

# WOMEN'S MINISTRY

## fayetteville

September 2019

## Keep Looking Up

As an empty-nester now, there are some days when I have more time on my hands to pause, be recharged, and filled up with things that make me happy. And then other days the chaos seems to engulf me again, sucking the joy out of me. I was reminded of one of those "aha" moments that happened to me several years ago as a mom of three, when if someone had tried to measure it, my joy and energy levels would have looked like an earthquake graph on the Richter Scale.



It was a normal hectic morning...up at 4:45am making sure hubby was ready and off to work, preparing school lunches and backpacks, helping my fifth grader glue that last curl in place before she caught the bus, advising my son on what accessory would look best with his Throw-Back Thursday outfit for Spirit Week at school, and oh yes...getting myself dressed, coifed, and ready for a full day of work.

As I jumped in my car with hands full of purse, newspaper, and hot tea, I noticed that the rearview mirror was lower than normal. Annoyed in thinking someone else must have dared moved my mirror in my car, I quickly adjusted it higher, and then took off for work...the busyness of the morning and planning the day ahead all whirling through my mind.

But a few blocks down the road, I heard it. That small inner voice, gently reminding me that *I* was actually the one who had adjusted the mirror downward just two days before... that my space hadn't been "invaded". Feeling a twinge of guilt for my possessiveness and critical spirit, I wondered why I hadn't remembered doing that. Why had I even changed it in the first place? And even so, why did I have to readjust it again today? Am I sitting differently? Are these tighter pants making me sit up straighter? Do they even look good on me? Why did I spend all that money on them anyway? Good grief! Does anybody else have random, pointless thoughts fill their head over such trivial things?

Then it hit me. I'm sitting taller because I feel good today! The previous two days I had been battling a sinus infection and impacted tooth at the same time, and the pain had been all-consuming. That day I had gotten over the hump and all was right in my world again, almost back to normal...whatever that is. I felt pretty good: good physically, good mentally, good emotionally, good spiritually...ready to take on anything the day threw at

me. And because I felt good, my disposition had improved.

And... **I. was. TALLER!**

Isn't it funny how our attitude affects how we carry ourselves? How we face each situation and each day? The days I didn't feel good, I was small...hunched over and defeated, not holding my head up. I had to adjust my mirror downward because that's where my focus was. But today was better because my focus had changed. It wasn't on myself anymore. I was looking outward and upward again, holding my head up and ready to face the challenges of the day. My mirror had to be adjusted accordingly.

So with all those thoughts racing around in my head, I became determined not to live short, but to live TALL. I became determined to try and keep my focus outward and upward, toward the One who knows exactly what each day holds for me even before it begins. I want to adopt *His* focus, *His* joy, and *His* love, and not obsess about myself, my current situation, how I feel at the moment, or even worry about what might happen. I want to keep looking up! So today as I look back at that aha moment... I will say again with great intentionality... **I will have a TALL day!**

"When they looked up, they saw no one except Jesus." ([Matthew 17:8 niv](#))

### **Reflect and Respond**

- Where is your focus directed each day? On yourself? Your kids? Your classes? Your job? The people around you whom you perceive as needy?
- On a scale of 1 to 10 how easily are you distracted by other people, circumstances, and the problems at hand?
- What can you do to change the way you start each day so that your focus would be centered on Jesus, making it easier to handle all those distractions?



### **Keep Looking Up was written by Vicki Kennedy.**

Vicki serves as Administrative Support for Community Ministries at Fellowship Fayetteville, but she has worn many hats throughout several careers including radio and TV broadcast journalism, development and marketing, and real estate. Her greatest joys have been her 38-year marriage to her husband Wayne, their three amazing children and two beautiful granddaughters, serving with the praise team and in leadership at CR Fayetteville, and partnering with her husband in the creation and development of the GAP/Grandparents As Parents support groups through Fellowship

Care Ministries. Her favorite Scripture? [Romans 8:31-39 msg](#)

*Past issues: Fayetteville Women's Devotional eNewsletter*

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## Women's Fall Studies

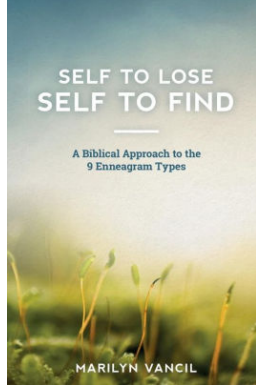
Tuesdays | September 10 - December 10

Morning Session 9:00-11:00 am | Evening Session 6:30-8:30 pm

Specific study groups are also available for Newcomers and Vintage Gals!

**It's not too late to register! [CLICK HERE](#)**

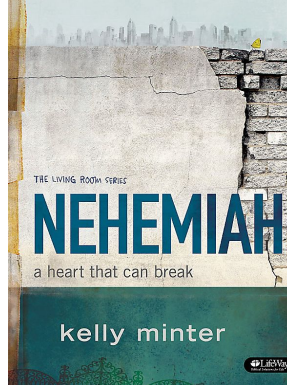
*(Childcare is available for both sessions but space is limited!)*



### **The Enneagram Perspective: A Pathway to Spiritual Growth, Compassion, & Self-Knowledge**

The Enneagram is a personality theory comprised of nine different types, or nine different ways of seeing the world. The goal is self-awareness and learning how to live out of your authentic self, moving into who God created you to be. As a class, we will be reading the book *Self To Loose, Self To Find* by Marilyn Vancil.

*(Offered Tuesday mornings only)*



### **Nehemiah: A Heart That Can Break**

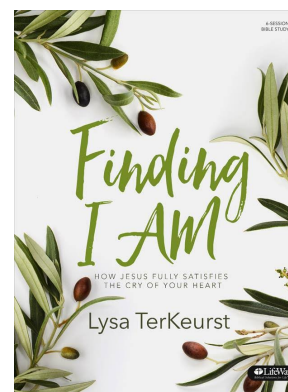
Join us for a video-based study by Kelly Minter through the book of Nehemiah. Nehemiah's heart was so broken for those in need that he left the comfort of his Persian palace to help them. This study challenges women to let God break their hearts for a hurting, lost world and move them in compassion to lead people to Jesus.

*(Offered Tuesday mornings only)*

### **Finding I AM: How Jesus Fully Satisfies the Cry of Your Heart**

What is the deep cry of your heart? The ache in your soul that keeps you up at night? The prayer you keep repeating? Jesus not only cares about this deep, spiritual wrestling, but He also wants to step in and see you through it.

Join us on Tuesday evenings as we explore the seven I AM statements of Jesus found in the Gospel of John. Through this interactive, in-depth study by Lysa TerKeurst we will be trading feelings of emptiness and depletion for the fullness of knowing who Jesus is like never before.



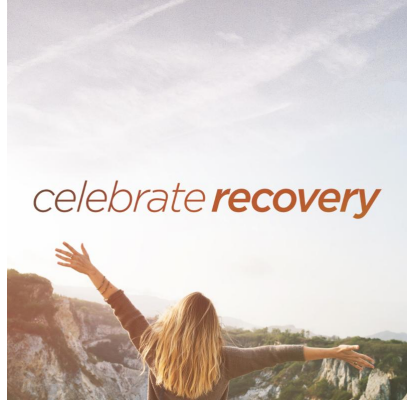
*(Offered Tuesday evenings only)*

## **Fayetteville CR**

Celebrate Recovery is a Biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. We all have issues that may be interfering with our fellowship with God and others. This includes, but is not restricted to, struggling with addiction. All are welcome!

Visit Celebrate Recovery on Friday nights at Fellowship Fayetteville or find a women's step study to begin pursuing the freedom of real life in Jesus Christ and celebrate the recovery only He can bring through His

people and His Word. Click [HERE](#) to visit the Celebrate Recovery website for more information!



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*Sign up today - Space is limited!*

## **Fellowship Women's Retreat**

**September 27-28**

**5:00pm Friday to 5:00pm Saturday**

**@ New Life Ranch**

**[Register Here](#)**



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## **Moms & Munchkins**



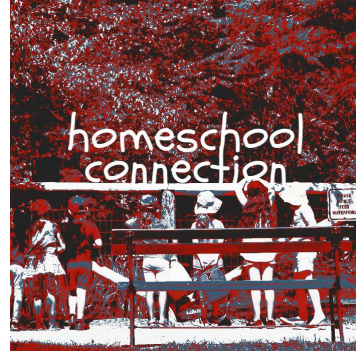
If you're a mom with a munchkin and desire fellowship with other moms in your life stage, we would love to have you in our group! Play dates are scheduled several times a month for moms and littles to get together and make meaningful relationships. You can expect both small and large group activity options scheduled at different times in an attempt to accommodate everyone. Please register [HERE](#) so we'll know how to contact you and can plan our activities accordingly. We are excited to meet you! Questions? Contact Jennifer at [fellowshipmomsandmunchkins@gmail.com](mailto:fellowshipmomsandmunchkins@gmail.com).

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## **Homeschool Connection**

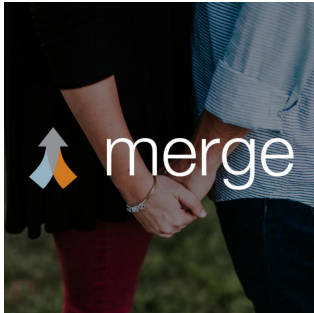
Are you a homeschooling family interested in meeting other families that homeschool? Let's get connected! This fall, moms and dads of homeschooling families from Fellowship Fayetteville will be getting together once a month to visit, collaborate, find support, and work on community projects. Sign up [HERE](#) and be on the lookout for upcoming events. Questions? Contact [fayettevillewomen@fellowshipnwa.org](mailto:fayettevillewomen@fellowshipnwa.org).



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## Getting Married?



### **MERGE Premarital Workshops**

**MERGE** is an 8-week, premarital experience offered each year in the Spring, Summer, and Fall, only on the Fellowship Fayetteville campus. These workshops are designed to provide engaged and seriously-dating couples a unique opportunity to learn, seek wisdom, and receive counsel on marriage from a Biblical perspective. Cost is \$85 per couple and space is limited. Sign up early and be sure to fill out and submit the required online survey.

**Fall Session: September 29 - November 17, 2019**

Register [HERE](#) for the Fall 2019 Session  
Registration closes Sunday, September 22

**Spring Session: February 9 - April 5, 2020**

Register [HERE](#) for the Spring 2020 Session  
Registration closes Sunday, February 2

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## Service Opportunity

If you have administrative skills and enjoy being around people, we would love to put your talents to use as a member of our front office volunteer team at Fellowship Fayetteville. We are currently seeking a front desk volunteer to commit to serving weekly for a **four-hour shift on Mondays or Wednesdays**, plus one or two "floating" volunteers who can fill in for other weekly volunteers when they are unavailable. Contact: [Ray Wagoner](#), 479-659-3615 or [Vicki Kennedy](#), 479-659-3684.

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## Women's Ministry Team



MARGO BODISHBAUGH  
Shepherding Leader



MELODY COUCH  
Discipleship Leader



LORIE McMILLEN  
Tuesday Evening Studies



MARY BETH SIMPSON  
Tuesday Morning Studies

Want to learn more about Fayetteville Women's Ministry?  
Reach out to one of our team members to learn how you can get plugged in!

[fayettevillewomen@fellowshipnwa.org](mailto:fayettevillewomen@fellowshipnwa.org)

479-659-3684

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*Connect with us!*



*Please forward this email on to your friends and encourage them to subscribe to our monthly Women's Devotional eNewsletter. To sign up or make changes to eNewsletter subscriptions from Fellowship Fayetteville visit [subscribe.fellowshipfayetteville.org](https://www.subscribe.fellowshipfayetteville.org).*