

Resting Under His Wings  
Support Group Titles and a Brief Description of each

Our mission statement at Resting Under His Wings is that we exist to, “provide weary women with a safe community where they can experience rest, encouragement, healing and renewal.” We also believe that the best setting for these things to take place is in the context of a safe, supportive, and compassionate community where women with similar struggles can share their own stories without fear of judgement or disapproval. Though we recognize that the church is God’s provision for community in the biblical context (Hebrews 10:24, 25), we also recognize that the church body, for a variety of reasons is not the best setting for stories of struggle, brokenness, and abuse to be shared. For that reason, Resting Under His Wings is providing a community for women who are seeking support, understanding, healing and help in a safe and confidential setting. We also recognize that it is the working of the Holy Spirit who brings about the healing that a woman needs. In light of that, we are simply providing the environment (a warm and comfortable home) and the opportunity (small groups of women) for women to experience God’s grace in its various forms (see group titles) and to find the healing, help and encouragement they are needing.

**The following are the groups we will be offering beginning in September of 2024:**

**Christian Discipleship:**

This group will be discovering what it means to be a disciple of Jesus, how a disciple of Jesus lives and how to live out Gods unique calling on my life. The number of sessions for this class is as yet to be determined.

**Recognizing the signs of Domestic Abuse and How to Support a Friend When You See These Signs:**

Is this abuse or marital conflict? Has what you are seeing become a pattern or was this a one-time event? Would you describe what you are seeing as coercion, intimidation, or isolation? We will learn to distinguish what we are seeing. This class will meet once a week beginning in January and continue until June.

**Good Boundaries and Good Byes – a book study by Lysa Terkeurst:**

Women will learn how to love others without losing the best of who they are. We will learn how to establish good boundaries from as expressions of love for yourself and others. This class will meet once a week for all three sessions.

**Living a Healthy Life While Living with a Chronic Illness:**

This class will offer practical advice for living with a health condition that is not going to get better as well as offering an environment of fellowship, encouragement and support. This class is ongoing throughout the year, September-June.

**Caring for Caregivers:**

This class will also offer practical advice for caring for the specific needs of others as well as a time of fellowship, encouragement, and support as we share a meal together. This class is ongoing throughout the year, September-June

**Divorce Recovery:**

This class is designed for women who have experienced the devastation of divorce. We will follow a video format where participants will learn about and discuss acceptance, forgiveness, loneliness, the lies women believe, respecting yourself, sex and dating, shame, and guilt and, finally, discovering a whole new you. Women will meet weekly for this 12 week class that begins in January.

**Comfort in Grief:**

This class is designed for women who have experienced a deep loss in their life and will serve as a guide in the grieving process. We will be guided through this process by a book called Comfort in Grief by Edward Keebler and the class will run for 10 weeks, beginning in January.

**The Schedule and Cost for These Classes for 2024-2025**

Our class schedule is formed around 3 monthly seasons: September-November, January-March and April-June. The cost for attending our classes is \$30.00/season. Women can sign up and pay for one session at a time, or, for classes that run for 3 sessions, they can pay for one season at a time or for all three at one time. For example:

The Signs of Domestic Abuse: Cost is \$60 total, or \$30 in January/\$30 in April

Chronic Illness: Cost is \$90 Total in September, or \$30 in September/\$30 in January/\$30 in April

Divorce Recovery: Cost is \$30 beginning in January (this class is 1 season only/January, February and March)

