



# Inspire

## Welcome Home

### Bible Study

### Daily Care

We all have daily habits and routines to take care of ourselves physically—bathing, brushing our teeth, moisturizing, etc. Just as we care for our physical bodies daily, there should be daily habits that we have as Christian women to care for our spiritual selves. What does God Word tell us about what we should be doing daily?

**Psalm 118:24** tells that every day is a day to rejoice. He has given you this day, so rejoice and be glad. Read also **Psalm 89:16** and **Psalm 90:14**.

Connected with rejoicing in this day is praising God daily. Read **Psalm 35:28**, **119:164**, and **145:2**.

**Deuteronomy 4:39** tells us that every day is a day to acknowledge that the Lord is God. Every day is a day to put your hope in Him. Read **Psalm 25:5**.

Besides praising Him daily, we should be proclaiming to others about Him every day! Read **Psalm 96:2**

Daily we should be praying to the Lord. Read **Psalm 86:3**.

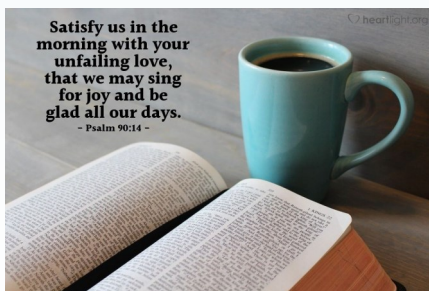
Every day is a day to read and meditate on God's Word. Have His Word fill your thoughts and daily life. Read **Joshua 1:8**, **Psalm 1:2**, and **Psalm 119:97**.

Every day is a day we should pray and ask God to help us number our day and make it count for Him. Read **Psalm 39:4**, **90:12**. We should be making the most of every opportunity given us each day. Read **Ephesians 6:13**.

Daily we are to clothes ourselves in God's armor. Read **Romans 13:12**, and **1 Thessalonians 5:5, 8**

Part of self-care is doing certain things, but also not doing things. Jesus makes it clear that we are not to be filling our days with worry. Read **Matthew 6:25-34**, and **Philippians 4:6-7**.

Can you think of other things that should be part of our daily spiritual life? What are you going to do today?



### INSPIRATIONAL IDEAS from the Territory

**Anchorage Citadel** had a "Fruit Sushi" making session held in the home of one of the WM members.

**Bend, OR** women have been volunteering in their social services. They have had wonderful opportunities to pray with and encourage clients. This has also helped them connect people to WM and to the corps.

**Boise, ID** started a Facebook Messenger group to share prayer requests and praises.

**Fountain Valley, CO** offered a cooking class to help parents prepare low cost meals at home.

**Glendale, AZ** did a service project for "Packages from Home," which is a non-profit that provides active Veterans and Military K9s with requested food, hygiene and entertainment items to boost morale.

**Jabor, Marshall Islands** started offering weekly meetings for Jr. Home League.

**MatSu Valley, AK** are watching episodes of "The Chosen" weekly.

**Narmiej, Marshall Islands** planted flowers around the corps.

**Puyallup, WA** started a support group, "Sharing and Caring for Older Women" at the Silvercrest.

**San Diego Citadel, CA** held an International Dessert Night.

**Wrangell, AK** is doing a study on "The Voice of God" by Priscilla Shirer.

*Commissioner Jolene K. Hodder—Territorial President of Women's Ministries*

*Colonel Colleen R. Riley—Territorial Secretary for Women's Ministries*

*Major Beth Desplancke—Territorial Women's Ministries Program Secretary*

Be sure to check out our website for more resources: <https://usw-womensministries.org/>

## Education

### How to Have a Clean & Fresh Powder Room

The powder room is probably the room in your house that is used the most and is one of the most daunting areas to clean. Here are some ideas to help keep your powder room clean and fresh without using harsh chemicals.

Remove hard water stains using a lemon. Cut a lemon in half and each half like a scrub brush, thoroughly going over all the stains. This works especially well on chrome fixtures.

Want to really make that bathtub shine? Simply add 1 part Dawn dish soap to 1 part vinegar in a dish-wand, seal it tight and it's ready to go. Run the water in the shower to get it lightly coated, and scrub away to your heart's content. The mixture cuts right through the soap scum, leaving a squeaky-clean feel to your oh-so-loved shower!

Got a ring around your bathtub? Here's a tip to save you time in the long run. Add a splash of baby oil to your bath water; this will prevent the soap scum from settling in the sides of the tub.

Clean the tracks in your bathroom windows or shower track using a mixture of baking soda and white vinegar. Scrub the mixture into the tracks using an old toothbrush.

To whiten the toilet bowl sprinkle baking soda into the bowl and spray white vinegar on top. The combination of these two ingredients will cause a fizz that breaks down dirt. Leave to soak for a while and flush.

To clean up urine from the floor around the toilet, and other areas, make a paste using baking soda, lemon juice, and white vinegar. Apply it using an old toothbrush and allow it to sit. To remove it, simply wipe the area with a clean cloth.

Don't forget to clean the toilet brush! Simply fill the brush holder with a solution of 1 part vinegar and 1 part water with a tablespoon of baking soda and leave the toilet brush fully immersed during the week. After each use, rinse with plain water, hang to dry, create a fresh solution and repeat.

An easy way to clean your plunger is by rinsing it off in the toilet while flushing it a few times. To disinfect it, mix bleach and dish soap in your toilet bowl. Place the plunger head in the mixture and swish the plunger around. Flush when finished.

Whitening toothpaste can work to clean that grout between your tiles. Simply add with a quick swipe, let sit for 30 minutes to an hour. Afterwards give a light scrub and rinse clean.

The warmer the temp the faster the cleaning ingredients work. Heat and acidity work hand in hand to break up most of the gunk. To increase the temp run the shower on hot for a few minutes or turn your heater on while cleaning.



Looking for ideas for Mother's Day favors? Check out our website: <https://usw-womensministries.org/easy-favors-for-mothers-day/>

## Service

Deep clean the corps restrooms. Set-up a schedule where WM members make sure the powder rooms are clean and tidy on Sundays and WM meeting days.

Make hygiene kits for the social service office to be distributed to those in need.

As a WM group, organize a time to do manicures for women who come into the social service office.

Hold a "Baby shower" for the social service office. Diapers and wipes are always a high demand item. Bag several diapers and travel packs of wipes together along with a flier about the corps & WM programs. Be sure to indicate on the bag the size of the diaper.

## Education

### Homemade Scrubs

Make a homemade face scrub, lotion or soap to pamper yourself. Perhaps make extras to share with women who come through the social service office. Perhaps make as gifts for Mother's Day (which is in May). There are lots of ideas that can be found on the internet. Here is a link for one recipe that includes a free printable: <https://beautycrafter.com/lemon-sugar-scrub/>

