



WOMEN'S MINISTRY



Women's Ministry Kickoff: *Period Poverty Packing Party*



On Tuesday, September 2, at 2:00 PM we will kick off a new year of Women's Ministry with an opportunity to fellowship, learn about upcoming programming, and make a tangible difference in the lives of women and girls.

This year's kickoff event is a Period Poverty Packing Party. You may be wondering, What is period poverty? Period poverty refers to the inability to afford or access menstrual products and adequate menstrual hygiene resources. Even here in the United States, 1 in 4 teens and 1 in 3 adults struggle

to afford period products. Around the world, the challenges are even greater, forcing many women and girls to miss school, work, and other daily activities. In some cases, the use of unsafe alternatives can lead to infections and other serious health concerns.

During our gathering, we'll learn more about this often-overlooked issue and discover how we can be part of the solution. Together, we'll collect and pack feminine hygiene products to support women and girls both locally and globally. We'll partner with the Loudon County Schools Family Resource Center to help meet needs within our own community, as well as Church World Service to extend care and hope to women around the world.

You are encouraged to bring donations of feminine hygiene products for local ministries that address this deficit. At the event we will be packing already-donated supplies to send to women and teens in a broader region.

Fall Women's Retreat

While registration has already ended, we ask that you be in prayer for the women who are attending our fall retreat in Arden, NC. It will be a weekend discovering God's refreshing rescue for us when we travel through those wilderness moments. Stay tuned for more opportunities to join in to Women's Ministry happenings in this newsletter.

Women's Bible Study: *Mind, Body, Spirit, Space (Led by Pastor Katie)*

We will explore what Scripture has to say about caring for our minds, bodies, spirits, and the spaces we inhabit. The study meets Wednesdays from 10:00–11:00 AM, followed by an optional hands-on Lab where we will explore each week's theme in tangible and meaningful ways. Lab activities include October 7 – Drum Circle, October 14 – Gentle Movement, October 21 – Guided Imagery & Mindfulness, and October 28 – Labyrinth Outing & Lunch. No homework or preparation needed. Sign-ups will begin soon in the narthex.

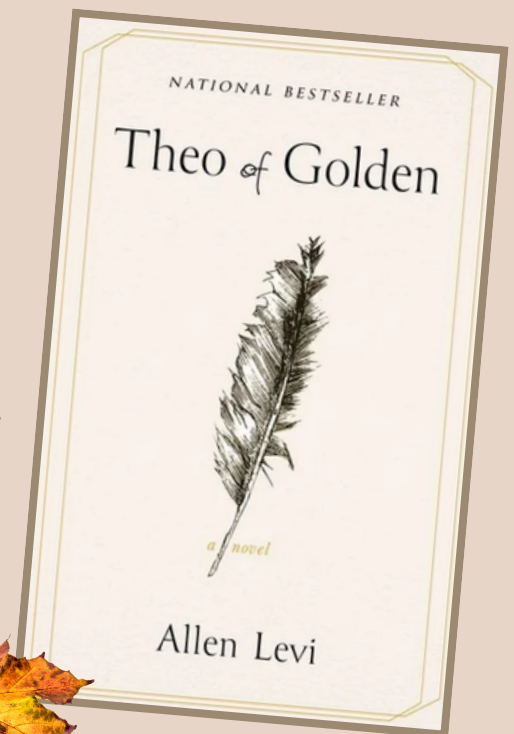
What's on the Bookshelf?

Ever wondered what other women are reading outside of book clubs and subscriptions? The Women's Leadership team is sharing what we are reading—recommendations on books that have made a spiritual impact on us, whether the book is explicitly religious or not. This month's recommendation is from Sue Shillingburg:

***Theo of Golden* by Allen Levi**

I highly recommend this book. *Theo of Golden* is a quiet, novel about kindness, connection, and the stories that shape us. This book offers a heartwarming, slow paced narrative that encourages reflection and empathy. It also inspires kindness and attentive listening, showing how small acts of generosity can transform a community and leave a lasting impact.

Enjoy!
Sue Shillingburg





Women & Kairos:

Helping Those Outside of the Prison Walls)

One of the most meaningful ways we can share God's love is by walking alongside those who are carrying life's heaviest burdens. Kairos Outside is a ministry that offers hope, encouragement, and Christian community to women who have been affected by the incarceration of a loved one. Whether they are spouses, mothers, sisters, daughters, or friends, these women often experience isolation, grief, and uncertainty. Through Kairos Outside, they are reminded that they are seen, valued, and deeply loved by God.

There are several opportunities this fall to support this life-changing ministry—no prior experience is needed.

Prayer Vigil: One of the most important ways to participate is by praying. Sign-ups will be available soon for the continuous prayer vigil, which runs from Friday, October 2, at 4:00 PM through Sunday, October 4, at 4:00 PM. By committing to a prayer time, you'll help surround the entire weekend with prayer and encouragement.

If you'd like to serve in person, consider becoming a Day Angel on Sunday, October 4, from noon to 4:30 PM. Day Angels provide hospitality, encouragement, and practical support, helping create a welcoming and caring environment for the guests attending the retreat. If you would like to learn more or sign up for either opportunity, be sure to visit the Kairos Outside information table in the Narthex (date coming soon).

Save the Date - Christmas Dinner





Women's Ministry Summer Recap

Bea-u-tea

Women's Ministry held an afternoon tea to benefit Beauty for Ashes, in the CCTV narthex cafe. We asked attendees to bring personal care and household items for the day-to-day needs of Beauty for Ashes. Cookies and beverages were served.

There were about 33 in attendance. We collected a variety of items from toilet paper, paper towels, shampoo & conditioner, body wash and toothpaste.

All the current residence of Beauty for Ashes were in attendance, including Gwen Brown, director of the ministry. She spoke to the group about the process of residency and how important each of the residents are to running the house. Also, we heard 2 testimonies from women about how their lives have been changed through this program. The program has an 85% success rate for the 8-12 month program, transforming lives and restoring hope.

There is a healthy amount of turn-over in the program as it prepares participants for reentry into the community with confidence and a strong faith, knowing that they can face any challenge with Jesus at their side.



Women's Summer Study:

Places and Spaces Women Meet Jesus

Throughout the month of June, women gathered each Wednesday morning for the summer Bible study: Places & Spaces Women Meet Jesus. The group spent an hour exploring the many places where women encountered Jesus in Scripture and discovering how those stories continue to speak into our own lives today.

Led by Deb Thompson, each session offered opportunities to connect God's Word with everyday life. Through a living portrayal of women of scripture, we heard the stories of faithful women who met Jesus and were changed.

Thank you to everyone who participated and helped make this summer study a time of learning, fellowship, and spiritual renewal.

