

Connect

Women's Ministry

F e b r u a r y

F o c u s : C o

Please, Show Me How to Help!

by CB Campano

I imagine most of you have had this thought at some point. A friend suffers betrayal, loss, depression, illness, guilt, or the like and, though you are eager to help, you just don't know how.

For the last ten years, I have had the privilege of helping women who experience all manner of suffering. Below I share five insights gained through both failed and blessed attempts of coming alongside sisters in Christ.



Be present: Let your friend know you are with her in

your thoughts, prayers, and actions. Prayerfully fight against feelings of inadequacy and help in practical ways. Be sensitive to what is most helpful and respond accordingly. Endeavor to hang in for the long haul.

Limit expectations: A person in crisis may not respond to suggestions, invitations, or help in the way you hope. This doesn't mean she isn't benefiting or grateful. Most often it means she is expending all her emotional and physical energy putting one foot in front of another and is left with no bandwidth for much else.

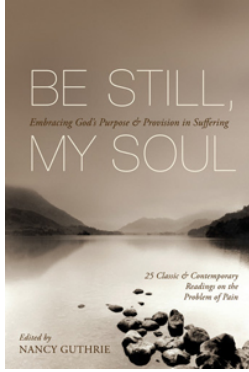
READ THE REST @ PCA cdm.org

Women's Ministry Toolbox

Do you find yourself overwhelmed and ill-equipped when called upon to come alongside other women? [Click here](#) to download our newest Women's Ministry tool: Recommended Resources on Suffering as a Christian. [Click here](#) and then on "Ministry Toolbox" to view the entire toolbox.

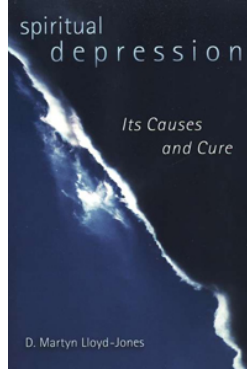
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 Women's Ministry **RESOURCES**



[Be Still, My Soul](#)

\$10.13
(retail \$12.99)



[Spiritual Depression](#)

\$14.40
(retail \$18.00)



[Treasures in Darkness](#)

\$7.00
(was \$14.00)



LT 2016

Registration deadline is February 8th! [Click here](#) to find out more and register now.



Transformed

Registration is now open! [Click here](#) to find your location and register.

2016 Women's Programs and Events

			
Bragg-Mitchell Mansion Afternoon Tea Tuesday, June 21 1:30 - 4 pm	Women's Luncheon and Program Speaker: Laura Story Wednesday, June 22 11:15 - 1:15 pm	Women's Luncheon and Tour of Bellingrath Gardens Thursday, June 23 10:30 am - 4 pm	Special Women's Training: Women of Intentional Impact Wednesday, June 22 1:30 - 4 pm Children's Ministry Training Thursday, June 23 9:15 - 10:15 am

Early Bird Rate Until 4/30/16!

Full schedule and registration • www.pcaac.org

General Assembly Women's Program & Events

[Click here](#) for more info and to

register. Register by April 30,
2016 to receive early bird
rates.

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