



Inspire

Welcome Home

Education

Tips for Decluttering Your Home

Several years ago there was a commercial that always made me laugh. It would show a family with a packed garage overflowing with various items. The mom said, "We have too much stuff." So of course they went and bought various storage containers, and with the magic of TV, instantly their garage was neat and organized, and of course the last line of the commercial was "We need more stuff!"

We all have a closet, a drawer, maybe a room or a garage that is full of stuff. No, the solution isn't to simply buy matching storage containers with lids to solve the "too much stuff" issue. We need to stop "organizing" our stuff and actually let go of some of our stuff. Here are four easy tips to tackling any decluttering projects.

1. **Make a plan for decluttering.** Benjamin Franklin said, "A failure to plan is a plan to fail." Having no plan leads to distraction, frustration and ultimate failure. Decide what needs to be declutter, make a strict time frame and stick to it. If you tell yourself you'll do it when you have time, you'll never have time.
2. **Start small.** Always start with the quick decluttering wins to help you gain momentum to get you into the decluttering mindset before you tackle the bigger and tougher areas. Instead of starting with your entire craft room or the garage, try the junk drawer first.
3. **Set up a sorting system.** Leaving the room to "put stuff away" is a huge mistake in the decluttering process. Once you leave the room, you will find something else to distract you from the task at hand. An easy sorting system is to use a trash bag for any trash, a storage basket for items that need to be put away at a later date, a cardboard box for items you want to donate, and a clear storage container for items you are planning to store.
When you are done with the decluttering project at hand, take the garbage bag to the trash can. Take your cardboard box of donations and put it in your car. Don't leave the donations in your house or even your garage. The temptation is to take things out of it again. Put it in your car on the backseat and not in the trunk so it will serve as a visual reminder that you need to take it to the nearest Salvation Army donation site. For the storage items, put the lid on the container and immediately put it into storage. Now, take the basket of items that don't belong and put them away.
4. **Do it again and again.** Decluttering is not a once and done thing. Make decluttering a part of your regular housecleaning routine. Declutter 15 minutes a day—set a timer! Just like any other chore in the house, it is never done. Things will get decluttered again.

INSPIRATIONAL IDEAS from the Territory

Major Lawry Smith of the **Helena, MT** corps decided to take Home League to her ladies since they cannot meet together in person by making up a tool kit for Home League. Included in the bag is a booklet with the devotional and other aspects of the weekly program taken from the National website, as well as items that correlate with each week's programs. For more information check out our website: <https://usw-womensministries.org/program-idea-monthly-soul-kit-in-a-bag/>

Hilo Temple, HI filled 35 donated purses with hygiene items to be distributed to women in need.

Kahului, HI prepared tootsie pop spiders last fall for Halloween treats. Halloween is just around the corner. This is an easy project that could be done at home, if ladies cannot meet together.



Directions can be found at: <https://www.skiptomylou.org/tootsie-pop-spiders/>

Kona, HI women are living out "Love in Action" as they do home visits to those in need.

Commissioner Colleen Riley—Territorial President of Women's Ministries

Colonel Donna Igleheart—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/>

Devotional

Throw Your Anxieties Out

One of the advantages of moving often is every time I move, I am forced to deal with all the stuff that has accumulated. Sadly, no matter how many times we move, I still have boxes that remain unopened from house to house. I may open them, look at the stuff, but usually I tape the box up and there it sits in the garage until the next time we move. Hopefully, by the time we retire, I will have gotten rid of those unopened boxes, that are serve no purpose, other than being extra weight to ship, and taking up space in the garage.

Just like all those boxes, we all carry stuff in our lives that are simply clutter and dead weight. Jesus clearly says in Matthew 6:25, ***“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”*** He also emphasizes that worry adds nothing to our lives: ***“Can any one of you by worrying add a single hour to your life?”*** (Matthew 6:27).

The answer is a resounding NO! Worry, instead, takes away time in our lives: sleepless nights, stewing and fretting instead of doing something productive. Just like the boxes in my garage simply taking up space, worry clutters our hearts and minds.

1 Peter 5:7 tells us what to do with the clutter of worry: ***Cast all your anxiety on him because he cares for you.*** The word for cast is like when fishing and you cast your line into the water. God’s Word is telling us to not hold on to our worries or anxiety but to give them to Him. Stop lugging them around from place to place, but let Him have them. He can handle the load of them! The Voice Translation puts the verse this way: ***Since God cares for you, let Him carry all your burdens and worries.***

Why do we cast our worries to Him? Because He cares for you. He wants what is best for you, and He knows that whatever you are worried about and burdened by, is not good for you.

- What cares and worries are cluttering your heart and mind today?
- What will you do to cast them on the Lord today?

20 WAYS TO DECLUTTER YOUR HOME

1. Grab a laundry hamper and take it round the house picking up anything that’s not in the right place and return it.

2. Clear the table tops and surfaces. Clean them and only put back what you really need or love to look at.

3. Your wardrobe - remove anything you don’t wear or don’t love or is damaged.

4. The kids’ clothes - remove anything that doesn’t fit or is worn out.

5. The toys - remove anything that’s broken or they no longer play with.

6. The kitchen cupboards and drawers - remove anything you don’t use or have multiples of. Clean and organise what’s left.

7. The living room - remove anything that doesn’t belong in there, clear the surfaces, declutter the drawers. Keep only your favourite photos/pictures.

8. The books - get rid of ones you’ve read and won’t read again.

9. Kids’ artwork - keep the best, throw away the ones not worth keeping, take photos of the rest.

10. The hallway - find a proper home for bags, keys, shoes etc and teach your family to use it!

11. Your garage or loft - do 30 minutes every day to tackle these dumping grounds. Be practical but ruthless.

12. Cupboards throughout the house - Re-home everything. Clean and only use to store stuff that can’t go elsewhere.

13. Your jewellery - clean and only keep what you actually wear.

14. Kitchen work surface - keep clear and clean all the time so you can use it!

15. Your bedside table - empty and sort the drawers. Clear the surface.

16. Outdoor coats and shoes - get rid of any that you don’t wear/don’t fit, find a place to keep them and store out-of-season items elsewhere.

17. Your kids’ books - donate any they’ve outgrown or don’t read, throw any that are damaged or have pages missing.

18. The linen cupboard - how many sets of bed linen/towels do you really need?

19. A drawer of your choice - Empty and sort. Rehome what shouldn’t be in there.

20. Plates, glasses and cutlery - how many sets do you need if you keep on top of washing up?

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Pour out your worries and stress upon him and leave them there, for he tenderly cares for you.
1 Peter 5:7 The Passion Translation



This month’s bonus material is a Bible study on Philipians, and the things we are to let go of in our Christian lives: <https://usw-womensministries.org/august-2020-inspire-newsletter/>