

### Women of Stamina Ministries International, INC

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



## 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!

#### **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 9<sup>th</sup> from 6:00-7:00 p.m.

### **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.

God didn't just call you to rise -He empowered you to shine! Rise and Shine: Walking Boldly in Your Calling

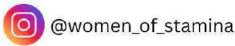
> "Arise, shine, for your light has come, and the glory of the **Lord** rises upon you."

Isaiah 60:1





Scan to go to our website





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**July 2025** 

# Metamorphosis Experience Program (MEP)

Application, 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

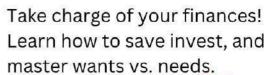
### **Chrysalis Support**

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

Ready to Give back?

Community service
hours for high schoolers
college students, court
referrals, EVERYONE!
Need a referral? We're

### Life Essentials Class



Every 1st Saturday 11am-12pm



### 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

### 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!

Become a

Partner of

Change!

#### DONATE HERE!



Women of Stamina \$WomenofStamina





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