

What's In Your Purse? Adapted from a program from Cadet Laura Van Schaick CFOT Canada & Bermuda Territory



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_should-er-bags-health.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, numbness, 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.



Poem:

Treasure Hunting

Patsy Rowe

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!

