

As the day begins, you quickly glance at your daily planner. Your day is typical: get the children to school and yourself to work; pick up groceries, tidy the house and prepare supper after work while helping the kids with their homework, then rush out after supper to run some errands you didn't have time for during the day. Once you're back home you only have time to spend a few minutes with your husband and a quick devotional time with the Lord, before falling into bed exhausted.

If you're a single career woman, a committed senior volunteer, the parent of grown children or a stay-at-home mom to toddlers, your planner may look a little different, but it's probably just as full. Whatever role you're playing in life—and we women play many different roles at different times—we're almost universally busy. Often, we're *too* busy.

Now, imagine that somewhere in that daily planner you find the note: **7:00 pm—Women's Ministries Meeting.**

What's your reaction? Are you excited? Intrigued? Or do you roll your eyes and say, "I can't make that! There's no way I have time for another meeting!!"?

It Takes Everyone

Women's Ministries works best when women from all walks of church life are included. You may have the idea that Women's Ministries in your church is only for older women—or only for younger women—only for moms—or only for new members. In fact, it's for everybody. Women's Ministries works best at meeting every woman's needs when every woman who can get involved shows up and lends a hand!

So the next time you see that your busy planner has "Women's Ministries" penciled in, decide this is one meeting you *are* going to attend. It may be just what you need to lighten your stress load and enrich your life!

Try Some Options Too

One of the wonderful things about Women's Ministries is that it is planned to meet needs—needs of women like you. So if your schedule is full, try some scheduling options: meet at lunch for a Bible Study, have a young mom's meeting at the playground, have a mentoring session on the phone. Be creative. Help Women's Ministries meet your needs.



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No time for another meeting!

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It's All About Priorities

It's quite true: we're all busy, and many of us are busier than we should be. We do need to practice the art of saying "No" to some of the things that show up on our calendars. For the sake of our families, our spiritual lives, our own mental health, we do need to cross some items off the to-do list and simplify our lives.

Yet we all need to be involved in a community of other Christians; we need to give of ourselves by sharing and volunteering. Every woman can make time for a few commitments, outside home and work, that are truly important to her.

The question is: why should you make Women's Ministries one of your top priorities? What makes Women's Ministries worth a space in your busy calendar?

The Whole Woman

You are a complex, multifaceted person. In order to live a full, balanced life, you need to meet more than your basic physical needs of food, rest and exercise. You also have emotional, social, mental and spiritual needs that must be fulfilled. If you're going to try to squeeze another activity into your already-busy life, it should be one that ministers to the whole person, one that helps you grow in many different areas.

Your Spiritual Needs

Each of us needs to nurture an individual relationship with God, as well as associating with other believers. We all benefit from meeting in small groups to pray, to study the Bible, to share with others. A Women's Ministries program that offers these opportunities is worth a spot in your agenda.

Your Social Needs

Everyone needs a circle of loving, supportive friends. You can find those friends at your Women's Ministries meeting. Reach out to other Christian women whose struggles and life experiences may be surprisingly similar to yours. You may find friends who'll last a lifetime!

Your Emotional Needs

Women's Ministries can be a place to laugh, to cry, to support one another and to touch each other's hearts. You'll come away from that meeting refreshed and better prepared to face the next busy day.

Your Mental Needs

Women's Ministries is a place to learn. From attending seminars to practicing new skills, you'll find those Women's Ministries meetings stretch your mind as well as your spirit.

Women's Ministries Needs You!

We've seen why you need Women's Ministries: because taking time to attend those meetings will enrich you spiritually, socially, emotionally and intellectually. But let's look at the other side of the coin: what do you have to offer to your church's Women's Ministries program?

Every Woman Has a Ministry

Whether you know it or not, there are unique needs in your church and in your community that only you can fill. Stepping through the door of a Women's Ministries meeting could be the first step to finding your unique ministry and getting involved. Women's Ministries is committed to helping every woman discover her spiritual gifts and find unique ways to use them to serve the Lord and bless others.

Someone to Look Up To

Through your involvement in Women's Ministries, you will have the opportunity to mentor and be mentored by other Christian women. You can grow through your relationships with older, more experienced women who can share with you what they've learned on life's journey. And you can be a mentor for younger women, women new to the faith, and those who are seeking to learn skills you already have. Become part of a chain of women learning from one another!