

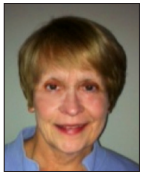


An e-newsletter of the
North American Baptist
Conference Women's Ministry

September/October 2014

A cup of coffee shared with a friend is happiness tasted and time well spent

Share a cup with Jean...



When was the last time that you were struck with an aha moment that stunned your heart and mind with the awareness that

God is real? Was it a beautiful sunset, the innocent face of a newborn, or the generous gift of time or kindness from a friend? God is constantly offering us glimpses of His presence with us. All too often we are so preoccupied with the details of our lives that we don't look beyond them to what God is showing us.

As I read Margaret Feinberg's book *Wonderstruck* I realized that I had indeed lost the wonder, the awe of God. I missed those moments of spiritual awakening that made me want to know God more. Margaret's distinct way of communicating made me eagerly read her challenge to see the wonders of creation, friendship, forgiveness, gratitude, and prayer. Her words led me to view life through different eyes, looking for the presence of God not only in the spectacular but also in the mundane.

The chapter that caused me to pause the longest was filled with her thoughts on the wonder of rest. Even in retirement I find myself burning the candle at both ends, keeping a schedule filled with deadlines to meet, activities to plan, and places to be. And rest during the weekdays—you've got to be kidding me. Not only was it impossible, but the thought also did not fit my cultural/ethnic upbringing that one must be working to be productive.

Rest—freedom from activity, spending time relaxing, sleeping, or doing nothing—is the time when one steps away from the busyness and stress of the world to intentionally set aside time for reflection and relaxation and to simply enjoy God. That's what I was missing! When we choose busyness over rest, we place more value on whatever we are working towards than on a relationship with God. He longs for us to seek Him.

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

— Matthew 11:28–30 (NLT)

So I had learned to rest during the weekday. When my mind or body says "down time," I respond with a mental or physical time away. But I needed to resolve the question of the rest of Sabbath. Real rest demands that we stop completely! It is completely ceasing our work, our frantic pace, the checking off of items on our to-do list. Sabbath is an invitation from God to stop on purpose and rest, eat, celebrate, and play. It is something to be treasured and enjoyed.

"So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest."

— Hebrews 4:9–10 (NLT)

So the day of rest is no longer to be a catch-up day for me. It is to be a day to worship in community, share a meal, take a walk, read a book, or enjoy an afternoon nap! It is a day to become refreshed enough to face the other six days of the week. It is a day to rest my soul, reorder my world, and realign myself with God.

"Through the Sabbath, God asks us to slow down so we once again become awestruck by the goodness of God in our lives, relationships, and world. The Sabbath provides the opportunity to nurture our appreciation for the beauty of creation, the deliciousness of provision, the joy of celebration. In a single day, God gives us the opportunity to recapture the wonder of everyday life."

(*Wonderstruck*, Margaret Feinberg, 2012, Worthy Publishing, pages 70–71)

Other books to challenge your thoughts about the Sabbath and rest:



The Rest of God: Restoring Your Soul by Restoring Sabbath by Mark Buchanan, 2006, Thomas Nelson

Invitation to Solitude and Silence by Ruth Haley Barton, 2004, InterVarsity Press

Sacred Rhythms by Ruth Haley Barton, 2006, InterVarsity Press

Resting in Him by Margaret Feinberg, 2008, Thomas Nelson Women of Faith Study Guide Series

Breathe: Making Room for Sabbath by Priscilla Shirer, 2014, Lifeway Christian Resources

Cream n' Sugar

BY JEAN EWING

Are you involved in a missional community group? Is your group seeking to adopt a missional posture—making missionality a mind-set as opposed to a series of singular events? Adopting a missional posture changes the way we process the world around us. This posture calls us to a prayerful attitude, looking for ways to serve all the time—while driving, shopping, and talking with others. It calls us to be sensitive to what is going on at our churches and in our own communities.

Perhaps your missional community group needs a spark to help you understand and be challenged by what it means to live on mission. Here are some group study suggestions for the fall:



Action Hero: Jesus in the Book of Mark by Alan Danielson and Darren Currin

This study takes group members through the book of Mark as they learn how to

become a missional community. It does this by teaching them to be a people of action as Jesus was a man of action. This Life Connection study from Lifeway

publishing includes a leader's guide and a member study book.

Compelled By Love: A Journey to Missional Living by Philip Nation and Ed Stetzer

This study is based on 2 Corinthians 5:14–15. Participants are placed in touch with the heart of God—the compassion, mercy, and love that drove God to sacrifice His Son. They will discover how they can join God on mission, sharing His love. This study includes a leader's guide, seven video sessions, a member book, and the book *Compelled to Love*.

Sent: Living the Missional Nature of the Church by Ed Stetzer

This young adult study issues a call to missional living that engages culture and enables Christians to live in the world while not being of the world. Uncover the meaning of missional living and explore where you fit in the overall purpose of the church. This five-session study includes a member book, leader's guide, and video sessions.

Outlive Your Life by Max Lucado

Lucado encourages us to change the world around us by getting off our knees and doing the works God has created us to do. The challenge is to spread God's love while learning more about ministering to your neighbors.

Radical by David Platt

This six-session Bible study invites you to encounter what Jesus said about being His disciple and obeying what you have heard. Combining the messages of *Radical* and *Radical Together* by Platt, this resource will help you discover what could happen if the message of the books *Radical* and *Radical Together* were lived out. A member book and DVDs for each session are included in this study.

As we begin adopting a missional posture, let's not leave behind the scriptures—the catalyst for sustained missional living. Drink deeply from the wells of God's written word in your missional group. Come to Him and prepare yourself to Go.

SENT →

North American Baptist Conference
TRIENNIAL 2015
July 1-5, 2015 • Sacramento, California

"As the Father has sent me, so I am sending you."
John 20:21

Speakers
Dr. Mark Buchanan
Pastor David Johnson
Dr. Reggie McNeal

Location
Sacramento Convention Center

Hotel
Hyatt Regency, Sacramento

Cup of Inspiration...

The Gathering 2014

July 20–25, 2014

Chapman University—Orange County, California

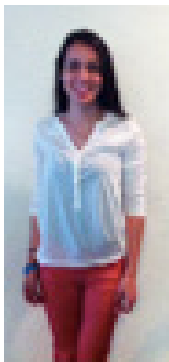


Over 550 students and youth leaders from NAB churches in the United States and Canada gathered in Orange County, California from July 20–25. The desire of the Youth Ministries Leadership Team was to provide students the opportunity to become ambassadors for Jesus in Orange County and prepare them for when they return home. A huge part of the Gathering was partnering with local churches and agencies in the Orange County area, helping them to restore the city.

Each night everyone gathered together to be a part of high-energy worship and to hear deep and powerful speakers. The Women's Ministry Leadership Team has had the opportunity to encourage two young women who were a part of this life-changing event.

Rebeca Gonzalez, an 18-year-old student from Paraguay, is the daughter of Alicides Gonzalez, who is the pastor at Iglesia Evangelica Florida and the lead pastor of an association of churches that NAB ministers alongside through connections with Gateway Teams and Hispanics for Christ.

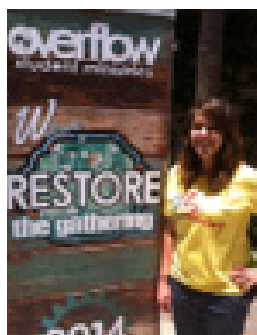
Rebeca is fluent in English and has a heart for evangelism. She has served as translator for groups from North America who have come to present the Gospel in partnership with Paraguayan nationals. She has been a part of many ministry endeavors, including serving as a small group and Bible study leader in her youth group and as an evangelistic campaigns coordinator. She has also served on the planning committee for a national women's conference and served with mercy-based ministries to the poor and homeless.



Rebeca is currently taking a year off from her university studies to attend a Word of Life Bible College program in Argentina. Rebeca is already a rising leader in ministry (especially, but not limited to, women's and children's ministries). Simply stated, this young woman is quite inspiring and a great example of

what a young life surrendered to Jesus can look like.

April Wahl, a young woman who is a part of the NAB Youth Ministry Leadership Team, is the full-time Assistant Director to Youth Ministries overseeing the junior high ministry at Century Baptist Church in Bismarck, North Dakota. She teaches a junior high Sunday school class and leads the Wednesday night junior high ministry. April enjoys discipling girls through the Beauty Set Apart ministry, which includes Bible study, service projects throughout the community, and meeting with the girls one-on-one.



April is "passionate about seeing young people come to know the saving knowledge of Jesus Christ and grow as disciples of Him, raising up a generation of followers of Jesus to build

God's Kingdom here on earth." God has led April to pursue a Certificate in Youth Ministry from Fuller Theological Seminary. The program is designed to develop a deeper understanding of and provide skills in evangelism and ministry with adolescents.

"The North American Baptist Conference is a family that I treasure dearly," said April. "I grew up going to First Baptist Church in Linton, North Dakota, where incredible women of God invested in me

at a young age. When I graduated from high school, I started attending Century Baptist Church in Bismarck, North Dakota, where I found myself being poured into by many sisters in Christ. I have continued to grow as a follower of Christ at Century Baptist over the past ten years. It was there that God called me to full-time ministry. I consider it a true blessing and privilege to continue to be a part of the North American Baptist Conference, and I look forward to the incredible things God will continue to do in and through it."

It has been an unbelievable joy meeting these young women, supporting them in their relationships with Christ and their service of Him.

Flavorings

BY KAREN BIEBER-GUILLORY



What an amazing journey it has been talking with people about a painting project I am working on.

All of their responses have been so encouraging!

It all takes place in my friend's store, where there are many eyes watching! As people stop to observe, I explain the fun and joy a bench with "character" can bring— especially when you sit on that bench on your porch while enjoying a cup of coffee with your neighbor. When people pass by, I try to promote a "missional" idea by...



Stir the Heart

Jerilyn Bayer's article, The Wonder of Rest



SUBMITTED BY
HEATHER SENGES

“You need to leave as soon as you can,” our mission’s director Norm Poehlke said when he saw the state my

husband was in.

Ken had been fighting depression when a set of circumstances ruptured a dam of feelings, causing him to have panic attacks and bouts of crying and despair. Very frightening! We were to go to Link Care, a missionary renewal clinic, for a month. How could this have happened?

Lights went on in my mind when listening to a sermon on the Sabbath. Exodus 20 delineates the ten commandments directed to God’s people for healthy living. The Sabbath was such a challenge to a people who had been slaves in Egypt. Slaves cannot and do not rest. This time of rest had to be learned.

Ken and I had been very aware of the need for balance and we honestly tried to



balance work and rest. We discovered that this was very difficult because both of us are extremely driven and both have the gift of helps. There will never be an end of people in need (Jesus said, “The poor you will always have with you.” Mark 14:7).

Home assignment was never a rest for us either as we focused on getting to as many of our supporting churches as possible, as well as those with special interest in Chain of Love. It became a time of whirlwind schedules, living out of suitcases, and feeling anxious to be back to our work before we could be missed.

While at Link Care we came to understand

that Ken’s depression and burnout happened because he had reached his goals—founding, structuring, and mentoring leadership to take over the ministries. He realized it was time to move on from something he had been very passionate about. It was very important to once again realize that his identity was not in what he had done, but in who he is in Christ. We were reminded that John 15:15 says, “I no longer call you servants... instead, I have called you friends.” Not slaves, but friends—yes, we need to learn to rest and enjoy our friendship with our Lord as well as with others and ourselves!

The time at Link Care helped us stop and re-evaluate our lives. The sessions of pastoral care were a respite where we could be ministered to after ministering to others for so long. This time was followed by a gift cruise to the Caribbean with friends!

Certainly the Lord has been good to us as we learn to take the time to enjoy our relationship with Him, others, and ourselves.

A Good Read...



BY JAN KOGER

The 23rd Psalm assures us of our need for rest and of our GREAT GOD’s desire to give us just that! Max Lucado’s book *TRAVELING LIGHT: Releasing the Burdens You Were Never Intended to Bear* succinctly, cleverly, and beautifully expresses how our God loves and cares for us. HE wants to be the God of our every day! Lucado himself writes a perfect synopsis of this book:

Rest from the burden of a small god. Why? Because I have found THE LORD.
Rest from doing things my way. Why? Because THE LORD IS MY SHEPHERD.
Rest from the endless wants. Why? Because I SHALL NOT WANT.
Rest from weariness. Why? Because HE MAKES ME TO LIE DOWN.
Rest from worry. Why? Because HE LEADS ME.
Rest from hopelessness. Why? Because HE RESTORES MY SOUL.
Rest from guilt. Why? Because HE LEADS ME IN THE PATHS OF RIGHTEOUSNESS.
Rest from arrogance. Why? Because OF HIS NAME’S SAKE.
Rest from the valley of death. Why? Because HE WALKS ME THROUGH IT.
Rest from the shadow of grief. Why? Because HE GUIDES ME.
Rest from fear. Why? Because HIS PRESENCE COMFORTS ME.
Rest from loneliness. Why? Because HE IS WITH ME.
Rest from shame. Why? Because HE HAS PREPARED A PLACE FOR ME IN THE PRESENCE OF MY ENEMIES.
Rest from my disappointments. Why? Because HE ANNOINTS ME.
Rest from envy. Why? Because MY CUP OVERFLOWS.
Rest from doubt. Why? Because HE FOLLOWS ME.
Rest from homesickness. Why? Because I WILL DWELL IN THE HOUSE OF MY LORD FOREVER.
 Read Psalm 23 and R E S T!

