

Women in Touch

Winter 2009

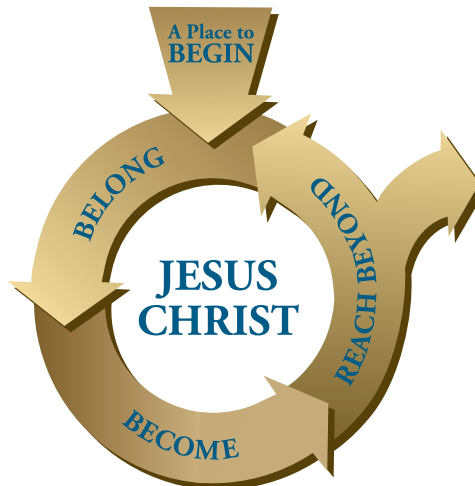


Where Are You on Your Spiritual Journey?

By Priscilla Mistele

The New Year is the perfect time for self-reflection and goal setting. Many of us resolve to take better care of ourselves in the New Year. We might resolve to lose a few extra pounds, to manage our time more effectively or perhaps to exercise regularly. But what about taking care of our spiritual lives? Is it possible to take responsibility of our personal spiritual growth? And if so, what do spiritual goals look like?

The first step is to identify where you are on your journey. You're probably familiar with Westminster's process of growth.



We like to call it the "B-wheel." Looking at this wheel, which best describes your spiritual journey this year?

Are You Ready To **Begin**?

Your journey may be beginning (or beginning again!). Sunday morning service, the Alpha course, and Women in the Workplace events are just a few of the great places to begin at Westminster.

Are You Ready To **Belong**?

Are you ready to connect, build relationships and make friends? Any of our weekly Bible studies, MOMS, mentoring, or service opportunities such as Helping Hands can help you get connected.

Are You Ready To **Become**?

Are you ready to grow in your walk with Christ? You'll find opportunities for growth in studying God's Word and developing your God-given gifts, attending a Sunday morning adult education class, or joining a small group Bible study.

Are You Ready To Reach **Beyond**?

The most fulfilling place in our journey is when we are accomplishing His purpose; putting our faith into action at Westminster, in the community and in our world. Allow God to work in and through you by becoming a mentor, a prayer warrior, or reaching out to help those in need in our community (or world) in His name.

In this issue of *Women In Touch*, you will find stories of women who have identified where they are on their spiritual journey from "Begin" to reaching "Beyond." If you'd like help finding the right place to begin, belong, or even become, we'd love to help. Stop by the Westminster Women's kiosk in the foyer on Sunday mornings or contact Holly Pankratz, Minister to Women at hollyp@westminster.org or by phone at 425-747-1461.

If you have a story of beginning, belonging, becoming, or reaching beyond, please share it with us. We'd love to hear from you!

P.S. For more information on how to set spiritual goals, check out our blog at www.westminsterwomen.blogspot.com.

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Save the Date

Westminster Chapel

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(425) 747-1461 • www.westminster.org
www.westminsterwomen.blogspot.com

Holly Pankratz, Minister to Women
hollyp@westminster.org

*This spring we have two opportunities to get away...
we hope you can join us!*

A Day of Discovery

By Holly Pankratz

Plan to join us March 21 for a *Day of Discovery*! Get away for the day... reconnect, grow and discover with us from 8:00 AM-7:00 PM. Watch and discover more clues about what this day will include; you won't want to miss it!

Many women are asking, "When is the Women's Retreat?" They are ready to "get away" and have a time of discovery, as well as growing and connecting with Westminster Women. This year we will focus on the areas women have previously shared they enjoy most about a retreat. Getting away, relaxing, visiting with friends, and having the opportunity to make some new friends, were all at the top of the list. You will experience all of these things while being encouraged in your walk with Christ.

We have a fun, relaxing, and meaningful day planned for you on March 21. I personally can't wait for the event, and to see what God has in store for us. Hope you will plan to join us.

Beth Moore
"Living Proof Live"
April 17-18

Road Trip

By Cathi Kershner

I am a huge fan of road trips. I will jump at the chance to drive down the Washington coast; to Boise, Idaho with my best friend; or down the Alaskan Canadian Highway (the ALCAN) in a truck filled with one husband, three children, and one small dog; pulling a small trailer filled with our worldly possessions. Maybe you are not interested in road trips that take seven days or even seven hours, but how about a road trip with your girlfriends to Portland? Maybe squeeze in some shopping, dining, all night laughter, and two days drawing closer to the Lord?

Are you interested in following up our *Day of Discovery* with a road trip? Beth Moore's "Living Proof Live" will be coming to Portland, OR, April 17-18, 2009. This conference is a life-changing weekend with Beth Moore, a chance to listen for what God has to say to you as Beth shares her heart. If you have experienced a Beth Moore study, read one of her books, or just heard about her anointed teaching, this is a weekend you won't want to miss.

If you would like to join in the fun of a mini road trip, contact me at cathik@westminster.org and take advantage of one of our thirty-three carpooling spots. To ensure your spot, you must register for the conference beforehand. Visit www.lifeway.com/women. Go to the Portland, OR event to sign up. The cost is \$60/person plus hotel accommodations (hotel reservations are made online there as well). Get your girlfriends together and register today!



Creating Trust Out of Despair

By Michelle Mordaunt

"I hate divorce," says the Lord God of Israel." Malachi 2:16a

Unfortunately, divorce happens sometimes and after twelve years of marriage and two children, I suffered the first divorce in my immediate family. As my world turned upside down, my family and friends sympathized, supported and loved me through the legal and grieving process. They did their best, but they didn't understand...not really.

"Trust in the Lord with all your heart." Proverbs 3:5a

This was my daily reminder, but panic and fear seldom left my heart long enough to trust! I had to work, parent two children under four, and pay the mortgage—all with my faith shaken. A friend encouraged me to join the Single Parent Family Connection (SPFC) at Westminster Chapel and I found a place where people *did* understand and were not just surviving, but thriving. I began the lifelong journey of learning the skills to parent alone, communicate during conflict, and set boundaries for myself and with others. As I was becoming empowered, my panic and fear began subsiding.

"Lean not on your own understanding." Proverbs 3:5b

I still didn't understand why God allowed this divorce to happen to me or where I was going, but as time passed, I began to see God's hand in where I had been. I saw how God put people in my life, people from SPFC who supported and helped me when others could not. I found a church I could attend without shame and where my children would be accepted. In the beginning I had felt completely cut off and alone, but now I have a place where I am understood and comforted.

"In my distress I called to the Lord; ... From the temple He heard my voice; my cry came to His ears." 2 Samuel 22:7

I have discovered a voice of confidence, trust and compassion; the voice God intended *before* I was married. I believe God helps fine-tune the pitch and intensity of this voice, but it is my true voice. I use this voice to give back to Westminster Chapel as a member of the SPFC leadership team, teach on Wednesday nights and Sunday mornings, and in my community at the Jubilee Reach Center. I use this voice to advocate for my children. Most importantly, I use this voice to praise and glorify God. I think He prefers the new voice to the tearful, despairing voice I had almost eight years ago!



*Do not look forward in fear
to the changes of life;
Rather look to them with
full hope as they arise.
God, whose very own you are,
will lead you safely through all things
And when you cannot stand it,
God will carry you in His arms.
St. Francis de Sales*

Michelle Mordaunt is teaching *"Becoming a Love & Logic Single Parent"* on Wednesday evenings this winter from January 7-March 4 as part of the Single-Parent Family Connection. If you are a single parent, join us at 6:00 PM for a family style dinner and the class from 7:00-8:30 PM. Children's classes (nursery-6th grade) and Jr. High & High School Youth Group are available as well. Cost is \$25 (scholarships available). For more information, contact Cathi Kershner, Director of Single Parent Families, at 425-747-1461 ext. 181 or cathik@westminster.org.

Become

Stepping Out in Faith

By Lori Robinson

I used to say that I didn't like change. In fact, I was so paralyzed by change as a child that I had to go to bed at the same time every night or I was sure I wouldn't be able to fall asleep.

It can make being a Christian difficult, if you are opposed to change, because really, the Christian life is all about change. But I carried my stubborn, "clinging to the norm" outlook on life with me through several years of my Christian walk; only dipping my big toe into that cold water of change every so often and then quickly pulling it back.

I think God got tired of waiting for me to take that dip, because circumstances began to arrange themselves around me. A friend I had been going to Bible study with joined another group. So I joined a new group, with new people. People I didn't know. And they said things about me, things I was sure weren't true. Things like I might have a gift of teaching, which I wasn't too sure about, seeing as I was doing my lesson at the last minute, and was none too willing to open my mouth unless called upon. It was too late for me, wasn't it? Hadn't I squandered my opportunities?

But...

Did I really want to chance missing out if God was trying to tell me something? Even if that meant change?

You have to take the plunge at some point, in spite of feeling like you are stepping out into thin air, sure that you will plummet to the bottom of an empty swimming pool.

I applied to be in leadership for Women's Ministry with absolutely no expectations. My prayer of faith was that God would close this door if I hadn't heard Him correctly. He flung the doors open wide placing me to assist a woman I knew and was comfortable with. He, and the ladies, bore with me through my gradual understanding that I needed to give more to study if I was to have anything to share and not be terrified of silence. He gave us a vision of a time of prayer that would incorporate worship and confession and asking Him for things. He blessed and blessed and blessed.

I was humbled and humbled and humbled. Because I know it wasn't me. It was Him.

I asked Him questions, and we tried things, and just when I thought I was getting it down, He moved me a little further. He gave me three years of building confidence in leading Bible study, and this year, He's asking me to change to something else all together. I keep asking for humbling and now I am having the opportunity to be in a structure not of my making, but to explore the beauty of who He is.

I still won't say I'm wild about change, but I can't say I hate it with a fiery passion. In fact, I might even say, hesitantly, that it isn't all bad.



Beyond

Call to Action! God wants YOU!

God is looking for women to impact His world. Are you such a woman? In the next issue of this newsletter, learn about a Westminster woman who is reaching beyond and impacting the world in His name. Maybe she's someone you know!

save the date!

Single-Parent Family Connection
"Becoming a Love & Logic Single-Parent"
Wednesday nights, January 7 – March 4

Women in the Workplace
"Navigating Transition, Embracing Change"
February 3 • 6:30-8:30 PM
Community Life Center • \$15
Register online or at the Women's Kiosk

Friend 2 Friend Single Moms Pampering Event
February 21, 6:00-8:00 PM
Westminster Chapel

Women's Retreat
"Day of Discovery"
March 21, 8:00 AM-7:00 PM

Road Trip
"Living Proof Live" with Beth Moore
April 17-18

For questions or registration for any event, contact
Cathi Kershner at cathik@westminster.org
or 425-747-1461 ext. 181