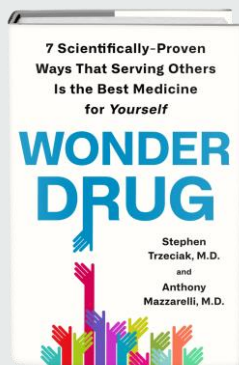
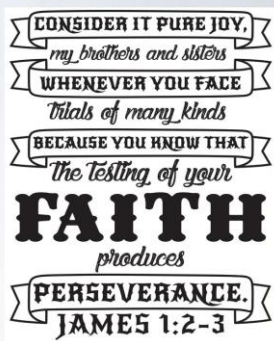


Holiday edition 2023



Women's Ministries at First Baptist Narragansett

Welcome to the 2023 holiday season!

I trust you all enjoyed precious time with family and/or friends this Thanksgiving week. It may have meant attending a special service at church...or a wonderful meal full of traditions....or a weekend away.

Either way, I trust it included a special time of thankfulness and gratitude for all things. They may be bright spots, positive and wonderful things...or they may also be tough circumstances that have tested your faith. My friend, James, put it this way: *"Count it all joy when you meet trials of various kinds."* Hard to hear when you are in the middle of something hard. But James goes on to elaborate on the positive side of hard things: *"you know that the testing of your faith produces steadfastness and the full effect of that is you may be perfect and complete, lacking in nothing."* (Be sure to read through James, chapter 1 for the full story).

If that is not enough to convince you to practice thankfulness and gratitude, then allow me to introduce 2 former colleagues from one of my consulting sites in Camden, NJ. These 2 outstanding leaders were skeptical that gratitude, compassion and serving others would make much difference scientifically. They pulled thousands of past studies related to the science of giving back with compassion and serving others only to find there was a huge body of actual scientific evidence that it does indeed matter. (That should be no shock to those of us that expect others to relate in that way). Overwhelming evidence exists that practicing gratitude as a daily habit has physical as well as mental effects including decreased depression and anxiety, improved sleep, lower blood pressure, and can improve blood glucose control. Scientists were able to measure, on MRI, increase activation in the brain taken before and after a 3-month period of intentional gratitude practices.

You might be asking: What practices could they be?

Well, a #1 practice is keeping a (DAILY) gratitude journal. That is writing down at least 3 things you are grateful for every day. Doing so in the morning will kick-start your day in a positive direction and in the evening will help you reflect on the day before your head off to sleep. And a #2 activity that increases the benefits of gratitude is to write (yes, in cursive!) thank-you notes. Being specific in thanking someone had a 2-fold benefit as it helps you to feel better AND also gives back to the recipient.

Enough discussion. Time to take the leap.

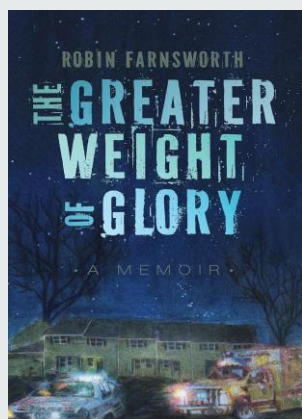
1. Read through James, chapter 1 for more of his advice. Read it slowly and carefully, read it out loud, then read it again.
2. The book I referenced is pictured on the left. Highly recommend.
3. Don't wait till January 1st to get started with a gratitude journal as we all know that New Years resolutions never last. (*see me in December for a free journal*).
4. Send someone a Thank-you note this week.

Let's do our own little study of the benefits.

My prayer is that you all have a wonderful Christmas as you reflect on the most incredible gift anyone could give you. God gave us His son, Immanuel, to live among us and ultimately be sacrificed to cover our sin. He is our Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace (see Isaiah 7:14 and 9:6).

Karen (for our Women's Ministry Team)

READ ON FOR AN EXCITING SOUP NIGHT ANNOUNCEMENT !!! 



If it's (almost) January, it can only mean one thing.....

SOUP NIGHT 2024

Mark your calendars and plan to join in this always-awesome and fun evening.

Our speaker is Robin Farnsworth

(she is also an author – see book cover to left)

Date is Monday, January 15th at 6PM

Signup sheets for attendance and food will be available soon in the church foyer....

or you can call in your reservation to the church office at 783-2792

And our 2024 Theme will also be revealed that night (wink-wink)

DON'T.MISS.IT !!

Laurel will be regrouping C4C sewing groups one Saturday/month in January (stay tuned for exact dates and more information from Laurel).

The group was able to supply custom pillowcases to all 162 Samaritan's Purse shoeboxes that were packed at First Baptist!

Great job Laurel and Team!!

Try it out! She's a great teacher.

Anyone always welcome to join in

Contact us for any questions, prayer requests, or if interested in 1:1 Bible study.

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HAVE A VERY MERRY CHRISTMAS !!