



July 2025 Newsletter

From Womens Support <womenssupport@ellingtonacchurch.org>
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To Womens Support <womenssupport@ellingtonacchurch.org>

Women's Newsletter

*"He maketh me to lie down in green pastures: he leadeth
me beside the still waters. He restoreth my soul: he leadeth
me in the paths of righteousness for his name's sake." -
Psalm 23:2-3*



Join Us

[Discipleship Foundations Event](#) | August 30th 8:30 AM - 3:00
PM

An Invitation to Abide

Summer is in full swing. Kids are out of school, vacations are underway, and those long, warm days ahead are quickly filling up. In the midst of the busyness, it can feel nearly impossible to find the time (or energy) to pause and sit with Jesus. To learn at His feet.

And yet, sometimes that's exactly what we need most—to stop for a moment and metaphorically drink the cool cup of water He offers us.

To **step away**.

To become more like **Him**.

To **lay down** whatever is holding us back. Whether it's the rush of daily life, our fears, or anything else that keeps us feeling stuck.

As Psalm 23 reminds us with words like *"He maketh me to lie down in green pastures," "He leadeth me beside the still waters,"* and *"He restoreth my soul:"* there's a deep invitation to rest. Doesn't that sound life-refreshing, life-renewing, and soul-restoring?

Like a **cleansing wave** washing over your spirit, or joy rising up from within until it escapes through a sigh or smile.

Jesus is there beside those still waters ready to sit with you, so you can abide in Him. And as you do, He begins shaping your heart to become more like His, so that His work is made manifest in your life and in the lives of those around you.

Looking Back & Moving Forward

In our last newsletter, we highlighted several meaningful women's events that have taken place at our church—Empathy Night, Spiritual Gifts Event, Women's Day, Bible studies, and a Breakfast Morning. Each of these gatherings has helped build connection, community, and spiritual growth among us.

Now, we're excited to share that **Ellington Church will be hosting a Discipleship Foundations event at the end of August**—(yes, the kids will be back in school - summer vacation officially over) . It's beautiful to see how God continues to build, layer by layer, what He began in our hearts and our congregation.



What Is a Discipleship Foundations Event?

First, here's what it's *not*:

- It's not exclusive to a committee or leadership group.
- And while the name might sound new, the concept definitely isn't.

In truth, many of you have been living out discipleship for **decades**—mentoring, encouraging, and walking alongside others without ever putting a label on it. This event simply gives structure and space for that work to continue and deepen.

Think of it like a **cooking class**.

Some people in the room have been “cooking” for years—seasoned in their faith and simply wanting to sharpen their skills, get re-inspired, or learn something new. Others are just starting out, soaking in every ingredient, every method, every bit of wisdom they can. Regardless of where you are on that journey, everyone leaves encouraged, refreshed, and ready to go home and put what they've learned into practice.

What to Expect & How to Join

ACCFS will be facilitating the event, which will feature multiple speakers and a variety of breakout sessions to choose from. The robust itinerary truly offers something for everyone. We warmly **invite you** to join us for a day of sitting at our Savior's feet—to

know Him more deeply, grow in His love, and step further into the work He has prepared for each of us

See the attachment for another snapshot of the event. The [sign-up form](#) will also guide you through selecting your breakout sessions.

While this may be the first time Ellington Church is hosting this event, it is **open to all of our congregations**. Locally, it presents a wonderful opportunity to turn the weekend into a time of invitation! Since it falls over Labor Day weekend, feel free to use this time to **invite families, couples, or singles** to visit and join you for the event. It's a meaningful way to connect, grow together, and share in a spiritually enriching experience.

Mentoring

Interested in *having* a mentor? Interested in *being* a mentor? Click on [Mentor/Mentee Sign-Up](#) and fill out a survey. We will then be in contact with you soon, to discuss your survey and work with you to connect you to a mentor/mentee. You can also submit or resubmit your mentor survey below. Please check the boxes for the areas where you are willing to mentor someone. You do not need to be an expert or have personal experience in those areas to be a mentor; you just need to be willing to learn more about the topic and walk alongside someone.

Mentor/Mentee Sign-Up

Resources

Websites:

- [ACCFS Website](#)
- [Ellington AC Church](#)
- [Ellington Church Calendar](#)
- [Weekly Church Announcements Sign-Up](#)

ACCFS Events:

- [Marriage Retreat](#)
- [Upcoming Webinars](#)
- [Discipleship Conferences](#)

- [Discipleship Foundations Event](#)

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