



PAGES *Women's Ministries*

News from the Cyprus Section

Marica Mirilov, Women's and Children's Ministries director

Fit to serve!

Larnaca Seventh-day Adventist Church Community Centre has been providing fitness sessions for mature and enthusiastic ladies in the neighbourhood for the past three months. Victoria and Anne-Sofie, local church members, have found a way using their talents to serve.

In June 2018 Cyprus Section hosted the Brazilian University (UNASP) mission trip and benefited from the medical expos professionally organised in all the community centres across the island. For the newly-opened community centres in Larnaca and Paphos this was the first major outreach programme. The response of the communities was very positive. In Larnaca the fitness group was formed with the help of student missionaries Evelyn and Alex Gavrila, but as soon as they left the island to continue their studies it was critical what would happen to the fitness group. The space was created for new leaders to be born.



Victoria connected with friends and acquaintances, also fitness trainers, and developed a programme appropriate for the ladies who had previously been attending. She is the youngest in the group and transmits enthusiasm to the ladies who come to the programme with movement or weight problems.

Christina, with great appreciation, explains that she has made such an improvement that she feels much younger and wants to keep her body in good shape.

Anne-Sofie, a great believer of healthy diet, has found a way to contribute to the programme. For every session she prepares freshly squeezed juices with different and always tasty combinations. The ladies appreciate trying something new and are challenged to think about their diet.

Victoria and Anna-Sofie believe that this practical and positive fellowship is giving opportunities for spiritual guidance too and bringing them closer to God. For them personally this is an opportunity to contribute to the community in a way they feel fit to serve.



Time for everything

Throughout the year, Limassol Mother's Club has initiated social meetings, Bible studies and charity projects. At the beginning of September, when the children went back to school, it was yet another occasion for a ladies' treat. 12th September 2018 was a day to remember.

Teresa, the club leader, encouraged the mothers to take a day out just for themselves. She commented that last-minute cancelations just proved that family and especially children have priority over their leisure time.

The first part of the ladies' day out was shopping. They enjoyed looking for good deals and offering style tips.

Although Cyprus is not a big island, there is always a spot worth exploring and breath-taking views to enjoy. At the next stop, Mary, who was impressed with the serenity of the mountain, commented that she felt deeply close to God there.



Sitting in a restaurant being served instead of serving was a treat. A relaxed atmosphere created an opportunity for the ladies to open up - to share hard as well as happy moments in their lives.

Although all were tired at the end of the day, beautiful photos are a reminder to plan a next adventure together soon and bring friends along.

Using your gifts and talents to reach others

TED news

Soon we will have a new section on our webpage which we are calling: Using your gifts and talents to reach others.

We will highlight one person a month who is using her gifts to further God's work in her own unique way. Perhaps this will inspire you to think about your gifts and talents and what you can do for God.

When we use something we are good at it is no longer scary or unobtainable. We are all unique. God has made us unique. Why would he do that if he thought we would all be doing the same things. Saying the same things. Acting the same way. Let's be unique as God made us to be. Let me introduce you to Margaret.

Stitch and print ministry

I met Margaret at the SEC WM Retreat. Margaret Dawn is a woman with a mission. She loves sewing and she is using her talents for God's glory. She has set up a ministry called: Stitch and print ministry. One of her ministries is making pillows which she sells or gives to people who need encouragement. The pillows have texts such as: Prayer Works, Trust God and Relax, Hear my Prayer O God.

I actually bought a pillow from her for a lady who I know is struggling and thought this would make a lovely gift.

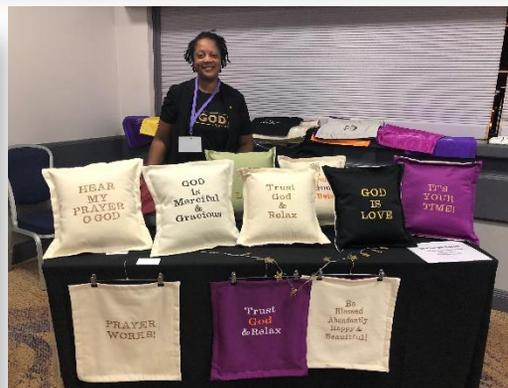
Her second ministry is sewing classes for the local community. It is all about connecting and building up relationships with people from the community, who often don't know who we are.

She started classes for how to make curtains and pillows and now has dressing making classes as well. This has turned out to be very popular.

When I met her, she said: "I wanted to do something for God and using my talent has made it easy for me to do that".

If we all used our talents for God what a blessing we could be to others.

Clair Sanches



2019 Devotional Book

The 2019 Women's Devotional book is here, and you can get it at a very special discount rate of \$11.99*.

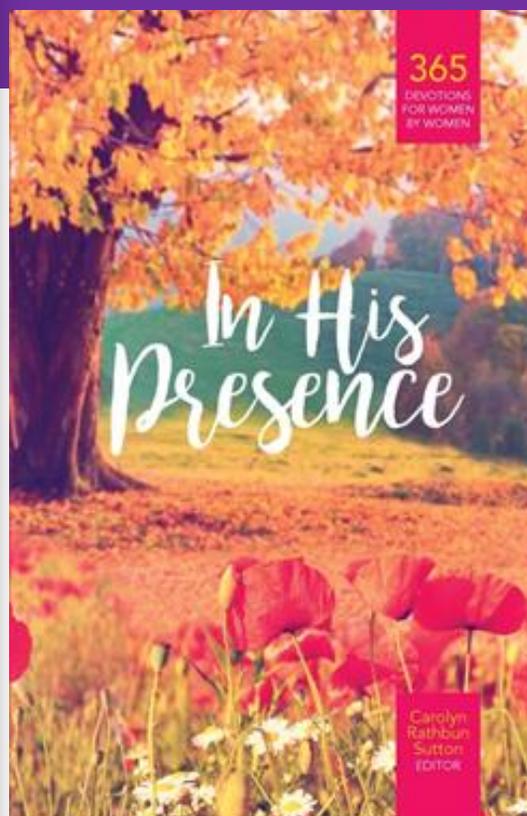
For the first time all profits from sales of the book will be used exclusively for women's higher education in Seventh-day Adventist colleges and universities in North America.

These monies fund the NAD Women's Ministries scholarships.

You can support the scholarship fund by purchasing the devotional book for yourself and your friends. We all have women on our Christmas list, and the devotional book is an inexpensive way to let them know you care.

*Price good until January 31, 2019. You can find it for \$11.99 on www.adventistbookcenter.com. Also, Amazon is selling the Kindle edition of the book for \$9.99. Try searching "In His Presence devotional book."

TED news



2019 Women's Day of Prayer

We are delighted to be able to bring to you the 2019 International Women's Day of Prayer programme packet. This year's packet titled, "Walking with Jesus," was written by Cordell Liebrandt, a pastor in the Cape Conference of South Africa.

The packet also contains two coordinating activities, a Sabbath School programme, "Lord, Teach Us to Pray," and a Sabbath afternoon workshop, "Can We Trust God When He Says, "Follow Me"?" written by Karen J. Pearson, a pastor in Idaho Conference United States of America.

The auxiliary seminar for 2019, "Discover the Love of Your Life," includes a script and slides. Another resource is "Communion with God," an Adobe Acrobat PDF booklet produced by the General Conference Ministerial Association. You can download the material from here:

<https://www.nadwm.org/day-of-prayer>