

# FINDING REST

*Monthly newsletter of Colorado Christian Women's Ministry*



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## A LETTER FROM THE DIRECTOR

Hello ladies of Women's Ministry, and welcome to October! Among leadership here on CCU's campus, October has a reputation for being an extremely difficult month. Because of this I wanted to be intentional about making this issue of our newsletter focused on rest.

My hope is that this edition would inspire you to intentionally set aside time in the coming weeks to do things that are restful and life giving to you.

Thank you for all the hard work you are doing for our team and the women of CCU. It does not go unnoticed.



## FINDING REST

by Mariah Hart

Rest has always been a rather elusive thing for me. In an effort to learn more, I asked people I admired how they rested and compiled a list of their answers. Not everything listed was actually restful for me when I tried it, but it gave me a place to start, and I hope it will do the same for you.

### HOW TO REST

- Go on walks and soak up the sunshine.
- Draw, color, paint, or just create for fun!
- Go for a drive in the mountains and play your favorite songs.
- Take an extra long shower.
- Do some yoga.
- Go to a flower shop and make yourself a bouquet.
- Watch the clouds.
- Go to a coffee shop, order your favorite drink, and read for fun.

May you find rest in the midst of chaos!

## IMPORTANT DATES

- Oct. 1: The new edition of the Garden comes out*
- Oct. 5: Team Brunch!*
- Oct. 14: Holy Yoga Event*
- Oct. 30: Halloween event*

*The Garden Bible study takes place every Wednesday morning at 7am in Leprino 102.*