

# CAMT WELLSRING RESOURCES FOR WOMEN'S MINISTRY

VOLUME 2, ISSUE 1

JANUARY 2009

## BRINGING BALANCE TO THE NEW YEAR

As the new year begins we may take time to reflect on our lives and make changes. Some of our resolutions may focus on finding balance in our lives. However, have you ever thought about balance within your women's ministry?

As women's ministries have developed over the past few decades, they have incorporated different programs. These include Bible study, different types of women's events, outreach, recreation, mentoring, prayer groups, crisis counseling, and missions.

The ultimate goal of women's ministry is to help women grow spiritually. To accomplish this end, they must help women find balance in their spiritual walk: physically, emotionally, intellectually, and interpersonally. With care and attention, the ministry can be a blueprint that will help women reach this goal.

It is easy to imagine that a women's ministry with a focus on recreation could easily become unbalanced and unspiritual. However,

what if a women's ministry concentrated on Bible study only? Is that bad? Of course not, but even this can be unbalanced if it excludes opportunities for outreach and application of biblical knowledge.

Consider all the possible activities in which you may be involved. Think about how each can be internally focused (created for members) and externally focused (created to bring people into the body). All too often our activities and events are created to look inward and service the church, but at least some should be in place as "bridge events" or "outreach events" to bring others into the body as well. When appro-

prate, we should adapt our activities so we may reach out to those outside the body as well.

As you begin the new year, spend some time reflecting on your own spiritual life. At the same time, think about the spiritual life of your women's ministry. Although any day is a great day to make changes, this time of year lends itself to reflection.

I am excited about what is in store for the next two issues. Suzanne Dillard and Geraldine Woodell will be sharing about some of the emotional ups-and-downs of beginning a new ministry.

## SUBMISSION INFORMATION

We are accepting submissions for Wellspring.

Women's Ministry Articles  
Length: 175-250 words.

Words for Life  
Short reflections on biblical passages.  
Length: 75-150 words.

True to Life  
Original illustrations that illuminate a biblical message.  
Length: 75-150 words

Share your experiences getting a women's ministry started with us for inclusion in the next few issues.

## UPCOMING EVENTS:

All are invited to the inaugural Women's Ministry Conference

February 27-28, 2009  
Harding University

Friday  
8 am Registration  
5 pm Dismissal for WINGS

Saturday  
3 pm Sessions Resume  
6:30 Dismissal

Speakers: JoEtta Deaton, Julie Harris, Sherry Pollard, & Anessa Westbrook

For more information:  
adwestbrook@harding.edu



WINGS 2009  
Theme: GPS -  
God's Positioning System

February 27-28, 2009  
by Harding University  
Held at College Church

Keynote speakers:  
JoEtta Deaton, Michelle James,  
and Beth Robinson

For more information:  
wings@harding.edu



Submit your event to  
Wellspring@harding.edu

## BULLETIN BOARD

Wellspring is published monthly by the Center for Advanced Ministry Training at Harding University.

For information about their Bachelor of Ministry program contact [ggregg@harding.edu](mailto:ggregg@harding.edu).

For information about the Master of Ministry program contact [dstewart@harding.edu](mailto:dstewart@harding.edu).

This month's question was: "Which outreach events have been used successfully by your congregation?"

"Timothy's Backpack" Robinson and Center (Conway, AR)

This is a ministry organized by the women of the congregation. They raise money and encourage local stores to donate money and/or school supplies to be dis-

tributed to children in need. The school supplies are put in backpacks, then hand delivered to children in Faulkner Country and the Southern Christian Home. *(anonymous)*

"WINGS"

Crieve Hall (Nashville, TN)  
The women get together to make small quilts for members that are in the hospital,

and make bread for the sick who are at home. Also, they hold a soup dinner as a get together for the older and younger women. *(from Chelsea Carver)*

Next month's column will focus on ideas that can be adopted to help adults interact with teens. Send your ideas and questions to [Wellspring@harding.edu](mailto:Wellspring@harding.edu).

## I'M NOT SUPERWOMAN...I JUST PLAY ONE IN REAL LIFE

"YOUR ONLY REAL STRENGTH COMES THROUGH SPENDING TIME ON YOUR KNEES IN PRAYER AND REMEMBERING THAT YOU ARE NOT THE HERO."

Ever feel like you are trying to be superwoman? These thoughts come from a wife, mother of two, full-time professor, volunteer women's ministry coordinator and Bible class teacher as she has struggled to find balance in her own life.

Please don't ask me to list all my responsibilities.

It will only sound ridiculous and make me panic.

Please don't feel sorry for me.

I have choices and I can say no, even though I don't do it very often.

Please don't praise me.

For every one success you see there are hundreds of failures, breakdowns and occasions when I have com-

pletely dropped the ball.

Please don't try to follow me.

My life is a unique blend of the circumstances that I find myself in and the gifts that God has given me. Your path will naturally be very different.

Please don't judge me.

Each of us works hard, keeps house, helps others, handles finances, and raise children in different ways. Just like the virtuous woman in Proverbs, I am seeking praise from my children and husband and wisdom from my God.

Please don't give me any credit.

The truth is that my good traits come from my loving and supportive parents, the will to keep going from my

encouraging friends, my emotional and physical support from my wonderful husband and every good and perfect gift to accomplish my many tasks from God.

If, like me, you find yourself playing the role of "super woman" someday here is my advice: Your only real strength comes through spending time on your knees in prayer and remembering that you are not the hero.

"Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever, amen." (NASB)

Ephesians 3:20-21

*Amy Cox  
Cloverdale (Searcy, AR)*

### Contact Information

[Wellspring@harding.edu](mailto:Wellspring@harding.edu)

#### Editors

Managing Editor:  
Anessa Westbrook

Assistant Editors:  
Nancy Tackett  
Debbie Stewart