



Women of Stamina Ministries International, INC

835 Gadsden Hwy, Birmingham, AL 35235
205-836-9119 - womenofstaminaministries.org



July 2025

The Monarch

T-Shirt Fundraiser!



\$20 (S,M,L,XL)

\$22 (2XL+)

Show your support in style with our Women of Stamina Ministries Comfort Colors T-Shirt, featuring Galatians 5:22-23 and a vibrant cherry design representing the Fruit of the Spirit! Accepting orders through July 15th. All proceeds go to Women of Stamina Ministries!

Events Coming Up

- July 9, Bible Study
- July 26, DIY Self-Care Class
- July, T-Shirt Fundraiser
- Online Auction, Thursdays 5:00pm-6:30pm

DIY Self-Care Class



July 26th
12:00pm-1:00pm
835 Gadsden Hwy
Birmingham, AL 35235

Only \$20!

All proceeds go to Women of Stamina
Register by July 21st...spots are limited!
Take your self care to the next level!
Come learn how to make your own exfoliating body scrub.

Online Auction

Don't miss our exciting **Online Auction** every Thursday in July!

When: **Thursdays, July 3, 10, 17, and 24**

Time: **5:00pm-6:30pm**

Where: Join us **LIVE** on **Facebook** at Women of Stamina Ministries!

Bible Study

Join our **Bible Study** as we lift each other up, dig into God's Word, and walk boldly in His purpose. Come grow in faith with us!

July 9th from 6:00-7:00 p.m.



God didn't just call you to rise -
He empowered you to shine!

Rise and Shine: Walking Boldly in Your Calling

"Arise, shine, for your light has come, and the glory of the **Lord** rises upon you."

Isaiah 60:1



@womenofstaminaministries

Scan to go to our website



@women_of_stamina



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Metamorphosis Experience Program (MEP)

Identification, Preparation and Application Invest in your growth and unlock your full potential! Join us:

Monday and Wednesday
11:00am to 12:30pm or
Tuesday and Thursday
6:00pm to 7:30pm

Chrysalis Support

We're with you, every step of the way! Join us for empowering classes every **2nd and 4th Saturday of the month, from 3 PM to 4:30 PM.**

Women of Stamina Boutique

The WOS Clothing Boutique serves our community members in need. We offer free new and gently used clothing, shoes, and accessories to women and their families. **The WOS Boutique has recently been updated!**



Ready to Give back?
Community service hours for high schoolers college students, court referrals, **EVERYONE!**
Need a referral? We're here to help!

Life Essentials Class



Take charge of your finances! Learn how to save invest, and master wants vs. needs.

Every 1st Saturday
11am-12pm



thank you

Recognizing Our Amazing Contributors:

Sharon Owens | Joanna Henderson | Linda Hannon | Ryan Owens | Marshayla Hawkins | Paula Sanders | Deborah Boothe | Geneva Cottman | Edna Ferrell | Charles Wilson | Tina Wilson | Leola Gibson | Pastor Michael and Mary Hendking

DONATE HERE!



Women of Stamina
\$WomenofStamina

Become a Partner of Change!



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