

# Paula's Hope

Vol.9 MAY 2021 Newsletter



## April Showers Bring

The month of May is a time for new growth, a time for us to see and enjoy the miracles of God through the beautiful

blooms of nature.

May is also the month that we focus on mental health at a national level. With all the busyness of life, we take time to reach out and be there for others.

Lastly, May is the month that we celebrate our Mothers. Most think of a mother as being the woman that gave birth to you. And while that is true, most don't realize that we have so many motherly women out there that have loved and nurtured many along the way of life. All three of these have something in common in that they all show the love of God. They all make a great difference in all our lives. They all offer hope for tomorrow.

So this month, strive to make a difference in someone's life. Be the hands and feet of Jesus. You believers may be the only Jesus they see.

*(continued on next page)*

John 14:16 "And I will pray the Father, and he shall give you another comforter, that He may abide with you forever"

## PRAYER PARTNERS CORNER



### WHAT IS PRAYER?

Prayer in the Bible is how believers of God talk to him. It is how they make their praise & requests known.

The Scriptures are filled with beautiful examples of people crying out to God & asking for his strength, guidance, healing and more. As a Christian, we can learn from prayers in the Bible. They will encourage us as we read answered prayers & give us hope that God truly does hear our prayers. This leads to what is the purpose of prayer is. If we don't understand the purpose of prayer in the Bible, how can we understand the purpose of prayer in our own life? By understanding how prayer is used in the Bible, you can better understand why Christians pray & what exactly they pray for.

The purpose of prayer in the Bible is to make your praise or request known to God. Through prayer, men & women of God were able to ask Him for deliverance, mercy, healing, & miracles.

The reason Christians pray today is for the same reasons why people prayed in the Bible: to speak to God & ask for healing, forgiveness, & direction. Praying is how Christians grow deeper relationship with Christ & how they know the direction he wants their life to go in.

Jeremiah 33:3 says, "Call to Me, & I will answer you & show you great & mighty things, which you do not know.

We must have confidence that God hears what we pray. These are some examples of stories in the Bible about how people in the Bible prayed....

Genesis 18:16-33 "The Story of Abraham pleading on behalf of Sodom"

Genesis 39:9-12 "Jacob's Prayer for Deliverance"

I Samuel "Hannah's Prayer for a Son"

These are scriptures that can be used to encourage us & be prayed during our own personal prayer time: I John 5:14; I Chronicles 16:11; I Peter 3:12; Psalm 145:18; Jeremiah 29:12

To God Be The Glory, Mary Mckinney-Deisch,  
Prayer Coordinator

## MEN'S CORNER

HAVE YOU HEARD?  
**We have Men Counselors now!**  
Guys, we're here for you if you need a helping hand, advice, and counsel.  
Call for your appointment:  
479-372-4370

Cheray  
**Keys to FREEDOM**  
Study Guide

**FOR MEN**  
**"7 Keys To Freedom"**  
Bible Study Available  
Be SET FREE  
from the sin that hinders you.

[Sign-Up Online](#) Today

AN 8-WEEK EXPERIENCE  
**Checkpoints**  
A Tactical Guide to Manhood  
BRIAN MILES & NATHAN WAGNER

**NEW ONGOING**  
**FOR MEN ONLY**  
Bible Study  
Every Thursday @ 6pm  
[Sign Up Now!](#)  
**BE THE MAN GOD**  
**INTENDED YOU TO BE!**

Continue...

“My beloved friends, let us continue to love each other since love comes from God. Everyone who loves is born of God and experiences a relationship with God. The person who refuses to love doesn’t know the first thing about God, because God is love—so you can’t know him if you don’t love. This is how God showed his love for us: God sent his only Son into the world so we might live through him. This is the kind of love we are talking about—not that we once upon a time loved God, but that he loved us and sent his Son as a sacrifice to clear away our sins and the damage they’ve done to our relationship with God. My dear, dear friends, if God loved us like this, we certainly ought to love each other. No one has seen God, ever. But if we love one another, God dwells deeply within us, and his love becomes complete in us—perfect love! This is how we know we’re living steadily and deeply in him, and he in us: He’s given us life from his life, from his very own Spirit. Also, we’ve seen for ourselves and continue to state openly that the Father sent his Son as Savior of the world. Everyone who confesses that Jesus is God’s Son participates continuously in an intimate relationship with God. We know it so well, we’ve embraced it heart and soul, this love that comes from God. God is love. When we take up permanent residence in a life of love, we live in God and God lives in us. This way, love has the run of the house, becomes at home and mature in us, so that we’re free of worry on Judgment Day—our standing in the world is identical with Christ’s. There is no room in love for fear. Well-formed love banishes fear. Since fear is crippling, a fearful life—fear of death, fear of judgment—is one not yet fully formed in love. We, though, are going to love—love and be loved. First, we were loved, now we love. He loved us first. If anyone boasts, “I love God,” and goes right on hating his brother or sister, thinking nothing of it, he is a liar. If he won’t love the person he can see, how can he love the God he can’t see? The command we have from Christ is blunt: Loving God includes loving people. You’ve got to love both.” (1 John 4:7–21, The Message) Blessings, Sheryl

## Celebrating Our Volunteers - Meet Teresa Schwartz, Our Volunteer Coordinator



Meet Teresa Schwartz, our Staff Volunteer Coordinator. Teresa and her husband, Larry have been married for 31 years. They have lived in Gravette for 22 years. Both were raised in the Rogers area. Teresa has been volunteering for Paula’s Hope since the doors opened in June. She is serving in the office, as a support group leader, as a counselor, as a board member and most recently as volunteer coordinator. Larry too

now volunteers by serving on the board alongside Teresa. Paula’s Hope currently has 26 volunteers in which 20 are fully trained.

Ask Teresa why she volunteers and believes so much in volunteering she will quote the following scripture. **1 Peter 4:10** Each one should use whatever gift he has received to serve others as faithful stewards of God’s Grace in its various forms. Teresa says, “God is trusting all of us to serve as His hands and feet in carrying out His grace (*love and mercy*). When we serve those in need, we are doing just that. Here at Paula’s Hope, we truly believe our volunteers are the hands and feet of this ministry. We are grateful to our volunteers for choosing to use their gift(s) to serve others through Paula’s Hope.”

Have you been wondering where your gift(s) might be best used? We encourage you to call Paula’s Hope today. No matter what your gift. We feel God can use you in a mighty way! Go to our website to learn more how you can join us:

[Volunteer - Paula’s Hope, Inc. \(paulashope.org\)](http://paulashope.org)

### Did You KNOW?

- We have 4 Men Discipleship Counselors on staff now ready to be of service for any man in need of help, whatever the issues.
- We are adding more and more staff volunteers to our staff. We have 26 volunteers to date and we have room for more! We invite you to learn more if you’re interested joining us!
- Our Counseling Services are always FREE! However, Donations are always welcomed and needed. Thank you for your help!

Thank you for considering us in your giving!

Give online: [Click Here](#)

## TIPS TO HELP YOUR MENTAL HEALTH:

### CONNECT

TALK ABOUT YOUR FEELINGS AND CONNECT WITH FRIENDS WHO MAY BE STRUGGLING IMPROVES OUR EMOTIONAL HEALTH

### BE GRATEFUL

TAKE TIME EACH DAY TO BE GRATEFUL IS PROVEN TO IMPROVE OUR EMOTIONAL HEALTH, HOW WE FEEL, OVERALL WELL-BEING, MOOD, AND OUTLOOK

### EXPRESS YOURSELF

GET CREATIVE IN SHARING YOUR FEELINGS THROUGH WRITING, MUSIC, PAINTING, OR OTHER FORMS OF EXPRESSION

### PRAY & BREATHE

PRAYER & DEEP BREATHING CAN HELP US FEEL CALMER, RECHARGED, AND IMPROVE OUR WELL-BEING

### MOVE

THE SIMPLE ACT OF GETTING UP AND MOVING CAN HELP REDUCE OUR STRESS AND ANXIETY

## IT'S MENTAL HEALTH MONTH

You ARE NOT ALONE!

MAY is NATIONAL MENTAL HEALTH AWARENESS MONTH!

Now more than ever we need to find ways to stay connected with our community. No one should feel alone or without the information, support, and help they need. If you need help call Paula's Hope immediately at 479-372-4370.

MARK YOUR CALENDAR: [SIGN UP TODAY](#)

- CHECKPOINTS MEN'S BIBLE STUDY  
Every Thursday at 6pm
- KEYS TO FREEDOM BIBLE STUDY  
Every Friday 10am & 1pm
- PRAYER PARTNERS @ Paula's Hope  
Tuesday, MAY 18<sup>th</sup> @ 10am-11am

NATIONAL CALENDAR:

- NATIONAL DAY OF PRAYER - Thursday, May 6<sup>th</sup>  
Remember us in your prayers - Thank you!
- MOTHER'S DAY - Sunday, May 9<sup>th</sup>   
Happy Mother's Day to all our Mom's
- ARMED FORCES DAY - Saturday, May 15<sup>th</sup>  
Thanks to all our service men for your service!
- MEMORIAL DAY - Monday, May 31<sup>st</sup>  
Happy Memorial Day to all!