

WINTER/SPRING 2024

TREASURED TRIBE

A MAGAZINE FROM TREASURED MINISTRIES

IMPACT
REPORT
INSIDE

**Considering
Wildflowers**



We believe...

God is our One and Only, and His perfect love permits us to let go of perfectionism and pursue Jesus instead.

We believe lasting freedom and true healing happen by deeply investing in God's Word to nourish your soul one day at a time.

We believe the Holy Spirit comforts us, saves us, counsels us, leads us, and continually changes us to be more like Christ.

We believe walking with others authentically in our faith journey is life-changing. God uses our stories to build sisterhood, strengthen our faith, and bring Him glory. Sharing our struggles shatters the shame they held over us, opening the door to greater freedom.

Treasured Tribe mission statement written by founding members in 2021.

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TREASURED
MINISTRIES

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A LETTER FROM OUR FOUNDER



BY ALIENE THOMPSON

Hello,!

Considering wildflowers in wintertime seems like a paradox, but remembering summer wildflowers can warm our hearts when winter seasons come. In this magazine, we invite you to bloom in the winter with articles to help build your faith as well as a 2023 retreat scrapbook to capture memories and give you an idea of what you can expect for the retreat in 2024!

Our 2023 retreat was truly unforgettable, and we give God the glory for meeting us on the mountaintop. The love and laughter

far outweighed the tears. We left our shame on the mountain and returned home with a confidence that only comes from God.

For everyone who came to the retreat, thank you for being there. Your courage to bring your heart was epic. We praise God for the blessing of being together.

For those who could not make it, we hope you will sign up for our 2024 retreat in Asheville, North Carolina, to open the gift of spending time with God and women just like you.

“

Consider how the wildflowers grow.
They do not labor or spin. Yet I tell you,
not even Solomon in all his splendor
was dressed like one of these.”

LUKE 12:27



To Patti, Pamela, and all Cove staff
for loving us so well — your efforts to
provide such a special place to spend
time with God will forever have
an impact.

Finally, for all the incredible women
who stepped up and offered their time,
talent, and heart to lead in some way
during the retreat, I praise God for you.
Watching you all use your gifts was my
favorite part of the retreat.

And to our donors...

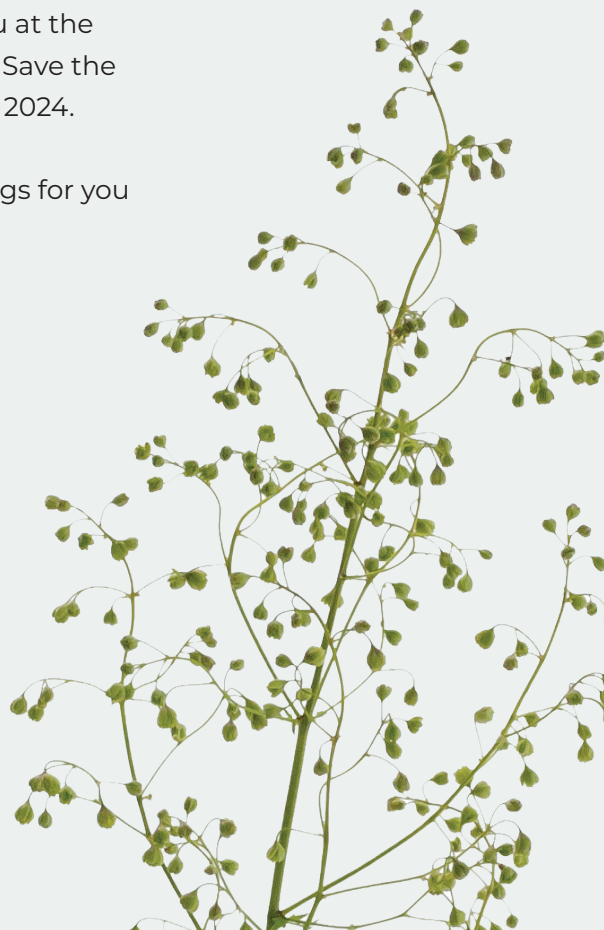
**Thank you for partnering with us
to make this retreat and all we do
at Treasured Ministries possible!**


We hope to see you at the
Cove this summer! Save the
date for July 23–26, 2024.

I pray God's blessings for you
this year.

Tribe love,

Aliene Thompson





Changing
someone's mind
about me

Others' effort in
relationship

Whether or not
someone
forgives me

CIRCLE OF CONTROL

by Treasured Tribe Member, Payton Dean

"Wherever God is, He's all about freedom."

2 CORINTHIANS 3:17

As a recovering codependent, I know all too well what energy can be spent on things totally outside of my control & responsibility, while neglecting what's directly in my power. I now know God wants my heart to be **free** to worship him instead of in bondage to useless strategies.

Just because I care *about* it doesn't mean I'm supposed to care *for* it. But sometimes that can feel downright confusing! That's why I like to visually define what's mine, what's not, and what I can give to my all powerful God with a "Circle of Control"!

God is serious about his children exercising **their** ordained rights and responsibilities, led by the Holy Spirit, while giving **others** permission to do the same.

We are limited. But **God** is not! He is a good Father that we can trust with our deepest desires- especially what we have no control over.

We don't have to scrounge for what we need because God gives us everything we need, including blessings we don't work for! (2 Peter 1:3, Psalm 127:2). He is all

Relieving
other's guilt

knowing, all powerful, and takes care of us perfectly (Psalm 23). He's faithful to the generations. Who better to leave our cares with than the creator of all good things? And the best part is... he actually **hears** and responds to us!

Surrender & Self Control

As I grow intimate with God, he teaches me **surrender** and **self control** just like in Galatians 5:22-23.

continued on page 6

In My Control

My words

Who I give power to define my worth

How I respond

Who or what I place my trust in

Who or what I allow inside the gates
of my heart and how far

Speaking God's Word over
my life instead of complaining

My attitude

Drawing close to God

What I choose to think about

Releasing forgiveness instead of replaying offenses

How I spend my energy

My actions

My effort

What people
believe about me
or my family

Others' salvation or
spiritual growth

How people
treat me

Others' words
or behavior

Outside My Control and Responsibility

“

Wherever God is,
He's all about freedom.”

2 CORINTHIANS 3:17

CIRCLE OF CONTROL *continued on page 5*

Surrender reveals God's perfect provision and builds confidence in his protection that even our best boundaries couldn't accomplish. It postures us to fully embrace and celebrate God's creative movement in our lives and the lives of others as we release our expectations of the “what” and “how” to him.

Godly self control allows our energy and creativity to be spent on what has a healthy eternal impact. It protects us from making people into idols, bitterness, and confusing personal responsibility. It minimizes distraction and positions our hearts to worship God freely. (Galatians 6:4-5)

Together, surrender and self control free us to discover that **Godly success is not always determined by an ultimate outcome or by another person's response to us, but by growing intimate with God in the process.**

Payton Dean is a coffee-loving Georgia girl, wife, mom, and nurse. In her free time, she enjoys sewing, writing, or discovering new ways to be creative. She finds inspiration in learning how God's story unfolds in the lives of others. You can check out her latest blog post [here](https://www.paytondean.com) or connect with Payton in the Treasured Tribe.

www.paytondean.com

Reflect

Identifying what's not ours to control provides an opportunity to give our concerns back to the one who makes all things work for the good of those who love Him, which is why I love writing out the circle of control on paper. (Romans 8:28) I like to physically throw my hands into the air as I name out loud what I am giving back to God's trustworthy hands as an outward expression of “casting my cares” on Him. (1 Peter 5:7)



TIME WITH GOD

By Payton Dean



***Consider drawing your own “circle of control” specific to you or use mine!
Invite the Holy Spirit to bring awareness as you ponder these questions below:***

1. What (or who) outside your circle do you feel afraid to release to God today and why do you feel afraid? Ask the Holy Spirit for peace.

2. What are you striving to make happen in your own strength that is not yours to carry?

3. Read 1 Peter 5:7 and rewrite the verse below. How can you change your efforts from carrying your cares to casting your cares on your mighty God who cares?

continued on page 8

4. What desires has God planted in your heart that are outside your control? Do you believe God could have given you these desires so you might one day see them fulfilled by Him?

5. Success is not always measured by an ultimate outcome or by another person's response, but in being faithful in what we are able to do. How could you measure success differently in your life?

6. What has God given you control over in your circumstances?

7. How can you respond creatively to the responsibilities God has ordained for you?

8. Using your responses, consider drawing a circle to create your own circle.

The page features a warm, textured background with soft watercolor washes in shades of peach, cream, and light green. Stylized botanical illustrations in gold and green line art are scattered throughout, including long, slender leaves and clusters of small, oval shapes resembling berries or seeds. A large, white, rounded rectangular box is positioned in the upper half of the page, serving as a space for notes. The word "Notes" is printed in a simple, dark font at the top left of this box. Below the text, there are seven horizontal lines for writing.

Notes



Courage is not the absence of fear,
but rather the judgment that something
else is more important than fear.”

AMBROSE REDMOON

BUILDING FAITH OVER FEAR

Written by Dr. Michelle Bengtson

Faith and fear both demand our focus, so we must intentionally decide which we will choose. Fear cripples but God's truth sets us free. We build our faith by talking back to fear. Fear isn't consistent with God's truth. God has told us that He hasn't given us a spirit of fear, but instead, of power, love, and the mind of Christ (see 2 Tim. 1:7).

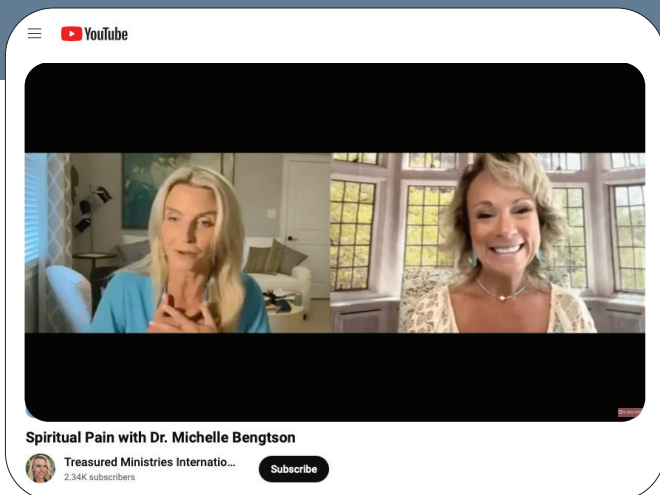
When you recognize worry, fear, or anxiety, tell it “No!” Then thank God that He hasn't given you the spirit of fear. Thank Him that He promises in his word to keep you in perfect peace when your mind is kept on Him (see Is. 26:3). *Then*, keep your mind on Him, not all the possible outcomes. He will take care of the outcome.

Scripture reminds us that “Faith comes from hearing, and hearing through the word of Christ” (Rom. 10:17 ESV). When we recite Scripture out loud, we hear it and it builds our faith! When you recognize fear assaulting you, refuse to entertain it, but instead quote applicable scripture to refute it (like Psalm 34:4 or Isaiah 41:10).

Instead of focusing on the problem, keep your attention focused on the Problem-Solver. We become fearful, worried and anxious when we take our attention off

God and instead focus on our circumstances. The key to building our faith and maintaining or regaining our peace is to keep our thoughts focused on God, just as we are told in Isaiah 26:3, *“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”*

Ambrose Redmoon said, *“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”* We have to come to the place where we choose to trust the sovereignty of God more than what we see or feel. We all experience crises of faith from time to time, but that's when we do just as the father of the boy with the unclean spirit did as he approached Jesus for his son's healing, and confess to God, “I believe; help my unbelief!” (see Mark 9:24). That is a prayer our heavenly father loves to answer, because nothing pleases Him more than we believe in Him and trust Him. “And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him” (Heb. 11:6 NIV).



Treasured Ministries had the honor of interviewing Dr. Michelle Bengtson on spiritual pain. Ready for hope and healing? Use the QR Code above to listen to my interview with Michelle and find REAL hope.

What is Your Spiritual Pain?

You no longer have to fear the darkness. The light of the world is here!

Spiritual pain can follow physical pain, emotional pain, relational pain, grief and loss. This can be devastating, as the spiritual pain inflicted by the enemy drives a wedge between you and God, hindering the healing process. In other words, it compounds our wounds. That dark, dark stubborn cloud of depression can settle heavy on our hearts.

But with God's help, you can heal. Healing begins when we recognize that spiritual pain is often the unseen wound beneath the surface and

pretending or pushing the pain down does not work. No matter what you're going through, know that you're not alone. Together with God, we can ALWAYS find the light in the darkest of moments.

*"The light shines in the darkness,
and the darkness can never
extinguish it."*

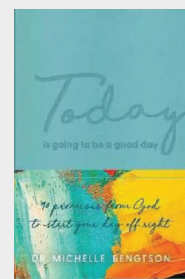
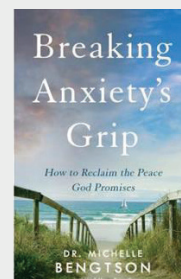
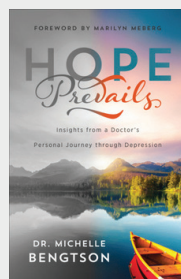
JOHN 1:5



About the author

Dr. Michelle Bengtson is the author of the award-winning **Hope Prevails: Insights From a Doctor's Personal Journey Through Depression**, the award-winning Hope Prevails Bible Study, and AWSA Book of the Year: **Breaking Anxiety's Grip: How to Reclaim the Peace God Promises**. She is the author of, **Today is Going to be a Good Day: 90 Promises from God to Start Your Day Off Right**, and the host of the top-rated podcast, **Your Hope Filled Perspective with Dr. Michelle Bengtson**.

Her ministry's goal is to restore hope, renew minds, and empower others to live in their God-given identity. Visit drmichellebengtson.com or scan the QR code to learn more.





WHAT IS GASLIGHTING?

Written by Leslie Vernick

When a woman shows up with a black eye or broken arm at the hands of her spouse, abuse is obvious. When she lives with a broken spirit, the effects of abuse are just as real, but less obvious. God tells us a broken spirit is damaging and hard to live with (Proverbs 18:14).

Gaslighting is a form of covert abuse. It's become a kind of buzz-word lately so you may have heard the term but what is gaslighting? How do you deal with it in your personal relationships?

The word actually comes from a famous movie released in the 40's called "Gaslight." It's about an accomplished opera singer named Paula who falls in love with and marries a man named Gregory Anton. Gregory begins to torture his wife, not physically but psychologically. He manipulates things around the house. For instance, he would dim the lights in the house. When Paula mentioned it, Gregory would say it's her imagination. He hides things that Paula puts in a certain place, and when she can't find them puts them back. He accuses her of going crazy and, with his manipulations, she begins to believe him.



About the author

Leslie is a popular speaker, author, licensed clinical social worker and relationship coach. She has over 35 years of experience helping individuals, couples and families heal, rebuild or grow their relationships.

Leslie is the author of seven books, including the best selling, **The Emotionally Destructive Marriage** and **The Emotionally Destructive Relationship**.

Check out Leslie's free resources including her quick start guide on her website leslievernick.com

When you hear the term “gaslighting” it means a very intentional form of psychological manipulation. It’s a way of confusing, controlling, and intimidating someone to the point that she begins to doubt her memory and her own reality. This leads to believing that marital problems are her fault.

The ultimate goal of gaslighting is to destroy a person’s self-confidence so she can’t function independently. She stops trusting her own judgement and becomes unable to make decisions. Realize...this can happen over time without anyone so much as raising their voice. This type of covert abuser often appears like the “good guy” because his cruel behavior is hidden from those around him.

It’s important to understand the stages of gaslighting. There are three of them:

Stage One: Create Confusion

In this stage your words are often twisted into something you never said. If you try to explain, it’s common to be labeled a liar. Realize that this is not a communication problem. It’s intentional. Your partner knows what you said and what you meant.

Stage Two: Defensiveness

Even the most mundane and normal of concerns have you being called controlling, judgmental, self-righteous. Suddenly, it doesn’t matter what he’s done... you’re the nag, the abusive one and he is the victim. Defending yourself usually leads to a huge argument and goes nowhere. Enough experiences in this stage and you’ll start to doubt yourself and believe the labels he puts on you.

Stage Three: Depression and Emptiness

You’ve changed. Before you knew your own mind. Now you doubt yourself. Before you were confident in your abilities. Now you don’t even know who you are. You’ve accepted the things your husband has said about you as truth. His opinion of you is gospel and you find yourself in a pattern of apologizing as well as feeling insecure and self-conscious. Your reality is one of depression and emptiness.

But a little clarity could go a long way here. So let’s shed some light on what’s really going on:

Covert “Crazymaking.”

1. Information is distorted or outright withheld but he swears you were told everything. You “must have forgotten.” You misunderstood. That didn’t happen. Soon you’re doubting your version of reality.
2. He says something hurtful. Something he knows will make you feel insecure. When you object he accuses you of overreacting or being too sensitive. He “didn’t mean it” or you “misunderstood.” Ultimately, you’re the one who is apologizing!
3. Minimizing is an almost daily occurrence. “It’s not that big a deal.”
4. Excuses are another major pastime for the gaslighter. His actions are always someone else’s fault. (Usually yours.)
5. Deflecting your concerns or feelings or confrontations as crazy, ridiculous, unimportant, or ungodly. You’re bad, he’s good. You’re wrong, he’s right.

continued on page 14

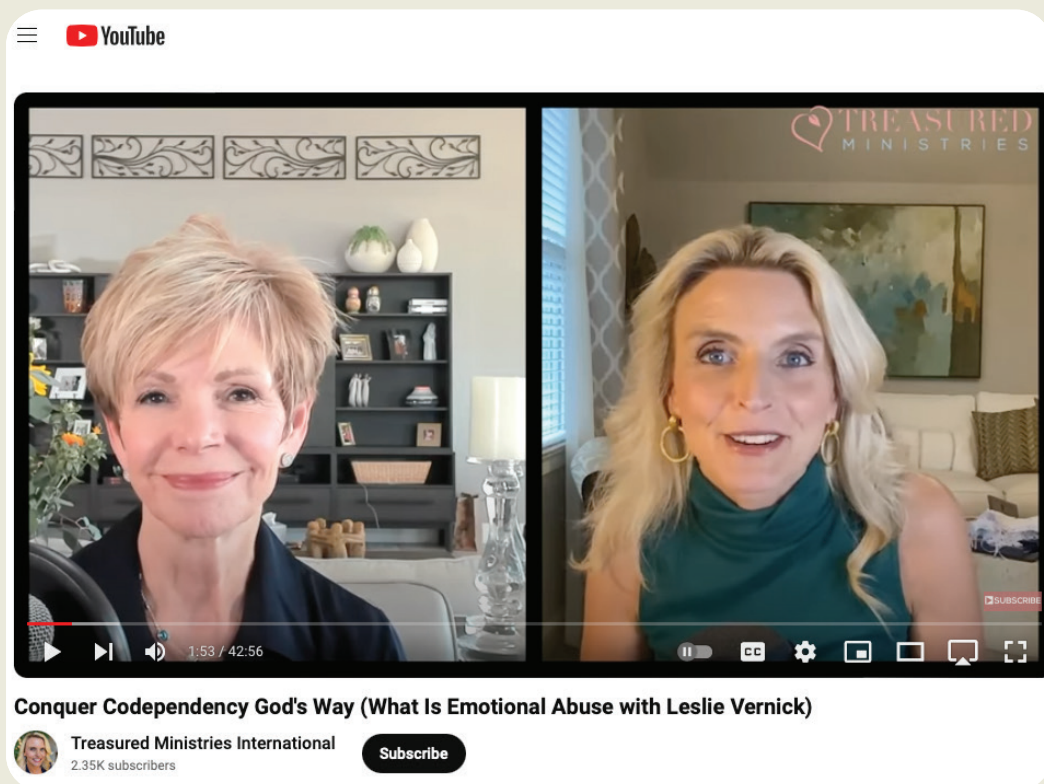


WHAT IS GASLIGHTING *continued from page 13*

So, how do you deal with gaslighting?

1. When you're having a conversation, record it or write down what's being said. You can simply say, "I'm tired of being told I don't remember what you said." This puts him on notice that his tactic of purposely leaving out information and accusing you of forgetfulness will not work anymore.
2. When he says something cruel, write down his exact words. This way he cannot edit his words to be a watered-down version of the truth.
3. When he minimizes by saying something isn't a big deal it's okay to tell him you disagree. You can calmly say, "I do think it's a big deal and I'm going to discuss it with our pastor." This sends a message that his words and actions will no longer be a secret and you are no longer going to defend yourself to him.
4. Stick with the facts and stick with his actions. When he tries to blame you or someone else, simply say, "No. There are plenty of people who have been in a similar situation and made different decisions. You are responsible for your own choices." Then stop. Don't ask for an apology. Don't ask him to acknowledge the truth. Just stop. You've made it clear you will not be manipulated.

Healthy people work on their shortcomings. They acknowledge their sinful nature and work to change. You can't do that for your husband but, with God's help, you can work on yourself so that he no longer has the power to rob you of your reality, your confidence, and your self-respect. ■



Scan this QR code to listen to my interview with Leslie Vernick.



FEATURED PODCAST

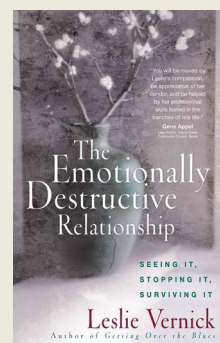
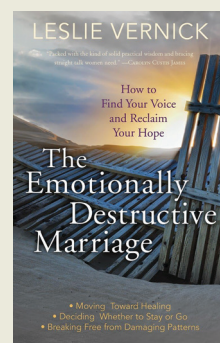
Let's see freedom for every woman.

Written by Aliene Thompson

Often, emotional abuse is diminished or dismissed for many reasons — even in the church. When this happens, the lack of validation can feel confusing and powerless for the victim, but this is not God's way.

At Treasured Ministries, we believe God calls the church to be a resource, not a roadblock, for victims of emotional abuse. Our vision is to see a world where every woman is free to live the life that God intended for her. After all, every woman is precious and holds immeasurable value in the eyes of the Lord.

Treasured Ministries recently interviewed Leslie Vernick, author of *The Emotionally Destructive Marriage* and *The Emotionally Destructive Relationship*, to discuss emotional abuse. Scan the QR code above to listen to my interview with Leslie, and pass it on to others to bring awareness to emotional abuse, and let's see freedom for every woman.



LEE McCANLESS

Meet Your Tribe



ALL ABOUT LEE

Where she's from:
Murfreesboro, Tennessee

Hobbies and Interests:
Art, furniture refinishing, camping,
SEC football (Go Georgia Bulldogs)

Favorite worship song:
"Great is Thy Faithfulness "

What I like most about
Treasured Tribe:
The Nourish Method, of course!!!

Fun fact about me:
I attended clown college and did clown
ministry before I had my kids

LEE'S FAVORITE VERSE:

"Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present your requests to God. And the peace of God, which no one can completely understand, will control what I think and feel."

PHILIPPIANS 4:6-7 CEV



LEE'S STORY



In 1976, just three years after abortion became legal in all states, I chose the easy way out of an unplanned pregnancy, the result of living immorally and had an abortion. Although I experienced immediate relief, something else was lost that day. I felt it but didn't know what it was and wouldn't get relief until many years later. It was post-abortion pain, shame, and guilt. Through God's grace, He led me to a Bible study group specifically for women to receive God's forgiveness and begin the healing process for my abortion choice. I have been involved in Post-Abortion Ministry for 35 years. Currently, I serve as the leader of a Bible Study ministry for post-abortion women at my local Pregnancy Resource Center and share my personal testimony anytime I have the opportunity.

Several years back, somehow, I signed up to receive Aliene's email devotionals. Those emails seemed to speak just to me. (I often wondered if she had a secret camera in my home!!) The wisdom Aliene shared was so spot on! Many of them I printed out to keep and also forwarded to other women I thought would benefit from it. I have also used several of her "spot-on" devotionals with the ladies in the post-abortion groups. In August 2021, I realized I needed and wanted to study God's Word more thoroughly to learn more about Him and His love for me. Although I had called myself a Christian for many years, believed His atonement for me on the cross, and accepted His forgiveness, reading the Bible was a struggle for me. I also had to admit that I didn't really know God and His Word, nor did I feel His love for me. I wanted that to change.

continued on page 18

*Lee attended clown college
and did clown ministry before
she had children*



LEE'S STORY *continued from page 17*

I decided to explore the Nourish Method that Aliene mentioned in her emails.

It is hard to put down in just a few words how Aliene's devotionals and the Nourish Bible Study Method have radically changed my relationship with the Lord. Using Nourish, I have gotten to know God better. Instead of just reading the Word, the Nourish Method helps me dig deeper, specifically looking for the ways God shows His love for me and why I can trust Him. And, more surprising to me, I used to hear people talk about God's promises (the only one I knew about was the promise illustrated by the rainbow after the flood)! Now, I recognize promises for me throughout the Bible and record those promises! Using the Nourish Method has helped me develop a truly intimate relationship with God.

“It is hard to put down in just a few words how Aliene's devotionals and the Nourish Bible Study Method have radically changed my relationship with the Lord. Using Nourish, I have gotten to know God better.”

And because I have come to truly love my Lord and Saviour, I am able to share more boldly and lovingly with other women I meet.




Unlike other Bible study methods I've tried, which feature a couple of the questions similar to the Nourish Method, like "What does this passage help us learn about God?" or "How will you specifically put this passage into practice?"; I found these questions from other methods far too broad to be of much personal use and boring, like those I heard in "Sunday school." The Nourish Method breaks these questions down even further and makes it more personal. "What does this passage help us learn about God?" becomes more specifically, "What attributes of God do I see that help me trust Him?", "Is there a promise for me to believe?", "Is there an affirmation that tells me how God sees me?" Nourish leads me to probe deeper into Biblical passages and is helping me grasp "how wide, how deep, how great is His love for me."

The combination of the questions, camping out for a whole week on a passage, the Nourish Notebook with all its sections, and the Anchor

of Truth cards, The Nourish Method, is helping me grow my faith and go through the tough personal times that Jesus said we all will have. (John 16:33)

The flexibility of the Nourish Method lends itself to apply to personal reading time in the Bible, a book study, or sermons. I feel blessed to be at a church where the pastor teaches expository, or verse by verse, through entire books of the Bible. So, I use the Nourish Method to supplement the sermon and help me remember the teaching.

Last fall, I was asked to lead a women's life group. I accepted, but only on the condition that they agreed to use the Nourish Method! Several of them had been involved in Bible Study Fellowship for years, but when I explained the Nourish Method, they eagerly wanted to try it. They have also grown in their personal faith walk!

A photograph of a field of red poppies at sunset. The sun is low on the horizon, casting a warm orange glow over the scene. The poppies are in full bloom, with bright red petals and green foliage. The sky transitions from a pale blue at the top to a soft orange near the horizon.

“The light shines in the darkness,
and the darkness can never
extinguish it.”

JOHN 1:5





SISTERHOOD

“I can hardly explain the connection I felt when I met women face to face at the retreat that I had gotten to know over the past year from our online Treasured Tribe Bible Study. Connecting in person is a powerful experience that is hard to describe – it makes me tear up. I look forward to the retreat every year.”

2023 RETREAT ATTENDEE

It's hard to put into words our time together. Maybe the following retreat pictures can convey the God-sized friendship, love, and laughter. After all, they say that a picture is worth a thousand words. Come and see for yourself – join us for the retreat from July 23 - 26, 2024!



CONSIDER HOW THE WILDFLOWERS GROW

"The retreat was like a table prepared for me. God spoke to me through the messages and quiet times in very specific ways. I was deeply encouraged and set free from things that I may have carried for who knows how long but for this Spirit led time."

2023 RETREAT ATTENDEE



Treasured Tribe Member Emily Hughes designed our retreat T-shirt. Her creativity was so impactful that it became a catalyst for our 2023 retreat theme, “Consider the Wildflowers.” This inspired the beautiful decor, our opening ceremony, our worship time, the Bible Study questions, and every Treasured Tribe Talk. Flowing like a steady life-giving current of living water, wildflowers wove into the fabric of every retreat detail, right down to our hearts.

Emily’s vision was a word that went far beyond a T-shirt idea. It was a call to every woman who came to the retreat to draw close to God, leave shame on the mountain, and move forward in the FREEDOM God intended. You can read more about the meaning behind her T-shirt design below.

Thank you, Emily Hughes, for your efforts. We considered the wildflowers and bloomed.

“Consider the Wildflowers”

by Treasured Tribe Member Emily Hughes

During a South Florida summertime, we have to mow the grass every week. And every week, new wildflowers pop up all over our yard.

I went around our little yard one day and found eight different wildflowers. They are all different shades of purple, pink, yellow, white, and orange. The beauty in just one little wildflower is exceptional. And yet, they don’t have to work. They don’t strive for anything. And every time they’re mowed over, they come back. Every. Single. Time. It’s almost as if the more I mow them over, the more wildflowers there are.

If God cares about the wildflowers, when they don’t labor or spin and yet have amazing beauty, how much more do you think He cares about us, who have thoughts and feelings and are created in His image?

When I was creating this design for the T-shirt, I picked this verse because I believe ...

If every woman realized
how amazing God thinks
she is,

If she realized there was
nothing she could do or say
that would separate her
from the love of God,

If she realized God was
head-over-heels in love
with her,

continued on page 27



"Situations and people can try to mow her over,
BUT GOD will bring her back. Every. Single. Time. And
if she allows Him to, she will come back in an even
brighter, fiercer color than before."

EMILY HUGHES



CONSIDER THE WILDFLOWERS *continued from page 25*

She would walk with confidence and joy that could never dissipate.

Situations and people can try to mow her over, BUT GOD will bring her back. Every. Single. Time. And if she allows Him to, she will come back in an even brighter, fiercer color than before.

If there's only one thing in the T-shirt you remember, remember the hornet. In Exodus, Deuteronomy, and Joshua, God told the Israelites He would send the hornet ahead of

them to drive out their enemies, even in their hiding places. God fights for us. He wants to take revenge for our sake. He takes out our enemies.

Our only job is to consider the wildflowers, put our hands up, and walk in the freedom our Heavenly Father has given us! **Onward!**

"Consider how the wildflowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these." LUKE 12:27



Hey Treasured Tribe Members!

**Did you know that
100% of the proceeds
from our store
go to support
Treasured Ministries?**

From "Considering the Wildflower" T-shirts to Nourish Notebook materials, we've got everything you need to kick off the new year with faith and style.

GOD'S TRUTH BRINGS LIFE

"On the mountain top, I learned that I could do the hard things. God taught me that when I don't know what is around the next corner, I can walk in peace and not fear because I'm walking with Him. He left me with His peace (John 14:27), as the storm rages around me, I walk with the Prince of Peace. Along with the extravagant physical gifts I left the retreat with, I also left with the gift of beautiful, authentic friendship."

2023 RETREAT ATTENDEE



Each morning, we gathered for worship and a Treasured Tribe Talk teaching message followed by time set aside for solitude to seek Jesus through his Word. Our last morning session was held inside the Cove chapel, which made us say WOW!

Woven in and out of the day, tribe members shared their stories. This was one of the best parts of the retreat. Thank you, Brandy Cassidy, Emily Hughes, Jodi Legnon, Karen Doran, and Lee McCanless for your courage to share your journey. Your stories echoed God's glory and inspired and touched our hearts.

Visual exercises with rocks were used to solidify God's truths taught during the retreat. Women confronted shame with God's grace, forgiveness, and power. We said "so long" to shame, left its heavy rock-like weight on the mountain, and returned home forgiven and free.



Jodi not only shared her personal journey, but also kickstarted each session with inspiring words that prepared our hearts to receive God's message.



Building on a Solid Foundation
Luke 6:47-49 // Matt 7:24-27
"So why do you keep calling me 'Lord' what it's like when someone comes like a person building a house who the floodwaters rise and break against anyone who hears and doesn't obey. When the floods sweep down again."

Jesus' Compassionate Ministry
The Faith of a Roman Officer
Luke 7:1-10 // Matt 8:5-13
7 When Jesus had finished saying time the highly valued slave of cer heard about Jesus, he sent some slave. "So they earnestly begged Je they said, "for he loves the Jewish "So Jesus went with them. But friends to say, "Lord, don't trouble an honor, "I am not even worthy and my servant will be healed. officers, and I have authority over and they come. And if I say to m "When Jesus heard this, he v 7:2 Greek a centurion; similarly in 7:6.

who hears and doesn't obey: See 6:46- and a is mor Perha Mayb disc their God's com our and 7:1 pot No off di w re o c 2 he Jewish people and even built for us: Such patronage by wealthy common in Jewish communities Roman empire. It suggests that might have been a "God-fearer" like s 10:2), a Gentile who worshiped the ut had not fully converted to Judaism. worthy of such an honor: The ably showing sensitivity to Jewish s Jews would not enter the home of e it would make them ceremonially acts 10:28; 11:12). The centurion e been acknowledging Jesus' supe-

BETTER TOGETHER

Retreats provide precious opportunities to build authentic, lifelong friendships by giving time to slow down and savor moments with God-planned connections. These include group activities, praying together, roommate bonding, celebrating communion, taking hikes, and enjoying the delicious Cove cuisine meals together – every moment is a chance to connect and grow.

Sarah Whybrew played a pivotal role in organizing our retreat schedule to provide these

moments to connect and grow, including our small group prayer time that was so powerful. She also organized a craft for our crew. It was so fun! We laughed, created, and talked as we gathered around small tables to make a Christmas tree ornament for a take-home retreat memory. Thank you, Sarah!

This year, we introduced small group breakout sessions to our retreat. With growing numbers, small groups kept the special intimate feel from years past. Karen Doran, Brandy Cassidy,



Sarah is pictured here with her roommate, Elizabeth Bowling, at the top of the “big” hike at the Cove. You go, girls!



Lee McCanless, Judy Whitson, Jodi Legnon, and Sarah Whybrew led these groups like true heroes! Your support and love made a difference. As women huddled together to pray, process, and ponder, God moved mountains.





“Retreat felt like family.
I knew I had women
behind me and I didn’t
have to carry life alone
anymore”

2023 RETREAT ATTENDEE





LOVE SONG

Sometimes, love speaks loudest in a song.

While studying Song of Solomon with her Nourish Together group this summer, Treasured Tribe Member Amy Walker was inspired to complete a worship song God had placed in her heart years ago. The lyrics flowed as she listened to God, creating a beautiful and sacred treasure – music pointing to the reality of God’s love called “The One.”

Amy shared this moving song during the summer retreat, and on the next page you can read her God story behind the song. P.S.: On the last page of this magazine, we’ve added the lyrics on a decorative page you can cut out and enjoy!

Whenever you feel restless, overwhelmed, alone, insecure, or inadequate, I encourage you to take a mini-retreat by pausing for five minutes to scan the QR code and listen to “The One.” Allow the symphony of truth to wash over you and remind you of the depth of God’s love.

Thank you, Amy, for leading us in worship at the Cove this summer – you have a gift. We love you!



YOU ARE THE ONE

Written by Amy Walker

“I am dark, but lovely...my own vineyard I have not kept.”

SONG OF SOLOMON 1:6

These words pierced my soul and sent me to the floor weeping. Suddenly I knew that I was loved by God in a way that I cannot even describe. I knew, also, that my vineyard was my own intimate relationship with Him and that I'd been attending to everyone else's but not my own. There was no condemnation, only an understanding of this that was overwhelmed by a greater knowing of His ravished love for me. I later wept on the phone to my parents, “I didn't know He loved me like that!” I was bare before Him and more loved than I ever could have imagined.

I had just opened up to the Song of Solomon after some resistance to the Holy Spirit's promptings. Leading up to this time I had literally worked myself sick trying to please everyone and was sitting at home with walking pneumonia. Having to say “no” was the bane of my existence in my early twenties, but the pressures had become too great, and now I was having to say it to seemingly everyone in my life. I simply could not meet everyone's expectations of me, especially my own. As this breaking had been going on I had also been experiencing a hunger for God like never before. I had told Him I wanted all He had to give.

This love transcended all the hurt and rejection of my past and the subsequent striving to prove my worth that I didn't know had been driving me. That couple of weeks of being shut up in

my room with Him changed the orientation of my life. I couldn't wait to be alone with Him, and everything else was the overflow. It was somewhere in this season that I wrote the first two verses and the bridge to this song. “You are the One, You are the One, You are the One for whom my heart sings.” I have shared it with very few over the years, and honestly it felt incomplete.

Many years have gone by since then, but through the highs and lows and everything in between, in many times and ways He has brought me back to the unchanging fact of this intimate, personal love for me again and again, especially sweetly at times when I was reeling in the wake of trials, disappointments, or failures.

One such time was this summer. Twenty years after cracking that book open for the first



continued on page 37

"The worship was amazing.
I felt so close to God."

2023 RETREAT ATTENDEE



YOU ARE THE ONE *continued from page 35*

time, I was studying Song of Solomon with the Treasured Tribe. One Saturday morning during the study, I responded to an urge to sing. I picked up my guitar and began to play and sing my old song. This time I kept playing and new words came out of my mouth before I consciously thought about them.

“And as the years have gone by, You’ve never left my side. And though I’ve turned my eyes away, here You have stayed.” Still singing before the meaning registered in my mind, a new chorus came: “Cause I am the one, I am the one, I am the one, for whom Your heart sings.”

As the significance of these words dawned on my heart, tears were streaming down my face. This was why the song had seemed incomplete. My rest was in His unaltering, undimming, and unending love. It did not depend on the fervor or my own, and no highs or lows or the passing of

time could ever diminish it. The very next day, I finally felt led to share the song with others, and as I saw the tears flowing down their cheeks as well, I realized that this is not just my story, it’s our story...the story of His Beloved Bride.

Song of Solomon 7:10 says it best: “I am my Beloved’s, and His desire is for me.”

Sisters and friends, we are His beloved, and His desire is for us. His love for us is as strong as death, and many waters cannot quench it. “Who is that coming from the wilderness, leaning on her Beloved?” It is me; it is you. He just wants us to let Him love us, and this is just the beginning. He is coming back for us!





"I felt so loved, cherished and cared for... the smaller details make a big difference - the beautifully decorated table, the thoughtful gifts, the framed picture, the kickoff celebration, etc. all made me feel special."

2023 RETREAT ATTENDEE



WELCOME HOME

Heather Vance made our retreat feel like home. Through thoughtful decor in our retreat room from sparklers to tiaras, she orchestrated an opening ceremony that set the tone for a life-changing experience. Every morning, we were greeted by a thoughtful reminder placed on our seats that corresponded to the truth we learned that day.



Heather and her mom Carolyn Sloan were quite the team as they worked together to love us well. You are amazing, and we cannot thank you enough for making this year's retreat so special.

INSPIRING BRAVERY

Retreat gifts are always a highlight and this year was no exception.

While all gifts were memorable, the ABLE Mamuye Leather Tote stole the show. Not only is the ABLE Mamuye Leather Tote the perfect “Bethel Bag” to tote your Nourish Notebook and Bible Study supplies, this bag also represents courage because it is named after a brave woman named Mamuye. The ABLE Leather Tote says, “She is ABLE and you are ABLE.”

Learn more about ABLE and the inspiring story of Mamuye on the next page.

We are thankful to generous companies like **J & F Gemelli Salon, Homewood Gardens Nursery**, and **ABLE Fashion Company**, which made our retreat gifts so special this year.



SHE IS ABLE, AND YOU ARE ABLE

Written by Able Company

ABLE exists to create better opportunities for women. Did you know that women make up 80% of the workers in the fashion industry? In an industry that has become (in)famous for poor working conditions and pay, ABLE has seen firsthand how much our community of customers cares about providing high-quality jobs, living wages and safe working conditions for the people making their pieces. We work to create safe, dignified jobs both in Nashville, where our home office, jewelry studio and fulfillment center are, and also around the world, through our partnerships with value-aligned manufacturers. We know that together with our customers, we can move fashion forward and show the positive change that is possible when brands and customers value both the customer and the worker.

Every ABLE product is named after a woman our team is inspired by. In the early days (think early 2010s), each product was named after a courageous woman we worked with – a woman who was able to have a dignified job because of the products we made. In 2014, when the Mamuye (pronounced MUH-MOO-YAY) Tote was introduced, we named it after this beautiful woman.

Meet Mamuye.

At the time, Mamuye was only 24 years old, but she had amazing ambition. She had been working with our leather partner for almost 5 years and loved being trained, learning about the stitching aspects of the leather craft, and growing her skills. Her goal was to be promoted to quality control. It was because of ABLE customers like you that she was ABLE to work hard and get promoted.



Mamuye went on to receive a salary raise, become more specialized in her craft and in stitching, and create new goals for herself. Truly, she was ABLE to work hard and get promoted!

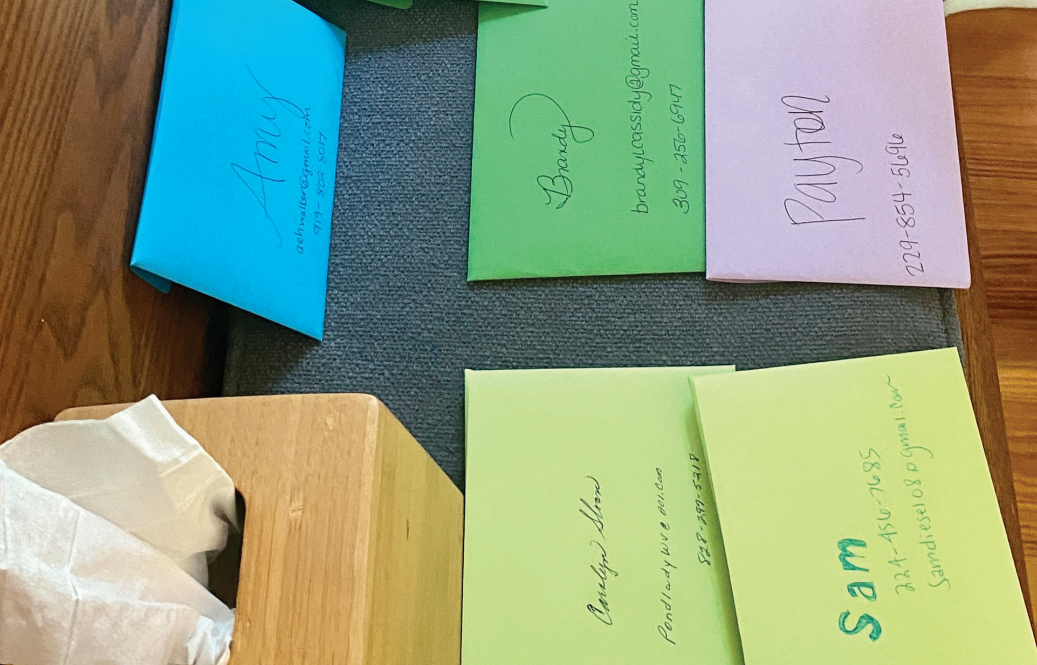
While the Mamuye Tote continues to be everybody's favorite, we're most proud of how it carries the name of a woman whose life was directly impacted.

At ABLE, your purchase has a purpose far beyond

ABLE

the value it adds to your wardrobe. While not all of our pieces today are named after the women who work directly with ABLE, we continue to name our pieces after courageous women as a reminder that change is possible. Hope is possible. She is ABLE, and you are ABLE.





“I had not laughed like that in years and this felt so good.”

– 2023 RETREAT ATTENDEE

Who could forget our fireside reflection led by sisters Jamie Mohare and Brandy Cassidy? What a gift! We laughed until we cried, or for some of us ... well, you know! LOL. The Bible says a joyful heart is good medicine. Thank you, Jamie and Brandy, for healing our hearts by leading us with love and laughter. You blessed us beyond measure!

Retreat attendees wrote notes to women during the retreat and placed them in envelopes to take home. There's nothing like opening your envelope on a stormy day when you need a little tribe love!





2023 Impact Report



The transformation women experience is made possible by the generosity of those dedicated to our mission to help women heal through Biblical truth. Thank you, donors, for standing with Treasured Ministries in 2023. **Your investment made an impact!**

Thank you to 2023

Give 10 Tell 10 donors for standing with us!

Caroline Beaird

Dr. Michelle Bengtson

Linda Bennet

Holly Bentzen

Emily Boccia

Elizabeth Bowling

Deborah Browning

Brandy Cassidy

Deborah Davis

Payton Dean

Cynthia DeWat

Janel Dinley

Karen Doran

Carol Dunbar

Christy Dunn

Mary Burr Edwards

Susan Escamilla

Fonville Family

Suzanne Garrison

Melanie Goble

Sam Greene

Shan Guo

Adam Haile-Mariam

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Michael Shepherd

Holly Spotts

Aliene Thompson

Renee Tucker

Heather Van Cleef

Ashley Van Wormer

Heather Vance

Amy Walker

Brooke Wessel

Thomas Whitsell

Sarah Whybrew



Your contribution empowers women
to live the abundant life God intended.

"I came that they may have life and have it abundantly."

JOHN 10:10

If you didn't get a chance to participate in the campaign,
we would love to have you come alongside us as we
continue to uplift amazing women so they can
experience freedom in Christ.

Donate Today!



2023 FINANCES

Revenue

Donations	\$ 62,385.45
Retreat Registration	\$ 9,342.50
Treasured Tribe Membership	\$ 5,270.17
Product Sales	\$ 737.23
Royalty Income	\$ 664.16
Total Revenue	\$ 78,399.51

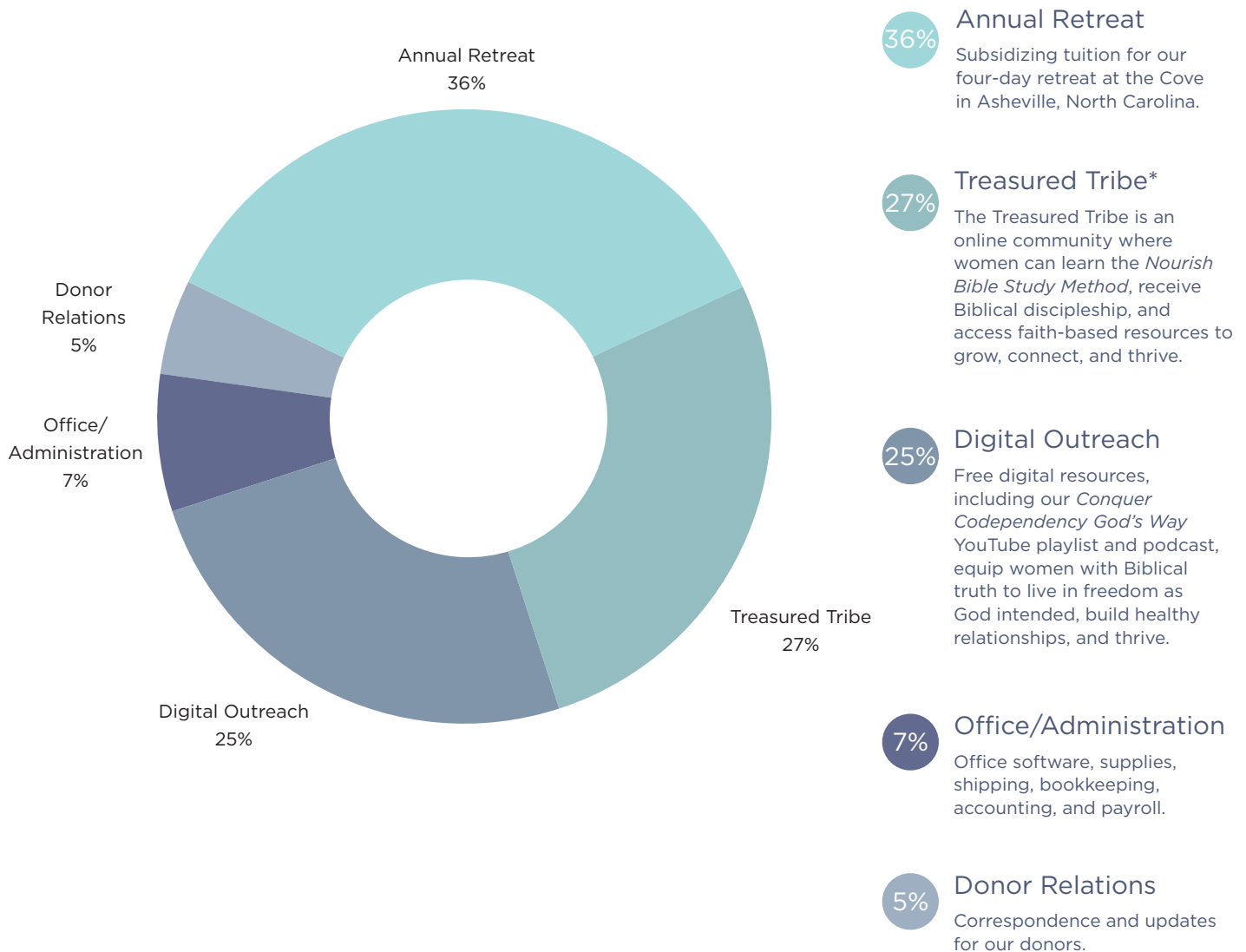
Expenses

Annual Retreat	\$ 31,534.96
Treasured Tribe	\$ 21,674.43
Digital Outreach	\$ 15,323.27
Office Administration	\$ 4,325.44
Donor Relations	\$ 3,122.88
Total Expenses	\$ 75,980.98

**Aliene Thompson is not paid a salary by Treasured Ministries.*



How your donations helped women thrive in 2023



*While Treasured Tribe membership fees do not cover all the revenue required to run the Treasured Tribe, they allow every woman to invest in her spiritual journey with a small buy-in fee, increasing her participation. We are grateful for our generous Treasured Ministries donors who make affordable membership fees possible.

2024 GROWING WITH GOD'S GUIDANCE

In 2024, our main objective is to step back, evaluate the ministry, and seek God's direction for a strategic ten-year plan that provides infrastructure to support the growth we are experiencing. We will do this through prayer, wise counsel, and taking time to listen to women in the Treasured Tribe. A plan will allow us to direct our time, energy, and resources according to God's design so that women can live fulfilled lives as God intended.



As we seek God's guidance, your prayers for our ministry will make a difference. Would you consider praying for Treasured Ministries as we begin this process? **Your support in this way means so much.**

And we would love to pray for you.

At Treasured Ministries, our heart is to build genuine and real relationships with one another that honor God.

If you have any prayer requests for 2024 for our team, or questions about our resources, what we do, and ways to get involved, we would love to hear from you.

You can email your prayer requests, questions, or thoughts to founder Aliene Thompson at aliene@treasuredministries.com.





THE ONE

A song written by Treasured Tribe Member Amy Walker

VERSE ONE

It used to be just words on a page.
It used to be just thoughts in my head.
It used to be just notes in the air.
It used to be so empty and dead.
But since You took the veil from my eyes, I can see...

CHORUS ONE

You are the One, You are the One,
You are the One, for whom my heart sings (2x)

VERSE TWO

My vineyard was spindly and dry,
But since You took the veil from my eyes
The fruit You have grown is Yours to partake
The fragrance is You...

CHORUS ONE

BRIDGE

You are the One. The One that I love.
The One I adore. The One I live for.
You are the One.

VERSE THREE

And as the years have gone by,
You've never left my side.
And though I've turned my eyes away,
Here You have stayed...

CHORUS TWO

'Cause I am the one, I am the one,
I am the one, for whom Your heart sings. (2x)

VERSE FOUR

You set a table for me,
In the midst of my enemies.
And in the warmth of Your gaze,
They fade away...

CHORUS ONE FOLLOWED BY CHORUS TWO

Cause You are the One, You are the One
You are the One, for whom my heart sings. (2x)
Cause I am the one, I am the one, I am the one,
For whom Your heart sings (2x).
I am the one.

VERSE FIVE

You're preparing a place for me.
And one day I'll see.
My King in all His glory,
Coming for me.

CHORUS TWO FOLLOWED BY CHORUS ONE

Cause I am the one, I am the one,
I am the one, for whom Your heart sings. (2x)
So You are the One, You are the One,
You are the One, for whom my heart sings. (2x)

We are one.

Feeling lost or alone?

Take a mini-retreat. Scan the QR code to listen to Amy Walker's worship song, "The One"



Join us for
RETREAT 2024

at the Cove in Asheville, North Carolina!

Save the date: July 23-26, 2024