

LAKEWOOD PARK WOMEN'S MINISTRY ~ Summer 2017

"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken"
Ecclesiastes 4:12



hello SUMMER

Upcoming events:

TITUS 2 GATHERING'S are a great way to get to know women in a small group setting. Here is the link to sign up:

<http://www.signupgenius.com/go/5080e4fa62da4fa7-titus>

Dates are: May 26, June 16, June 30, July 14, Aug. 4, Aug. 11

6:15pm at Mary Anne Warner's
6332 CR 29, Auburn

PITCH IN at HELEN KUFFERS & tour of Chain of Lakes or Black Pine Animal Park.
JULY 1ST, 11am
511 N 75 E, Albion

POOL PARTY / GAMES AT HEATHER BARKEY'S HOME:
JULY 15TH, 11am
3610 CR 39, Auburn

MOTHER OF PRESCHOOLER'S:

Sara Hathaway is leading a special study this summer in her home. She is using a Podcast called "Godcenteredmom.com" Subjects include hospitality, how to stop yelling, and 5 schedule sappers. Contact Sara if you are interested. It will be a morning during the week 10-11am with limited but available childcare.



Email Kari Harvey with any questions!
WM Director at Lakewood Park
kharvey@lakewoodpark.org

The blessing of being a listener & encourager of women

By JUDY BENNETT

It all started quite unexpectedly, I hadn't asked for it but it happened and I just followed where the Lord was leading. Al and I were living in Monroe, N.Y. and attending a small church. We didn't know it at first but came to realize that many in this church were young in their faith. Some of the younger sisters in the Lord started asking questions and for advice, and if you know me, you know I love to give advice. Something else started happening though, I realized God was giving me opportunities to mentor younger women.

Fast forward to the year 2000. We moved back to Auburn because of Al's job. Not long after moving here I was approached about being a mentor for our newly formed MOPS group. I was thrilled to be able to do it. I loved the idea of working with young moms. For some reason they hold a special place in my heart as well as teen girls. While working with the group, I tried to be open about trials I had faced as a mom, the deep depression I went through in my 40's, the rough times Al and I experienced as a young married couple etc., and God opened the floodgates. Many young moms and teen girls approached me and wanted to chat. Some wanted to get together weekly, others not as often, each one different, but significant. Now, I want you all to be sure of this one thing, I am far from perfect, and I chuckle to myself that God would lead me in this direction but that is exactly what He did. I don't have all the answers, but I know my God does. I encourage prayer a lot because I have seen miracles in relationships as well as other issues as we worked through these difficulties, laced with prayer. My encouragement to other older women is don't miss out on the blessing of being a listener and encourager to other women. Share your own trials, tell of God's working in your hearts and lives, and then open yourself up to give to others.

Summer Recommendations:

Your first go to: Your BIBLE!! Let it speak TRUTH to you. Our enemy is real and he wants to deceive us!

Grab a friend and a cup of coffee and fellowship over what you are reading in The WORD. I'm loving the Psalms!!!

Look on our R.E.A.L Women FaceBook page for "Summer Read" recommendations.

Our WM library has several Bible Study DVD's that you could borrow. Pull together a small group and connect.

If you have kids under your roof, take the summer to minister to them using the Word of God or an age appropriate devotional.

There are many ONLINE Women's Bible Studies that are free. Lifeway (blog.lifeway.com) and Anne Graham Lotz (studygateway.com)

Check out Revive our Heart's many Podcasts. (reviveourhearts.com)

Come to a Titus 2 Gathering to connect and build relationships. Save the dates of July 1, and July 15 and come to our special WM summer outings.

PRAY, and let God get a hold of you in a new and deeper way as you spend time Seeking His face.

EMBRACE JESUS ~ I know for me, I continue to see my sin for what it is, and HIS forgiveness and love is becoming even more to me.

Let's keep growing in the Lord! LOVE, KARI

Verses to help with fear & anxiety:

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

Do not be anxious about anything, but in every situation, by prayer and petition with thanksgiving, present your requests To God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

For God has not given us a spirit of fear, but of power and love and of a sound mind. 2 Timothy 1:7

An anxious heart weights a man down, but a kind word cheers him up. Proverbs 12:25

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9

Humble yourselves, then, under God's might hands, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you. 1 Peter 5:6-7

The Lord is my light and my salvation- whom shall I fear? The Lord is the stronghold of my life- of whom shall I be afraid. Psalm 21:1
Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25

The angel of the Lord encamps around those who fear him, and he delivers them. Psalm 34:7

The Lord your God is with you, the mighty warrior who saves. He will take great delight in you: in his love he will no longer rebuke you, but will rejoice over you with singing. Zephaniah 3:17



10 Ways to SIMPLIFY Your Life



A few years ago, life felt completely overwhelming for me. My husband Fred and I had just gotten custody of the twins and they weren't sleeping through the night...which meant that we weren't sleeping through the night. I was completely sleep deprived! On top of that, I had a too-busy schedule, a cluttered house, an overflowing inbox and a to-do list that kept getting longer rather than shorter. Eventually push came to shove and we made some changes! If your life is like mine, it's easy to feel overwhelmed by an overly complicated life. If you're looking for ways to gain control over your life or your current situation, consider simplifying.

Simplifying your life can mean different things to different people but here's what I think it entails: cutting unnecessary to-do list items, eliminating clutter from your home, fine-tuning your priorities, or otherwise gaining perspective on what truly matters. You can use these strategies to simplify your life, beginning today:

1. Identify what's most important to you and then get rid of everything else.

Know what really matters the most to you. Things that don't matter are simply wasting your time and energy, so purge them as soon as you can.

2. Make a list of the top 4-5 priorities in your life.

Keep this list with you all the time so you always remember what counts the most. Put a copy on your bathroom mirror, another above your bed, and keep one in your planner for good measure.

3. Evaluate your current commitments.

Look at absolutely everything going on in your life right now. Which of these commitments actually deliver value or joy? Which are in line with the 4-5 priorities you listed in the previous step? Eliminate everything else. This may be hard to do, but it will be worth it!!!

4. Assess how you spend your time.

How are you spending your time? Make a list of everything you do in a day and compare that to your list of priorities. What can you eliminate?

5. Simplify your work tasks.

Rather than trying to knock off every single task on your to-do list, focus on only the most essential tasks and then find ways to eliminate all the others. I found that having a planner that allows me to list my top 3 priorities for each day really helps! Once you've written your daily priorities, knock the other things off you list with a combination of delegation, outsourcing, moving them to other days or simply dropping them.

6. Simplify your home tasks.

Simplifying your home tasks doesn't mean avoiding tasks you hate...although I wish it did. :) I have found that using a Chore Planner allows me to tackle more each day! It's a list of items that should be done daily to keep you house in tip-top shape. I'll be honest...I don't get everything done every single day, but I get a whole lot more done now than I ever have before!

7. Learn to say no.

When you learn to say no, you'll begin to take on only as much as you can handle. Then you can give your attention to the tasks that matter the most.

8. Limit your consumption of media.

The abundance of media available today can overwhelm nearly every second of our lives. Try to simplify your own life by limiting media and information consumption whenever possible.

9. Be selective with your methods of communication.

Designate certain times for communication by only e-mailing at certain points in the day, only using the phone during certain hours, only chatting via IM in your off-hours and so on. Limit the ways that you communicate throughout the day to prevent communication from overwhelming you or your day.

10. Purge unnecessary stuff.

Devote one weekend every month to getting rid of absolutely anything that you don't want or need in your life. Removing everything that doesn't really matter can be therapeutic and cathartic. Purging your home and your life once monthly is a really beneficial process to your overall health and well being. If you're a could-be hoarder like me, feel free to purge unnecessary stuff every weekend. Our curb is full of stuff we're getting rid of every weekend! :)

While I promised 10 tips, this is #11 and it the most important, if you're feeling overwhelmed, take a look at your walk with God. Sometimes when life gets overwhelming, my time with the Lord slips to the backburner and then everything gets even more overwhelming and out of whack! Make sure you're spending time in the Word and connecting with other women. It will refresh your spirit more than simplifying ever could!

BY LISA THOMPSON (read more from Lisa at funhappyhome.com)