



Alliance News

Women's Ministry Quarterly Newsletter

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<http://www.allianceministriesmd.com>

Jan - Mar 2009

SPECIAL ANNOUNCEMENT

Women of Faith Conference Washington, DC

July 30 – Aug 1, 2009

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FEATURED LINKS

<http://www.hiyaahpower.com>

<http://www.womenspeakers.com>

<http://www.ministrywomen.net>

<http://womenoffaith.com>

Message from Veronica

I greet you in the name of our Lord and Savior Jesus Christ and welcome you to the first issue of Alliance Ministries, Inc., Women's Ministry Quarterly Newsletter. Because of the blessings of our Lord, I now have an opportunity to share various articles with the women who are in my circle in hopes that it will encourage, enrich your lives and help you to grow spiritually. It is God's desire that we grow and continue to become the women of God he has called us to be as mothers, daughters, sisters, aunts, cousins, friends and most of all servants of God.

As we enter a new season, I pray that through your busy schedules and the day-to-day hustle and bustle of life that you take time out to invest in yourselves spiritually, physically and emotionally. If your year has been anything like mine thus far, it is important to refocus on the true purpose of our living to accomplish what God desires for you personally this year.

Perhaps, you have come up with every excuse as to why you cannot devote more time to God? Even though our schedules are busy with our careers, family and other things that seem to occupy a lot of our time. One thing we must do is continue to strive at becoming a woman after God's own heart. How can we continue to receive and do the things of God in the midst of our busy schedules? There are several things we can do to get us back on track: take time to give God your first minutes of the day through prayer and devotion of reading Holy scriptures and apply them to where you are and hear God speaking to you for His guidance and answers. May God richly bless and keep you and your family!

Veronica



WOMEN MINISTRY INFO FROM TODAY'S CHRISTIAN WOMEN

<http://www.christianitytoday.com/women>

Soul Sisters

4 ways to foster spiritual friendships.

Sally Miller and Cheri Mueller

I love carrot cake and hate small talk. Cheri craves ice cream and works out religiously. Friends for more than 20 years, we're two Starbucks-drinking, Levi-wearing, munchkin-rearing friends. But when Cheri and I mention we're on a "spiritual journey" together, people often give us blank stares. We suspect they're imagining us at Bible studies and weekend retreats. Some of those images ring true, but faith-filled friendship is more about sharing the rough-and-tumble of ordinary life than practicing spiritual piety.

1. Cheri: *Open your heart and mind.* Start by asking God to put people in your life who'll inspire your faith and nourish your soul. And be persistent about putting yourself in the presence of people you want to learn from—even if they're different from you. When you're open to the Spirit's work in your life, friendship can spark anywhere, anytime: at the grocery store, in a book club, or in a church small group.

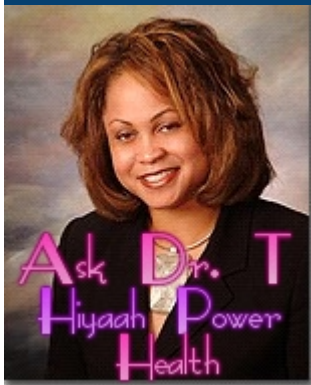
2. Sally: *Honor and celebrate each other.* When my husband and I returned from China with our adopted daughter, Emily Grace, Cheri loaded her clan into a minivan to make the snow-laden trek to Illinois for a welcoming celebration. On antique hunts, my friend Rona and I hunt for pairs of brass candlesticks. I take one, Rona the other. The missing half reminds us we're not alone. When Cheri invites a girlfriend over, she lights a candle to remind her that friends reflect the glow of God's presence. Friends can celebrate spiritual realities in ordinary moments. Whether it's with a fiesta for 50 or a casual luncheon for 2, time with your friends is sacred. [Matthew 18:20](#) says, "For where two or three come together in my name, there am I with them." God invites you to share in a feast of friendship and faith even in the mundane. Marking moments as holy and meaningful opens your heart to God and each other.

3. Cheri: *Share personal stories.* Learning to love and nourish other women, spiritually speaking, is also about finding the courage to exchange personal stories. Hearts engage when you invite others to share their joys, struggles, questions, and dreams. With frequent open sharing, you can confess over coffee with a childhood friend that tangled knot in your chest over a recent argument with your spouse. Or as you work through a study guide with a support group, you can leave an answer blank and instead ask a question burning in your soul. Authenticity leads to intimacy. And it's through intimacy you experience God's embrace.

4. Sally: *Pray for each other.* Intercession, the heart of prayer, means *favorable entreaty*. Anytime you give a gift to a friend, you express a favorable desire for her. Anytime you write an encouraging note or e-mail, you express your desire for your friend's well-being. And God's always listening. When we walk in compassion and grace with our girlfriends, we're experiencing spiritual friendship. It's nothing we have to "add in" or "put on." It comes with the territory of loving deeply. And it turns things as simple as tears into prayers. In this way, the apostle Paul's admonition to pray without ceasing is transformed into the everyday details of our relational realities.

Sally Miller and Cheri Mueller are coauthors of [Walk with Me: Two Friends on a Spiritual Journey \(FaithWalk\)](#). Sally's [Girl Talk ... God Talk](#) was recently released by Harvest House. Both friends speak at conferences for women.

Tap Into The Power from
<http://www.hiyaahpower.com>

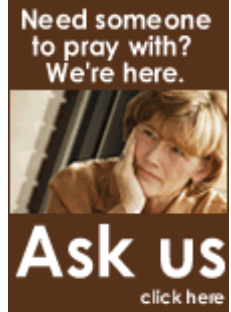


"The Health Rescue Pack"

Health Contributor: Dr. Teresa M. Wesley- "Ask Dr. T"

With every heart-wrenching picture and story that we witnessed on television, each one of us was engrossed with mass emotion. Sympathy, empathy, frustration, and anger traced through each of our minds as we felt for our brothers and sisters succumbing to the wrath of "Katrina". All of us prayed diligently as we watched in awe the time elapse while our fellow Americans sat in despair, filth, homelessness, dehydration, while drowning in "broken levy sorrow". As the victims fled towards a "safe-heaven" - the astrodome- more inhumane events unfolded. Eventually being transported out of the mire of "the bowl", broken families and spirits ended up in shelters far from home. Among the importance of reuniting families, one of the key priorities was the health of the victims. For every healthy individual that suffered through this calamity, there were ten very ill individuals with major health issues including: diabetes, heart disease, congestive heart failure, and stroke. When told to evacuate, the victims carried with them a few essential items. As reflected in the media, medications were last on the minds of someone trying to flee inevitable disaster. Many people with serious debilitating conditions were without medications and nourishment that caused them to perish. One victim I heard interviewed reported, "I take a small yellow pill for my pressure, and big white one for my sugar, and I need my medicine". And there were also multitudes that did not even know what medicines they were taking and why they were on the medications.

There are many lessons to learn when life presents challenges of this nature. However, one take home message is the understanding and responsibility of preparation. Although, no one can be prepared for a massive disaster of this caliber and to be left to fend for your life for days at a time with out shelter, clean water, and food. However, we can do our best to be individually prepared for our own health issues. At any given moment we should have in our possession at least a weeks worth of medications in our purse or cars. These can be easily placed in a pillbox that now can be purchased any local grocery store or super-marts. In addition, it is necessary to have a list of all medications that we are on. This should include: names, doses, and frequency (how often you take the medication). The combination of the medication and list of health issues is labeled your, "Health Rescue Pack". It sounds like a simple concept or action, but it can be a lifesaver. I challenge each of us with any health issues to assemble the "Health Rescue Pack" as we discussed and place it in your purses or cars. As we have witnessed, if we are faced with a disaster, who knows when help will come. Therefore we must be prepared and empowered, therefore please put together your, "Health Rescue Pack".



WOMEN MINISTRY INFO FROM CHRISTIAN WOMEN TODAY

<http://www.christianwomentoday.com/>

Accomplishing Your Dream

by Katherine J. Kehler

Steps to make your dreams come true!

Have you ever wondered why some women who have had dreams influenced their nation and the world by their achievements, while other women's dreams never got past the dreaming stage?

I have talked to many women who have told me about their dream. Usually their eyes begin to sparkle when they begin to tell me about an idea that has been percolating in their mind --sometimes for years. But too often the tyranny of the urgent, fear or lack of confidence has pushed their dream so far down that it doesn't even qualify for her five-year goals. But what has surprised and saddened me is that even though women are excited about their dream, few are actively making their dreams a reality. Many women seem to be waiting for someone to hold their hand and help them take the first step toward developing their dreams. Do you have a dream, but not a plan to make that dream come true?

1. Capture your dream.

The first step is to clarify the dream in your mind. What is your dream? What are you passionate about? What will you want to have accomplished by the time you are seventy years old? What will not get done if you don't do it? Is there a target group or urgent need with which God has burdened you? Will the world be different because you followed your dream? Is there a latent talent you want to develop? Have you wanted to turn your creativity into a business? Your dream can be an event to help you reach your life's purpose, one that may be completed in a few months, or it can be a life long pursuit. Take a few moments to think about it, then write down your dream.

2. Center your dream on God.

Is your dream from God or is it your own desire? One way to know if your dream is from God is to ask yourself, "What eternal difference will my dream have? Will it make a difference in light of eternity?" Do you have a Biblical basis for your dream? You can be very sure that God will never give you a dream that conflicts with the teaching of the Holy Scriptures. God has a wonderful plan for each of us. His plan will conform to your heritage, your experience, your talents, education and season of life. No one else can fill your role.

3. Face Your Foes

Think through what is stopping you from fulfilling your dream. What are the roadblocks and obstacles? Lack of encouragement? Training? Fear? The Bible tells us in Revelation 3:8 "See, I have placed before you an open door that no one can shut." Are you just not sure how to take the first step? Lack of funds? Your schedule is already full? Afraid of failure? Henrietta Mears, the Bible teacher of many of today's great Christian leaders, once said, "Don't doubt in the darkness what God has given you in the light."

4. Count Your Assets.

What are your resources? What has God given you to use? Your personality? Your education? Your influence? Your experience, wealth and giftedness? And remember beside all of your natural gifts, God has given you His Holy Spirit and His Word. Rely on God's promise in 1 Thessalonians 5:24, "The one who calls you is faithful and He will do it." List your resources.

5. Go for the Gold.

Taking steps to make your dream a reality. Begin by setting measurable goals.

- a. Three-month goals. What steps will you take in the next three months. Write them down. Enter them in your appointment book.
- b. Six-months-to-a-year goals. Write these down and pencil them in your schedule.
- c. Two-years to five-year goals. It is more difficult to think two-five years ahead, but it is a very good mental exercise.

Congratulate yourself! Today you have taken very important steps to make your dream a reality. Now work hard at making your dream a reality.

WOMEN MINISTRY INFO FROM WOMEN OF FAITH

<http://womenoffaith.com/encouragingwords/>

Be Who You Are

There is no one else in the whole wide world like you. I'm sure you have heard that before, but I wonder if you understand how true it is and how precious you are to God. We are not always treasured on this earth. Our relationships with our parents or friends or spouses can lead us to believe that we may be unique, but that it's not a good thing. So often we are encouraged to blend in, don't rock the boat, don't be different, but I say, rock that boat, and be who you are. . . .

When you hold back who you really are, we all miss out. So whether you are a pet nut like me or a wordsmith like Patsy Clairmont, whether you like high heels or flip-flops, be who you really are. You have a voice and a style that is all your own. It has been given to you by God so that through you, a unique picture of our Father is seen.

Sheila Walsh

Excerpted from [Glimmers of Grace: Sparkling Reminders to Encourage You](#) © 2008

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WOMEN MINISTRY INFO FROM PURPOSEFUL SINGLENESS

<http://www.singleness.org/>

Delivered From All My Fears

By Fern Horst

Jeannie had recently turned 35. Her life wasn't what she'd anticipated it would be at this point in her life. She'd recently experienced the shattered dreams of a relationship she'd thought was finally "the one". She felt close to her family, but they all lived several hours away. In spite of having many friends and finding herself busily involved in one social event after another throughout her twenties, all but one of those friends had married and were now busy raising families. Her job kept her busy but wasn't all that interesting or challenging. Last, but certainly not least, the church she was attending just didn't seem to have a clue about what her life was like as a single person.

But far worse than all these factors in her life was the fear that seemed to be gripping her lately. She just couldn't seem to shake it. It was a fear that this alone feeling would only get worse; after all, she'd never expected it to last this long.

Jeannie is a fictional character, but she certainly isn't unusual, even though she feels like no one else in all the world is experiencing life like she is. In all reality, many are gripped with similar circumstances and with a similar fear. Many different fears can grip those who face life without a partner:

- fear of physical harm and danger
- fear of commitment in any kind of relationship, or to a church, because of an underlying fear of being hurt, misunderstood, and rejected
- fear of lack of finances or job stability
- fear of handling the responsibilities for a home, job, children, aging parents, and so on without someone to help bear the burden
- fear of making decisions without input and support from someone else

Many, many singles learn to face these fears with the Lord's help, and to successfully handle life alone. On the other side of these fears they become strong, confident and vivacious people, having much to contribute to the lives of those around them. I know numerous such individuals who are a constant blessing and inspiration to everyone who knows them. But the process of getting there can be terrifying for many, and may cause many sleepless nights as Jeannie experienced.

Most of these fears stem from the fact that most people don't expect to face life alone. Sometimes it is a gradual realization (friends marry one by one), or a sudden one (a spouse dies or leaves, or a friendship changes or ends). As it becomes more and more evident that, for at least a period of unknown time, life will not be as had been anticipated, one needs to adjust his or her approach for living it. Each person will work this out a bit differently based on their personality, preferences and circumstances. Some will learn to live alone and enjoy it, others will find a housemate or two. Some will settle into a group of friends who become like family, others will get more involved in their churches, or in their extended families.

But, you may be asking, at the moment when I find myself gripped with fear, what do I do? Moving beyond fear is not easy, but it is possible; furthermore, it is necessary in order to live the purposeful, productive, and abundant lives God has intended for us. There are several steps to take:

First, define the actual fear. Is what you are fearing something which is still many years down the road, such as growing old alone? Is it something which is highly unlikely, such as being homeless or jobless or deathly ill and no one caring at all? Is it something seemingly insignificant but at the same time terrifying, like not having someone to be with on a weekend night, or finding a mouse in your house, or being alone in a thunderstorm in the middle of the night?

Some fears are over events that may not happen for many years. Realize that many things could change in the meantime, including your perspective of them, the people who may be in your life that aren't now, and so on. Many people mistakenly think that having children will guarantee they'll never be alone in their old age, but that is not necessarily the case. The only guarantee and security anyone has for the future is the Lord, and when we have a relationship with Him, we can rest in His assurance that He will never leave us nor forsake us. The Bible reminds us to not covet the "security" someone else may have, but to rely solely on Him and His promises: "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." (Heb. 13:5).

The fears of events which will occur today or in the near future also need to be put into perspective. Not having someone to be with on a Saturday night may not be your first preference, but it gives the opportunity to learn to enjoy certain activities you wouldn't otherwise: a cozy evening with a good book and a hot cup of tea; a drive in the country with the windows rolled down, talking with the Lord all the while; or tackling a new project or hobby.

Secondly, look the fear straight in the face. What is the worst thing that could happen if your fear came true? If it does happen, what is a course of action you could take? Who could you turn to if you were truly desperate? Is your relationship with the Lord strong enough that you can turn to Him in times of need? Having a plan in case the worst of your fears comes true helps to dissipate the fear itself, as does defining those people in your life who truly do care about you, even though you may be currently out of touch with them. Sometimes these kinds of fears can motivate people to reconnect with family members or with an old friend. They may also be motivators to establish new friendships and to become involved in other people's lives. Fears often help people to realize that their relationship with the Lord is lacking, and that they don't know how to turn to Him in a crisis. If you find that this is the case for yourself, start right now by picking up your Bible and learning how to talk with your Heavenly Father about anything and everything. This, too, is a process, but a much-needed one. Another way to look fear in the face is to tell someone else about it — preferably someone who will also continue to pray for you and with you until that fear is conquered.

Third, recognize other factors which may be contributing to your fears. If you find that fear grips you most strongly at night, remember this: Don't listen to your fears in the middle of the night! This is the time of day when life's problems seem bigger and scarier than they actually are. Realizing that you are most likely perceiving them out of proportion to reality may help you to lay them aside for the night while you get some sleep. Be in tune with other things which may be causing fears to run rampant. For ladies this may very well be caused by their monthly cycles. Other contributing factors can be the weather, the season of the year, and simply being hungry, tired, stressed, etc. A good night's sleep, regular exercise, and eating nutritiously can contribute much to our general sense of well-being. Finally, know what God's Word says about fear. Knowing the Lord and His Word is the number one ammunition against fear.

If we have a relationship with the God of the universe through His Son, Jesus Christ, we are truly never alone nor without aid. Reading, memorizing, and meditating on Scripture passages will give you an anchor to turn to when you find yourself in fear's grip. Start with such passages as Psalm 23, 34, 91, and Romans 8. Eventually you will be able to say with the Psalmist, "I sought the LORD, and he heard me, and delivered me from all my fears" (Psa. 34:4).

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WOMEN MINISTRY INFO FOR YOUNG LADIES

Hand and Glove

Bible reading: Romans 8:5-14

“But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you” (Romans 8:9a, NLT).

A glove is a wonderful thing.

You’ve probably never thought much about it, but a glove can perform all kinds of tasks. It can turn a doorknob or roll down a car window. It can wave goodbye to a friend or applaud a dazzling football play. It can pat someone on the back or smack someone in the face. It can point. It can give a “thumbs up” sign. It can hold a pencil or a cup of hot chocolate. It can stack firewood, shovel snow off a sidewalk, steer a car, or throw a baseball.

“Wait a minute,” you say. “Time out! A glove can’t do all that; it’s the hand inside the glove that does all those things.”

Well, yes. And that’s the point. The glove is powerless to perform any task if there’s no hand in the glove (and the hand, of course, must belong to a living, breathing person--no mannequins or statues). If there’s no hand in the glove, all it can do is lie there, motionless, ineffective, powerless. That’s because *the ability the glove possesses comes from whatever fills the glove.*

It is exactly the same with you.

You may really, really want to be more self-controlled. You may want to control your anger, your appetite, your desires, or your fears. But no matter how badly you want self-control, you can’t make it happen. Oh, you may improve a little bit, for a while. You may grit your teeth and decide, “I’m not gonna lose my temper anymore.” But no matter how hard you try, you won’t develop true self-control by yourself. Because self-control, like all true virtue, comes from God, not from you.

In other words, your ability to exercise self-control depends on whatever--or Whoever--fills you. "That's why," the Bible says, "those who are still under the control of their sinful nature can never please God. But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them are not Christians at all.)" (Romans 8:8, 9, NLT).

So, if you are a Christian, the power to be self-controlled is already living in you, through the Holy Spirit. The key, then, is not to grunt and groan and grit your teeth; the key is to surrender to the Spirit's control, day by day and moment by moment. . . just like a glove "surrenders" to the hand that wears it and controls it.

Review: Paul writes (in Romans 8:8 & 9), "You are controlled by the Spirit if you have the Spirit of God living in you." You already have God's Spirit living in you if you've received forgiveness of your sins and trusted Jesus for salvation. Have you done that? If not, you can do it now by praying a simple prayer like: "Lord Jesus, I want to know you personally. Thank you for dying on the cross for my sins. I open the door of my life and receive you as my Savior and Lord. Thank you for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person you want me to be, Amen."

Reinforce: One way to surrender to the Spirit's control is to sincerely pray a simple prayer every morning, saying something like this: "God, I want to do right today, but I know I'll need your help. I give up control of the things I do to your Holy Spirit right now, and I ask him to control me all day long. Please help me not to forget or to 'take back' control, in Jesus' name, Amen." Copy that prayer (or write one in your own words) and post it where you'll be reminded to pray it every morning for the next week.

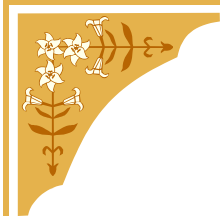
Remember: "But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you" (Romans 8:9a, NLT).

Daily Devotional

Josh McDowell Ministry has daily devotionals that cover a variety of topics relevant to today's youth. These devotionals will be an excellent resource for thinking through difficult choices and applying biblical standards in daily decision-making.

www.josh.org

INSPIRATIONAL CORNER



Put It In God's Hands



Whatever the problem or situation that is troubling you, put it all in God's hands. His hands are open wide enough to hold all your trials. His hands are open to provide comfort when you feel lonely or worry over a situation. His hands are open for you to pour out your heart and soul to Him. His hands are open to wipe your tears away and to wrap around you as a shield of protection. His hands are open to point you in the right direction when you cannot see the road to take. After all, He is the potter that molds everything together for your good.

BY: MIT Veronica E. Williams
June 8, 2006

