



her Oasis

finding **your** beautiful

may/25

her oasis

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Brush Strokes
for Her Soul

embracing stillness

Hello Lovely.

Embracing stillness is like hitting the pause button on life's chaotic playlist! It's all about deliberately ditching the never-ending to-do lists that clog our brains and hearts. We need to shush those pesky external distractions—like the endless pinging from our gadgets, the never-ending demands from work and family, or the mental marathon of thoughts sprinting through our heads. In stillness, we carve out a cozy nook for deep listening, profound pondering, and basking in His presence. By kicking distractions to the curb, your senses activate, and your soul is ready for a heartfelt chat with the Father.

Is it time to crown stillness as your new BFF? Join us for the Be Still Retreat and savor quality time with the Father your soul is yearning for!

finding stillness,

A handwritten signature in a cursive script, reading "Ingrid".

Contributors



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Sissy Reese



Victoria Sandage

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Anoushka Riley



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

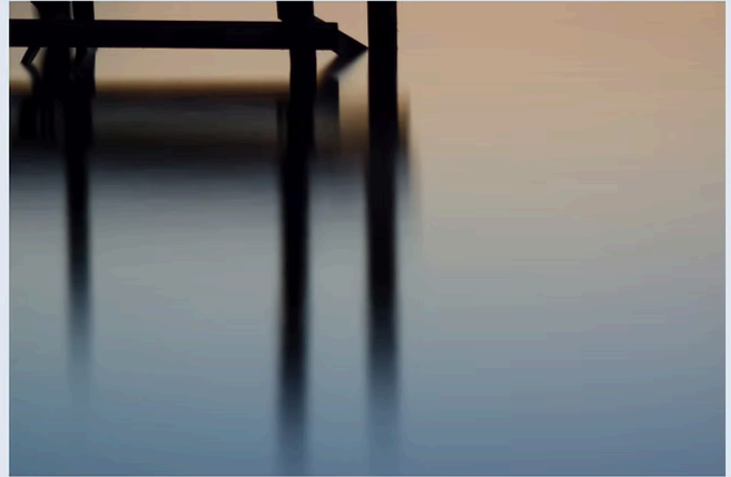
from 9a - 1:30p

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

Register: findingbeautiful.org/retreat

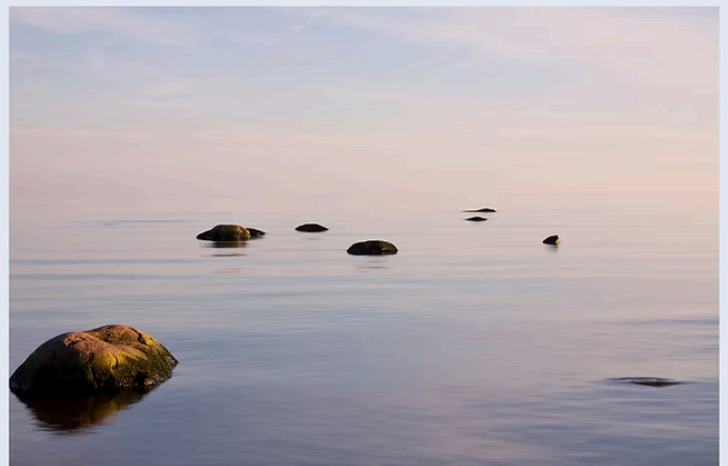
Deadline is May 30th.

*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

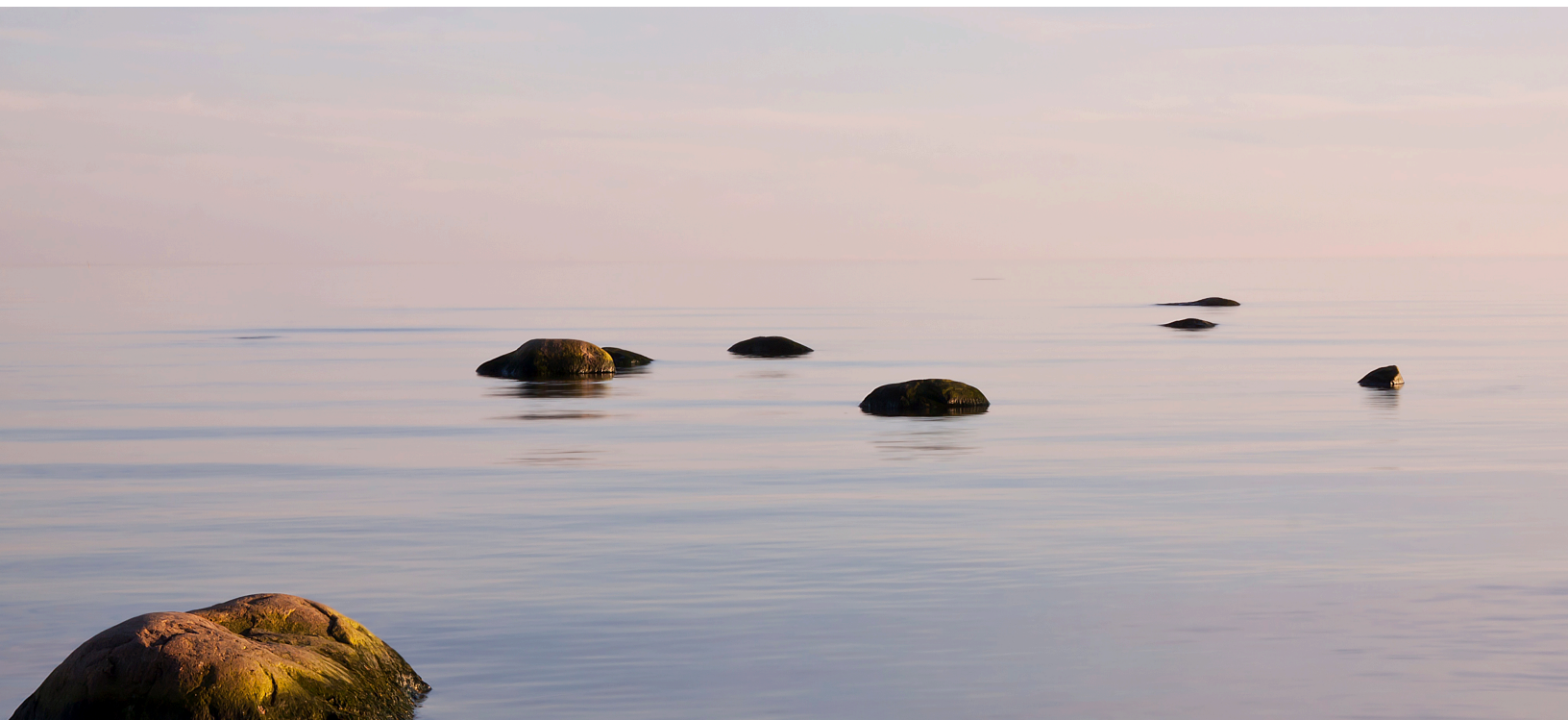


Be Still: Dwelling Undistracted in His Presence

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

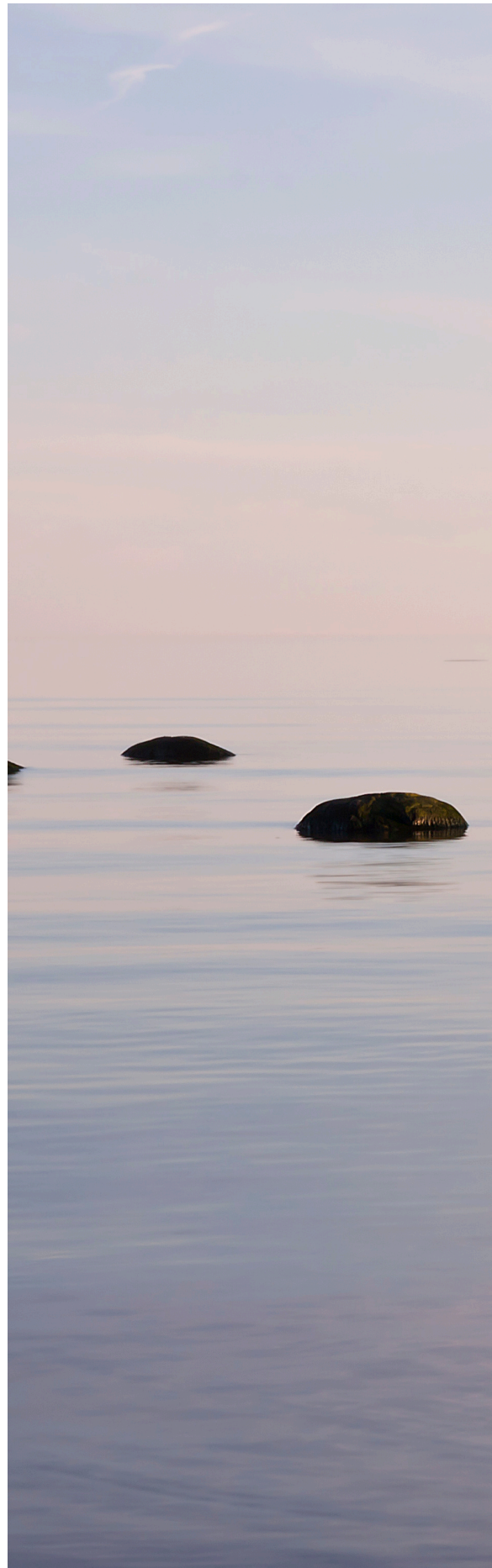
Saturday September 27th (9:00a - 1:30p)

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.



STILLNESS IN THE DARKNESS

By Ingrid Maddock

In moments when our souls long for light, being still and quiet can be just what we need to invite in hope. By embracing the profound solitude that connects us deeply to the Father's love, we tap into a vibrant wellspring of peace that uplifts our spirits and dispels the shadows of life.

Are you overwhelmed by darkness and uncertainty, leaving you drained and isolated?

This is a common experience that many of us share. In our darkest moments, the Father often brings a flicker of unexpected hope that can brighten our sorrow. These challenging experiences demand our attention, creating a sacred space to hear God's gentle whispers, revealing His infinite love, compassion, and understanding. He invites us to a place of deep vulnerability, encouraging us to lay bare our struggles so He can guide us toward the light.

We are praying that you discover your place of peace so His light can shine through your darkness.

Suddenly, You floodlight my life; I'm blazing with God's glory! Psalm 18:28 (Message)

be still and know

book of prayers



BE STILL AND KNOW BOOK OF PRAYER

Be Still and Know

Book of Prayers

Release Date: May 19, 2025

Immerse yourself in the power of stillness and unlock the treasures within the Be Still and Know Book of Prayers. This unique collection of creative and traditional prayers is a must-have resource, intentionally crafted to deepen your connection with God. Each prayer is a gateway to reflection and contemplation, inviting you to experience peace as you witness His goodness while waiting on Him.

Every time you revisit this book, you'll discover profound layers of release. Share its deep wisdom with those prepared to welcome the remarkable beauty of stillness into their lives.

Click [HERE](#) to read.

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.

Attention, all! See the marvels of God! He plants flowers and trees all over the earth, bans war from pole to pole, breaks all the weapons across His knee. “Step out of the traffic! Take a long, loving look at Me, your High God, above politics, above everything.”

Psalm 46:8-10 {Message}

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



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

Take a moment to pause from your daily life as you inhale deeply and exhale slowly. Put everything aside. Turn off your phone. Clear distractions. Feel the weight of yourself in your space. As you breathe, observe three things in your surroundings. {Pause}

Allow your mind to leave the chaotic highway of thoughts and enter this tranquil space where heavenly light pierces the darkness.

Let me ask you a few questions:

1. In which aspects of your life are you exerting too much effort?
2. Where can you hit the "pause button" to find relief?
3. How have your needs overshadowed your inner peace?
4. How can you discover stillness and tranquility in your life?

As you consider these questions, reflect on where you are today. Take this opportunity to have an open and honest conversation with the Father. Stay present and truly listen to what He speaks to your heart.

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

Father, guide me to stop striving and find peace in Your abundant love, as I wait to journey together with You. Help me address and correct the things that are misaligned in my life. In Jesus' Name. Amen.

Question to Ponder - Lord, we ponder through questioning.

Ponder the questions above.



Finding Beautiful



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