

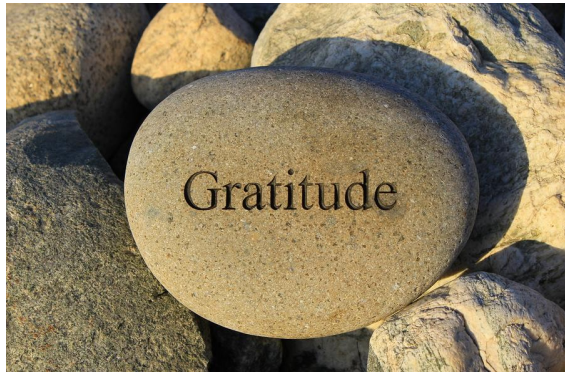
3 THINGS IN 3 MINUTES

(3 things of value in less than 3 minutes to read, monthly for all women)

COS Women Love God, Love Others, and Serve the World! My heart is overflowing with gratitude for you, the women at COS, and the ways you engage in the Kingdom. You are *rejoicing always, praying continually, and giving thanks in all circumstances, (for this is God's will for you in Christ Jesus)* 1 Thess. 5:16-18.

1

FAITH IN CONTEXT - GRATITUDE



COS hosted Dr. Sarah Schnitker, a Christian professor of psychology and neuroscience at Baylor who researches virtue development. She joined us March 8 - 10, and on Saturday covered the Science of Gratitude, the livestream is here: [Faith in Context: The Science of Gratitude, Dr. Sarah Schnitker](#). What are we grateful for? Who are we grateful to? What is something important that someone has done for me? Consider writing a brief note telling them you are grateful.

The Sunday Student Ministry talk to kids and parents emphasized the secure base at home with purpose-based identity instead of performance-based identity, check out the [Facebook: COS Women's Ministry](#) for a post from this session.

2

GRATITUDE LETTER TO MS. JANICE - From Lee Ann van der Kwast

...Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."
Mark 10:13-6

The women at Church of the Savior are in constant motion working in people's lives at church and in the community in big and small ways. Ms. Janice Shehan, if you have



ever been through the nursery at the church of the Savior, is the heart of the church. She embodies the love and hands of Jesus Christ in the way that she serves the Lord through the Children's Ministry.

I have three girls, 10, 8, and 2, and I have many wonderful stories to share about Ms. Janice and the way that she is serving God through the nursery. When I first attended the Church of the Savior almost 11 years ago, I was pregnant with my first daughter after a miscarriage and in that season of loss and gain, I knew that I wanted to choose a church where my family could learn about God and serve. After I had my

first daughter, it was very hard, as it is for any new mother, to give your child to someone to care for while attending the church service. However, if you know Ms. Janice, her husband, Larry, and their daughter Brigid, the COS nursery is the heart of the church. Ms. Janice welcomes all with a smile, an open heart, kindness, and love (and if you're lucky one of her homemade muffins). Her nurturing nature makes any mom feel comfortable, safe, and loved, whether it's the first baby and the first time dropping off an infant in the nursery, or even if you have done it multiple times and now bringing your last baby to the nursery.

Not only does Ms. Janice open the nursery for parents to attend the church service, but she is planting seeds of faith in the smallest and most precious infants and toddlers. The other day, my youngest, Violet, said to me in the car, "Baby Jesus loves me." Ms. Janice not only loves and takes care of the children of COS, but she is also a teacher, and she dedicates her time and energy to building a curriculum that is engaging and foundational. As a parent, the foundation that Ms. Janice helps build through teaching developmental and age-appropriate lessons about God's love helps parents continue to grow this faith and wisdom at home.

Ms. Janice does not close the nursery doors once children leave the cozy nest of the nursery, but she continues to nurture children to love God and serve long after they are done with diapers. Ms. Janice has encouraged my older girls, ages 10 and 8, to serve in the nursery a few times a month. She pointed out that research shows kids who begin to serve God young, continue to serve God as adults. This encouragement for my daughters to start serving in the nursery is going to help shape them into faithful women.

Ms. Janice touches the lives of all of the children at COS through her encouragement to love God and serve. Ms. Janice is truly a blessing and encouragement to every child that goes through the COS nursery as she is the beginning of a faithful journey as they grow and mature as faithful servants: loving God, loving others, and serving the world.

3

GRATITUDE FOR JESUS - HE IS RISEN!



Good Friday Service – March 29 at 7 pm in Sanctuary

Easter Sunday Sunrise Service – March 31 at 6:30 am outside in the B Parking Lot (Next to Meditation Garden)

Easter Sunday Service – March 31 at 9 am and 10:30 am in Sanctuary, two identical services with blended worship music.

Join us on Easter! Looking to invite someone, check out [these ideas](#).

Holy Week Schedule

Join us for **Worship** on Sundays, **Pray** for the oppressed, go deep into the Word at **Weekday Bible Studies**. To see ways to connect and get involved, go to **COS Women's Ministry** or follow us on **Facebook: COS Women's Ministry**. You are invited to join us as we journey with Jesus.

Grateful for Jesus and each of you,

Wendy Walters

Women's Ministry & Community Group Director

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These pictures and more on the **COS Women's Ministry Facebook Page!**



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