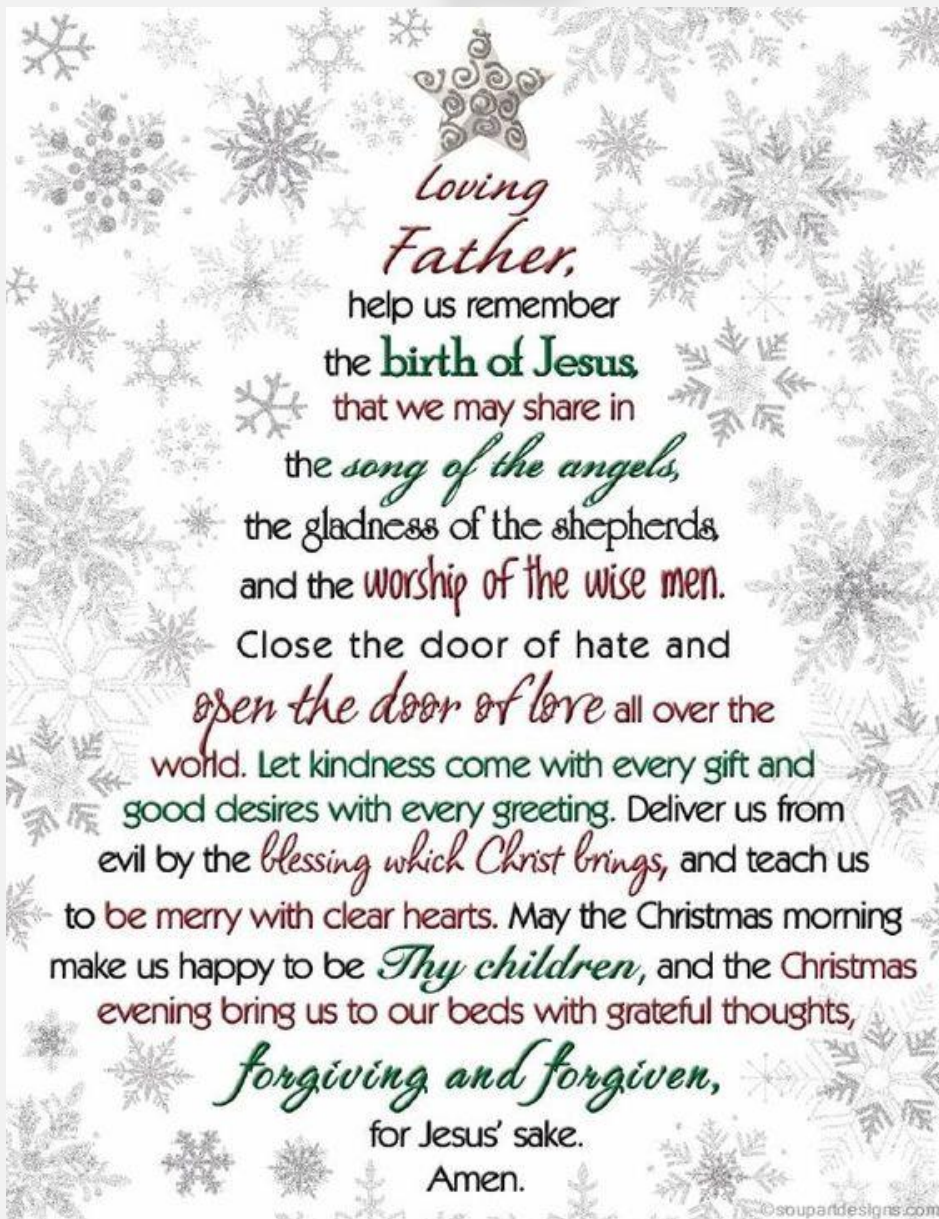


Dear Friends,

May the true meaning of Christmas give you hope, comfort and joy this Christmas time.

Blessings to you all,

*Clair*





## News from the Swedish Union of Churches Conference

Sonja Kalmbach, Women's Ministries director, Sweden

### GIRLS FOR CHRIST

I am thankful for the Girls for Christ manual that we all received during this year. But of course, it doesn't do much good on my shelf. That's why we invited Clair to come and hold a special training for people interested in getting involved in a Girls for Christ team.

Both of the training sessions (in two Swedish cities) drew groups of interested women of all ages who all came with a longing in their hearts to do something for teenage girls – a group in much need of love, attention and guidance.





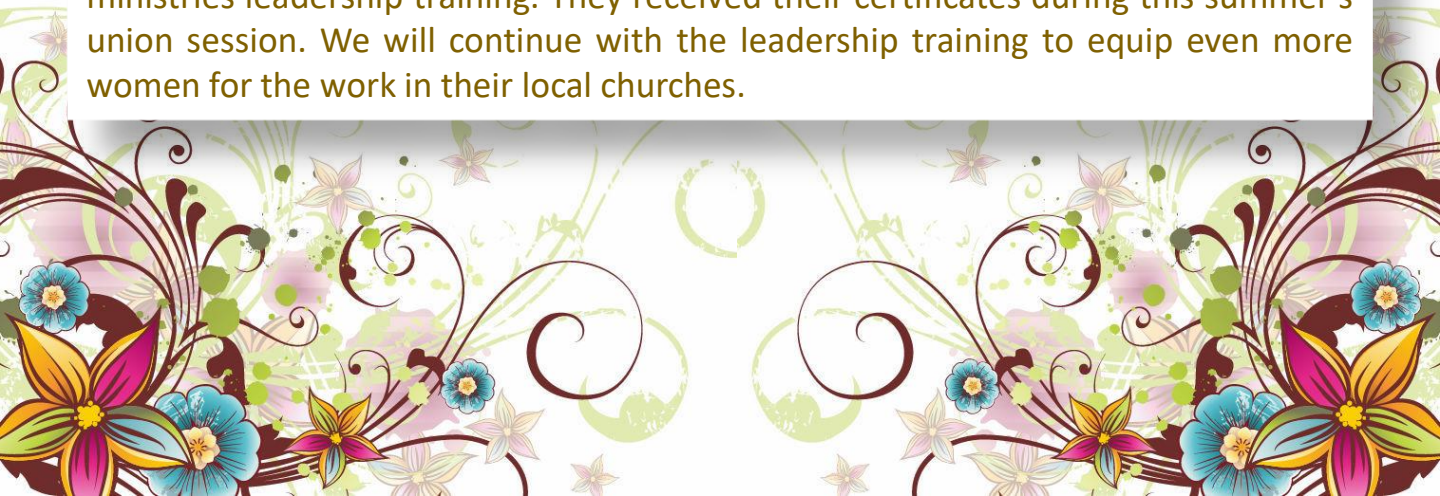
# Women's Ministries News



I am happy that two churches are already in their starting blocks to start their Girls for Christ Clubs – the church in Gothenburg has already had its first gathering and the church in Ekebyholm will have their first meeting after New Year. I'm looking forward to telling you more about how Girls for Christ is coming along in Sweden and also to hear about how you implement it in your territories.

## FIRST WOMEN TO RECEIVE THEIR WOMEN'S MINISTRIES LEADERSHIP CERTIFICATES

After many hours of listening, participating and studying during dark fall weekends for the last 4 years, we proudly announce that six women finished the women's ministries leadership training. They received their certificates during this summer's union session. We will continue with the leadership training to equip even more women for the work in their local churches.





## WOMEN IN THE BIBLE AND ME

“WOMEN IN THE BIBLE AND ME” is a wonderful Bible Study tool produced by the Women's Ministries Department of the General Conference of Seventh-day Adventists (for the Bible Study lessons go to the TED website: <https://ted.adventist.org/women-s-ministries>). It can be used individually or as a small group Bible Study. It can also be used as an outreach tool.

At the Trans-European Division, we wanted to go a step further and we have created an adult colouring book for you to accompany this Bible Study.

There are so many benefits to colouring.

## Colouring book

**NEW!!!**



## Women in the Bible ...and Me

1. It relieves stress and anxiety
  2. It sparks creativity (a God given gift)
  3. It helps you to focus
  4. It's a social event (think of Bible Study together in groups)
  5. Colouring helps us find our individuality, we are not all the same
  6. It exercises your mind and so much more
- Creative colouring can also help us to grow spiritually, as Christians. As you colour and consider what you are colouring it can open up a whole new world in Bible Study for you. It can help you to focus on what you have read and what you are hearing.

Did you know that you take in more information while you are colouring? Listening and colouring at the same time helps you use both sides of your brain which has many benefits as well.

So why not get your colouring pencils, crayons or markers out and give it a try.

May God bless you as you experience His Word in a different way.