

Pre-preparation:

The previous week, inform the ladies to bring their purse to the next meeting

Preparations:

Have a selection of purses on display (large, small, unique styles, etc...) For devotions have a large purse filled with numerous items, but ensure that the following are amongst the items: day timer, driver's license/id card, eye glasses, cell phone, lipstick.

Introduction:

A woman would be lost without her purse. Men are often amazed at what women are able to fit in their purse and are able to withdraw from it on any given occasion: make up, wet ones, safety pins, snacks, children's toys, extra socks, rain gear, underwear, etc., etc. Yes—we are often prepared for any emergency that should arise, as long as we have our purse handy.

Humor:

As the bus pulled away, I realized I had left my purse under the seat. Later I called the company and was relieved that the driver had found my bag. When I went to pick it up, several off-duty bus drivers surrounded me. One man handed me my pocketbook, two typewritten pages and a box containing the contents of my purse.

"We're required to inventory lost wallets and purses," he explained. "I think you'll find everything there."

As I started to put my belongings back into the pocketbook, the man continued, "I hope you don't mind if we watch. Even though we all tried, none of us could fit everything into your purse. And we'd like to see just how you do it."

> My Little Sister's Women Jokes, submitted by Dave, Bolder, Co. http://www.emmitsburg.net/humor/archives/about women/women 5.htm

Health Information: "Shoulder Bags and Health"

Melanie Clark, eHow contributor Shoulder Bags & Health | eHow.com http://www.ehow.com/facts 6163824 shoulder-bagshealth.html#ixzz1JEI0KfIJ

Big shoulder bags are currently a fashionable accessory, but they may also pose a health risk to the women who carry them.

Good Posture - Be aware of your posture at all times

Wearing a bag on your shoulder regularly or for long periods of time can lead to poor posture, as the body tries to compensate for the extra weight by leaning to one side.





Bag Size - Carrying a heavy load with one side of the body is a health hazard

Oversize bags may be popular, but they can be a great source of pain if you haul around heavy books and water bottles. The straps--especially thin or chained ones--can dig into your shoulders, interfering with circulation and causing tingling, numbress, and weakness in your arms and hands.

Overpacked Bags - Pick a bag that is not too big for your frame, and avoid overfilling it

In addition to affecting your posture, bags that weigh more than 10 percent of your body weight can cause improper balance by interfering with your natural movement, thereby making you walk lopsided and increasing your risk of falling.

Bag Management - Distributing the weight evenly is key to good balance

The American Chiropractic Association suggests choosing a bag with a wide adjustable strap that can be worn diagonally across the body, and carrying only the necessities. If this is not an option, it is recommended you switch the bag from one side to the other frequently. Also opt for structured bags, which do not affect your balance as much when the content shifts or when they're distributed unevenly inside the bag.

Backpacks - Make sure your child carries his backpack on both shoulders

Children are also subject to health issues caused by heavy schoolbags. Chiropractors and physiotherapists recommend a more traditional backpack with wide shoulder straps and a waist belt for balance.

Read more:

Game: What's In Your Purse?

Object of the Game: To find and pull out the object mentioned as quickly as possible.

Directions: Ask women to bring out their purses. This is a game where the bigger and heavier your purse is, the better it may be! The women will want to have their purse open and ready. When an item is called out, if you have the item, hold it up high and announce yourself so we can all see and hear.

Winner: Give a little prize to the one who finds each item first.

List of Items:

Wallet, candy wrapper, pen, used tissue, personal business card, family photo, nail file, pack of gum, hand lotion, etc....

Devotional:



I have this huge purse that my husband calls a bowling bag. I've taken to calling it my "tickle trunk" as a tribute to the show *Mr. Dress-up* that I used to watch as a child.

Regardless if I've been using it for even a few days, it becomes a bottomless pit containing seemingly everything but the kitchen sink. Sometimes it becomes a burden, and I become overwhelmed just looking at it because it reminds me of all the things I have to do, and how busy my life is. It's times like these that I need to just spend some time cleaning out my purse (dump out purse) - and my life! - and I focus on what is really important in my life. Psalm 46: 10 says, "*Be still and know that I am God*" (*NIV*), and that is what we busy women need to take the time to do. But how do we go about doing this? To help us understand, I am going to put only the essential items back into my purse:

1. Day Timer: Priorities

Life can get busy—too busy for us to focus on what really matters. It's times like these that we need to remember what is really important in our lives—to remember what our priorities are. For this, we need to take our day timer with us so we can remember what things are on top of our to-do list in life. The Bible tells us in Matthew 6: 33 to "*seek first the kingdom of God*." If we do this, the rest of our to-do list will fall into place.

2. Driver's license/ID card: Personal Identity

I often get caught up in the roles that I need to fill in life. I work hard at trying to be the wife, mother, employee, Sunday school teacher... the list goes on and on. What I need to take with me is a reminder that first and foremost I am a Christian, a Child of God. My personal identity is found in that truth. John 1: 12 says that "*Yet to all who received him, to those who believed in his name, he gave the right to become children of God*."

3. Eyes Glasses: Perspective

I need to remember to take my glasses with me. Every time I put them on, I will try to remember to look at the world not through my worldly eyes, but through Christ's eyes. Paul's instruction to the Christians in Philippi is very good advise: *"look not only to your own interests, but also to the interests of others*" (Phil. 2: 4).

4. Cell Phone: Prayer

I should always remember to bring with me my cell phone; it reminds me that communication with God is key, and I should never go anywhere without praying. In 1 Thessalonians 5: 17, Paul tells to "*pray without ceasing*."

5. Lipstick: Praise

Finally, I need to bring with me some lipstick, to remind myself to always have words of praise on my lips. Psalm 34:1 says, "*I will bless the LORD at all times; his praise shall continually be in my mouth.*"

So remember, when your life's baggage just seems too heavy, get back to the basics of what you need:

Keep God as your number one PRIORITY Remember your PERSONAL IDENTITY in Christ Look at the world with some godly PERSPECTIVE PRAY without ceasing And keep words of PRAISE always on your lips

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Chorus: Christ is all, yes all in all (The Salvation Army Songbook 489)

Prayer: Lord, when our lives are overcrowded with cares and worries, Help us realize that Your presence is all that really matters; De-clutter our lives; remove from us all that distracts us from knowing You. Teach us how to carry on our life's journey only that which is necessary for our spiritual growth. Place within us the joy of seeking Your face and the desire to walk in Your ways. Amen I put it in there—I've no doubt But where is it—I begin to pout; Remove the book, the hand cream too Oh—there's the coupon for a tub of glue.

Look—here's my stamps and my silver locket, My lipstick and my pills are in this pocket.

A comb, a key, and an overdue bill, A pair of tweezers, some perfume, a photograph, and a pill.

With a big 'ah-ha', at last I find That for which I search—it's mine! There in the bottom of my purse I finally see my hand—of course!

