

# TouchPoint

The North American Baptist Conference Women's Ministry Newsletter

September / October 2018

## Simplicity and Giving ENJOYING JESUS



Our world sends the message that we should be busy and involved. We tend to take on more and more only to find that we don't have the time to finish one thing before we feel compelled to go on to another. At the end of the day, however, we are usually weary—wary from the pressures of job, family, and other commitments.

Our schedule dictates our lives and the everyday demands leave little time for what we truly value.

Over commitment has the potential of leading us away from the most vital aspect of our lives—a relationship with God.

It is often a crisis that causes us to stop and long for a simpler way of life. The spiritual discipline of simplicity challenges us to uncomplicate and untangle our lives so that we can focus on what really matters. Simplicity cultivates the great art of letting go.

It aims at loosening our attachment to owning and having. As we experience

a simpler life, we experience freedom and with it generosity.

Paul offers a wonderful testimony:

*“For our boast is this, the testimony of our conscience, that we behaved in the world with simplicity and godly sincerity, not by earthly wisdom but by the grace of God, and supremely so toward you.”*

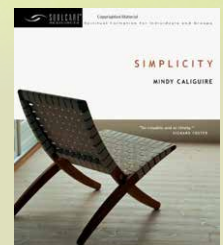
— 2 Corinthians 1:12 ESV

Cynthia Heald, in her book *Becoming a Woman of Simplicity*, shares:

“A woman of simplicity is one who lives a God-paced life. She waits for God's leading and has time to be still and know her Lord. She has a deep abiding rest in her spirit. She is a woman of profound simplicity because she has only one focus: being simply and purely devoted to Christ.” p.15

As you begin to explore simplicity, assess the things and activities that keep life complicated and confusing. Work to simplify these things. Take time to set priorities and downsize possessions. Focus on enjoying simple pleasures that require no expense and removing distractions and the preoccupation with things.

### SOUL CARE RESOURCE



## Simplicity

by Mindy Caliguire

Our closets, our garages, our cupboards, our lives are—let's face it—cluttered. Stuff is everywhere: old yearbooks, projects we started years ago but never finished, commitments to activities that we now regret making but don't feel we can pull out of.

Are you longing for space — for simplicity? Here is a book to bring you there.

Soul Care® Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as *you*. In four sections Mindy Caliguire helps you discover and embrace who you are, set healthy boundaries and embrace simplicity as a lifestyle that brings freedom.

You use this book in small chunks of daily reading, covering the whole book in the course of four weeks. Also included are four guided group discussions for use with a small group or a spiritual friend.

Are you ready to start your journey toward simplicity?



### IN THIS ISSUE

**2** Simplicity and Joy:  
2018 Triennial Women's  
Luncheon Speaker

**3** Reaching Women in Rosarito  
Baja California Norte, Mexico

**3** 2018 Day of Prayer

**4** Book Links

**4** Share Your Blessing Project

# Simplicity and Joy

2018 TRIENNIAL WOMEN'S  
LUNCHEON SPEAKER



Heather Hayashi

**J**oy is in the overflow. Our world, our lives stay relatively happy and affluent by making

its container bigger when it is just about to overflow, so the joy of overflowing is taken away. But if we make our vessel smaller and smaller, by reducing our needs, our wants, our expectations, then the overflowing joy will come sooner and sooner. - Adapted from Sister Stan, *Gardening the Soul*.

Suffering, illness, pain and loss are the ways that our container, as the quote refers to, becomes smaller. As a chronic pain person, I love that joy doesn't have to disappear ... but that it comes in different forms.

One of the biggest concerns that I hear from people who suffer is that they experience loss. They used to be able to do things and now they can't. They used to have many choices and now they only have a few. They used to have plans and dreams and now, they feel stuck by their circumstances and feel like they've lost time and opportunity. These are real losses ... and need to be acknowledged and grieved. They are real. I too have had these losses and still face them today.

But there is also such great hope! And that's what I love about this quote. The more simple we make our lives, the more opportunity we have to be surprised by joy. The less we have, the more we notice.

I remember when my Grandma moved into a seniors residence. She loved the small things. She loved being able to see the sunset. She loved the tea and cookie times down the hall where she could visit with others.

One day when I was visiting her, she asked me if she could go shopping with me and pick up a few things. She really wanted a broom so she could sweep her kitchen. We went to Superstore and got



everything on her small list. It was fun and she was SO grateful to be able to pick up a few things for her new place that helped it feel more like home. It was smaller than where she lived before and she was without her husband now, but she found a way to make it cozy and make it her own. What a beautiful example of living well with less.

Simplicity is not necessarily about living with less stuff (although that helps!), but it's about less options, less choices, less decision making. I read an article recently about 'decision fatigue' and how unless you choose to limit your choices, you'll burn out just trying to make a decision.

Pain and illness have a natural way of limiting options. Sometimes, I think that I am fortunate that way. When pain increases, I simplify my schedule. I cancel plans because I have to. When pain lifts, I can do more and I'm very grateful. I think of it as muscle building. Each time I cancel plans because of pain, I build muscles. Each time, I'm able to reengage with my schedule and pour energy into something, I build muscles. And each time I hope to be able to do something, and can't, and have to let it go, I build muscles. They are 'letting-go' muscles and they get stronger each time!

Consider simplifying your life, letting go of something in order for joy to increase. Do you have big plans, hopes, expectations for the upcoming summer? Plans to renovate your backyard, plant a garden, take a trip or a big family vacation? They're all good ideas - nothing wrong with them. But take a moment to consider if you could be

content with something less, something more simple, something smaller. If you can, then perhaps your container would be smaller and joy would overflow... sooner. It's worth considering. If the thought of less makes you cringe, then perhaps it's a good opportunity to build those muscles!

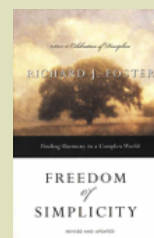
Paul, had these muscles! Check out his words,

"Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am." Philippians 4:13

June 14, 2018

Blog: [rhythmsofgrace.ca](http://rhythmsofgrace.ca)

## SOUL CARE RESOURCE



Freedom of Simplicity: Finding Harmony in a Complex World

by Richard Foster

Simplicity is not merely a matter of having less stress and more leisure. It is rather an essential spiritual discipline that we must practice for the health of the soul. Twenty-five years after it first appeared, this updated version of Richard Foster's classic work explores the foundation of this discipline, its fundamental importance in the Bible, and how it has been manifested and taught by God's saints throughout Christian history. This beautiful, moving manifesto on incorporating simplicity into our hectic lives still rings true—and is even more needed today.



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## Our Vision

Our desire is to connect with women of the North American Baptist Conference and help them fulfill their calling.

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## Our Mission

Our desire is to connect with women of the North American Baptist Conference, encouraging them in their desire to serve God, and providing them with valuable tools and resources to accomplish what God is calling them to do.

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## Our Core Values

**CALLING AND WORTH**  
 We value the essential role women play in ministry.

**QUALITY RESOURCES**  
 We value God's Word and seek resources that are Biblically sound, applicable and accessible.

**BROADER CONNECTION**  
 We value supporting the broader vision of the North American Baptist Conference and developing a connection among North American Baptist Conference women.

**LEGACY & THE FUTURE**  
 We value the legacy of women who have gone before us and are committed to engaging the next generation.

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# Reaching Women in Rosarito Baja California Norte, Mexico

A very special breakfast was held for women who live in Rosarito, where Rebeca and Gonzalo Gonzalez reach out to the community through Iglesia Biblica Misionera. A team of 8 including Donna Osorio, widow of Jorge Osorio founder of 'Hispanics for Christ' came from Iglesia Comunidad de Gracia in Oregon to minister to the community of Rosarito. Donna shared the word of God at this special time with the women. Women's Connection helped sponsor the event.

From Donna—

*During our time in Rosarito, we had the privilege to have a woman's breakfast with some of the ladies Rebeca meets with on a regular basis. It was humbling to be able to hear the ladies share a little about their journey and what they expected from the meeting. In addition to sharing each other's company and making a craft, two women accepted Jesus as their Lord and Savior. Being a part of that life changing*

*moment and having the honor to pray for these ladies was an experience I will forever share. It was my privilege to be able to see how God is using the Gonzalez women and to be able to be a part of it during my time there. Rebeca, Gris, Becky, and Lucero serve these women with so much love. It was inspiring! Breakfast with the ladies was a great time of spiritual growth and sisterly growth, as well as an opportunity for those who have not yet taken a step of faith to be able to experience Christ's love. I unite with the Gonzalez family in thanking you for your financial contribution and most apparently for all your prayer before and during our time there.*

The Women's Connection Leadership Team invites you to continue to pray for the work in Rosarito and especially for the compassionate ministry Rebeca, Gris, Becky, and Lucy have with the women in the area.



The 2018 Day of Prayer program is prepared by the Baptist Women's Union of the South West Pacific.

**The theme is Arise and Shine through Unity and Justice**

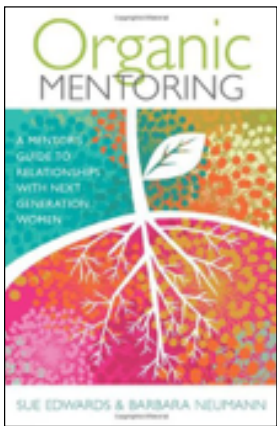
Find all information at Baptist World Alliance Women's Dept.  
[bwawd.org/2018-Day-Of-Prayer](http://bwawd.org/2018-Day-Of-Prayer)





# Book Links

## CONNECTING YOU WITH NEW IDEAS



*Are you thinking about developing a mentoring initiative? Consider reading **Organic Mentoring** by Edwards and Neumann*

One generation will commend your works to another, they will tell of your mighty acts.

— Psalm 145:4

**O***rganic Mentoring* explores foundational issues that explain why beloved but outdated mentoring methods are no longer effective. The book looks at the cultural changes and fast-paced digital advancements that shape young thought and behavior but weaken the link between generations. It walks through the new values, preferences, ideas, and problems of the next generation and how these issues impact mentoring. Then the authors guide the reader through landmines to avoid and approaches that work today.

Part 1 explores ‘Why Something New?’ – focusing on outdated methods, understanding postmodern women (the authors

identify these women born between 1982-2000’s), and understanding older women.

Part 2 considers a new approach where the mentor/mentee walk together as companions in the process of spiritual transformation.

“The book recommends an organic approach that allows mentoring to flow from natural life relationships and events. Instead of a pairing program, young women find their own

mentors based on natural attraction and mentoring needs. The focus of the relationship switches from the mentor’s wisdom to the mentee’s spiritual journey. The younger woman drives the relationship and the mentor comes alongside as a trusted guide. Schedules and curriculums are set aside and mentor and mentee meet as questions or needs arise in the process of doing life.”

– *Organic Mentoring* p. 207

We would like to hear what you think about mentoring.

Have you been in a mentoring relationship? Can you recommend other resources?

**Send your thoughts to [jhewing@roadrunner.com](mailto:jhewing@roadrunner.com).**

We would love to include them in our next issue of TouchPoint.



## Share Your Blessing Compassion Project 2018

This year the NAB Women’s Connection is excited to partner with the Happy Feet ministry of Iglesia Biblica Misionera (Bible Missionary Church) to distribute shoes in three different indigenous areas of Mexico. Each area will have a different missionary church travel to the sites to share shoes and the Gospel with people in great need of both.

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