



Inspire

Just Be...Relaxed!

Relaxed in His Presence

To relax means to make less tense or rigid, to relieve from nervous tension. There is just something about summer that causes us to slow down and relax. It is the season for vacations, less activities (especially if you have kids), and includes fun things such as BBQing and meals on the patio, lingering in the warmth of the sun by the beach, or outside reading a book, or enjoying a cool ice cream treat (you can't eat it too fast or you'll get "brain freeze").

Let's be honest, the world is anything but relaxing, but we, as God's children, can just be relaxed not because all is well in the world, but because of who God is.

God, you're such a safe and powerful place to find refuge!

You're a proven help in time of trouble—

***more than enough* and always available whenever I need you.**

²So we will never fear even if every structure of support were to crumble away.

We will not fear even when the earth quakes and shakes, moving mountains and casting them into the sea.

³For the raging roar of stormy winds and crashing waves cannot erode our faith in you.

Pause in his presence

(Psalm 46:1-3 The Passion Translation)

We can relax in the fact that God is a refuge, a safe place, always available to help, no matter what is going. Psalm 46 goes on to give more reasons why we can be relaxed in Him.

Surrender your anxiety. Be still and realize that I am God.

I am God above all the nations, and I am exalted throughout the whole earth.

¹¹Here he stands! The Commander! The mighty Lord of Angel Armies is on our side!

The God of Jacob fights for us!

Pause in his presence

(Psalm 46:10-11)

Let the world around you be tense and stressed. Surrender your anxiety, be still and relax because you know that God is above all the nations. He is the commander of the heavenly armies and He is on our side! In that we can pause in His presence, and truly relax.

INSPIRATIONAL IDEAS from the Territory

In **Bellingham, WA** they continue to contact their ladies through phone trees and card campaigns.

Casper, WY opened up a Women's Transitional Living Program. As part of the program there are 7 different devotional times for the ladies to attend throughout the week but they also attend all the WM programs at the corps.

Couer d'Alene Kroc, ID held online and in person Bible studies, where they worked through Max Lucado's book, *Never Alone*.

Denver Red Shield, CO has started a new WM group, "Coffee, Cake and Conversation" via Zoom.

Mesa, AZ mails out weekly programs which includes a program from the National resources (wmresources.org), a crossword puzzle or word search to fit the theme and a craft (that fits into an envelope).

In **Narmiej, Marshall Islands** the ladies had a campfire event where they played games, worshipped & prayed together and enjoyed a rich time of fellowship.

Prescott, AZ are doing a Bible study on Hebrews 11, studying each person who walked by faith.

San Gabriel, CA held several Zoom birthday parties for ladies and the children who had birthdays in that quarter.

Santa Clara, CA held their own 'mini retreat' hosted in the Corps Officer's home. They each brought food for the breakfast buffet, and then took part in an on-line 2 hour virtual retreat.

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/>

30 Days of Peace in July

Spend the month reflecting on the peace that comes from God.

1. Psalm 29:1-11
2. Psalm 37:25-40
3. Psalm 55:1-23
4. Psalm 62:1-8
5. Psalm 85:1-13
6. Psalm 89:1-18
7. Psalm 119:161-168
8. Psalm 125:1-5
9. Isaiah 32:1-20
10. Isaiah 52:1-12
11. Isaiah 52:13-53:12
12. Isaiah 54:1-10
13. Isaiah 55:1-13
14. Matthew 5:1-12
15. Matthew 11:25-30
16. Mark 4:35-41
17. Luke 1:67-79
18. John 16:25-33
19. John 20:19-31
20. Romans 14:13-23
21. Romans 16:17-20, 25-27
22. Ephesians 2:11-18
23. Ephesians 4:1-6
24. Ephesians 6:10-18
25. Philippians 4:8-13
26. 1 Thessalonians 5:19-24
27. 2 Thessalonians 3:6-16
28. Hebrews 12:14-17
29. Hebrews 13:20-21
30. James 3:13-18
31. 1 Peter 3:8-12

Relaxing Summer Crafts

Spend the summer days relaxing and creating with these easy ideas.



Watermelon Button Craft
(includes a free printable)
<https://acultivatednest.com/diy-sweet-summer-watermelon-button-craft/>



Fruit Mason Jars
https://www.michaels.com/fruit-salad-mason-jar/B_83855.html



Citrus Painted Tea Towel
<https://www.makinghomebase.com/diy-painted-tea-towel/>



Bandana Wreath
<https://craftsbyamanda.com/bandana-wreath/>