

Shepherd of Hope Christian Chat & Chronic Illness Support Ministry

Weekly Events & Activities

Sunday – 3 pm EST Praise & Worship
Monday – Motivational Monday (all day)
**Tuesday – 2 pm EST Pampered Temples –
Healthy Bodies**
Wednesday – 9 pm EST Bible Study
**Thursday – Tackling Tasks on Thursdays
9 pm EST Hosted Chat**
Friday – 7 pm EST Hosted Chat

MOTIVATIONAL MONDAYS & TACKLING TASKS on THURSDAYS – Don't Miss It!

What is it? Well, it's a day when we gather together in the chat room to encourage each other to get some cleaning projects done – together! Some have house keeping to do, others have paperwork to be completed, some need to focus on exercising, some on running errands.



We start on Monday morning with a prayer for discernment, wisdom and strength for the tasks at hand. Then from the top of the hour to the bottom, we go our separate ways and work on our 'appointed' tasks. At the bottom of the hour we gather together in the chat room and share how we did. (Did we expect too much, not enough, stay on task, get distractions, was it a reasonable plan, etc...) Then, we state our expectations for the next ½ hour and at the top of the hour, off we each go again! I am here to tell you that I get more done on Motivational Monday than most of the rest of the weekdays combined!

And the feedback confirms that we need to do this more often – so, we are going to start "Tackling Tasks on Thursdays!"

Both events begin "when you get there" – so regardless of your time zone and regardless of the plans for your day – you are invited to drop it at any time during either of these days and jump in! See you there!

Pampered Temples - Healthy Bodies

Beginning on Tuesday, we will have "Pampered Temples – Healthy Bodies" beginning at 2 pm EST. This is a time when we do things that are healthy, but pampering, at the same time. Have you heard of body brushing? Have you ever taken a salt bath to help detoxify your body? Have you ever soaked your feet and

given yourself a foot slathering? How about doing your own facial or giving your body a

Shepherd of Hope Christian Chat is operated by Shep Wilson, shepwilson@att.net
The room is open to all who seek a place of fellowship – join us at www.shepherdofhope.org
It is my hope that you will find peace and joy as you seek Jesus with us! Love, Shep



complete lotion treatment? What about drinking proper fluids to help hydrate your body and keep you feeling tip-top?

Well, it all starts with a simple principle – your body is the Temple of God and there is no better reason to take care of it and keep it in tip-top shape!

In case the guys out there think this is a girl-thing, let me remind you that YOUR body needs to be physically cared for just as much as a woman's.



Things to help you be prepared: A dish pan, a natural bristled back brush (available at Wal-Mart), Epsom salt, sea salt, and any essential scented oils that you may want, a good body lotion, hand lotion, foot lotion and/or scrubs, your favorite face cream, hair conditioner, manicure/pedicure tools, towels for protecting your floor or furniture, and a nice warm robe! If you do not have all of these items, don't run out and buy them just yet – we will learn to make some of our own products from items you already have at home, and we will not do EACH of these things every week!

Wednesday Night Devotional – NEW TIME

Harold Wilson is back as our Bible Study leader on **Wednesday nights, at a new time – 9 pm EST**. Harold was a Pastor for 18 years, has led numerous studies, and filled many pulpits since his retirement from the pastorate. Harold will bring us topical studies each week – devotionals, rather than an on-going study so that those who cannot come each week can still get the full benefit from these studies. The first devotional, July 15th is on "Repentance." Mark your calendars and join us as we study the Word of God.

Study to show ourselves approved to God, a workman that needs not to be ashamed, rightly dividing the word of truth. II Timothy 2:15

I thank you for your support and your participation at Shepherd of Hope – it is now, and will remain the Lord's room. YOU all make it possible! We continue because of donations and support from individuals. If you wish to help support Shepherd of Hope, please, contact me for more information. God bless and keep you in His care!

Love you all, Shep