

March 2020

## How's your balance, Paulette?

We know your life is full, especially when you accepted the role of an *After the Boxes* group leader. How are you doing when it comes to leading a balanced life?



### Are you running on empty?

- No time set aside for quiet, rest, refreshment. There's work to be done!
- Feeling stressed.
- Fatigued.
- Bitter feelings about others or about the load you're carrying.
- Easily upset - especially by those who are keeping you from getting things done.

### Find your balance

A balanced life includes self-care and receiving from God and others. When you invite God to fill the cup that is your life, you can serve others out of the overflow.

*The cup need not run dry if you are daily offering it to God to be filled.*

**1. Receive.** Set aside time to be with God and invite Him into your daily life. Let other people bless you with what they bring to your life. Jesus regularly got away to be with God and gratefully received the care of others.

**2. Attend.** Listen to your emotions and to what your body is telling you. Pay attention to it. What are your emotions and your body telling you? Learn from them and respond with acceptance and self-care. Jesus slept and ate when he needed to and he did not dismiss emotion.

**3. Give.** You can joyfully give to others out of your own fullness when you have taken care of yourself and spent time with God daily. Jesus preached, healed and counseled multitudes, but he refreshed himself through rest and time with God.

Paulette, we continuously pray for you and your leadership team as you seek to "find your balance."

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## Have you Joined the 'On The Move' Facebook Page?

*On the Move* is a special Facebook group for leaders of an *After the Boxes* study group. Leaders exchange ideas and ask questions of other leaders. Join this helpful group to share successes and struggles and to learn from and encourage each other. This is a great resource for leaders!

This is a private group. Membership must be requested. [Go now](#)

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## Please join us for our 25th Anniversary Celebration and Fundraiser!



The graphic features a black and white polka-dot background on the left. A white circle with a pink house outline contains the text "Just Moved Ministry of Hope for the uprooted" and "25 years". To the right, the text "Let's celebrate!" is written in pink cursive. Below it, the event details are listed in black text.

*Let's celebrate!*

25th Anniversary Luncheon Fundraiser

IN SUPPORT OF  
JUST MOVED MINISTRY

Friday, April 24, 2020  
10:30 AM - 1:30 PM

Scottsdale Bible Church  
THE VENUE  
7601 E SHEA BOULEVARD  
SCOTTSDALE, AZ 85260

\$29.50 EARLY REGISTRATION  
\$39.50 AFTER APRIL 10

RETURN THE ENCLOSED REPLY CARD OR RSVP ONLINE AT [JUSTMOVED.ORG](http://JUSTMOVED.ORG)

Look for your invitation in your email. [Click here](#) to register online.

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## Support Just Moved - enter to win a \$500 Amazon gift card!



Paulette, even if you won't be able to attend our 25th Anniversary Celebration in April, you can still join in the fun AND help our ministry! Buy a raffle ticket (or several tickets!) and you may just win a \$500 AMAZON gift card. [Go now!](#)

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## Publicity/Social Media Tip

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Post a photo and information about your *After the Boxes Are Unpacked* study group on the [Just Moved Facebook Page!](#)

If you don't want your personal email shared on the Facebook page, provide the host church contact information or share your Facebook link so that those who are interested can message you for more details.

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## After the Boxes March Study Group Spotlight



**Prosper-Frisco, TX Community Group**

**Group Leaders: Laura Camilleri and Sue Schnagl**

*Today a few of us got together from past and current classes at Painting with a Twist to make a "Merry Christmas Y'all" TX picture. We had a great time!*

Email [Paulette](#) or [JoAnn](#) your fun photo of your newcomers to be submitted for a future [Group Spotlight](#)

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Cheering you on,

**Paulette & JoAnn**

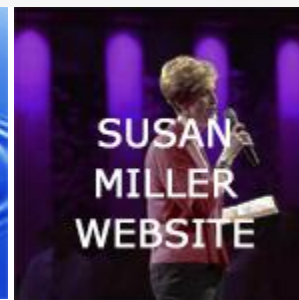
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Just Moved Ministry

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