

May 2019

Give Yourself Permission



Hi!

Summer is just around the corner. You are probably planning activities for your children, some trips are on the calendar, and you find yourself wanting to make the most of every day until September comes and the fast pace of life starts again.

STOP! It's time for me to get up-close and personal with you. As one of our treasured leaders, *you matter to me*. You've poured out your love, care, and encouragement to the women in your group. Not to mention your time, energy, and preparation. Now is the time to give yourself permission for some self-care. And no, it's not being selfish. Intentional rest is not being lazy. Self-care is vital to your health -- mentally and physically, not only in ministry, but for your family. Sometimes we lose ourselves when trying to do too much, or taking care of others. The higher your stress, the higher the need is for self-care. Believe me, I'm taking my own words to heart as I write to you.

Let's seize the moments this summer to refresh our mind, renew our spirit, and restore our body. Take time for *you*. Whatever those three words -- *refresh, renew, and restore* -- look like to you, take the time to do it. The opposite of burn-out is balance. I strive for more balance and to have more margin in my life for play, fun, and sitting at the feet of Jesus.

I am grateful for your selfless love for others. Now take some time for you, get some rest, and savor some down-time!

Come to me, all of you who are weary and carry heavy burdens and I will give you rest. Matthew 11:28

From My Heart to yours,

Susan

Leader tip - Foster connection over the summer



Cheri, the Group Leader at Church of Charlotte in Charlotte, NC had newcomers contacting her when the spring group study was nearly at an end. Rather than have these women wait through a long summer before finding connection and encouragement, she began arranging summer gatherings, called "Coffee and Conversation," twice a month for 2 hours in the morning.

Included are women from the last two study groups, new women that she meets, and women who have been in town for awhile but still feel disconnected. No agenda; just a time to hang out. They try to meet at a shopping center with spraygrounds or a playground with a close Starbucks so they can pick up coffee easily and moms can bring their children.



Cheri takes photos and shares the photos with names and contact information of those in the pictures. **Brilliant!** They can easily follow up with each other. She doesn't try to "sell" the group study, but those who have taken the study naturally find themselves sharing their experience. As the time draws near for the study to begin again, Cheri offers an official invitation to attend.

Great suggestion, Cheri!

Email your tips to [JoAnn](#) or [Paulette](#) so they can be shared with other leaders!

Resources from Just Moved to add encouragement and connection for your newcomers

Encourage your newcomers to take advantage of the connection and encouragement provided by Just Moved Ministry.

- [Just Moved Community Facebook page](#) - a private group for those who have joined the [Just Moved Community](#), where women find emotional and spiritual support, ask questions and learn from each other, and enjoy

connection with uprooted women around the world.

- Free subscription to [Bloom](#). *Bloom* provides inspiration as women seek to grow and thrive during times of life change.
- Encourage your newcomers to go back through their *After the Boxes Are Unpacked* book with the help of the [Companion Journal](#). The journal will take them deeper into the unique experience of their move and God's transforming work.

Right click on the image below and save it to your computer. Print two to a page in landscape position! **OR** click [here](#) to download and print.

Turn to JustMoved.org...

When you need encouragement

Subscribe to **Weekly Words of Encouragement** emails.

You'll also get notified each month when new articles appear at JustMoved.org:

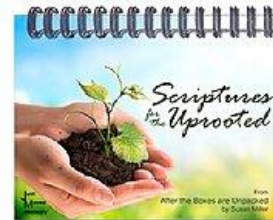
- New Mover's story
- Susan Miller's blog
- Devotional
- Tips for Moving On
- Moving Makeover
- 3 Steps to Move Forward With Your Life
- Hope for the Uprooted Podcast with Susan Miller

When you need inspiration

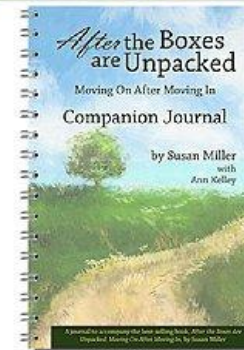


Subscribe to **Bloom**
This FREE publication will inspire you in the midst of any life change.

Scriptures for the Uprooted



NEW *After the Boxes Are Unpacked Companion Journal*



When you're ready to connect



Sign up for the **Just Moved Community**

- Join the conversation at the **Just Moved Community Facebook page**
- email with other JMC members in your area
- free e-guides for the uprooted
- one-time discount at JustMovedShop.com

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May 2019 After the Boxes Group Spotlight!



Rock Point Church, Queen Creek, AZ. Julee Dilley, Group Leader

Love these ladies so much!!! After graduation, we will be continuing with summer book club, play dates for moms with young kids, and even a hike in two weeks!" – Julee

We want to celebrate you and your study! Send a photo of your study group and a few words about your group to [JoAnn](#) or [Paulette](#). After the Boxes groups LOVE being featured on our [website](#) and on social media.

Please note: Summer hours starting June 3 for Just Moved will be Monday - Thursday 9 AM - 3 PM (MST). The office is closed on Friday.

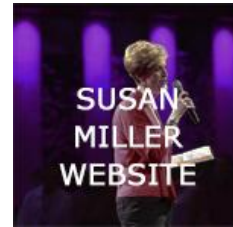
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Paulette & JoAnn
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Just Moved Ministry

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