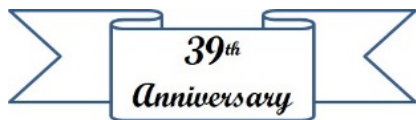


Christian Women In Action
5917 Bond Court
Alexandria, VA 22315

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 **Christian Women In Action**
A Ministry to Catholics

You are invited to our prayer breakfast meeting on **Saturday, September 27, 2014 at 9:00 a.m.** at our NEW LOCATION - the **SPRINGFIELD EMBASSY SUITES** at 8100 Loisdale Road, Springfield, VA 22150. It's off of I-95 at the Fairfax Parkway exit. 9 miles from Alexandria – 14 miles from DC. Metro: Blue Line to Springfield. Embassy Suites picks up every hour, but contact the hotel directly for a pickup at (571) 339-2000. It's a beautiful location. Come and see! Go to www.cwiaholyspirit.org for more details or call Patti at (703) 971-3633. The price is \$20, and includes a splendid Buffet Breakfast and all tax and gratuities. Bring a friend. We will have great speakers and fellowship, good food, and praise & worship. All are invited – men and women. **The Lord is waiting for you!**

MARK THE DATE: Our annual conference will be held on **October 24-26** at the Springfield Embassy Suites. Make your reservations early. The topic is **"Fear not, the Lord is with you."** If you want a conference flyer mailed to you, please let Patti know.

Guest Speaker: Margaret "Peg" Perry. From an early age, Peg has been close to the Lord Jesus Christ. She had aspirations of becoming a nun, but the Lord had different plans for her. In 1953 she married Jim Perry, and has two grown children, Curtis and Alan. In 1960, the Lord put her on another path, and she put herself through Beauty School and became a beautician. In 1970, she became seriously ill, resulting in much time alone with the Lord. During this time she began to hear the Lord's voice and wrote down what she heard. She'd write poems and teachings on napkins or cancelled checks, whatever was available. Peg's journey of faith, filled with suffering and joy as she followed the Lord's direction, was preparation for the work she now does at Maria's Garden and Inn. She owns a Bed and Breakfast plus an Italian restaurant, where she ministers to all. Her home cooked meals nourish and calm. The atmosphere is peaceful, comfortable and family oriented; a place where weary travelers or workers stop and rest. Everyone that walks through her doors will be blessed with inspirational poetry. Come hear this woman of God. At 81 years young, she is still going strong for the Lord!

Our next prayer breakfast will be Saturday, **November 22, 2014**. Note the change in date due to the Thanksgiving holiday.

Bible Study: Thursday mornings, Annandale area. Alelu: (703) 642-8378

Intercessory Prayer Meetings: Mondays, 10:30am-1:30pm. Stella: (703) 971-3633

Prayer Chain: Clara - (202) 244-7532

CWIA Prayer Breakfast Meeting

Saturday, September 27, 2014

9:00 am – Noon, *SPRINGFIELD EMBASSY SUITES*

Note the new location! (see inside for details)

8100 Loisdale Road, Springfield, Virginia 22150 Phone: 571-339-2000.
Near Metro BLUE Line–Springfield

For more info or tickets, call Patti at (703) 971-3633.

Cost: \$20 - Full Buffet Breakfast

For tickets call: Kathleen Murray (703) 451-5737, Patti Davis (703) 971-3633,
Edelmira Cruz (703) 266-4850

www.cwiaholyspirit.org

My Beloved in Christ Jesus!



As the summer draws to a close and vacations are behind us, thoughts of returning to everyday life may seem overwhelming. Or perhaps you never got a break from your normal routine. But, whether you had the chance to get away or not, the reality is that we can never fully escape stress. It's an unavoidable consequence of living in a fallen, sinful world. Since we'll undoubtedly encounter difficult situations at various points in our lives, we must learn how to deal with stress when it comes. Thankfully, the Lord understands our struggles and wants to help us.

At one point in my ministry, I was hospitalized three times in one year. I realized that my body was simply responding to the pressure I'd placed upon it by doing more than God intended. My body became so exhausted. But, God gave me the opportunity to take time off and just be with Him. In those precious times alone with God, He taught me how to trust Him in trying times.

First of all, He showed me that the solution for stress is solitude with Him. Communing with the Lord releases the grip of anxiety and tension (Psalm 16:8). The purpose of these times with God is not to study Scripture or to bring Him our prayer requests, but simply to be with Him. We must make a choice to voluntarily separate ourselves from others in order to connect with God. This doesn't mean we'll never struggle with stress again, but times alone with God teaches us to view our problems from His perspective, and to find joy in His presence (Psalm 16:11).

The practice of solitude is seen throughout the Bible. In both the old and new Testaments, men and women who walked with God made time to be with Him. For example, after a busy day of teaching, healing and feeding a multitude of 5,000, Jesus dismissed the crowd, sent His disciples away in a boat, and went up on a mountain by Himself to pray (Matthew 14:22-23). Spending time with His Father was not a sporadic event in His life, but a customary practice, especially after encountering high pressure situations. We also see this same example in the apostle Paul's life. After His dramatic conversion, he headed to Arabia to spend time alone with His newly found Saviour (Galatians 1:17).

The **second lesson** God taught me was we must make a deliberate effort to find a place free of interruptions and diversions where we can hear the Lord's voice (Mark 6:32). What distractions keep you from focusing on the Lord? Where can you go to spend time with Him uninterrupted? I find the adoration chapel in my church, a quiet room, is an ideal place for me to meet with the Lord. I realize that finding an isolated place can be a challenge for some people, but if you look for it, you will find it.

Third, we must realize that God longs to spend time alone with us. He created us in His image, and He wants to have a relationship with us for all eternity (Genesis 1:26).

No other creature on earth has been given this privilege. Time alone with Him is the only way intimacy with our Creator will become a reality! It is in those quiet moments alone with "The God of Peace" that all our worries, fears, and stresses drain away (Romans 15:33). If we allot unhurried times for the Lord in our busy schedules and clear our minds of all our preoccupations, we'll enjoy sweet fellowship with Him and receive His peace in our hearts.



Fourth, solitude with the Lord also prepares us for the day ahead. That's why time alone with Him should be a priority every morning. (Psalm 90:14). To do this, we must first spend a short period of time reading His word so our thoughts will be God-oriented and our hearts sensitive to His presence. If we'll begin each day this way, setting our minds and hearts on Him and listening for His voice, He will guide us throughout the day and make whatever we do an opportunity for worship. This is also the time when He will equip us to face our trials, heartaches and burdens with calm confidence, instead of frantic anxiety. It is so amazing how He prepares the way for us to accomplish whatever lies before us when we give Him the first part of our day. **First!!!**

(Hope you are looking up the Scriptures I give you!)

Your Servant in Christ, With My Prayers,
Stella Davis