

July 2008

*"Sow for yourselves
righteousness, reap the
fruit of unfailing love,
and break up your
unplowed ground; for it
is time to seek the
LORD until he comes
and showers
righteousness on you."*

Hosea 10:12

Women of HOPE



Dear Women of Hope,

Ahhh! The good ole summertime, when the pace slows down, and we are able to enjoy some rest and relaxation, right? How is that going for you? When you wake up in the morning, do you feel restored and refreshed? As you go through the day, do you feel energized and excited about the tasks before you?

Unfortunately, I was not able to answer those questions with a resounding "Yes." I knew that I needed to spend some time with God in prayer and meditation and talk to him about this. A few days later, while reading a devotional, an answer was given to me. I was reminded of the promise Jesus gives to all of us in Matthew 11:28: "Come to me, all you who are weary and burdened, and I will give you rest."



The rest that comes from Jesus is more than getting eight hours of sleep at night; it is more than two weeks of vacation; it's more than falling asleep in an easy chair with the television on; it's even more than coming to worship once a week at church. Jesus' rest is the constant presence of a calm contentment, so powerful that no matter what trials or burdens of life you experience, your soul soars because you have had "soul-deep" rest. Jesus' rest is so soul-deep that regardless of the stresses that fall upon your body, or the attacks that are launched against your spirit, you have peace and are refreshed.

A description of Jesus' soul rest is given to us in Psalm 23, where Jesus is described as our shepherd. In Psalm 23:2-3a we read: "He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul." Just as God meets the basic needs of sheep for grass and water, God also will meet the basic needs for nourishment and rest that our souls require. He wants to restore our souls, and he does so as we spend time in his word and prayer.

Jesus also restores our souls by encouraging us to come to him when we are weary and burdened. He yearns for us to be yoked to him - joined, connected, united, attached (Matthew 11:29). Lay your burdens down so he can pick them up. Imagine holding a glass of water and wondering how much it weighs. Hold it for a minute and it is okay. Hold it for ten minutes and your arm starts to ache. Hold it for an hour and you may require medical attention. However, if you take the glass of water to a table and set it down, everything is fine again. Lay your burdens down.

Come to Jesus, be yoked with him, and receive his soul-deep rest. As our souls are refreshed, the benefits are tremendous:

Though outwardly I may be wasting away, inwardly I am being renewed daily (2 Cor. 4:16). This enables me not to lose heart or become discouraged. When I'm refreshed, I'm less likely to be anxious about things (Phil. 4:6), and I'm more open to receive God's peace and hear his voice. I am much more able to trust God with all of my heart (Prov.3:5), and to hold on to the promise that God will meet all of my needs (Phil.4:19).

Enjoy the soul deep rest of Jesus! *Jaci*

2008 Living Proof Live

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Live

Join us for relevant Bible study, authentic worship, and laugh-out-loud fun!



Join best-selling author and dynamic speaker **Beth Moore** on a journey into personal spiritual renewal...

live via satellite from Louisville, Kentucky. Enjoy powerful worship led by Travis Cottrell.

WHEN:

Friday, Aug. 1, 6:30-9:00 pm
(Doors open at 5:30 pm)

Saturday, Aug. 2, 8:30 am - 12:30 pm
(Doors open at 7:00 am)

WHERE:

Johnston E Free Church
9901 NW 62nd Ave. in Johnston, Iowa

COST:

\$30.00 – Tickets are on sale NOW!

After July 14, tickets will be \$35.

Tickets must be pre-purchased.

Tickets will not be available at the door.

To purchase a ticket, visit www.valley-church.com or call Johnston E Free Church at 986-0306.

Kristi's Korner

Hello, Sisters!

No matter what stage of life we are in, I believe we all carry faith questions...maybe more at sometimes than others, and the questions may change as we move through different seasons in life. One thing that doesn't change is that we are designed to be in relationship and to not be alone with our questions. We are called to reach out to one another and encourage one another on our faith journeys.

Ladies, I'm very excited to introduce Mentor in Hope, a new program in Women's Ministry. It is an online mentoring site that will provide women the opportunity to submit faith questions, read a devotional or submit prayer requests.

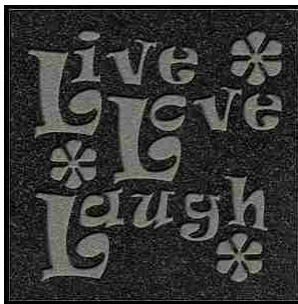
Visit www.hopewdm.org/women and follow the Mentor in Hope link. The site is currently under construction, but should be ready by mid-July. Keep checking back!

This is a new venture for all involved and I'm sure it will evolve as we keep our hearts, minds and ears open to where God leads.

Blessings, Kristi

Kristi Westre has been an active member of Hope for seven years. She has faithfully volunteered many times in various Adult Ministry roles and served at Missions Riverside and Juarez. She currently serves on the Service Arm of the Women's Ministry Leadership Team.

Live, Love, Laugh by Delite Lester



The words "Live, Love, Laugh" are not quoted in the Bible. This "philosophy" has been memorialized plaques and other media because someone thought the inspiration would strike a chord, and products would sell. Live, love, and laugh reminds me of what we call fellowship in the church, and it describes the experiences of the first two small group women's retreats that took place recently with the support of the newly-formed retreat ministry for women.

A small group of Hope women has prayerfully laid the groundwork for this ministry. Retreats are designed for eight women to spend a weekend away at a comfortable Victorian farmhouse about 30 minutes from Hope. The weekend is all-inclusive, including inspiring teaching from God's Word, worship, prayer and rest in his presence.

Contact me at c.lester@mchsi.com for general inquiries and future retreat dates. We are finalizing details and will take registrations for fall retreats soon. "Live, love and laugh" – sounds good for everyday life. It definitely sounds like advice Jesus would give.

Preview of Special Events and Upcoming Classes

All dates and times will be available August 1.

Fall Kickoff: **“Soul Deep”** Friday, Sept. 12, 7:00-9:00pm, Worship Center

Featuring speaker Mindy Caliguire. Discover ways to maintain or recover the life and health of your soul, that essential personhood created by God as ‘you.’

Four Follow-up Workshops -

When we are able to maintain a strong connection to God, our soul is most receptive to hearing God speak to us and guide us in the face of joy and pain. These workshops focus on ways to develop a deeper connection with God so that we are able to become something for God. Attend one or all of these workshops.

In His Word

Prayer

Making a Journal

Journaling

In His Presence - Come into the presence of the Lord and receive strength, peace and joy. Experience God’s abundant love and mercy for you – his daughter – through extended, Spirit-led worship and prayer. Come as you are and experience the Lord.

Discovering Soul Care - 4 week class

Do you feel as if you are nearing spiritual exhaustion? In this four-week study written by Mindy Caliguire, we’ll do assessments to discern the current health of your soul. We’ll reflect on the reasons why your soul’s health matters so much. Practical ways to restore life and vitality to your soul through connection with God as Father, Son and Spirit will be explored - one step at a time.

Developing Soul Friends - 4 week class

Many of us long for sources of nurture for our souls. Maybe we’ve tried various plans for spiritual growth, yet sometimes they leave us feeling even more drained. The answer can be found in ordinary relationships. This study, written by Mindy Caliguire, introduces you to principles of friendship that bring focus to your spiritual life, helping you to discover what it takes to have a God-centered relationship that will nourish your soul.

All is Calm, All is Bright Christmas Brunch Presents: **“In His Time”**

Saturday, Dec. 6, 9:00-11:00 am

Dynamics of Domestic Abuse – Saturday, October 4, 9:00 am - 12:00 pm This seminar is designed for people who may have personally experienced abuse themselves, or have friends, family, coworkers or neighbors who have been touched by this issue, or are first-responders in the helping professions who attempt to support and help survivors heal from the devastation of domestic violence. Join licensed mental health counselors Jacquelyne Joens and Julie Stevens as they share information on how domestic violence touches individuals, families, neighborhoods, schools, churches and communities. Learn how we can all become better informed and proactive in supporting those victimized by domestic violence while (at the same time) trying to eradicate such a powerful and soul-damaging social epidemic.

“Jesus - The One and Only”

In this in-depth DVD study by Bible teacher Beth Moore, you will be led on a life-changing journey through the hills of Galilee with the Teacher, across the lake with the Master, and finally, on the road toward the cross with the Savior. Using the Book of Luke and other Scripture, Beth Moore will bring you to a new understanding and insight into the life of Christ. Get to know Jesus intimately...as though you had walked with him during his days of earthly ministry... and encounter truths that will encourage and challenge you in daily living. Weekly homework is encouraged.

Lunch with Jesus: “He Speaks to Me”

This seven-week Bible study written by Priscilla Shirer is based on I Samuel 3. She identifies characteristics that we can all develop to help develop our character and discern God’s voice.

Thursday Morning Bible Study

Gather with women of all ages for a time of fellowship, encouragement, and Bible study. A variety of topics that will help to grow as godly Christian women will be addressed.

Holistic Self-Identity I

In this workshop, presented by Jacquelyne Joens, LMHC, we will explore and discover the person God has created each of us to be. This workshop is designed for anyone feeling their life is a bit out of balance, or for those who find themselves in a season of life which lacks clarity of meaning. During this five week workshop, women will be encouraged to learn, examine and challenge their attitudes and responsibilities on aspects of self such as life purpose, values, priorities, relationships, etc. We will be exploring how we let earthly experiences get in the way of living fully as God has designed us to live – in happiness and the promise of his love and grace.

Eating Disorders Recovery Education

You are invited to join licensed mental health counselor Julie Stevens and professional dietician Carrie Leiran for education that will focus on working through the recovery process and struggles associated with eating disorders. Each class will consist of a Bible study, an educational topic and small-group discussion time. Topics will include body image, nutrition, self-esteem, building your personal relationship with Christ, letting go of perfectionism, and medical problems associated with eating disorders. This program is not meant to serve as a substitute for counseling, but to be a supportive Christ-centered addition to a healthy recovery process.

Women of Hope Mission

Living, learning, growing together in Christ.

Living: When in community with other Christian women, we are able to encourage one another, provide support, and share life as we grow together in Christ.
(Act 2:42, Hebrews 10:24-25, I Thesalonians 5:11)

Learning: Through prayer, Bible study, education, and discipleship, women learn to reflect Christ daily in their words, thought, actions, and relationships.
(Psalms 19:7, Matthew 11:29, James 1:22)

Growing: God has called us to fulfill Jesus' vision of reaching out, showing his love, and sharing the Good News with those around us.
(Galatians 2:20, Ephesians 1:17, John 15:5)

THE VISION:

*To be a Holy Spirit-directed (John 14:26),
Christ-centered (I Peter 3:15) and
Bible-saturated (II Timothy 3:16) community of women.*

WOMEN'S MINISTRY TEAMS

SERVICE TEAM LEADER - Jennifer Browne (jennifer@benefitssourceinc.com)

Discover opportunities in two key areas to use your strengths and skills to serve and build up Christ's community of women.

Missions Team Leader - Kaylene Steele (kaylens@childserve.org)

Shepherding (Care) Team Leader - Jackie Joens (jrj1430@yahoo.com)

OUTREACH TEAM LEADER - Trish Toma-Lark (trish.toma-lark@hopewdm.org)

Through events, retreats, and conferences, be inspired to strengthen your faith and enjoy fellowship.

PRAYER TEAM LEADER - Jody Herman (jodyherman@msn.com)

Guiding women in their personal relationship with Jesus through prayer.

CONNECTIONS TEAM LEADER - Jennifer Webster (doakweb@gmail.com)

Discover opportunities to get connected with other women, developing friendships and community.

DISCIPLESHIP TEAM LEADER - Jill Cameron (echoett@msn.com)

Provide opportunities to study God's Word and learn how to apply it to daily living.

For more information contact:
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Women's Ministry Coordinator

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