



Inspire

Hope for the World

Ocean of Hope

My heart has been heavy lately. Between work, family life, and the events around the world, there is just a lot going on. At times, life feels overwhelming. On those days, I am so blessed to have a beautiful view of the ocean from work. Five days a week I can walk outside simply admire the ocean and take in the vastness of it.

As I stare out at the water, a calmness comes over me. My heart feels lighter and my burdens seem smaller. I breathe in and out as I admire waves of the water (sometimes I even get to see whales or dolphins). I like what Beyonce says, *"The ocean makes me feel really small and it makes me put my whole life into perspective."*

As I stare out at the Pacific Ocean, I do seem small in significance. I look out and see ocean and more ocean. It is huge compared to myself. The ocean is a beautiful picture of God and His vastness.

As I gaze upon the shimmering water I recall Psalm 89:8-9 where Ethan the Ezrahite declares, ***"Who is like you, Lord God Almighty? You, Lord, are mighty, and your faithfulness surrounds you. You rule over the surging sea; when its waves mount up, you still them."*** What a comfort this verse brings to my soul. God is the Almighty, and no one is like Him. Mighty means "possessing great and impressive power or strength, especially on account of size." Waves of the ocean are mighty and powerful, but God is even mightier!

The verse goes on to talk about God's faithfulness. The tide faithfully and consistently comes in and out. It is so constant, we can determine the times of the tide. Day after day, the waves crash onto the seashore. God is faithful. He is true to His word and His character. He is constant and consistent. God is in control—even over the waves and ocean.

As I walk away from viewing the ocean, I feel more hopeful. Life and all that I am currently facing appears less daunting now. I breathe easier, and release some of the stress I have been carrying. God is greater, mightier, and more constant than the ocean. God is bigger than anything that is weighing my heart down at the moment.



INSPIRATIONAL IDEAS from the Territory

Bellflower Temple, CA prepared an auction of beautiful fruit baskets that were donated by the families of the corps and raised \$300 to support World Services.

El Cajon, CA used their earnings from the bazaar to adopt a family for Christmas (*Christmas is only 6 months away—start planning now*).

Everett, WA began a Bible study called *"Breathe,"* which is about eliminating the things in life that keep us from being able to experience real Sabbath.

Glendale, AZ collected items such as women's care kits and alarm clocks for The Dream Center, which serves survivors of human trafficking. They also toured the facility to learn the process the survivors go through as they rebuild their lives mentally, emotionally, physically and spiritually.

Hanford, CA enjoyed homemade Russian pancakes.

Kenai, AK has linked Moonbeams with WM and it is more like a "Mom and Me" program.

Merced, CA ladies got to enjoy candy and other items as they learned about New Zealand.

San Francisco All Nations, CA made beautiful fruit baskets and hand delivered them to the DHQ & other Corps Officers to express their gratitude and love.

San Francisco South of Market, CA had a hands on charcuterie board making experience which was a lot of fun

Sitka, AK did a month of worship and Bible study, using *"My Heart, Christ's Home"* by Robert Boyd Munger.

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/>

Beach Themed Craft Ideas

Here are some creative ideas to bring the ocean and the beach to your home.

Beach-in-a-Jar Seashell Keepsake Craft

This would be a fun craft to incorporate with a WM outing to a beach for ladies to collect seashells. If that isn't feasible, purchased shells would work as well.

<https://www.momsandcrafters.com/seashell-keepsake-craft/>

Duo Wave Painting

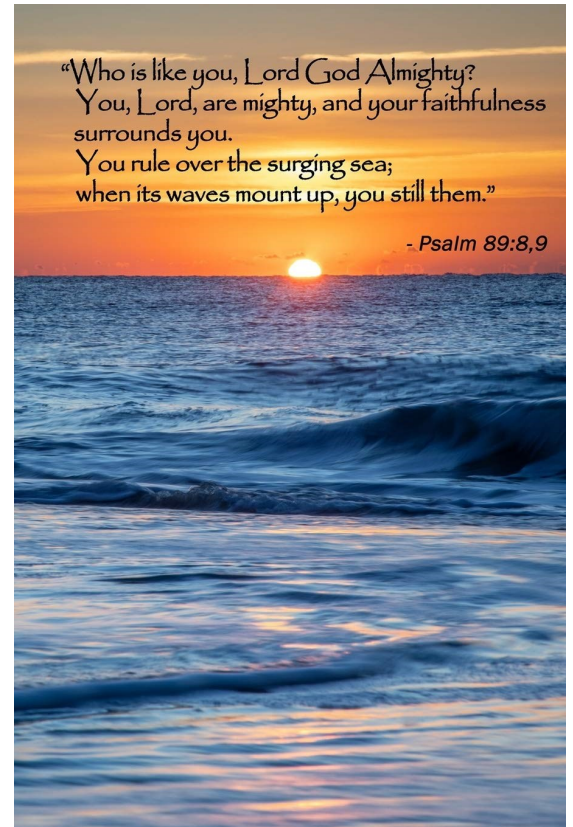
Detailed instructions as well as a demonstration video is included in the link.

<https://stepbysteppainting.net/2021/01/27/how-to-paint-a-wave-duo-painting/>

Seashell Succulent Planter!

This would be a fabulous centerpiece, especially for the summer months.

<https://www.doodlecraftblog.com/2014/08/seashell-succulent-planter.html>



Monthly Bible Trivia Question—Bodies of Water

Can you name the bodies of water that are mentioned in these Bible stories?

1. What is the name of the river that flowed out of Eden? That river separated into four headwaters. What are the four rivers named (Genesis 2:10-14)?
2. What river did Moses strike with his staff and it turned to blood (Exodus 7:14-24)?
3. Moses led the Israelites through dry land at what sea (Exodus 13:18, 14:29-31)?
4. When the Israelites journeyed through the wilderness, where was the water bitter (Exodus 15:23)?
5. What was the name of the river Naaman dipped in and was healed of leprosy (2 Kings 5:14)?
6. Seraiah was commanded to read a book and cast it into what river (Jeremiah 51:60-63)?
7. What river did Daniel see a vision of a ram (Daniel 8:2-3)?
8. Jesus taught from a boat on what body of water (Luke 5:1-3)?
9. What is another name for the Sea of Galilee (John 6:1)?
10. What was the name of the pool a blind man washed in and received sight (John 9:6-7)?