

A decorative border of watercolor flowers surrounds the text. On the left, there are yellow and blue flowers. On the right, there are blue and yellow flowers. The background is white.

WELCOME

*Annual Spring Women's Day
Threads of Strength & Dignity:
Honoring Godly Women Across Generations*

**WE ENCOURAGE YOU TO SIT IN
MULTI-GENERATIONAL GROUPS,
WHILE ALSO CHOOSING A PLACE
WHERE YOU FEEL MOST
COMFORTABLE**

*We are so thankful you are here and
truly value each one of you!*



BUILDING BLOCKS & RECAP

Walking into Deeper Waters

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.” -Isaiah 43:2

Empathy Night:

Created an environment for Godly love and understanding with one another.

Spiritual Gifts:

Discovering how God uniquely designed each one of us

Women's Support

Through Fellowship:

Spring Women's Day (last year), Women's Breakfasts, Themed Women's Groups (mental health and more topics to come), Mentoring and Bible Studies

Discipleship

Conference:

The ABC's of discipleship - Abide, Become, Continue

Today! Annual Spring Women's Day:

Threads of Strength and Dignity: Honoring Godly Women Across Generations - our identity as daughters of the King!

WHAT IS DIGNITY?

“Strength and honor (dignity) are her clothing; and she shall rejoice in time to come.”

-Proverbs 31:25

Dignity= God-given worth, honor, and self-respect

Who We Are:

- Chosen (Isaiah 43:1)
- Wonderfully made (Psalm 139:13-14)
- God’s Temple (1 Corinthians 6:19-20)

How We Live:

- Composure (Isaiah 26:3)
- Love Others (Mark 12:31)
- Live Holy (1 Peter 1:16)



WHAT DOES GODLY DIGNITY
MEAN TO YOU?





What does Godly dignity mean to you?





WHAT IS GODLY STRENGTH?

“I can do all things through Christ which strengtheneth me” -Philippians 4:13


Strength= The Ability to Stand Firm and Keep Going

- Not just physical- but spiritual resilience
- Standing firm in faith despite pressure

Defining Strength:

- General Strength? The ability to exert force or endure difficult situations
- What is Spiritual Strength? The ability to stay grounded in faith and do what is right.
- Both definitions are about holding steady and continuing forward when challenged.

Be strong and of a good courage; be not afraid, neither be dismayed: for the LORD thy God is with thee whithersoever thou goest.” -Joshua 1:9







WHAT DOES GODLY STRENGTH
MEAN TO YOU?





What does Godly strength mean to you?





DIGNITY + STRENGTH

Dignity= It is not pride - it is identity (knowing self)

We are created in God's image (Genesis 1:27) and know who we are: a daughter of the King

Strength= Knowing it comes from God

God sustains and strengthens you (Isaiah 41:10)

- Dignity shapes identity
- Strength grows dependence on God

Godly dignity & strength is living with quiet confidence and grace because you know where our worth comes from.

LIVING IT OUT

Threads of Strength & Dignity Today: Honoring Godly Women Across Generations:

There are example of Godly women throughout the Bible in a time when women were considered less than. It's amazing as we see the value and purpose that God demonstrates toward women:

- **Esther** - Courage in her moment
- **Ruth** - Faithfulness in uncertainty
- **Deborah** - Leadership with wisdom
- **Mary** - Obedience at a young age
- **And many more!**

God is still working with each of us today!

Closing Thoughts:

Exploring our dignity and strength as Godly women is the next step in the building blocks we talked about earlier. It's putting into action our purpose - which we all have, knowing who we are and where our strength comes from. It gives us the courage to pursue that purpose.

CLOTHED WITH STRENGTH & DIGNITY

Reflection



CLOTHED WITH STRENGTH & DIGNITY

Reflection

My Mom



CLOTHED WITH STRENGTH & DIGNITY

Reflection

My Mom

Recognition



CLOTHED WITH STRENGTH & DIGNITY

Reflection

My Mom

Recognition

Forgiving - Beautifully modeled



CLOTHED WITH STRENGTH & DIGNITY

Reflection

My Mom

Recognition

Forgiving - Beautifully modeled

Growth & Inspiration



CLOTHED WITH STRENGTH & DIGNITY

Reflection

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Recognition

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Growth & Inspiration

More trust that God has me in His hands. Less fear and need for emotional control.



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Reflection

My Mom

Recognition

Forgiving - Beautifully modeled

Growth & Inspiration

Less fear and need for emotional control; more trust that God has me in His hands.

Action

CLOTHED WITH STRENGTH & DIGNITY

Reflection

My Mom

Recognition

Forgiving - Beautifully modeled

Growth & Inspiration

Less fear and need for emotional control; more trust that God has me in His hands.

Action

Be still and know that I am God. Taking time to be still and wait on God instead of trying to control something, or someone. That is my fear speaking.

Trust God each day.



BREAK





PANEL DISCUSSION





BREAK





CLOSING CONNECTIONS





CURRENT PROGRAMS/EVENTS

- Annual Spring Women's Day (usually end of March)
- Semi-Annual Breakfast Mornings (fall/spring)
- Women's Group Bible Study (twice a month)
- Themed Women's Groups
 - Mental Health (pausing until September)
 - The Olive Branch
 - More to Come!
- Website - www.ellingtonacchurch.org/women/support

Personal Outreach:

- Advocacy- See website for additional information
 - Mentor/Mentee: Re-surveying
 - Adults
 - Teens
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MENTORING UPDATE

Teen Mentoring (new pilot program)

For tweens or teen girls in grades 7-12

A Teen Mentor is a sister within the Ellington Apostolic Christian Church, who is older than the teen mentee and with more life experiences (could be single or young married or any age), who would come alongside the teen mentee and spend purposeful time together.

Purpose: Mentors will listen and encourage those they have been paired with. The goal is that this relationship will lead to trust, love, and appreciation for one another.

Commitment: Each Mentor will commit to meeting with their Mentee 10 times (for one hour or more) within the one year period.

Mentor Survey Refresh!


Please fill out the mentor survey in your packet. Leave it on the table facedown once completed or hand to Jan or Lydia on your way out.

SMALL WOMEN'S GROUPS UPDATE

- **Origin:** These groups were formed around 2021 (5 years ago) and organized in a Bible Study format. Participants were placed in groups of around 5-7 people. This seemed to be very successful at the time and well attended.
- **History:** As time has passed there has been a dwindling of the need for a centralized committee responsible for placing women in groups for a number of reasons:
 - Many have stayed in their original groups or organically formed their own.
 - There are a lot more activities and outreach events that can/have taken their place.
 - Surveying and trying to place people has seemed to run its course.
- **Looking Ahead:** Women's Support will no longer be creating and managing small women's groups going forward. Any groups currently meeting, we encourage you to continue. For people who would like to join a group:
 - Start your own private group! There are lots of resources on the Women's Support web page to get started.
 - Attended a public Women's Group - currently meeting Tuesday mornings twice a month.
 - We are currently looking for a volunteer(s) to head up an evening one for additional meeting times - it could mirror the morning one or have its own topicals. If interested in this role, please reach out anyone on the Women's Support Committee.



Themed Women's Group:
THE OLIVE BRANCH

- The Olive Branch is a safe, confidential, and nurturing space for women navigating the impact of abuse, abuse-related trauma, and harmful or destructive relationships.
 - We welcome anyone who has experienced any form of abuse, been impacted by it, or experience(d) harmful behaviors within a relationship—whether intentional or unintentional.
 - Every experience is met with compassion, dignity, and without judgement.
 - We understand the courage it takes to face these realities. This group exists because the journey through abuse can be painful, confusing, and isolating.
 - Through faith, compassion, and truth, we create space for healing, restoration, and growth.
 - This group is not intended for observation, curiosity, or gathering information about those who attend.
 - We have begun a pilot program and plan to fully launch the group this fall. If you or someone you know could benefit from this support group or would like more information, please reach out to a member of the Women's Support Committee (Janis Moser, Joni Moser, Kim Schneider, Heidi Virkler and Naomi Walder).
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Psalm 139:14, "I will praise thee; for I am fearfully and wonderfully made."

WRAPPING UP

Everyone has been given an index card. Please let us know if there are any of the events or groups you would benefit from. Also, we are looking for individuals who have a heart to serve.

These are some areas where we could use some help:

- Themed Women's Groups seem to be well received and we are looking for additional people to come along side and help with these efforts so we can offer more.
- Semi-Annual Breakfast and Spring Women's Day. We have great help for these events right now, but life can change. It would be helpful to have a list of those interested in these areas that we could reach out to if holes open up.
- Do you have an experience you're willing to share in a group setting? Just as we heard these 4 women today, we are looking for those who are willing to share their journey at future events. If that is you, please let us know by putting a note on the index card.
- Evening Women's Group / Bible Study (same as the day one)
- If you have any ideas and/or are willing to serve in areas not mentioned, please let us know.

