



Women of Stamina Ministries International, INC

835 Gadsden Hwy, Birmingham, AL 35235

205-836-9119 - [womenofstaminaministries.org](http://womenofstaminaministries.org)



# The Monarch

January 2026

HAPPY

NEW YEAR

## 20-20 Fundraiser

We're launching our 20-20 Fundraiser and inviting each of our supporters to ask 20 friends and family members to give \$20 between January 5<sup>th</sup> and January 15<sup>th</sup>. It's a simple way for everyone to participate, and together these gifts make a meaningful impact.

Donations should be sent through cash app: \$WomenofStamina

## New WOS Board Members

Welcome Angela Irons and Holly Rammel as our newest WOS board members!



## Tax Donations

Tax donation letters will be mailed out at the end of January for 2025. If your address has changed, please contact us at 205-836-9119.



## Birmingham Barons

If anyone is interested in a group outing to see the Birmingham Barons play, please contact WOS at 205-836-9119. Tickets are \$20/person and we must have at least 10 people.



## Events Coming Up

- January 9<sup>th</sup>, Stamina Grace Food Giveaway  
**Donations still needed for the pantry!**
- January 17<sup>th</sup> 1:00-3:00, Partners of Change Luncheon
- January 21<sup>st</sup>, Bible Study
- Phlebotomy Classes
- February 21<sup>st</sup>, Show Your Love to WOS

## Certified Phlebotomy Class

A Stick Above the Rest Mobile Lab is offering a 6-week Certified Phlebotomy course at Women of Stamina. The course will cover blood collection techniques, lab safety, infection control, and patient care. Classes meet Tuesday and Thursday evenings from January 27<sup>th</sup> - March 5<sup>th</sup> with orientation on January 17<sup>th</sup>.

For registration and pricing, call 205-585-0323.

God is  
already at  
work - before  
we can even  
see it!

## A New Season Ahead

"See the former things have taken place, and new things I declare; before they spring into being I announce them to you."

Isaiah 42:9



[@womenofstaminaministries](http://www.womenofstaminaministries.org)



Scan to go  
to our website



[@women\\_of\\_stamina](https://www.instagram.com/women_of_stamina)

# Spotlight on Our Partners of Change

thank you

We Couldn't Do it Without You!



## Megan Mae Events

Megan Parker is a Nationally Certified Wedding Planner & Designer with over 10 years of experience in the wedding industry.



## Healing Truth Ministry

Healing Truth Ministry is a Christian organization focused on providing healing and support to women through workshops, mentorship, prayer, and community.



## Love Life Naturals

Each product is naturally formulated and handmade with love, using the highest quality ingredients, to help you develop the perfect self-care regimen that's right for you!

*Love Life Naturals products, including the sea moss gel are available to purchase at the ministry! Please come by to purchase!*

## Our Wonderful Individual Contributors:

### Platinum 2 Level:

- Sharon Owens

### Platinum 1 Level:

- Ryan Owens
- Joanna Henderson
- Charles Wilson
- Linda Hannon

### Gold Level:

- Edna Ferrell
- Megan Parker

Become a  
Partner of  
Change!



**Your support fuels healing, growth, and real change in the lives of women and families every day!**

Because of your support, women are discovering their strength, walking in purpose, and building a brighter future!

## Ongoing Programs and Classes

### Classes:

- **Metamorphosis Experience Program (MEP)-** Monday & Wednesday 11-12:30 PM or Tuesday & Thursday 6-7:30 PM  
**New Classes start Jan 5<sup>th</sup> (day) and Jan 6<sup>th</sup> (evening)**
- **Chrysalis Support-** Every 2<sup>nd</sup> & 4<sup>th</sup> Saturday 3-4:30 PM
- **Life Essentials Class-** Every 1<sup>st</sup> Saturday 11-12:00 PM

### Programs:

- Women of Stamina Boutique
- Wal-Mart Roundup
- Stamina Grace Pantry



Scan here to go to Walmart.com and set Women of Stamina as your charity and give with every purchase!



For more detailed instructions, scan here to support Women of Stamina through Wal-Mart Round Up!

