



Finding Balance

Amy was in the kitchen doing dishes, while her husband and preschool son played in the living room. She overheard her husband tell her son, “Go see if your mom wants to come and join us.” So he excitedly ran to the kitchen and blurted out, “Mom, do you want to come *enjoy* us?”

Yes, Amy chose to put down the dishes and “enjoy” time playing instead. It took a 3-year-old to help her find the right balance in her life.

Balance. As soon as our feet hit the ground in the morning we’re practicing it—and not just with our bodies. Sometimes simply putting on our socks and shoes is a balancing act, but the bigger challenges are balancing the relationships, responsibilities, and emotions that challenge us every day. We’d love to appear as graceful as Olympic gymnasts and effortlessly balance the demands of life. Instead, we walk a tightrope, barely able to keep ourselves steady as circumstances, fears, relationship issues, and busy demands try to push us off. Is there a way we can stay upright without falling down...or apart? *What does living a life of balance really look like?*

When we look at people who are experts at physical balance—jugglers, tightrope walkers, gymnasts—what do we see? Are they relaxed, spontaneous, and having fun? Hardly. In their faces we see stress, seriousness, and intense inward focus. Is that what God wants for our lives? No! It’s not God’s desire for us to tightrope-walk through life!

How can you get off the tightrope? Instead of trying to balance things yourself with lists of priorities and things that must be done, start with a simple change of perspective. God is your focus. Place total trust in God to help guide your choices and find balance in all areas of your life. God is your center point, your core strength, and your balance point. And don’t forget—a balanced life is an *enjoyable* life. That’s what Jesus promised!

My purpose is to give them a rich and satisfying life. (John 10:10)



THE WORD

“The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fall, for the Lord holds them by the hand.”

—Psalm 37:23-24

BALANCE BEAMS

- **Make God the focus instead of the stress.** Keep your eyes fixed on him, not your circumstances.
- **Reach out for help.** Rely on God’s strength rather than your own. And thank God for his hand that catches you when you wobble!
- **Keep Jesus as your strong foundation.** It’s impossible to balance when you’re standing on unsteady ground. Jesus doesn’t waver. Let him be your rock.

Your Health: Falling Factors

Did you know that fear can make you fall? Studies suggest that people with a fear of falling significantly increase their risk for actually falling (and injuring themselves). Most of us have experienced this fear response ourselves, standing near a cliff or walking a narrow bridge and losing our balance.

The fear of falling often leads people to start avoiding activity. Less activity results in increased weakness, which further *increases* the risk of falling! A number of factors contribute to older people having impaired balance, including decrease in vision, medication side effects, illness or inactivity, tripping hazards in the home, and poor lighting.

But here's something to think about: *You could be at risk of falling in your spiritual life for the same reasons!* Check it out:

- Decrease in vision—losing focus on Jesus
- Medication side effects—things you turn to instead of God to cope with life
- Illness or inactivity—spending less time exercising and developing your faith
- Tripping hazards—temptations or sin in your life
- Poor lighting—not enough of God's Word (Psalm 119:105).

Having regular checkups and exercise, removing hazards, improving lighting, and using the right equipment can significantly reduce the risk of falling for older people. Isn't it time to give the same attention to your spiritual life?

Two Are Better Than One!

Having rewarding and affirming relationships is an important and integral part of developing a happy and balanced life. Studies have shown that people who spend a significant amount of time alone are more likely to report imbalanced lives. They also suggest that these people suffer more illnesses and don't live as long. So stay connected, and be happier, healthier, and live longer!

This month try one of these ideas:

1. **Invite** a single friend or family member to go to church or participate in a Bible study with you.
2. **Attend** a first free session of a dance or exercise class.
3. **Start** a book club or other interest group that would meet regularly.
4. **Visit** someone who is ill or homebound.
5. **Make** a list of activities you enjoy, and pick one to do with someone every week!



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Mess Equals Stress!

That's what the experts say. According to Kathleen Kendall-Tackett, the author of *The Well-Ordered Home*, it's harder to be organized now than it was a generation ago. Why? Because we have more stuff! Compared to life in the 1950s:

- **We handle six times more paper**—about 660 pounds per year!
- **Our houses are twice as big.** In the 1950s, the average home was 900 square feet. The average new home is nearly twice that size.
- **We shop more.** Easy credit has made it easier for us to buy more and less likely to follow a budget.

How can you combat the stress of your mess? Here are two easy tips:

- **Keep paper from stacking up.** Sort mail daily, and discard or recycle. Donate old magazines. Request online banking and credit statements instead of paper. At least once a year shred documents you no longer need.
- **Resist the temptation to fill all the space.** Less time spent organizing, cleaning, and managing stuff means more time for family, friends, and fun!



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What's Happening for Women

Thursday, March 20th @ 1:30 pm - Room 200

Afternoon WOW will be beginning their new 8 week study on " The Theology of Suffering", facilitated by Pastor Steve Pahl. If you want to meet some new friends, join these ladies for this study! It's a place for you to connect & see what happens on Thursday afternoons at Women of Worth! Coffee is on at 1 pm!

Friday, March 21st & Saturday, March 22nd

Crafters to the Rafters - Round 2



Two days of uninterrupted project time! Bring your craft supplies, yarn, crochet / knitting needles, scrapbook supplies, sewing machines/projects & enjoy the company of other creative women! Just \$20 for the 2 days includes some snacks & beverages & a whole lot of fun! NO instructional sessions are planned, just work at your own pace on your own projects. To register, visit the table in the Connecting Point on Sunday mornings or call the Church office at 403-526-4010

LOOKING AHEAD.....

April 2 - 9:30 am Wednesday Morning WOW will begin a new, short Bible study to finish the year together. Title will be announced by end of March. Give WOW a try for this 6 wk study period! All ages & newcomers are welcome; for info call Robin at 403-526-4010

April 15 - 7 pm Tuesday Evening WOW will begin a 5 week Bible study to finish the season. To be announced; come join us & meet some new friends! Call Robin for more info

May 2 & 3 - Spring Celebration Retreat....with Speaker Donna Carter & Worship Leader Raylene Scarrott, both from Calgary. Friday evening & all day Saturday; Registration just \$50, includes all sessions, Friday evening snacks, Saturday brunch & afternoon snack/lunch. More details to follow. For a registration form, check out the Connecting Point or call Robin at 403-526-4010. All women welcome!

May 11th - Guy Penrod (formerly of the Gaither Quartet) in **CONCERT** at Hillcrest Church 7 pm. Tix \$30, available at Hillcrest, Family Book Nook or at the door, or by phone 780-421-7747. This is a fundraising concert in support of Alberta Pro-Life/The Wilberforce Project & would make a GREAT Mother's Day gift for someone!

March

A Taste of What's Happening for Women

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
	Discovery Playgroup in Gym 10 am - noon	<i>The Inheritance</i> Bible Study - 7 pm in Rm 104	Bible Study/ Groups - 0930 in Coffee House Choose 1 of 5 Lifetree Cafe 7pm - Coffee House	Afternoon Bible Studies @ 1:30 pm in Rm 200 <i>Expecting to See Jesus David</i>		
9	10	11	12	13	14	15
	Discovery Playgroup in Gym 10 am - noon	<i>The Inheritance</i> Bible Study - 7 pm in Rm 104	Bible Study/ Groups - 0930 in Coffee House Choose 1 of 5 Lifetree Cafe 7pm	Afternoon Bible Studies @ 1:30 pm in Rm 200 <i>Expecting to See Jesus or David</i>		
16	17	18	19	20	21	22
	Discovery Playgroup in Gym 10 am - noon	<i>The Inheritance</i> Bible Study - 7 pm in Rm 104	Bible Study/ Groups - 0930 in Coffee House Choose 1 of 5 Lifetree Cafe 7pm	New Study Begins: The Theology of Suffering @ 1:30 in Rm 200	Crafters to the Rafters Rm 200 10am-11pm \$20	Crafters to the Rafters Rm 200 - 8 am - 4 pm
23	24	25	26	27	28	29
	Discovery Playgroup in Gym 10 am - noon	<i>The Inheritance</i> Bible Study - 7 pm in Rm 104	Bible Study/ Groups - 0930 in Coffee House Choose 1 of 5 Lifetree Cafe 7pm	Bible Study: The Theology of Suffering @ 1:30 in Rm 200		
30	31					
	Discovery Playgroup in Gym 10 am - noon		WATCH FOR NEW, SHORT STUDIES TO FINISH THE YEAR	COMING TO A WOW GROUP NEAR YOU!	BEGINNING OF APRIL TO MIDDLE OF MAY!	

Contact for more information

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THE SPICE