



Women's Devotional eNewsletter | October 2018

Breathe

One of my hobbies is volunteering as an actor in the local theater community with my husband. It's fun, thrilling, time-consuming, but so rewarding. Generally during the rehearsal process and especially over production weeks, life is frantic and nerve-wracking, so there is little time for us to relax, breathe, or even think clearly.



I remember one particular night before a performance, a fellow actor had an anxiety attack in the dressing room. I recognized the sheer terror and fear on her face, the tears, the staggered breathing as she tried to get control, the vulnerability as she sat immobile unable to put on make-up.

My first thought was that she has to breathe, so I reached out to her. She clung to me crying, her face buried in my robe. I whispered "Breathe. Breathe with me." In out, in out... She matched my slow rhythm and then another wave of anxiety washed over her, tears soaking my robe. Again breathe. In out, in out... I started praying. I don't remember exactly, but it had to do with her identity not being found in her performance, or what the audience thinks of her, or even what she thinks of herself, but in who she is in Jesus. Eventually, she calmed down and her body relaxed. She swallowed and her chin stopped quivering. At last she smiled, a quiet peace covered her, and to my surprise she began to quote part of Philippians 4:8.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." [Philippians 4:6-8 NIV](#)

That night she gave a stunning performance.

I used to struggle with anxiety and fear too. I locked up many times under a variety of circumstances. The helplessness was paralyzing and I never understood why this was happening to me. I had not connected my co-actor's struggle to my own story until now. I

am grateful that God delivered me from anxiety. That night, He enabled me to use the tools I've learned to think clearly and help another person. Now it makes sense. Now I understand that anxiety happened to me so I could help others. It is like a beautiful replacement memory for one of my own experiences. God uses everything for His glory and, in this, has tangibly given purpose to my pain...and to hers. (She enthusiastically agreed to my sharing our experience with you.) When I came across this part of Psalm 62, I took a thankful moment to simply breathe. God truly never wastes a hurt.

*"My soul finds rest in God alone; my salvation comes from him.
He alone is my rock and my salvation; he is my fortress, I will never be shaken."* [Psalm 62:1-2 NIV](#)

Reflect & Respond

- How do you relate to the story?
- How can you apply these verses in your life?
- Has God used a difficulty you've experienced to minister to someone?
- Can you see this difficulty in a new light?



Breathe was written by Evan Crawford.

Evan is an Arkansas native and has attended Fellowship since the mid-nineties. She has been on staff at Fellowship coordinating creative storytelling since 2006, and currently coordinates production elements for adult worship services in Fayetteville. She serves at Celebrate Recovery as a women's group leader and worship leader. Evan's interests include singing, running, playing piano, painting, and acting in and directing theatrical productions. She and her husband, Roger, have been married 15 years. (Contact Evan at evercrawford@fellowshipnwa.org if you would like to volunteer on the communion, baptism, or usher teams on Sunday mornings.)

*Past issues: Fayetteville Women's Devotional
eNewsletter*

Women's "Wonder(full)" Fall Retreat

This past month, more than 175 women from all over NWA (including some of our Fellowship Fayetteville gals pictured here) gathered for the 2018 Fall Women's Retreat at New Life Ranch in Colcord, OK.

Guest speaker Bekah Mulvaney exhorted the women to focus on the "wonder" in life in order to understand the greatness of God and to stay anchored in the faith when difficult, challenging times arise.



Powerful testimonies and worship, prayer and share time, games, relationship-building, and of course fun, outdoor activities like horseback riding, hiking, zip-lines, and crafts rounded out the retreat.

Special thanks to the Fellowship Women's Ministry team leaders for organizing and loving our women well!

What is your favorite Fall activity to share community with friends and family?

camping

Select

bonfires & S'mores

Select

a hike in falling leaves

Select

fall craft shows

Select

hayrides & pumpkin patch

Select

Women's Studies

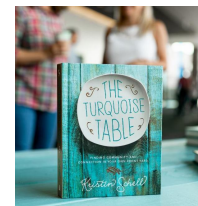
Women's small group studies for the fall semester are already well underway, and preparation has started for the upcoming 2019 spring studies. A little teaser for you: one of the studies to be offered next spring is [Priscilla Shirer's Armor of God](#). Stay tuned for additional study descriptions plus registration information coming soon!



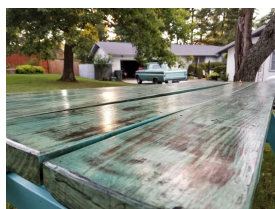
Questions about women's studies?
Contact fayettevillewomen@fellowshipnwa.org

The Turquoise Table

Copies of *The Turquoise Table* by Kristen Schell are still available. Books can be purchased at the Women's Booth in the Worship Foyer on Sundays for \$10/book, or pick one up at the Fellowship Fayetteville main office Monday through Thursday, 8:30am-4:30pm.



Over the past few months we've had fun sharing our *Turquoise Table* stories from this summer. New friends have been made and old friendships have deepened. This month, Vicki Kennedy shares how Kristen Schell's book challenged her, which in turn led to an opportunity to share the idea of community with another town in NWA.



"I bought a digital copy of *The Turquoise Table* last year after a girlfriend recommended it. I was so excited about how the concept goes hand-in-hand with Fellowship's emphasis on the value of community. I told my husband all I wanted for Christmas was a large picnic table for our front yard where we could meet our neighbors. Boy, did he and the kids deliver!

My eight foot table was a blank canvas. I love to paint, so this past spring I decided to experiment and try to replicate the chippy-look seen on the book's cover. It took me a while to come up with the perfect blend, but because of having gone through breast cancer

surgery last year, it ended up being so therapeutic and well worth the time. Several of my friends encouraged me to create more tables and offer them for sale to the public, so with my husband's help, I did. My daughter advertised them, and to my surprise someone heard about them clear over in Eureka Springs and placed an order.

My husband and I delivered the table along with a free copy of the book, and we met the most interesting woman. She owned a beautiful "open-air meditation sanctuary", and wanted to place a table in one of her campsites. When she heard my testimony about the table and glanced at the book, she became very excited, because she had built her garden to promote "community". I wasn't sure if she was just being polite, or would even read a faith-based book, but about a week later she texted me very excited about what she had read thus far. She even said she was going to purchase more of the books to give to people who came to her garden. I don't know if she ever did. But my prayer is that God would use our chance encounter to introduce Himself to her community. And that they would come to understand the difference between their perceived higher power, and the living God of the universe who desires a personal relationship with each one of us." - **Vicki Kennedy**

Ministry Teams Spotlight

Women's Sunday Morning Outreach

Help us to greet members and visitors at the Women's Booth in the Worship Foyer on Sunday mornings. This is an important way for us to help keep women informed about upcoming ministry events & studies, and get them plugged in to the community of women at Fellowship Fayetteville.

Contact : [Irasema Ritter](#)

Resources



Discipleship for Women | [Learn more & enroll](#)

As a Christ follower today, we strive to incorporate discipleship into our everyday relationships. It is not just evangelizing, but mentoring: a spiritually older woman in Christ (discipler) teaches and models how to live a godly faith-filled life to a spiritually younger woman (disciplee). Formats may vary with each relationship, but Christ and the Bible remain at the center with spiritual maturity and reproduction, the goal.



Fellowship NWA | [Women's Devotional Blog](#)

Subscribe to *Women's Ministry Devotional Blog* from our sisters at Fellowship NWA Women's Ministry.

Service Opportunities

Weekday Front Office Help

If you have administrative skills and enjoy being around people, we would love to put your talents to use in the front office at Fellowship Fayetteville. We are currently seeking two more office volunteers for Mondays and Thursdays to serve in three to six hour shifts. Contact: [Ray Wagoner](#), 479-878-2999.

Serve One

At Fellowship we encourage our members to Worship One/Serve One, meaning attend a corporate celebration service and then volunteer to serve during another service so others may worship. Many team positions are currently available on Sunday mornings including hospitality, media, worship, prayer, FayetteKids, One2One, and prayer. Visit serve.fellowshipfayetteville.org to find your fit.

Connect with us!



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fayettevillewomen@fellowshipnwa.org

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