

Dear Journal,

Today my feelings of inadequacy are overwhelming me. This gift of motherhood is supposed to be a blessing, but I feel as though I am drowning in a sea of laundry, dirty dishes, unpaid bills, and teenager problems.

I am exhausted and spent. Some days I just want to give up, but I know I can't.

Where can I go? Who can I talk to? What am I going to do? Help!

Linda

My Dear Daughter:

I love you and you are Mine. The children that I have placed in your care are also Mine and I will give you everything you need to love and to care for them.

Trust Me and have faith in Me. Remember My love for you is boundless. I will never leave you, nor will I ever forsake you.

Let Me restore your soul. Let My streams of living water wash your soul. Come to Me, My child. Jesus, My precious Son, died in your place so that you could be with Me forever. Put your burdens on Me and I will give you rest.

Love, God

Linda Guteres
Atlantic District LWML



SPOTLIGHT

Michelle Gooding, a native Texan, lives in Houston where she is finishing her Master's in literature and hopes to start her doctoral studies.

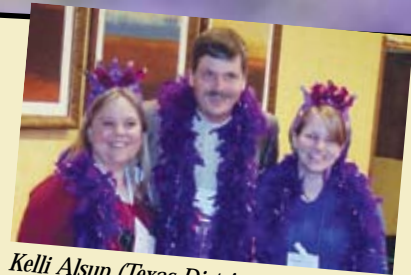
She works part time at Gloria Dei Lutheran Church, participates in a women's Bible study group, and leads a couple's Bible study with her husband. She serves on the Texas District LWML Committee on Young Women and enjoys reading, music, film, and counted cross-stitch.

Check out the LWML Web site (lwml.org) for the latest edition of *Impressions* — the online newsletter just for young women!

Please forward any news or information and original or electronic photos about the young women in your district to:
Sharon Goertzen
LWQ — Young Women
P.O. Box 411993
St. Louis, MO 63141-1993
readersrespond@lwml.org

Kelli's Tips

Reaching young women is not an easy task! A young woman faces many demands on her time. If simply inviting her to meetings over and over again doesn't seem to work, try these tips:



Kelli Alsup (Texas District Young Woman Rep), Rev. John Heckman, and Michelle Gooding

Do something to make the young woman feel special.

Bake a batch of cookies for her or call her to see if there is anything you can do to help make her life a little easier — "no strings attached."

Let her know that you value her presence in your life.

At my Texas LWML convention, the Young Woman Representatives were given purple flip flops with bells and purple feather boas to wear — a fun way to welcome them. [See photo] A suite was provided with drinks and snacks where the young women could gather, relax, and develop strong friendships.

Do something that shows the young woman you understand her stressful life and are willing to help. Invite several young women to a member's house for a Beautiful Feet Retreat. Begin the evening with a Bible study and end with pedicures or foot massages for everyone.

Offer activities where service makes a difference. Plan a servant event and invite families to participate, so the young woman can feel she is serving her community as well as spending quality time with her family.

You GO, Girls!

Acts 16:13-15 gives us an account of **Lydia**, a businesswoman on the "go" who reached out with the Gospel. The Holy Spirit working in Lydia opened her heart to Paul's Gospel message and she became a believer in Christ. She then set an example for her family and servants. Since she and her household were baptized, Lydia either spoke with them or invited Paul to speak with them prior to that event about the good news of Jesus Christ.

Our Gospel outreach starts with our families; however, Lydia was not content to let others bear the responsibility of spreading the Gospel outside of her home. She persuaded Paul and the others to accept her hospitality and stay at her home. Various Bible commentaries state that it appears that the beginnings of the church in Philippi emerged from her home.

We can be missionaries in our own homes, communities, and, yes, even in our churches. How? By filling our Mite Boxes™, praying for the mission grant recipients, and, of course, telling others about the wonderful assurance we have of eternal life through faith in Jesus Christ. Let's get "GO"ing!

Dorothy Hunger, Texas District, has served as an LWML mentor to Kelli Alsup.