

WOMEN'S Conversation Nook

OCTOBER-DECEMBER 2020



The Director's Nook

BY: SHIRLEY SCOTT

Welcome to the Women's Conversation Nook, a quarterly e-newsletter from your Southern Union Conference Women's Ministries department. The Conversation Nook is our way of staying connected with you and keeping the conversation inspiring and relevant. Our desire is to keep you aware of what's happening around the Union despite COVID-19 and the new normal of mask-wearing and social distancing.

In our first e-newsletter, we introduce the Southern Union Conference directors. In addition to serving on the Executive Committee, they lead the eight conferences that comprise over 180,000 women throughout the Southern Union. We have also included articles that will be of benefit to you written by your sisters. Find tips to create your very own special nook where you can meet with God each day, practice self-care and engage in ministry outreach. A partial calendar of events for the last quarter is on page 4. For more information, visit our website. Take special note of the dates for our 2022 Women's Convention in Orlando, Florida. Be sure to cut out the "Save the Date" and put it where you can be reminded. More information will be forthcoming.

Enjoy our first issue and let us know what you think. Become a contributing author. Share with your friends.

Meet the Directors



Annie Perez
Florida



Beth Grisson
Carolina



Freddie Jenkins
South Central



Gail McKenzie
Kentucky-
Tennessee



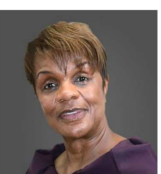
Shirley Scott
Southern Union



Mary Jo Dubs
Georgia-
Cumberland



Mithra Williams
Southeastern



Rosia Parker
South Atlantic

p2

CREATING THAT
SPECIAL NOOK WITH
GOD

THE GIFT IN YOUR
HAND

p4

SAVE THE DATE

CALENDAR OF
EVENTS AROUND
THE UNION

GET IN TOUCH

(770) 408-1800

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Creating that Special Nook with God

BY: SONIA PAUL

Come on, Ladies, need a place to complete your morning devotion comfortably? Stop, Look, and Listen! Rise early, and ask God for wisdom in seeking Him. Ask Him to guide you through your day, despite the difficulties that will occur. Try to trust Him to do some extraordinary things with your life by dedicating personal time with Him. Clear out that corner of your room. You know, where you have that exercise bike that has never been used for anything other than a clothes rack; and those magazines that you stacked "when you find the time" to read. Get rid of all that stuff! We have a makeover to plan for! Let's do some rearrangement of your bedroom. Not a major makeover--just one that includes a Quiet Corner! Just a simple adjustment. First, find a cozy floppy seating. Not necessarily one that matches, but one that is, you know... comfortable. Next, you will need a medium-sized basket (even if you need to empty the sewing stuff!) A lamp on a table would be a nice touch, too. And, voilè', you have created a much needed, Quiet Corner!

Now, here are the items needed for those tranquil mornings with God! First, you want to have a Bible handy for looking up those challenging verses when you don't even have a clue to their meanings. Next, on your supply list is a *Matthew Henry Bible Commentary* on the Whole Bible,

a current Sabbath School Lesson Study Guide, and finally, a Biblical Dictionary. There are some additional things that you will need:

- A box of tissues for when the Spirit grabs you and convinces you that this message is JUST for you!!! And all you can do is weep!
- Colored markers for marking those verses that you regard as meaningful.
- A mug for tea for those times when you need to ponder what you've read.
- A cozy throw--for lingering a little longer reading to get to know Who He truly is.

Why not pray this simple prayer each morning (from the book, *Making Friends for God* by Mark Finley):

"Dear Lord, today I consecrate myself to You. Use me in Your service. Bring into my life someone with whom I can share Your love. Help me not to be so preoccupied with myself and my concerns that I miss seeing the opportunities to share Your truth with others. Use me in Your mission to lead someone to You. Amen."

I am confident that as you pray this prayer, you will find the Source of all power when you dedicate this Quiet Corner of your day to our God.

Let me assure you that you will run to your Quiet Corner each morning for your special time with God and for Him to direct your daily path.

Remember, if you allow God to guide your feet throughout the day, the psalmist David declares:

"Your word is a lamp to my feet and a light to my path," Psalm 119:105

The Gift in Your Hand

BY: INGRID MOON

Elisha replied to her, "How can I help you? Tell me, what do you have in your house?"—2 Kings 4:2, NIV

Recently, while reading the story of Elisha and the widow of the prophet, in my heart, I heard God ask, "Ingrid, what do you have in your hand? What do you have in your house? What do you have in your community? What do you have in your hand?"

My prayer was for Jesus to open my eyes to see what I am already blessed with, so that I can give it back to Him to make a miracle.

Several weeks ago, I was enjoying my neighborhood swimming pool when the thought came to my mind that it would be fun to give swimming lessons. I served as a lifeguard during my teen years, and always enjoyed the water. Sometime later, someone posted in Nextdoor, our neighborhood social network email, that they would like swimming lessons for their 6-and 9- year-old children. "Huh, I thought to myself, isn't that interesting that a mom would post that so quickly after I thought of it."

You might think that I jumped on the email and announced that I was a fabulous swimming teacher. It didn't happen that way. It took every ounce of strength and prayer to put my name out there. I had never responded to anything on Nextdoor, and felt vulnerable and wondered what people would think. I had a hunch that God was up to something, so I let my imagination soar.

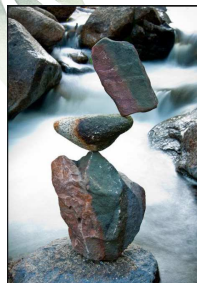


Soon a meeting was scheduled with people in the community that resulted in a thriving swimming lesson business.

A few days later, I received a call from Gladys, who had read my post. She asked whether our pool was private or public. I told her it was probably private since you have to have a key to get in. Gladys usually swims laps at the university pool, but it has been closed since March, and there is no other local place to go. I told Gladys I'd be happy to meet her at the pool and swim laps with her. So far, we have met four times, and three other ladies have joined us. One lady happened to be at the pool at the same time. I invited another lady who doesn't get out much due to COVID-19, but she feels safe at the outdoor pool. The third lady I invited is new to our community. We pray, swim, chat, and enjoy a lovely time. I believe my neighborhood pool is the gift that I have in my hand. I am excited to see the miracles God will perform from this simple gift.

Self-care: The Art of Balancing

BY: DR. MICHAELLE PIERRE



Women of God, are you taking care of yourselves? Taking care of yourself is an essential part of life. Self-care is the practice of taking an active role in protecting one's wellbeing and happiness, especially during stress. Medical professionals in the 1950s coined the term, often used in the context of health-care providers. Self-care has taken center-stage with the worldwide spread of COVID-19, amid talks about social justice and systemic racism. The overwhelming sense of fear demands effective self-care strategies as we face uncertainty.

Balance is well-known in health and medicine. As Jana Kingsford said, "Balance is not something you find, it's something you create." Create a plan today for balanced self-care practices in five key aspects of life.

The Art of Balancing

1. Mental Self-Care—Psychological wellbeing includes ways we think and fuel our minds. Incorporating mental self-care involves healthy habits like self-compassion, acceptance, and positive internal dialogues. What we feed our minds determines the quality of our mental fitness.

2. Physical Self-Care—Our bodies play a huge role in our quality of life. Research demonstrates the mind-body connection. We take care of our bodies to run properly and to think and feel our best. We do this by:

a) maintaining a well-balanced diet—eat healthy foods;
b) getting adequate, quality sleep; and
c) staying fit—exercising improves mental health, cognitive functioning, and memory, as well as reduces stress, anxiety, and depression.

3. Emotional Self-Care—We respond to stimuli and triggers on a daily basis. Our responses determine our emotional balance. Anger, grief, disappointment, and sadness are part of life, so coming up with a plan is imperative. We can ask ourselves: a) Do I have healthy ways of processing emotions? b) Do I engage in activities that help me feel recharged and rejuvenated?

4. Social/Relational Self-Care—Close connections are essential to our wellbeing. Cultivating relationships takes time and effort. It is important to know our individual social needs. This has been especially challenging for most people during the pandemic. Nevertheless, social distancing should not be confused with emotional distancing.

5. Spiritual—There is a strong connection between religion/spirituality and our ability to cope with feelings of anxiety and depression. Spiritual practices such as attending services, meditation, and prayer involve developing a deeper understanding of the connection of our very being. Spiritual self-care is needed to craft that balance mastery.

The Bible states, "*A just balance and scales belong to the Lord; all the weights of the bag are His concerns*" Proverbs 16:11 NKJV. Sometimes challenges tilt our balances. A balanced life is possible by attending to each aspect above. A life full of joy and freedom is a life of balance. Be encouraged, be confident, be bold. Most importantly, *be balanced!*

Calendar of Events Around the Union

Carolina Conference

Nov. 6 - 8 - *Virtual Women's Retreat*

Friday @ 7:00 PM -
"Treasures of Truth"

Saturday @ 2:00 PM -
"Back to the Future"

Saturday @ 7:00 PM -
"Wilderness Living"

Sunday @ 9:00 AM -
"The God Who Sees"



Florida Conference

Oct 25 - *Domestic Violence Awareness Run*

Oct 29 - Nov 1 - *Virtual Hope for Hurting Hearts (English)*

Nov 5 - Nov 8 - *Virtual Hope for Hurting Hearts (Spanish)*

Nov 21 - *Dare to Share Virtual Retreat*

South Central Conference

Oct 23 - 25 - *Virtual Women's Conference*



Southeastern Conference

Oct 18 - 24 - *SEC Fall Week of Prayer*

Oct 21 - Speaker: *Women's Ministries Director*

Nov 7 - *30th Anniversary Celebration*

Every Sunday @ 5 PM -
"Women About their Business" Highlighting Female Entrepreneurs



Southern Union Conference

Nov 1 - *A Festival of Thanks with featured guest, Pastor Tricia Payne*

Dec 6 - *Emerging Women Leaders*

Save the Date...



2022 Women's Convention

September 8-11, 2022
Orlando, Florida

Room Rate: \$159.00 + taxes per night/per room
(Maximum: 4 persons)
More Information forth-coming

For more information on these events, visit www.facebook.com/sucwomen