



CENTRAL AREA DISCIPLE WOMEN OF OKLAHOMA

Newsletter Summer 2018 Edition

Summer Area Meeting

August 28, 2018

9:30 Coffee & Fellowship

10:00 Meeting

Noon Lunch

New Hope Christian Church

12323 S. Pennsylvania, OKC

Lunch \$8.00

Call Reservations to:

405-691-5366

Deadline for Reservations:

August 21st

(Please have one person call with
reservations for church group)

Program

Caring for Our Spirit

Rev. Marilyn Merle

In-kind Service Project



A NEW BEGINNING. A NEW FUTURE.

The Education and Employment Ministry

Personal hygiene items: Shampoo, Body Wash, Hand Soap, Tooth Paste and Tooth Brushes, Deodorant, Disposable Razors, Feminine Products

A Message from your Director

The beauty of reading the scriptures is that His voice speaks to each of us in special messages. I am personally very fond of the Psalms. When searching for a scripture on which to base the theme for CADW 2018 – 2019, I was walking through Mardel looking for a gift for our newest great grand baby when the scripture printed on the cover of a personal journal spoke to me in such a profound way I bought the journal for myself. What was written on the journal cover is Psalm 139: 14; I am fearfully and wonderfully made.

The full scripture reference for CADW 2018 – 2019 will be **Psalm 139: 13 & 14. For you created my inmost being; you knit me together in my mother’s womb, I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

Women are fearfully and wonderfully made. We often neglect honoring and nurturing ourselves as we nurture and care for others. As women we are often serving and nurturing others and we don't celebrate the wonder of ourselves as women. We are mothers of our children, we are accountants of family resources we are also, comforters, nurturers, lovers, nurses, teachers, leaders, followers, sources of support, chefs, laundresses, healers, companions, friends, , seamstresses, knitters, builders, decorators, communicators, home creators, house cleaners, evangelists, schedulers, et.al.

God created each of us specifically, uniquely and especially to be whom we are and to serve Him wherever we are.

This coming year in CADW meetings we will be celebrating who we are and learning how to cherish ourselves. We will be focusing on how we care for our spirits, our minds, our bodies and our hearts, the muscle not the valentine.

For our first meeting of the year in August, we will hear from Rev. Marilyn Merle, who will share with us ways to care for our spirit. It often seems that life is trying to deflate and defeat our spirits. Scripture has the messages for us to bolster our spirit. Without a strong spirit, we stumble along the way.

Loneliness, isolation, alienation and other social situations often cause depression in women more often than in men. Our presenter in October will be Jenna Howard, Counselor at OCCC and The Oklahoma City Christian Counseling Center. She will share with us information to keep our minds healthy. She will focus on self-help ways to deal with those causes of depression year round and specifically in the winter months when we are often less social and more stressed because of weather, holidays, and winter illnesses.

The MAPS 3 Senior Health and Wellness Centers will connect Oklahoma City's seniors with important services, and also with each other. The centers, which will be located in different parts of the City, will have operating partners experienced in providing services seniors need and will provide social and recreational settings for a wide range of uses. Access to exercise equipment and programs is also an important part of the MAPS 3 senior centers. In January we will hear from Cheryl Swanson, Social and Program Director, The Healthy Living Center OKC. She will share with us the ways to stay healthy as we age. If we don't take care of our physical health, it is difficult to care for others.

In the spring at our April meeting we will welcome Dr. Nathan Grantham, a well-known heart surgeon who will share heart health information for women. Women often experience heart illnesses and issues differently than men and often miss crucial warnings to care for our heart health.

I hope to see you at every CADW meeting in the coming year as we acknowledge that we are fearfully and wonderfully made and ways to nurture that in ourselves.

Penny Hampton

Director, CADW 2018-2019

A Message from your Treasurer

An accounting of our 2017-2018 funds and a budget for 2018-2019 will be presented at our August 28th meeting. Many of you have us in your budget. Please consider doing this again this year. Checks may be mailed to:

CENTRAL AREA DISCIPLES WOMEN
909 JACOBS STREET
EDMOND, OK 73034

From your Communications Director

The new Handbook for the 2018-2019 CADW Program Year will be available at the August 28th meeting at New Hope Christian Church, along with a revised roster of churches and contacts for the Central Area.

If you have questions, please do not hesitate to give me a call or send an email.

Also, if your church or Disciples Women/CWF has an event that they would like to have published, just send me the information. If it is between Newsletters, I will be happy to send it out to my CADW email list which is about 150 ladies in the Central Area plus all the churches that I have email addresses for.

I look forward to serving as your Communications Director this year.

Grace and peace,

Sandy Moyers

sandy.moyers@att.net
405-826-1217

The Disciples Women
of Del City Christian Church
invite you to
The 9th Annual

A Variety of Vendors
Food Trucks
Home baked Goodies
Silent Auction

A Bazaar for All Seasons

at the Del City Community Center
4505 S.E. 15th Street
Del City
10:00a.m. - 3:00p.m.
Saturday, August 11th

