

GRACE WAY

MAY 2023

WOMEN'S NEWS

Sip, Pray, Breathe
by Heather Herget

You ever had a crazy time in your life where you don't know whether you're coming or going? Of course you have! We all have! Well this has been my life this past spring. Nothing bad but just crazy busy and some of it was outside of my control. During this same time period, I was part of our evening Bible Study called "Peace for the Anxious Heart". While I have at many times struggles with anxiety attacks and depression, this hasn't been as much of a struggle in more recent years. Am I tempted to worry or be anxious, ABSOLUTELY! BUT GOD has done a work in me in more recent years, and I struggle a lot less. ENTER changes, challenges, and things outside my control, and I didn't think I was struggling but then the Holy Spirit decided to use this Bible Study and my daughter to show me I was struggling. He wanted me to remember I needed to stop, sit with Jesus, and just breathe.

FIRST - The study we did this summer looked at people in the Bible who struggled with anxiousness. I was surprised when it pointed out Martha was worried & anxious which is why she was busy doing instead of sitting at Jesus feet. Luke 10:41-42 say " The Lord answered her, "Martha, Martha, you are worried and upset about many things, but one thing is necessary. Mary has made the right choice, and it will not be taken away from her." I never read it from the perspective of seeing Martha was worried & anxious. It was like the Holy Spirit smacked me in the back of the head. When it's busy and I start to feel overwhelmed, I tend to get more busy & crazy. This isn't good because sitting at Jesus feet having time with him is what gives you the strength & peace to make it through the anxious crazy times.

SECOND - JUST BREATHE! This is what my daughter wrote on my dry erase desk in the middle of the crazy. I found it one day and again it was like ouch! One there is nothing like your child reminding you what's important and two I've probably said it to her a time or two. But I got it. She had seen me struggling to even make simple decisions & get overwhelmed so she wrote this on my desk to remind me to stop & take a breath.

After some reflection it reminded me of one of things we learned at the Women's Conference in 2021. When your feeling overwhelmed & stressed, take a few minutes to drink 4 ounces of water, say a prayer, and take deep breaths. It helps you reset yourself spiritually, mentally, and physically.

I pray we all remember what Scripture tells us "Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus." Philippians 4:6-7

Look what's happening!!

MAY 2023



- JUNE BREAKFAST CANCELLED
- JUNE 30TH - GIRLS NIGHT OUT AT THE MUNY TO SEE BEAUTY & THE BEAST. SHOW AT 8:15 PM. CAN PROVIDE/ORGANIZE TRANSPORT. RESERVED PICNIC TABLES FOR OUR GROUP AT PURINA LAWN. BRING A PICNIC DINNER OR GRAB DINNER AT CAFE. TICKETS ARE \$14.25. SIGN UP & PAY VIA QR CODE, ON WEBSITE, AT CHURCH OFFICE, OR SEE HEATHER.
- SUMMER BOOK CLUB STARTING IN JUNE! SIGNUP, BOOK, & DETAILS WILL BE ANNOUNCED SOON!
- CHRISTMAS IN JULY DETAILS WE ALREADY KNOW
 - JULY 7TH @ 6 PM
 - DEVOTION
 - POTLUCK (FOOD THEME TBA)
 - GAMES
 - CRAFTS
 - WILL BE COLLECTING SCHOOL SUPPLIES TO DONATE TO A BACK TO SCHOOL EVENT HELD FOR FOSTER CHILDREN.

MARK YOUR CALENDAR & WATCH FOR INFORMATION

AUGUST 7: EVENING EVENT TBD

SEPTEMBER 10: WOMEN'S BREAKFAST

OCTOBER 14 & 15: WOMEN'S FALL CONFERENCE

NOVEMBER 11: EVENING EVENT TBD

DECEMBER 2: CHRISTMAS GIFT EXCHANGE & BREAKFAST

WANT TO GET INVOLVED & HELP PLAN WOMEN'S MINISTRY EVENTS? WE TYPICALLY MEET ONCE A MONTH.

CONTACT HEATHER HERGET IF INTERESTED!

CELL PH# 636-208-4011; MUSICMAMA93@GMAIL.COM

LOOK WHAT'S BEEN HAPPENING!!



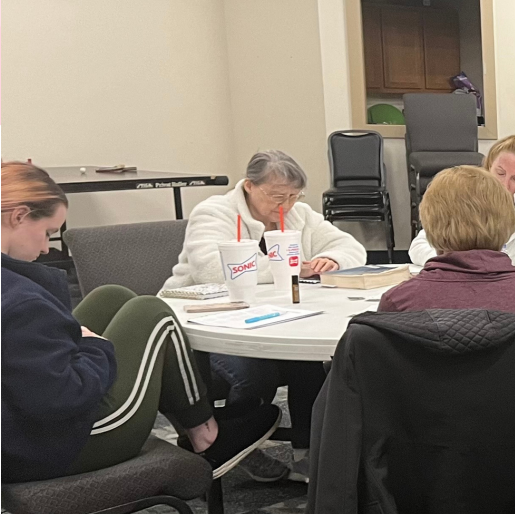
Donations for Shelter



January Luau 2023



Women's Prayer Workshop 2023



LOOK WHAT'S BEEN HAPPENING!!



Women's Retreat 2023

