

# women's ministries



SEVENTH-DAY ADVENTIST CHURCH  
INTER-EUROPEAN DIVISION



2019.12–July 1, 2019

## News from Women's Ministries Inter-European Division

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### Women's Ministries Weekend Retreat in Bavaria



#### "The Unexpected Woman"

From April 5 to 7, 2019 Barbara Mahler, the director of Women's Ministries in Bavaria, invited to a weekend retreat for women in the monastery Kostenz, near St. Englmar, in the beautiful Bavarian Forest.

Thirty-three women were interested in the topic "The Unexpected Woman", which was selected by Marjukka Ostrovljanovic. Marjukka has a passion for the Old Testament. With this passion, she spoke about Deborah, the Judge, of Jael, who, despite adverse circumstances, remained true to her God as well as some other personalities of the Bible. The listeners felt transported back to another time, as if they themselves were in the action.

The present in the beautiful surroundings of the monastery Kostenz was soothing, refreshing and relaxing at the same time. The tender green of awakening nature, the great view, the blue sky and pure sun were a blessing for body and soul. The stay in the sauna area, a few laps in the sunny indoor pool and the numerous hiking trails in the area formed the balance to the lush food buffet, with which we were wonderfully spoiled.

The attentive and friendly staff, the company and the stimulating exchange of ideas, all together the cordial atmosphere, helped to establish: "Next year I want to be there again!"

Reported by Petra Moser Photo: Lydia Lukic

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### Girls4Christ Day in Bad Aibling



#### "BMI - do I fit into the norm?"

On March 10, 2019, we met for the Girls 4 Christ day in Bad Aibling. Dagmar Janssen, our speaker, had planned a lively day with many surprises. The topic "BMI - do I fit into the norm?" again brought us many interesting inputs. Dagmar's personal experiences showed us how important it is to let God form our personality. It was once again a very valuable day for each participant and the next time I'm sure to be there again :-)

Reported by Ingrid Böhm Photo: Kathy Böhm

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## Women's Day in Bad Aibling, Germany



### The Thing with the Gifts

On Sunday, March 10, 2019, 40 good-humored women of all ages met under this motto. The day started very well: there was a nicely arranged breakfast buffet with small delicious treats before the actual program. Then the speaker Bettina Werner from the German Association for Health Care (DVG) led us vividly, entertaining and profoundly through the day.

At first, she unfolded the idea that every day is a gift that we can unpack in due course until the evening. However, there are beautiful and less beautiful days, just like some gifts we receive are more or less nice. Some are just what we want and others make us ask "Why?" And yet every day is a gift from God's hand and it is important to accept it. Then we had the opportunity discuss the topic in small groups.

Soon it was time for lunch with a variety of dishes. Thanks to the young people from Bad Aibling, who arranged everything in a very appetizing way.

The topic of the afternoon was the "Twelve doctors" according to the DVG approach. Bettina Werner impressively explained the influence of every aspect on our personal well-being and provided practical tips for everyday use. And in order to prevent fatigue in the afternoon the room was aired according to the counsel and we engaged in a funny little sports exercise.

The day ended with the possibility of making small gift boxes out of patterned cardboard. What a beautiful idea!

Reported by Margit Meißner Photo: Angelika Pfaller

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## Loving Comfort for Disappointed Hopes



### Women sew for stillborn children

Stillborn children are sometimes called star children. Since they are usually so small that there is no suitable clothing for them, women have been sewing colorful blankets for them to be buried in.

These beautiful pieces were sewed with love for the babies who were carried with love under the heart, but unfortunately remain silent. This set is on its way to the Waldfriede hospital in

Berlin. Such "blankets" in which the stillborn child is placed are greatly appreciated by the mothers. They are touched that people think about these children. For the little stars who have unfortunately lost their fight for life, such garments are donated to clinics. Maybe that's also a good idea for your women's group? Photo: Sandra Groß

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## RUNNER FOR CHRIST



### Outreach and Sports in Paris

"I can do everything through Him who strengthens me," Denise and Clarence say, referring to the biblical text of the apostle Paul in Philippians 4:13.

Denise and Clarence began jogging on Sunday mornings and sometimes during the week as well. After a while they were prepared to run 10 km races and the semi-marathon.

Realizing the benefits of exercise on the immune system as well as stress reduction they invited people to form a group of runners more than a year ago. They wanted to motivate people to pay attention to their health. Many answered the call and the group started growing until now it has become the essential meeting place for Sunday mornings.

In addition to health benefits, Denise and Clarence wished to give glory to God by evangelizing on the run. They begin the session with a meditation, followed by a prayer hand in hand, wearing their T-shirts with the logo "RUNNER FOR CHRIST". They distribute brochures on health and the Bible.

"The runners, the passers-by and the pedestrians we meet are impressed by our actions and are delighted to discover our message and our intentions. We regularly have encouragement, questions, congratulations

from people who read the message of our t-shirts, " says Denise.

There is a standing invitation for all: "Get out your sportswear, put on your sneakers and come to the appointment with the RUNNERS FOR CHRIST every Sunday at 9:00 o'clock, Place du Château de Vincennes. No special preparation is needed except a doctor's recommendation to participate in sports. Each participant runs at his own pace, warm-up exercises are done together, and the session ends with stretching exercises and thanks to the Lord.

This year Denise participated in the 43rd Paris Marathon on April 14. She was interviewed by a TV crew as she was warming up. She had started training for the event at the end of 2018, and was looking forward to completing her first marathon race in under 4 hours.

May the Lord make his face shine on you and be gracious to you (Numbers 6:25) as you Run for Christ!

The video of the interview can be seen on (beginning at 0:53)

[http://dl.yacast.fr/extractions/mediaarchiver/extractions/10542/378449\\_7.mp4?name=Duplex\\_marathon\\_Denise\\_1\\_1204.mp4-750.mp4](http://dl.yacast.fr/extractions/mediaarchiver/extractions/10542/378449_7.mp4?name=Duplex_marathon_Denise_1_1204.mp4-750.mp4)

Reported by Corine Timofté, Women's Ministries Director, Franco-Belgian Union Photos: dl.yacast.fr

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## What does it Mean to Touch the Hem of His Garment



### Women's Sabbath in Kisdorf, Germany, June 8, 2019

Florbela Pegas of the Hamburg International Church was the speaker for the Women's Sabbath in the Hansa Conference. Her topic was, "To touch the hem of His garment just for a moment". She showed us a completely new perspective of trusting God.

What does it mean today to touch the hem of Jesus' garment? What is the message of this story for us today? On another occasion Jesus said, "If you can't?" said Jesus. "Everything is possible for one who believes" (Mark 9,23).



Using the story of the woman with the issue of blood Florbela showed us what the touch of faith means. The woman did not doubt that Jesus could help her. She trusted in His divine power. She thought, "If I just touch his clothes, I will be healed" (Mark 5:28).

Florbela herself showed confidence and trust, because this was her first time as a speaker for a Women's Sabbath. She has learned confidence and aplomb in the Leadership Seminars offered by the Women's Ministries Department in the German-speaking regions.

Dr. Joyce Banda, who is the first female president of Malawi, expressed her conviction with the words, "When you empower a woman, you empower a community." That also applies to our churches.

We had a wonderful afternoon on which we concentrated on the word "Faith," creating beautiful crafts around this topic. We of the Hansa Conference Women's Ministries Department wish Florbela God's blessings as she devotes her gifts to the service of the Lord.

Reported by Nancy Duske, Women's Ministries Director, Hansa Conference

Photos: Nancy Duske and Terry Pegas

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## Women's Ministries Weekend at Les Diablerets



**"The time for change has arrived!"**

Our meeting at Pentecost at Les Diablerets was an eventful, rich and blessed weekend with many non-Adventist participants. Some forty women and a few children met from June 7 to 10, to share moments of prayer, meditation, touching testimonies, friendship and relaxation. Our subject this year was in the context of personal development, with Telma Witzig, psychologist-psychotherapist, on the following topics:

- How do you manage fear and stress?
- Positive psychology
- Humor and mental health
- Stress and beauty of women, ideas for managing stressors
- How to kiss a hedgehog?

- Christian optimism

On Sunday, because of the rain, we had to improvise an extra program with Christiane Perrin, who told us about anger. A big thank you for this very interesting workshop, Christiane!

And we had other workshops in addition :

DIY workshop with Elena Stroppini (Women's Ministries leader of the new church in Arbedo du Tessin) and Carla Oliveira, who showed us how to use the old neckties of our husbands.

They also set up a small shop with objects they had made with recyclable material.

Through the implementation of this idea, their church managed to buy a minibus last year.

The practical cooking workshop, with small tastings, was led by Méli Dufournet.

Then, Michel Dufournet (Head of the Department of Education) told us about the importance of education and Christian schools, increasing our awareness.

There was a delegation from Ticino this year, which gave a testimony of their women's ministry. We wish them rich blessings.

To finish on Sunday night, Rosangela Gomez organized a hilarious and unforgettable game night!

I welcome the presence of each and the women's ministry leaders.

I would like to thank Telma Witzig for the interesting topics, the excellent kitchen team for the meals, William Mourière who stayed with us all weekend technical support, Elena Zagara who was in charge of the program for children, the translators Vera Almeida, Martha Santana, Elena Stroppini, for the workshops: Meli and Michel Dufournet, Carla Oliveira and all the team that helped make this weekend possible. Be blessed!

Reported by Ildiko Jennah, Women's Ministries Director, FSRT



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Homepage Women's Ministries:

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