

her Oasis

finding **your** beautiful



april/25

her oasis

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Brush Strokes
for Her Soul

bosom friend

Hello Lovely.

My Canadian mum held a profound admiration for Maud Montgomery's classic *Anne of Green Gables*. The story centers on Anne Shirley, a young orphan girl who comes to live with a brother and sister on picturesque Prince Edward Island. At Green Gables, one of Anne's dreams is to find a "bosom friend," a true kindred spirit to whom I can confide my inmost soul. I've dreamed of meeting her all my life."

Friendships can form in countless ways; each is unique and invaluable, holding a special place in our lives and offering a sense of belonging and support. They enrich us with laughter, empathy, and shared experiences that become cherished memories. Yet, among these wonderful friendships, I firmly believe that the greatest friend of all is our Father. He is the ultimate Bosom Friend we can ever have, a constant presence in our lives that surpasses all earthly relationships. He is a kindred spirit who knows our deepest soul, understanding our fears, dreams, and desires in ways no one else can. I cannot imagine living a moment on this earth without Him by my side, guiding me through challenges and celebrating my joys with me. His steadfast love and support create a base for other friendships to thrive, reminding us that at our root level, we are never truly alone and are profoundly valued and loved.

So, I ask you today, how is your relationship with your "Bosom Friend?" When was the last time you intentionally planned a special time just for the two of you to share your deepest thoughts and feelings? For me, my solo bosom time is approaching. The house will be empty, and those "chores" that often distract from what truly matters will be on pause. In this peaceful setting, I plan to prepare a perfect cup of tea, perhaps with a delightful crumpet, and immerse myself in the joy of undisturbed time with my Dearest Bestie. Just He and I, free from the noise of the outside world. My heart longs for time with Him, a longing you may understand. There's something incredibly special about those moments when we can lay bare our souls, share our dreams, and discuss our fears without judgment or interruption. It's during these cherished encounters that we can truly be ourselves, allowing vulnerability to flourish and our bond to deepen.

Can you relate? Think back to the last time you shared uninterrupted time with your Bosom Friend. Was it filled with laughter, tears, or perhaps a mix of both? Those experiences often become the foundation of our strongest memories and deepest healing, reinforcing the connection we have with those we hold dear. So, I urge you to prioritize this relationship and carve out time in your busy life for the One who knows you inside and out. You'll find the peace, comfort, and unwavering support that only the Truest Bosom Friend can provide.

finding stillness,

Ingrid

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Retreat Schedule 2025

Roots

Identifying and Releasing What Is Keeping You Stuck

Be Still and Know

Dwelling in His Undistracted Presence

Beauty from Ashes

Releasing the Stain of Shame

A Soul Restored

Journey from Hopelessness to Hope

The first retreat will be this Spring.

[For more information.](#)

be still retreat

FINDING BEAUTIFUL

SISTERS OF THE CROWN

come to Me all who
are weary and I will
give you rest



you are invited

Saturday, June 7th

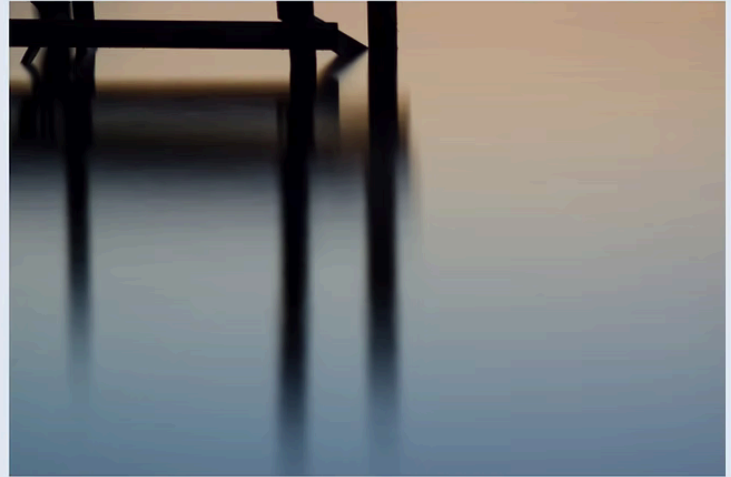
from 9a - 1:30p

Escape with the Father and
discover rejuvenating rest for
your soul!

Register: findingbeautiful.org/retreat

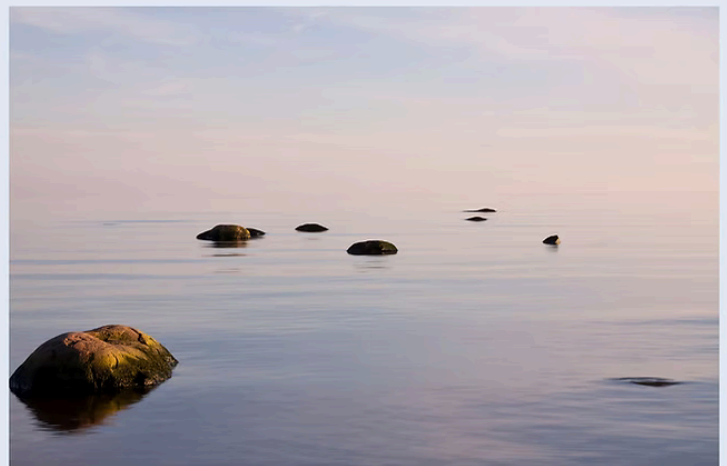
Deadline is May 30th.

*Group limited to 10 women



experience

- ~a break from external distractions
- ~the advantages of allowing yourself to be still
- ~enhanced ability to hear God clearly
- ~being fully present
- ~deeper intimacy with God



Be Still: Dwelling Undistracted in His Presence

Saturday, June 7 (9:00 a.m. – 1:30 p.m.)

Being still involves deliberately setting aside the busyness that overwhelms our minds and hearts by silencing external distractions that compete for our attention—whether it's the constant notifications from our devices, the demands of work and family, or the myriad of thoughts racing through our minds. In stillness, we establish an environment that fosters listening, reflection, and experiencing the fullness of His presence. Dwelling undistracted allows us to engage our senses and open our hearts to deeper intimacy with the Father.

Registration is now open. Click [HERE](#)
(Space is limited to 10 women.)



The Oasis Retreats 2025

Beauty from Ashes: Releasing the Stain of Shame

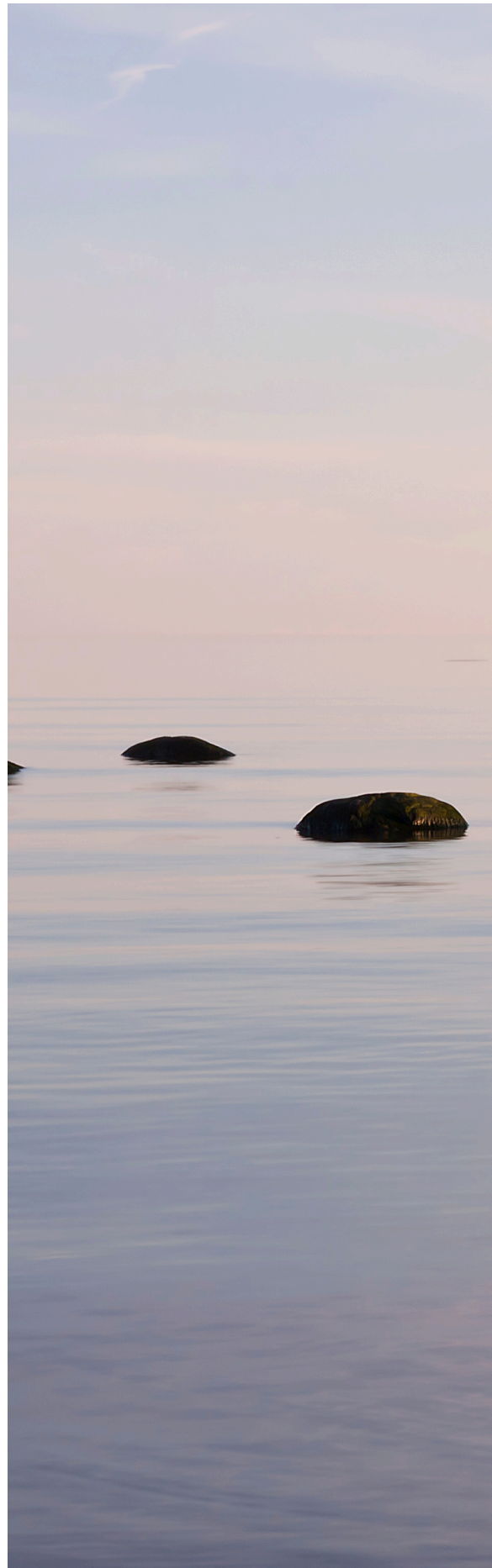
Saturday September 27th (9:00a - 1:30p)

Women face situations that weigh us down with shame, regret, or despair. These moments, similar to the ashes left after a fire, can cloud our identity and affect our relationships with God and others. The idea of "Beauty from Ashes" serves as a powerful metaphor, suggesting that a deep beauty can arise from these ashes when we find strength in being vulnerable with the Father.

A Soul Restored: Journey from Hopelessness to Hope

Saturday, November 1st (9:00a - 1:30p)

In the depths of despair, where shadows persist, and life's burdens feel insurmountable, the journey from hopelessness to hope begins with the slightest whisper in the darkness. We know the Father holds the trust that hope can ultimately be restored even in the darkest times.



OUR EMPATHETIC SAVIOR

By Ingrid Maddock

Let's look at the very familiar story of Mary, Jesus, and Lazarus in John 11:17-35.

When Jesus arrived, He found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met Him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of Him." Jesus said to her, "Your brother will rise again." Martha said to Him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in Me will never die. Do you believe this?" She said to Him, "Yes, Lord, I believe that You are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to Him. Now Jesus had not yet come to the village but was still at the place where Martha had met Him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw Him, she knelt at his feet and said to Him, "Lord, if you had been here, my brother would not have died." **When Jesus saw her weeping**, and the Jews who came with her also weeping, He was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to Him, "Lord, come and see." **Jesus began to weep.**

Jesus knelt beside Mary, weeping with her over the death of her brother, even though Jesus knew He would soon resurrect Lazarus. This poignant moment is a powerful testament to the depth of Jesus's sorrow and His extraordinary capacity to empathize with our grief. It is essential to recognize that Jesus does not distance Himself from the human experience of suffering; instead, He immerses Himself in it, choosing to share in the pain and heartbreak we encounter in moments of loss and despair. By kneeling beside Mary, He honored her feelings and validated the weight of her sorrow, demonstrating that grief is a natural and significant part of the human experience.

Let's consider this for a moment. The depth of Mary's grief profoundly moved Jesus. Her overwhelming sorrow triggered a heartfelt response from Him, revealing that His compassion is not just a distant acknowledgment but an active participation in our suffering. This act of weeping illustrates that Jesus experiences profound empathy for us when we are in distress. His compassion transcends the boundaries of passive observation; it involves a deep and personal engagement with the pain and challenges we endure, whether they stem from physical illnesses, emotional struggles, mental anguish, hope deferred, loss, or spiritual despair. In our darkest moments, He stands with us, sharing our burdens and offering solace and understanding. This deep connection reassures us that we are not alone in our trials but instead accompanied by a Savior who fully comprehends the weight of our struggles and the intensity of our heartache.

When we pass through the valley of death and despair knocks at our door, Jesus is there with us, weeping! We are never alone in our sorrow. He is always by our side, the greatest friend we could ever have, and He never lets us down—not even once!

When the roots of despair, pain, and sorrow overwhelm you, reach out to the Empathetic Savior! He's right there for you, ready with a box of tissues and open arms!

be still and know

book of prayers



BE STILL AND KNOW BOOK OF PRAYER

from Finding Beautiful

Book released this May.

Sample Prayer: Be My Cornerstone

Dear Father,

Those things in my life that You have deemed worthy or significant have ultimately become the foundation upon which You have built something truly remarkable and transformative in my life. Each experience, lesson, and suffering I have encountered under Your watchful eye has contributed to a solid base from which I can grow and flourish. You, O Lord, are the "builder" responsible for constructing my spiritual and moral framework, carefully laying each stone with precision and purpose.

You are my cornerstone, the essential element that offers me the stability and integrity necessary for a strong structure. Just as the cornerstone is the first stone set in constructing a masonry foundation and determining the position and alignment of the entire building, so do You determine the direction and purpose of my life. I must never lose sight of Your absolute importance in my daily existence, as You are the source of my strength and the guiding light that illuminates my path.

Please help me keep this truth at the forefront of my mind, reminding me constantly of Your unwavering presence and influence in all that I do. May I always seek to honor You in my thoughts, actions, and decisions, ensuring that my life reflects the values and teachings that You instill in me. For this brings peace to my soul and stillness to my spirit.

In Jesus' Name. Amen.

FIVE MINUTE MEDITATION

from Finding Beautiful

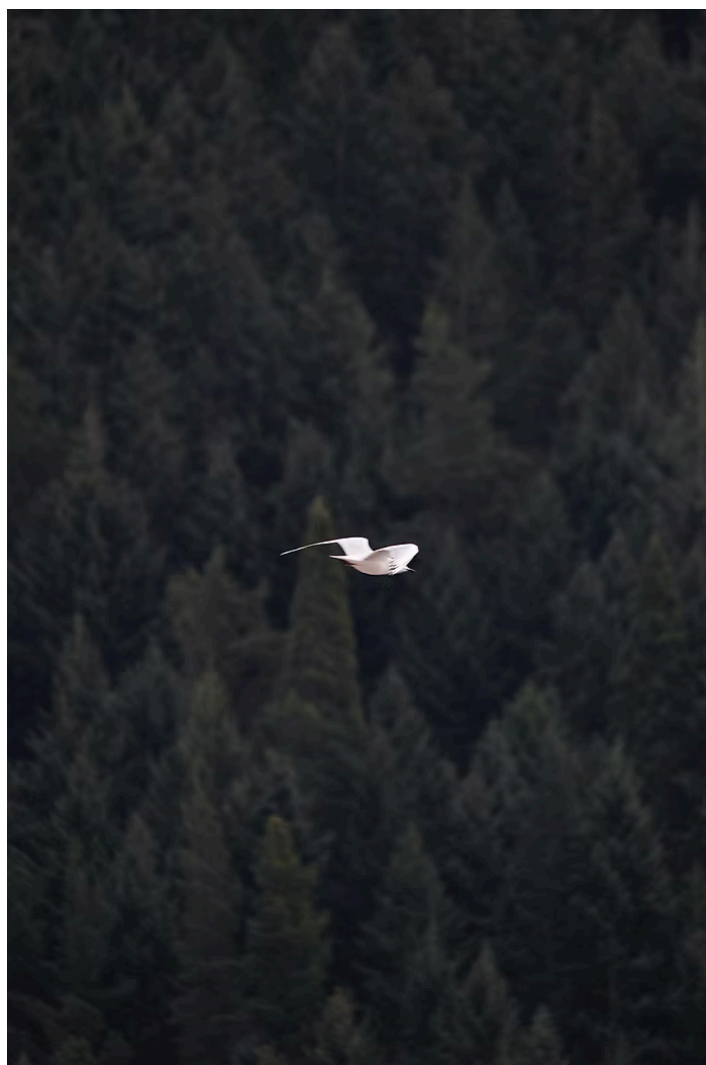
One-Minute Solitude Meditation

Find a comfortable position. Relax your eyes. Inhale deeply and exhale slowly. For one minute, remain in solitude, contemplating the Goodness of the Father.

Lectio Scripture – Lord, we open our hearts to hear what you are saying.

Moses approached the thick darkness where God was. Exodus 20:21

Visio Divina – Lord, we open our eyes to see what you see.



Meditation – Lord, we explore and meditate on Your truth.

God still keeps His secrets. Luke 10:21 states, Thank you for hiding these things from those who think themselves wise and clever. God understands our tendency to fear the unknown. He knows that fear entraps us while love empowers us. By keeping us in the dark as we wait, He shows us His boundless love. Do not fear entering the cloud that descends upon your life—God is present in the darkness, the unseen, the unknown. Beyond the darkness lies the brilliant light of His glory. Do not be deterred by the challenges around you—rise above the turmoil and soar over the darkness. Pull out the root of fear as you move forward with confidence, knowing God awaits you.

The Posture of Prayer – Lord, we enter Your throne of grace with simplicity of speech.

Abba, Your secrets remain beyond our understanding. We are grateful for Your protection as we await You. We set aside our fear to make room in our hearts to fully embrace Your love. In Jesus' Name. Amen.

Question to Ponder – Lord, we ponder through questioning.

Where do you need to be empowered by love?

A photograph of two young children, a girl with blonde hair and a boy with dark curly hair, hugging each other in a sunlit forest. The boy is wearing a striped shirt and denim shorts, and the girl is wearing a white shirt. The background is filled with trees and sunlight filtering through the leaves.

Finding Beautiful



FOR SUPPORTING WOMEN

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