



Women in Missions

*by Staci Williamson,
Walhalla Women Missions Committee*

As North Walhalla Women's Ministries expands our outreach efforts, we, as women of faith, are also expanding our opportunities to serve. Our missions Pastors, Tim and Vickie Johnson, have shared several upcoming missions projects for us to become engaged and involved in service. Please take note; the following are working trips. You will be assigned to areas of need and will often come into contact with people who are in desperate need physically, financially, and spiritually.

You must act quickly if you wish to join the team as they travel to **Jacksonville, FL-July 12-17** (Limited to 8 volunteers- \$250 per person)

For those who cannot go on this trip our Walhalla Women's Ministries is providing "hands on" help by compiling bags with simple faith based craft projects for the children they minister to in the park and on community service days. If you would like to help assemble bags that we can send with Tim and Vickie, plan to meet us at the church fellowship hall on **Weds. July 5th at 6:00 pm.**

As we progress toward the upcoming projects, we will be scheduling prayer prior to and during the missions trips. Thank you for praying and reaching out to those in need!

You may find the upcoming missions projects on our website at WalhallaWomen.com.

opportunities and activities that you only accomplish mediocre results. You will be more affective if you focus most of your attention to the ONE thing that God has specifically called you to do.

6If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned.

Suckers growing from the base of the tree can be removed at any time because they sap the energy and strength from your tree. Remove those suckers! You know who they are!

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. 8By this My Father is glorified, that you bear much fruit; so you will be My disciples.

Submitting to the pruning process assures that we will bear MUCH fruit.



The last 2 blueberry bushes in the Garden Center were sad little specimens with spotted leaves and many of the branches completely bare.

"I would be happy to rescue these 2 bushes from certain death if you can arrange a deep discount." The check out clerk laughed and said, "How about 50% off?"

With visions of blueberries dancing in my head I repotted the bushes in larger pots with the right combination of soil and fertilizer. I began the tedious process of cutting away the dry dead limbs, and then nipping at the limbs and sprigs that looked diseased. The final result was a bush that looked like Charlie Brown's Christmas Tree.

Pruning is a painful process that happens in a person's life many times. In fact every new season of a Christian's life begins and ends with pruning. Jesus gives comfort and assurance that this process is not only helpful, but will actually save your very life.

Jesus said in John 15, **"I am the true vine, and My Father is the vinedresser. 2Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit.**

If a branch is bearing no fruit there may be disease. Removing dead and diseased limbs helps to assure that there is no transition of disease to the healthy limbs. If secret sin is hidden in a persons life, you can be sure it is going to affect every other part of that life. Sin that is not dealt with severely could mean the slow and eventual death of the entire person; body, soul and spirit.

3You are already clean because of the word which I have spoken to you. 4Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.

If you are Born Again, the Holy Spirit lives in you. Abide in Christ as Christ abides in you. This happens through prayer, Bible study, and obedience to His commands.

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

Did you know that removing small, malformed, or excess fruit, forces all energy into just a few fruits per branch for larger, healthier crops, versus lots of very tiny fruit. It is easy to crowd your life with so many ministry

100 THINGS -



July is typically a time of rest, vacationing, rejuvenating and regrouping. The kids are out of school and there are many more hands to help and **also** to create mess and wreak havoc. I would encourage you to use this time to be like Andrew.

He called me one day and said, "Mom, I have decided to only own 100 things. I'm tired of feeling like I can never clean the clutter in my life and when I'm surrounded by clutter I can't think, plan or function well. It makes me feel depressed. So I'm evaluating my stuff and getting rid of anything that I do not wear or have not used in the past 3 months. There are 7 days in a week, so why do I have 365 garments?" Andrew went on to explain that he only needed 7 outfits for those 7 days and if something wore out he had an opportunity to toss one in the trash and buy a new outfit.

I completely related to Andrew's evaluation of stuff and junk so, just out of curiosity, I started counting my things. Then I started evaluating what never gets used, like coffee cups. With only 2 people living in our home, why do I have 12 coffee cups? And why do I own every Pampered Chef gadget known to man, but have never used most of them. I won't even talk about my medicine cabinet and all the expired meds, old hair product that I don't like and will never use and ... you get the picture. Extreme pruning is in order.

We recently moved into a 1,000 sq. ft. home. After all, why do 2 people really need more than that? I'm trying to be like a goldfish that will grow **only** to the accommodations of his fish bowl. If the goldfish is moved to a larger tank, he will then begin growing again to those particular dimensions. Living within our perimeters also makes it easier to live within our financial means. There is peace and order in this tiny living space. And that gives me joy.

Ask me if I'm happy to clean my small, uncluttered space once a week. I'll share the details of my joy if I meet you on one of our favorite hiking trails on the way to one of our favorite waterfalls.

Let's Move it!



The Discipline of Moving

Lets face it. It is easier to sit and read a book than it is to take a walk. Sitting at a sewing machine is tons more fun than jogging. Riding a bike is pleasant until you face that giant hill. Moving your body to burn calories or, just to get your heart rate beating faster, takes both determination and discipline. In the spirit of keeping things SWEET and SIMPLE, as we slip into the summer months, forget about the preplanned workout routines and gym memberships. Just get up and move. If you are sitting longer than 30 minutes, just get up and move. If you are watching TV, during the commercials, just get up and move.

Let's Move it! Go with God.

"All discipline for the moment seems not to be joyful, but painful; yet to those who have been trained by it, afterwards it yields the peaceable fruit of righteousness." Hebrews 12:11

Memory Verse for July