

JULY 2011

THE SPICE

A taste of what's happening for women.

Diving In!

by Linda Crawford

It was hot. One-hundred-and-two-in-the-shade hot, and there was only one refuge—the city pool. My daughter and husband jumped in as I descended gracefully down the ladder. *Ahhhhh*...relief at last!

We splashed and raced down the water slide (well, *they* raced, I was graceful), and then my daughter challenged her dad to jump off of the diving board. I was content to watch their fun. Until...

"Come on, Mom, it's *your* turn!"

"No way," I said. She pleaded more. I shook my head. Then the guilt trip started.

"But Mom, it's no fun without you. Don't ruin our fun! Come on, what's the big deal?"

Easy for her to say. It was a big deal, and the more she pushed, the more the memories and panic flooded back. I finally explained: "As a kid, I was forced to jump off of a diving board, but without glasses, I couldn't tell where the water was...I'm still too afraid." Her facial expression changed, and she looked at me intently.

"Mom, I don't think you should live your life not doing things just because you're afraid. You'll miss out, and I don't think God wants you to live that way."

Ouch. A lesson in courage and faith from my 13-year-old! Then a light came on in my stubborn, waterlogged brain...

This is one of those "teachable moments." If you don't do this, the next time she's afraid of something, she'll act just like you—and chicken out. But if you do it, she'll see that overcoming fear is possible...and even more, it's necessary in life.

Each wobbly step forward, I prayed harder. It felt like I might pass out and fall in before I had a chance to jump in. I wiggled my toes off the edge and looked down...I saw water. Deep water. But with contact lenses in my eyes, I could see it! I pinched my nose, squeezed my eyes shut...and jumped.

As I surfaced, I heard, "Yay Mom! I told you it was fun!" I flashed her a smile and swam back to do it again! It was fun, and I realized that with God, I now have eyes of faith to see beyond my fears to the joy ahead! So fear and all, I'm diving in!

Now it's *your* turn!

Central Church of Christ

Women's Ministry

girlfriends
unlimited

THE WORD

"For I can do everything through Christ, who gives me strength."

—Philippians 4:13

"Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see."

—Hebrews 11:1

THINK ABOUT IT

Look beyond your fears, and dive in to the fullness of life God has for you! List three of your fears you will attempt to conquer this month:

- 1.
- 2.
- 3.

Moving Through Fear

Fear. Even thinking about it can make us afraid. So we try to avoid that stomach-churning, nerve-shaking sensation as much as possible. Unfortunately, avoidance does nothing to help us overcome fears and, in fact, can make them worsen over time.

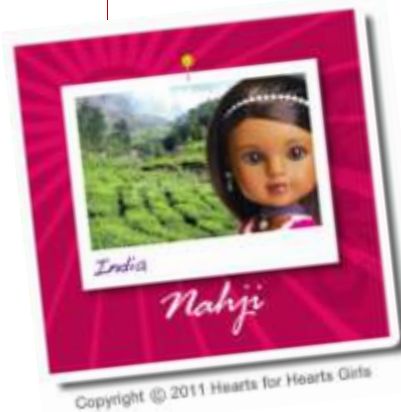
Why? According to a recent article in *Psychology Today*, avoiding fear guarantees the object or situation will continue to be “new” and provoke an anxiety response from your central nervous system. This means there’s no possible way to overcome your fear by avoidance. You guessed it, the only way out of the fear is to walk through it!

So if you’re afraid of spiders, you will have to handle spiders. If you’re afraid to jump off of a diving board, you will have to jump off of a diving board. Over time, your body gets used to the experience (it’s not “new” anymore), and you no longer feel the fear.

Afraid? Just remember, you *can* do all things through Christ, who gives you strength—including conquering your fears!

Change the World, One Doll at a Time

Can a doll change the world? You bet! Hearts For Hearts Girls™ dolls are not your ordinary toy store dolls, they are dolls with a mission! Each doll represents a real girl from one of six different countries around the world, like Tipi from Laos who loves to tell stories, Consuelo from Mexico who wants to help others, and Nahji from India who wants a different life. But these dolls do more than just tell their stories—they change the world! How? It’s simple. Every time a doll is purchased, a portion of the price is donated to World Vision to support programs for girls in countries around the globe. From school supplies to malaria nets, these outreach projects give girls the support and opportunities they need to thrive and succeed. Yes, a doll truly is changing the world!



Meet the real Hearts For Hearts girls, and discover how you can change the world, one doll at a time, at hearts4heartsgirls.com.

What Younger Women Want at Church

According to a research study by Group Publishing, 20% of women’s ministry leaders reported that no younger women attend their retreats! And almost 40% reported that only 5% to 10% of the women attending their Bible studies and ministry activities were young.

Why? Many younger women said they found the women’s ministry at their church “intimidating” and “dated.” And often, they were just not invited!

No matter what your age, take the step of inviting someone at least 10 years older or 10 years younger than you to have coffee or go for a walk. Get to know someone who was born in a different generation. Together consider how to be sure women of all ages are welcomed in your church.

To get you started, here are a few ideas:

- **Casual get-togethers** — Try Saturday morning hikes, movie nights, or coffee chats.
- **Friend discussion groups** — Younger women prefer discussion and prayer over hearing a speaker.
- **An invitation for fun** — Girls’ nights out, pajama parties, and games are still in fashion!



Media Morsels

Magazine Review



SUSIE Magazine

SUSIE Magazine is more than just a magazine—it's a global sisterhood for teen girls (and their moms too). From oily skin and prom dresses to human trafficking, *SUSIE* addresses the issues teen girls face, with honesty, warmth, humor, and truth. With a stated purpose "to lead girls into intimacy with Christ, guide them in developing healthy relationships, showcase positive entertainment choices, provide healthy role models, and teach positive self-image," *SUSIE Magazine*, through editor Susie Shellenberger, has become a mentor to thousands upon thousands of girls around the world. In tune with today's social-media and internet-savvy teens, *SUSIE* also ministers through blogs, forums, Facebook, and Twitter.

What about moms? *SUSIE* has a special newsletter and blog just for you.

To subscribe and check out the current issue of *SUSIE Magazine*, go to www.susiemag.com, or connect with the *SUSIE Magazine* sisterhood on Facebook for daily inspiration.

Music Review



Kari Jobe

"I knew that I wanted to write songs for hurting people, songs that someone could speak to the Lord when they can't find the words."

According to her mother, Kari started singing at 3 months old, and from the age of 10, Kari Jobe knew she wanted to be a worship leader. Nominated in 2010 for a Dove award for best new artist, Kari is moved to minister to people through her music, "to lead them to the feet of Jesus, who can bring peace, life, hope, and healing." This self-titled album includes inspirational worship and uplifting praise songs that will touch girls and women everywhere with the powerful love of Jesus.

You can connect with Kari's music and ministry at www.karijobe.com.

July

A Taste of What's Happening
for Women



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
		Women's Bible Study 9 a.m. <i>Upper Room</i> <i>Ministry Center</i>	Mom's Group 10 am Meghan Ross House <i>(123 W. 10th St.)</i>			
10	11	12	13	14	15	16
		Last week for Women's Bible Study 9 a.m. Girlfriend's Leadership Meeting 7PM				
17	18	19	20	21	22	23
			No Mom's Group VBS			
24	25	26	27	28	29	30
			Mom's Group "Book Club" Meeting (babysitters provided)			
31						

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THE SPICE

