything these days. Here comes Sally, she exhausts me just looking at her. How does she do it all?

Sally:



(bubbles in, may have multiple sport items, bags etc hanging over her shoulders. She is looking very obviously, fanatically busy) Gosh, life is grand! *(toss head and laugh artificially)*. Tennis, this afternoon right after croquet and before afternoon tea with the Prime Minister! I hope the others aren't late! I don't know why they called this lunch time meeting *(she takes a chair and nods a greeting to Norma)*. But I suppose I will have to head another committee, everyone else is so hopeless!

Gloria: *(carrying a baby, with two imaginary children hanging off skirt)* Peter, let go! Sophie, stop picking on your brother, I don't care what he said to you. You are older! Leave it alone! Look, stop that! You'll wake the baby. Oh why did I come? You children never give me a minute's peace! I can't wait till you all leave home and give me some peace!
(she sits also but is busy trying to placate children)

Norma: The problems become bigger when they leave home



Sally: Hello, Gloria, couldn't you get someone to look after them? They are so disruptive! Why don't you discipline them? *(She tries to remove imaginary child from her clothing, or protect her equipment from an inquisitive child.)*

Gloria: Sorry Sally, Peter, come here. Sophie put that down! I tried to get someone, but last time, it didn't go well! Peter and Sophie are going through a sensitive time at the moment I think they are jealous of the baby!

Sally: *(getting up and peering down the aisle)* Where is she? I haven't got all day! Places to go, things to do! I am very busy these days. Did I tell you I am having afternoon tea with the Prime Minister?

Norma and Gloria: Yes!

Norma: Sometimes I wish I had your energy but I feel tired just thinking about it!

Sally: Well dear, if you would just get up and go out a bit more and stop stressing over your hopeless children! Once they leave home they should no longer be any concern of yours. Live life I say!

(All sit, Gloria keeps grumbling to the children. Norma starts to cry, Sally is obviously impatient and agitated at the delay. All are totally absorbed in their own world)

Edna: *(enters slowly, stops and smells a rose)* What a lovely perfume! Norma, Sally and Gloria, how delightful to see you here. And your children, Gloria, they are so grown up! *(Everyone else acknowledges greetings etc.)* I called this gathering today because I noticed the flowers were simply delightful. I thought it would be nice if we simply stopped a minute and smelled the roses. We can spend a minute to reflect on all the beauty God has given us. It is so easy for us to be so inwardly depressed, or outwardly stressed or just too busy to appreciate God's world. So let us stop a minute and smell the roses.



Sally: *(jumps up, and grabs all her gear together)* Well I am none of those but I have too much to do to indulge in such fantasy and I am going to be late for croquet! See you all later! *(as she rushes out, we just catch her last words)* Smell the roses! I didn't even see any roses!

Norma: I wish my son would give his wife some roses. It might work, but then again it is probably too late! Oh why can't they at least pretend they are happy! *(Norma gets up and slowly leaves)* Smell the roses, I'd probably get pricked!

Gloria: There are roses here? Oh no! Where there are roses there are bees! Peter, Sophie, come here! We'll have to go! If I stop to smell the roses, someone is sure to get stung *(she rushes out)*.

Edna: *(taking a deep breath of Rose perfume)* Is it too late for some people to really live?



Archangel Gabriel

Craft Head and hands
Poster Board, 17" x 28" (44x72 cm)
2½ yds (2.3 m) white cotton gauze fabric
#16 wire, 18" (35 cm) long
Cellulose wallpaper paste
White glue
Plastic sheeting
Dish pan
Hot-glue gun and glue sticks
Rubber band
Straight pins
Scissors

Form a cone with the poster board and glue it together. The narrow opening should be about 1" (2.5 cm) and the wide opening about 9" (23 cm). Trim the cone so it will stand.

To form the angel's arms, wrap and glue the piece of wire to the outside of the cone. Attach the hands to the ends of the wire by wrapping and gluing.

Prepare the fabric stiffening paste as follows: Prepare 4 cups (946 ml) of cellulose wallpaper paste according to the package directions. Mix in 1½ cups (355 ml) of white glue. (This mixture will keep for a good while if stored in the refrigerator in a sealed container). Put the paste into a wide shallow container, such as a dish pan.

Cut about 1½ yds (1.4 m) of white gauze and cut this into three pieces – two for the sleeves and a large one for the robe. Dip these pieces into the paste and squeeze off the



excess. *Tip: It is a good idea to cover the work surface with plastic sheeting.* Drape and wrap the wet fabric to create a

flowing robe. Hide and tuck under any raw edges. Use straight pins to shape and hold the fabric while it dries. Gather and secure the fabric at the top of the cone with a rubber band. Pull enough fabric up past the rubber band so that you can tuck it inside the top of the cone and have a finished looking neckline. The rubber band can be cut off when the robe is dry. Bend the arms to the desired position. The stiffened fabric will take a few days to dry completely.

When the robe is dry, trim any strings or ravelled edges. Glue the angel's head onto the top of the cone. Make a halo out of a piece of gold cord and glue it to the head.

The wings will have to be shaped and left to dry on the plastic sheeting. Cut two pieces of white gauze about 22" x 22" (56.5 x 56.5 cm). Dip the pieces into the paste, then lay them on the plastic, side by side. Scrunch, ripple, and swirl the fabric to create billowing wings. Play with the fabric until you achieve two similarly shaped wings, then let them dry for a few days. Peel the dry wings off the plastic, trim as necessary, and hot-glue them to the back of the Angel Gabriel.

Potpourri Pretties

Add a fragrant touch to friends' homes with gifts of holiday potpourri. A bowlful of the spicy orange-scented mixture will let you fill five little boxes topped with elegant wired ribbon and golden pinecones.

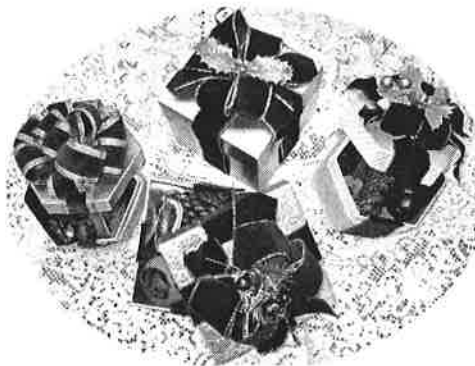
- 1 small bag (10 pack) dried orange slices
- 1 package (2.1 oz) cinnamon sticks
- 1 container (.62 oz) whole cloves
- 1 container (.12 oz) bay leaves
- 1 bottle (.33 oz) sweet orange essence oil
- 5 approx. 4 3/8" diameter Shaker boxes
- 10 yd spool 1" wide velvet wired ribbon
- Ivory, burgundy, and metallic gold acrylic paint
- 5 gold pinecone picks (2 pinecones per pick)
- Paintbrushes, paper towels and glue

Orange Potpourri

- Paint gold accents on orange slices and cinnamon sticks. Break cinnamon sticks into pieces to fit in box.
- Place orange slices, cinnamon sticks, cloves, and bay leaves in a bowl. Add several drops of essential oil and gently mix.

Potpourri Boxes

- Paint inside of box and lid burgundy. Paint outside of box and lid ivory. Dry brush box and lid gold.
- Cut a length of ribbon to fit box. Center and glue ribbon around box (down side, across bottom, up second side, with ends to inside). Repeat to glue ribbon to lid. Tie a length of ribbon into a bow, trim ends. Glue bow and 1 pinecone to lid.
- Place some potpourri and a pinecone in box. Aligning ribbon lengths, place lid on box.



Flowerpot Centrepiece

Pat Tuppenney

Materials:

- 1 clay flower pot (your choice of size)
- 1 clay flower pot base (appropriate size)
- 1 wooden bead (proportionate in size)
- 1 non-fluted rose bowl
- sponge for sponging paint
- 3 colours of craft paint (your choice)
- Paint to either *folk art* paint, OR decal /picture to decoupage/or transfer to be applied



Instructions:

1. Choose one colour for you base coat and paint the outside of the flower pot – including the bottom of it.
2. Using the same base coat, paint the “base of flower pot” – or the saucer. – When dry, paint other side.
3. Choose a bit darker colour or contrast paint colour and sponge over the first colour. Make sure you leave some traces of the other colour to give a marbled look.
4. Choose the darkest colour and apply sparingly, to add to the marbled look.
5. When completely dry, you may either create your own folk art design and paint it, or you may apply the decal/decoupage/or transfer to the flower pot – remember that the flower pot gets turned upside down as a final product, so paint(apply) your design upside down (Or turn flower pot over first)
6. Paint the wooden bead in the darkest shade.
7. When bead is dry, hot glue to the inside of the saucer (or flower pot base).
8. Turn the flower pot upside down
9. Hot glue the rose bowl to the bottom of the overturned flowerpot.
10. Suggested uses: a candy dish - with lid on top, or take the lid off and fill with potpourri and for a festive touch, place a taper candle in centre. Or fill with clear or coloured water, and float a candle.

Women's Ministries Promotion Week and Sunday 2005

DAUGHTER ARISE!

*We will tell the next generation the praiseworthy deeds of the Lord.
Psalm 78:4*

As promised, this year's Promotion Week resources are included with our resource binder, Cedar Springs. The Promotion Week section may be inserted at the front or back of the binder and photocopied for individual use if required. Posters and bulletin covers will be mailed out under separate cover in the new year.

We are grateful to the British Columbia Division, and Captain Rosa Moulton in particular for providing much of the material used, to Nancy Turley, Ontario North for the Bible Study and Major Debbie Graves, Alberta and Northern Territories Division for the Girl's Club idea and outline.

Keeping in mind that 2005 has been designated by General John Larsson as *A Year for Children and Youth*, we are reminded of our responsibility to the next generation.

The theme *Daughter Arise* or *wake up* challenges us to action. We need to *wake up* to see the many opportunities and needs that are all around us in our homes, families and communities. In the *Call to Action* section we would request that each woman commit to a new area of personal ministry and service for at least six months – a year. At the end of that period arrange a time for the women to share their experiences, blessings and the lessons they may have learned. Hopefully it will be just the beginning of wonderful ways the Lord is waiting to use each one.

Arise! Open your eyes and look at the fields! They are ripe for harvest.

The possibilities are endless!

God bless.

Margaret Hiscock

Lt. Colonel

Territorial Coordinator for Women's Ministries

Daughter Arise

Seven Day Scripture Reflection and Prayer: Qualities of a Godly Daughter

Day 1 - INNER BEAUTY

What Does God consider beautiful? 1 Peter 3:4

God's idea of beauty is different from that in the world around us. Outer beauty depends on many things over which we have little control such as our DNA or wealth. Inner beauty is available to all regardless of our physical appearance or economic status.

How can my words be beautiful?
Colossians 4:6; Proverbs 15:26

The more I reflect God and godliness the more I radiate his beauty.

How can my actions be beautiful? 1 Timothy 2:10

Beautiful conduct is the fruit of godly thoughts and character.

Reflect on this promise from God
Proverbs 31:30

Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.

To Do:

Monitor my actions and words this week. Check my attitude and motives.



Prayer

Lord, help me to present myself in a way that the beauty of Jesus may be seen in me. Help me to understand that beauty is from within the heart and my voice and conduct must imitate that of Christ. Amen

Day 2 - CHARACTER

Why is building character so hard?

Romans 5:3-4; James 1:2-4

Developing a Christ-like character is a refining process that usually comes through the pain, trials, and testing of life's experiences. They cause us to recognize what is truly important, to depend more on God and to value His Word.



Reflect on this promise from God
Matthew 5:8

God blesses those whose hearts are pure, for they will see God.

God has a wonderful way of blessing us with joy, peace and comfort through those difficult experiences. From what we learn during those times, we are able to help others. (2 Cor.1: 3 - 5) This refining process prepares us to enjoy God's holy presence for ever.

To Do:

Continue to praise and trust God during difficult times. Use the lessons learned to encourage others.

Prayer

Lord, I praise you for teaching me during adversity, strengthening my faith and developing in me character. Give me the faith to realize that I have victory in all circumstances. Thank you Jesus, you have given me hope and courage to face my problems. You are the victor over sin and death and I place my confidence in You alone. Amen

Day 3 - COMPASSION

How does God show his compassion?

Psalm 103:13

God's greatest demonstration of His compassion is seen in the life and death of Jesus. In the life of Jesus we see compassion as He fed the hungry, healed the sick and faithfully taught God's word, revealing the loving heart of the



Father in a way never seen before. God allowed His Son Jesus to die in our place to rescue us from the death our sins deserve.

How can I show compassion to others?

2 Corinthians 8:9

Because of His great love for us, Jesus gave up his most high position to come to earth as a servant to all. To respond as Jesus did means forgetting our own needs, comforts and desires and reaching out in loving deeds of kindness to those around us. It involves leaving our comfort zone.

Reflect on this promise from God

Psalm 72:12

He will rescue the poor when they cry to him; he will help the oppressed, who have no one to defend them.

To Do:

Seek out those who need help and show genuine love by assisting and caring for them in practical ways.

Prayer

Lord, I praise you because you are aware of all my needs and you are able to meet them in ways I cannot understand or comprehend. Help me to be more sensitive to the needs of others. Open my eyes and then open my heart so that I might demonstrate compassion to those around me. Amen

Day 4 - FAITH

Why should I have faith in God?

Hebrews 11:6; John 5:24;

Galatians 5:22

Faith is placing our complete trust in someone or something. We can trust God in this way because He is worthy of such trust and utterly dependable. He has proven faithful according to His Word for thousands of years even to people who have not been obedient or faithful to Him. His solution for the sin in our lives is for us to believe (have faith) in His Son Jesus who came as an atoning sacrifice for our sin. This saving faith is the only Way to God and eternal life.

When I'm struggling in my Christian life and have doubts, does it mean I have less faith?

2 Peter 1:1-9

Many people in the Bible whom we consider to be "pillars of faith" had moments of doubt. The key is to never give up. Faith is strengthened by focusing on the promises of God and His faithfulness, not on our doubts and struggles. These Scripture verses in 2 Peter suggest ways to help us grow strong, effective and productive in our knowledge of Christ.

Reflect on this promise from God

Acts 16:31

They replied, Believe on the Lord Jesus and you will be saved, along with your entire household.

To Do:

Make a list of things that cause doubt and against each one write a promise of God.



Prayer

Lord, help my doubt and unbelief. I take my list and place it in your worthy hands. Help me to focus on your faithfulness, to trust in your magnificent power and the truth of your word to change my life. Amen

Day 5 - OBEDIENCE

Is obedience to God really necessary since we are saved by faith? Deuteronomy 10:12-13; Philipians 2:12; Titus 1:16

Obedience is putting into action God's saving work in our lives. If we are disobedient to God, our claim that we know him is meaningless.

In what ways does God want us to obey him? Deuteronomy 5:32, 1 Samuel 15:22

God has given us specific commands to obey, as well as principles to guide us. He desires for us holiness of life in our thoughts, words and deeds. He gave us His Son as an example of an obedient life. He has given us His Holy Spirit to help us know and do what it right.



Reflect on this promise from God
Exodus 19:5

If you will obey me and keep my covenant, you will be my own special treasure from among all the nations of the earth; for all the earth belongs to me.

To Do:

Ask God to reveal anything in my life that is an act of disobedience, then pray for forgiveness. When faced with choices and decisions, I will ask the Holy Spirit to help me know what is pleasing to God and not just my own desires.

Prayer

Lord of all wisdom and truth, you know my actions and movements and thoughts. Cleanse me from all unrighteousness and create within me a new spirit pleasing to you alone. Help me to resist the temptation of selfishness. Amen.

Day 6 - SERVICE

What are some requirements for serving God?

Psalm 2:11; Matthew 6:24;
Romans 7:6; Galatians 5:13

Our service comes from an undivided heart out of respect and reverence for who God is and what He has done for us. The Holy Spirit helps us to serve with love, humility and right motivation.

How can I have a servant heart?

Philippians 2:5-9; Romans 6:13;
Luke 1:38; John 13:4-5,14-15

Serving God is best expressed by how we serve others. Though Jesus is King of kings and Lord of lords, he was willing to do lowly tasks of service for the good of others. A servant heart must be first emptied of self, submitted to Christ, placed at His disposal, and willing to humbly serve others in His Name. Mother Teresa is a well known example of a servant heart.

Reflect on this promise from God:
Mark 10:43-44

Among you it should be quite different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first must be the slave of all.



To Do:

Commit to be available to serve God in my church, school or community and ask Him to show me opportunities where I can be of service to Him. No task will be too small if it is done in His name and for His glory.

Prayer

Lord, You said that You have chosen us and ordained us that we should go and bring forth fruit and that our fruit should remain, that whatever we shall ask of the Father in Your name, He will give to us. Lord give me a servant's heart and eyes to see the needs of others. Amen.

Day 7 - THANKFULNESS



What are the benefits of being thankful to God?

Psalm 50:23, Psalm 92:1

Being thankful to God honours him. It also opens our hearts to recognize all that He has done for us. A thankful heart is better able to see and appreciate more fully the salvation God has provided.

How can I express my thankfulness?

Psalm 111:1-2, Colossians 2:7; 4:2

We show thankfulness to God through prayer, through a grateful heart, through singing and praise, by living as we should and serving others.

Regardless of circumstances, for what can I always be thankful?

Psalm 138:2-3; 2 Corinthians 9:15

Our circumstances may change but God is still the same. He is just as worthy of thankfulness and praise whether we experience joy or sorrow. We can still thank him for His love and faithfulness, for His Name which is above every name, for His Word which is dependable and for answered prayer. Thanking God in all circumstances opens a door to receive the blessings He is waiting to give us.



Reflect on this promise from God:

1 Chronicles 16:34

**Give thanks to the Lord,
for He is good! His faithful
love endures forever.**

To Do:

Begin a *Gratitude Journal* and record at least one thing each day for which I am grateful. This will remind me to express my thankfulness to God.

Prayer

Lord, I thank You for being good and just and for who You are. Thank You for Your love and for Your faithfulness, for sending Jesus and His mercy. Thank You for victory over death and for keeping Your promises. Amen.

Two Daughters Who Need Jesus

Bible Study by Nancy Turley

Luke 8:40-8:56

Mark 5:21-43

Luke is the only Gentile writer in the Bible. His gospel tells us more about the women in Jesus' life than any other Gospel. It is believed that Luke had a special interest in the way Jesus interacted and responded to women.

Context of the story and characters:

The Jewish leaders of the day had told the people that Jesus was a fraud and told the people to have nothing to do with him. One of these Jewish leaders seeks out



Jesus. Jairus was a ruler of the synagogue, yet he came in humility and desperation as he fell at the feet of Jesus pleading for his 12 year old daughter.

Luke 8:40-42

Review the previous few chapters of Luke to discover why Jairus would have come to Jesus with his request for his daughter.

During this study, answer the questions and take some time to reflect on your own need for Jesus

1. What were some of the risks for Jairus to come to Jesus in this way?

Another desperate person comes to Jesus. This Jewish woman had suffered for 12 years with an issue of blood. Her medical condition was not curable by human standards (Luke the doctor paid special attention to this). This condition made the woman ceremonially unclean, leaving her ostracized from society. Every area of her life would have been affected by this condition. She would have been shunned by her husband physically, she could not have children, everything she touched was considered unclean and her condition prevented her from entering the temple to worship.

Desperately, she came to Jesus.

A THOUGHT TO PONDER:
Are there things in life worse than death?

2. Whose problem was more serious?

3. If Jesus knew that Jairus' daughter was dying, why would he take the time for this woman's concern that had existed for 12 years?

Read Luke 8:43-47

For 12 years this woman had tried everything, every cure and doctor so that she could be well. Perhaps there are times that we also try everything else before we come to Christ for healing our lives need. But this woman must have heard about Jesus, even from a distance about his ability to bring healing. So she entered the crowd.



This woman had enough faith to believe that if she could just touch the hem of his garment, she would be healed. She reached out to the Messiah in absolute faith. Jesus immediately felt the power go out of him and she was healed.

Sometimes we will allow the crowd to prevent us from coming to Jesus. But this woman had heard about Jesus and knew that she could not let the crowd keep her away from Him.

4. Were there others in the crowd who also needed healing but didn't reach out to Jesus?

Jesus knew that this would be a touch of faith.

5. Why do you think Jesus had this woman come forward to tell this crowd what the Christ had done for her?

Jesus asked... *Who touched me?* (vs. 45). This seems like a silly question because of the crowds yet Jesus knew that this was a deliberate touch of faith. In Mark 5:32, we are told that Jesus kept looking around to see who touched him. He didn't want this to be a nameless act.

Jesus wanted to see this woman because He is a personal God who looks deep within our lives.

She came trembling before Jesus (read vs. 47a).

6. When was the last time that you trembled in His presence?

THOUGHT TO PONDER:
Whenever we come into His presence, we want to tell others all that He has done for us. (read vs. 47b).

7. Is it possible that Jesus knew that this had to be public so that she could return to a normal life?

8. Do you think this healing had any meaning for Jairus?

Jesus reminds this woman, that her faith has made her whole. *Daughter, your faith has healed you!* This is the only woman in the entire Bible that Jesus calls Daughter.

9. Why do you think He used daughter instead of sister or friend or beloved?

THOUGHT TO PONDER:
I wonder if Jairus was thinking... what about my daughter? Are you going to heal her too?

Jairus, must have been frantic as Jesus seemingly took His time to come to see his daughter. At almost the same moment this new *daughter* was healed Jairus received word that his own daughter had died. (vs.49)

10. Did healing this woman cost Jairus his daughter?

11. Did Jesus use this situation to get the attention of the synagogue leader (Jairus)?

12. What is the lesson for Jairus?

THOUGHTS TO PONDER:

How often do you question God's timing when you come to him with your requests? Are you able to keep trusting Jesus, even if things seem to get worse?

Jesus responds to Jairus *Don't be afraid; only believe and SHE SHALL BE MADE WHOLE.* Jairus is reminded that his greatest fear must be confronted by faith. Even though his situation got worse, Jairus still walked the rest of the way with Christ.

13. How was this a walk of faith?



When Jairus brought Jesus to his home, he faced the ridicule of his friends (vs. 53) Still, Jairus brought Jesus to his family because Jairus realized that only Jesus could bring hope to a hopeless situation.

Jesus and Jairus continue on to his house where Jesus “took her by the hand and called, saying, *Little girl, get up.*

14. Would Jairus have come to Jesus without this test in his life?

THOUGHT TO PONDER:
What about you? What will it take to walk in faith with Christ?

These two people came from extremes in this society. Consider their differences:

Jairus

- a significant Jewish man
- a leader in the synagogue
- came pleading for his daughter
- his daughter had been healthy for 12 years
- his daughter died
- Jairus’s need was public, everyone knew his plight
- Jairus loved his daughter
- *Tell no one*

The Woman

- an unknown, anonymous woman
- prevented from worship
- came out of her own need (no one else would come on her behalf)
- the woman had been sick for 12 years
- the woman was made whole
- the woman’s need was private
- Jesus called her daughter, expressing his profound love for her
- Showed everyone

CONCLUSION:

Maybe they weren’t so different.....

Both

- trusted Christ
- Jesus met his/her need



Seven Day Action Plan

Daughter Arise! Do What You Can!

Scripture: *From him the whole body joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.* (Ephesians: 4:16)

A lady in her senior years while talking to her Pastor confessed that she felt quite useless. She could no longer do many of the things she had previously done in the church. *I know praying for people is important, and I do that, but I miss being able to do things.*

Tell me something you enjoy doing that you can still do? He suggested.

Let's see.....I love baking!

Well, then you can bring some of your baking to church fellowships? And she did. Then some of the younger women wanted to know how to make the cookies and breads she brought and this led to teaching small groups of interested women to bake. This continued for some time until interest waned, and she found it more of an effort to bake and soon began to feel useless again.

When expressing this to the pastor again, he asked if there was anything else she loved to do. This took a little longer to think about

until she said half jokingly, *Well, I can still talk.* And so the pastor gave her a list of lonely people who needed someone to talk to and she began a very rewarding telephone ministry.

Perhaps younger women feel restrictions of time rather than health. But we all have things we enjoy doing or making. Identify what it is you love to do and ask God to show you how you can use it. Cook a meal, bake cookies, take someone shopping.



Daughter Arise! Be a Daughter to Someone

Maxine Demmler of Victoria, British Columbia experienced the frustration of living far away from her parents and often wished she was close enough to have lunch with them once a week and be there to provide immediate support and assistance when they needed it. She came to realize there must be other people across Canada in a similar situation with parents living in Victoria. From this, Dial-A-Daughter was born!

For a small fee, Maxine works with family members to ensure loved ones are receiving the care and support they need when their children are too far away to be there physically for them. See www.dialadaughter.ca for details of this beautiful and valued service.

The concept behind this small business is gripping. What opportunities for Christian women to serve the Lord by being a *daughter* to some parent(s) whose children are too far away to give the kind of practical support they need! Without the fee, of course!

Ask the Lord to lead you to someone He wants you to help.

Helpful books that may be available at the library or bookstore:

It Takes More Than Love: A Practical Guide to Taking Care of An Aging Adult By Anita G. Beckerman and Ruth M. Tappen

Long Distance Caregiving, by Angela Heath (1993)

Caring For Your Aging Parents, by Kerri S. Smith (1992)

A Care-Giver's Guide, by Jill Watt (Self-Counsel Press, 1994)

Changing Places: a Christian's Guide to Caring for Aging Parents, by Betty Benson Roberson

Caring for Your Aging Parents, When Love is Not Enough, by Barbara Deane

Daughter Arise Be Known for your Kindness

In Acts 9:36-42 we read of a woman called Dorcas (or Tabitha) *who was always doing good and helping the poor*. She was known and appreciated for making clothing and giving it to widows. How wonderful to be known and remembered for your kindness. Try to do a kindness for someone every day!



Some ideas:

- When buying your child's back-to-school supplies, get an extra set for a needy child.
- Offer to go for a short walk with an elderly neighbour.
- Write a note to a friend thanking her for some special way she has blessed and enriched your life.
- Take a meal to someone who recently lost a loved one.
- Put a quarter/looney into someone's expired parking meter.
- Give a McDonald's gift certificate to a homeless person

But the fruit of the spirit is love, joy, peace, kindness, goodness, faithfulness, gentleness, and self-control. Against such things there is no law. (Galatians 5:22-23)

Daughter Arise! Sponsor a Daughter/ Child

There was a little boy in South America who was put out of his home to live on the streets from four to ten years of age. Surviving was a daily challenge. Then he met The Salvation Army and was placed in one of our children's homes and sponsored by a Canadian couple who paid for his education. He had a lot of catching up to do. Today he is a Territorial Commander with a deep understanding and appreciation for Salvation Army homes for children, for the people who run them and for those who sponsor them.

There are hundreds of children around the world today, especially girls who will have no opportunity for education, jobs and often food, without our help. Most of us can sponsor a child, or share the cost with another family, or church group. See Cedar Springs 2003 A-8 for details.



Matthew 25:40 *Whatever you did for one of the least of these brothers of mine, you did for me.*

Daughter Arise! Be a Friend

In Luke 8: 42(b)-48 we read of a woman who was isolated, ostracized and perhaps friendless because of the stigma associated with her physical ailment. She was considered *untouchable*.

There are many women all around us who because of their emotional, mental, physical or spiritual condition feel isolated and alone. Some of them might slip in and out unnoticed in our churches, they might be found visiting our family services offices, our addiction programs, our shelters or even living next door. Let's place ourselves close enough to them so that they can timidly reach out to us. We can volunteer a few hours in places where they might be found, and look for them at church and as we go about our daily lives. Following the example of Jesus – take the time, go out of your way to befriend someone's daughter, someone's mother, someone's sister. Luke 6:31 *Do to others as you would have them do to you.*



Books:

The Road to Day Break and The Wounded Healer by Henri Nouwan

Daughter Arise! - Become a Mentor

A Mentor, according to the dictionary, is an experienced and trusted adviser.

Mentoring is much more than simply teaching and/or training. It is investing time and prayer. It is building relationships and investing emotionally in the transfer of values, skills and attitudes. Ted Engstrom

Mentoring is a ... relationship in which a mentor helps a protégé reach her (or his) God given potential. Bob Biehl

The Bible has several examples: Paul and Timothy, Barnabas and John Mark, Ruth and Naomi. It is interesting to note that in the life and ministry of Jesus, He taught His twelve disciples, He coached three – Peter, James and John but He poured Himself into one – John.

Ask the Lord to bring someone your way who needs you to mentor her. And/or, perhaps there is someone who could be a mentor to you. We need each other, we learn from each other. God places people in our lives for a purpose. Let's not miss it!



Books:

Women Mentoring Women by Vickie Kraft, Moody Pub.

Woman to Woman - Preparing Yourself to Mentor, by Edna Ellison & Tricia Scribner, New Hope Publishers

Finding a Mentor, Being a Mentor - Sharing Our Lives as Women of God, by Donna Otto, Harvest House Publishers

The Heart of Mentoring - Ten Proven Principles for Developing People to Their Fullest Potential, by David A. Stoddard & Robert J. Tamasy, New Press

Successful Youth Mentoring - 24 Practical Sessions to Impact Kids' Lives, by Keith W. Drury, Group Publishing

Growing Godly Women - a Christian Woman's Guide to Mentoring Teenage Girls by Donna Green, New Hope Publishers

Mentoring in leadership development: - *Creatively Developing Women in Ministry*, pages 16 and 17

Cedar Springs 2003, C-1-2 Peer Mentor Focus Groups.

Daughter Arise! Influence the Next Generation

Scripture: Psalm 78:3-4; 5-7

Things we have heard and known, things our fathers have told us. We will not hide them from their children; we will tell the next generation the praiseworthy deeds of the Lord, his power and the wonders he has done ... He commanded our fore-fathers to teach their children, so the next generation would know them, even the children yet to be born, and they in turn would tell their children. Then they would put their trust in God and would not forget his deeds but would keep his commands.

More than ever before, a whole new generation is growing up with little or no knowledge of God. Statistics show fewer and fewer families attend church or have a belief in God. Much of what people consider *knowledge of God* comes from TV and movies: *the force* in Star Wars, in Lord of the Rings or Harry Potter. At best it is a mixture of new age, occult and eastern and ancient religions, or someone's imagination. Our life on earth is such a small window of time in which to share the truth of the Gospel. If we don't, who will?



But Jesus called the Children

Sermon Outline

Your Introduction

Teaching Children

Deuteronomy 6: 4-9

- A. Required by God v. 1; 6-7
- B. Responsibility of Parents
 - When v. 7
 - How v. 8

Valuing Children

Matthew 19:13-15; Mark 10:13-16; Luke 18:15:17

- A. Example of Jesus
 - He was not too busy for them. Matthew 19:14
 - He called them to Him. Luke 18:16
 - He held them. Mark 10:16
 - He blessed them. Mark 10:16
 - He warned those who led them astray. Matthew 18:6-7
- B. Responsibility of Parents
 - To bring their children to Jesus.

Learning from Children

Jesus used children as examples for us in:

- A. Faith
 - Children display an attitude of
 - Openness and receptiveness
 - Unquestioning trust
 - Dependence

Contrast with stubbornness of the religious leaders.

- B. Humility Matthew 18:1-7; Luke 9:46-48; Mark 9:33-37

Contrast with disciples ambition for greatness

Your Conclusion



Cherished Memories

Special Event - Mother and Daughter Evening

Scripture: Proverbs 31

Suggestions for Decorating:

Colors

Ivies, ferns, sunflowers

General

Some antiques: butter churn, antique sewing machine, spinning wheel, baby carriage, wringer washer.

Or objects from the mothers' or daughters' childhood.

Focus table

Hats, ladies' gloves, jewellery box, photos in frames, book etc. Add pieces of lace and a small flower arrangement around an old family Bible. Check local thrift store for some of these supplies.

Table Centers

For round tables - a few pieces of greenery in the center, candles in the middle with flowers placed around them.

For long tables - a garland of greenery down the center with silk or dried flowers scattered along it. Some mementos such as jewellery boxes with costume jewellery hanging out, picture frames, porcelain figurines, small clocks, lace gloves etc. may be added.



Childhood Toy Display

Skates, board games, children's books, stuffed animals, dolls, tricycle may be placed near or on a small child-sized table.

Icebreaker

Best/Worst Advice: Depending on the size of the group have women tell the best or worst advice their mother ever gave them. For large groups, select several to share or if at round tables, have those around the table share with one another.

Music

Include a variety of music suitable for all ages.

- Soft, background music adds to the atmosphere.
- Special music by a mother and daughter team, if possible
- If a number of younger children are present, they could sing.
- Older children could sing or do a choral reading of the selected Scripture.



Favors

Chocolate Treasures - tie up chocolate coin candy in a tulle circle with ribbon and use a hang tag that could say *Memories are treasures* and on the other side the theme, date, church name etc.

Other *memento* favors could include small photo albums, small diary/journal. See dollar stores.

Door Prize Suggestions

- Gift certificate for a family portrait
- Large photo album
- Picture Frame
- Scrap-booking gift basket
- An album to start your own memory book

Feature – Family Portrait

Have a corner of the room set up with suitable backdrop and lighting, and someone assigned to take digital photos of mother and daughter(s) - maybe even some with 3 or more generations, throughout the night. If possible have them printed and in a dollar store frame by the end of the evening. A small fee can be charged to cover costs or given free, according to budget.



Menu

Choose some favourite home style meal, keeping in mind the younger children who may be there. For dessert, cup-cakes, ice cream and toppings are favourites with everyone.

Fun time

Have a number of small inexpensive items to give away to ladies/children who qualify by meeting such criteria as being the oldest or youngest person present, having the most children, grandchildren, great grandchildren etc. who has a family picture in her purse, is wearing pearls, rubies, family ring, wearing a hat etc.

If there are young girls present include appropriate criteria and gifts for them. Keeping in mind that more than one person will qualify, be sure to have lots of give-aways.

Special Feature: Testimonies

One of the mothers, or an invited guest might share how God has helped her as a mother.

Or a daughter could give tribute to her mother's godly influence.

Devotional Time

Have someone prepare and share devotional thoughts on several of the characteristics of the Proverbs 31 woman. (see list on next page)

Liz Curtis Higgs has a delightful video based on this passage of Scripture, *Only Angels Can Wing It*.

Proverbs 31 Woman

- | | |
|----------------------------|-------------------|
| 1. Virtue | Proverbs 31:10 |
| 2. Faithfulness | Proverbs 31:11 |
| 3. Reverence | Proverbs 31:12 |
| 4. Goodness | Proverbs 31:12 |
| 5. Willing Worker | Proverbs 31:13 |
| 6. Good Manager | Proverbs 31:14,15 |
| 7. Industrious | Proverbs 31:16 |
| 8. Strength | Proverbs 31:17 |
| 9. Endurance | Proverbs 31:18 |
| 10. Well Rounded | Proverbs 31:19 |
| 11. Charitable | Proverbs 31:20 |
| 12. Provider | Proverbs 31:21 |
| 13. Well Dressed | Proverbs 31:22 |
| 14. Wife of a Good Husband | Proverbs 31:23 |
| 15. Good Business woman | Proverbs 31:24 |
| 16. Honorable | Proverbs 31:25 |
| 17. Wise | Proverbs 31:26a |
| 18. Kind | Proverbs 31:26b |
| 19. Good Mother | Proverbs 31:27a |
| 20. Busy | Proverbs 31:27b |
| 21. Praiseworthy | Proverbs 31:28 |
| 22. Attains or Excels | Proverbs 31:29 |
| 23. Fear of the Lord | Proverbs 31:30 |
| 24. Fruit bearing | Proverbs 31:31 |



Created for Noble Purposes

Mid Week Women's Program

An instrument for noble purposes, made holy, useful to the Master and prepared to do any good work. 2 Timothy 2:21

DECORATIONS AND FOCUS CENTER IDEAS

The Master Potter/Village Scene

Background

Palm trees and plants. If possible – a mural set in Bible times with women carrying water jugs etc.

Focus center

A small potter's wheel, soiled towels, water bowl and clay, making it appear as if someone has just been working there. *If potter's wheel not available use wooden lazy-susan on table with a large vase/jar on it.*



Potters House

A doorway with a small table in front, lots of pottery, vases, dishes etc. displayed.

Marketplace

Have a small tent or canopy with some tables in front displaying pottery, vases, baskets and fabrics etc. as props. You may add baskets of fresh fruit, fresh herbs, flowers. If you have sale items, cookbooks, baked goods etc, this would be a good place to set them up. Also, if your speaker has books or tapes to sell, she could have a table set up at the *marketplace*.

Make a Well

In Bible times, jars were often used to carry water. Either make a mural of a well scene, or stack some bricks or mountain rock for a well with a jar or two next to it, with plants/greenery etc.

Table Centers

Over any type of table covering, place pieces of fabric in browns or deep plums. In the center place terra cotta pots with flowers of your choice. If the pots are large, they can be turned on the side with flowers/greenery spilling out. Place broken pieces of pottery around. The pots may also be nestled in burlap.

Table Favours:

- *Miniature Vases* purchased from dollar stores. Tie a ribbon or raffia around with program and Scripture or theme verse on a hang tag.
- *Tiny Terra Cotta pots* may be filled with wrapped candy. Tie a ribbon around with hang tag of event information. A small flower or design may be painted on the pots if desired.



Refreshments: To reflect Bible days

Fruit and/or vegetable platters
An arrangement of dried fruit, figs, assorted nuts

Baked fruit cake, date or banana breads
Assorted cheeses, grapes and crackers

Create Invitations

State theme, time and place. Remind ladies to bring a friend.

Prizes: A door prize, and something small for the icebreaker game.

Name Tags: Brown or tan card stock in the shape of pottery vases, which may be decorated with fabric paint near the top or bottom, leaving room for the name.

PROGRAM:

Welcome.

Welcome all ladies. Ask those who brought friends to introduce them. Introduce yourself and the ministry if you meet regularly. Provide a program of the evening's events, including the words of any songs to be used.

Icebreaker

Ask in advance for some women to bring pottery pieces they might have and share briefly who gave it to them, the occasion and what they use it for.

Ice Breaker Game: A simple attention getter. Just read the following story and the ladies add or subtract for

their answers. Provide small pieces of paper and pens to help them keep track during the story.

Give a small prize for the lady with the highest score.

Ice Breaker Game

*This is a rather peculiar game. It really does not have a name.
It's simple to play as a game should be.
Just do as you're told and you will see.
So now if you'll please give your attention,
we'll put an end to this suspension.
In the end, whoever scores the most, will receive a prize of which to boast.
Now since you're all fashionable girls, give yourself 5 if you have any pearls.
You may add 3 if your toes peek out, and earrings will give you 2 more to shout.
Score yourself 5 if you show any red. Add 6 more for a curl on your head.
Now before you think you are going to win take away 2 for each safety pin.
Give yourself 6 if your pants are tight. Add 1 for a scarf, which is just about right.
Add 5 more if your shoes are black, and take away 3 for a zipper in back.
Now count all your buttons, for each you get 2 and take away 1 for each button that's blue.
Give yourself 5 if your heels are high, and why not take 10 for the green in your eye.
10 more points for a rose on your clothes.
Take away 5 if you forgot to wear hose.
If your husband kissed you today add 9. If he didn't, subtract 12 - you must pay a fine.
This is the end for there isn't more, let's see who's the lady with the highest score.*

Prayer

Special Music: *Take Me Again to the House of the Potter* or Song 394 SASB *Since Jesus Came into My Heart* or several worship choruses reflecting the theme.



Feature Suggestions:

- Have guest come and demonstrate making pottery on a wheel
- Have guest come with a display of many kinds of pottery including antiques, bone china, stoneware etc. Have them share some history and modern day uses.
- If it is difficult to find a guest to come in, with some research it is possible to find samples and information that would make an interesting evening.

Suggested Devotional

Daughter Arise – Created to Serve a Noble Purpose 2 Timothy 2:21

Introduction: Describe the clutter of useless things. God did not create us to take up space but to be useful. He created us for a purpose.

2 Timothy 2:21 in the King James Version says *a vessel unto honor, sanctified, and meet for the master's use, and prepared for every good work.*

Using the word *Vessel* make an acrostic to describe how God wants us to live in order to be useful to Him and to fulfil the purpose for which He created us.

V A virtuous woman – characterized by moral excellence in thought, word and deed. Philippians 4:8. WWJD (what would Jesus do?) is a good rule to follow.

E An exceptional woman – Not satisfied with just average, Philippians 3:13,14 nor crippled by comparing ourselves with others who seem more gifted or talented. We can be exceptional in faithfulness. Matthew. 25:15, 1 Peter 4:10; 1 Corinthians 4:2. We can go beyond the expected and love extravagantly. Matthew 26:6-13.

S A Selfless Woman – Puts God's will before her own. If we want to be useful to God, we have to be more concerned about Him and the needs of others and less concerned about ourselves and our needs and rights. Paul wrote about this kind of total abandonment in Galatians 2:20.

S A Separated Woman - A woman serving God and living for Christ must have boundaries in her life clearly showing where her loyalties are, and who she is serving. There can be no grey areas. Every area of life and conduct should be distinct from the culture of the world around us. Luke 16:13; 1 Corinthians 6:19,20

E An Exemplary Woman is a good example to others. As a representative of Christ, when people see us we should remind them of Christ. Our conduct should be such that we would not be ashamed to be copied. Example - children can embarrass/or please us when we see reflected in them our own actions, attitudes etc. 1 Corinthians 11:1; Colossians 1:10; 1 Timothy 4: 12

L A Woman who Labours: God's purpose in creating and designing us was to make us holy so that we could be useful in wonderful ways that He has already prepared. The greatest joy we could ever know is fulfilling that noble purpose. He needs us to show and share His love with those who do not know Him. We are his vessels left behind to represent Christ. Our time on earth is our only opportunity to live/work for God in this world. Matthew 9:37,38

*All my work is for the Master,
He is all my heart's desire;
Oh that He may count me faithful
in the day that tries by fire.*

Reflection:

Suggested choruses/songs for reflection:

SASB/Chorus section - Numbers:

- 32 All my Days
- 34 All There is of me
- 53 Spirit of the Living God
- 60 Channels Only
- 61 Come Beautiful Christ
- 71 I want to live right
- 107 To be like Jesus

Songs:

- 501 Into Thy Hands
- 474 I Surrender All

Prayer

Refreshments

During refreshments have all the ladies put their nametags in a large pottery jar to draw for the door prize.

Girl's Club!

Girls ages 11 - 13

Debbie Graves, Alberta & Northern Territories Division

Topics to offer:

Cooking

- How to prepare basic meals
- How to follow recipes

Hair Care

- How to keep your hair healthy
- What styles are in and what looks good
- How to choose the best hair style for you



Skin Care and Make-Up

- How to prepare your skin and look after it
- How to wear make-up so it makes you look natural

Self Esteem

- How to feel good about yourself
- Why you are important

Music

- Look at the different types of music
- Why some music is not appropriate to listen to
- History behind some of the music and current music stars



Friendship

- How to build relationships
- How to be a friend to someone who is lonely
- The importance of trust and integrity

Sewing

- How to sew on buttons
- How to use a sewing machine
- Small projects

Scrapbooking

- How to take care of your photographs
- How to put them on a page to tell a story



How to Dress Appropriately

- The way you wear clothes says a lot about who you are
- What is appropriate and inappropriate to wear

See also *Girls Only Day*, Cedar Springs 2004, Outreach Initiatives B-12

Monologue - A Gift From God

No special setting required



Sons are a heritage from the Lord, Children a reward from him.
Psalm 127:8

Script

We are sitting at lunch when my daughter casually mentions that she and her husband are thinking of *starting a family*. We're taking a survey, she says, half-joking. *Do you think I should have a baby?*

It will change your life, I say, carefully keeping my tone neutral.

I know, she says, *no more sleeping in on weekends, no more spontaneous vacations....*

But that is not what I meant at all. I look at my daughter, trying to decide what to tell her. I want her to know what she will never learn in childbirth classes. I want to tell her that the physical wounds of child bearing will heal, but that becoming a mother will leave her with an emotional wound so raw that she will forever be vulnerable.

I consider warning her that she will never again read a newspaper without asking *What if that had been MY child?* That every plane crash, every house fire will haunt her. That when she sees pictures of starving children, she will wonder if anything could be worse than watching your child die. I look at her carefully manicured nails and stylish suit and think that no matter how sophisticated she is, becoming a mother will reduce her to the primitive level of a bear protecting her cub. That an urgent call of *Mom!* will cause her to drop a soufflé or her best crystal without a moment's hesitation.

I feel I should warn her that no matter how many years she has invested in her career, she will be professionally derailed by motherhood. She might arrange for childcare, but one day she will be going into an important business meeting and she will think of her baby's sweet smell. She will have to use every ounce of her discipline to keep from running home, just to make sure her baby is all right. I want my daughter to know that everyday decisions will no longer be routine. That a five year old boy's desire to go to the men's room rather than the women's at McDonald's will become a major dilemma. That right there, in the midst of clattering trays and screaming children, issues of independence and gender identity will be weighed against the prospect that a child molester may be lurking in that rest room.

However decisive she may be at the office, she will second-guess herself constantly as a mother. Looking at my attractive daughter, I want to assure her that eventually she will shed the pounds of pregnancy, but she will never feel the same about herself. That her life, now so important, will be of less value to her once she has a child. That she would give it up in a moment to save her offspring, but will also begin to hope for more years - not to accomplish her own dreams, but to watch her child accomplish theirs.

I want her to know that a cesarean scar or shiny stretch marks will become badges of honor. My daughter's relationship with her husband will change, but not in the way she thinks. I wish she could understand how much more you can love a man who is careful to powder the baby or who never hesitates to play with his child. I think she should know that she will fall in love with him again for reasons she would now find very unromantic.

I wish my daughter could sense the bond she will feel with women throughout history who have tried to stop war, prejudice and drunk driving. I hope she will understand why I can think rationally about most issues, but become temporarily insane when I discuss the threat of nuclear war to my children's future.

I want to describe to my daughter the exhilaration of seeing your child learn to ride a bike. I want to capture for her the belly laugh of a baby who is touching the soft fur of a dog or a cat for the first time. I want her to taste the joy that is so real, it actually hurts.

My daughter's quizzical look makes me realize that tears have formed in my eyes. *You'll never regret it*, I finally say.

Then I reach across the table, squeeze my daughter's hand and offer a silent prayer for her, and for me, and for all of the mere mortal women who stumble their way into this most wonderful of callings. This blessed gift from God . . . that of being a Mother.

Source Unknown