



Inspire

Welcome Home

Education

Tips & Tricks for a Good Night's Sleep

Sleep is not a luxury; it's a necessity for optimal functioning. Sleep affects our mental and physical health, our quality of life and even our personal safety. Sleep is often the first things that busy people squeeze out of their schedules.

Want to get a good night sleep? Here are some tips:

- Keep a regular sleep schedule. That means going to bed and waking up the same time every day (including weekends).
- Work out in the morning. Exercise helps with sleep but not if you work out too late in the day (that can actually wake you up). Get your workout in at least 3 hours before going to bed.
- Limit your daytime naps. Limit yourself to 20 minutes of nap somewhere other than your bedroom.
- Clean your room. A messy and cluttered room makes for a messy and cluttered mind so tidy up so you can feel more at ease. (See the back page for tips on cleaning your bedroom).
- Avoid caffeine, alcohol and refined sugars. Also, don't eat before going to sleep.
- Avoid blue light (from our electronic devices) which can interfere with our production of melatonin, the major hormone secreted by the pineal gland that controls sleep and wake cycles. Give yourself at least 30 minutes of screen free time before bedtime. Keep all electronics outside the bedroom.
- Keep your room at a cool temperature (between 60–67 degrees Fahrenheit) Our core body temperatures actually need to drop in order to initiate sleep. Although the room is cool, make sure you feet are warm. Cold feet affects your ability to sleep.
- Sleep in total darkness. Even the tiniest glow from a nightlight or outside street light can negatively affect your slumber.
- Keep it quiet. A white noise machine or fan can work wonders and drown out unwanted sounds.



For this month's bonus idea check out trivia and scripture about sleep: <https://usw-womensministries.org/july-2020-inspire-newsletter/>

INSPIRATIONAL IDEAS from the Territory

Arno, Marshall Islands cleaned the main road, public school and hospital area.

Carson City, NV did a study on *Becoming a Woman of Prayer* by Cynthia Heald.

Helena, MT has a Women of Worth (WOW) group that meets once a month to pray, encourage, uplift and spend time in the Word with one another.

Juneau, AK enjoy playing Tenzies as a WM group.

Eugene, OR started SALLT (Single Adult Ladies Lunch Time) for single ladies and widows.

Kaulwela, HI packed food bags for children's weekend lunch program.

Pendleton, OR had an 8-week Bible study called *Taste and See* about foods in the Bible and how they relate to our spiritual walk as well as sampled food that was the focus of each session.

Oceanside, CA WM organized a 24-hour prayer time for their corps.

San Pedro, CA is doing a new study—*Be Alert of Religious Imposters*.

Santa Clara, CA after each meeting food is packaged with the Scripture and the completed craft at the meeting and then hand delivered to Home League members who are not able to physically attend.

Santa Rosa, CA did a study on *Listen, Love, Repeat* by Karen Ehman.

Yuba Sutter, CA started a monthly Saturday Brunch.

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/>

Bedroom Cleaning Checklist

Everyday:

- Put away clothes. Clean clothes are put away. Dirty clothes are put in the laundry basket/hamper.
- Make your bed.
- Clean off dresser, desk and nightstand. Put everything away where it goes.
- Clean floor. Pick up trash, books, shoes, etc. and put where they belong.
- Clean under bed.

Weekly:

- Dust surfaces. Wipe down all surfaces and window sill.
- Change sheets. Launder sheets and make bed with clean sheets.
- Vacuum floor.

Education

No Sew Pillow



<http://www.livelovediy.com/2013/04/how-to-make-pillow-with-glue.html>



Worship

Come Away and Get Some Rest

Although summer is supposed to be a season to slow down, to rest and relax, but often the longer days seem to get filled with more activities and busyness. Often we feel guilty when we stop all that we are doing and get some rest—whether it is physical rest and we take a nap, or where it is something we do to relax and just enjoy ourselves. Rest isn't a punishment but truly is a gift from God. God demonstrated the importance of rest when after He finished creating the world in 6 days, He spent the 7th day resting (Genesis 2:2-3).

In Mark 6:30 the apostles gathered around Jesus and were telling him all they had been doing in the name of ministry. In verse 31, it says, ***Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."*** The disciples were energized by the ministry they had just finished, but the Lord knew they were in need of physical rest. Jesus is lovingly inviting them to come with Him and step away for a moment. Just as the body needs time to recover and recuperate, so the spirit and soul needs time of rest and refreshment. He was calling them to step aside from mission and ministry and to take a "time out" to recharge their batteries and refresh their souls.

There is nothing wrong with taking time to rest. Sometimes, it means an actual nap. But sometimes we need to get away to a quiet place and rest in our relationship with the Lord. This verse is an invitation. The Lord knows we need time to reconnect with Him and He is inviting us to do that. The challenge is to make time daily, to get away to a quiet place and spend some times reconnecting with our Savior—sing a praise song, read a passage of Scripture, spend time in prayer talking to the Lord but also listening. A question to ask yourself is when and where is God calling me to a quiet place to be alone with Him? Am I being obedient? Purpose to take time to slow down, get away. Find solitude in a quiet place, along with our Savior.