

2009-2010

**Topeka Bible Church - Women's Ministry
Spiritual Fitness Planner**



**THE AMAZING
R A C E**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the RACE marked out for us. Hebrews 12:1

2009-2010 Women's Ministry Council

"The Amazing Race" is the only "reality" TV show I watch. I love seeing how trying circumstances and difficult challenges bring out the best and worst in the participants. The teams push themselves beyond their limits in order to reach the prize of one million dollars.



More than I love watching this TV reality show I love watching TBC women who are joining the Amazing Race of faith! I have watched women go through trying circumstances, and difficult challenges, and push themselves beyond their limits in this Amazing Race. The prize is not a temporal million dollars but an eternal, spiritual wealth beyond comprehension!

This year your Women's Ministry wants to help you gain strength and stamina in the Race. We will do that by offering wonderful opportunities for you to grow your faith and ways to serve the Lord Jesus.

We are all in this Race together, let's run it for the glory of our Savior and finish well!

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Communications Branch

The **Communications Branch** seeks to inform you of all the things happening in Topeka Bible Church's Women's Ministry. Through tools such as this calendar, a quarterly newsletter and the Women's Ministry pages on the TBC website, we strive to keep you informed so you can be strengthened to continue and train for this great race.

If you have a story to share about your race, whether they be victories, pit stops, or yields OR you have an interest in writing, conducting interviews or would like to help with our mailings, the **Communications Branch** would love your help.

*Branch Leader
Barbara Hughes*



Connections Branch

L.A. (the Lower Auditorium) is where YOU want to be the 2nd Tues of each month September through April for **EXPRESSO**. You'll hear real life stories from real Women who share how God has challenged them as they RACE towards the prize. **EXPRESSO** will encourage you to run the race God has set for you.



*Branch Leader
Karah Hight*

Check out "**Chick Chat**", an opportunity to get to know fellow racers along the path. Discuss those roadblocks and detours that threaten us along the course and share the thrill of running the race together. You'll develop great friendships that will help you keep the pace! Watch for details and sign-ups in the Spring for next summer's "**Chick Chat**"!

Grace Branch

Grace is, “consideration for others, a disposition to kindness and compassion or making things beautiful.”

In this Race we are in, YOU can be a beautiful rest stop for others by helping with:

Coffee and Donuts on Sunday mornings

Providing food for **Funeral Meals**

Decorating for Christmas on November 29th or taking it down on January 3rd

Fellowship with others by joining us at:

Mom to Mom: If you liked MOPS, you’ll love **Mom to Mom!!** It is for Mothers of children ages 0-6. If you want to connect and grow with other moms and mentors then come the first and third Thursday mornings, September-May. Registration is required so contact coordinator: Amanda Sterling at asterling@hotmail.com.

ERC Designers’ Showhouse tour (in the spring)



*Branch Leader
Libby Beier*

Mercy Branch



*Branch Leader
Debi Parker*

Mercy is the word we use to describe compassion shown by one person to another person. The perfect role model for mercy is Jesus Christ. “Loving on people”, especially in times of crisis or distress is the perfect way to imitate our Lord’s mercy. Offering food, encouragement, prayers, and acts of service to our TBC families is a beautiful way to help them keep running the race and finishing well. Come join the **Mercy Branch** and be on God’s “loving” team!

Outreach Branch

The **Outreach Branch** seeks to encourage and equip the women of TBC to impact others with the message of Christ. By inviting friends, neighbors, family or co-workers to attend one of our evangelistic outreaches you too can be one who encourages another woman to join the race of faith!

The **Scrapbooking Extravaganza** (September 19th) and **LOL Christmas** (December 14th) are the perfect non-threatening opportunities you will need to help bring others to Christ.

CCC stands for **Cab Care Closet**, which is an outreach ministry to the Topeka community. A mountain of clothing has already been given away but more important so has the love and gospel of Jesus Christ! This tangible expression of love and encouragement is a time consuming effort, which is always in need of volunteers. Come join the race of this encouraging ministry!

*Branch Leader
Jill Barker*



Single Moms Branch

The purpose of the **Single Mom's Ministry** is to lead, encourage, and instruct single Moms to have Christ as their anchor and trust in His unfailing promises. We want to help Single Mom's achieve a healthier balance by encouraging them to lean on Christ's strength and protection while offering activities to build relationships with other Single Moms, and provide a helping hand in times of need.



The **Single Mom's** Class meets Sundays at 11am in the CAB Fireside Room. Sunday School classes and childcare are available for your children. Study topics include parenting, developing healthy relationships, improving communication skills, and bringing God's wisdom and peace to your life and home. We also offer special events; monthly movie nights, financial counseling, home repair, car clinics twice a year, and one on one confidential mentoring. We desire to come alongside you and strengthen you for this race of faith!

*Branch Leader
Sandy Bowen*

Special Events Branch

Women's Ministry Special Events not only give you a chance to serve and grow in your faith, but also gives you the opportunities to party and celebrate in it as well! From year to year Special Events can include **regional conferences, Spring Retreats, and Mother/Daughter gatherings**. These Events are designed to encourage you, deepen your relationship with Christ, and help you get to know other TBC women, while learning tips on how to pace yourself for the Amazing Race we are in! Special Events cannot take place without the help of many volunteers so if you are interested in decorating, acting, organizing, or leading, there is a place in Special Events for your giftedness!

*Branch Leader
Val Barkley*



Spiritual Growth Branch



The Word of God has the power to transform lives! Romans 12:2 says "Do not be conformed to this world, but be TRANSFORMED by the renewing of your mind."

Women who participate in **Women in the Word** on Wednesday's are making the determination to run that "transforming" race. The discipline of attending **Women in the Word** can be grueling but the benefit of such training makes those who join tone up and strengthen in their faith. Volunteer's are needed to help facilitate this race so not only can you learn and grow but you can flex your spiritual gift muscles as well!

*Branch Leader
Krissy Kearney*

September 2009

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>CAB Care Closet</i>
6	7 <i>Labor Day</i>	8 <i>WM Espresso</i>	9 <i>WITW studies begin</i>	10	11	12
13	14	15	16	17	18	19 <i>WM Scrapbooking Extravaganza</i>
20	21	22	23	24	25	26
27	28	29	30	<i>The LORD is my strength and my song; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. (Exodus 15:2)</i>		

Training suggestions for September:

- * Take a meal to a single mom family
- * Invite someone to Espresso
- * Post a verse in your bathroom to meditate on
- * Help someone load or unload their groceries
- * Get together with a woman either 5 years older or younger than you

NOTES:

To register for any WM events visit our website:
www.topekabiblechurch.org/women

October 2009

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." (2 Cor. 12:9)</i>				1	2	3
4 <i>TBC Fall Festival at Gary's Berries</i>	5	6	7	8	9	10
11	12	13 <i>WM Expresso</i>	14	15	16	17
18	19	20	21	22	23	24
25 <i>TBC Trunk or Treat</i>	26	27	28	29	30	31 <i>Halloween</i>

Training suggestions for October:

- * Give someone a backrub
- * Invite a new TBCer to coffee
- * Invite the neighbors to Trunk or Treat
- * Offer to babysit for a single mom
- * Rake some leaves and jump in them
- * Volunteer to help with a new ministry

NOTES:

November 2009

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10 <i>WM Expresso</i>	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 <i>Thanksgiving Day</i>	27	28
29 <i>Decorate TBC for Christmas!</i>	30	<i>I have seen something else under the sun: The race is not to the swift or the battle to the strong, nor does food come to the wise or wealth to the brilliant or favor to the learned; but time and chance happen to them all. (Ecclesiastes 9:11)</i>				

Training suggestions for November:

- * Donate items for Christmas adoption of single mom families
- * Pick a day and read 1 chapter of Psalms
- * Look ahead! Invite a friend to the Christmas Outreach Event
- * Enjoy a girls night out
- * Look up Bible verses on "thankfulness" and share with your family on Thanksgiving Day

NOTES:

December 2009

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>It is God who arms me with strength and makes my way perfect. (2 Samuel 22:33)</i>		1	2	3	4 <i>Deeper Still* TBC Light Show</i>	5 <i>Deeper Still* TBC Light Show</i>
6	7	8	9	10	11 <i>TBC Light Show</i>	12 <i>TBC Light Show</i>
13	14 <i>LOL Christmas</i>	15	16	17	18	19
20	21	22	23	24 <i>Christmas Eve Services</i>	25 <i>Merry Christmas</i>	26
27	28	29	30	31		

Training suggestions for December:

NOTES:

- * Be a friendly neighbor – host a Christmas Tea for the women
- * Read chapter 1 from the Gospel of John
- * Bring a co-worker to the Christmas Eve service
- * Take a care package to someone in need.
- * Volunteer to help out at the Christmas event for single mom families

*** December 4-5: WM *Deeper Still* Conference in Oklahoma**

January 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1 New Year's Day</i>	<i>2</i>
<i>3 Take down TBC Christmas Decorations</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12 WM Expresso</i>	<i>13 WITW studies begin</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>
<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>
<i>31</i>	<i>However, I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me—the task of testifying to the gospel of God's grace. (Acts 20:24)</i>					

Training suggestions for January:

NOTES:

- * Pay for a stranger's groceries
- * Ask a single mom to attend a bible study with you
- * Send a note to a friend you haven't seen in years
- * Post a verse by your kitchen sink to meditate on
- * Sign up to help at the Marriage Conference
- * Invite a friend to attend a Sunday worship service with you

February 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 <i>Espresso</i>	10	11	12	13
14 <i>Valentine's Day</i>	15	16	<i>All church meeting—no evening studies</i>	18	19	20
21	22	23	24	25	26	27 <i>Couples Holy Homes Marriage Conference*</i>
28	<i>He gives strength to the weary and increases the power of the weak.. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles. (Isaiah 40:29-31)</i>					

Training suggestions for February:

- * Volunteer to help out at the Valentine's event for single moms
- * Make an exercise goal with a friend and encourage each other
- * Pray through a Psalm
- * Do a chore for a family member.
- * Bring a co-worker to Espresso
- * Decorate your dinner table special for a meal one night

NOTES:

**Men's & Women's Ministries present
Clay & Renee Crosse in a Holy Homes
Marriage Conference
February 27, 2010*

March 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 <i>WM Expresso</i>	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 <i>Palm Sunday</i>	29	30	31	<i>For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope. (Romans 15:4)</i>		

Training suggestions for March:

- * Give a single mom family a grocery gift card
- * Pray for a different friend each day for one week
- * Read Proverbs 31
- * Take treats to a school for the teachers.
- * Run an errand for a friend or neighbor
- * Pray for the Marriage Conference

NOTES:

April 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. (1 Corinthians 9:24)</i>				1	2 <i>Good Friday Services 7:00pm</i>	3
4 <i>Easter</i>	5	6	7	8	9	10
11	12	13 <i>WM Expresso</i>	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Training suggestions for April:

- * Ask a single mom to attend a TBC event with you
- * Read the first/last chapter of the Bible
- * Watch someone's children for free.
- * "Check-in" phone calls to disabled or homebound
- * Reach out and invite someone to attend Good Friday or Easter Service with you

NOTES:

May 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. (1 Corinthians 9:25)</i>						1
2	3	4	5	6	7	8
9 <i>Mother's Day</i>	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <i>Memorial Day</i>					

Training suggestions for May:

- * Volunteer to help out at the Mothers' Day event for single moms
- * Find a new way to connect with friends: Facebook, Twitter, etc.
- * Pray for a high school or college graduate the entire month
- * Read 1 chapter of Proverbs (the one that matches the date)
- * Treat a friend to ice cream.
- * Have a movie night with your family

NOTES:

June 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9 <i>WITW studies begin</i>	10	11	12
13	14	15	16	17	18	19
20 <i>Father's Day</i>	21	22	23	24	25	26
27	28	29	30	<i>This calls for patient endurance on the part of the saints who obey God's commandments and remain faithful to Jesus. (Revelation 14:12)</i>		

Training suggestions for June:

- * Write a 'thank you' note to a missionary
- * Try a new hobby with a friend
- * Memorize your favorite verse
- * Leave flowers on your neighbor's doorstep.
- * Take a long walk with a friend
- * Bring a neighbor to Spring Fling

NOTES:

July 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. (1 Timothy 4:7)</i>				1	2	3
4 <i>Independence Day</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Training suggestions for July:

- * Call a single mom and ask how you can help out
- * Seek out an accountability partner
- * Read through one of Paul's epistles
- * Volunteer to help at church
- * Transportation of a child for a busy mom
- * Schedule a 'retreat' with God for a day

NOTES:

August 2010

Topeka Bible Church—Women's Ministry

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><i>For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (1 Timothy 4:8)</i></p>			

Training suggestions for August:

- * Babysit the child of a friend
- * Invite a single mom family over for dinner
- * Choose to sit with someone you don't know at the next TBC event
- * Skip stones at Lake Shawnee or some other area lake
- * Encourage someone with a small gift or card on their doorstep.
- * Donate clothing or volunteer to help at the CAB Care Closet

NOTES:

Let's Finish Well!

Topeka Bible Church

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www.topekabiblechurch.org