

LIFT

Ladies, do your spirits need a lift? Do you ever feel like you want the world to stop for a day so that you can catch up? Are you wondering when you'll ever be able to address your own needs and wants while caring for your family, attending to your job, managing your household, and juggling whatever else you have going on?

Please be sure to join us each month at our regular monthly women's group, **L.I.F.T. (Love Inspired Feminine Talks)**. We gather every month on the first Tuesday of the month in the Parish Hall from October through June. (November's will be the second Tuesday because of Election Day.)

On Tuesday, October 7th, we were entertained and inspired by a wonderful video which introduced us to Liz Curtis Higgs. Liz used humor to get our attention and to get her message across. Her talk began with Genesis 25:19-28, the family history of Isaac, son of Abraham. Her goals for us were three-fold: 1) To know how much God loves us; 2) To realize we can trust His promises – as long as we don't insist God meets our timetable; and 3) To experience God's blessing – as long as we are willing to look at a new definition of "blessing".

Chuckling with the connection we felt with this inspiring woman, who in many ways was so like us, we reflected on what she said, and left that evening with new thoughts to ponder. We prayed, we sang, we ate. We saw familiar faces and greeted new ones. We remembered why we enjoyed the LIFT Tuesday evenings so much last year!

November's gathering will be on November 11 so as not to interfere with voting on November 4. A speaker from **Maureen's Haven** will tell us about their ministry for those who are homeless. If you are able, you can bring an item to help them out. Items that you can donate include:

COATS – FOR ADULTS ONLY – MEN'S AND/OR WOMEN'S

PERSONAL ITEMS:

- Toothpaste
- Toothbrushes
- Lotions
- Antiseptic Hand Cleaners
- Wash Cloths
- Ziploc Bags
- Clean Socks (adults)
- Underwear (adults)

NO SOAP IS NEEDED – THEY HAVE MORE THAN ENOUGH

For additional information, please contact your **L.I.F.T.** Committee:

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