

## Hope for the uprooted woman

### Life is change

Don't miss the benefits

by Ann Kelley, Director of Communications and Website, Just Moved Ministry

Some respond to change with excitement, some with fear, some with a combination of the two. Where do you fall on the spectrum?

Whether your life change was a choice you made or was thrust upon you, you'll have less fear and anxiety if you can be open to the possible benefits that lay ahead.



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### Creativity

New experiences can lead to new ways of thinking. New ways of thinking foster creativity as you approach problems, solutions, and the changing demands of life.

### Flexibility

A rigid, controlling response to change will only make you crazy. When life around you is changing, you have more opportunities to learn to adjust and adapt. It may not be easy at first, but adaptation can become a way of life and serve you well.

### The courage to risk

I'm not talking about base jumping. Reasonable risk is going after something that's important to you, but success isn't guaranteed. Weigh all the options and the ramifications of failure and decide if it's worth it. Is your need for control keeping you from going after your dreams? If you never try, will you regret it?

### Empathy and understanding

Being uprooted from the familiar can help you be more empathetic to others going through something similar. Being transplanted into a different culture, with people who observe a different way of life, can broaden your worldview and your appreciation for different perspectives.

### Discover your personal strengths and abilities

Being stretched beyond your comfort zone can lead you to discover new abilities and a confidence you never knew you had.

### Strengthen your faith in God

If everything in your life is controlled and "safe", you'll never need to rely on God for courage, strength, wisdom, and guidance. As God reveals more of himself to you, he reveals more of *you* to you.

Keep in mind that these benefits and opportunities for growth can be short-circuited by fear, anger, anxiety, comparison, and the need to control. If any of these have their ugly grip on you, resist the urge to push them down or smear them all over the people around you. Spend time with these feelings, ask yourself why they're there and invite God to look at them with you. Ask Him to show you what's at the root of these feelings.

Now, read on for more about the role of change in our lives.

Life is change.  
Growth is optional.  
Choose wisely.

Karen Kaiser Clark



Ann Kelley, editor



## Major Life Change Is Nothing New by Ann Kelley

History is full of examples of life change leading to great good and, at times, historically significant events. You may be tempted to think the following individuals were special or extraordinary, but think again. They were regular people – like you and me. These real people must have approached their life change with a healthy dose of fear.

### Abraham—a journey of obedience

God tells him to pack up his family and belongings and leave his home – just start moving and I'll tell you when you get there. Along the way, Abe gets a promise that he'll beget a great nation. But it would be 25 more years before Isaac is born!

### Joseph—the right man at the right time

Things aren't looking so good for Joseph when his brothers sell him into slavery. Joseph winds up working for an influential Egyptian leader – things are looking up. Joseph gets falsely accused of coming on to the boss' wife and is thrown in prison – a turn for the worse. Joseph can interpret dreams, is redeemed from prison, and winds up being Pharaoh's right hand man to save Egypt and neighboring peoples (including his dad and brothers) from a devastating famine. Joseph was the right person at the right time and in the right place to prevent a catastrophic famine.

### Moses—a reluctant leader

He's got the world on a string. Nothing is beyond his grasp as the adopted son of Pharaoh. But he can't deny his heritage as a Jew and watch the beating of a fellow Jew. He kills the offending Egyptian and must flee to the wilderness. What ensues is 40 years as a Jewish shepherd. Using a burning PA system, God calls him to go back to Egypt and lead the Jews to freedom from slavery. Moses essentially responds, "Who, me? You must mean someone else. Let me tell you why I would be lousy at this...." Moses made another major career change to become the liberator and leader of the Israelites.

### Esther—courage to speak up

Orphan Esther is minding her own business when the king decides to find the most beautiful maidens in the land and take them for his own. Though she is one of the

king's favorites, she has lost her freedom and must hide her heritage as a Jew – an unpopular status at the time. Esther gets wind of a plot by the king's right hand man, Haman, to kill all the Jews and feels she must inform the king. Gutsy stuff. Risking her own peril, Esther saved the Jews from extermination.

### Ruth—a faithful - and fateful - decision

A famine forces Naomi, her husband and two sons to move to Moab. Her husband and sons end up dying, leaving her with her two daughters-in-law. Naomi decides to move back home and daughter-in-law Ruth goes with her. Life isn't easy as they are forced to glean the leftovers in the field after the harvesters have been through. Long story short, Ruth winds up marrying the owner of the field and giving birth to the grandfather of King David! God used the difficult changes and struggles in the lives of two women to create the lineage of David—a lineage that would include Jesus.

### Mary—a courageous choice

Yes, *that* Mary. The mother of Jesus. A conscientious, responsible teen-ager, engaged to a hard working carpenter is suddenly pregnant. Who's going to believe her when she says that she's carrying the Son of God? The risk is great: Joseph could reject her, the community could – and probably did – gossip about her. But she trusted God, gave birth to His Son, and raised Him to adulthood. She watched Him die a horrible death too. Tough stuff for a mother. Mary made a courageous choice to parent the Son of God

### What life change are you facing?

You may not be the next freedom fighter, but a life change may open the door to opportunities you never dreamed of. Or maybe you've dreamed of them, but needed a nudge to get started. Wherever your path leads, God goes with you, leading you to greater growth, wisdom and faith. Will you follow?



## Seasons of Change by Susan Miller, author and Founder of Just Moved Ministry

No matter how much you may resist, you will go through seasons of life change. It could be the news of an impending move, the death of a loved one, the loss of a job, the unexpected diagnosis of an illness or disease, or a marriage ending in divorce.

My friend Karen was young, newly married, and pregnant. She and her husband lived in a small mobile home and both of them worked while he took night classes to finish school in this new season of their lives. I'll always remember how Karen chose to create a warm and inviting home that exuded contentment and peace.

Then several years later Karen was pushed into another season of change with breast cancer. She had a double mastectomy at the age of forty-one while caring for three young children. Her indomitable spirit shined through her circumstances. Karen chose to live life to the fullest as she has had to redefine, rearrange, and rethink schedules, routines, and the many changes that came as she lived with cancer.

Rita, had recently divorced and relocated to Florida for a fresh start in life with a new job. When a hurricane hit the area, her condo was destroyed. She lost everything and had no flood insurance. The small business where she worked was also destroyed and never recovered. She didn't know anyone, so she had to stay in temporary shelter at a school until she could live with relatives out of state. It took almost a year before Rita could find another job – in another state – and get back on her feet again. She still prays through the memories of that night.

A season of change turned Rita's life upside down and inside out. Yet, I observed her resilience and courage as she would always cling to God, never giving up, and persevering with unshakable faith.

Within these women lives a strong faith in Jesus Christ, an unwavering hope, and a persevering spirit that enabled them to push through their unwelcomed season of change. They inspired me with the testimony of their lives and have deepened my own faith as I observed them on their new, life-changing, life-altering, journeys.

Thank you to all the "Karens" and "Ritas" in my life, both near and far, who continue to teach me how to live through my own seasons of change. You have made Christ all the more real to me. I am blessed our paths have crossed.



## What's next?

by Kathy Herrick

I landed in a *After the Boxes Are Unpacked* study with heart problems, an [ailing] mother, twins just married, and a loss of identity as a [retired] principal, mother, and daughter.

I found I couldn't control any of these. God finally was breaking down the door. I was finally getting it and seeing I needed to let go, I needed to listen, and I needed a daily relationship with God.



I had this superficial faith, this crisis Christianity, but I had no deep and daily relationship with God. I couldn't figure out my purpose and my "what's next".

One main topic in the study is **Moving Forward**. In my life, that meant accepting that my one real role was that of a child of God and that I needed to quit worrying and planning and controlling each day. I needed to give it all up to God and trust that He would take me down the path that He needed me to go on – every day.

And what is next? I don't know, but I do know that I am willing to walk **by** the closed doors without banging on them and walk **through** the open ones with God at my side. I may not see where the next step leads, but I know God is there, walking the journey with me.





## Tips for Dealing with Transitions by Anna Womack, Ph.D.

### A Psychologist's Advice on How to Cope with Life Transitions

- **Prepare (when you can).** When possible, try to prepare for your transition. This may involve outlining a plan for the logistics of your transition — or just setting a helpful mindset.
- **Set reasonable expectations.** Unmet expectations can create frustration or stress. If you expect that navigating a transition will just be “a breeze,” and it doesn’t work out that way, you may find yourself feeling disappointed. Instead, try to set the reasonable expectation that you will likely feel stressed and overwhelmed at times. It’s also helpful to remember that feeling stressed during transitions is completely normal!
- **Develop a routine.** Establishing a routine can help you adjust to a transition. Consider creating morning and evening routines to facilitate a sense of consistency. Regular sleep and wake times, a daily walk, meditation, or intention-setting for the day can be great additions to your routine.
- **Check your self-talk.** What types of things are you saying to yourself? Are these internal comments helping you cope with this transition or making the transition more challenging? One way to develop helpful self-talk is to recall transitions (or other difficult situations) you’ve successfully coped with before; they can be a reminder that you can manage this too!
- **Set small goals.** Instead of trying to fully resolve everything related to your transition, set small feasible goals to take on one at a time. Ask yourself, “What is one small thing I can do right now?” This may include things like contacting a broker about a new apartment, scheduling a doctor’s appointment, or responding to a text from a friend.
- **Stay connected.** Social support is critical during times of transition. Chatting with a family member or friend can be a way to help your transition feel less lonely.
- **Practice self-compassion.** Change is difficult. The reality is that you aren’t always going to navigate life transitions perfectly. While these recommendations can be useful in making transitions a bit easier, it is important to also be kind and compassionate to yourself during this time. Not sure how to do this? Ask yourself, “If my best friend was in this situation, what would I say to them to be supportive?” Then offer that same statement to yourself. If you aren’t sure what you would say, then try this: “It’s okay to feel overwhelmed or stressed when navigating a change in life. I’m just going to do the best I can in this moment.”

Read the entire article at [manhattancbt.com/archives/4288/life-transitions](http://manhattancbt.com/archives/4288/life-transitions)

Find your “happy place” when you join an *After the Boxes Are Unpacked* study group!

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### Join the Just Moved Community and the Just Moved Community Facebook group

Sign up for the Just Moved Community at [justmoved.org/just-moved-community](http://justmoved.org/just-moved-community)

Connect with other uprooted women at [facebook.com/groups/JustMovedCommunity](https://facebook.com/groups/JustMovedCommunity)



### THE essential resource for every woman who’s been uprooted by a move

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